

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

(603) 882-4011
Nashua Prevention Coalition

www.NashuaCares.org



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Coordinator, Monica Gallant,
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Consultant, Betsy Houde
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Meeting Minutes

Wednesday, January 7, 2015, 3PM – 4:30 PM

Nashua High School South, Room B1026, Child Care Wing

In Attendance: Albee Budnitz, Monica Gallant, Officer Ben Stusse, Lisa Vasquez, Jan Valuk, Sue Nordemo, Shaun Nelson, SSG Rick Frost, Betsy Houde and new members Tom Bouchard (National Drug Testing Services) and Tom Mandra (personal trainer/counselor).

WELCOME –The meeting opened at 3:08pm with Ben facilitating. Shaun agreed to serve as February's facilitator.

The minutes of December 3rd were accepted unanimously.

ANNOUNCEMENTS

- Monica shared the Red Ribbon Week pledges submitted by Girls Inc.
- Jan and Monica will not be present for our February meeting since they will be at CADCA's National Leadership Forum. Members agreed to hold a workgroup session on designing additional materials/giveaways for the Lock It Up Campaign.

CARRYOVER UPDATE – Although we approved the spending plan of \$14,350 in December, we may only have access to \$12,500 in carryover funds given the formal process for adapting coalition budgets above 10%. In the event we are unable to obtain the \$1850 difference, the members approved the following:

Description	Option A	Option B
Nashua Middle School Youth Survey	\$5,900	\$5,900
Billboards/Lock It Up Campaign	6,500	4,000
Leadership Program for Middle School Youth	1,200	1,200
Coalition Brochure translated into Spanish	400	400
Lock It Up Campaign publications (realtor tip sheet and proper disposal methods)	250	250
Community Service incentives	100	100
Recognition Event	Not included	650
	\$14,350.00	\$12,500.00

BYLAWS – After much discussion, the coalition by-laws were approved (attached). The Steering Committee was approved to include the following:

Role	Name	Role	Name
Fiscal Agent Rep	Betsy	Coalition Coordinator	Monica
Project Director	Jan	Regional Network Rep	Lisa

The members nominated Dr. Albee Budnitz to serve as the coalition Chair and Officer Ben Stusse to serve as coalition Vice-Chair. Based on the topic, additional coalition members agreed to rotate in to Steering Committee meetings on an as-needed basis.

Betsy updated the following section to include “regular” ... don’t want to have to get 20+ votes from those that are not directly involved:

*Electronic voting will be allowed in lieu of calling an emergency meeting with the electronic vote deemed valid if votes are received from a majority of **regular** voting members. The Chair shall print copies of email votes and make them available to members upon request.*

ACTION PLAN FOR 2015-2016 – Monica presented the color-coded version of our current Action Plan to review progress and any recommended changes. The group decided to move the creation of a calendar with social norming messages to our Sustainability Plan. After much discussion around the issues addressing health care providers in prescribing practices, Albee recommended we leave those activities in the Action Plan, but stretch the target date for completion to allow for more time building rapport with the medical community.

Albee indicated the “Sunshine Act” recently became law, which publishes doctors that accept perks and other rewards of more than \$50 from drug companies to promote specific products. Tom B. also shared his experiences with employers and the recent push to decriminalize marijuana. If a prospective employee test positive for marijuana use and presents a legitimate prescription for its use, it’s still up to the employer whether s/he chooses to hire that employee since it’s still illegal at the federal level. Tom also referenced a 40% increase in recreational marijuana use in Colorado. Albee indicated that E-cigarettes are rising in use while combustible cigarettes are decreasing. Therefore E-cigarettes are becoming more of a concern than tobacco at this point. He recommended that we focus our attention in the coming months on Alcohol and Prescription Drugs, while monitoring the state’s stance on marijuana.

BUDGET – The budget for 2015-2016 and continuation application are due January 26th. The members approved the budget as presented. The line items are the same as 2014-2015, but “contracted support” will now include some funds for Teen Leadership Training and “marketing supplies” will include supplies for our annual recognition event.

COALITION OUTREACH – Sue indicated that she just attended a meeting of healthcare professionals with more than 50 people in attendance in Bedford. She will track down the contact person to identify ways we can partner. She has also connected with a kitchen/bath designer at GM Roth who is very interested in learning more about installing lock boxes in remodeling projects. More to follow.

Meeting adjourned at 4:37pm.

WORKGROUP MEETING: Wednesday, Feb 4, 2015, 3PM to 4:30 PM,
United Way of Greater Nashua – main floor conference room
Bring your ideas for Lock It Up! outreach and materials

COALITION MEETING: Wednesday, March 4, 2015, 3PM to 4:30 PM,
Nashua High School South, Room B1026.

Call Janet at 603-233-8597 if you have any problems!

Meeting Minutes

Wednesday, February 4, 2015, 3PM – 4:30 PM

United Way of Greater Nashua, Lower Level Conference Room

In Attendance: Albee Budnitz, Lisa Vasquez, Sue Nordamo, Shaun Nelson, Tom Bouchard, Tom Mandra and Betsy Houde.

WELCOME –The meeting opened at 3:02pm with Shaun facilitating. Albee agreed to serve as March's facilitator. The minutes of January 7th were tabled since Jan and Monica are at CADCA training.

