

WHAT'S BEEN HAPPENING AT GAT?

HERE ARE THE

# HIGHLIGHTS



## PARENT RESOURCES NOW AT



*Gardiner Public Library*

### Free Parent Handbooks: Elementary Level & Middle/High School Level



These unique, visually appealing resources raise awareness and educate readers on the latest trends, warning signs, and tips for effective parent/child communication so that “prevention” is truly possible. By simply placing this resource in the kitchen or living room in the home, conversations will be sparked!

***Topics include social media, vaping, anxiety, gaming, depression, drugs, alcohol, friendships, suicide, and so much more***

### Other Resources: Books & More!



**Parents have questions and we're here with answers.**

We've put together free, easy-to-access resources for parents and caregivers, available now at the Gardiner Public Library. Stop in, grab what you need, and walk out feeling more informed, supported, and confident.

Because when parents feel supported, kids thrive, and that strengthens our whole community.



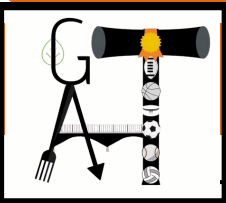
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For more information, visit [www.gardinerareathrives.com](http://www.gardinerareathrives.com) or contact Patricia Buck Welton, DFC Coordinator [patriciab@hccame.org](mailto:patriciab@hccame.org)







## MORE HIGHLIGHTS...

### RED RIBBON WEEK: October 23 - 31, 2025

We celebrated staying drug-free and making healthy choices. It's all about remembering that **EVERY** choice counts. And for this year's theme, "Life is a Puzzle. Solve it Drug Free." our Gardiner Regional Middle School students decorated doors based on this theme.



Winning Door



Community Judges



Middle Schoolers as a Puzzle Piece

27 Doors were decorated at Gardiner Middle School for Red Ribbon Week & PSAs ran on Townsquare Media radio stations!

### SOURCES OF STRENGTH

A Peer Program / Student-led School Culture Program that brings together trained Adult Advisors and Peer Leaders to create campaigns for the school community that focus on positive, uplifting, and hopeful messaging.

A Sources of Strength School develops improved peer culture and a more positive attitude among students related to mental health and help-seeking behavior.



In October, we had a great day together with NAMI Maine mentoring these students to be Peer Leaders of Sources of Strength!

On October 3<sup>rd</sup>, students joined schools and workplaces across the country to say: You **CAN** sit with us. This is an anti-bullying campaign that promotes kindness and belonging. Wearing pink symbolizes that everyone is welcome and it fosters an inclusive community.



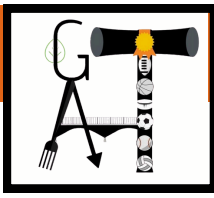
Never underestimate the power of the wave. It costs nothing, but it could be the moment that turns someone's whole day around. Wicked Wave Wednesday was held on December 10th.

### HEALTH CENTER UPDATE

The contractor has been hired and will start the renovations in 1 to 2 weeks, starting with relocating the nurse's office so her office can then be renovated into the health center space.







## WARNING!



### FENTANYL THE INVISIBLE KILLER

Drugs may contain deadly level of fentanyl. You cannot see, taste, or smell it. It is almost impossible to tell if a drug is laced with fentanyl unless tested with a fentanyl testing strip.

Fentanyl is a synthetic opioid that is 50-100 times more potent than morphine, often lethal with as little as 2 milligrams.

one  
pill kills

**Call 911!  
for ANY  
Possible  
Overdose!**

#### Signs of an overdose:

- Small "pinpoint pupils"
- Pale face and clammy/cold skin
- Body goes limp
- Fingernails or lips have a purple or blue color
- Vomiting or gurgling noises
- Slow breathing and heartbeat

This small amount is a

**LETHAL**  
dose of fentanyl



**WARNING!!**

**FENTANYL found in Cannabis in OUR AREA!!!**



Know your **OPTIONS** to stay safe, get well, and stay well.  
Search for resources in Maine at: [knowyouroptions.me/resources/](https://knowyouroptions.me/resources/)  
call 2-1-1. #OPTIONSMIE



A recent incident involving young people is a reminder of how important it is to talk openly about substances. Some substances may contain unexpected and dangerous ingredients (e.g., fentanyl), especially when the source is unknown.

Young people's brains are still developing, which is why it's important that adults and peers do not share substances with youth. Open, supportive conversations can help keep everyone informed, safe, and healthy.

Go to <https://knowyouroptions.me/> to educate yourself on Naloxone and call 911 if you see any signs of overdose.

**Please share!! You could save a life!!!**

## SOCIAL MEDIA

Welcome to our new followers on Instagram and Facebook!



### Facebook Insights: Last 60 Days

**227**  
Followers  
↑1.3%

**4,424**  
Views  
↑1119%

**225**  
Engagements  
↑44.1%

**55**  
Reactions

**14**  
Comments

**30**  
Shares

Audience Reach:  
Seen by:

**56.9%**  
Followers

**43.1%**  
Non-Followers

Share our Facebook and Instagram pages with your family and friends



**Spread the word!**

