

River Valley Rising Meeting Minutes

August 16th, 2016 11am-12:00pm Mexico Police Conference Room

Attendance: Patty Duguay, Andrea Benya, Allie Burke, Stacy Carter, and Denise Cross.

Check in:

- *Prime for Life Training:* Kristen Provencher, health teacher at MVHS, has been working with us for the summer and completed the Prime for Life training which is an “evidence-based motivational prevention, intervention and pretreatment program specifically designed for people who might be making high-risk choices.” She plans to integrate this training into her classes as many youth are part of this high-risk group.
(http://www.primeforlife.org/Programs/PRIME_For_Life_Prevention#client_benefits)
- *Drug Take Back Day:* RVR will be promoting the new RX Drop-off boxes at the Mexico police department and Dixfield Town Office with a drug take back day on October 22nd. We will be creating disseminating flyers in order to promote the event.
- This fall RVR needs to work on a youth coalition. We have reached out to WFKA and Justin Thatcher at Praise Assembly of God. Our grant is missing some key voices and we need your help to build our youth coalition. Please reach out to RVR if you have suggestions, want to be involved, or have a youth in mind.

RVR Updates:

- *Marijuana Workshop Policy Meeting:* Meeting will be held on September 14th (flyer attached) at Region 9. Community and coalition members are encouraged to attend. We are hoping to have a variety of different people attending such as selectmen, town managers, and police officers. We have reached out to Falmouth PD to present a power point slideshow they have on Marijuana policies.
- *Youth Summer Program Video:* Gave the first showing of our youth summer program video that we will be putting out to the public soon. It shows all the different ways that kids in the community have substance-free fun in the summer. We are planning to reach out to other youth groups and HS technology groups in the future for more help in creating PSA's in order to get our youth involved with our message. We have attached the video at a lower quality, please let us know what you think!
- *DFC ME Report Update:* August Report is completed.
- *Coalition Classification Tool & Survey Report:* Tool is complete and results of survey were handed out at the meeting. This survey allowed us to look at the role of the coalition in the community from the perspective of our coalition members and helped to point out what we were weak on, such as youth involvement and name recognition.
- *Update from Mid-Year CADCA Conference:* Conference was in Vegas which was not an ideal location for substance abuse prevention (sure you can figure out why). However there were lots of great sessions and lots of information on marijuana.

- *Swift River Health Center Presentation:* Presenting at Swift River Health Center on the 18th of August, focusing on Marijuana, the current issues we are facing and how this affects the youth in our community and other communities around the country. Update: Presentation went well. SRHC was thrilled to have us there and said the information on marijuana was great and can we come back. We have also reached out the Dixfield Health center to present as well.
- *Prevention Specialist Certification:* The new funding through the State of Maine (formerly HMP) has required that grantees needs to have at least one person in their office certified as a prevention specialist in substance abuse. Allie is in the process of acquiring the certification.
- *Sustainability Plan:* This fall RVR needs to submit its sustainability plan for year 3. RVR needs to look at what we will be doing the in future to sustain the work we have already done or need to continue to do. RVR needs to look at other things happening in the community and become more involved as well as looking to coalition members for more participation as DFC funds can help coalition members pay for trainings and certain community support projects. We will continue to work on educating the community about underage substance abuse and hopefully begin to form a youth coalition.

Community Update:

- *Bethel Area Taskforce:* Plans to have an assembly and town hall meeting at then end of September focusing on youth substance use.
- *Western Maine Addiction Task Force & Project Save ME Updates:* Now called the *Western Maine Addiction Recovery Initiative* held an Opiate/heroin forum in Freyburg on the 16th discussing the epidemic and ways to combat it. WMARI is hosting a recovery walk/rally in West Paris on September 24th (flyer attached).
- *Law Enforcement:* No major updates. Overdoses have decreased in the area but usage has stayed fairly steady. Officers are also busy with drug investigations and Narcan trainings.

Action Plan:

- Our goals are continuing to work on messaging in the schools as well as in the community and on policies/ordinances. So far RVR's focus has been on marijuana and underage drinking, we are waiting to be approved to start work on opioid use.
- RVR is hoping to continue communication with the principal of MVHS and the interim superintendent of RSU 10 to become involved in the staff training day and possibly do a presentation. We are also hoping to attend the open houses that are happening at the schools in order to share information with parents and youth.