

Health Promotion at Bangor Public Health & Community Services

September/October 2023



Bangor Public Health and Community Services offers programs and resources to help our community stay healthy. Our team of experts in nutrition/active living, substance use prevention and tobacco use prevention is here for you! We offer specialized programming, tools, support, and guidance to help keep your community a healthy place to live, work, play and learn.

This month is our **back-to-school edition**. Details about our school programs and services are listed below. Please reach out to learn more or request a specific program for your school.

MIHYS Data Presentations

The 2023 Maine Integrated Health Survey data will be available soon. Schools who participated in the MIYHS will have access to school-level reports. Data is publicly available at the county and state level, as well. This survey provides vital information on students' health that can inform intervention efforts and help schools track trends over time. School-level data is also a powerful asset when preparing grant applications.

Bangor Public Health's staff can facilitate meetings or presentations

to review your data. School Board presentations are a common request and we're experienced in delivering these. We are also available to meet with school administration to develop a plan of action based on your unique needs. Approaches might include student and staff education, parent communication, or policy changes.

Contact us to request MIYHS data support.

Substance Use Prevention in the Classroom

We've come a long way since the days of "just say no". Youth want and need accurate, detailed information (not scare tactics) about substances and ways to reduce their risks.

The evidence-based prevention programs we provide help students develop the skills and knowledge they need to critically think about substance use and reduce risks.

Certified prevention specialists deliver all programs.

A list of current programs for middle and high school students are below. If you're interested in elementary school programming, please feel free to reach out, too. We'd be happy to explore options.

Prevention Plus Wellness SPORT - middle school students



PPW SPORT is for grades 6-8 and is a 1-hour program.

Prevention Plus Wellness (PPW) SPORT stands for **S**ubstance **P**revention **O**ptimizing **R**esiliency **T**raining. It is flexible and easy to use. PPW connects substance use prevention to physical well-being and lifestyle behaviors.

PPW encourages students to create and monitor goals to improve healthy behaviors. Goals could include increasing fitness, healthy eating, getting more sleep or practicing stress control. Students also identify habits, such as substance use, that may interfere with their

goals. PPW encourages students to view future health objectives as a deterrent to substance use.

Media Ready - middle school students



Media ready is for grades 6-8. The full program consists of 10 classroom sessions that are 45 minutes each. *

Media ready helps students understand media messages. Youth are exposed to hundreds of media messages every day. Media Ready helps youth analyze media messages, recognize unhealthy behavior, and prevent substance use through media literacy education. It builds critical thinking skills so students can better understand the messages they receive.

*This program is evidence-based when delivered with fidelity (all 10 sessions). If classroom time is a significant barrier, offering a portion of the program is possible.

Prime for Life - high school students



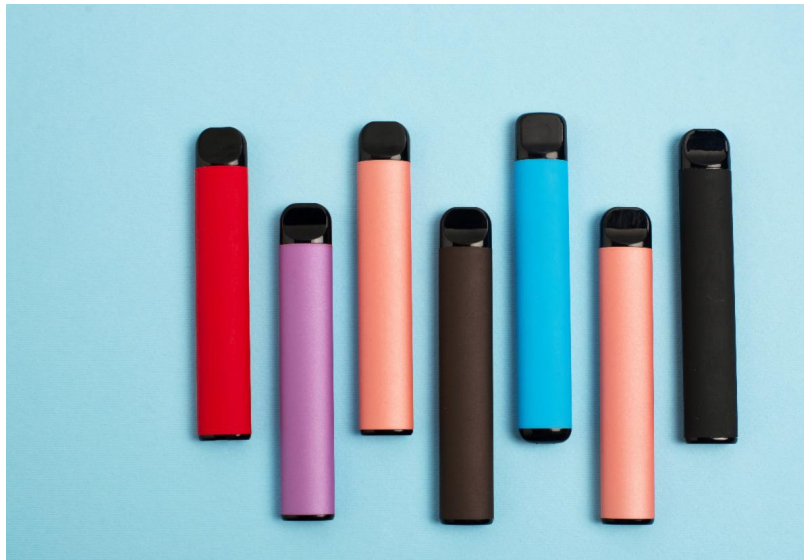
Prime for Life is for high school students. It is a 4-hour program that can be delivered over several class sessions. The program provides a judgment-free way of understanding how alcohol and drug-related problems develop, what we can do to prevent them, and how to reduce risks. It helps students identify their own personal risk and protective factors and trigger points for addiction.

Overdose Prevention Education and Narcan Training

This training can be delivered in 45 minutes and includes information on the steps to recognize and respond to an overdose. Bangor Public Health is one of Maine's four Tier 1 Narcan distributors. Schools are increasingly reaching out for staff and student education. Many are also requesting assistance with a policy and plan to have Narcan at school. Please **contact us** to request any of these services. Often schools have questions about the laws that allow schools to keep and administer Narcan. The Department of Education has provided these guidelines and resources for schools who choose to stock emergency medication for a suspected opioid overdose on school grounds.

DOE Guidelines & Resources

Action Plans to Address Youth E-Cigarette Use and Vaping



Youth vaping has presented a significant challenge for school administrators. Bangor Public Health is available to help schools develop an effective action plan based on your needs and concerns. No matter what stage you're at in the process, we can offer support. We may be able to provide some funding to help schools address these issues, too.

Bangor Public Health offers faculty/staff training, evidence-based curriculum for students, policy support, resources for parents, etc. Our experienced team can also address your tough questions like ***will vape detectors help*** and ***what do we do about youth who are addicted?***

Above all, we provide individualized technical assistance to each district, not a one-size-fits-all - or - unrealistic approach.

[Click here](#) to get in touch with our tobacco prevention staff.

SNAP-ED Nutrition Classes



School is back in full swing and so is our SNAP-Ed team! SNAP-Ed educators offer fun and free nutrition classes in the classroom, afterschool programs and the community across Penobscot and Piscataquis counties.

The Snap-Ed team follows the Harvest of the Month schedule to prepare a fruit or vegetable for each month. This is for students in kindergarten through 3rd grade.

Harvest of the Month is a campaign that helps to promote the use of seasonable available, local products in schools. The program aims to provide students with local and healthy produce, while supporting Maine's farmers and producers.

Educators deliver evidence-based curricula to students. The Eat Well Play Hard curriculum focuses on improving nutrition and physical activity behaviors for pre-kindergarten children. Students in kindergarten through 3rd grade are offered the Pick a Better Snack program, which aims to increase fruit and vegetable consumption. Lessons are 30 minutes and delivered six times throughout the school year. Each lesson includes an age-appropriate story and a taste-testing or other activity. For information about SNAP-Ed offerings for 4th grade and older, please *reach out!* Partnering with SNAP-Ed can help your school meet your district wellness policy nutrition education goals.

Fun Fact: October's Harvest of the Month product is Maine apples!

*To participate, schools must meet an eligibility requirement. Please *contact us* for details.

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Follow us on social media for more information!



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