



**Hudson Youth Substance Abuse Prevention Coalition**  
**Meeting Minutes**  
**Thursday, October 10, 2013**  
**2:00-3:30 PM**  
Hudson High School, Room F101  
69 Brigham Street  
Hudson, MA 01749

**I. Call to Order**

- a. **Meeting convened:** Thursday, October 10 at 2:00 p.m.
- b. **Coordinators present:** Katelyn Flaherty, Michael O'Brien
- c. **Community partners present:** Kevin Lyons, Brian Reagan, Sam Wong, Jenny Gormley, Laurie Curley, Erin Holmes, Roger Downing, Pat Emmons, Courtney Cray, Maria Rossini, Mikenna Doherty.

**II. Community Awareness**

- a. Wellness Newsletter
  - i. The coordination team shared the Fall Wellness Newsletter with coalition partners and received positive reviews. During a previous meeting, the Health & Safety Advisory Council suggested that the Winter Wellness Newsletter feature topics and articles geared towards elementary and middle school families. Proposed topics include raising awareness on backpack weight safety and helpful tips to organize school supplies.
  - ii. Coalition partners suggested additional articles on the Centers for Disease Control 'Cover Your Cough' campaign, Hudson School District lockdown procedures, and new efforts underway to build a school garden at Quinn Middle School.
  - iii. The Newsletter will continue to include a Wellness Spotlight. The Winter Spotlight will feature the Hudson Public School staff members involved in the process of planning and implementing SBIRT (Screening, Brief Intervention, and Referral to Treatment) at Quinn Middle School and Hudson High School.
  - iv. The coordination team will continue to highlight community events and develop a feature article to increase community awareness for the Chris Herren speaking engagements in April 2014.
  - v. Michael will be working with Barbara Casaceli, a registered dietician at Marlborough Hospital, to ensure that each Wellness Newsletter recipe offers helpful cooking tips and high nutritional content.
    - i. Coalition members are encouraged to provide topic suggestions and content for upcoming newsletters.
- b. New Media
  - i. Website - The coordination team reported on the <http://preventhudsonsa.org/> traffic since website launch on March 4, 2013. Website data shows that community members are continuing to utilize the website as a resource.

- c. In the Press
  - i. The coordination team shared an update on the letter to the editor of the Hudson Sun to raise awareness on the American Medicine Chest Challenge campaign.

### III. Environmental Strategies

- a. Drug Paraphernalia and Medical Marijuana Dispensary
  - i. The Hudson Board of Health is currently reviewing draft regulations for the drug paraphernalia bylaw and medical marijuana dispensaries. Sam Wong has met with Hudson Chief of Police and Town of Hudson Planning Director to create a unique zoning bylaw and Board of Health regulation on medical marijuana that would include drug paraphernalia.
  - ii. The Hudson Zoning Board is working to restrict potential medical marijuana facilities to certain areas in town (tentative locations include small areas of land off Route 62 between the town borders of Hudson and Berlin) should any slots be left for Middlesex County.
- a. Tobacco Regulation Revision
  - i. Coalition partners discussed the importance of expanding current school policy on smoking to include language on all nicotine delivery products. Sam Wong suggested aligning Hudson Public School policies with Town of Hudson policies to support a consistent message throughout the community. Sam noted that the School Committee would still need to develop a separate policy on the penalty for smoking on school grounds.
- b. Household Hazardous Waste Collection Day
  - i. The next 'Household Hazardous Waste Collection Day' will be held on Saturday, October 26<sup>th</sup> from 9:00-2:00 PM at 402 Hudson Street in Marlborough, MA. Presented by the City of Marlborough and Town of Hudson, the collection day offers the opportunity for community members to safely dispose of hazardous household items and unused or expired prescription medications. For more information, please visit the [Town of Hudson website](http://www.townofhudson.com) for a list of accepted take-back items here: <http://bit.ly/16dy8tg>.
- c. Catalog of Opportunities for Hudson Youth
  - i. Coalition partners supported the development of a community catalog to list free community resources, classes, and events; volunteer opportunities; and employment opportunities for youth.
- d. American Medicine Chest Challenge (AMCC)
  - i. Ongoing education and awareness campaign focusing on prevention efforts for the misuse of prescription drugs.
  - ii. AMCC Flyers
    - 1. Flyers were developed to raise awareness of the AMCC campaign, Hudson Police Department Take-Back Kiosk, and Hudson YSAP website. These flyers are available in both English and Portuguese and can be downloaded from the Hudson YSAP Website: [www.preventhudsonsa.org/community/community-resources/](http://www.preventhudsonsa.org/community/community-resources/).
    - 2. Coalition partners are encouraged to post flyers on community bulletin boards and through new media.

