

Maine Substance Use Prevention Services

Celebrating the Good Work Across Maine

2021 Annual Report



UNIVERSITY OF
NEW ENGLAND

INNOVATION FOR A HEALTHIER PLANET



MAINE
PREVENTION
SERVICES

Maine Center for Disease Control & Prevention
Department of Health and Human Services

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About Us

The **MAINE SUBSTANCE USE PREVENTION SERVICES (SUPS)** program is managed by the **UNIVERSITY OF NEW ENGLAND (UNE)**. SUPS is funded by and is a part of Maine Prevention Services, an initiative of the **MAINE CENTER FOR DISEASE CONTROL AND PREVENTION (MAINE CDC)**.

The goal of SUPS is to reduce the harms associated with drug and alcohol use for youth and adults in Maine. To fulfill this goal, the UNE SUPS team worked with 20 local community agencies across Maine. They provided prevention services that help improve the health, safety, and success of Maine people.

UNE SUBSTANCE USE PREVENTION TEAM

Toho Soma, Principal Investigator

Doreen Fournier, Program Manager

Becky Ireland, Senior Program Coordinator

Nick Beverage, Program Coordinator

Ashley Duffee, Research Associate

Lu'Ann Thibeau, Manager of Finance and Administration

Shay Ayres, Contract Coordinator

Program Manager's Message

Dear Friends,

The past year saw incredible strides for our nation and state in the form of COVID-19 vaccines, even though variants curtailed our hopes to return to normal. Despite continued pandemic challenges, local prevention partners kept prevention services going in our communities supporting our goal to curb youth and adult substance use in Maine. The SUPS team is thankful for all of their hard work and continued tenacity. We are grateful participants in **Celebrating the Good Work Across Maine**.

Maine had a difficult year with alcohol use, overdoses, and mental health issues on the rise. Along with our primary prevention activities, SUPS had the opportunity to work on harm reduction last year. So many of us are touched by substance use disorder and overdoses. We **celebrate** the leadership the State of Maine has brought and are pleased to help in this effort. It is a reminder of how vital prevention is for the future of our youth.

In the coming year, the SUPS team will continue supporting local prevention partners as they work to build safer and healthier communities. The SUPS team looks forward to continuing its work with the Maine CDC, our Maine Prevention Services colleagues, and other partners who provide support for substance use prevention.

Warmest regards,
Doreen Fournier, MSW
Program Manager



Success Stories

*Maine SUPS is pleased to share the latest Success Stories
Celebrating the Good Work Across Maine this past year.*



Statistically
Significant: Young
Advocates Flip the
Script on LGBTQ+
Data

Engaging
Franklin County
with Local Youth
MIYHS Data

Young Adults
Focused on
Substance Use
Prevention

Youth
Empowered as
Partners in
Substance Use
Prevention

Youth Show
How They're
Living Their Best
Lives Without
Substances

Read these Success Stories and more on the SUPS website.

Stimulant Misuse Prevention

*In 2021, SUPS received a new source of federal funding from Maine CDC to **Expand the Good Work Across Maine** by adding stimulant misuse prevention efforts to our scope of services.*

NEW FUNDING RECEIVED

New federal grant to Maine expanded SUPS scope of services to include stimulant misuse prevention efforts.

Oct 2020

PRIORITIES DETERMINED

Community partners identified misuse behaviors and people with the greatest need to prioritize efforts.

Jan 2021

EXPANDED EFFORTS CONDUCTED

Stimulant misuse prevention activities were conducted and documented.

Feb 2021 and beyond

NEEDS ASSESSMENTS

With support from UNE, community partners conducted key informant interviews and reviewed state and local data to identify needs.

Nov - Dec 2020

ACTIONS PLANNED

With support from UNE, community partners selected activities and started planning.

Jan - Feb 2021

Harm Reduction and Overdose Prevention

*Midway through the grant year, UNE and community partners were invited to **Continue the Good Work Across Maine** by assisting with harm reduction and overdose prevention.*



It is heartwarming to see so many agencies working together to share resources to reduce overdoses in Maine. Last year, we lost over 500 Mainers from overdoses.

