

## Hudson Youth Substance Abuse Prevention Coalition

### Meeting Minutes

Thursday, April 11, 2013

6:00-8:00 p.m.

Hudson Town Hall, Auditorium

78 Main Street

Hudson, MA 01749

#### I. Call to Order

- a. **Meeting convened:** Thursday, April 11, 2013 at 6:00 p.m.
- b. **Coordinators present:** Katelyn Flaherty, Michael O'Brien
- c. **Community partners present:** Sam Wong, Jenny Gormley, Jodi Fortuna, Pat Emmons, Michelle Marengo, Jim Saart, Dan McAnespie, Roger Downing, Chad Crogan, Jay Murphy, Mikenna Doherty, Savera Mohammed, Leia Owen

#### II. Community Awareness

- a. In the News
  - i. Youth partner Leia Owen wrote a piece for The Big Red, Hudson High School's Online News Source, highlighting the Hudson YSAP website launch. The article can be viewed online at <http://bigredhawks.com/2013/03/12/the-hudson-ysap-coalition-launches-a-new-website/> and is highlighted on the Hudson YSAP 'In the Press' page <http://preventhudsonsa.org/about-the-initiative/in-the-press/>.
- b. Coalition Logo
  - i. Mike Correa is working with a Hudson High School student to design a logo for the Hudson YSAP coalition.
  - ii. Description of the logo:
    1. The background of the logo will consist of a number of anonymous people in shades of grey, their limbs extending out in different directions. One figure will be bright and colorful, stepping forward as if escaping from the influence of drugs and alcohol. The bright colors portraying a life without substance abuse.
  - iii. Once complete, the logo will be presented to the coalition for feedback and approval.
- c. Wellness Newsletter
  - i. This is a seasonal wellness newsletter distributed by members of the School Health & Safety Advisory Council to inform community members about health and safety issues that impact student learning. Coalition members are encouraged to provide topic suggestions and content for upcoming newsletters.
  - ii. The Spring Newsletter was shared with coalition partners with positive reviews.
  - iii. The Summer Newsletter is currently being drafted.
    1. Topics include: SBIRT screening information and results, Cook-Off event review, Drug Take Back Kiosk, American Medicine Chest Challenge, 2012 MetroWest Adolescent Health Survey Results, Wellness Survey results, injury awareness and prevention, community engagement, summer activities, and resources for Hudson parents and students.

- d. Informational Postcard
  - i. This postcard was designed to increase awareness of the Hudson YSAP initiative and direct community members to the website for resources for youth, family, and community resources.
  - ii. Coalition members approved the draft postcard.
  - iii. The coordination team will supply members with additional copies of the final product at the next coalition meeting. Coalition members are asked to distribute postcards at community and school events.
  - iv. Informational postcards will be distributed to:
    - 1. Schools (to be available in the main and guidance offices).
    - 2. Youth-serving organizations (e.g. CHAPS, Boys & Girls Club, etc.)
    - 3. Local hospitals and clinics including Marlborough Hospital, Sudbury Pediatrics, Northborough Pediatrics, Marlborough Pediatrics, and Concord Hillside.
  - v. The coalition logo (once completed and approved) will be added to postcard in the future.
- e. Website Analytics (March 4, 2013-April 11, 2013)
  - i. The coordination team reported on the <http://preventhudsonsa.org/> traffic since website launch on March 4, 2013.
    - 1. 165 visits (111 unique and 54 returning visitors).
    - 2. Visitor locations included Hudson (55), Boston (57), and Other (53).
      - a. Other includes Concord, Westford, Lexington, Maynard, Stow, etc.
    - 3. A total of 501 pages were viewed.
    - 4. Visitors viewed an average of 3 pages per visit.
    - 5. Visitors averaged 3 ½ minutes per visit.
  - ii. Coalition suggestions to raise awareness of the website and increase traffic include:
    - 1. Highlight <http://preventhudsonsa.org/> using new media (e.g. Twitter, Facebook).
    - 2. Highlight subsections of the website in future Big Red news articles.
    - 3. Create a Hudson YSAP poster to be displayed in Hudson Public School health/guidance offices.
    - 4. Use the Hudson YSAP website as a resource in health classes.

