



Hudson Youth Substance Abuse Prevention Coalition
Meeting Minutes
Thursday, February 27, 2014
6:00 – 7:00 PM
Quinn Middle School
201 Manning St.
Hudson, MA 01749

I. Call to Order

- a. **Meeting convened:** Thursday, February 27, 2014 at 6:00 PM.
- b. **Coordinators present:** Katelyn, Flaherty, Michael O'Brien
- c. **Coalition partners present:** Laurie Curley, Pat Emmons, Jenny Gormley, Kevin Lyons, Dan McAnespie, Sam Wong
- d. **Guest speaker:** Heidi DiRoberto, Program Director of Motivating Youth Recovery a Community Healthlink Program

II. Upcoming Hudson YSAP Activities

- a. Hudson YSAP will host an information table at the March 6th Cook-Off event. Currently, Jenny has two students to help out with the wellness surveys and has requested that at least two more students and one adult volunteer to help with the wellness surveys and distribute Hudson YSAP resources. The coordination team will reach out to Youth Workgroup members for their availability.
- b. Drug Free Communities Grant
 - i. The Drug Free Communities grant is a funding opportunity through the Department of Health and Human Services and the Substance Abuse and Mental Health Services Administration (SAMHSA) for communities with established coalitions. Through this grant, eligible communities have the opportunity to:
 - 1. Establish and strengthen collaboration among communities, public and private non-private agencies; as well as federal, state, local, and tribal governments to support the efforts of community coalitions working to prevent and reduce substance use among youth (youth is defined as individuals 18 years of age or younger); and
 - 2. Reduce substance use among youth and, over time, reduce substance abuse among adults by addressing the factors in a community that increase the risk of substance abuse and promoting the factors that minimize the risk of substance abuse.
 - ii. Coalition partners were asked to propose activities to be included in the action plan for next year, pending acceptance of the grant. As directed by the RFA, budgets cannot exceed \$125,000/year.

1. Laurie Curley suggested including Girls on the Run, a program initiated at Quinn Middle School to support the healthy development of girls. The 24-lesson Girls on the Run curriculum combines training for a 5K (3.1 miles) running event with lessons that inspire girls to become independent thinkers, enhance their problem solving skills, and make healthy decisions. All of this is accomplished through an active collaboration with girls and their parents, schools, volunteers, staff, and the community.
 - a. Coalition partners discussed connecting the goals of Girls on the Run with SBIRT as a preventative program that promotes the positive development of youth and strengthens the connection between student and school.
 - b. Sam Wong and the Coordination team will review application requirements to see if this program would fit within the scope of supported activities under the DFC grant.
 2. Coalition partners discussed including workshop sessions as part of the DFC grant action plan. Laurie Curley shared past experiences leading workshops and programs educating parents on communication and healthy development.
 3. Other action plan suggestions include the Active Time program, which is an eight week curriculum developed by the Bureau of Substance Abuse. The curriculum features chapters on factors that reduce substance use, treatment, and what to expect when returning home from treatment.
- c. Chris Herren Event (April 7, 2014)
- i. Former-NBA player, Chris Herren, is scheduled to speak to Hudson High School students and parents about positive decision-making on Monday, April 7th at 1:00 PM (student session) and 6:00PM (parent session). Herren uses his own experience with addiction as a means to connect with the audience and raise awareness about substance use prevention.
 - ii. Youth Workgroup members and Principal Reagan will provide introductions for Chris Herren. The coordination team is meeting with Youth Workgroup members during the week of March 10th-14th to finalize plans for the event.
 - iii. The coordination team will add an option to the online RSVP form for staff members or non-parent/guardians to register for the event. Sam Wong reminded coalition partners that community members are invited to attend.

- iv. Due to limited seating in the HHS auditorium, the in-school presentation will only be available to 10th, 11th, and 12th grade students. The coordination team will confirm if Chris Herren's ESPN-aired documentary "Unguarded" is included in the cost of the presentation. Coalition partners suggested showcasing this DVD documentary to 9th grade students in health and wellness classes.

d. Town Hall Meeting (May 21st, 2014)

- i. 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. The coalition will host its first Town Hall Meeting on Wednesday, May 21, 2014 from 7:00-8:30 PM in the 2nd Floor Auditorium of Hudson Town Hall. The event is being championed by Tammy Murphy, Hudson High School (HHS) Guidance Counselor, in conjunction with the Hudson YSAP Coalition and HHS Students Against Destructive Decisions (SADD). Community members will serve on the panel while Hudson youth ask questions related to substance abuse prevention efforts.
 - 1. Pat Emmons and Sam Wong agreed to participate as panel members. Other community members that have agreed to participate include School Resource Officer, Roger Downing.

