



Hudson Youth Substance Abuse Prevention Coalition

Meeting Minutes

Wednesday, October 29, 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, October 29, 2014, at 8:00 AM
- b. **Coordinators present:** Katelyn Flaherty, Michael O'Brien
- c. **Coalition partners present:** Laurie Curley, Jenny Gormley, Jamie Gravelle, Linda Hardy, Lynne Johnson, Dan McAnespie, Maria Rossini, Lee Waingortin.

II. Updates

a. Community Conversations: Raising Healthy Teens

- i. The Coordination Team reported that 50 Hudson parent/guardians and community members attended the panel discussion titled, *Community Conversations: Raising Healthy Teens*. The event was designed to help community members understand challenges facing our youth today and discuss the role family, schools, and the community play in raising healthy teens. Hosted by State Rep. Kate Hogan and facilitated by Dr. Jodi Fortuna, Superintendent of Hudson Public Schools, the event included the following panelists:
 1. Craig Andrade, Director of Office of Child and Adolescent Health at the MA Department of Public Health,
 2. Detective Chad Crogan, Hudson Police Department (Hudson PD),
 3. Jamie Gravelle, Hudson High School (HHS) Adjustment Counselor,
 4. Sheryl Marrazzo, Parent of a teenager who struggled with addiction and founder of weekly Nar-Anon meetings at Hudson First United Methodist Church on Monday nights, and
 5. Kim Ward, Program Director at Wayside Youth & Family Support Network.
- ii. During the Question & Answer session of the event, community members suggesting utilizing new technology (i.e., texting, social media platforms) to continually engage and provide outreach to youth and connect them with community resources. One example given by Detective Chad Crogan was the Instagram account he set up through Hudson PD to stay connected to youth and provide a way for those in-need to reach out for help.
 1. Katelyn shared that the Coalition can explore options such as Text 4 Help, which uses text messaging to connect youth with counselors. The Coordination Team and Sam Wong will explore if this activity can be budgeted in the upcoming [Drug-Free Communities \(DFC\) Support Program](#) proposal. Coalition members agreed that this would be an important avenue to explore since it is sometimes difficult for youth to reach out for help.

2. Dan McAnespie shared that there is a resource box in the HHS Main Office and Guidance Department, which allows students to anonymously report incidents of bullying and get connected to help.
- iii. Free food was offered after the panel discussion in the HHS Cafeteria. The Coordination Team would like to thank [Harvest Café](#), [Horseshoe Pub](#), and [Smyles Frozen Yogurt](#), MetroWest Moves (MWM) Healthy Dining Partners, for their participation in the event.
- iv. The event was recorded and will be available to view online. The Coordination Team would like to thank Scott Darlington and the HUD-TV team for their help in this effort. Once available, the Coordination Team will send out this link to via the coalition distribution lists.

b. Arts Alliance Substance Abuse Playwriting Project | Lynne Johnson

- i. Lynne Johnson provided an update on the latest project from River's Edge Arts Alliance. Titled *Choices*, this collaborative project with HHS Performing Arts Teacher, Kathleen McKenzie, and HHS students is part of *Season of Compassion*, a series of opportunities for MetroWest community members to engage in acts of compassion and positivity through the arts. A youth-led play involving 21 HHS students in grades 10 through 12, *Choices* includes substance abuse prevention messages designed to educate and engage youth in healthy-decision making behaviors. To develop content related to substance abuse prevention, the HHS students used personal stories and worked with the HHS Nursing Department to ensure accurate information related to substance use.
- ii. Data from the 2012 MetroWest Adolescent Health (MWAH) Survey indicates that substance use increases as students enter high school. In an effort to positively reinforce the healthy behaviors of middle school students, HHS students presented *Choices* to both Quinn Middle School and Whitcomb Middle School in Marlborough, MA.
- iii. As part of the *Season of Compassion* River's Edge Arts Alliance invited the Hudson YSAP Coalition and MWM Mass in Motion Initiative to host information tables at *A Cabaret for Compassion*. This will be an opportunity for Hudson YSAP and MWM to help raise awareness of youth substance use, healthy eating, and active smoke-free living. Examples of resources to be available at the tables include the [Hudson YSAP Prevention Starts at Home brochure](#) and [NIDA Family Checkup](#) as well as [the list of MetroWest restaurants](#) participating in the [Healthy Dining Initiative](#).

c. Peer Leadership

- i. On Wednesday, October 22nd Tammy Murphy (HHS Guidance Counselor and Students Against Destructive Decisions (SADD) Advisor), Courtney Cray (Quinn Middle School Health Teacher), and Katelyn Flaherty (Hudson YSAP Coordinator) held a peer leadership training for 10 HHS SADD students interested in leading peer leadership lessons at Quinn Middle School. The training included discussions on positive and negative peer pressure, resistance skills, importance of positive peer role models, presentation skills, and more.
- ii. On October 28th, 29th, and 30th the first group of HHS students led 2-day peer leadership lessons with three cohorts of 7th grade students at Quinn Middle School. The next round of lessons is scheduled for early December.