ANNOUNCEMENTS

- On Tuesday, February 10th, PAL is hosting an Anti-Bullying program at St. Patrick's from 6:30-8pm. See Shaun for details.
- Beyond Influence and Nashua Public Health are planning an interactive Behavioral Health Fair, targeting the week of April 7th at Pheasant Lane Mall. Lisa recommended bringing Lock Boxes to show people. We may not be able to sell them due to Mall regulations, but could potentially ask for a donation to get lock boxes into people's hands quickly.

OUTREACH MATERIALS BRAINSTORMING SESSION – Given that Jan and Monica are at CADCA's Leadership Forum, members decided to get together to identify the outreach materials we think are appropriate for target audiences in our Lock It Up Campaign.

Betsy shared several styles of bags and many brochures that could be made available to different stakeholders. After much discussion the group agreed on the following:

HEALTHCARE

- We need to design a table top display for use in physician waiting rooms to start. Made of acrylic or similar material, the display will:
 - Hold one of our Lock It Up posters upright and protected
 - Be an "L shape" so that a lock box can be affixed to it to show what one looks like
 - Contain space for Lock It Up and Nashua Prevention Coalition brochures either inside the lock box (which stays open), or mounted in plexiglass holders along the side.
- We agreed that we would start with making a few to test them out before expanding to multiple locations. Shaun offered to approach Steve Saxe at Alphagraphics for ideas.
- We identified several areas that need to be updated on the main poster – the NPC logo needs to be larger, the web address needs to stand out more. A QR code leading to our web site needs to be added along with a Facebook icon.
- Although we discussed having a monthly giveaway of lock boxes to collect people's information, we decided against it, as people may not get one ASAP thinking there's a chance they could win it instead.
- Once the display is designed/priced and piloted, additional locations of interest include:
 - Geriatricians; Immediate care facilities
 - Harbor Homes health care; Greater Nashua Mental Health Center
- The group reviewed the dynamics of promoting lock box availability at Walgreens, citing our relationships with CVS and Rite Aid. We agreed that members should discuss the project with all three pharmacies to see which ones could be referenced as carrying Lock Boxes. Jan and Monica to follow up.

REVERSE MARKETING CONCEPT

Tom B. introduced the idea of shifting our focus and considering having younger children make appeals to their grandparents and others to keep them safe from the impact of prescription drug misuse. Similar to healthy eating, fire safety and recycling, younger children are great at persuading parents/grandparents to make better decisions. We talked about identifying ways to tap into this broad stakeholder group.

- Grandparents Day is September 13th, which gives us a decent time frame to plan an activity/event.
- While our original video is focused on building awareness of the Rx drug problem among teens, a “children appealing to adult” slant could be very compelling.
- Shaun has access to lots of children, so we want to discuss this further with the group.

REALTOR OUTREACH

Betsy presented the idea of using bags for realtors looking to list homes so their clients would safely stow medicine in their trunk during showings/open houses, etc. After much discussion and reviewing strategies, the group decided to “bag-the-bags”. The consensus was that we would be giving a mixed message since we are so focused on locking medicine up. Telling people that keeping a bag in a trunk would be smart and secure seemed counterintuitive. Hence, we agreed to NOT pursue bags for realtors, but to discuss ways they could obtain lock boxes instead.

- Two options were discussed. One involved realtors keeping a stash of low-priced lock boxes and giving one out for free when they list the house, just like when you put a lock box on the front door to allow entry. The message is about allowing them to open the door, but storing ALL valuables, and making this practice the new normal.
- A second option was discussed around encouraging realtors to buy a more substantial lock box and they could allow the homeowner to use it while their home is listed, and then the realtor could retrieve it after the house sold. (Like a little safe.)
- Sue agreed to review these options with her real estate colleagues and report back next month.

LOCK BOX AFFORDABILITY

We discussed concerns around people being able to afford lock boxes, and the ones needing them the most being the least likely to purchase one. Sue offered to ask home care agencies how they handle it if someone can't afford one. In addition, Tom B. offered to ask Marc Berube to consider donating funds to purchase some lock boxes that could be given away.

Meeting adjourned at 4:30pm.

WORKGROUP MEETING: Weds, March 4, 2015, 3PM to 4:30 PM,

United Way of Greater Nashua – lower level conference room

Call Janet at 603-233-8597 if you have any problems!

Meeting Minutes

Wednesday, March 4, 2015, 3PM – 4:30 PM

United Way of Greater Nashua, Lower Level Conference Room

In Attendance: Albee Budnitz, Lisa Vasquez, Marissa Carlson, Kurt Norris, Susan Allen-Samuel, Emily Cashman, Jill Queenan, Tom Mandra, Monica Gallant, Janet Valuk and Betsy Houde.

WELCOME –The meeting opened at 3:05pm with Albee facilitating. (Albee will again facilitate in April.) We welcomed four new members – Kurt (Boys and Girls Club), Sue (NAMI/FASTER), Emily (Senator Shaheen’s office) and Jill (parent/public relations/Telegraph columnist).