III. School-Based Programs

a. Peer Leadership Conference

- i. This past January, seventeen students from the Hudson YSAP Youth Workgroup and HHS SADD chapter participated in the Youth Everywhere Abstaining from Drugs (YOU LEAD) Peer Leadership Conference. These students attended with Tammy Murphy, HHS Guidance Counselor, and Katelyn Flaherty, Hudson YSAP Coordinator. The conference was designed to empower participants to reinforce healthy behaviors and positive decision-making.
 - 1. As part of the goals of the program, participants engaged in leadership activities, learned problem solving techniques, developed effective strategies and action plans for their schools, and shared information and successful practices from their schools with other schools.

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

- i. Laurie Curley provided an updated of the recent SBIRT screening process held at Quinn Middle School this past January.

- ii. 69 out of 220 students participated (31%) opted in to the screening. Laurie reported that results of the screening were similar to the 2012-2013 school year, with no students found to be at-risk. Screeners used this as an opportunity to positively reinforce students' healthy decision-making.
- iii. Coalition partners recognized the importance of receiving specific language from Massachusetts Department of Public Health to more clearly define the role of schools in screenings like SBIRT. Coalition members agreed that an opt-out consent process would increase the number of students participating in the screening, potentially reach students at high-risk for substance use, and strengthen the relationship between student and school.
- iv. Coalition partners suggested pairing information on SBIRT with other routine screenings offered through the Hudson Public School District to reduce stigma and improve its sustainability in the school system.

IV. Guest Speaker – Heidi DiRoberto of Community Healthlink

- a. Heidi DiRoberto, Program Director of Community Healthlink, spoke to coalition members on Motivating Youth Recovery (MYR). Located in Worcester, MA, MYR is an adolescent inpatient detox stabilization unit for youth whose lives have been disrupted by substance abuse. Unit staff at MYR include: medical director, psychiatrists, master's level clinicians, registered nurses, operations manager, counselors, and case managers.
 - i. MYR serves adolescents 13-18 living in Massachusetts with a substance-related disorder. Heidi noted at this point that in the past, adolescents as old as 19 have also received treatment. Adolescents that attend MYR are either currently under the influence of substances and is unable to control his/her use; experiencing withdrawal symptoms that require medical monitoring; experiencing difficulties with family, school, work, and/or the courts as a result of his/her substance use; have tried repeatedly to stop using substances but is unable to do so independently; and/or experiencing depression, anxiety, or other symptoms in addition to a primary concern of drug or alcohol use.
 - ii. Adolescents at MYR are provided with: a safe environment to work toward their treatment and recovery goals; a comprehensive assessment from a treatment staff specialists; medical monitoring during the detoxification and stabilization process; a multidisciplinary treatment plan meant to address medical, psychological, family, social, educational, and legal services; individual, group, and family services; and aftercare coordination to ensure that the adolescent and his/her family are connected to community based service providers and supports outside of MYR.

- b. Heidi provided an overview of motivational interviewing, which is a counseling technique aimed at helping clients
 - i. Characteristics of motivational interviewing includes: person-centered rather than disordered center; collaboration rather than confrontation; respect for client autonomy; and motivation as a stage or state, not fixed.
 - ii. Motivational interviewing is based on the theory that people change voluntarily only when:
 - 1. They become interested in or concerned about the need for change;
 - 2. They become convinced that the change is in their best interest or will benefit them more than cost them;
 - 3. They organize an action plan of action that they are committed to implementing; and
 - 4. They take the actions that are necessary to make and sustain the change.
 - iii. General Principles of motivational interviewing include:
 - 1. Express empathy through reflective listening.
 - 2. Develop discrepancies between client's goals and current problem behavior.
 - 3. Avoid argumentation and direct confrontation.
 - 4. Roll with resistance rather than opposing it directly.
 - 5. Support self-efficacy for change.
- c. Heidi will meet with Hudson Public School Health and Wellness staff to provide a comprehensive overview of motivational interviewing during the week of March 3rd-7th.
- d. For more information on MYR or to make a referral, community members are asked to contact their insurer by calling the 800 number on the back of their insurance card or contact MYR at: (Phone): 508-860-1244 or (Fax): 508-860-1245.

V. Next Meeting

- a. The next coalition meeting is tentatively scheduled for April 2014.
- b. The coordination team will send out an email reminder with meeting agenda as we move close to the meeting date.