



Hudson Youth Substance Abuse Prevention Coalition

Meeting Minutes

Wednesday, December 3, 2014

8:00 – 9:30 AM

Hudson High School, Room G101

69 Brigham Street

Hudson, MA 01749

I. Call to Order

- a. **Meeting convened:** Wednesday, December 3rd, 2014, at 8:00 AM
- b. **Coordinators present:** Katelyn Flaherty, Michael O'Brien
- c. **Coalition partners present:** Laurie Curley, Roger Downing, Pat Emmons, Jenny Gormley, Jamie Gravelle, Linda Hardy, Lynne Johnson, John Kovacs, Kelleen Loewen, Dan McAnespie, Maria Rossini, Lee Waingortin.

II. Updates

a. Chris Herren Assembly

- i. Former-NBA player, Chris Herren, is scheduled to return to Hudson High School (HHS) on December 8th, 2014, and speak to 8th, 9th, and 10th graders students. Herren uses his own experience with addiction as a means to connect with students and raise awareness about substance use prevention.
- ii. The Coordination Team reported that students attending the assembly will receive a pre and post-assembly assessment to evaluate the event. This feedback will be shared with the MetroWest Health Foundation to illustrate youth perceptions on substance use before and after attending the assembly. Jenny Gormley noted students were recently asked questions on the MetroWest Adolescent Health Survey (MWAHS) and it may be helpful to compare these co-occurring data points.
- iii. Jamie Gravelle and Dan McAnespie discussed the importance of coordinating and scheduling staff members from the HHS Guidance Department to talk to students who may need support after the assembly.

b. The Hungry Heart

- i. As part of a continued effort to engage and educate Hudson community members in youth substance abuse prevention efforts, Hudson Youth Substance Abuse Prevention (Hudson YSAP) purchased [The Hungry Heart](#), a 90-minute film that provides insight on prescription drug addiction as seen through the eyes of Vermont Pediatrician Fred Holmes who works with patients struggling with addiction.
- ii. On Friday, January 30th at 7:00 pm, Rivers Edge Arts Alliance is scheduled to host the first community forum showcasing [The Hungry Heart](#) at Hudson Town Hall. In case of inclement weather, the snow-date is scheduled for Friday, February 6th, 2015.

1. This event will also raise awareness of community resources such as the [Take Back Kiosk](#) at [Hudson Police Department](#). The Take Back Kiosk 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.
 2. In an effort to educate parents/guardians on specifics related to substance use paraphernalia, coalition partners discussed asking Hudson PD to showcase at drug paraphernalia at the event to those interested in learning more.
 3. Lynne Johnson also discussed asking local organizations to host information tables at the event to help direct parent/guardians and youth to resources available in the community. Suggested partners include: Addiction Referral Center (ARC), Wayside Youth & Family Support Network, and Community Health Link Motivating Youth Recovery program in Worcester, MA.
- iii. The Coordination Team will collaborate with Rivers Edge Arts Alliance to help market and coordinate the event. Coalition partners are asked to ‘Save the Date’ for January 30th and stay tuned for more updates.

c. Peer Leadership at Quinn Middle School (QMS)

- i. This past October, ten HHS Students Against Destructive Decisions (SADD) participated in a peer leadership training led by Tammy Murphy (HHS Guidance Counselor and SADD Advisor), Courtney Cray (QMS Health Teacher), and Katelyn Flaherty (Hudson YSAP Coordinator). The training included discussions on positive and negative peer pressure, resistance skills, importance of positive peer role models, presentation skills, and more. The students will be leading sessions at QMS to 7th grade students.
- ii. The Coordination Team reported that the second rotation of HHS students led 2-day peer leadership lessons with three cohorts of 7th grade students at QMS during the week of December 1st-4th.

d. Screening, Brief Intervention, Referral to Treatment (SBIRT)

- i. Coalition partners discussed next steps in implementing SBIRT at QMS and HHS during the 2014-2015 school year. Of utmost importance is developing and finalizing logistics for HHS. Logistics to consider include securing private locations to hold the screenings, identifying periods to screen students with minimal interruptions for students and teachers, scheduling substitutes for nursing staff, and compiling resources to refer students to treatment, if needed. The Coordination Team will provide support as necessary for the continued development of protocols and referral processes.
- ii. The Coordination Team will reach out to HHS and QMS administration to discuss possible next steps in implementing SBIRT in 2015.

III. Narcan Training

- a. Lee Waingortin provided a Narcan Training to coalition partners as part of a state-wide effort to increase awareness about opioid abuse, the effects of Narcan® (generic name: naloxone) on opioid overdoses, and how to recognize and respond to a suspected overdose.

- i. As stated by Massachusetts Department of Public Health (MDPH), Naloxone is an opioid antagonist that blocks the effect of opioids such as heroin, oxycodone, hydrocodone, fentanyl, codeine, and methadone.
- b. This past June, the MDPH trained 5 regional consultants in Massachusetts to then train school staff, first responders, and community members on how to administer Narcan®.
- c. Lee provided a comprehensive presentation as part of the MDPH Naloxone pilot project, which included the following focus areas:
 - i. The overdose problem (regional, state, and national perspective);
 - ii. how opioids work and overdose risk factors;
 - iii. administering Naloxone; and the
 - iv. Good Samaritan & Naloxone Law.
- d. Coalition partners discussed continuing these trainers at other community forums such as Nar-Anon meetings.

IV. Community Updates

- a. 2014 MetroWest Adolescent Health Survey (MWAHS): Jenny Gormley shared that preliminary results from the 2014 MWAH Survey will be available in early Spring 2015. 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.
 - i. The survey is administered by the Education Development Center, Inc. (EDC). Jenny updated the coalition that EDC will share the preliminary results with the specified contacts at HHS (Dan McAnespie) and QMS (Heidi Bowen).
- b. Lee Waingortin shared that she attended a Mid-America Intercollegiate Athletic Association (MIAA) conference this past fall. The conference included a guest speaker, Thomas Hermanowski, who uses his personal experience with addiction to connect with youth athletes and positively reinforce their healthy decision-making. The Coordination Team will review Thomas Hermanowski's presentation and identify potential opportunities for him to speak to Hudson coaches and youth athletes.
- c. Linda Hardy shared that the Northborough Public Library is hosting a Mindful Mediation session on January 24th.

V. Next Meeting

- a. The next meeting is scheduled for Wednesday, February 4th from 3:00 – 4:30 pm at Hudson Town Hall, 2nd Floor Auditorium. This meeting will feature three guest speakers from [Tempo Young Adult Resource Center](#): Yolanda Ortiz (Program Director), Patty Gorman (Future Skills Institute), and a young adult personal story.
- b. The Coordination Team will send out a reminder e-mail with the meeting agenda as we move closer to the meeting date.