



**Hudson Youth Substance Abuse Prevention Coalition
Meeting Minutes**

Wednesday, August 27, 2014

2:00-3:30 PM

Hudson Town Hall

3rd Floor Conference Room B

78 Main Street

Hudson, MA 01749

I. Call to Order

- a. **Meeting convened:** Wednesday, August 27, 2014, at 2:00 P.M.
- b. **Coordinators present:** Tammy Calise, Katelyn Flaherty, Michael O'Brien
- c. **Coalition partners present:** Laurie Curley, Kathy Ekdahl, Jordan Eldridge, Jamie Gravelle, Jenny Gormley, Rep. Kate Hogan, Sheryl Marrazzo, Cindy Murphy, Denise Reid, Joan Simoneau, Lee Waingortin, Don Whitesel, Sam Wong

II. Substance Abuse Awareness Event | Representative Kate Hogan

- a. In response to the growing opioid addiction epidemic, Rep. Hogan stated that she is interested in focusing more efforts on substance abuse awareness and education. Rep. Hogan is interested in hosting a community forum with a panel of experts ranging from school resource officers, public safety officials, parents/guardians of children who have suffered from addiction and/or recovered from substance abuse, and youth in recovery. The panel will answer a series of questions from community members, in hopes of educating the community about substance abuse and connecting people to existing resources. The targeted audience for this event is parents/guardians/grandparents of middle to high school students in the Nashoba Valley and Hudson Public School districts. Katelyn Flaherty referenced the [2012 MetroWest Adolescent Health \(MWAH\) survey](#) which shows an increase in reported substance use as youth enter and progress through high school, emphasizing the importance of reaching families of middle school students before increased exposure to substance use during the high school years.
- b. Given that Hudson is currently collaborating with Framingham, Marlborough, and Northborough on similar health-related projects, Tammy Calise suggested including these towns when planning the event.
- c. In order to impact a broad audience, coalition members provided a number of suggestions to maximize attendance.
 - i. Tammy Calise suggested marketing the event as a way to meet Rep. Hogan, Hudson's elected official, and learn effective ways to communicate with one's children and family members.

- ii. Jamie Gravelle suggested marketing the event as a college, career, and/or athletic readiness opportunity to also help bring a diverse audience to the event.
 - iii. Denise Reid stated that the theme for Rivers Edge Arts Alliance fall performances is ‘Season of Compassion’. Currently, Lynne Johnson is working with Kathleen McKenzie to organize a play, written by high school students, on youth substance abuse. All events and programs during the fall season will include information tables and representatives from organizations such as Addiction Referral Center (ARC). Denise said that Arts Alliance is happy to help market, coordinate, and schedule Rep. Hogan’s event.
 - iv. Jenny Gormley suggested selecting a date ASAP, so that school staff can help raise awareness of the event through postings and new media. Cindy Murphy agreed with this statement and recommended that public access television record the event for those that cannot attend in-person.
- d. Coalition partners and community members interested in being part of the panel or helping plan and/or volunteer at this event should contact the Hudson YSAP Coordination Team: Tammy Calise (tcalise@jsi.com), Katelyn Flaherty (kflaherty@jsi.com), and Michael O’Brien (mobrien@jsi.com).

III. Hudson YSAP Community Engagement & Education

- a. Town Hall Meeting on Underage Drinking (*May 21st, 2014*)
 - i. Every two years, the Substance Abuse and Mental Health Services Administration (SAMHSA) sponsors national Town Hall Meetings to educate communities about underage drinking and ways to mobilize them around its prevention. The goal of these meetings is to help communities transition from general awareness to evidence-based action plans.
 - ii. Hudson YSAP hosted its first Town Hall Meeting on Wednesday, May 21, 2014, in partnership with the Hudson High School (HHS) Students Against Destructive Decisions (SADD) and advisor Tammy Murphy, HHS Guidance Counselor. Panel members included: Courtney Cray, Officer Roger Downing, Jenny Gormley, Jamie Gravelle, and Sam Wong.
 - iii. Members of the Hudson YSAP Youth Workgroup led the event and drafted questions for the panel members. Question topics included the number of Hudson Public School students who reported drinking alcohol in the MWAH survey, the number of underage drinking incidents handled by the Hudson Police Department annually, and the legal consequences for parents/guardians that choose to host social events that include underage drinking. As a result of the event, Youth Workgroup members gained valuable leadership skills and continued to promote healthy decision-making amongst Hudson youth.
- b. Hudson Youth Fest (*Rescheduled to Rain Date: September 6th, 2014*)
 - i. On Saturday, September 6th, 2014, from 1:00 – 5:00 P.M., the Hudson YSAP Youth Workgroup will host the second annual *Hudson Youth Fest* event. Designed to

