



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

Wednesday, December 18, 2013

3:00 – 4:30 PM

Hudson High School F101

69 Brigham Street

Hudson, MA 01749

I. Call to Order

- a. **Meeting convened:** Wednesday, December 18, 2013 at 3:00 p.m.
- b. **Coordinators present:** Katelyn Flaherty, Michael O'Brien
- c. **Coalition partners present:** Mike Correa, Jenny Gormley, Jamie Gravelle, Kevin Lyons, Dan McAnespie, Lee Waingortin, Sam Wong.

II. Community Awareness

- a. Coalition partners reviewed the Hudson YSAP vision and mission statements.
 - i. **Vision:** Through community engagement, Hudson will produce a healthier community that supports adolescents' healthy decision-making.
 - ii. **Mission:** The community of Hudson will work to measurably transform adolescent substance use by building community capacity and supporting substance abuse prevention, early intervention, and treatment.
- b. Coalition partners discussed the core Hudson YSAP strategies (community engagement, environmental changes, and school-based programs) and opportunities to expand efforts moving forward.
 - i. Efforts such as the new Hudson High School (HHS) health and wellness curriculum and district-wide wellness newsletter have been positive additions to community prevention activities.
 - ii. Hudson YSAP will continue to support and grow community capacity in early intervention and treatment through programs such as Screening, Brief Intervention, and Referral to Treatment (SBIRT), specifically at the high school level.
 - iii. The Year 1 Review Survey was developed by the coordination team to enhance cross-sector collaboration, document the collaboration process to provide information to the MetroWest Health Foundation, and prepare for additional funding opportunities (e.g. Drug Free Communities Grant).
 - 1. 13 out of 35 coalition partners responded to date. The coordination team will continue to send reminders in an effort to increase the response rate through the end of December.

III. Community Awareness *(Continued)*

- iii. The coordination team shared the social ecological framework to provide context for community-wide prevention efforts. Coalition partners reviewed four levels of the framework (individual, relationship, community, and society), explored where current community prevention activities fit in the framework, and discussed opportunities to expand community efforts.
 - 1. The “Breaking Free from Depression” school-based programming was given as an example of a successful way Hudson is addressing root causes (e.g. mental health) of substance use.
 - 2. Coalition partners noted the lack of opportunities for Hudson youth to engage in healthy activities. Partners would like to see more out-of-school opportunities for youth to build skills and self-esteem as well as support healthy behaviors and relationships.
 - a. Sam Wong shared that the YMCA of Central MA is interested in working with Hudson to serve its youth. Dan McAnespie is interested in partnering with the YMCA to establish HHS after-school programming led by YMCA staff.
 - 3. Coalition partners expressed continued interest in developing a catalogue of activities and opportunities to keep Hudson youth engaged in positive activities.
 - a. Jenny Gormley shared that Scott Darlington of HHS is currently working on a similar list of resources that feature employment and internship opportunities for Hudson youth. The coordination team will follow up with Scott regarding these resources.
- c. Coalition Brochure “Prevention Starts at Home”
 - i. The coordination team presented the newly developed “Prevention Starts at Home” brochure for coalition review and approval.
 - ii. The purpose of this brochure is to: 1) increase community awareness of the Coalition, 2) increase awareness of youth substance use in Hudson, 3) increase knowledge of the dangers of youth substance use, and 4) provide families with the resources to support healthy youth development, prevent substance use, and find support and treatment if necessary.
 - iii. Coalition partners suggested the following amendments:
 - 1. Include school guidance counselor/nursing staff in addition to healthcare professional/primary care provider in the “Signs & Symptoms” section.
 - 2. In the “Communication is Key” section add a bullet that reads “Help children identify positive activities that will increase their self-esteem”.

III. Community Awareness *(Continued)*

3. List community organizations that are Hudson YSAP partners. These include Hudson Public Schools, Hudson Police Department, The Addiction Referral Center (ARC), CHAPS Inc., etc.)
- iv. Sam will look into pricing to determine how and where these brochures are distributed. The coordination team would like to distribute these brochures at community events (i.e Hudson Fest, Cook-Off), Hudson Senior Center, school open-houses, etc.
 1. The coordination team will reach out to parent partners to help hand-out brochures and other resources at the March 6th Cook-Off event and the April 6th Chris Herren event.
- c. Wellness Newsletter
 - ii. The coordination team presented the Winter 2013 Wellness Newsletter and received positive reviews from coalition members. Winter 2013 topics include highlighting the increase in student breakfast participation for Hudson students, supporting a healthy school environment through fundraising, and backpack safety awareness.
 - iii. The Spring 2014 Wellness Newsletter will be presented to the School Health and Safety Advisory Council (SHSAC) on Friday, March 14th.
- d. New Media Analytics
 - iv. The Hudson YSAP website (www.preventhudsonsa.org) is receiving approximately 50 new, unique visits each month. Events such as the social norms campaign will continue to increase website traffic.

