<table>
<thead>
<tr>
<th>Contents</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>About Us</td>
<td>3</td>
</tr>
<tr>
<td>Program Manager’s Message</td>
<td>4</td>
</tr>
<tr>
<td>Success Stories</td>
<td>5</td>
</tr>
<tr>
<td>Stimulant Misuse Prevention</td>
<td>6</td>
</tr>
<tr>
<td>Harm Reduction and Overdose Prevention</td>
<td>7</td>
</tr>
<tr>
<td>Training and Technical Assistance</td>
<td>8</td>
</tr>
<tr>
<td>Snapshot of Statewide Prevention Efforts</td>
<td>9</td>
</tr>
<tr>
<td>Statewide Workgroups</td>
<td>11</td>
</tr>
<tr>
<td>Community Partners</td>
<td>13</td>
</tr>
<tr>
<td>Statewide Partners</td>
<td>16</td>
</tr>
</tbody>
</table>
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
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.

Read these Success Stories and more on the SUPS website.

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

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

Stimulant misuse prevention activities were conducted and documented.

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

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

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.

**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
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.

**Multiple Substances**
- 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.
- Organizations collaborated across Maine to organize youth groups and leadership programs that work on prevention efforts.
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.
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:
Community Partners

Choose to be Healthy at York Hospital
Coastal Healthy Communities Coalition at UNE
Partners for Healthier Communities at Southern Maine Health Care

Casco Bay CAN (Create Awareness Now)
City of Portland Public Health Division
The Opportunity Alliance

Healthy Androscoggin at Central Maine Healthcare
Healthy Community Coalition of Greater Franklin County
Healthy Oxford Hills at MaineHealth

Public Health District 1 YORK
Photo credit: Heather Doran

Public Health District 2 CUMBERLAND
Photo credit: Jiffy Kelley-Young

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

Healthy Communities of the Capital Area
Kennebec Behavioral Health
Somerset Public Health at Redington-Fairview General Hospital

Public Health District 5 CENTRAL

Bangor Public Health and Community Services
Northern Light Mayo Hospital

Public Health District 6 PENQUIS
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

Photo credit: Rob Rogers
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:
Substance Use Prevention Services

Additional resources for teens, adults, and parents: