

## **Downeast Maine Partnerships for Success Project Summary**

“Downeast Maine Partnerships for Success,” is a collaborative effort among multiple partners throughout Washington and Hancock counties, coordinated by Healthy Acadia. The Project will implement community-driven, collaborative efforts to prevent substance use and promote the health of youth aged 9 to 20 throughout the region. Through the use of evidence-based and promising practice programs, policy changes, and systems development, we will significantly increase protective factors and reduce risk factors associated with substance use.

Based on the evidence-based Icelandic Model for youth substance prevention and tailored to the needs and opportunities in rural Downeast Maine, we will utilize multiple strategies to increase protective factors and decrease risk factors associated with youth substance use, specifically alcohol, tobacco, and marijuana. Project goals include: 1) Increase parental/caregiver, school, and community awareness of and capacity to reduce risk factors and increase protective factors associated with youth substance use through implementation of a comprehensive evidence-based approach; and 2) Implement evidence-based programs, policies and practices to increase protective factors and decrease risk factors for substance use among youth.

Objectives for Goal 1 include to:

- Increase coalition member participation
- Implement media campaigns to raise awareness of protective and risk factors
- Provide educational forums
- Increase the capacity of schools and community-based entities to provide pro-social activities to youth through partner subawards ranging from \$1,000 to \$10,000
- Increase the capacity of schools/ community-based entities to provide peer-based mental health / social-emotional supports

Objectives for Goal 2 include:

- Deliver evidence-based resilience trainings to youth
- Engage youth in structured, pro-social activities
- Engage students in peer mental health / social-emotional supports through partner subawards ranging from \$1,000-\$10,000
- Engage parents/caregivers to increase their time spent with children through a pledge card and associated activities
- Expand the Downeast Teen Leadership Camp to engage youth in building leadership skills and preventing substance use
- Engage student leaders in local policy-boards and a region-wide Youth Leadership Team to increase their self-efficacy and influence positive policy, systems, and program changes
- Coordinate an annual region-wide “Prevention Day”