- support the healthy decision-making of youth and encourage positive self-expression, the *Hudson Youth Fest* event will include live performances and interactive games.
- ii. Youth Workgroup partner and HHS senior, Leia Owen, reported that there are 4-5 bands scheduled to perform. These performers are from Hudson and surrounding communities and range in age from 14 – 18 years old. All performers reported that they view music as a healthy outlet for relieving stress and supporting creative energy. In turn, all are dedicated to substance-free lifestyles.
 - iii. The Coordination Team will work to ensure that the event is posted in the Hudson Public School daily newsletter and Twitter account.
 - iv. The Coordination Team would like to extend a special thank you to coalition partner, Joan Simoneau, for writing an [article in the Community Advocate](#) on the upcoming *Hudson Youth Fest* event.
- c. Quinn & Hudson High School Info Tables (*September 11th & 18th, 2014*)
- i. The Hudson YSAP Coalition will be hosting information tables at the Quinn and HHS open houses on September 11th (6:00 – 8:00 P.M.) and September 18th (6:30 – 8:30 P.M.). The Coordination Team is looking for parent and youth volunteers to work these events. Coalition members interested in volunteering should contact Michael O'Brien (mobrien@jsi.com) or Katelyn Flaherty (kflaherty@jsi.com).
 - ii. The purpose of the information tables is to help raise awareness of youth substance use and provide parents/guardians/grandparents with resources to support healthy youth development, prevent substance use, and access treatment if necessary. Examples of resources include the [Hudson YSAP Prevention Starts at Home brochure](#) and [NIDA Family Checkup](#).
 - iii. Coalition partners suggested screening short clips of the [Out of Reach](#) video as a means to engage open house attendees and capture their attention. The Coordination Team will create sign-up sheets for individuals to register to receive additional resources and/or join the Coalition and Parent Workgroup.
- d. Parent Events
- i. As part of an ongoing effort to engage and educate Hudson community members in youth substance abuse prevention, the Coordination Team showcased brief clips from the following films: [Out of Reach](#) and [The Hungry Heart](#).
 - ii. Coalition partners agreed [The Hungry Heart](#) looked like a moving and powerful documentary that could be used in a variety of ways to increase community awareness of prescription drug and opiate addiction. Katelyn informed coalition members that [The Hungry Heart](#) is 90 minutes and costs \$150. Included in the cost is an education guide. Hudson YSAP plans to purchase this video and education guide as a resource that will be made available to Hudson Public Schools and community member

- iii. Coalition partners recommended showing [Out of Reach](#) to middle and high school parents/guardians as a means to begin the discussion on substance abuse and healthy decision-making.
 - iv. Laurie Curley noted that middle school parents/guardians are very interested in education and awareness and suggested offering a collection of workshops for parents/guardians/grandparents to attend. Laurie recommended designing the workshops as inclusive opportunities for parents/guardians/grandparents to discuss ways to improve communication skills with their children.
 - 1. Denise Reid suggested marketing these workshops to parents/guardians/grandparents as opportunities to help their child learn the skills to help their friend/peer who may struggle with these issues in the future. This perspective will help lessen the denial that some may feel when talking about substance use.
 - 2. Sheryl Marrazzo emphasized the importance of ensuring that compassion is forefront when talking about individuals struggling with substance abuse. Sheryl noted that compassion helps reduce stigma when educating others about substance abuse prevention.
 - v. Sam Wong agreed that the Town of Hudson could house a lending library of the [Out of Reach](#) and [The Hungry Heart](#) videos, as well as other resources (films, documentaries, articles, books, etc.). To ensure confidentiality, the lending library can be set-up so community members have the opportunity to request resources be mailed to an individual's home. Sam agreed that the Town of Hudson can pay for this postage.
 - vi. The Coordination Team will update the website to include a resource list and a request form where community members can request resources.
- e. Prevention Starts at Home Coalition Brochure
- i. The updated brochure has been posted to the preventhudsonsa.org website and will be included in an upcoming mailing to 2,800 Hudson Public School students. The Coordination Team will draft an accompanying letter to provide background information on the Hudson YSAP Coalition and brochure.

IV. School-Based Programs & Activities

- a. 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. Coalition members reported high praise for the Chris Herren event and Denise stated that, "Parents were talking about Chris Herren for 6 weeks after the event!"
- b. Screening, Brief Intervention, and Referral to Treatment (SBIRT)
 - i. Jenny Gormley reported that school nurses are interested in receiving more training and practice before implementing SBIRT at HHS. School staff would like to schedule SBIRT for 10th grade students in spring 2014, once logistics are confirmed

(i.e., location in school, referrals in the community, etc.). Jenny also confirmed that SBIRT is scheduled to occur at Quinn Middle School for 7th grade students.

- ii. Coalition members discussed the importance of revisiting the consent process with Dr. Fortuna, new Superintendent of Hudson Public Schools, and Jason Webster, new Principal at Quinn Middle School to maximize student participation.

V. Grace Baptist Church Programs & Services | Don Whitesel, Pastor of Care

- a. Don Whitesel spoke to coalition members on Celebrate Recovery, a 12-step, faith-based recovery program offered through Grace Baptist Church. Designed for adults 18 and older, Celebrate Recovery continues to help members of the MetroWest community who are struggling with issues related to substance abuse. Guidelines from Alcoholics Anonymous are used during the large-group sessions and attendees are encouraged to attend Celebrate Recovery in addition to any other support programs/counseling/treatment they are already receiving. Don stated that the program continues to grow as attendees bring neighbors, friends, and relatives.
 - i. Celebrate Recovery is held every Thursday from 6:30 – 9:00 P.M at 353 River Road in Hudson, MA 01749. Please see the schedule below:
 1. Refreshments (6:30 – 7:00 PM)
 2. Large group session (7:00 – 8:00 PM)
 3. Open share (8:00 – 9:00 PM)
 - ii. No registration is required to attend Celebrate Recovery. Individuals are encouraged to show-up, listen, and share. For more information, please contact CR@gracehudson.org.
 - iii. The program also contains a youth component, The Landing, which features skits, small groups, and leadership-building activities to help initiate discussion. The Landing program at Grace Baptist is currently in the planning and pilot phase open by invitation only until organizational capacity is further developed.
 - iv. Don showed a video titled, [Chelsey's Story – The Landing](#), which details one teenager's story from addiction to recovery. This video is shown to youth as an introduction to The Landing and helps initiate the healing and rebuilding process.

VI. Community Update

- a. Lee Waingortin updated the coalition that she is leading a regional training for nurses on administering Narcan, a medication used to reverse opioid overdoses by countering the effects of respiratory suppression.

VII. Next Meeting

- a. The Coordination Team will update the Hudson YSAP Coalition once a meeting date and time has been set for October 2014.