

**CAST**  
**September 13, 2017**  
**Meeting Minutes**

**ATTENDEES:** Vicki Keskinen, Marc Ryan, Porter Dodge, Melissa Sidilau, Paul Sontag, Jim Martin, MD, Kiersta Stallman, Susan Drew, Jolee Chase, Kim Wyborney, Charlie Burns, Joelle Martin, Cindy Nickerson, Jacob Lacasse (YES), Avery Sidilau (YES), Dario (YES), Carol Rowlette

Meeting Facilitator: Porter Dodge opened the meeting with a reading of the Mission Statement. Those in attendance introduced themselves and the organizations they represent. The minutes of the June meeting were accepted.

**ANNOUNCEMENTS:**

- The CAST Youth Empowerment and Service (YES) Team talked about the Out of the Darkness Walk that will take place at Mines Falls Park in Nashua on September 24. It is a 3 mile walk to benefit the American Foundation of Suicide Prevention. The CAST YES Team will help out at the Scarecrow Tent at the Milford Pumpkin Festival on October 7 as a fundraiser for prevention services.
- Ribbon Week Celebration is on Saturday, October 28, from 11 AM to 2 PM at the Boys and Girls Club of Souhegan Valley. The Lions Club will be providing the food at no cost to attendees. Activities that are planned are a climbing wall, bounce house, 3 on 3 basketball tournament, games and an art show. The Fire and Ambulance will be there for "Touch a Truck" and the Police Department will be bringing their police dog. A Prayer Vigil to culminate Red Ribbon Week will be held on Sunday, October 29 at 1 PM on the Milford Oval.
- SHARE will be presenting the movie, "God Knows Where I Am" on October 12 at 7 PM at the Boys and Girls Club of Souhegan Valley. The movie is a documentary about mental illness. There will be a discussion following the movie.

**YOUTH PRESENTATION:** The CAST YES Team did a presentation on their Photo Voice Projects that they worked on over the summer. The theme was "Connections to Community". This theme was presented to the CAST YES team by Beyond Influence and was determined as a result of the 2015 Young Adult Needs Assessment. One of the assessments was that a large percentage of young adults do not feel a connection to their community. The full survey can be found at:

<https://cdn2.hubspot.net/hubfs/415484/Young%20Adult/FINAL-Voice-of-NH-Young-Adults-Final.pdf?t=1485469651611>.

Their community connections included activities at Keyes Field, the Milford Oval and the Pumpkin Festival; Milford Middle School and the connection with the CAST YES Team. The CAST YES Team helps the community and their peers regarding substance misuse and abuse and raise awareness about mental health issues. They share fun, educational activities with their peers and participate in many community events like health fairs, awareness walks, etc. The YES team meets every other Monday and 20-25 belong to the team. There are more young people interested in joining. Current members recruit new members to join the group.

**CAST SUCCESSES/OUTCOMES OF THE PREVIOUS YEAR:** Monica Gallant presented a month by month breakdown from September, 2016 through August, 2017 of programs and initiatives that the Coalition has been involved in. A summary of the Initiatives and what has been developed are the CAST Youth Empowerment and Service (YES) team. The YES team includes 18 youth involved in middle/high

schools from Amherst, Hollis/Brookline and Milford; Youth Leadership Club at Milford Middle School; Boys and Girls Club of Souhegan Valley adds Director of Prevention Services Position; Boys and Girls Club of Souhegan Valley staffs CAST Coalition Project Director; Boys and Girls Club of Souhegan Valley initiates Boys and Girls Club of Souhegan Valley Children's Resiliency Retreat. These are major successes of the coalition and we are very thankful to the Boys & Girls Club of Souhegan Valley for supporting the sustainability of the CAST Coalition!!

The role of CAST in the Children's Resiliency Retreat is to recruit volunteers and mentors as well as assist in resource development, including funding. The amount raised at the current time is approximately \$10,000.00, including \$3317 from the Souhegan Valley Prayer & Worship in the Park on August 27<sup>th</sup> – thank you SV Prayer and Worship group for your gracious generosity!!

**BGCSV OPEN HOUSE/PRESS CONFERENCE** Joelle Martin spoke about the Open House and Press Conference to be held on October 19<sup>th</sup> at the Boys and Girls Club of Souhegan Valley. The title of the event is the *Boys & Girls Club of Souhegan Valley's Response to the Opioid Crisis*. Monica will be introduced as the Director of Prevention Services and the new Executive Director of the Boys and Girls Club of Souhegan Valley will also be introduced. The BGCSV's complete inclusion of the CAST Coalition will also be recognized and it would be wonderful if ALL CAST members could attend. We will be asking the SV Chamber of Commerce to extend the invitation to the business membership; State and Federal representatives and members of the press will also be invited to attend.

**COALITION STRUCTURE DISCUSSION:** Monica handed out a chart showing the community connections that CAST has. Youth and Family Outreach has now evolved into a CAST Steering Committee. Due to Monica's new position with the Boys and Girls Club of Souhegan Valley, the CAST Committee should establish a more formal committee structure which would include a chair (or co-chairs) and a secretary. Monica is willing to co-chair and Vicki Keskinen has graciously offered to officially take on the role of secretary. Suggested additions to the Steering Committee include a school representative, a medical representative and someone from the business community. We need to develop meaningful activities for everyone to be involved in.

**CAST MISSION STATEMENT DISCUSSION:** A suggested revision to the Mission Statement for CAST was presented. After not receiving a consensus on the revision, discussion was tabled until the October meeting. Those in attendance were asked to bring their suggestions for revision to the next meeting.

## 2013

The mission of Community Action for Safe Teens (CAST) is to prevent substance abuse and promote healthy choices for youth throughout Souhegan Valley.

## 2017 Suggested Revision

The mission of Community Action for Safe Teens (CAST) is to support and strengthen families, prevent substance misuse and promote healthy choices for youth throughout Souhegan Valley.

The meeting closed with those present filling out a Coalition Evaluation form.

Submitted,  
Vicki Keskinen, Secretary