IV. Environmental Strategies

- a. Tobacco Regulation Revision
 - i. Sam Wong reported that the Tobacco Regulation Revision has been approved by Hudson Board of Health and will be presented at a public hearing in January 2014.
 1. The new regulation offers substantial change, including bans on blunt wraps, smoking in parks and public recreating facilities (including skate parks, rail trail, and centennial beach). The revision also increases the legal age to purchase tobacco to 21 and defines e-cigarettes as a nicotine delivery product. This regulation will ban the use of e-cigarette at all locations that currently do not permit the use of tobacco products.
 2. Sam also reported that 30-40% of communities in MA are taking action to include e-cigarettes in local regulations and that the FDA is beginning to look into e-cigarette regulations at the federal level.

IV. Environmental Strategies *(Continued)*

b. Medical Marijuana Dispensaries

- i. Hudson Board of Health is currently developing regulations on medical marijuana dispensaries and is interested in working with the Hudson Public School District on the language of these regulations.
 1. Sam reported that Hudson Board of Health is interested in mirroring regulations set by the City of Boston, which require local and state permits that allow local boards of health to conduct regular inspections.
 2. New regulations would also decrease the rate of home cultivation by ensuring that medical marijuana facilities offer financial assistance to clients that cannot afford to purchase medical marijuana.

V. School-based Programs

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

- i. Jenny reported that SBIRT is scheduled to occur at Quinn Middle School (QMS) from January 6th-10th. QMS screeners received a refresher course on motivational interviewing in December 2013.
- ii. Parents and guardians must opt-in their children to participate in the SBIRT screening. Jenny reported that currently 26% of 7th grade students have been opted-in to be screened. The QMS Principal will continue to raise awareness of the screening by sending an all-call to parents/guardians and sending notifications through the QMS listserv.
- iii. Jenny updated coalition members that she will meet with HHS screeners to plan and schedule SBIRT for 10th grade students during the second half of this school year.
- iv. Sam reminded coalition partners that the MetroWest Health Foundation grant will pay for any costs related to these screenings (i.e substitute nurse). The coordination team also stated that they can support school staff with protocol amendments and resources for developing referral to treatment tools.

b. Chris Herren – Guest Speaker (April 7th, 2014)

- i. The coordination team presented the latest drafts of the flyers for the Chris Herren event. Coalition partners suggested creating only one flyer for all parents/guardians.
- ii. Coalition partners suggested: 1) clarifying that Chris Herren will speak at 6:00 PM and 2) recognizing the generous financial support of the MetroWest Adolescent Health Foundation. The coordination team will incorporate other feedback into the final draft and send to coalition partners with the Meeting Minutes.

V. School-based Programs *(Continued)*

c. Hudson High School Art Department

- i. Mike Correa presented the latest information on the social norms campaign. The student social norms posters were developed in collaboration with Jenna Johnson's visual art classes.
- ii. The social norms campaign includes nearly 35 student produced posters and includes the Hudson YSAP log designed by Meredith Coffey, former HHS student.
- iii. These posters will be presented in a student art show on April 7th, 2014 immediately preceding the Chris Herren evening event (5:00 PM).

d. Youth Workgroup

i. Quiz Show

1. In order to reach and engage all members of the student body, the youth partners will be leading a Quiz Show on drug facts during middle and high school health & wellness classes beginning in late January 2014.
2. The quiz show will be age-appropriate and the "Get the Facts" category will be tailored using grade-specific statistics.
3. Youth partners are excited to engage their peers in this activity and hope to raise awareness on the importance of healthy decision-making.

ii. Peer Leadership Conference (January 13th, 2014)

1. 20 students from the HHS Students Against Destruction Decisions (SADD) chapter and the Hudson YSAP Youth Workgroup will be participating in a Peer Leadership Conference. The conference features the Youth Everywhere Abstaining from Drugs (YOU LEAD) program which empowers participants to reinforce health decision making skills and be leaders in their community.

VI. Next Meeting

- a. The next coalition meeting will be scheduled for February 2014. The coordination team will send out a reminder with the agenda as we move closer to the meeting date.
 - i. Jenny Gormley suggested increasing coalition meeting attendance through partner presentations on organizational updates or skill-building sessions. The coordination team will reach out to community partners to discuss this idea further.