

COMMUNITY ACTION FOR SAFE TEENS

MINUTES of February 11, 2015

Meeting from 3:30 – 5:00 p.m at Milford Ambulance Center.

3:30 Sign In

IN ATTENDANCE: Monica Gallant, Sheelu Joshi Flegal (SAU 39), Kiersta Pallas Stillman (SAU 40), Susan Taylor (BGCSV), Caitlyn Hunter (BGCSV), Sue Hills (SAU 40), Sue Burns (SAU 40), Porter Dodge (SAU 39), Ashley Demers (SAU 40), Jacob Albrecht (Crossway Christian Church)

3:35 Introductions

MINUTES of January 14, 2015 accepted.

Porter Dodge facilitated the meeting and opened the meeting by reading the mission statement.

ANNOUNCEMENTS Susan announced the Youth of the Year event at the Boys & Girls Club. Champions in the Community Tom Knapp and Helene Bureau will be recognized along with Monica Gallant as our volunteer of the year.

BEYOND INFLUENCE UPDATE – strategic planning meeting held. Concerns are: Past 30 day use, Perception of harm, Peer disapproval, Parental disapproval for marijuana, alcohol, prescription drugs. Group decided on substances of concern marijuana, alcohol, and opiates. Planning will be held on March 9th. The meeting will be held in a location and time TBD. Monica will distribute meeting info to group when available.

CADCA UPDATE - Community Anti-Drug Coalitions of America. Monica participated in a week long training last week. CADCA forums provide a multitude of workshops. 2500 people representing healthcare, coalitions, law enforcement, legislatures, prevention and youth. Common theme throughout week was mental health and substance use correlation. A lot of the sessions we've already been discussing including continuum of care (prevention, treatment and recovery) and working to link the three. There is a currently a huge recovery movement with a youth and young adult focus. Sixty percent of youth/young adults witness bullying/abuse, which leads to trauma. This affects drug use. Emerging issues: electronic cigarettes, marijuana. As perception of risk goes down the use patterns increase. Majority of users (self-reporting) are young adults and youth.

SAMSHA INITIATIVES. Emotional health and wellness, delaying age of onset (necessary for reduced likelihood of addiction. SAMHSA is looking to link resources. Preventing and reducing attempted suicides/death and preventing and reducing opiates use and abuse. Discuss models for collective collaboration. Mental health is a big focus. Training resources may be available for our region through a Mental Health First Aid Training program. Keynote Speaker, Dr. Rodney Wambeam, suggested that the millennium generation's rebellion is to "behave better" than

their parents. This generation sees parents as mentors – involve parents and tie prevention to the “social good.”

RESOURCE FORUM PLANNING- Date of event is April 17th from 8-12. The actual workshop will be about 2 hours. Registration will begin at 8:30. The intent of holding a community resource assessment forum to connect dots between resources, generate collaboration, and identify resources so that as we build strategies we can access resources.

SAVE THE DATE

- Save the date should go out by Tuesday the 17th.
- GOAL: Identify agencies they are with, what resources they have access to. Our goal is to help CAST have a better idea of who our resources are. Communication enhancement. Recruitment efforts.
- Save the Date copy discussed. Monica captured edits (see attached)
- Porter mentioned that we should consider inviting SNHC, St. Joseph’s, LCG programs (local government center at 224-7447). Youth Council, Greater Nashua Mental Health, Nashua Children’s Home. Probation Tiffany Rotello and Josh Henault.
- Monica will distribute email list for people to review.

SURVEY

- Monica captured edits (see attached)

We also want to create a publicity flyer to promote the event. Kiersta will check to see if there is a graphic artist student at MHS to create flyer. If not we will create a basic flyer.

UPCOMING EVENTS

- 2/17 webinar “Making the Case for Prevention.” If you registered you will receive link to PPT and recording.
- Beyond Influence strategy session March 9th. National prevention week May 17-23, each day of the week has a different focus.
- Red Ribbon Week 10/23-10/31 (Respect Yourself and Be Drug Free). Sometime in next month or two develop Red Ribbon Week committee. Another idea, create a placemat competition to design a placemat which would go into local restaurants. Ask Michaels (corporate division) for red ribbons now. Having common theme amongst all high schools would be very powerful. Flyers designed for tux rental pockets during prom season.

NEXT MEETING: March 11, 2015

Adjourned 5:00 p.m.