

CAST
October 11, 2017
Meeting Minutes

ATTENDEES: Vicki Keskinen, Elyssa Clairmont, Susan Drew, Marc Ryan, Heather Zellers, Porter Dodge, Joelle Martin, Kiersta Stallman, Paul Sontag, Monica Gallant

The meeting was opened by Porter Dodge, Facilitator, with the reading of the Mission Statement: "The mission of Community Action for Safe Teens (CAST) is to prevent substance abuse and promote healthy choices for youth throughout Souhegan Valley". Those in attendance introduced themselves and the organizations they represent.

The minutes of the September 13, 2017 were approved.

Announcements & Upcoming Events

- Monica will speak at Dinner with Docs at St. Joseph Hospital on October 17 about creating a network of support for youth and families.
- On October 19, 2017 from 4:30 to 6:00 PM the BGCSV will have their "Response to Opioid Crisis". The new Executive Director of the BGCSV will be introduced and Monica will be introduced as the new Director of Prevention Services. Representatives from Senator Hassan and Governor Sununu and local representatives are expected to attend.
- "Risky Business", the mock teenage bedroom with alcohol and drug paraphernalia, will be presented at Hollis-Brookline High School on October 25, 2017 at 6:00 PM.
- Red Ribbon Week Art Show entries are due at the BGCSV on October 24, 2017.
- Initial Training on Addiction and Recovery will take place on November 15, 2017 and Family & Addiction Training will take place on November 16, 2017 in Concord, NH.
- NOCoA Mentor Training for the Children's Resiliency Retreat will take place on Saturday, December 2, 2017.
- BGCSV Auction will take place on November 18, 2017. Tickets are \$125.00 each.

Red Ribbon Week

The Community Celebration will take place on Saturday, October 28, 2017 from 11:00 AM to 2:00 PM at the BGCSV. There will be games, an art show, and demonstrations. Volunteers are needed to help with parking, with set-up on Friday night and with take down on Saturday. The Lions Club will be providing free food.

The Amherst Middle School will probably do door decorations again in the school during Red Ribbon Week. Souhegan High School is going to try and get involved. In Milford SPARK is working on an idea. Red Ribbon Week takes place the same week as their Spirit Week. They have been doing a Natural High presentation with paper keys with their natural high on them posted on the cafeteria walls. They are also working on getting everyone permanent keys with their natural high on them. The advisories are doing key puzzles for the third graders based on the natural high.

Other RRW Events

Hollis/Brookline Middle School (HBMS) is bringing Process Recovery for panel presentation. Kristine Turcotte, HBMS guidance counselor would also like to be part of the CAST Steering Committee.

The Amherst PTA will have a presentation on Internet Safety at the Wilkins school on October 24 and at the middle school on November 6.

Children's Resiliency Retreat

Monica has been doing presentations at churches. The NOCoA training for mentors will take place on December 2. Anyone can donate to the Children's Resiliency Retreat. Worship in the Park has brought in almost \$4,000.00. The Children's Resiliency Retreat will launch in January, 2018.

Lesson in Language

We had a refresher on language before reviewing our Mission Statement for revision. The *person with substance use disorder* needs to be emphasized first. Abuse is a harsh word: drug use or drug misuse should be used instead.

Mission Statement Discussion

After discussion those present came to a consensus and approved the following revised Mission Statement: "The mission of Community Action for Safe Teens (CAST) is to prevent substance misuse in the Souhegan Valley, promote healthy choices among youth, and educate, support and strengthen families."

The Community of Practice Framework was postponed until the next meeting.

The next CAST meeting will be Wednesday, November 8, 2017.

Submitted,
Vicki Keskinen, Secretary