ANNOUNCEMENTS

- Jan was invited to be on WSMN radio tomorrow with colleague to talk about Senior issues.
- The Youth Risk Behavior Survey will be conducted at both Nashua High Schools on March 16th.
- Nashua School Board approved our requested Middle School Survey –49 questions adapted from the CDC’s Youth Risk Behavior Survey for Middle School students. Parents will be allowed to opt - OUT if they don’t want their child to participate. Will be broadly publicized so parents are aware of the content and timing of the survey.
- Life of an Athlete training will be held March 18th and 19th in Concord. Nashua will be present!
- Southern NH Services has invited us to present at four of their senior living properties. Jan and Monica will be bringing lock boxes to give out as door prizes and their maintenance department has agreed to install them for the winners and anyone else who wants to have one.
- Pennichuck PTO invited Jan and Monica to present to them in April. Great outreach!
- Beyond Influence - Public Health Week event at Pheasant Lane Mall is April 9th from 3 – 7 pm

LOCK IT UP BRAINSTORMING REVIEW – Albee and Betsy shared results of last month’s brainstorming workgroup with the key follow-up activities:

- Shaun is working with Alphagraphics on table top displays to promote lock box and strategies.
- Sue is reaching out to realtors to pitch idea for giving out or loaning lock boxes to realtors whose clients have listed homes for sale.
- Explore using September 13th’s Grandparents Day to launch a new video campaign geared toward younger children educating/appealing to their grandparents to help keep them safe. More to follow.
- Tom Bouchard is working on getting funds to purchase additional lockboxes.

VIDEO MESSAGES – Thanks to Senator Shaheen, we now have personal messages from both Senator Shaheen and Senator Ayotte educating people about our Lock It Up campaign, congratulating us for our efforts and encouraging people to use Take Backs and the Nashua PD’s Drop Box. Both were approved to upload onto the web site. Monica also showed our Lock It Up PSA done by Nashua High School South teens last year. It, too, is available on our web site. These PSAs give us so much credibility. Thank you!

BEYOND INFLUENCE REGIONAL STRATEGIC PLANNING – Several members of Nashua Prevention Coalition have been working with Lisa around regional planning efforts. The next meeting is slated for Monday, March 9th from 4-7pm at Rivier University’s Dion Center. We were tasked with identifying 4-5 initiatives that we are currently working on and two priorities we would like to address if we had

additional resources. After much discussion, and a brief review of the list of effective policies/practices, the group identified the following:

Current Initiatives	Priorities if Additional Resources
<p>SAFETY & LAW ENFORCEMENT Court Diversion (coordinated by The Youth Council) Compliance Checks Sticker Shock Campaign</p> <p>EDUCATION Life of an Athlete</p> <p>COMMUNITY/FAMILY SUPPORTS Lock It Up Campaign: Promoting Drop Box/Safe Disposal Methods/Take Back events/PSA's Youth Engagement through Sticker Shock Campaign Red Ribbon Week activities</p>	<p>EDUCATION Student Assistance Programs</p> <p>COMMUNITY/FAMILY SUPPORTS Youth leadership programs through increased access to Teen Institute programming and community collaboration among youth-serving organizations</p>

Jan and Monica will report out at the strategic planning session on these initiatives.

CADCA LEADERSHIP FORUM – Monica reported on her experience at CADCA. According to one keynote speaker,

“The Millennial rebellion is to behave better than their parents.”

We need to see how we can best leverage this dynamic! Monica shared a handout of key takeaways and expressed her excitement about building youth capacity.

YOUTH CAPACITY BUILDING – Jan expressed concern that the SADD group at Nashua High South is down to 5 members from 25-30 when Jan was the health teacher. Lack of regular access to students has limited her ability to motivate students to join. The group discussed the best ways to engage youth and identified that we need to target people who already have relationships with youth to encourage them to participate such as the Boys and Girls Club, YMCA and PAL. Each organization already has leadership groups in place and many are looking for new, exciting, youth-driven projects to take on. While teens really liked participating in the Sticker Shock event, it was a stand-alone initiative, so lasting engagement didn't happen.

The Boys and Girls Club uses a model for participation focused on “Belonging, Usefulness, Influence and Competence”. All agreed that it's critical for youth to feel that their service is meaningful and that they can take ownership of a project and its direction, with just a little adult support or direction.

It was also suggested that we explore digital channels that teens use such as coalition-specific hashtags (#myFriday, #MyChoice) or Instagram contests, etc. We need the teens to set the tone and design the campaign in order to engage our target audience. It can't be adult-driven or designed.

NEXT STEPS:

- 1) Pull group of coalition members together in the next two to three weeks to **organize a meeting of the adults who promote or facilitate youth leadership activities**. Members committed to helping with this are: Marissa, Kurt, Jill, Lisa, Betsy, Jan and Monica and this

group will be identified as the **Youth Workgroup**. (Others may attend based on day/time of meeting -- most likely a 12:30pm to 2pm time frame.)
(Monica will send out options for meeting via meeting wizard)

The Youth Workgroup will be responsible for the following:

- 2) **Host a meeting** of all those who facilitate youth leadership activities or groups in Nashua (such as Boys and Girls Club, YMCA, PAL, Girls Inc., Teen Institute, Student Activities Coordinators at North and South High Schools) **to identify our challenge and engage them in creative thinking.**
- 3) End product of adult-leaders meeting will be a **Resource Assessment of youth leadership programs** we can tap into for next steps.
- 4) **Design a set of focus group questions for a Youth Listening Session** to identify how a community-wide youth initiative could be developed and implemented.
- 5) **Host a Youth Listening Session during National Prevention Week** – May 17th-22nd gathering responses to the focus group questions. Include youth in the middle school and high school age groups although may need to split them up based on attendance/topic.

