

Health Promotion at Bangor Public Health & Community Services

May 2023



The Health Promotion Program at Bangor Public Health and Community Services has a knowledgeable team offering resources for individuals, families and communities to stay healthy. We focus on several areas that affect our community's health such as substance use prevention, tobacco prevention, overdose prevention and follow-up, lead poisoning prevention, nutrition and physical activity education. **Read below to see what we can offer you!**



For Everyone:

Connect with us on *Facebook* and *Instagram* for quick and easy messages and ideas. Each month we promote a different theme, sometimes with fun props. Charcuterie boards and cauldrons, anyone? You can also visit our website for previously *recorded training sessions* on a variety of topics. Whoever you are, we want to partner with you. We all have a role in creating a healthy, connected community.



For Businesses/Employers:

We offer training on how to support a healthy workforce and discourage a culture of tobacco and substance misuse in the workplace. We provide access to free and low-cost resources for employees. We offer tools to assess your workplace and recommendations to foster a healthy worksite for your employees by incorporating nutrition and physical activity. We also provide nursing parents support in compliance with Maine breastfeeding laws.

We also offer *responsible sales training* and certification for alcohol

licensed retailers (coming soon for cannabis licensed retailers).

Contact us for more information.



For Youth:

We facilitate classroom visits with middle and high school students to talk about tobacco, vaping, alcohol, cannabis, and other drugs; healthy decision making, and ways to help friends and to cope with stress. *We provide nutrition education in income-qualifying Pre-k -12 schools.*

Additionally, we can support daycares working toward complying with the QRIS Rising Stars for ME Nutrition and Physical Activity requirement or becoming a breastfeeding-friendly location.

Contact us for more information.



For School Staff & Parents:

We offer faculty/staff training and parent education on a variety of topics such as tobacco, vaping, cannabis and alcohol trends, Maine Integrated Youth Health Survey data presentations, Risk and Biology of Addiction, Parenting the Teen Brain (to help prevent high risk

choices), Creating Inclusive Environments and Nico teen and Brain Fog. We also tailor workshops to meet schools' unique needs!

We provide technical assistance on tobacco, substance use and wellness policies. We also assist schools in improving the nutritional quality of foods served in school meals, increasing school meal participation, and incorporating farm-to-school strategies and resources. We also convene the Penquis-Downeast School Nutrition Workgroup, a forum for school nutrition educators to collaborate and network on a variety of topics to improve school meals.

Contact us for more information.



For Policymakers:

We share information about how laws and policies make a difference in keeping youth and communities healthy and safe. We provide up-to-date data on substance use trends. Call on us as the expert resources for prevention information and questions. We provide stories about our work in the community and how it's helping.

Contact us for more information.



For Healthcare, Social Service Providers & Community Organizations:

We offer training and technical assistance on how tobacco and substance use affect clients and patients, ways to support people

currently using tobacco in seeking treatment and successfully quitting, data on emerging trends, screening tools, and strategies to support lower risk choices. Our *SNAP Education program* provides evidence-based nutrition and cooking classes to income-qualifying community settings such as schools, childcare, food pantries, senior housing, and others.

Contact us for more information.

Bangor Public Health has several resources to address overdose in our community.



The Overdose Prevention Program provides overdose education and Narcan distribution throughout Penobscot, Piscataquis, Hancock, Washington, and Aroostook counties as part of a statewide effort to help minimize overdose deaths, reduce the stigma of substance use disorder, and advocate for free Narcan access to vulnerable populations.

Virtual training and in-person training is available along with print materials about opioid overdose prevention, how to recognize and react to an overdose, risk factors for overdose, and how to use Narcan in the event of an overdose.

To learn how to become a Narcan distributor or to schedule training in your community, please contact Denise Smith at denise.smith@bangormaine.gov for more information.

To obtain Narcan for yourself or others, please visit <https://getmainenaloxone.org/individuals/>.

The OPTIONS Overdose Response Team is a collaboration between CHCS, BARN, Together Place and Bangor Public Health. They provide free direct support, information and Narcan for individuals who have experienced an overdose or are at risk of overdose. They can provide information about available resources to meet basic needs or explore treatment and recovery. They also provide information and support to families and friends. The team also provides a variety of trainings on

overdose prevention. Call, text or email the OPTIONS Overdose Response Team at 207-991-1162 OPTIONSreferrals@chcs-me.org.



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Follow us on social media for more information!



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