

c/o United Way of Greater Nashua  
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Nashua Prevention Coalition

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## Meeting Minutes January 4, 2017

### Welcome

Leah Elliott, Lisa Vasquez, Aly McKnight, Monica Gallant, Susan Haas, Kurt Norris, Jan Valuk, Donna Hayden (Revive Recovery Center Director), Mike Apfelberg, Nicole Butuzov and Rachel Blitzer, both Med Students with mentor Albee Budnitz, Justin Monroe, Audra Burns (SNHHS), Jen Miller and Betsy Houde.

**Minutes** of December 7, 2016 were approved unanimously with those abstaining that weren't present. Please consider Mike Apfelberg as "attended", although he wasn't listed.

**Next meeting:** Wednesday, February 1, 2017 will be facilitated by Aly McKnight. Thanks Aly!

### Announcements

Please be sure to track your in-kind hours. We are required to match \$125,000 in in-kind donations. Your time is especially valuable. See Monica if you need a form.

There will be a Youth Collaborative meeting on January 12th to review how the Coalition can be a better resource for the various SADD chapters. Please note the holiday ornaments on the tables that were left from the Pheasant Lane Mall Giving Tree activity. Betsy recommended that we broaden this effort to cover the entire community for next holiday season. Great job Monica and the SADD teams/local youth groups.

Sanford's Community Commitment from Sanford Plumbing and Heating has selected us to be eligible for a \$500 donation. It starts January 4<sup>th</sup>, please go to [www.choosesanford.com/community](http://www.choosesanford.com/community) to vote.

Nashua Teacher's Workshop Day -- Jan and Monica have been approved to present at the next workshop day on President's Day in February. Most Nashua teachers don't live in town and don't know which resources are available for their students.

Nashua opened a Safe Stations program at Nashua Fire Stations where people can go to get help for substance misuse disorder. Donna explained that Revive Recovery Center is opening in Nashua as the non-profit arm of Process Recovery Center. Harbor Homes is the state contracted "Facilitating Organization" to identify the most prepared organizations to launch recovery centers and is providing support for this initiative. Donna shared that they are currently looking for space, and will offer a wide array of supports and services to individuals with substance use disorder as well as family members and loved ones. More to follow!

Students at Nashua's High Schools provided 32 PSA's that Jan and Monica have been vetting. Stay tuned for more details.

Camp Mariposa will be operating again January 20-21 weekend. Leah has joined the team as a counselor. There is still room for more referrals and mentors. This coming camp will be a suicide assessment done for each of the youth campers.

### **Prevention Activity with Lisa Vasquez**

Lisa invited the group to brainstorm the meaning of prevention. She shared the importance of using language to engage audiences, rather than creating a defensive dynamic. Examples she used that people brainstormed were "breaking family cycles", "Identify risks", and "parental involvement". While all are equally important, we need to be tactful in using language people can hear comfortably. She cautioned the group to avoid using jargon that may intimidate people. Further, when sharing YRBS data with families, we need to present the information using a more positive frame rather than talking about the numbers of students using drugs and alcohol -- perhaps talking about the percentage that DON'T use alcohol and other drugs will be more easily digested, based on our target audience.

Kurt described the Boys and Girls Club's Positive Action program, with a selection of over 140 activities, with only 22 focused on alcohol or other drugs. Most are focused on making good decisions, growing up healthy, doing your best, and so forth.

The group discussed the challenges of stigma coupled with intolerance and people not being able to get their needs met. Crossing generations and income levels, people are struggling. The question is, "What makes someone use the FIRST time?" (Not the WORST time), to help us help to strengthen our kids. Donna shared that dealers are now selling Narcan kits, so people are not as afraid to use drugs. The irony is that you can't administer it to yourself.

Discussion ensued around using You Tube videos of snippets of tips for parents, enabling them to watch on their own time. However, the importance of person-to-person contact is most effective.

What is needed to get parents/people to more regularly interact? Betsy talked about integrating SBIRT with adolescent physicals, Lisa discussed the idea of Lunch and Learn presentations at local companies to talk about strategies on raising healthy children.

### **Kaizen Survey**

Jan shared the results of the Kaizen Survey conducted last month with SSGT Rick Frost. Overall, we scored 28 green, 13 yellow and 4 red. Our greatest challenge is around participation, in that our mission and early goals were developed for the grant several years ago. Given that our group is large, attendance at meetings fluctuates with not everyone able to attend every meeting.

Sustainability is our largest concern at the moment, given that we finish our 5-year grant in 2018. We have an option to apply for an additional 5-year grant, but it's competitive, and there

are no guarantees. At the end of 10 years, we are no longer eligible for these Drug Free Community funds.

Albee suggested reviewing the Logic Model/Action Plan at each meeting, so we know what people are supposed to be working on. We will also make sure that our Welcome Packets are available at every meeting for new members.

Meeting ended at 4:35pm.

**Next meeting, Wednesday, February 1, 2017**