Meeting adjourned at 4:40pm.

NEXT MEETING: Weds, April 1, 2015, 3PM to 4:30 PM,
United Way of Greater Nashua – lower level conference room
Call Janet at 603-233-8597 if you have any problems!

Meeting Minutes

Wednesday, April 1, 2015, 3PM – 4:30 PM

United Way of Greater Nashua, Lower Level Conference Room

In Attendance: Brenda Hodgkiss, Sue Nordemo, Lisa Vasquez, Monica Gallant, Albee Budnitz, Med Student Ross, Shaun Mailloux, Marissa Carlson, Kurt Norris, Shaun Nelson, Marie Lamere, Tom Mandra, Janet Valuk, Betsy Houde and SSGT Rick Frost (guest).

WELCOME –The meeting opened at 3:02pm with Albee facilitating. (Lisa Vasquez will facilitate in May.) We welcomed three new members –Shaun Mailloux (Nashua Police Department/South SRO), Marie Lamere (Pennichuck Middle School) and Marissa Carlson (NH Teen Institute, who attended in March was wasn't recognized as new to the coalition).

Minutes from March were approved with five abstentions due to absence.

ANNOUNCEMENTS

- Partnership for a DrugFree NH is having a photo contest through April. See Monica for details.
- The Hungry Heart video will be shown tonight at Souhegan Valley Boys and Girls Club. It was a \$1000 fee to bring the movie and producer. Shaun M. indicated that auditoriums for Nashua North and South High School each seat 753 people.
- Anonymous People will be shown at Rivier University on April 6th from 4-6pm.
- Nashua Public Health Week is April 6-12.
- Albee shared the March 12, 2015 NE Journal of Medicine article on the dangers of edible marijuana.

LOCK IT UP CAMPAIGN

- 1) Shaun shared Alphagraphics' feedback on table top displays to promote lock box and strategies. The group approved having 12 set-ups created that include a tear off piece promoting the coalition, but NOT a deposit box for them to leave us instant feedback, as it would be too difficult to monitor. Albee will link with primary care about hosting one of our displays.
- 2) Sue connected with realtor Joan Whitebook (?) from Masiello to set up a connection for Jan and Monica to present. She is working on additional contacts. This is a great plan to start with giving out or loaning lock boxes to realtors whose clients have listed homes for sale.
- 3) Southern New Hampshire Services will be hosting 4 presentations to cover 5 housing complexes in April. Jan will provide specific dates. All are at 2pm. Sue will also reach out to Harbor Homes to see how we can partner with them.
- 4) Tom Bouchard has secured funding to purchase 10 lock boxes to use as door prizes or other incentives during presentations. Monica will follow up to see who needs to be thanked for the donation.

MIDDLE SCHOOL YRBS – Marie reported on the scheduling challenge fitting in the YRBS amid other testing. It will be conducted during the first two weeks in May. Superintendent Mark Conrad will be responsible for promoting the opt-out provision for parents.

BEYOND INFLUENCE UPDATE – Given that Public Health Week is quickly approaching, Lisa and her team have developed a Behavioral Health Fair at the Pheasant Lane Mall for April 9th from 4:30pm to 7pm. Coverage is still needed to help with Plinko and to help staff a Nashua Prevention Coalition activity. Given several conflicts, the group decided that it won't be able to have a visible presence this year.

YOUTH CAPACITY BUILDING – Marissa updated the group on the first meeting of youth group/program advisors held at the Boys and Girls Club. Key outcomes were identified:

- Focus on 7th – 9th graders (13- to 15-years-old), as they are not already engaged in jobs.
- Make sure they engage in meaningful activities and have a level of choice how to get involved.
- Gear discussion around the theme the Voice of One/Power of All (national theme).
- A youth event will likely be Weds. or Thurs. May 20th or 21st, depending on space availability.
- A 2 ½ hour time frame (5-7:30?) should include dinner.
- The next planning meeting is Thursday, April 23rd at 12:30pm at the Boys and Girls Club.

Great job group! This has been a longstanding goal of Nashua Prevention Coalition!

SUSTAINABILITY – Rick Frost presented about challenges and opportunities to sustain the coalition. There are three options to consider: 1) sustain a coordinator position; 2) sustain the whole coalition; 3) sustain coalition activities that are coordinated by a volunteer.

Rick indicated he is very impressed with the new coalition Stand Up Laconia for tying an activity to a product to get people to align with their brand and create a demand. For example, they got the community to insist of adding bottled water displays alongside beach and beer displays in local stores.

Rick has never seen a good sustainability plan. Instead, each activity should be sustainable in itself. He suggested that we reach out to civic and other organizations and make sure we choose events that are great fits for who we are as a coalition and not just get lost in the shadow of our partners such as PAL or Boys and Girls Club.

A branding committee was discussed, and members were asked to consider ideas for next meeting. We need more clarity around marketing and advertising, pulling information in vs. pushing it out. Marissa offered to bring coalition information to share with TI Summer Program participants from Nashua to engage them early on after their great TI experience.

NEXT MEETING:

- 6) Explore using September 13th's Grandparents Day to launch a new video campaign geared toward younger children educating/appealing to their grandparents to help keep them safe as a branding initiative for the coalition.
- 7) Next steps for Youth Capacity Building initiative.
- 8) E-Cigarette policy update and next steps.

