

COMMUNITY ACTION FOR SAFE TEENS

MINUTES of March 11, 2015

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

3:30 Sign In

IN ATTENDANCE: Monica Gallant, Kiersta Pallas Stallman (SAU 40), Susan Taylor (BGCSV), Sue Hills (SAU 40), Sue Burns (SAU 40), Lisa Vasquez (BI), John Smith (APD SRO), Sami Picard (SHS Student), SSG Rick Frost (NHNGCTF), Carol Rowlette (Grandparent), Eric Schelberg (Milford Ambulance), Allen Peck (Milford Ambulance), Tom Knapp (SAU39)

MINUTES of February 11, 2015 accepted.

INTRODUCTIONS AND ANNOUNCEMENT

3:35 Introductions and Welcome

ANNOUNCEMENTS No specific announcements were made

Monica Gallant facilitated the meeting and opened the meeting by reading the mission statement.

Need a meeting facilitator for April 8th meeting. Porter is penciled in as facilitator.

MHA Association grant discussion. Grant is due in May. Last year we received the leadership in prevention trainings support for Milford, Amherst middle school. Monica requested a report out from advisor or guidance counselors from both Milford and Amherst. Need number of students, what the outcome was.

- AMHERST Tom Knapp: 9 students attended from Amherst (two 8th, five 7th and two 6th graders). Harris Center in Greenfield NH. Lots of leadership workshops on how to be a good leader. How to influence others behaviors. Planning for what they were bringing back to their school. School Climate Committee – improve school client at Amherst. What can we do to improve school climate. Three guidance counselors handpicked certain students. Choose leaders of different groups (not most popular). Had been meeting since November. Surveyed kids about what the climate was today. Brought results to conference. Learned about leadership but used information gathered in advance. Presented result to administration last week. Strengths and weaknesses. Will bring results to the school board soon. Ideas are generated from the kids to address ways to combat issues identified by the kids. Tom will provide survey to Monica to send to MHA.

Amherst would like to repeat the program again next year. Not just a good program for Amherst, a good program for the kids. Perhaps full day in house locally versus a weekend

retreat. In house would allow us to tailor menu. Could be held at the Boys & Girls Club and include all towns we serve.

BEYOND INFLUENCE UPDATE – Lisa provided update. Held 2nd strategic planning sessions Monday the 9th. 27 people in attendance. Highlighted all the great things all the coalitions and communities are doing. There were also some treatment providers and recovery supports in attendance. They are looking forward to working more with prevention. Next leadership team will review all the initiatives and how they can enhance what's already being done. Just about every coalition wanted to focus on youth leadership/youth led prevention which we have been doing for several years. Perhaps a summit for the region will occur in the future.

RESOURCE FORUM PLANNING

Event scheduled Friday April 17th.

- Rick Frost provided an overview of what to expect. Most important that everyone know what the purpose is and what the resources will be used for. Must be very clear what our intentions are and what our plans look like prior to event. Communicating actionable steps.
 - Continuum of Care concept is where State is heading with prevention efforts.
 - Media hype is important and got people engaged in Laconia. Took opportunity to recognize problem, present plan to address problem. People were desperate for a direction.
 - What do we think would motivate a whole group of random people to come?
 - Group evaluation of invitation. Too “nice”. Need to motivate people to attend.
 - A showing of Hungry Heart in early April could draw people which would help motivate people to participate. Creates a sense of urgency. Movie and a panel. Need to locate \$1,100 to fund movie. Amato Center would donate space.
 - Lisa noted that Anonymous People is available or Alex's story as an alternative.
 - Tom provided an idea for a visual. Scales with the issues on one side and solutions on the other (CAST, schools, business leaders, youth organizations). How can we tip the scale? Help us balance the scale.
 - Relate information to Milford, Amherst, and Wilton. Must relate to this community. Get statistics from local police and ambulance. Something that says this is closer to home than you think. “X number of youth overdosed in the last Y months”. This type of statistic is very difficult to obtain.
 - Develop FAQs (separate notes taken by Monica)
 - Resource assessment itself is very simple. You need to have as many people in the room as possible.

UPCOMING EVENTS

- April 6th Anonymous People will be showing at Rivier College.
- April 9th is the Behavioral Health Fair.
- 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 placement 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 another option.

NEXT MEETING: April 8, 2015

Adjourned 5:00 p.m.