### III. Environmental Strategies

- a. Take-Back Kiosk
  - i. The Hudson Police Department is hosting an on-going Drug Take-Back Kiosk in an effort to encourage Hudson citizens to properly dispose of unused or expired prescription medicines. Drop-off containers are located in the lobby of the Hudson Police Station. Community members are encouraged to dispose of their unused or expired medications, with no questions asked.
  - ii. Officer Downing reported that community members are disposing of unused or expired medications and the kiosk is emptied regularly.
  - iii. Accepted drop-off item can be found on the Hudson Police Department website <http://hudsonpd.org/communityprograms/drugtakebackkiosk.html>.
  - iv. The coordination team will reach out to Hudson Senior Center and programs serving home-bound adults (e.g. Meals on Wheels) to increase awareness of the Drug Take-Back Kiosk.

- b. Tobacco Regulation Revision
  - i. The Hudson Board of Health is currently working with health departments from nine other Massachusetts communities to form a unified tobacco control district that will create consistent revisions to current tobacco regulations.
    - 1. Led by Natick, these communities are currently working together to apply for a three-year grant from the MetroWest Health Foundation.
    - 2. Goal is to create consistent tobacco regulation revisions across different communities through a new grant that will include a larger region to work on these joint collaboration regulations.
- c. Medical Marijuana Dispensaries
  - i. The Massachusetts Department of Public Health posted the Medical Marijuana Draft Regulations on their website <http://www.mass.gov/eohhs/docs/dph/legal/med-marijuana/med-marijuana-propose-reg.pdf> for public comment. Final regulations will be released in May 2013.
  - ii. Each county in Massachusetts can have up to 5 medical marijuana centers.
  - iii. The Attorney General ruled communities cannot ban medical marijuana dispensaries. However, communities can restrict medical marijuana dispensaries through zoning regulations.
  - iv. The Hudson Board of Health is pursuing a one-year moratorium, which provides more time for the town officials to develop ideas on how to best manage and zone medical marijuana dispensaries.
    - 1. The Hudson Town Meeting on Monday, May 6, 2013 will address the proposed moratorium. More information is available in the May 2013 Warrant (Article 18: Amend Zoning By-Laws: Moratorium), available online [http://www.townofhudson.org/Public\\_Documents/index](http://www.townofhudson.org/Public_Documents/index).
- d. American Medicine Chest Challenge (AMCC)
  - i. Ongoing comprehensive education and awareness campaign focusing on prevention efforts for the misuse of prescription medications.
  - ii. Flyers
    - 1. Developed to raise awareness of the AMCC campaign, the Take-Back Kiosk, and the Hudson YSAP website.
    - 2. Coalition partners are encouraged to post flyers on community bulletin boards and through new media (e.g. e-mail, Facebook, Twitter, etc.).
    - 3. Additional flyers can be downloaded from the Hudson YSAP Website <http://preventhudsonsa.org/community/community-resources/>.
    - 4. Future versions of the flyers will include:
      - a. Coalition logo (once completed and approved).
      - b. The coordination team will follow-up with AMCC to determine if flyers can be developed in Portuguese (if Hudson YSAP provides the translated text) and include images of older adults.

- iii. Letters to the MetroWest Daily News and Hudson Sun were distributed to coalition members and received positive reviews.
  - 1. Coalition members suggested the following:
    - a. Contact the MetroWest Daily News to write an article about the Hudson YSAP efforts instead of a letter to the editor.
    - b. Wait until the 2012 MetroWest Adolescent Health Survey data has been released to include the most recent data and link to the survey results.
    - c. Use language that will encourage readers to become involved in the Hudson YSAP and community prevention efforts.

