



Hudson Youth Substance Abuse Prevention Coalition

Meeting Minutes

Wednesday, April 1, 2015

7:00 – 8:30 PM

Hudson Town Hall

78 Main Street

Hudson, MA 01749

I. Call to Order

- a. **Meeting convened:** Wednesday, April 1st, 2015, at 7:00 PM
- b. **Coordinators present:** Katelyn Flaherty, Michael O'Brien
- c. **Coalition partners present:** Laurie Curley, Cheryl Davenport, Jamie Gravelle, Linda Hardy, Ernie Kapopoulos, John Kovacs, Kelleen Loewen, Cindy Murphy.

I. Action Plan

- a. Coalition partners reviewed the Coalition Action Plan and proposed activities handout on:
 - i. Community engagement,
 - ii. Environmental changes,
 - iii. School-based programs, and
 - iv. Sustainability.

II. SWOT (Strengths, Weaknesses, Opportunities, Threats) Analysis

- a. Strengths
 - i. Diversity of prevention efforts
 1. Coalition activities (community engagement, environmental changes, school-based program, sustainability through policy change)
 2. Coalition partners representing 12 sectors (Youth, Parent, Business, Media, School, Youth-serving Organization, Law Enforcement, Religious Organization, Volunteer Groups, Healthcare Professional, Local Government, Organization involved in substance abuse)
 - ii. Cross sector collaboration
 1. Police Department & Hudson Public Schools (HPS) Collaboration (Drug and Resistance Education (D.A.R.E.))
 2. River's Edge Arts Alliance & HPS Collaboration (Prevention through the Arts related activities)
 3. Town of Hudson & Hudson Police Department (Medication Take-Back)
 4. River's Edge Arts Alliance & Organizations involved in substance abuse (ARC, Learn 2 Cope, Wayside Youth & Family Support Network, etc.)
 5. Coalition partners representing perspectives from multiple sectors (i.e. Business & Parent and/or Healthcare & School)
 - iii. Regional funding support
 1. MetroWest Health Foundation

2. Funding for HPS MetroWest Adolescent Health (MWAH) Survey and Hudson Youth Substance Abuse Prevention (Hudson YSAP) Coalition
- iv. Town Leadership
 1. Monitor community health and strategic planning for addressing community needs
 2. Rigorous pursuit of diverse funding streams to meet community needs
 3. MetroWest Health Foundation funding
 4. Tobacco Regionalization
 5. Prevention Wellness Trust Fund
 6. Drug Free Communities Support Program
 7. Fostering cross-sector collaboration
- v. Youth Engagement
 1. Hudson YSAP Youth Workgroup
 - a. Hudson Youth Fest
 2. Middlesex Partnerships for Youth Peer Leadership Conference
 3. HHS Peer Leadership at QMS
 4. Student developed documentary on heroin addiction (Alex Schley, HHS Senior)
 5. Social Norms Campaign through collaborations between Hudson YSAP Coalition and HPS Art Department
 6. Peer Mentorship program at HHS
- vi. Community Engagement
 1. Responsive to community needs (i.e. establishment of NarAnon support group)
- vii. Positive Reinforcement of healthy decision-making
 1. Universal Health and Wellness Curriculum for HPS grades 5-12
 2. Screening, Brief Intervention, Referral to Treatment (SBIRT) at QMS and HHS
 3. Age-appropriate prevention messages (e.g. healthy decision-making for middle school students)
- b. Weaknesses
 - i. Need for increased frequency of community-wide events
 - ii. Difficulty engaging hard to reach populations (i.e. youth not typically identified as leaders and/or involved in after-school programming)
 - iii. Lack of local or community-based physician engagement/participation in Coalition
 - iv. Parent Engagement influenced by competing priorities and/or stigma
 - v. Limited prevention efforts for K-5 children and families to:
 1. Reduce stress from an early age (i.e. elementary school)
 2. Support guidance for K-5 children and families
 - vi. Gaps in transitions of care
 1. Need for increased communication between physicians and families as well as physicians and schools to ensure appropriate use of medication and prevention of abuse
 - vii. Insecure Coalition funding
 - viii. MetroWest Adolescent Health Foundation grant ends in Summer 2015
 - ix. Barriers to employment/volunteer opportunities for Hudson youth

- c. Threats
 - i. Coalition funding
 - ii. Stigma
 - iii. Competing commitments impacting attendance at Coalition and Workgroup meetings and community events
 - iv. Retaining youth commitment
 - v. Message overload
 - vi. Parents, youth, and community members receive information from so many sources that often aren't the information they need to hear
 - vii. Retention of youth leaders

- d. Opportunities
 - i. Continue to leverage relationships with and collaborations across the 12 sectors (Youth, Parent, Business, Media, School, Youth-serving Organization, Law Enforcement, Religious Organization, Volunteer Groups, Healthcare Professional, Local Government, Organization involved in substance abuse)
 - ii. Drug Free Communities Support Program funding
 - 1. Proposal submitted March 2015
 - iii. Recruitment of diverse youth to represent Hudson YSAP Youth Lead Team
 - iv. Implementation of community-wide events that encourage prevention efforts and reduce stigma
 - v. Support for peer leadership activities that engage age K-5 audiences and develop youth skill sets
 - vi. Development of programs aimed at supporting parent/guardians to improve communication with their children (workshops, fairs)
 - vii. Use of social media to connect with parent/guardians in prevention efforts
 - viii. Development of and participation in new committees to support Coalition efforts (e.g. fundraising committee)

III. Next Meeting

- a. The next meeting is scheduled for Wednesday, June 3rd 7:00 – 8:30 pm at Hudson Town Hall, 2nd Floor Auditorium.
- b. The Coordination Team will send out a reminder e-mail with the meeting agenda as we move closer to the meeting date.