



Building Resiliency and Hope in 2018

This past year was memorable for a variety of reasons. With changes in the federal administration and legislation, as well as new evidence and guidelines for combatting diseases, natural disasters, and ongoing disease outbreaks, the public health system has been rattled and tested. Nonetheless, MCD Public Health has fared, alongside our many partners, by finding ways to continue to improve the health and well-being of our communities. With any change, there is almost sure to be stress, anxiety, and more change. But rather than beginning 2018 with setting lofty goals and resolutions, we want to go back to basics, for it is there we can find our footing, and continue to make a difference with practical and effective approaches.

This month we are featuring the work of one of our projects, Healthy Lincoln County, and their efforts to increase awareness of the science behind adverse childhood experiences and mobilizing their community to change systems, and to build resilience and hope.



Elizabeth
Foley

Elizabeth & Danielle
Co-Directors, MCD Public Health



Danielle
Louder

Healthy Lincoln County to Offer Showings of the Film "Resilience"

RESILIENCE: THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE chronicles

the birth of a new movement among pediatricians, educators, and communities, who are using cutting-edge brain science to disrupt cycles of violence, addiction, and disease.

Healthy Lincoln County is teaming with local organizations to offer a series of showings of the film throughout the next couple of months. Kate Marone, Director of Healthy Lincoln County shared "This film provides our community with an opportunity to learn and talk about a difficult topic in a healthy and constructive way. We have found that the film opens up a door for identifying new and creative solutions to issues such as youth drug and alcohol use. After viewing the film, many people ask, "how come everyone doesn't already know about this?" Usually if something is predictable, it's preventable. This film shares new information that may be able to help prevent some of the most common and chronic health conditions of our time." Please join Healthy Lincoln County in viewing the film and for an open forum discussion afterwards. If you'd like more information on the film or are interested in showing it, please contact Kate Marone at director@healthylincolncounty.org.

RESILIENCE
THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE

FREE COMMUNITY FILM SHOWINGS

Thursday, January 18th 5:30-7:30pm Skidompha Library, Damariscotta

Monday, February 5th 5:30-7:30pm YMCA, Boothbay Harbor

Tuesday, February 27th 5:30-7:30pm Wavus Camps, Jefferson

Join us for a free community film showing, short discussion and resource sharing. Families are welcome! For this showing we recommend viewing by adults only. Light refreshments and on-site childcare will be available.

For More Information: Call Healthy Lincoln County (207) 563-1330

RSVP is optional but encouraged: <https://cchi.coursestorm.com/browse>

Healthy LINCOLN COUNTY
Healthy Kids
KW Kieve-Wavus Education
the Y
LincolnHealth
MaineHealth
Lincoln County Schools

OFFICIAL SELECTION
sundance
OFFICIAL SELECTION
Carmel INTERNATIONAL FILM FESTIVAL 2016
WINNER
OFFICIAL SELECTION
CLEVELAND INTERNATIONAL FILM FESTIVAL
OFFICIAL SELECTION

Welcome Back!

Robin Hetzler, a former MCDPH employee with the Healthy Maine Streets Initiative and a Healthy Maine Partnership Liaison, has come back to join the MCDPH team as the new Suicide Prevention Coordinator! Robin will be stationed at the MeCDC, working closely with other colleagues within the Injury Prevention Division on this important project to decrease suicide across the state. Welcome back, Robin!



Kudos

The MCD Public Health Team would like to congratulate current team members on their exemplary accomplishments.

Tina Love, Project Manager has started her clinical portion of her Family Nurse Practitioner program at Simmons College, after scoring 100% on her qualifying exam! Tina will still be working in MCD's Augusta office on a regular basis while she completes her off-site clinical rotations. Well done, Tina!



Reid Plimpton, Project Coordinator for the Maine Integrated Youth Health Survey has qualified for Dartmouth's chapter of the National Honor Society! Reid is currently enrolled in the Master of Public Health program at Dartmouth College. Congratulations, Reid!

Mark Your Calendars!

National Public Health Week 2018 - April 2-8, 2018.

Theme: "Healthiest Nation 2030: Changing Our Future Together."

QC 2018: Quality, Collaboration, Innovation ... It All Counts! - April 4, 2018. Keynote: Dr. Sanjeev Arora - Dr. Arora's [Project ECHO®](#) shares knowledge and amplifies best-practice care for underserved people all over the world.

Global Health & Innovation Conference - April 14-15, 2018 - Yale University, New Haven, CT. For more information and to register, [click here](#).

National Network of Public Health Institutes (NNPHI) Annual Conference and Public Health Workforce Forum - May 22-24, 2018 - New Orleans, LA. For more information and to register, [click here](#).

Northeast Telehealth Resource Center's 2018 Regional Telehealth Conference - June 5-6, 2018 - Portland, Maine. Registration information to come soon.

Career Opportunities

If you're interested in joining the MCD Team, visit our [website](#) for current career opportunities.

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