

c/o United Way of Greater Nashua
20 Broad Street, Nashua, NH 03064



(603) 882-4011
Nashua Prevention Coalition

www.NashuaCares.org



Project Director, Janet Valuk
Jvaluk@unitedwaynashua.org

Coordinator, Kameo Chasse
Kchasse@unitedwaynashua.org

Consultant, Betsy Houde
[bhoud@theyouthcouncil.org](mailto:bhoude@theyouthcouncil.org)

Nashua Prevention Coalition November 1, 2017

Welcome

Janet Valuk, Kameo Chasse, Albee Budnitz, Rodney (Albee's med students), Larry Harding, Audra Burns and Betsy Houde.

Minutes of October 4, 2017 were approved unanimously with those abstaining that weren't present.

Next meeting: Wednesday, December 6, 2017 will be facilitated by Susan Haas. Thanks Sue! Thanks, also, to Albee for stepping up to facilitate **today's** meeting.

Announcements

Quit Smoking Collaboration — Audra shared that Southern NH Health has partnered with the Nashua YMCA for a community tobacco treatment program for adults (18+) on Wednesday evenings starting November 8th from 5:30-6:30pm. A specialist will be teaching the class for 6 weeks, with 10 people. In addition to the education, participants will have a 6-week membership to the YMCA.

Southern NH Medical Center added a Prescription Drug Drop Box in their main entrance (not ER) which will be accessible from 6am to 8pm! This is one more resource (in addition to Nashua Police Department's 24/7 Drop Box) to help people get rid of unneeded meds. Great job!

Youth Video Project Update — Kami shared that the requirements for the video contest have been finalized and will be publicized in the coming week. In addition, **we've** submitted a grant request for \$3000 to the Finlay Foundation to cover the cost of a 6th-8th grade prize as well as a sponsorship to cover food and marketing for the project and red-carpet event. Stay tuned. Decisions should be made by the end of 2017.

Safe Stations Appreciation Event — November 17th. The **Mayor's** Opioid Task Force will be hosting an event to thank **Nashua's** Fire Stations for their work offering Safe Stations to people seeking treatment for substance use disorder. Each of our youth SADD/Care Clubs will be creating thank you poster cards that will be given to each station. Thus far, upwards of 1,000 people have accessed this service. For anyone available the morning of 11/17 at 9am, please stop by a fire station, Harbor Homes or AMR to thank them. The group discussed having a presentation from the Harbor Homes program coordinator to see if/how we can help promote their efforts.

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.

Strategic Planning/Sustainability:

Red Ribbon Week

The theme was “**Your** future is key... so stay drug **free!**”

Multiple stores downtown participated with us putting posters in their stores promoting Red Ribbon Week. Our banner needs to have wind vents added for next year, but had premiere placement across Main Street downtown for most of the month. All schools participated with celebrations, decorations, spirit weeks, etc.

This year, while several businesses agreed to have reader board messages along Amherst Street, it was a weak area for follow-through. Kami will lead us through an “**amplify**” exercise to identify how to address it for next year.

Kami requested input from all members (and photos if available) about participating businesses, faith communities, and the like. The hashtag #NashuaCares #NashuaRedRibbonWeek collected lots of photos, which made it easy for Kami to locate and share our photos. Great job everyone!

YRBS Results: Kami passed out the Middle School YRBS results in a one-pager format that she, Jan and Betsy worked on. Discussion ensued around the 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. This will be a focus going forward with our Youth Collaborative and Youth Video Project

Although the data is moving in the right direction we are still concerned about the level of students expressing signs of depression and/or thoughts of suicide or attempts to hurt themselves. Discussion ensued around how we might link with other student groups at school to help get the word out to get involved. Kami mentioned that the drama club can also be a good resource for skits and other resources.

Next steps involve rolling the information out to the **Superintendent’s** Office and then to Guidance Counselors. Dr. Mosley is aware that the data is forthcoming. Jan will outreach to arrange a brief meeting to share and discuss the data.

Amplify Projects — Gratitude Tree

Kami presented the idea of changing the name from Giving Tree to Gratitude Tree to not confuse it with ornaments seeking gifts for needy children and families throughout the community. We began to discuss the purpose of the tree — for residents to take an ornament, to leave a positive message on an ornament, etc., and how to best roll the project out in the community. We also discussed whether this is a holiday season only initiative or year round.

Ideas included: Consider hosting a tree in any of the following locations: City Hall, Nashua Public Library, Healthcare Facilities — hospitals, **doctor’s** offices, waiting room, Arlington Street Community Center, Mental Health Center waiting room. The group identified that holding at TWO trees — one at City Hall and one at Nashua Public Library would be most manageable, with perhaps an additional tree at the Pheasant Lane Mall again.

We discussed having cut out paper ornaments in different colors/patters and inviting people to write positive messages on them. We could consider decorating a large wall if a tree is impractical, and explore whether we use a Christmas-style tree or stick-type tree. Artificial trees will be necessary for fire codes and practicality.

Meeting Satisfaction survey

Kami handed out the Meeting Satisfaction Survey for **today's** meeting, and commented that **today's** good snacks were a result of feedback gathered from last month. Great job everyone!

See you at our next meeting on December 6, 2017!
Meeting ended 4:29pm