



January 2021

## MONTHLY NEWSLETTER



### Surge of Overdose Deaths amid Covid-19.

It's no surprise the Covid-19 pandemic has increased substance use over the past year. Increased isolation and lack of available services have given rise to numbers all over the country. **The Centers for Disease Control and Prevention (CDC)** states that over 81,000 drug overdose deaths occurred

in the United States in the 12 months ending in May 2020, the highest number of overdose deaths ever recorded in a 12-month period. The latest numbers suggest an acceleration of overdose deaths during the pandemic.

CDC also states that synthetic opioids (primarily illicitly manufactured fentanyl) appear to be the primary driver of the increases in overdose deaths, increasing 38.4 percent.

Overdose deaths involving cocaine also increased by 26.5 percent. Based upon earlier research, these deaths are likely linked to co-use or contamination of cocaine with illicitly manufactured fentanyl or heroin. Overdose deaths involving psychostimulants, such as methamphetamine, increased by 34.8 percent. The number of deaths involving psychostimulants now exceeds the number of cocaine-involved deaths.

CHCC's **Project Alliance Coalition** continues to work with local agencies and coalitions to help raise awareness and education in the area of substance misuse in northern York County. If you know someone who is struggling with substance use, visit <https://crossroadsme.org/> for more information.

### Valentine's Day

Valentine's Day can be a fun holiday for all including children but it is often filled with candies and sweets. Find healthy ways to celebrate with fun activities and creative food choices. Make food fun using cookie cutters to make fun shapes (such as hearts) out of bread, fruit, and vegetables. Or you can create smiley faces with fruit like sliced bananas

and raisins or veggie faces using carrots and peppers. When looking for fun items to give away as Valentine's try to find nonfood items such as stickers, temporary tattoos, or coloring papers.



### **Safe & Affordable Homes For Healthy Families**

1978 housing and child-occupied facilities. It includes information on lead and its health effects, lead-safe work practices, and the state and federal regulations that apply, such as the required building owner/ occupant notices and recordkeeping. This course meets the training requirements of the federal Renovation, Repair and Painting Rule for work beginning on or after April 22, 2010. Successful completion of the course allows renovators to apply for firm certification through the U.S. EPA.

Masks are required for this in-person course, and there will be social distancing in line with CDC guidelines.

Date: Your Choice of 1 of these Saturdays - February 6th or 20th.

Time: 8 AM to 4 PM

Where: Biddeford Regional Center of Technology, 10 Maplewood Ave

What to Bring: Bag lunch, paper, pen, computer thumb drive or memory stick

How to Register: Contact Linda Hackett at 207-615-3694 or [IAQSLinda63@gmail.com](mailto:IAQSLinda63@gmail.com)

Cost: FREE

### **FREE RRP Program**

Renovation, Repair and Painting -- Initial (RRP)

**The City of Biddeford's Lead Based Paint Hazard Reduction Program is offering free RRP courses.**

Presented by Bruce Hackett, Indoor Air Quality Services, Inc.

This 1-day course is required for those doing renovation, repair and painting work in pre-

## Community Partner Recognitions



## **Chief Mackenzie Kennebunk Police Department**

Bob Mackenzie is a 30 year veteran of law enforcement, currently serving as Chief of Police with the Kennebunk Police Department. Chief Mackenzie has been a member of our Project Alliance Coalition since 2007. Over the years, he has been very active in substance use prevention and treatment options in southern Maine. In the past, Chief Mackenzie has received the "Outstanding Contribution to Law Enforcement" Award from the Maine Chiefs of Police Association for his work in substance use disorders. He has also been responsible for the number of recovery coaches in York County, distribution of naloxone, and his awareness, education, and life-saving training on Narcan application in our communities.

This year, Chief Mackenzie has formed the Kennebunk Consolidated Response Coalition. The coalition comprises several local Kennebunk agencies and professionals to provide a "recovery ready community." The coalition will determine gaps in services and increase access to treatment, education, and awareness.

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Connect with us