Meeting adjourned at 4:30pm.

NEXT MEETING: Weds, May 6, 2015, 3PM to 4:30 PM,
United Way of Greater Nashua – lower level conference room
Call Janet at 603-233-8597 if you have any problems!

Meeting Minutes

Wednesday, May 6, 2015, 3PM – 4:30 PM

United Way of Greater Nashua, Lower Level Conference Room

In Attendance: Lisa Vasquez, Sue Nordemo, Monica Gallant, Albee Budnitz, Kurt Norris, Tom Mandra, Janet Valuk, Betsy Houde and new member Steve Amrol.

WELCOME –The meeting opened at 3:05pm with Lisa facilitating. (Albee will facilitate in June.) We welcomed Steve Amrol, Coordinator of Nashua School District’s 21st Century after school programming. Thanks Kurt for encouraging Steve to join the coalition.

Minutes from April were approved with one abstention due to absence.

ANNOUNCEMENTS

- Albee shared a brief update on the dangers of E-Cigarettes and the most recent data.

LOCK IT UP CAMPAIGN

- 5) Monica presented an update for Shaun N. on the “easel project”. Monica shared the blue design from Alphagraphics and the group agreed that it would be best to brand the poster to coordinate with the dark red/rust color used in the bus signs. Monica will request this change.
- 6) Silver Knights have agreed to partner with us and will have a billboard promoting Lock It Up along with printed posters from Bellavance Beverage on display at Holman Stadium around the concessions and such. Large stickers will be located in bathroom stalls to warn people about the dangers of providing alcohol to minors.

The coalition purchased 100 tickets to the game on July 31st, which happens to be a fireworks night as well as “princess night”. The idea came up about finding a volunteer to dress as a princess (Costumes of Nashua has great options) with a sash carrying our message for children to have photos taken.

BEYOND INFLUENCE UPDATE – Hudson is having a community forum tonight on the growing heroin problem. Lisa is also working with Merrimack and Pelham to host a similar event. All are invited.

YOUTH CAPACITY BUILDING – The Youth Listening Session event is set for Wednesday, May 20, 2015 at First Church dining hall at the top of library hill. Each of the seven partner organizations have been invited to bring a team of 9 youth from 5-7:30pm. The subcommittee designed a group of questions to gather information to help us better understand how to engage the youth sector.

Options for staff involvement were discussed, as each team needs an adult present. We agreed that the adults could serve as scribes to help each area facilitator. Initial ideas that we’d like to see get off the ground if youth are interested in helping include: 9/13th’s Grandparents Day project; a t-shirt design contest and something exciting for Red Ribbon Week. The subcommittee indicated that they plan to regroup on a quarterly basis to keep the groups of youth connected.

NASHUA SCHOOL DISTRICT COLLABORATION – Jan and Betsy just came from a meeting at Nashua School District to help the District better coordinate its efforts to work with students impacted by substance use. Targeted populations also include those elementary school students living in homes with substance involved family members, and so forth (not just those actively using). A second meeting has

been set for Monday, June 1st, to begin developing a comprehensive set of recommendations. More to follow. This may directly involve the Coalition in the future, as a community forum may be appropriate.

BRANDING/MARKETING – In an effort to help the coalition stand out among our agency partners, it's important for us to have our own brand, and identifiable activities. The group liked the idea of following up on getting a monster truck (one was offered) to be part of our entry in the Fall Festival Parade. Sue's contact from Constant Contact is available to help us with social media, blogging and such, but the group discussed having a training that will focus specifically on challenges we are facing rather than a product pitch. Sue has additional contacts to explore for this type of help.

UPCOMING EVENTS – Summer Fun is fast approaching. Kurt will lend us one of his tents! Thanks Kurt! The Middle School YRBS will be conducted May 20th.

NEXT MEETING:

- 9) Youth Listening Session Update.
- 10) Middle School YRBS Update.
- 11) Lock It Up Update
- 12) Nashua School District Collaboration

Meeting adjourned at 4:31pm.

NEXT MEETING: Weds, June 3, 2015, 3PM to 4:30 PM,
United Way of Greater Nashua – lower level conference room
Call Janet at 603-233-8597 if you have any problems!

Meeting Minutes

Wednesday, June 3, 2015, 3PM – 4:30 PM

United Way of Greater Nashua, Lower Level Conference Room

In Attendance: Kurt Norris, Steve Amrol, Lisa Vasquez, Monica Gallant, Ed McDonough, Dee Gingras, Janet Valuk and Betsy Houde.

WELCOME –The meeting opened at 3:00pm with Jan facilitating (Albee had a last-minute conflict.) We welcomed Ed McDonough from Gate House Sober Community, and Dee Gingras, Ledge Street Elementary School Paraprofessional.

Minutes from May were approved unanimously.

ANNOUNCEMENTS

- Silver Knights baseball game – July 31 is Nashua Prevention Coalition night. We get \$3 from every \$6 in ticket sales. We can hold a 50/50 raffle split between NPC and the winner. We can also do the first pitch and host on field games. Monica is working on creating a flash mob of teens – volunteers are needed.
- Greeley Park’s Summer Fun kicks off on Saturday, June 6th from 10-1pm. Still looking for volunteers.
- August meeting is during CADCA mid-year forum so new dates were set for July and August. Please mark your calendars for Wednesday, July 8th and Wednesday, July 29th at 3pm for summer meetings.

