

COMMUNITY ACTION FOR SAFE TEENS
MINUTES for May 13, 2015

Meeting from 3:30 – 5:00 pm at Milford Police Department

3:30 Sign in

IN ATTENDANCE: Monica Gallant, Lisa Vasquez (BI), Carol Rowlette (Grandparent), Porter Dodge (AMS), Ashley Demers (SAU40), Dr. Don Keegan, (St. Patrick Church), Jim Duggan (SVGBC), Sue Hills (SAU40), Nancy Schooley (Congregational Church), Frank Emmick (Milford Democratic Committee), Paul Joyce (SAU40), Fr. Hank Junkin (Church of Our Savior)

WELCOME BACK AND THANKS FOR COMING!

3:35 Paul Joyce discussed youth community events taking place at Milford High School. A big community service day for the Milford High and Middle School students will take place Friday May 15, 2015, where older students will read to students from the elementary school. Windows on West Street, the MHS culinary program's restaurant, held Coffee with the Cops on Tuesday May 12, 2015. There were great exchanges and connections made between Milford police officers and high school students. A speaker will be visiting MHS on Tuesday May 19, 2015 with a speech with a positive message for students. Paul was unsure of the speaker's name.

MINUTES of April 8, 2015 accepted.

ANNOUNCEMENTS & INTRODUCTIONS

3:40 Introductions and Welcome. Facilitator Porter Dodge read the mission statement.

Monica passed out the Help Wanted flyer which reviews the volunteer positions wanted for the coalition. She also passed out a brochure for the Lock It Up campaign from the Nashua Prevention Coalition.

The Hungry Heart video is now available at the Wadleigh Memorial Library in Milford.

Project Graduation, a lock-in for graduating seniors at Souhegan High School will be taking place in June. CAST has donated \$50 to it.

BEYOND INFLUENCE UPDATE

Lisa told the group that there was a typo in the brochure which would be corrected, after which all 5 coalitions in the region would be receiving them to distribute. The brochure will also be available in Spanish. The Amherst Police Department has a drop box for unwanted prescription drugs for residents to safely dispose of. Lisa hopes to encourage more police departments to have drop boxes available for their residents as well. There was a forum held in Hudson at Alvirne High School regarding the drug problem in NH. The discussion went well. Pelham and Merrimack are also planning forum events in the coming months. The focus of these forums is prevention – getting the message out there, and removing the stigma of addiction and recovery.

Paul told a story about a young man he met who told him about a program that encourages recovering addicts to live healthy lifestyles and become runners. Housing is offered for those who can maintain sobriety. The program is in 9 different cities across the U.S.

RESOURCE FORUM BRIEFING

The forum was held April 17th and 52 people were in attendance. There were 14 youth from Amherst and 4 from Milford. Over 100 resources were identified! The resources are in the process of being compiled. Overall, the event was very successful. Senator Kelly Ayotte sent a letter recognizing the efforts of CAST. In Gloucester, MA, the police department is encouraging residents to turn in all drug paraphernalia without penalty and they will be giving aid towards recovery. Laconia, NH now has a prevention officer who is available to residents in need of help. Monica will write out a thank you note to Hampshire Hills for being so generous and letting us hold the forum there.

NEXT STEPS: RESOURCE RECRUITMENT

SSG Rick Frost said that a list of resources is just a start. What do you do with this list? How do you reach out to the resources and what do you say? We have to identify and support the resource. Rick suggested identifying the resources in a formal way, such as a certificate or a sign as a public endorsement of support for prevention.

NPC is working with the Silver Knights using stickers and signs printed by Bellavance Beverage. Signs/Stickers were modified from the Sticker Shock program. In the past, CAST youth placed stickers on cases of beer and alcohol at Market Basket and local stores. The stickers have a positive message thanking patrons for choosing not to provide alcohol to minors.

Rick also described that the impact of prevention is difficult to measure, but we have to try anyway. This is why it is so hard to receive funding for prevention programs – there is not necessarily any data backing up the effects of prevention programs. The Parks and Rec department is a HUGE resource for a community that often gets overlooked, it is important to build partnerships with valuable resources like Parks & Rec.

TEEN LEADERSHIP/MHA GRANT

CAST is applying for the 2015 Milford Hospital Grant in hopes of funding an in-house leadership and prevention event for more students. The grant is for \$7600 and the program would be for middle and high school students. Roughly 20 to 25 students per year are trained. The grant would be for August 2015 to June 2016, and we should know by July 1, 2015 if we receive the grant.

RED RIBBON WEEK – COALITION DISCUSSION

Porter said that the SAU 39 (Amherst) superintendent is committed to having his district's schools participate. It is important to be creative in an effort to get as many school and students involved as possible. We can look into possibly partnering with a corporation (McDonalds, Dunkin Donuts, etc). It was suggested that holding a festival with family-friendly activities could be a great way to kick-off Red Ribbon Week. We would want a committee to organize it, or multiple committees – one for each of the different facets of the event. A writing scholarship was also discussed to help get more students involved.

UPCOMING EVENTS

- National Prevention Week – May 17 through 23, 2017
 - “The Voice of One, The Power of All”
 - A Souhegan High School student started the “I choose...” campaign which encourages people to provide positive examples instead of drugs or alcohol. Go to <http://www.samhsa.gov/prevention-week/i-choose-project> for more information.
 - Check The Stats NH has started a campaign called #pledge2talk a pledge for parents to talk about the dangers of drugs and alcohol with their children. Learn more at <http://www.checkthestatsnh.org/>
- Recovery Month – September
 - CAST will work with Beyond Influence and St. Joseph Medical Center to host “Anonymous People” a documentary about long term recovery
- Red Ribbon Week – October 23 through 31, 2015
 - “Respect Yourself. Be Drug Free.”

NEXT MEETING: June 10, 2015, Carol Rowlette has volunteered to facilitate.

Adjourned 5:00 pm