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Left photo: WPH was honored to have little Emerie make a medicine bundle with her mother at the Wabanaki Spring Social.

To see more from the Wabanaki Spring Social

See pg. 5
MAY AWARENESS

#mhm2017
#riskybusiness

When do behaviors become risky business?

Take the “What's Too Far?” Quiz

mentalhealthamerica.net/whatstoofar

Tobacco Threatens Us All

SAY NO TO TOBACCO

PROTECT HEALTH, REDUCE POVERTY AND PROMOTE DEVELOPMENT

31 MAY: WORLD NO TOBACCO DAY

NoTobacco
GARDENING

Native Americans utilized companion planting which aims to grow plants in an interconnected relationship. Certain plants are planted next to one another in order to support their growth and environmental needs. The Native American garden style makes the land richer by not tilling the soil, using natural fertilizers, and only taking what is needed.

WORDS FOR GARDEN
(click the word to learn more)

kihkan (Passamaquoddy)
kkìhkαn (Penobscot)
iga’taqan (Mi’kmaq)

NATIVE AMERICAN CORN

Native corns are generally heartier, adaptable, and more drought-resistant when compared to the modern day varieties. Native Americans transformed maize or corn through special cultivation techniques. Corn was developed from a wild grass called Teosinte originally growing in Central America 7,000 years ago.

Maine Averages

<table>
<thead>
<tr>
<th>City</th>
<th>Last Spring Frost</th>
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<tbody>
<tr>
<td>Augusta</td>
<td>4/27/2017</td>
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<tr>
<td>Bangor</td>
<td>5/7/2017</td>
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<tr>
<td>Portland</td>
<td>5/2/2017</td>
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<tr>
<td>Presque Isle</td>
<td>4/21/2017</td>
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2017 Daily Health Themes

Monday, May 15
Prevention of Youth Tobacco Use

Tuesday, May 16
Prevention of Underage Drinking & Alcohol Misuse

Wednesday, May 17
Prevention of Prescription & Opioid Drug Misuse

Thursday, May 18
Prevention of Illicit Drug Use & Youth Marijuana Use

Friday, May 19
Prevention of Suicide

Saturday, May 20
Promotion of Mental Health & Wellness

Check out our Facebook and Twitter during prevention week to stay up to date on the daily health theme!

Why Does National Prevention Week Occur in May?
National Prevention Week is held each year during the third week of May—near the start of summer. According to the Substance Abuse and Mental Health Services Administration’s (SAMHSA) National Survey on Drug Use and Health, adolescents and full-time college students most often use substances for the first time during June or July.
Wabanaki Spring Social

WPH attended the 20th annual Wabanaki Spring Social to promote “Our culture is Prevention.” Individuals that visited the table were able to make a personal bundle with the four sacred medicines. WPH were honored to offer a chance for people to learn about the four sacred medicines and to pledge a smoke-free home. Prevention materials were available for individuals to take. Visitors were also given a chance to enter a drawing for a small prize package after completing a short survey. The prize was won by Cassy Dana of Motahkomikuk. It was great to see everyone come together for the day. Woliwon to all of the people that work so hard to make this happen every year!
UNITY hosted the “Today’s Native Leaders” training from April 7th to April 9th in Danvers, Massachusetts. More than 60 youth from the Northeast area, including two Penobscot youth, gathered for the weekend to map out the challenges, strengths, and future projects for their communities. The training allowed the individuals to effectively identify the needs of their communities. The two Penobscot youth that attended identified many great activities including a 5k run/walk, pow-wows, socials with Indian tacos, and so much more! Kuli-kiseht!

Left to right: Identified strengths of the Penobscot Nation, Community Challenges, and Ideas of future activities in the community.

If you’re interested in becoming involved with a youth council in your community contact John Dennis, jdennis.wph@gmail.com
DRUG 101: FENTANYL

What is Fentanyl?
Fentanyl is a powerful synthetic opioid analgesic that is similar to morphine but is 50 to 100 times more potent.

What is it used for?
Fentanyl is typically used to treat patients with severe pain or to manage pain after surgery. It may also be used to treat patients with chronic pain who are physically tolerant to other opioids.

What else is it called?
In its prescription form, fentanyl is known by such names as Actiq®, Duragesic®, and Sublimaze®.

On the street fentanyl or fentanyl-laced heroin is known as Apache, China Girl, China White, Dance Fever, Friend, Goodfella, Jackpot, Murder 8, TNT, and Tango & Cash.

How does it effect the brain?
Fentanyl works by binding to the body's opioid receptors which are found in the area of the brain that control pain and emotions. When it binds to these sites the brain will release dopamine in the brain's reward areas producing a state of euphoria and relaxation.

Why is Fentanyl dangerous?
Opioid receptors are also found in the areas of the brain that control breathing rate. High doses can cause breathing to stop completely which may lead to death. The high potency also increases the risk of overdose especially if the person is unaware that a powder or pill contains fentanyl.

Maine Drug Enforcement Agency
Drug Tip Hotline
1-800-452-6457

To find out more check out these resources:

CDC
https://www.cdc.gov/drugoverdose/opioids/fentanyl.html

Parents

Article about Fentanyl
http://www.pbs.org/newshour/run-down/fentanyl-deadlier-heroin-single-photo/

Source: https://www.drugabuse.gov/publications/drug-facts/fentanyl
GET INVOLVED!
Join other young people in creating healthier, safer communities for everyone

Meet new people!

