



*Working together to promote a drug-free community that inspires our River Valley youth
by modeling healthy lifestyles and supporting families, schools and communities.*

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River Valley Rising Meeting Minutes

Date: August 17, 2015

Location: Mexico Police Department

Time: 11am

Attendance: Katie Sloma (Tri-County/Swift River), Robin Gilbert (Rumford Hospital), Stacy Carter (Rumford PD), Denise Cross (Department of Corrections), Roy Hodsdon (Mexico PD), Jeffrey Howe (Dixfield PD), Patty Duguay (RVHCC), Ben Gaudet (Dixfield PD), Sandy Witas (RVHCC), Allie Burke (RVHCC), Kelsey Arsenault (RVHCC).

Stickers and Cups

Thank you to everyone who attended the meeting and helped us sticker 1000 cups! We placed stickers of our RVR logo on 8oz cups. We're also creating label stickers with facts on them to place on the other side of the cups. We brought a list of facts to go over and vote on to be included on the cups (these will be attached in the email with the minutes). We talked about changing wording on a few of them and coloring of the labels. I'll email edits out before printing. (Thank you for all the input!!!)

The goal for the cups is for them to get out to the booster clubs and be used for drinks at sports games, Allie and I are working on making connections with the booster clubs to get these cups out there. We also talked about getting a message in the programs of the games.

Sports Night Presentations & Flyers

One way we've been trying to get RVR out there as well as some educational information is through the athletic directors and coaches. We've met with the AD's of Mountain Valley and Dirigo and have been in contact with Buckfield. I put together some packets of information that talk about how alcohol, marijuana, and other drugs affect athletic performance, these packets are for the coaches so they have the knowledge and are informed of the scientific research in case their athletes have questions. I also created two slides to be inserted into the presentations on the mandatory sports nights that happened last week. The slides included one with about consequences of alcohol and marijuana use on athletic performance, and one with tips on parent communication with their athletes. These will be included in the email.

I also created a flyer to go out to the captains and players of the sports teams with more information on how alcohol and marijuana affect their performance. The reason for this is instead of telling them "don't do drugs" we're telling them about HOW using drugs affects something that's really important to them and they can make their own decision.

With the idea from George Reuter (Principal at Buckfield), I've also started creating some other flyers with the similar idea of targeting something that's important to kids – their driver's license and also entering the work force. These are still in the works but I look forward to sharing them with all of you!

MJ Sticker Shock

Allie had the idea to create stickers with facts about marijuana and get them out all over town. (Kind of similar to how we do the sticker shock for not selling alcohol to people underage). So we went through



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some ideas about this, talking to businesses about putting something on the door or in the restroom, pizza box toppers, talking to schools, maybe the hospital soap or sanitizer dispensers. Making something that catches the eye. We'll start creating something and get it to you to vote on!

Karen Williams Coming Again

She's back! She'll be here all day on Thursday, August 27th! Here's what her day looks like:

9-11am she'll be at the **Mexico Police Department** doing a presentation specifically for those working in law enforcement

1:30-3pm she'll be at **Rumford Hospital**

And at **7pm** she'll be doing an evening presentation at Mountain Valley High School

Let me know if you'd like any flyers! Tell your friends! Invite whoever!

Slideshow

We talked about the slideshow (again) and ways to get it out there. We have some new ideas about possibly getting it onto the Walmart TVs – it will take some creative conversations but there's no harm in trying.

Upcoming Events

We (Kelsey and Allie) will be in Albany next week (the 23rd – the 28th) for our final (YAY) week of the CADCA Academy training.

We talked about tabling at sports games this fall, more specifically homecoming, to get our name and brand out there.

We also talked about Pumpkin Fest this October 10th, having a table and materials there as well.

Grant Updates

We were officially approved for year 2 of the DFC grant (whoop whoop!).

We **still** don't have a reporting tool, they're saying maybe September or October.

Year 1 of our grant ends at the end of September, time sure flies when you're having fun!

Next Meeting

September 21st at 11am, Location TBD. We've reached out to Scott Gagnon of Smart Approaches to Marijuana – Maine (SAM Maine) to see if he'd be willing to come and do a presentation we were able to see last week about the new look of marijuana – it's not just having a joint around a campfire anymore.