

CAST
November 8, 2017
Meeting Minutes

ATTENDEES: Jolee Chase; Adam Tomlinson; Vicki Keskinen; Susan Drew; Kim Wyborney; Heather Zellers; Marc Ryan; Jonathan McCandless; Paul Sontag; Carol Rowlette; Joelle Martin; Aly McKnight; Paul Joyce; Kellene McMahon; Pam Smith; Monica Gallant

Facilitator: Monica Gallant opened the meeting by reading the Mission Statement.

The minutes of the October 11, 2017 were reviewed. The following revision was made: Initial Training in Addiction will take place on November 15 and Families in Addiction will take place on November 16 in Concord, NH. These trainings are recommended for anyone working with the Children's Resiliency Retreat. It was moved by Paul Sontag and seconded by Joelle Martin that the minutes be approved as revised. This was voted in the affirmative.

Announcements and Upcoming Events:

- Children's Resiliency Retreat information session following CAST meeting today.
- Training on Addiction and Recovery will take place on November 15 & 16.
- BGCSV auction will be held on November 18. Golden tickets for sale \$50.00.
- Prayer Vigil rescheduled to November 26 at 1:00 PM on the Milford Oval.
- Mentor training for the Children's Resiliency Retreat will take place on December 2.
- GMO meeting November 14. Pam Small, Director, Family Promise of Greater Nashua.
- Bernadette Gleason program on Employees and Opioids at the Keene YMCA on Dec 5

OLD BUSINESS:

Red Ribbon Week was reviewed. Susan Drew reported that there were about 120 present at the Red Ribbon Family Celebration. Due to the many activities taking place that weekend due to Halloween, Susan suggested that we consider teaming up with the elementary school and the activities they have. A suggestion from the coalition was to have an activity for teens at the Boys and Girls Club of Souhegan Valley on the Saturday night before Halloween.

Monica reported that there are 30 people signed up to mentor or volunteer for the Children's Resiliency Retreat. Ladies from the Milford United Methodist Church will be coming in to cook with the kids. We are close to the \$40,000 goal. The retreat will be held on the second Saturday of the month beginning January 13, 2018 for those ages 6 through 14. Referrals will be taken in a few weeks. The three pieces that the CAST Committee needs to concentrate on are recruiting, sustainability and the family piece of the retreat.

NEW BUSINESS:

Marijuana Legislation Bill:

Aly McKnight of New Futures spoke to the coalition about House Bill 656, the Marijuana Legislation Bill that is coming up for a vote in committee on November 14. The big marijuana

industry is targeting youth. The TCH component when smoking marijuana needs to be considered along with being concerned about edibles. An infrastructure needs to be developed to mitigate abuse and funding and tools are needed to support prevention coalitions.

Evaluation:

A Community of Practice Framework was introduced. Members were asked what their passion is in regards to being a member of the coalition. Responses included working together to restore families and the society that is broken; educating children and youth that life to the fullest is addiction free; domestic violence concerns – learning and sharing; bringing education and resources to families in regards to mental health and addiction; the health care system; learning as much as possible and pass it on to someone in need; and, how we can do so much more locally; civic responsibility; giving back to community; friends and relatives with substance use disorder (SUD); surrounded by teens and like-minded people.

Support Groups for Teens and Recovery Community Connection:

The Children's Resiliency Retreat is part of this. An Alateen or other type of support group is needed for teens. Paul Joyce said that the Al-Anon/Alateen piece would be easier to get involved with. Adam Tomlinson said that Manchester Christian Church has a Recovery Celebration that is a multi-hour long program that meets every week. We were also advised that Child and Family Services and Nashua Family Health and the Nashua Youth Council have programs. An Alateen group has to start from an Al-Anon group member.

Next Steps:

- Develop support & resource system for teens

The meeting adjourned at 5:00 PM. Our next meeting will be Wednesday, December 13, 2017 at 3:30 PM at the Milford Ambulance Meeting Room.

Submitted,
Vicki Keskinen, Secretary