

Hudson Youth Substance Abuse Coalition

Meeting Minutes

Thursday, November 29, 2012

9:00-10:30 a.m.

Hudson High School, Room F101

69 Brigham Street

Hudson, MA 01749

I. Call to Order

- a. **Meeting convened:** November 29, 2012 at 9:00 am
- b. **Coordinators present:** Tammy Calise, Katelyn Flaherty, Michael O'Brien
- c. **Community partners present:** Sam Wong, Jenny Gormley, Brian Reagan, Kevin Lyons, Jim Saart, Ernie Kapopoulos, Michael Correa, Erin Holmes, Linda Ghiloni, Steven Freitas, Gary Violette, Pat Emmons, Sergeant Christopher Shea, Officer Chad Crogan, Officer Robert Downing, Jodi Fortuna

II. Coalition Structure

The vision and mission statements were voted on and approved by community partners present at this meeting.

- a. Vision
 - i. Through community engagement, Hudson will produce a healthier community that supports adolescents' healthy decision-making.
- b. Mission
 - i. 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.

III. Community Data

- a. JSI will use data from the MetroWest Health Foundation/EDC to compare Hudson substance use with aggregate dataset from the following communities:
 - i. Bellingham
 - ii. Framingham
 - iii. Franklin
 - iv. Marlborough
 - v. Milford
 - vi. Millis
 - vii. Natick
- b. Communities selected based on medium household income of <90,000
- c. Data will be used to build aggregate set of data to better frame the coalition's understanding of youth substance use in Hudson and similar communities in Massachusetts
- d. EDC requires permission from each of the school districts before releasing data to Hudson. Kevin Lyons will reach out to Superintendents in each community to obtain a written/e-mail release for Hudson to use the data. As an added incentive for these towns to provide this release, it may be possible for EDC to create aggregate comparisons for each community (including Hudson and excluding their community).

IV. **Community Awareness**

- a. Hudson Substance Abuse Initiative Logo
 - i. High School students enrolled in art courses will have the opportunity to submit original designs for the logo and branding of the Hudson Substance Abuse Initiative
 - ii. Student designs are due January 4th.
 - iii. At the next coalition meeting, community partners will vote on the final design and the student winner will receive a \$100 reward for their time, effort, and creativity
- b. Website
 - i. JSI will design a website to provide Hudson community members with information about youth substance use, community prevention efforts, opportunities for engagement, and resources for youth and families
 - ii. Website will provide a secure location to include information on community partner organizations and link users to resources/events

V. **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. The final draft of the SBIRT protocol and parent/guardian notification letter will be completed in December. Superintendent Lyons requested a copy of the protocol and letter for immediate review. The SBIRT workgroup will work with Superintendent Lyons to determine the appropriate method for obtaining parent consent.
 - iii. Upon approval from Superintendent Lyons, parent/guardian notification letters will be sent home (anticipated dissemination date of February 2013).
 - iv. 7th grade students at JFK will be screened in Spring 2013.
- b. Red Ribbon Week
 - i. Alcohol, tobacco, and other drug and violence prevention awareness campaign
 - ii. Next anticipated campaign in Fall 2013
 - iii. A working group will be formed in Spring 2013 to plan and implement this campaign
- c. Peer support groups
 - i. Opportunity to engage youth and find out how youth populations would like to be involved with the coalition. Youth can provide strong input into how these peer support groups should be structured and implemented
- d. Curriculum revision

- i. Topical units will be implemented by grade with all students receiving wellness courses focused on building healthy relationships, mental health, and the root causes of why youth choose to engage in substance use
 - ii. Grades 8 and 11 will receive specific courses focusing on substance use prevention, as well as courses that work to address the root causes of substance use
 - e. Drug Abuse Resistance Education (D.A.R.E.)
 - i. Led by Hudson Police Officer Chad Crogan, D.A.R.E. helps students develop conflict resolution skills, confident response styles to challenges, and promotes healthy behaviors.
 - ii. Recently, D.A.R.E. adopted the 'Keepin' it REAL' middle school curriculum from Penn State University, an evidence-based program by SAMHSA.
 - iii. Keepin' it REAL (Refuse, Explain, Avoid, Leave) is a multicultural, school-based substance use prevention program for elementary and middle school students.
 - iv. Keepin' it REAL program goals:
 1. Assess the risks associated with substance abuse
 2. Enhance decision making and resistance strategies
 3. Improve antidrug normative beliefs and attitudes
 4. Reduce substance use

VI. **Parent Engagement**

- a. Newsletter
 - i. Monthly 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.
- b. Parent/guardian survey
 - i. Possible short parent/guardian survey to inform social norms campaign through a short-parent/guardian survey that will both identify youth substance use resources as well as provide insight into how parents/guardians would like to be involved in coalition efforts.
 - ii. Will coordinate with the Hudson school district to possibly incorporate such a survey into the already full schedule of surveys for the 2012-2013 school-year.
- c. Parent/guardian awareness
 - i. Possibly send out short blurbs electronically as part of a Daily Principal Newsletter or Monthly Principal Newsletter
- d. Establish a working group
 - i. Engage parents, grandparents, and guardians in coalition opportunities and foster positive connections across different substance use prevention strategies.
 - ii. The working group will collaborate with the appropriate officials (e.g. school administration) to plan events (e.g. guest speakers) that reinforce healthy behaviors and decision-making.

VII. Environmental Modifications

- a. Drug paraphernalia bylaw (no updates)
- b. Tobacco control regulations
 - i. Tobacco control district includes approximately ten Massachusetts communities working to implement tobacco control regulations (i.e. limit where tobacco can be sold around pharmacies).
 - ii. Potential to build on momentum across participating communities and enact regional regulations
 - iii. Build revenue for tobacco cessation programs
- c. Drug 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.
- d. American Medicine Chest Challenge
 - i. Ongoing comprehensive education and awareness campaign focusing on prevention efforts for the misuse of prescription medications
 - ii. Hudson has partnered with the American Medicine Chest Challenge and will begin to work with the Media Toolkit to increase community awareness.
Strategies include:
 - 1. Flyers
 - 2. Banners
 - 3. Video and radio spots
 - 4. Tools to engaging media (e.g. letters to the editor of MetroWest Daily News, press releases announcing Hudson community commitment to the challenge)

VIII. Next Meeting: TBA

- a. Coordination team will send out date, time, location, and agenda prior to the next coalition meetings.
- b. Coordination team will bring paper copies of PowerPoint presentations for community partners to follow along with and take notes on, throughout the meeting.