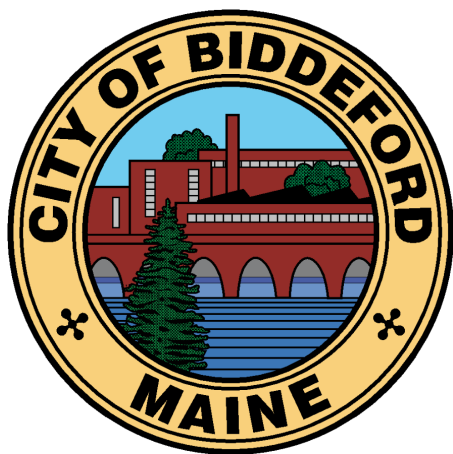




March 2021

MONTHLY NEWSLETTER



Attention Section 8 Landlords!

The City of Biddeford has HUD property rehab funds to bring older Section 8 buildings into compliance with lead-safe housing rules and City codes. Funds typically cover the rehab or replacement of painted doors, windows, stairs, porches, railings, cabinets, built-ins, and floors that are deteriorating and causing lead dust hazards. Funds may also cover fire detection systems, fire doors, fire-

resistant paint, low railings, bath ventilation fans, and more. Call the City's Housing Rehab Program today at 207-284-9105 x 4144 or click [here](#) to learn how to claim your share of these dollars!

MYTH: Marijuana is Harmless

FACT: Marijuana is harmful in many ways and children are most the susceptible to its harmful effects. Harmful effects include cognitive impairment, causing problems with concentration and thinking, leading to impaired judgment. Increased risk of developing anxiety, depression and risk of psychosis.^{1,8,10} Heavy users of marijuana can have short-term problems with attention, memory, and learning, which can affect relationships and moods. mental health problems, by leading to changes in the brain like those caused by cocaine, heroin and alcohol.^{2,4,8} Regular marijuana use harms more than just those who use the drug. It also hurts the babies born to users, it hurts families and communities when users commit crimes or cause crashes on the highway, causing loss of productivity, limiting educational attainment and by contributing to illness and injuries that put a strain on the health care system.

Click the link to learn about more Marijuana Myths and Facts from





Farmer's Markets

While we are thinking about spring don't forget about winter farmers' markets! Many run until April and are a great resources for local produce. While there may not be a market in your town we were surprised to find many winter markets in York County. You can

take a trip and visit a market that is new to you!

<http://www.mainefarmersmarkets.org/winter-markets-2020-2021/>

The National Summit on Opioid Awareness

Presenting Partners:
Mark Weitzberg Youth Foundation | DEA STRATEGY
DRUG ENFORCEMENT ADMINISTRATION
PUBLIC AND PRIVATE RESPONSE OFFICE

in partnership with Channel 8 WMTW

MAINE

What Every Family Needs to Know about Opioids You have questions. We have answers.

Tune in to Channel 8 WMTW for a television special, followed by a LIVE discussion online at [Channel 8 WMTW Facebook](#) and [DrugFreesUpToMe.org](#).

WEDNESDAY, MARCH 31, 2021

8PM TELEVISION SPECIAL
Watch on Channel 8 WMTW

9PM LIVE DISCUSSION ONLINE AT:
[Channel 8 WMTW Facebook](#), and [DrugFreesUpToMe.org](#)

Learn what you need to know to help a family member, friend, neighbor, co-worker or even yourself.

What Every Family Needs to Know about Opioids will examine the opioid epidemic from a local perspective and focus on how this crisis impacts our schools, families, law enforcement and healthcare systems. Our expert panel will answer your questions about how opioids affect the human brain, signs of substance use disorder and what recovery options are available in our state. Community leaders and professionals addressing this deadly disease will share their experience and discuss ways to stop this growing crisis.

Hosted by:

Allison Ross
Co-Anchor, Channel 8 WMTW

Steve Bottari
Co-Anchor, Channel 8 WMTW

What Every Family Needs to Know about Opioids.

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brain, signs of substance use disorder and what recovery options are available in our state. Community leaders and professionals addressing this deadly disease will share their experience and discuss ways to stop this growing crisis.

MYAN Virtual Youth Leadership Conference

The virtual conference is designed by and for middle school and high school aged young people, as well as recent

graduates and college-aged youth. Unlike the in-person conferences from years past, this event is free to attend!

Happening across two days – April 15th and 16th – the virtual conference flows between community spaces, interactive

MYAN
Maine Youth Action Network

MAINE YOUTH LEADERSHIP CONFERENCE
April 15-16

Registration is free and open now at:
MYAN.org

Maine Youth Action Network | MYAN.org

workshops, and featured keynotes from storied youth leaders here in the state of Maine. Main conference events last from 10:00am to 2:30pm each day.

The interactive workshops and keynote speakers will connect you to other young leaders and to topics that support your passions, advocacy, leadership skills and interests!

Register at www.myan.org!

Community Partner Recognitions



Welcome, Cheri!

Coastal Healthy Communities Coalition is happy to announce Cheri Sullivan as our new Program Director! Cheri started working for CHCC last year just weeks before the Covid-19 pandemic. Even in the world of constant Zoom meetings, Cheri has been instrumental in building our Project Alliance Coalition and increasing our collaboration and networking with community partners. She assisted with writing our recently awarded DFC grant and has coordinated community-level

prevention strategies, including trainings, virtual community events, panel discussions, and youth-targeted activities.

Cheri comes with a strong background in program management, education, and mental health. Her strength is in growing community partnerships to build the capacity needed to respond to health inequities. She has had various positions working in the fields of substance misuse and prevention, as well as many areas of mental health.

Ms. Sullivan comes to this position with a lot of knowledge, passion and experience. We are excited to have her fill this role and look forward to the vision she will bring to CHCC as the new director.

Welcome aboard, Cheri!

Emily, Meghan, and Tricia