LOCK IT UP CAMPAIGN

- 7) Monica shared Alphagraphics updated design. It looks great, but the group requested a larger font size for the “keep medication locked” section.
- 8) Nashua Rotary Presentation was held this past Monday. Jan and Monica were well-received sharing more recent stats on alcohol and drug use and the coalition’s efforts to address them.

BEYOND INFLUENCE UPDATE – Two bills are currently under consideration of interest to the region – first the one to decriminalize marijuana and the Good Samaritan bill. Lisa will keep us apprised. In addition, 100 people attended the Heroin Forum in Hudson. Merrimack is planning one for June 29th. Please let people know!

YOUTH CAPACITY BUILDING – The May 20th session went really well. Thirty students, 7th to 9th graders attended and were presented with 10 questions about peer relationships, stresses and harmful influences. Students brought up concerns around heroin, tobacco, pocket knives, hookah pens, guns, gangs, shooting and stealing.

Survey forms said the listening session was welcoming, and youth indicated that they want to attend future training. Most said “yes” to being interested in peer mentoring, stress reduction, etc. and were very excited about creating skits and PSA’s for messaging.

Kurt will follow up with his dance team and video team and will connect them with Jan and Monica. Monica shared a great slide show capturing the energy and enthusiasm of the group. Nice job!

Grandparents Day (9/13) remains a day to use as a Coalition celebration, designing a PSA to coincide. Also, Monica reported that the kids had a blast with the I Choose... Campaign and she got great photos for posting on Facebook.

NASHUA SCHOOL DISTRICT COLLABORATION – The Middle School Youth Risk Behavior Survey was conducted May 20th. We will be getting the results this fall. Also, Betsy, Jan and Monica shared about Nashua School District's efforts to strengthen their health class and guidance curricula around alcohol and other drugs, based on a first large-scale planning meeting 6/1 among staff at each of the district's levels, The Youth Council and Nashua Prevention Coalition. Superintendent Conrad indicated that he would like to send home a copy of the Age Appropriate Conversations brochure to all parents in the district. Lisa is in the midst of a re-write and will seek input from coalition members as needed.

MAYOR'S SUMMIT/FORUM

Jan outreached to Mayor Lozeau to identify how the Coalition might be able to help put together a fall summit. More to follow.

GATE CITY FALL FESTIVAL – October 17th. Jan signed up for the parade and a booth at Holman Stadium. We need to further develop a plan. Red Ribbon ideas were discussed. Ed and Dee agreed to chair a Red Ribbon Week committee to get some creative ideas rolling.

UPCOMING EVENTS – Tuesday, August 4th is the National Night Out at Boys and Girls Club. The goal is to connect families and kids with police around prevention. See Kurt for details or to sign up for a table.

Meeting adjourned at 4:40pm.

NEXT MEETING: **Weds, July 8, 2015, 3PM to 4:30 PM**
 Weds, July 29, 2015 3PM to 4:30PM
 Weds, Sept. 2, 2015 3PM to 4:30PM

United Way of Greater Nashua – lower level conference room

Call Janet at 603-233-8597 if you have any problems!

Meeting Minutes

Wednesday, July 8, 2015, 3PM – 4:30 PM

United Way of Greater Nashua, Lower Level Conference Room

In Attendance: Tom Mandra, Steve Amrol, Kurt Norris, Raphael Calderon, Jan Valuk, Dr. Albee Budnitz, Susan McKeown, Monica Gallant, Oscar Villaces, Dee Gingras, Kathy Marchock, writer Nashua Telegraph, and Betsy Houde.

WELCOME –The meeting opened at 3:05pm with Albee facilitating. We welcomed Raphael Calderon, Community Health Worker from Lamprey Health Care; Kathy Marchock, staff writer Nashua Telegraph; and welcomed back Oscar Villaces, Agave Azul/Fashion Cuts Hair Salon.

Minutes from June were approved unanimously.

ANNOUNCEMENTS

- Upcoming meetings -- We had set aside July 29 to replace the August meeting since Jan and Monica will be away. The group decided to go ahead and have the meeting. Albee will facilitate the July 29th meeting.

LOCK IT UP CAMPAIGN

Monica shared the final version of our table stands/easels. Ten are ready to go today to be placed in primary care waiting rooms. The tear-off pads are connected with Velcro to make changing them out easy. Posters are also available. The following medical offices were targeted:

Office/Coalition Member	Additional audiences should include
Dartmouth -- Albee Lamprey -- Raphael Traveling easel with Lamprey -- Raphael St. Joseph Hospital Internal Medicine office - Jan Valuk St. Joseph Family Practice -- Jan Valuk So. NH Medical Center primary care -- Albee SNHMC -- Exit 1 immediate care -- Albee SNHMC -- Northeastern Blvd (Brookside)-- Albee Greater Nashua Mental Health Center -- Monica Harbor Homes -- Monica	Oral surgeons orthopedic surgeons senior activity center pharmacies fast food places and other locations where parents/youth gather We also need to order some in Spanish and Portuguese

Raphael also sees young people congregating in Mines Falls Park. The group agreed it would be great to have a table or poster or something in the park promoting positive choices.

Monica shared that our youth group is working on a video for Grandparents Day. She didn't want to share too many details to spoil the surprise, but the group is very excited about their efforts thus far. Thanks to all who helped make it happen!

