

## The Latest News From MCDPH - September 2019

Dear Colleagues;

In this month's newsletter we highlight **National Suicide Prevention Awareness Month**. Suicide is never easy to talk about but we know it certainly impacts all of us whether through families, friends, students, coworkers, community members or public personalities. This awareness campaign encourages all of us to break the silence not just this month but every day and eliminate the stigma that prevents people from seeking help and treatment. Our newsletter offers resources and links to support us in the discussion of suicide prevention. You can also learn more about the work going on here in Maine and in communities around the U.S. to promote suicide prevention as an essential element of health care services. Take the time to find out **what is going on** in your state.

As always, we hope you find our newsletter helpful and look forward to connecting with you in October.

Best Regards,  
*Danielle Louder & Elizabeth Foley*  
Co-Directors, MCD Public Health

## September is Suicide Prevention Month

The Maine Center for Disease Control and Prevention (Maine CDC) recently received the Garrett Lee Smith State/Tribal Youth Suicide Prevention and Early Intervention Grant (GLS Grant). Through this five-year grant, Maine CDC will implement Project STAY (Support, Treatment, and Access for Youth) to support prevention, early intervention, and coordination of care for youth at risk of suicide. The goals of this project are (1) Increase the number of schools and youth-serving organizations implementing evidence-based early intervention and suicide prevention policies/practices to identify and respond to youth with unmet mental health needs, (2) Increase care management, access to mental health services, and follow-up for youth at high risk of suicide or suicide attempts, (3) Increase the number of educators, care providers, and youth-serving professionals trained in evidence-based practices for screening, assessment, treatment, and follow-up of young people at risk of suicide, and (4) Increase help-seeking and improve youth access to care by promoting innovative outreach strategies, including crisis text services and peer-to-peer interventions. An MCD Public Health staff member will be contracted with the state to coordinate this grant.

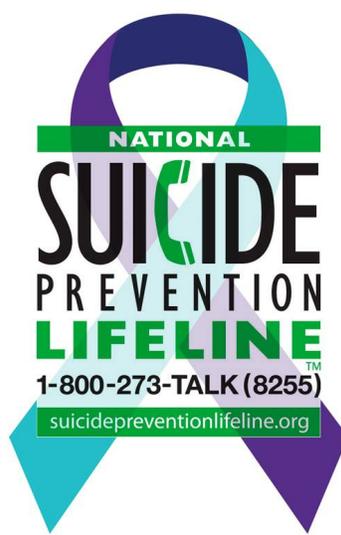


**Maine Crisis Hotline**  
is available anywhere in the  
state of Maine.  
**Call: 1-888-568-1112**

**CRISIS TEXT LINE |**

**Crisis Text Line**  
is available anywhere in the  
United States.  
**Text "Home" to 741-741**

to talk with a trained crisis counselor.



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## MCDPH Launches Online Cholesterol Training

September is National Cholesterol Education Month. To kick off this month, we would like to share the launch of a new training, “**Basics of Cholesterol in Adults.**” This online training module, offered by MCD Public Health, highlights the Basics of Cholesterol and provides an overview of the most recent Guidelines on the Management of Blood Cholesterol (2018) released by the American Heart Association and the American College of Cardiology. This module is part of MCDPH's Cholesterol Online Training Program, an e-learning resource for health care providers, medical assistants, community health workers, or any individual interested in improving the prevention and management of high cholesterol.



**Now, through the end of October, the registration fee for training will be waived!** We encourage you to take this opportunity to navigate through our training. If you have any questions, please email [cholesterol.mcdph.org](mailto:cholesterol.mcdph.org).

## MCDPH Presence at DAFS Day 2019



MCD Team Members, Phonse Allen-Laney, Kelsey Robinson (pictured left), and Erica Brown represented **WellStarME** at the Division of Administrative and Financial Services Day (DAFS) for the State of Maine on September 18th. WellStarME is an online wellness platform available to all State of Maine employees. The program provides individualized health and wellness resources designed to meet all people where they are on their wellness journey. For more information, visit [www.wellstarme.org](http://www.wellstarme.org) or contact 207-620-9202.

## Meet Our Team

**Moira Pratt** - Maine CDC

We are happy to introduce Moria Pratt. She is the new Project Coordinator for adolescent immunizations at the



Maine CDC. Moria graduated at Central Maine Community College with her Associates in Science. She has worked the last seven years at Livermore Falls Family Practice as a Medical Assistant and IMMPACT coordinator. Moria is eager to be a part of our team and hopes to educate others about the importance of vaccines. Please welcome Moria as she embarks on her new journey.

### Kristin Poulin - Maine CDC

Kristin Poulin is the new Project Coordinator for the Perinatal Hepatitis B program. Kristin holds a bachelor's degree in business administration and was previously employed with Olive Garden for 13 years including a management position for the last 8 years. Kristin is a new mom and is very excited that this role directly relates to infant health and well-being.



## Join Our Team

### International Public Health



[Click here](#) to see current opportunities

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## Partner Events

**Maine Harm Reduction Conference - October 4, 2019** - Portland, ME. For more information, [click here](#).

**Prevention Professionals Days - October 29-30, 2019** - Freeport, ME. For more information and to register, [click here](#).

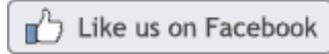
**2019 American Public Health Association (APHA) Annual Meeting & Expo - November 2-6, 2019** - Philadelphia, PA. For more information, [click here](#).

**New England Rural Health Association's 2019 Rural Health Conference - November 6-7, 2019** - Newry, ME. For more information, [click here](#).

**2019 Maine Cardiovascular Health Council Summit - November 7, 2019** - Rockport, ME. For more information, [click here](#).

**Save the Date: Beyond the Basics in Suicide Prevention Annual**

Get In Touch  
**MCD Public Health**  
11 Parkwood Dr.  
Augusta, ME 04330  
P: 207-622-7566  
Email: [info@mcdph.org](mailto:info@mcdph.org)



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