



YORK DISTRICT PUBLIC HEALTH COUNCIL

Quarterly Full Council Meeting

Monday, March 27<sup>th</sup>, 2023

10:00am – 11:00am

Virtually on Zoom

Present: Cheri Anderson, Meaghan Arzberger, Cathy Bean, Rev. Celeste Bragg, Gina Brodsky, Emilee Caradonna, Alexa Christie, Niki Curtis, Erin Dickson, Olivia Dubois, Ken Fellows, Lisa Gatti-Arnold, Jeanne Gottlieb, Jacqueline Grant, Clay Graybeal, Amber Harrison, Adam Hartwig, Betsy Kelly, Grace Kenney, Renee Longarini, Bob MacKenzie, Sally Manninen, Jennifer Marquis, Stephanie Masters-Plamondon, Martha Morrison, Lexi Perry, Bonita Pothier, Helen Price-Wharff, Cassie Ring, Kelly Roberts, Dani Rodriguez, Christina Schechtman, Judy Spiller, Stephen Stofanak, Ted Trainer, Alissa Wigglesworth, and Norma Willis.

	Item	Details	Next Steps
1.	Welcome and Introductions: Adam Hartwig, Maine CDC District Liaison	Adam Hartwig, York District Liaison with Maine CDC, welcomed participants and introduced today's agenda.	
2.	Council Updates: Adam Hartwig, Maine CDC	Adam welcomed Emilee Caradonna (Winn) as the new Public Health Educator for York District with Maine CDC. Emilee had been the Council Coordinator for York, as well as Cumberland and Western Public Health Districts for the last 5 years.	Emilee's new email is: <a href="mailto:Emilee.Caradonna@Maine.gov">Emilee.Caradonna@Maine.gov</a>
3.	Maine Prevention Network Presentation: Adam Hartwig, Maine CDC; Betsy Kelly, SMHC; Sally Manninen, York Hospital.	Adam, Betsy, and Sally shared slides around the goals of the Maine Prevention Network funding. See attached slides*	
4.	Adjournment: Adam Hartwig, Maine CDC	The full Council will be meeting again in June – the Executive Committee will continue to meet, and we look forward to connecting soon.	Questions and comments? Please email: <a href="mailto:Adam.Hartwig@Maine.gov">Adam.Hartwig@Maine.gov</a>

**Vision:** We envision a comprehensive, well-coordinated, accessible, and equitable public health system for all in York County.

# York District Public Health Council

**Bethany Fortier, Chair**

**Betsy Kelly, Vice Chair**

**Adam Hartwig, York District Public Health Liaison, Maine CDC**

**Our mission is to promote, improve, sustain, and advocate for the delivery of the essential public health services in York County. We strive to: collaborate, communicate, and advance partnerships at all levels of the public health system; engage York District partners in a public health planning, assessment, evaluation and quality improvement.**

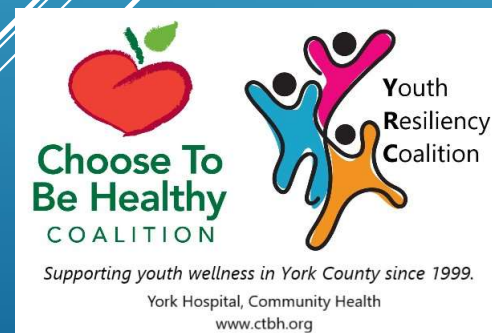
**Adam Hartwig  
District Liaison  
(207) 490-4625  
Adam.Hartwig@Maine.gov**