SILVER KNIGHTS – July 31st – We could use a little more help at table outside entrance and for 50/50 raffle. The Youth Collaborative will be doing a flash mob and is still seeking more participants. Thanks to Boys and Girls Club for choreographing the dance. (Please keep it secret.) Monica has tickets and fliers for anyone interested. Tom may be available to volunteer.

T-SHIRT DESIGN contest – Youth contest currently happening with deadline of August 28th. We will pick winning design during September meeting. Six youth leaders attended the first Leadership Meeting.

RED RIBBON WEEK/NASHUA SCHOOL DISTRICT COLLABORATION – Jan described our hope to get permission from Mark Conrad to provide small stipend to one adult in each of the 17 schools to coordinate RRW efforts within the school. Supplies will be additional. Betsy recommended engaging private schools as well. Local youth-serving organizations are already committed to participating. Dee will plan to attend the Partnership for Drug Free NH meeting to bring ideas back to Nashua (August 19th 12-2pm).

GATE CITY FALL FESTIVAL – October 17th. Jan signed us up for float and table within Holman Stadium for October 17th. Last year Albee and Jan worked with Boys and Girls Club for our float. This year, need creative ideas from the group. We will also engage the Youth Collaborative to assist.

FASTER DISCUSSION -- Susan McKeown updated the group on the current status of FASTER in Nashua, a parent support group for parents whose teens/young adults are struggling with substance use. Susan's best outreach efforts were through presenting at a local church. Parents who have been through this experience and attend NAMI training are eligible to participate. Nashua recently has had many meetings where no one shows up for these support groups. Parents are dealing with these issues in isolation, and we don't want to lose this resource. Please let Susan know if we have connections with any PTO group or other entity where parents gather.

SUBSTANCE MISUSE INTERVIEW QUESTIONS – Betsy described her project interviewing groups of people working on substance abuse issues in the region through prevention, early-intervention, treatment and/or recovery. The group provided very rich input to the survey, which will be shared with Nashua Public Health Department and the Public Health Advisory Committee. Thanks so much! Betsy agreed to email the group in case anyone had additional information they wanted to add.

Meeting adjourned at 4:35pm.

NEXT MEETING: Weds, July 29, 2015, 3PM to 4:30 PM
Weds, Sept. 2, 2015 3PM to 4:30PM

United Way of Greater Nashua – lower level conference room

Call Janet at 603-233-8597 if you have any problems!

Meeting Minutes

Nashua Prevention Coalition

July 29, 2015

In Attendance: Jennifer Veilleux, Susan Haas, Donna Smith, Susan Allen-Samuel, Lisa Vasquez, Brenda Hodgkiss, Tom Mandra, Kurt Norris, Jan Valuk, Dr. Albee Budnitz, Monica Gallant, Dee Gingras, and Betsy Houde.

Opened at 3:00pm -- Welcome new members Jennifer Veilleux (Sununu Center), Susan Haas (retired guidance counselor), Donna Smith (Elm Street guidance counselor).

Minutes were approved unanimously. Next month's facilitator is Albee Budnitz. Thank you!

Nashua Cares Discussion

Monica shared the challenge of the name "Nashua Prevention Coalition" versus the idea of choosing an alternate name that is more engaging/inviting. Nashua Cares was suggested to match our domain name. The group talked about the word "Cares" as a gentler way to engage people, although concerns were raised about potential confusion related to a community service organization out of Boston known as Boston Cares. Jan and Monica agreed to send out a Survey Monkey survey to collect feedback from members. The group did indicate that it liked our current tag line, "Healthy Kids Grow Healthy Communities".

Nashua School District Superintendent Outreach

Given our action plan geared toward engaging K-12 schools in Red Ribbon Week activities, Jan reached out to Mark Conrad around providing stipends for all 17 public schools in the District as a way to incentivize school participation. After much discussion, the group voted to authorize \$200 per school (\$3400 total) for staff support, with the coalition providing some Red Ribbon Week materials, ribbons, etc. The amount was selected to reflect approx 8 hours of time at \$25/hour.

Next steps include: developing a job description for the RRW coordinator positions to be clear about expectations and communication back to coalition.

SADD Coordinator idea was pitched to the group for a year long stipended coordinator position at each middle school and both high schools (5 schools total). The job description, although yet to be defined in detail, will include organizing the group, holding meeting, conducting activities, participating in coalition work . Discussion included needing:

- to specify the minimum number of kids who sign up to participate in order to ensure that the club was a worthwhile investment.

- to access the SADD international tool kit with monthly ideas/activities

- to set an expectation that the group will link back to the coalition in some manner.

Much discussion ensued around needing more information about the current year's budget so that members can make informed decisions. If we go forward with this initiative, members indicated that we should focus most energy on middle school students so they will grow to fill high school club. Jan agreed to bring several items to the September meeting to facilitate further

discussion -- a draft job description, ideas for goal accountability, more information about coalition budget. Thanks everyone for your input!

LOCK IT UP CAMPAIGN

Realtor Outreach

Jan and Betsy met with Rick Stoudt, owner/broker of ReMax Properties, with 63 agents and three locations. The focus included learning about if/how agents encourage their clients to lock up medications when showing their homes for sale. Rick indicated he is willing to include an informational flyer in their listing packets, and that adding a coupon to reduce the cost at a local retailer would be a great way to encourage agents to push the use of lock boxes.