#### **IV. School-based Programs**

- a. Screening, Brief Intervention, Referral to Treatment (SBIRT)
  - i. SBIRT model is a comprehensive, integrated, public health approach to prevent and/or delay onset of substance use and to identify early the small percentage of students who may be at risk for substance use. JFK Middle School is implementing SBIRT in an effort to keep students mentally and physically healthy by reinforcing healthy behaviors and providing the appropriate prevention, intervention, and referrals as quickly as possible to those students deemed at risk.
  - ii. Data from the MetroWest Adolescent Health Survey suggests that there is some alcohol use in 7<sup>th</sup> grade, but increases substantially in 8<sup>th</sup> and 9<sup>th</sup> grade, therefore, preventative measures must be done to for students that may be using as well positively reinforce the healthy behaviors of students that have not used illegal substances.
  - iii. Parental Consent
    - 1. Superintendent Lyons approved the screening pilot with an active parental consent. Notification letters and consent forms were mailed directly to all 7<sup>th</sup> grade parents in an effort to overcome a potential low-return rate. The consent process included a reminder call to all 7<sup>th</sup> grade parents.
  - iv. JFK Screening Results
    - 1. The screening took place on March 18<sup>th</sup> and April 1<sup>st</sup> during physical education classes. The screeners included the school nurse and two school counselors.
    - 2. Of the 233 7<sup>th</sup> grade students, a total of 97 students were screened.
      - a. No students were found to be at-risk (i.e. any lifetime or current use).
      - b. Some students voiced concerns about family members using substances. Screeners will follow-up with these students as necessary.
      - c. Screening sessions were described as “very successful and an important opportunity to connect with the students, reinforce positive decision-making, and create a safe environment that encourages conversations about problems or questions students may have”.
    - 3. Suggestions for future screenings include:
      - a. Link consent form to iParent school website to increase consent return.
      - b. Coordinate timing of screening with the wellness curriculum.
      - c. Build capacity for SBIRT at Hudson High School. Resources will be needed to accommodate a larger student population, more students that may require brief intervention and referral to treatment, and the possibility of students voicing concern for peers (e.g. Student Assistance Program).

- b. Student Assistance Program
  - i. The Substance Abuse and Mental Health Services Administration (SAMHSA) recommends student assistance programs as a way to decrease behavioral, disciplinary, and academic stresses that are disruptive and costly to schools and communities.
  - ii. Student assistance programs create an infrastructure for sustaining strong prevention and early intervention across the school system.
  - iii. Project SUCCESS (Schools Using Coordinated Community Efforts to Strengthen Students)
    - 1. A SAMHSA model student assistance program. Identified as a highly effective substance abuse prevention and early intervention program.
    - 2. Components of the program include an 8 session prevention education series, individual and group counseling, parent programs, and referral to treatment and resources.
    - 3. Discussions are underway for Project SUCCESS implementation in 2013-2014.
- c. Parent Workgroup
  - i. First Parent Workgroup meeting is scheduled for Thursday, April 25, 2013.
    - 1. Agenda topics include: communication and positive reinforcement, youth substance use in Hudson, the role of the YSAP initiative and opportunities for parents, tools and resources for parents, and discussions for future events and activities to increase community awareness and parental engagement.
- d. Youth Workgroup
  - i. Youth suggestions for prevention efforts include:
    - 1. Talking about the dangers of substance use through new and different methods that engage the audience (not just a lecture).
    - 2. Use of more modern materials and videos.
    - 3. Presentations from speakers that have overcome substance abuse or those that have used healthy decision-making as a means to refuse substance use.
    - 4. Peer led substance abuse prevention programming.
    - 5. Presentations to middle school students, by high school students, about healthy decision-making and the dangers of substance use.
  - ii. Other proposed opportunities for youth engagement include the production of healthy decision-making videos during high school health & wellness classes.
  - iii. Discussions underway for first Youth Workgroup meeting.

**V. Community Updates**

- a. Marlborough Hospital: Community Needs Assessment
  - i. Marlborough and Hudson both identified substance use as a severe community issue.
  - ii. The coordination team will reach out to Marlborough Hospital to identify opportunities for partnerships and future collaboration.
- b. Hazardous Waste Day
  - i. Saturday, April 27, 2013 from 8:00-1:00PM at 402 Hudson Street Marlborough, MA (Former Landfill Site). Hudson Police Department and Marlborough Police Department are joining forces at the Hazardous Waste Take-Back for all Hudson and Marlborough residents. Take-Back will include prescription drugs.
  - ii. For more information please see the Town of Hudson News & Announcements [http://www.townofhudson.org/Public\\_Documents/index](http://www.townofhudson.org/Public_Documents/index).

**VI. Next Meeting**

- a. Tentative date is set for June 2013.
- b. Coordination team will send out date, time, location, and agenda prior to the next coalition meeting.