

CAST
December 13, 2017
Meeting Minutes

ATTENDEES: Jolee Chase; Vicki Keskinen; Susan Drew; Jonathan McCandless; Paul Sontag; Marc Ryan; Carol Rowlette; Joelle Martin; Monica Gallant; Caitlin Hunter; Porter Dodge; Allen Irwin; Elyssa Clairmont; Dr. James S. Martin; Hank Junkin

Facilitator: Porter Dodge

The mission statement was read and those in attendance introduced themselves. The minutes of the November 8, 2017 meeting were accepted.

Announcements and Events

Greater Milford Outreach will meet on Tuesday, January 9, 2018. The program will be on End 68 Hours of Hunger. Souhegan High School has a chef and food has been prepared for families that need it. There is a food closet at Milford High School and at Project DRIVE.

Elyssa from Beyond Influence advised a NAMI Suicide Prevention Training for Young Adults – January 19, & 20, 2018 being held at Rivier University (flyers available). Elyssa also brought us up-to-date on the Safe Stations Program in Nashua. It is staffed 24/7 for those who have a substance disorder and are looking for help. Safe Stations are located at every Fire Department in Nashua.

Allen Irwin from Revive Recovery was our guest speaker. In regards to peer based support for teens, we need to consider the direction we want to head in. The challenges youth face today and how they are affected by addiction (themselves, family or peers) need to be considered, along with ideas for recovery coaching. Is there any peer based support now in the area? What types of groups might teens benefit from? Allen Irwin suggested teen building activities such as the rail trail or the soup kitchen (Nashua). Someone is needed to facilitate and provide direction. Allen will continue to work with us on this. It was suggested that we have focus groups or a forum where people in recovery would share their stories. Leaders for these focus groups or a forum could be pulled from the CAST YES team.

Monica Gallant reported on the Children's Resiliency Retreat. Twenty seven mentors have been trained. Monica is meeting with schools and other organizations and providing referral resources to these agencies. The program will be set up with supportive education and positive action curriculum; programming will include life skills and creative arts or outdoor adventures.

There is an orientation meeting this Friday for a Pastoral Care Specialist Program to be offered at Rivier University in Nashua.

The CAST YES team is taking part in the Youth Engagement Project in cooperation with the Department of Education and the University of New Hampshire. They are working on drug and alcohol prevention and mental health awareness. The group is meeting every Monday at BGCSV. The YES Team wants to expand in Souhegan Valley to engage more youth. There are

currently 12 – 15 members in attendance each week. CAST will apply for a drug free communities grant with a focus on expanding the Youth Led Prevention Network. It was suggested that Callie and Shelby be contacted about doing a program.

Those in attendance at the meeting completed evaluation on how the coalition is “Ensuring Relevant Participation” in the community. This evaluation tool was obtained from the Leading By Convening Community of Practice Framework.

The next meeting of Community Action for Safe Teens (CAST) will be on Wednesday, January 10, 2018 at 3:30 PM at the Milford Ambulance Meeting Room.

Submitted,
Vicki Keskinen, Secretary