Working in harm reduction and overdose prevention provided an opportunity for some to strengthen existing services across the spectrum of care, while others had the chance to implement efforts not done before.

CHECK OUT THESE RESOURCES:

Maine Drug Data Hub

Administered by The University of Maine

Maine OPTIONS Initiative

(Overdose Prevention through Intensive Outreach Naloxone and Safety)
Administered by Maine Office of Behavioral Health

Community partners shared with the Maine CDC what they know about overdose and treatment in their cities and towns.

Community partners learned about the naloxone system in Maine and the services available from OPTIONS liaisons.

Training and Technical Assistance

*SUPS provided community partners with training and technical assistance to
Enhance the Good Work Across Maine.*



Snapshot of Statewide Prevention Efforts

Alcohol Misuse and Underage Drinking

Conducted

36

[Responsible Beverage Seller/Server Trainings](#) reaching

84

businesses



Collaborated with law enforcement agencies to implement

13

details and

65

compliance checks

Partnered with

75

businesses to place

14,890

[Sticker Shock](#) stickers on alcoholic beverages



Supported social hosting prevention by distributing

2,440

promotional materials

Cannabis and Prescription Drug Misuse

Collaborated with

28

organizations to change policies around cannabis



Collected

36,451

pounds of drugs across all 9 public health districts at [Drug Take Back Day](#) events



Implemented Safe Storage in Homes efforts reaching Mainers

654,995

times

Snapshot of Statewide Prevention Efforts

Opioids and Stimulants

Posted over **200** messages on social media about opioids/stimulant prevention and harm reduction attaining over



430,000 views

Trained over **600** people on safer use and overdose response



Taught

24

[Prime for Life Universal®](#) and [Student Intervention Reintegration Program \(SIRP\)](#)

classes reaching over

400

youth



Disseminated over

1,700

distinct prevention messages to Mainers



70

Organizations collaborated across Maine to organize youth groups and leadership programs that work on prevention efforts

Multiple Substances

Statewide Workgroups

The UNE SUPS team participates in a number of statewide workgroups comprised of stakeholders who collaborate to address the prevention of substance misuse.

Alcohol Stakeholder Workgroup:

Focuses primarily on the laws and policies around access and availability of alcohol as well as the normalization of alcohol consumption.

Cannabis Workgroup:

Focuses on laws and policies around the recently legalized, but age restricted, availability of cannabis in Maine.

E-Cigarettes/Vaping Workgroup and Cannabis Vaping Subgroup:

Both groups address emerging products and electronic delivery systems of tobacco and cannabis.

Methamphetamine Task Force:

Addresses the methamphetamine situation in Maine and available resources.

Statewide Workgroups

Workforce Development Workgroup:

Stakeholders work on recruiting, maintaining, and developing the prevention workforce in Maine.

LGBTQ+ Workgroup:

This group focuses on prevention of all substances with the focus on LGBTQ+ youth who are at higher risk for misusing all substances.

LGBTQ+ SPOTLIGHT

The LGBTQ+ workgroup, with the help of UNE SUPS staff and local community partners, created a website for LGBTQ+ youth and those who work with them to prevent substance and tobacco use. LGBTQ+ youth are twice as likely to use substances compared to heterosexual youth. (NSDUH, 2019). The website is full of useful prevention resources.

Find Out More:

Celebrating the Good Work Across Maine

Community Partners

Choose to be Healthy
at York Hospital

Coastal Healthy Communities
Coalition at UNE

Partners for Healthier
Communities at Southern Maine
Health Care



**Public Health District 1
YORK**

Photo credit: Heather Doran

Casco Bay CAN (Create
Awareness Now)

