



Hudson Youth Substance Abuse Prevention Coalition

Meeting Minutes

Wednesday, June 3, 2015

7:00 – 8:30 PM

Hudson Town Hall

78 Main Street

Hudson, MA 01749

I. Call to Order

- a. **Meeting convened:** Wednesday, June 3rd, 2015, at 7:00 PM
- b. **Coordinators present:** Katelyn Flaherty Doré, Michael O'Brien
- c. **Coalition partners present:** Laurie Curley, Cheryl Davenport, Kathy Ekdahl, Jamie Gravelle, Linda Hardy, Lynne Johnson, Ernie Kapopoulos, John Kovacs, Donna Linstrom, Cindy Murphy, Lee Waingortin, Don Whitesel

I. Community Engagement & Education

- a. River's Edge Arts Alliance (REAA) Film Viewing and Panel Discussion
 - i. REAA, along with the Town of Hudson Board of Health, will sponsor a film and panel discussion about addiction and recovery as part of their Season of Compassion.
 - ii. Lynne Johnson, Executive Director of REAA, updated Coalition partners that the featured film, titled *The Anonymous People*, is about the over 23 million Americans living in long-term recovery from alcohol and other drug addiction. Deeply entrenched social stigmas have kept recovery voices silent and faces hidden for decades. The moving story of *The Anonymous People* is told through the faces and voices of citizens, leaders, volunteers, corporate executives, public figures, and celebrities who are laying it all on the line to save the lives of others just like them. This passionate new public recovery movement aims to transform public opinion, engage communities and elected officials, and finally shift problematic policy towards lasting solutions.
 - iii. The film will be followed by a panel discussion with local community members who shared their stories and experiences with addiction to help empower the recovery of others. Information about recovery and rehabilitation organizations will be made available to attendees.
- b. Middlesex Partnerships for Youth, Inc. (MPY) Underage Substance Abuse Forum
 - i. Donna Linstrom, Director of Nursing for Nashoba Regional Public School District, announced that on Wednesday, June 10th, MPY is hosting an Underage Substance Abuse Forum.
 - ii. Underage substance use continues to be a major issue in our schools and communities. While street drugs are readily available in many communities, many teen drug users easily obtain over-the-counter or prescription medications from a variety of sources, including their family's medicine cabinet. During this presentation, a drug and gang State Police Sergeant will illustrate the current state of youth drug use in Middlesex

County and the signs and symptoms that parents, school staff and other adults should be looking for regarding potential drug use by young people in their community. This presentation is appropriate for an adult audience only. Community members interested in attending are asked to please RSVP to dlinstrom@nrsd.net.

1. MPY is a non-profit 501c (3) organization which closely partners with the Middlesex District Attorney's Office. Middlesex District Attorney Marian Ryan serves as the Chair of the Board of Directors. MPY has provided training, fostered collaboration, and developed programming to increase the health and safety of students in Middlesex County for more than two decades.
2. The core mission of MPY is to provide prevention and intervention strategies in matters of health and safety for youth. MPY is committed to bringing cutting edge information and high quality trainings to our constituents. Working in collaboration with the Middlesex District Attorney's Office, MPY endeavors to provide solution-oriented, community-based, multi-disciplinary approaches to reducing and ideally eliminating risky behaviors for youth.

II. Environmental Changes

- a. Hudson Police Department Medication Take-Back Kiosk
 - i. The Coordination Team reported that Hudson Police Department continues to host the take-back kiosk, which offers community members the opportunity to drop off unused, unwanted, and/or expired prescription medications with no questions asked. The kiosk is open 24 hours, 7 days a week.

III. School-Based Programs & Activities

- a. 2014 MetroWest Adolescent Health (MWAH) Survey Results
 - i. Lee Waingortin, Director of Nursing for Hudson Public Schools, provided an update on the 2014 MetroWest Adolescent Health (MWAH) Survey results. The purpose of the MWAH Survey is to learn about youth attitudes and behaviors with regard to a variety of health issues in order to help schools and communities provide the best possible health education and related services to adolescents. Questions on the survey cover risk behaviors including: alcohol, tobacco, and other drug use; violence and safety; nutrition and physical activity; sexual behaviors; and mental health. The survey was administered to 92% of Quinn Middle School (QMS) students and 88% of Hudson High School (HHS) students, with generous funding from the MetroWest Health Foundation.
 - ii. Dr. Sam Wong and the Coordination Team are scheduled to meet with Lee within the next few weeks to discuss ways to incorporate the new data into Hudson YSAP resources (i.e., Prevention Starts at Home brochure, Hudson YSAP Coalition website (preventhudsonsa.org), community education and awareness activities, etc.).
 - iii. Once publicly released, the Coordination Team will disseminate the 2014 results to coalition members and update the Hudson YSAP Coalition website.

- b. Screening, Brief Intervention, Referral to Treatment (SBIRT)
 - i. The SBIRT model is a comprehensive, integrated, public health approach to prevent and/or delay onset of substance use and to identify students who may be at risk for substance use or currently using.
 - ii. This past spring, SBIRT was administered to 7th grade students at QMS and 10th grade students at HHS through a newly approved opt-out consent process. This is the third year that the Hudson Public School (HPS) District has made this model available to students at QMS and the first year it has been offered at HHS.
 - 1. Laurie Curley, Guidance Counselor at QMS, noted that SBIRT provides an invaluable opportunity for staff to connect with students and reinforce their healthy decision-making.

IV. Adolescent Substance Abuse Prevention Training

- a. As part of an ongoing effort to engage Coalition partners in youth substance abuse prevention training efforts, the Coordination Team screened an opioid abuse prevention and education presentation by Dr. Ruth Potee, M.D., from the 2015 Northeastern University School Health Institute.
 - i. Dr. Potee of Valley Medical Group in Greenfield, MA, is a family physician, addiction specialist, leader in the Opioid Task Force of Franklin County and the North Quabbin and the Franklin District Medical Society's 2015 Community Clinician of the Year.
 - ii. Dr. Potee's presentation can be downloaded and viewed here: neushi.org.

V. Community Updates

- a. The Town of Hudson, along with Framingham, Northborough, and Southborough, were awarded the regional [Substance Abuse Prevention Collaborative \(SAPC\)](#) from the Massachusetts Department of Public Health (MDPH) Bureau of Substance Abuse Services (BSAS). The total awarded amount is \$100,000 per year for three years. Work on this initiative will begin in the next few months.
- b. Hudson Rotary Club has sponsored a \$500 HHS internship with the Hudson YSAP Coalition.
 - i. This intern will report to the Hudson Board of Health Director of Public & Community Health Services and will be supervised by the Hudson YSAP Coordination Team. The intern will be responsible for increasing the youth voice in Hudson YSAP new media outlets by developing and implementing a new media plan in partnership with the Hudson YSAP Coordination Team.
 - ii. To apply e-mail the following to Michael O'Brien (mobrien@jsi.com) by midnight on June 15, 2015: 1) A personal statement telling us about yourself (year in school, goals, experiences) and why you are interested in this internship. (No less than 250 words, no more than 1,000 words.); 2) An example Tweet that promotes positive teen decisions. (140 characters or less.)

VI. Next Meeting

- a. The next meeting is scheduled for Wednesday, September 2nd 7:00 – 8:30 pm at Hudson Town Hall.
- b. The Coordination Team will send out a reminder e-mail with the meeting agenda as we move closer to the meeting date.