3. The coordination team is awaiting additional flyers from AMCC featuring older citizens. Coalition partners supported the suggestion of working with Hudson Senior Center to raise awareness on the misuse of prescription medication with older adult and elder populations.

#### **IV. School-Based Programs**

- a. Guest Speaker 2013-2014 School Year (Chris Herren)
  - i. Former-NBA player, Chris Herren, is scheduled to speak to Hudson High School students and parents about positive decision-making on Monday, April 7<sup>th</sup> 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.
    1. The coordination team presented a draft flyer for the parent event and asked coalition partners to provide feedback. Coalition members suggested removing the emphasis on 'basketball'; increasing the emphasis on 'prevention' and 'community awareness'; and creating unique flyers for elementary parents, middle school parents, high school parents, and community members. To encourage parent-adolescent communication about these events, the high school parent flyer will highlight the fact that Hudson High School students will be attending a similar presentation during the school day.
    2. Laurie Curley and the coordination team will work together to ensure that the event is highlighted on both the Quinn and elementary school calendars.
    3. The coordination team expressed interest in collaborating with the Hudson High School Art Department to present student art (e.g. social norms poster competition) or the stop motion film on substance abuse prevention to highlight the youth perspective and help attract a diverse community audience.
  - ii. Screening, Brief Intervention, Referral to Treatment (SBIRT)
    - i. The SBIRT model is a comprehensive, integrated, public health approach to prevent and/or delay the onset of substance use and to identify students who may be at risk for substance use or currently using.
    - ii. Coalition members discussed SBIRT at Quinn Middle School and Hudson High School for this year.
      1. Jenny Gormley explained the dates for SBIRT are still being finalized in an effort to coordinate with relevant topics from the new Wellness Curriculum and allow time for a booster SBIRT training session for the Hudson screening staff.
      2. Courtney Cray expressed interest in complementing SBIRT and the new curriculum through the use of take-home assignments in health class. These assignments will be focused on increasing communication between students and their parents/guardians about sensitive topics, including substance use. The coordination team will work with Courtney and Jenny to develop parent connection worksheets.

3. Tammy Calise (of the coordination team) has been in contact with Massachusetts Department of Public Health (DPH) and requested DPH language recommending and supporting SBIRT as a school-based screening. DPH provided support of these efforts in the form of an e-mail. Coalition partners appreciated the support from DPH and expressed the need to have an official letter that supports and recommends school-based SBIRT screening in order to change the consent process to passive consent (opt-out) for SBIRT in Hudson Public Schools. Superintendent Lyons affirmed that the Hudson Public School Legal Department and School Committee require an official statement/letter from DPH before they will reconsider a passive consent process for Hudson SBIRT.
- c. Parent Workgroup
    - i. The coordination team discussed ways to continue to reach Hudson parents and community members. The coordination team suggested collaborating with existing community and school-based events (e.g. Hudson Driver Education, Parent/Teacher Conferences, etc.).
      1. Coalition partners supported this approach. The coordination team will send a packet of information (e.g. NIDA Family Checkup, Hudson YSAP postcards, Growing Up Drug Free, etc.) to Jenny Gormley to display on a table near the Health and Wellness conferences on Thursday October 17, 2013.
      2. The coordination team will develop a brochure, similar to the Middlesex Partnerships for Youth '[Learn, Evaluation, and Take Action](#)' resource. The brochure will include data from the MetroWest Health Adolescent Health Survey to inform Hudson parents/guardians and raise awareness of community efforts. This brochure will also include graphics such as the Hudson YSAP logo and original student artwork.
    - b. Youth Workgroup
      - i. The Youth Workgroup will meet on Monday, October 21, 2013 to discuss next steps for youth-led activities promoting healthy decision-making. Workgroup members have been challenged to introduce themselves to at least two Hudson students that they would like to get to know better and invite them to the October meeting to raise awareness of the issue and encourage additional students to participate in the Workgroup.
      - ii. Workgroup members will begin to plan a 'Quiz Night' for January 2014 to help mark [NIDA 'Drug Facts: Shatter the Myth' Week](#), which is scheduled from January 27<sup>th</sup>-February 2, 2014. The 'Quiz Night' will be designed to dispel common myths associated with substance use, increase knowledge on substance abuse prevention, and promote healthy behaviors.

## V. Next Meeting

- a. Tentative date is set for December 2013.
- b. The coordination team will send out the specific date, time, location, and agenda prior to the next coalition meeting.
- c. Coalition Partners will be asked to fill out a brief survey via SurveyMonkey on their experiences participating in Year 1 of the Hudson Youth Substance Abuse Prevention Initiative. All survey responses will be kept confidential. The survey link will be provided in a follow-up e-mail from the coordination team.