



*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: September 21, 2015

Location: Mountain Valley High School – Room 106

Time: 11am

Attendance: Brenna Parent (MVMS), Barb Radmore (Western Foothills Kids Association), Stacy Carter (Rumford PD), Denise Cross (Department of Corrections), Kayla Capponi (Common Ground Counseling/RSU10), Sandy Witas (RVHCC), Allie Burke (RVHCC), Kelsey Arsenault (RVHCC).

Fact Stickers

Thank you for everyone's help putting the fact stickers on the cups! Next step is getting them to the Booster clubs at MVHS and Dirigo HS to be used at sports games. Can't wait to get those in the hands of community members filled with yummy hot cocoa and coffee!

Guest Speaker

Scott Gagnon from Healthy Androscoggin (although he's leaving the position to go work at the Adcare Learning Institute) and also an affiliate of Smart Approaches to Marijuana of Maine (SAM ME) presented to RVR about stuff going on in Colorado. It was a really interesting presentation. We will be forwarding the presentation on to you when we receive it. Some key topics were talking about edibles, what those look like, it's not just your pot brownie of the 70s or sitting around a campfire anymore, there are over 200 types of edible products on the market in Colorado and that number is still climbing. They can be candy bars, cupcakes, sodas and fruit juices, they even have the "rookie cookie" for first time users. These are especially dangerous because the effects take a while to kick in, so even though you're only supposed to eat an eighth of a candy bar (and who wants to do that?!), when people don't feel anything they end up ingesting more than they were supposed to and either end up in the bathroom or the hospital and in some cases, worse off than that. Also with legalization, perception of harm is going down and use rates are going up.

Kelsey is leaving ☹

Kelsey's last day working for River Valley Healthy Communities Coalition and River Valley Rising will be October 6th. She's moving to Wiscasset with her fiancé and starting work at Knox County Community Health Coalition in Rockport as their new Substance Abuse Prevention Specialist. Her position will be opening up, so if you know of anyone, send them Allie & Patty's way!!

Pumpkin Fest

We still need volunteers for Pumpkin Fest!! October 10th, 10am-3pm on the Island in Rumford. Please let Allie know if you're available to be there, you don't have to do the whole time, if you can work a certain shift, that'd be great!



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Action Plan

We passed around copies of our action plan, which we've done a good job on. Some of the things we'll be focusing on with our year 2 starting September 30th will be the marijuana sign in Mexico. Next meeting we'll talk more about this and our new logic models.

Community Forum

RVR will be partnering with Chief Carter and the Western Maine Addiction Task Force to organize a community forum with a panel to talk about substance abuse in our area. If anyone is interested in being on the panel, let Allie know. We don't have a date set for this yet but we're aiming towards the end of October/early November.

Resource Sharing Event

October 28th at Region 9 from 8-10am will be a resource sharing event entitled: Connecting Students and Families to External Support Agencies. The goal of this event is to help RSU10 school administration and personnel meet, learn, and develop working relationships with the agencies around the community. RVR and RVHCC will be there to share what we have to offer to the community.

Next Meeting

October 19th at 11am, Location TBD.