



December 2021

MONTHLY NEWSLETTER



December is National Impaired Driving Prevention Month

Two of the most celebrated dates in December – Christmas Eve and New Year's Eve – are also among the most dangerous. Local police departments report an increase in traffic stops where people are driving under the influence. Please be safe this holiday season.

To learn more, visit: www.madd.org

Decrease the Sigma

EDUCATION AND NALOXONE TRAINING EVENT
FREE NALOXONE AVAILABLE

Help to end the stigma surrounding substance use and learn how to save a life

Date: January 13, 2022

Location: Louis T. Graves Memorial Library

18 Maine St, Kennebunkport ME 04046

Time: 4:00-5:00pm



www.chccme.org

Sponsored by the Project Alliance Coalition in collaboration with Kennebunkport Public Health, Kennebunk Police, Louis T. Graves Memorial Library, and Portland Public Health

Naloxone Training

CHCC, Kennebunkport Public Health, and Louis T. Graves Memorial Library will be hosting our Monthly naloxone training on January 13th, 2022. Everyone is welcome! CHCC will provide training for Naloxone as part of the presentation.



FREE Cleaning Supplies

CHCC dropped off FREE cleaning supplies to Biddeford tenants who have recently had their apartments abated for lead paint through the City of Biddeford's Safe and Affordable Homes for Families. If you think your apartment building would qualify, please visit the [City of Biddeford's webpage](#)

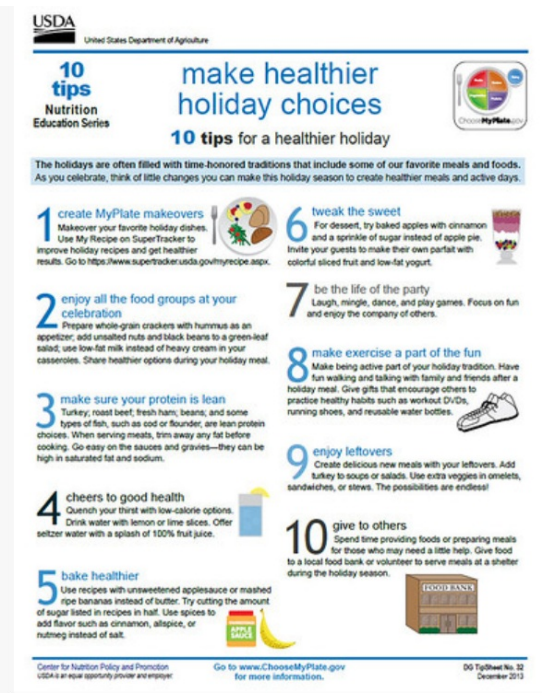


Resources Crisis & Hotlines

The holiday season can be a stressful time. Please reach out to the hotlines and resources below if you need additional support.

https://linktr.ee/WakeUp_MAINE

CHCC distributed 300 homemade cookies and drawstring backpacks at the Biddeford Tree Lighting on December 1st. Backpacks were full of information for crisis counseling, tips for parents to prevent youth substance use, how teens can get involved with SADD, joining the Project Alliance Coalition, and information about testing your child for lead poisoning.



It's possible to celebrate the holidays and the new year in a healthy way! Try getting the entire family involved in the cooking process and enjoy creating healthy meals together! For more information about how to get kids involved, visit: [The Joy of Cooking with Kids During the Holidays](#)

Also, make exercise part of the holiday fun by incorporating a group walk or fun winter activities, such as building a snowman or sledding. You can

also use healthy choices to create new healthy New Year's Resolutions!

For more tips on a healthy holiday, check out the links below:
[10 Tips - Make Healthier Holiday Choices](#)
[My Holiday Plate Makeover](#)



Happy Holidays!



We want to thank all of our community partners for their continued effort in helping us accomplish our mission.

We have continued to engage new community partners and increased our efforts to reach underserved populations. We have strengthen protective factors among youth with help from schools and youth serving organizations.

We look forward to continuing our work of raising awareness and providing education about substance misuse, mental health, and the impact of trauma in the community. We will continue growing youth engagement reaching underserved population with your continued dedication.

Happy 2022!

Best wishes,

Cheri, Megan, Tricia, Lex and Morgan

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Connect with us

