

c/o United Way of Greater Nashua
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Nashua Prevention Coalition

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Meeting Minutes December 6, 2017

Welcome

Kurt Norris, Lisa Vasquez, Donna Fitzpatrick (Nashua School District), Dee Gingras, Albee Budnitz, Rebecca Lerner (SAP North), Joe Campanella (Volunteer), Shayana Owen, Allen Irwin (Revive Recovery), Christie Turlitis, Laurie Gentile, Susan Haas, Kameo Chasse, Janeth Orozco, Mike Apfelberg, Stephanie Wolf-Rosenblum, Nancy Keyslay and Betsy Houde

Minutes of November 1, 2017 were approved unanimously with those abstaining that weren't present.

Next meeting: Wednesday, January 3, 2018 will be facilitated by Laurie Gentile. Thanks Laurie!

Announcements

Albee indicated that the new Quit Smoking Collaboration is going well. Four people are participating in the first pilot (capacity was 6 people). There is a session tonight.

Allen indicated that a Family Support Meeting was held last night at Revive Recovery Center. They identified a good opportunity to create something that will support family members in the region, and are planning for a weekly meeting. "Behind every addict is a family.... and behind every family is a community." The long-term goal is to have the group run by family members in a peer-based support format.

Gratitude Trees are now located throughout the community, with ornaments and positive messages. There was one tree up during the Holiday Stroll at the Hunt Building for that specific weekend. There are now white birch lighted twig trees at St. Joe's Hospital, Arlington Street Community Center, City Hall and the Nashua YMCA. Boys and Girls Club Teen Center will take the extra twig tree and Revive will take the Christmas tree to display. Kami is tracking how many blank ornaments were provided for each tree and will count the number of ornaments that were filled out for data on our impact.

Christie shared about the Youth Engagement training sponsored by CADCA in Manchester. It was an eye-opening training that will help us figure out how to better engage youth in our monthly meetings and how we can use the information in planning for the next grant. Thanks for attending!

YRBS Results: Jan passed out the *Middle School* YRBS (7th and 8th grade) results in a one-pager format that she, Jan and Betsy worked on. We've been invited to share the results with the Principals on January 9th and the Nashua School Board on February 12th. Members noted improvements in 30-day use across all substances as well as significant decreases in use among 8th graders as compared to 2015. The powerful influence of peers was also highlighted with the concern that 8th graders' peers think using substances is *less wrong* than the 7th graders' peers. We are still concerned about the level of students expressing signs of depression and/or thoughts of suicide or attempts to hurt themselves.

Youth Video Project Update: Kami updated us that the video project has been officially launched. If anyone is available to help promote the opportunity, please let Kami know. Fliers were circulated among members to get out into the community.

Amplify Projects: Jan and Kami presented the Amplify goal-setting graphic and challenged coalition members to break into small groups to brainstorm ideas about amplifying our impact. Members met in 5 different groups and shared their brainstorming results. Ideas included:

<p>Red Ribbon Week:</p> <ul style="list-style-type: none"> • Utilize the SADD/Care Clubs more • Engage other youth organizations to support Red Ribbon Week like Big Brothers Big Sisters, Girls Inc, etc. • Have a contest among local businesses around the Red Ribbon Week Theme • Connect schools/youth with the rest of the community • Introduce Arlington Street Community Center to Red Ribbon Week, as they are a new facility • Red Ribbon Week Parade – can we bring it back? 	<p>Hairstylist Resource Cards:</p> <ul style="list-style-type: none"> • Display in bathrooms around community <ul style="list-style-type: none"> ○ Mall ○ Dunkin Donuts ○ Restaurants ○ Churches ○ Main Street Businesses ○ Dressing Rooms • Enlarge – 8.5 x 11 (easier to view) • Add phone numbers near QR codes • Create automatic social media posts that inform community of specific organizations on card • Include Barber Shops • Create in another language
<p>SADD/Care Clubs:</p> <ul style="list-style-type: none"> • Accountability – mini videos after meeting • Reviewed BOLD – <ul style="list-style-type: none"> ○ Monthly dance ○ Mentor younger youth ○ Newsletter ideas • Use monitors to broadcast messages to entire school • Identify incentives to increase youth participation <ul style="list-style-type: none"> ○ College application appeal ○ Sign-in/benchmark to recognize participation ○ Get as much media exposure for youth to share with recruiters ○ Students need to show engagement and will then get invested in the group • Have 2-3 different options for involvement for positive fit • Coordinate 1 collaborative event per semester 	<p>Lock-It Up Campaign:</p> <ul style="list-style-type: none"> • Create PSA video in another language • Share information and educate through social media outlets • Use nontraditional venues to advance the information <ul style="list-style-type: none"> ○ Waiting rooms at dentist and doctor ○ Bathrooms • Hand out information flyers <ul style="list-style-type: none"> ○ Market Basket Grocery Bags ○ Realtors at showing • Share PSA at movies or prior to school performances <p>Social Media Presence:</p> <ul style="list-style-type: none"> • Look at determining our audience • Look at intended purpose • Paths <ul style="list-style-type: none"> ○ Self-serving – promoting Coalition ○ Mission – actual Prevention work • Utilize SADD/Care Clubs <ul style="list-style-type: none"> ○ Connect youth to NPC Facebook/Instagram ○ Have youth help promote/share ○ Create SADD Social Media Sub-Committee that Coalition Member facilitates • Content <ul style="list-style-type: none"> ○ Youth Friendly

Meeting Satisfaction survey

Kami handed out the Meeting Satisfaction Survey for today's meeting and asked people for honest feedback. The Steering Committee reviews this information each month to identify ways to better engage our members.

Nashua High School Vaping Presentations

Jan and Kami are working with Rebecca and Nashua North administrators to develop a series of educational sessions about the risks and consequences of vaping as well as support services available to students. Administrators are currently confiscating 4-5 vaping devices per day as vapes are illegal for youth in NH and they are harmful. Similar services will be offered to Nashua South.

ATC Rules Under Discussion

Lisa announced that DHHS is revising the rules for Alternative Treatment (Cannabis) Centers to allow wider advertising beyond existing cardholders which will negatively impact minors. Betsy indicated that it's a significant problem in the Plymouth area with the local ATC recruiting college students to develop qualifying conditions to get a card.

Please complete **your in-kind log forms** to track hours devoted to coalition-related work. You can complete them by hand or online. We need to report this level of community engagement to our funding source.

Meeting ended 4:34pm

**Happy Holidays to everyone! See you at our next meeting,
January 3rd, at 3pm!**