**Emilee Caradonna  
Public Health Educator  
(207) 592-0927  
Emilee.Caradonna@Maine.gov**



# Maine Prevention Network York District, 2023

- Goals
- Strategies
- Assessment Data
- Contact Information

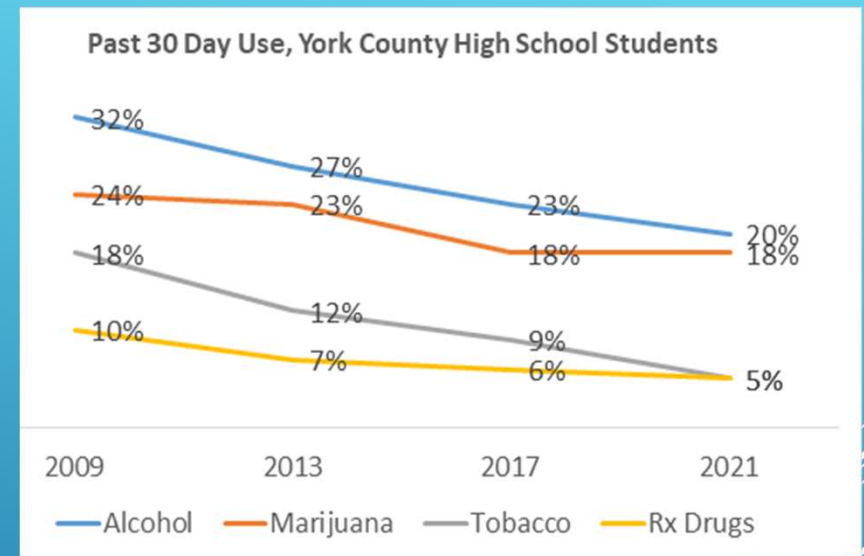


# Maine Prevention Network – Maine CDC

- Maine CDC put out a request for Proposals this past year and Partners for Healthier Communities @ Southern Maine Health Care received the funding for public health in York District focused on tobacco use prevention, substance use disorder prevention and healthy eating and active living (HEAL).
- Prior names of the public health work in York District have been known as Healthy Maine Partnerships and Maine Prevention Network.
- Funds support staff for local coalitions and organizations throughout the State.
- The Maine CDC has awarded this for a 10-year period utilizing funds from the Fund for Healthy Maine along with some Federal dollars.
- Funding in York District is a partnership between York Hospital (Choose to be Healthy Coalition), UNE (Coastal Healthy Communities Coalition), OUT Maine and Southern Maine Health Care (Partners for Healthier Communities).

# Substance Use Prevention Program Goals

1. Prevent the initiation of substance use and high-risk substance use by implementing primary prevention strategies across the lifespan.
2. Reduce incidence of Substance Use Disorder (SUD) and drug-related overdose deaths by implementing secondary prevention strategies (including harm reduction).
3. Establish and strengthen collaboration among communities, public and private nonprofit agencies, and federal, State, and local governments to support the efforts of substance use prevention.
4. Identify and address substance use-related health disparities in Maine's high-priority populations.



# Program Strategies

- Help schools implement evidence based education and restorative practices
- Work with businesses and law enforcement to reduce and restrict youth access to alcohol and marijuana
- Provide regular SIRP classes for youth
- Increase naloxone training and availability
- Promote OPTIONS program
- Coordinate opportunities to learn about and collaborate on prevention initiatives
- Support youth acquiring workforce experience through state program
- Work with schools and communities to incorporate OutMaine inclusion recommendations.



**STUDENT**  
Intervention  
Reintegration  
**PROGRAM**

**OPTIONS**  
**SAVE LIVES**

[knowyouroptions.me](http://knowyouroptions.me)



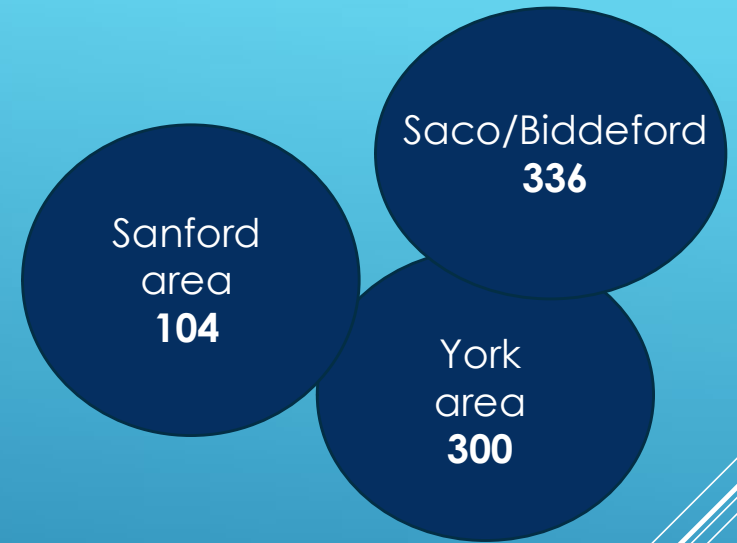
# Assessment Data

## ➤ York County Alcohol & Cannabis

**58 Cannabis Retailers\***  
**(Adult Use & Medicinal)**



Count of retailers in progress and ever changing

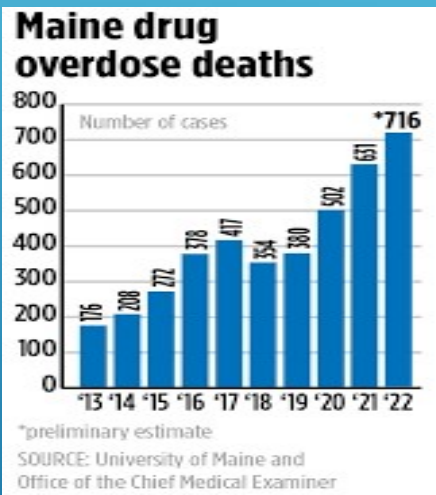


**740 Alcohol Retailers**



# Assessment Data

## ➤ Opioid Deaths and Harm Reduction



2022 York County  
total overdose  
deaths

**101**

Up from 70 in 2021

2022 Statewide  
community overdose  
reversals w/Naloxone

**2213**



## York County Naloxone Distributors

- York Hospital, York
- Maine Access Points, Sanford
- Coastal Healthy Communities, Biddeford
- People Recover, Biddeford



