

# CDC is preventing violence in Maine communities

Violence is one of the leading causes of death in the US. CDC has been the leading federal agency focused on preventing injury and violence for over 40 years.

## Violence is preventable. It's scientifically proven.

When traumatic events happen to children—such as experiencing abuse or neglect, living in a home with substance misuse, or witnessing community violence—these adverse childhood experiences, or ACEs, can cause lasting, negative effects on health including an increased risk of experiencing or perpetrating violence later in life. CDC is uniquely positioned to help communities across the country prevent ACEs and other forms of violence, to ensure that all people are safe, healthy, and thriving.

**In 2024, Maine received \$618,068 from CDC to prevent violence before it happens.** CDC funds states and communities to use data to implement proven prevention approaches with the greatest potential to reduce violence. CDC scientists provide data analysis, the latest research findings and additional expertise to support state and local health departments, community organizations, and others working to prevent violence. Their efforts help save lives and improve community safety and well-being.

## Violence prevention is critical for Maine

Violence doesn't only affect victims and their families in the immediate term—it has long-term effects on their surrounding communities. Violence can lead to physical and mental illness, chronic diseases, fewer employment opportunities, childhood developmental delays, and premature deaths. Violence can discourage people from participating in neighborhood activities, limit business growth and prosperity, strain education, justice, and medical systems, and slow community progress.

### Example Prevention Approaches

- Safe routes to and from school
- Home visitation programs to support new mothers
- Mentoring and afterschool programs
- Job training programs
- Cleaning and maintaining vacant lots
- Programs in hospitals that provide social and job support to victims to prevent future violence

## Violence in Maine, by the numbers

48

homicides  
in 2023

19%

of adults have  
experienced four or  
more ACEs in their  
lifetimes

21%

of women have  
experienced rape  
or survived rape  
attempts in their  
lifetimes



# CDC funded violence prevention programs in Maine

CDC has been researching violence for over 40 years—building, implementing, and evaluating programs designed to reduce and prevent violence for entire populations.

Programs with a check mark below are active in Maine and are using the best available evidence to inform prevention in the state. Programs without a check mark are other CDC programs that Maine can apply for in the future.



### **National Violent Death Reporting System**

is CDC's flagship state-based data system that links up to 700 unique data elements about the "who, when, where, and how" of violent deaths and suicides and provides insights about "why" they occurred to inform prevention activities.



### **Rape Prevention and Education Program**

funds sexual violence prevention approaches such as bystander programs, anti-bullying, and anti-sexual harassment policies in all 50 states, Washington, D.C., Puerto Rico, and the U.S. Virgin Islands.



**DELTA** funds state domestic violence coalitions to prevent intimate partner violence by engaging in statewide prevention efforts and providing training, technical assistance, and financial support to local community organizations.



**Essentials for Childhood: Preventing Adverse Childhood Experiences through Data to Action** supports states and communities to prevent ACEs by improving data collection to help put in place the best programs for their area.



**PREVAYL** recipients implement proven strategies that prevent youth violence, teen dating violence, and ACEs in communities with high violence rates.



### **National Centers of Excellence in Youth Violence Prevention**

connect community leaders with research universities to create and study lasting youth violence prevention methods, such as programs that reduce rates of violence through bystander reporting, social media monitoring, and youth involvement in activities to improve community parks, vacant lots, and public spaces.



**FASTER: AVERT** provides near real-time data from emergency department visits for a range of violence-related injuries and mental health conditions to inform community-level prevention of violence and suicide.



### **Rigorously Evaluating Approaches to Prevent Adult-Perpetrated Child Sex Abuse**

recipients conduct research to learn what prevents child sexual abuse and sex trafficking, by rigorously evaluating different programs, policies, and practices.

## CDC Supports Maine

In recent years there has been a national increase in the number of reported suicides among law enforcement officers. To help address this problem at the state-level, Maine Violent Death Reporting System partnered with the Franklin County Maine Sheriff's Office to conduct an analysis of law enforcement and correctional officer suicide in Maine. The analysis was presented to the Board of Trustees of the Maine Criminal Justice Academy. As a result of these presentations, the Maine Department of Corrections has implemented mandatory mental health first aid and resiliency training for all correction officers in Maine. The trainings are aimed at reducing stigma around seeking help for mental health concerns and job-related stress.