

COMMUNITY ACTION FOR SAFE TEENS

MINUTES of April 8, 2015

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

3:30 Sign In

IN ATTENDANCE: **IN ATTENDANCE:** Monica Gallant, Kiersta Pallas Stillman (SAU 40), Susan Taylor (BGCSV), Sue Burns (SAU 40), Lisa Vasquez (BI), Carol Rowlette (Grandparent), Allen Peck (Milford Ambulance), Porter Dodge (AMS), Caitlin Hunter (SVBGC), Ashley Demers (SAU40), Jacob Albrecht (Crossway Christian Church), Diane Doran (SAU 40)

WELCOME

3:35 Welcome by Porter Dodge. Porter read the mission statement.

MINUTES of March 11, 2015 presented. Porter asked for any edits or changes. Porter updated that the students from Amherst are meeting regularly now. Porter asked for CAST to let them know what we'd like these youth to do. The 8th grade leaders who participated in the leadership in prevention training will be presenting to the school board their project on school culture. Monica asked if the students could ask the school board members to attend the Resource Forum.

Meeting approved with correction of NN to NH. All in favor.

ANNOUNCEMENTS and INTRODUCTIONS

There were lots of positive comments about The Hungry Heart. Empathy for the addict's struggle as well as the size of the problem. We had 144 people check in at the registration table (over 200 registered). Very well received event. Lots of positive feedback since. Wadleigh Library has purchased the DVD and should have within the next few weeks.

BEYOND INFLUENCE UPDATE

Lisa congratulated CAST on the great job coordinating the showing. The people who served on the panel were great. Lisa wants to start doing more marketing on the coalition. Will include community involvement in future newsletters. Will also do one on summer/kids are more likely to experiment during summer months. Lisa requested links to activities during the summer months from the Boys & Girls Clubs. Lisa will link any activities for kids during summer months.

RESOURCE FORUM PLANNING

Monica presented tentative agenda for the event. Monica has put a request into the Gov. Hassan to make opening remarks. Senator Ayotte does have a representative coming to attend the forum as well as Senator Shaheen. Monica hopes to hear by Friday.

We have 27 people registered for the event to date. We need to get it out to cable access, on Facebook pages. We also have flyers to post around the community. Porter will distribute link in parent newsletter tomorrow.

Link is tinyurl.com/CASTevent

- 8:30 – 8:45 Registration
 - We are hoping to have some high school students attend. Monica has reached out to some students.
- 8:45 – 8:50 Welcome
 - Monica reviewed proposed slides. Some clarification was requested on slides. For example, NH is the sixth highest in the country for heroin use per capita. Slides are just to get participant attention. More data can be shared at a future event. YRBS data will be included in folders. If Gov. attends she will speak right after slides presented.
- 8:50 – 9:00 Alex's Video
- 9:00 – 9:15 Youth Presentation
 - Benefits of the Leadership Training. Amherst students will be in attendance. Monica asked that the students talk about how CAST supported their efforts.
- 9:15 – 9:30 Why a Resource Assessment (Sgt. Frost)
- 9:30 -9:40 Small Group Ice Breaker to include introductions “who are you and why are you here”
- 9:40 – 10:00 Small Group – Brainstorming – 40 developmental assets
 - For set up purposes we will have chart paper and post-it notes. Four sections on the chart paper. Sticky notes are placed onto chart and discussed. Prevention, treatment, recovery, intervention.
- 10:00 – 10:10 Resource Survey (participants complete evaluation) and Help Wanted
- 10:10 – 10:20 Next Steps/Future Workshops
 - What are next steps? Review upcoming events. Let them know after the event you will receive a post-event survey with future events/interest.
- 10:25 - Thank you for coming - Monica

Rick suggests having a link that people could fill out to participate. Need to check on castnh@svbgc.org email address.

People in groups of 6-10 people. Porter Dodge, Paula Troie, Lisa Vasquez, and Kierstan Pallas Stillman as facilitators. Need one more facilitator as backup. Tom Knapp or Maggie Paul. Porter will ask them. Kierstan to ask Wendy from MMS. Need to change the feedback form to event vs. feedback on facilitator.

Suggest a follow-up email with a thank you and a quick survey on the value of the event. What did you find valuable. Suggestions for how we do to improve next time.

Peter Warburton will attend next meeting for debrief.

Caitlin mentioned video shared by Paul Joyce (MHS) "Kids are Dying" as a possible future speaker/event. Not necessarily positive message, more of a scared straight type of activity. Lisa mentioned the possibility of doing something during national prevention week where each coalition has a day and promote as the whole region is really focused on prevention. Maybe during Red Ribbon Week or even next year during national prevention week.

UPCOMING EVENTS

- HBMS Team Leadership Training April 11th
- Community Resource Forum – April 17th 8:30 – 10:30 am at Hampshire Hills
 - To register <http://tinyurl.com/CASTevent>
- Drug Free Alliance Webinars visit <https://www.drugfreealliance.org/upcoming-events>
 - April 21 Environmental Prevention is Sustainable Prevention Part 2
- Souhegan Valley Chamber of Commerce Health Fair May 2nd 10am – 2 pm at Milford Armory (need volunteers)
 - CAST needs volunteers to man tables. Need help as early as 8:30 a.m.
- National Prevention Week – May 17-31 2015
 - "the voice of one, the power of all"
 - "I Choose" project as example. The more we promote, the more positive message we distribute, the more kids realize not everyone is doing drugs.
- Red Ribbon Week October 23 through 31st
 - "Respect Yourself. Be Drug Free"

NEXT MEETING: May 13, 2015

Adjourned 5:00 p.m.