# Tobacco Prevention Program Goals



1 in 2 High School Students

1 in 6 Middle School Students

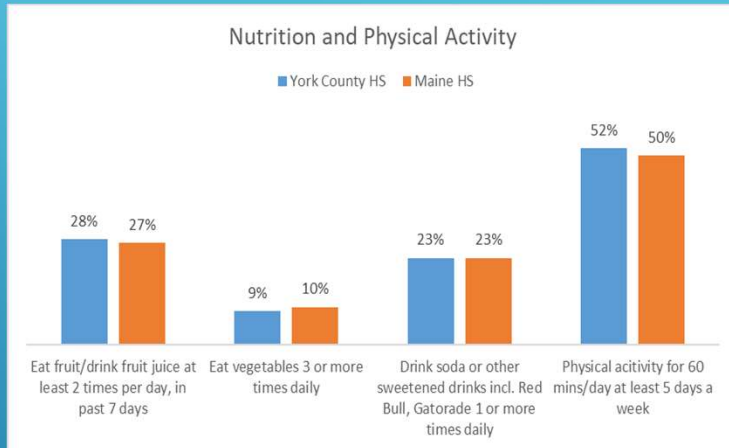
Have ever used e-cigarettes

Prevention of initial use of commercial tobacco and tobacco products (e-cigarettes);

Prevent involuntary secondhand smoke exposure in households, (especially those with young children), in public places such as healthcare organizations, post-secondary institutions, multi-unit residential facilities, and lodging facilities;

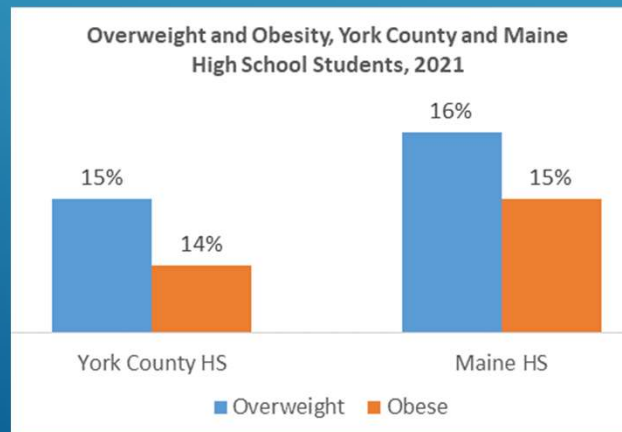
Promotion of Tobacco Treatment Services available through the Maine QITLINK).

# Healthy Eating – Active Living Program Goals



Implement evidence-based or evidence informed programs and strategies in an effort to address obesity throughout the lifetime of Maine residents, specifically:

- i. Promote changes that make active living and healthy eating the easy choice;
- ii. Ensure people have access to healthy foods at a good price;
- iii. Enable people to get their recommended levels of physical activity;
- iv. Increase access to places for physical activity;
- v. Support breastfeeding best practices in health care systems, at worksites, and within the community; and
- vi. Assess and improve the built environment and food systems to create more opportunity for Maine residents to eat healthy and be physically active



# Contact Information

## Partners for Healthier Communities Coalition

- Betsy Kelly, Director, [betsy.kelly@mainehealth.org](mailto:betsy.kelly@mainehealth.org)
- Website [www.mainehealth.org](http://www.mainehealth.org)

## Choose To Be Healthy Coalition

- Sally Manninen, Director, [smanninen@yorkhospital.com](mailto:smanninen@yorkhospital.com)
- Stephanie Masters-Plamondon, Program Coordinator, [stephanie.masters-Plamondon@yorkhospital.com](mailto:stephanie.masters-Plamondon@yorkhospital.com)
- Website [www.ctbh.org](http://www.ctbh.org)

## Coastal Healthy Communities Coalition

- Cheri Anderson, Director, [csullivan29@une.edu](mailto:csullivan29@une.edu)
- Alissa Wigglesworth, Program Coordinator, [awigglesworth@une.edu](mailto:awigglesworth@une.edu)
- Website [www.chccme.org](http://www.chccme.org)