



This Month at MCD Public Health

Putting together this month's issue was a bit akin to spring cleaning. A time to revisit what lingers while looking ahead to what's possible. In recognition of April as Alcohol Awareness Month, we've highlighted the prevention efforts by [Healthy Lincoln County](#). Included in those efforts is the [National Prescription Drug Take Back Day](#) on April 30th. Yet in the midst of all of this we are reminded of those in great need as depicted in our Health Beat section on the [Opioid Epidemic](#). For those of you who have attended any of the Shared Health Needs Assessment and Planning Process forums, you know drugs and alcohol are top concerns throughout our state. In other news, we cover MCDPH staff efforts to [advance Telemedicine](#) and [address hunger](#) in our communities. As always, we share with you [what's coming up](#) in public health in Maine and around the country. We hope you enjoy all this and more in this month's newsletter.



Thank you for all you do to help get, and keep, our communities healthy.

Be well,

Kate

Project Spotlight

Prevention Works. Treatment is Effective. People do Recover.

Every \$1 spent on early prevention and treatment for addiction and mental illness yields \$2 to \$10 savings in health costs, criminal and juvenile justice costs, educational costs, and lost productivity.



Healthy Lincoln County's [Substance Use Prevention Partnership](#), along with the Mental Health Collaborative are working to increase awareness for the prevention, intervention, and treatment of addiction and mental illness in Lincoln County, ME.

For tips and resources and trusted information on alcohol use during April's Alcohol Awareness Month, check out [HLC's FB page](#).

Health Beat

Maine's Opioid Epidemic

The U.S. is in the midst of a opioid epidemic. Maine is one of 13 states experiencing statistically significant increases from 174 overdose deaths in 2013, to 216 overdose deaths in 2014, and 272 overdose deaths in 2015. Since 2010, Cumberland County has observed the highest increase in primary treatment admissions due to heroin statewide. Yet during [Portland's Opioid Forum](#) held on April 6th, we heard of the untold numbers who were not as lucky to have access to one of those beds due to lack of funding and insurance coverage. Without sufficient access to affordable treatment we are tearing apart the fabric of our communities.

Kudos Corner

Webinar on Delivering Telemedicine in Rural Communities: Lessons Learned

MCD Public Health's [Northeast Telehealth Resource Center](#) and the [Center for Connected Health Policy](#)-also a Telehealth Resource Center housed at our sister public health institute in California, teamed up for a Rural Population Health Learning Collaborative Webinar entitled, "Telemedicine: Results and Lessons Learned from Recent Deployment with Community Partners." The webinar covered lessons learned in rural Telehealth. Speakers included Mario Gutierrez, Executive Director of the Center for Connected Health Policy; Patty Sand, MD, MPH of the Telemedicine program at Shasta Community Center; and Jason Cunningham, DO, Medical Director of West County Health Centers a FQHC. [Click here to view webinar.](#) This webinar was made possible through a cooperative agreement to the National Organization of State Offices of Rural Health from the Federal Office of Rural Health Policy. The Rural Population Health Collaborative is led by representatives from APHA, FORHP, CDC, CMS-QIN, NORC, and NORSORH. FMI contact Kate Perkins, co-chair of APHA's Rural and Frontier Health Committee and Director, MCD Public Health kperkins@mcdph.org

Rural AED Saves a Life

We always love a story with a happy ending. Read: "[Fairfield officers & firefighters celebrated for saving man's life](#)," *Kennebec Journal/Morning Centinal*, March 10, 2016. The AED used to save this man's life was one of the 300 AED's we are working to place throughout rural Maine. Thanks to the generous support of the Maine Cardiovascular Health Council, the Health Resources and Services Administration, and neighbors like you who have donated to help us expand our effort to place more of these life saving devices within easy reach. [Click here to learn more how you can help.](#)



Fight Hunger and Earn a Scholarship!

Join Preble Street Maine Hunger Initiative (MHI) in advocating for solutions to alleviate the long-term poverty that causes hunger and help low-income households move towards greater economic self-sufficiency. AmeriCorps VISTAs fight hunger in Maine through increased access to USDA federal



nutrition programs in under served communities by boosting Supplemental Nutrition Assistance Program (SNAP) education and application assistance, and assisting in the expansion of the Summer Food Service Program (SFSP) by recruiting volunteers, conducting outreach, and implementing programming. VISTA placements available at Healthy Lincoln County. Start dates vary based on application timing. [Click here to find out more about qualifications, benefits, and how to apply.](#)

Mark Your Calendars!

Rural Population Health Learning Community webinar Monday, April 18, 2016 at 2:00-3:00 pm eastern, Call number 877-668-4493, code: 662 541 174.

FMI contact: kperkins@mcdph.org.

QIN QIOs Building Diabetes Self-Management Program Capacity in Rural

Communities, Monday, April 25th, 1:30 pm (Eastern). This webinar will showcase the work of two Quality Innovation Network (QIN)-Quality Improvement Organizations (QIOs) in building diabetes self-management program capacity for Medicare populations in rural communities. This call will be recorded and the view-able recording will be available on the [NOSORH website](#). For

additional information, contact: Chris Salyers: (606) 568-5354 or chris.salyers@nosorh.org. [Click here to register](#)

National Association of Chronic Disease Director's monthly webinar, Thursday April 28th, 2016, 3:00-4:30 eastern. [NACDD calendar of events.](#)

Annual **Prescription Drug Take Back Day**, Saturday April 30th, 10:00-2:00. [Click here to find a location near you.](#)

Annual "**Beyond the Basics of Suicide Prevention**" Friday, May 6, 2016. Cross Insurance Center - Bangor, Maine. Hosted by Maine Suicide Prevention Program. [Click here to register.](#)

Save-the-Date for **National Organization of State Offices of Rural Health Annual Meeting**, September 7-8, Omni Parker House Hotel, Boston, MA. Registration coming soon.

Save-the-date for the **32nd MPHA Fall Conference**, Tuesday, October 18, 2016, Hannaford Lecture Hall, University of Southern Maine, Portland. Conference keynote by Dr. Camara Jones, current APHA President and a Senior Fellow at the Satcher Health Leadership Institute and the Cardiovascular Research Institute, Morehouse School of Medicine. Population. Environment. Policy. #thisispublichealth. Registration coming soon.

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