We know:
you have the power to make positive change in your communities

Build leadership skills!

We know:
every young person has a voice that should be heard.

Create change!

Make a difference!

Youth Taking Action Groups
Are you part of a group that wants to build skills and accomplish projects? Does your group work on social justice, youth substance use, bullying/harassment and/or youth mental health issues? Become a Youth Taking Action Group! FMI: visit myan.org/youth-taking-action

Youth Policy Boards
Do you want to have a voice in decisions that impact your life? Are you 14-18 years old and want to join a group to change policies and practices in your communities about youth substance use, mental health, and/or bullying & harassment? Join our Youth Policy Board! FMI: visit myan.org/youth-policy-boards
**tick removal**

Remove ticks immediately. They usually need to attach for 24 hours to transmit Lyme disease. Consult a physician if you remove an engorged deer tick.

**Using a tick spoon:**
- Place the wide part of the notch on the skin near the tick (hold skin taut if necessary)
- Applying slight pressure downward on the skin, slide the remover forward so the small part of the notch is framing the tick
- Continuous sliding motion of the remover detaches the tick

**Using tweezers:**
- Grasp the tick close to the skin with tweezers
- Pull gently until the tick lets go

1-800-821-5821
www.mainepublichealth.gov

**just the facts**

**Deer Ticks**
- Deer ticks may transmit the agents that cause Lyme disease, anaplasmosis, and babesiosis
- **What bites:** nymphs and adult females
- **When:** anytime temperatures are above freezing, greatest risk is spring through fall

**Dog Ticks**
- Dog ticks do not transmit the agent that causes Lyme disease
- **What bites:** adult females
- **When:** April–August

**prevent the bite**
- Wear light-colored protective clothing
- Use EPA-approved insect repellent on skin or clothing
- Use caution in tick-infested areas
- Perform daily tick checks
- Protect your pets, use repellents, acaricides, and a Lyme disease vaccine for dogs

**tick ID**

**Know Them. Prevent Them.**

**Deer Tick (Black-Legged Tick)**
- Nymph
- Adult male
- Adult female
- (active size)
- Nymph (1/32”-1/16”) Adult (1/8”) Engorged adult (up to 1/2”)

**Dog Tick**
- Adult male
- Adult female

(examples are not actual size, dog tick nymphs are rarely found on humans or their pets)

**lyme disease**

Ticks usually need to attach for 24 hours to transmit Lyme disease.

Often, people see an expanding red rash (or bull’s-eye rash) more than 2 inches across at the site of the tick bite, which may occur within a few days or a few weeks.

Other symptoms include:
- Fatigue
- Muscle and joint pain
- Headache
- Fever and chills
- Facial paralysis

Deer ticks may also transmit the agents that cause other diseases such as babesia and anaplasmosis.

People that remove an engorged deer tick should consult their physician as quickly as possible.

**Come Find Wabanaki Public Health at Your Next Tribal Health Fair to receive your free tick spoon!**
Marijuana legalization brings about many changes including an increased risk of accidental pot poisoning. Keeping marijuana properly stored and out of the hands of minors is important. Marijuana products come in an array of different styles, including marijuana edibles. Many of the marijuana edibles look similar to many foods that are attractive to kids. To avoid unintentional marijuana exposures be sure to safely store your medical marijuana products.

What is Edible Marijuana?

Edible marijuana or edibles is cannabis infused food.

What does Edible Marijuana look like?

Marijuana brownies are the iconic edible but marijuana products now come in many shapes and sizes. Including cookies, gummies, cakes, hard candies, chocolate bars, etc...

Storage

Treat marijuana like any other prescription medications by making sure they are locked up or put away in a place where minors won’t have access to them.

Locking containers are available to purchase. They come in either a lock/key or combination style locking mechanism.

If you’re worried about your child, call the poison control hotline at 1-800-222-1222 as soon as possible. Calling is free and you’ll be helped quickly.

If a reaction seems bad, call 911 or go to an emergency room right away.
### Kotuwitpotul - Upcoming Events

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>Penobscot Language Classes</td>
<td>Every Wednesday 5-6 PM at the Culture &amp; Historic Preservation Office, Indian Island</td>
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<tr>
<td>6th Annual Tribal Career &amp; College Expo Event</td>
<td>May 5th 8:30 AM - 2 PM College/Career Fair</td>
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<tr>
<td>WaYS Mini Camp at Nibezen</td>
<td>May 12th-14th</td>
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<tr>
<td>Women’s Night</td>
<td>May 9th 5 PM</td>
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<td>Sipayik Tribal Court Room</td>
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<tr>
<td>Family Engagement Night</td>
<td>May 12th 4-6PM</td>
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<tr>
<td></td>
<td>Micmac Boys &amp; Girls Club</td>
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<tr>
<td>Mother’s Day Basket Bingo</td>
<td>May 13th Doors open 4 PM, Bingo starts 5 PM</td>
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<tr>
<td></td>
<td>Senior Meals, Indian Island</td>
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<tr>
<td>Maliseet Health Fair</td>
<td>May 20th 10AM - 2PM</td>
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<tr>
<td>Lunch with Project LAUNCH featuring Wabanaki Public Health</td>
<td>May 30th 12PM</td>
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<tr>
<td></td>
<td>Sipayik Tribal Office Court Room</td>
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### CONTACT US

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To sign up or submit for our monthly newsletter contact naltvater.wph@gmail.com

**Contact Information:**
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- wphsm2015  
- wabanakipublichealth

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