

# Hudson Youth Substance Abuse Prevention Coalition

## Meeting Minutes

Thursday, February 7, 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, February 7, 2013 at 6:00 p.m.
- b. **Coordinators present:** Tammy Calise, Katelyn Flaherty, Michael O'Brien
- c. **Community partners present:** Sam Wong, Jenny Gormley, Steven Freitas, Dan McAnespie, Roger Downing, Chad Crogan, Jay Murphy, Christopher Shea, Shelley Francolini, Laurie Curley, Ernie Kapopoulos, Michelle Marengo, Brenda Quinn, Mikenna Doherty, Savera Mohammed, Leia Owen

### II. Community Awareness

- a. Hudson Youth Substance Abuse Prevention Website
  - i. Link: [preventhudsonsa.org](http://preventhudsonsa.org)
  - ii. The coordination team presented the newly developed website designed for the Hudson YSAP coalition. This website will serve as a home-base to provide information about youth substance use, community prevention efforts, opportunities for engagement, and resources for youth and families.
  - iii. Coalition partners are asked to please submit feedback via the Website Review Form by February 28, 2013.
    1. The Website Review Form allows coalition partners to submit feedback and general comments regarding the website's format and content areas.
  - iv. Coalition partners are also asked to please submit health and wellness events to be featured on the website.
- b. 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 content for upcoming newsletters.
  - ii. Winter Newsletter was shared with coalition partners with positive reviews.
  - iii. Spring Newsletter is currently being drafted. Topics include: DARE: Keepin' It Real, Safe Routes to School, and information on healthy sleep patterns.

### III. Environmental Strategies

#### a. Take Back Kiosk

- i. The DEA is proposing new regulations for the disposal of controlled substances in accordance with the Secure and Responsible Drug Disposal Act of 2010. The proposed regulations seek to expand the options available to collect these medications for the purpose of disposal, to include take-back events, mail-back programs, and collection box locations. The proposed regulations contain specific provisions that continue to allow law enforcement agencies to voluntarily conduct take-back events, administer mail-back programs, and maintain collection boxes.
- ii. In response, 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.
- iii. Kiosk is emptied once a month; therefore Hudson community members may need more available locations to drop off these unused medications
- iv. Information and picture descriptions can be found on the Hudson Police Department website, under the section, 'Drug Take Back Kiosk.'

#### b. American Medicine Chest Challenge

- i. Ongoing comprehensive education and awareness campaign focusing on prevention efforts for the misuse of prescription medications
- ii. Hudson Police Department is officially recognized as a Permanent Collection Box on the American Medicine Chest Challenge Website, which lists all participating law enforcement agencies.
- iii. Once the Hudson YSAP logo is confirmed, the coalition will develop flyers to raise awareness on this campaign to continue engaging Hudson community partners including local media and the Hudson Senior Center

#### c. Drug Enforcement Agency Regulations

- i. As of now, there are minimal impacts on Hudson law enforcement
- ii. Currently waiting on guidelines from MA Department of Public Health on predicted impacts of the recent legislation passed for medical marijuana
  1. Hudson Health Department is working to request a one-year moratorium until DPH releases the appropriate guidelines.
  2. Potential to restrict medical marijuana stations through zoning regulations

#### d. Tobacco Regulation Revision

- i. Hudson Health Department is currently working with health departments from twelve other Massachusetts communities to form a unified tobacco control district that will create consistent revisions to current tobacco regulations
  1. Current state tobacco regulations focus mostly on cigars and cigarettes, however the proposed revisions will include products such as chewing tobacco and smaller-sized cigars.
  2. Working to establish more compliance checks as well as increase funding for tobacco cessation and education programs

3. 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.
4. Hudson Health Department is in the process of revising town regulations with a deadline tentatively set for the end of summer 2013.

#### 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 Health Foundation 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 screening pilot with an active parental consent, notification letters will be distributed in February to begin consent process.
    2. Consent forms will be mailed to all 7<sup>th</sup> grade parents to help overcome a potential low-return rate and Hudson Public Schools will consider online options such as, iParent, to provide convenient ways for parents to give consent to their child's participation in SBIRT.
    3. To clarify potential legal ramifications if a student is found using substances, the consent form will be modified to include a statement that emphasizing that there will be no documentation on the student's record if he or she admits to using illegal substances.
- b. Wellness Curriculum Update
  - i. After reviewing survey results from the MetroWest Health Foundation and feedback from family members and school staff, the Hudson High School Wellness Curriculum was modified to support district goals in student learning and health.
  - ii. Wellness courses are required of all students in 8<sup>th</sup> through 12<sup>th</sup> grade
    1. Half of the curriculum is devoted to in-classroom learning while the other half includes physical education activities.
  - iii. Physical education teachers are currently drafting a curriculum for the 2013-2014 school year to ensure that the Hudson High School is adhering to state guidelines of students partaking in wellness programs
  - iv. Drug awareness and substance abuse is highlighted throughout the 8<sup>th</sup>-12<sup>th</sup> grade wellness curriculum
  - v. Wellness courses highlight the importance of healthy relationships with oneself and others, which often coincide with the root causes of substance abuse

- c. Parent Working Group
  - i. To better understand parental perceptions of youth substance abuse in Hudson and interest in the initiative, a survey was disseminated to current parent partners within the coalition as well as members of the Home & School Association members.
    - 1. Respondents completed the survey and indicated interest in resources that identify how to raise a healthy teen, tools for communicating with youth on healthy decision-making, support groups, and information on substance use and addiction.
    - 2. Parents also showed interest in organizing school-based programs, environmental modifications, and community engagement
    - 3. Other activities that were of interest include parent work-group meetings, support groups for youth, as well as educational presentations.
  - ii. In order to engage parents, the coalition will consider forming social media profiles, such as Facebook, and utilizing online media, such as the Round Robin, to educate parents on substance abuse and provide immediate updates on events and activities.
    - 1. Such events include sports information night and the upcoming information session for parents of students that are attending the school prom. With nearly one-hundred parents in attendance, this information night, hosted by the Home & School Association, may serve as an important opportunity to raise awareness and engage parents in this initiative.
  
- d. Youth Working Group
  - i. The coordination team conducted key informant interviews with youth partners to better understand their unique perspective and to inform initiative activities.
  - ii. Through these interviews, Hudson youth detailed that peer pressure and limited social options often lead youth to engage in unhealthy behaviors
  - iii. Youth interviews highlighted the need to form peer support groups, as youth often feel more comfortable sharing information and connecting with those that are of similar age and experience.
  - iv. Youth leaders stated the need for presentations or activities that engage youth in an entertaining and educational way, rather than events that may reinforce strategies such as scare-tactics.
    - 1. Youth identified programs such as Challenge Day that allow adolescents to share personal histories, release emotions, find acceptance, and act as support for their peers
    - 2. Youth requested that courses on managing and reducing stress levels would be important tools in helping adolescents find healthy ways to cope with difficult situations
  
- e. After school programs
  - i. Currently, there are no after-school programs for JFK Middle School students to participate in other than recreational opportunities offered by the Boys & Girls Club.
    - 1. A need exists for intramural and afterschool clubs at JFK Middle School in order to engage students in physical activity and homework assistance programs that promote self-esteem and reduce stress levels amongst adolescents.

V. **Community Updates**

- a. Hudson High School Drug Sweep
  - i. Hudson Police Department performed a routine lock-down of Hudson High School to ensure safety protocol and that no illegal substances were on school grounds
    - 1. No illegal substances were found during the sweep, which marks the second year in a row that no illegal substances were found on school grounds

VI. **Next Meeting**

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