City of Portland Public Health
Division

The Opportunity Alliance



**Public Health District 2
CUMBERLAND**

Photo credit: Jiffy Kelley-Young

Healthy Androscoggin at
Central Maine Healthcare

Healthy Community Coalition of
Greater Franklin County

Healthy Oxford Hills at
MaineHealth



**Public Health District 3
WESTERN**

Photo provided by: Corrie Brown

Community Partners

Healthy Lincoln County

Knox County Community Health
Coalition at Penobscot Bay YMCA

Southern Midcoast
Communities for Prevention at
Mid Coast Hospital



**Public Health District 4
MIDCOAST**

Photo credit: John Pertel

Healthy Communities of the
Capital Area

Kennebec Behavioral Health

Somerset Public Health at
Redington-Fairview General
Hospital



**Public Health District 5
CENTRAL**

Photo credit: Rob Rogers

Bangor Public Health
and Community Services

Northern Light Mayo Hospital



**Public Health District 6
PENQUIS**

Photo credit: John Pertel

Community Partners

Healthy Acadia



**Public Health District 7
DOWNEAST**

Photo credit: María Donahue

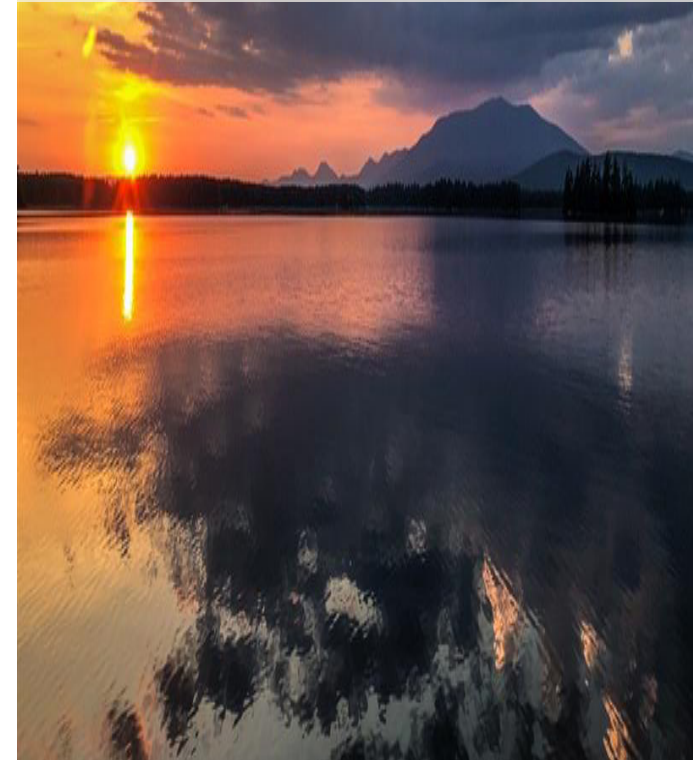
Power of Prevention at Cary
Medical Center



**Public Health District 8
AROOSTOOK**

Photo credit: Kim Parent

Wabanaki Public Health
and Wellness



**Public Health District 9
TRIBAL**

Photo credit: Saige Purser

Statewide Partners

*The UNE SUPS Team collaborates with many partners in our prevention efforts. We are grateful for the opportunity to join with them in **Celebrating the Good Work Across Maine**.*

Thank You

AdCare Educational Institute of Maine
Bureau of Alcoholic Beverages and Lottery Operations
Drug Free Community Grantees
Lunder Dineen: Time to Ask
Maine Center for Disease Control and Prevention
Maine Drug Enforcement Agency
Maine Office of Marijuana Policy
Maine Public Health Association
Maine Resilience Building Network
Maine Statewide Epidemiology Outcomes Workgroup
Maine Youth Action Network
MaineHealth Center for Tobacco Independence
MaineHealth Let's Go!
New England Prevention Training Technology Center
Partnerships for Health
Public Consulting Group
Rinck Advertising

Maine Substance Use Prevention Services

Celebrating the Good Work Across Maine

An initiative of the Maine Department of Health and Human Services,
Center for Disease Control and Prevention

Learn more about MPS:



Learn more about SUPS:
Substance Use Prevention Services



Additional resources for
teens, adults, and parents:

