



Working together to reduce youth substance use and abuse by aligning existing resources, facilitating education, and supporting families, schools and communities.

94 River St., Rumford ME 04276 • (207) 364-7408
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River Valley Rising Meeting

October 9th, 2018 8am-9am

MVHS Conference Room

Introduction: Allie Burke, Melissa Harding, Miki Skehan, Ben Tucker, Lisa Twomey, Peter Cox, Matt Gilbert, Deb Alden, Heather Tozier.

I. RVR Updates

- **Stall Talk- Anti Bullying Month**

This month we focused on what to do if you see bullying and being an advocate for your peers.

- **Red Ribbon Week**

We will be working with the MVMS for Red Ribbon week. They will be decorating their classroom doors with anti-drug messages. Students will also have a theme each day like, Tuesday wear your favorite sports team shirt – Team up against drugs. RVR will be bring AudioBody in for a show at the high school and the middle school will attend to finish up their drug awareness week.

- **Pumpkin Fest**

We will have a booth at the Pumpkin Fest. We will have a pumpkin ring toss set up and we will also have informational packets available.

- **Drug Take Back Day October 27th**

Teaming up once again with Mexico Police department, there will be a shredder truck at the event, so people can bring in old files that they no longer need.

- **CHNA Forums October 16th MVHS 6-8pm** Please join us learn more about the data that was collected for Oxford County and the community health assessment of our area.

- **OCMHS – Heather Tozier share data results from their MeHAF Stewardship Group**

845 Survey's we taken. The community thought that the major issues were substance abuse, cancer and mental health. They will be sharing more of their data at the CHNA forum on October 16th. OCMHS is are partnering up with Rumford Hospital.

II. Community Update(s)

- **Western Maine Addiction Task Force & Project Save ME Updates-** looking for recovery coaches. If you know anyone is interested please contact us.

- **Law Enforcement-** Mexico Police Department did compliance checks of all the stores in Mexico that serve alcohol and all stores were in compliant.

Vision: *A safe and healthy community*



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- **Western Foothills Kids Association** – is working with RVR to help recruit students for the Maine Youth Action Network Conference. They are also doing a Calendar Raffle. Contact Miki if you would like to buy tickets.
- **Oxford County Wellness Collaborative** The Fall Gathering is Nov. 15th at the Paris Fire Station.
- **UNE & Healthy Communities Coalition Preventive Services**

WORK ACTIVITY

Goals and objective for DFC grant years 6-10

Great conversation about current issues in our communities that we could possibly address in the reapplication for the DFC grant. Superintendent Deb Alden mentioned that RSU#10 was just awarded a grant with OCMHS to provide social workers at the elementary schools but sees this as a much bigger need for all schools in the district. Round table discussion stating that there needs to be more work focus on mental health, poverty, racism, LGBTQ, community, acceptance, Vaping, getting kids/parents involved. RSU#10 also has been dealing with chronic absentee rate in the high schools. Over 40% of HS students did not attend 10% of school in 2017/2018 school year.

Future Meeting Dates: Location to be determined

November 13th, 2018

December 11th, 2018

January 15th, 2019

Thank you for continued support and commitment to RVR!