III. Outcomes to Date

- a. Coalition members reviewed the logic model with outcomes to date for the four action categories: (1) Community Engagement, (2) Environmental Changes, (3) School-Based Programs, and (4) Sustainability.

IV. Review Hudson YSAP Action Plan

- a. Coalition members reviewed the Hudson YSAP Action Plan, which outlines strategies related to four categories: (1) Community Engagement, (2) Environmental Changes, (3) School-Based Programs, and (4) Sustainability. The action plan includes activities, objectives, and next steps for each of the strategies outlined above.
 - i. Community Engagement
 1. The Coordination Team noted the Coalition's important partnerships with media, specifically Community Advocate, as a means to connect with community members and raise awareness of the initiative and events.
 2. Katelyn discussed opportunities for parents/guardians to host substance abuse prevention related events in their homes to increase outreach and education efforts. Parents/guardians would receive trainings and/or work in conjunction with trained facilitators to lead these discussions.
 - a. In an effort to educate parents/guardians on specifics related to substance use paraphernalia, Lynne suggested asking Hudson PD to provide forums to showcase drug paraphernalia to those interested in learning more. The Coordination Team will reach out to Hudson PD to discuss this event further.
 - b. Katelyn suggested holding this showing during [National Drug Facts Week](#) in January 2015. Hosted by the National Institute on Drug Abuse (NIDA), this week includes a range of community-based events that promote healthy behaviors and substance use prevention efforts. Coalition members suggested holding youth focus groups to review youth substance use resources to discern if the material is salient with youth audiences in Hudson.
 - ii. School-Based Programs
 1. 2014 MetroWest Adolescent Health Survey (MWAHS): Jenny Gormley shared that Hudson Public Schools will soon be administering the 2014 MWAH Survey to all Quinn Middle and HHS students. 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.
 2. Break Free from Depression: Jamie Gravelle shared that the HHS Counseling Department will be implementing the Break Free from Depression program during the week before Thanksgiving. Designed for 9th-12th grade students, Break Free from Depression is a multi-day program that provides students with data and statics, true scenarios of teenage depression, and resources for accessing support.

3. Chris Herren: Former-NBA player, Chris Herren, is scheduled to return to 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.
4. Screening, Brief Intervention, Referral to Treatment (SBIRT): Coalition partners discussed the number of students who participated in SBIRT during 2012-2013 (97/233 students) and 2013-2014 (67/229 students) school years and the importance of increasing participation rates for future screenings through an opt-out process.
 - a. Coalition members discussed the importance of developing and finalizing logistics for SBIRT at HHS. Logistics include securing private locations to hold the screenings, scheduling substitutes for nursing staff, and compiling resources to refer students to treatment, if needed.
 - b. The HHS SBIRT planning team (including Sue Bowen, Pat Emmons, Principal, Brian Reagan, Vice-Principal, Dan McAnespie, Jamie Gravelle, and Jenny Gormley) will meet this fall to discuss next steps for piloting SBIRT at HHS. The Coordination Team will provide support as necessary for the continued development of protocols and referral processes.

iii. Sustainability

1. The Coordination Team emphasized the importance of continuing to focus on sustainable activities during Year 3 of the MetroWest Health Foundation grant. Sustainability activities include: (1) Leveraging partnerships and resources, (2) Institutionalizing best practices, research-based, and evidence-based policies, programs, and interventions, (3) supporting sustainable change such as policy change (e.g., recent tobacco regulations), and (4) applying for funding to support continued prevention efforts (e.g., [DFC Support Program](#)).

V. Next Meeting

- a. The next meeting is scheduled for Wednesday, December 3rd from 8:00 – 9:30 am at Hudson High School, Room G101. The Coordination Team will send out a reminder e-mail with the meeting agenda as we move closer to the meeting date.