Given the amount of information exchanged when a home is listed for sale, he was pretty confident that agents don't inform people about the danger of medications being stolen. Also, since they are all independent agents and basically rent the ReMax name, he can't mandate that certain practices are used, but can encourage agents to use materials by having them available and providing some guidance.

Youth Capacity -- Grandparents Day video

Filming took place at Jan's house, featuring 4-year-old Benjamin. The video will be edited and ready by the end of August, thanks to videographers from Boys and Girls Club. If the final cut is under one minute, it will be able to be shown in Access Nashua.

Waiting Room Stand-Up Boards

All boards have been delivered thanks to Albee Rafael and Jan, and include Dartmouth, Lamprey, St Joseph Health Care, Southern NH Medical Center. Based on the overwhelmingly positive feedback, we had immediate needs for another 12-24 easels. Monica will get pricing from Alphagraphics. Requests were also made for posters for school nurses offices as well as yellow handouts promoting safe disposal methods. Monica will follow up.

BEYOND INFLUENCE

Please note: We need to add the Nashua Police Department's Prescription Drug Drop Box to the text of the safe disposal poster as an option for residents who want to dispose of medicines.

Over 400 people attended the Manchester Heroin Forum last night. The Forum utilized a similar format as Merrimack with a wide array of presenters and heartfelt speakers from the audience sharing personal stories. Several additional forums have been scheduled throughout the region including:

8/19 - Campbell High School, Litchfield
8/20 - Pelham High School, Pelham

The DEA is sponsoring another National Take Back event on September 26th. please promote to your stakeholders.

The Nashua Mayor, Donnalee Lozeau, has tasked the Public Health Department with putting together a Heroin Summit for some time during the month of October. It is likely going to be an all day event. More details will be available next month. Jan indicated that she would like to have an evening, community-based forum in Nashua, but wants to wait to see what the City is planning to explore collaborative opportunities and so forth before setting a date or format.

SILVER KNIGHTS

This coming Friday night is Nashua Prevention Coalition night (and Princess Night). Gates open at 5:45pm. We will be able to sell our extra tickets to guests in the parking lot before they approach the box office. We will have a 50/50 raffle, and info table set up and an array of giveaways. Thanks for Tom and anyone else able to volunteer! Come join the fun!

RED RIBBON WEEK

Monica and Dee are now meeting to prep for Red Ribbon Week (RRW). Monica shared a list of several ways that local sectors can get involved. There are great talking points we can use to respond to people asking, "What can I do?" The current plan involves asking local restaurants to have their servers wear adhesive red ribbons for the week to strengthen the message and build a sense of community. Other suggestions included offering cut ribbons in nurses offices and so forth to be worn on kids backpacks, etc. We can expand that strategy to include primary care offices, local agencies, businesses and so forth. It was also suggested that we hand out red ribbons during the Gate City Parade on October 17th, perhaps attached to a lollipop with a prevention message.

PARENT QUIZ

Betsy shared the draft version of a new parent quiz brochure she has been working on to help parents understand the importance of the messages they may be sending to their children about alcohol and drug use. Coalition members responded favorably to the first draft and offered to scrutinize it more closely outside of the monthly meeting. Betsy agreed to send it out to everyone in attendance for further input. Thanks everyone!

NATIONAL NIGHT OUT

Since Jan and Monica will be in Indianapolis during the National Night Out on Tuesday, August 4, 2015, Kurt offered to have coalition materials available on a table at the Boys and Girls Club. Thanks so much Kurt! Jan agreed to forward brochures to Kurt.

CHILDREN'S DAY

Our next event is at Greeley Park on Saturday, August 8th. Jan is planning be there, and Albee and Brenda offered to assist for part of the day. Thank you so much for your support!

The meeting ended promptly at 4:30. (Great job keeping us on track, Albee!)

**NEXT MEETING: Wednesday, September 2, 2015, 3pm - 4:30pm at
United Way of Greater Nashua, 20 Broad Street, Nashua, NH**

Meeting Minutes

Wednesday, September 2, 2015, 3:00 – 4:30 PM

United Way of Greater Nashua, Lower Level Conference Room

In Attendance: Steve Amrol, Dee Gingras, Monica Gallant, Lisa Vasquez, Jan Valuk, Albee Budnitz, Med Student Bridget, Donna Smith, Susan Haas, Brenda Hodgkiss and Betsy Houde.

Minutes were approved unanimously. Next month's facilitator is Steve Amrol. Thank you!

Welcome/Announcements

Children's Day Update -- at Greeley Park we gave away a wide array of literature. Back to School Night -- overwhelmed with people wanting free stuff and unclear how many people will actually read the materials that were provided. Need to revisit our participation.

Red Ribbon Week

Monica and Dee are working with Nashua School District to launch the Red Ribbon Week campaign. In addition, they are going to outreach to several local restaurants and businesses asking them to wear "Respect yourself, be drug free" t-shirts and hang posters. Our nonprofit youth partners are stepping up to participate once again. Steve offered to get the staff of 21st Century Program on board as well. If anyone is available to help, Monica has tool kits available and she and Dee can use help with business/community outreach. It was suggested to outreach to Paul Shea at Great American Downtown to add ribbons to trees on Main Street. In addition, local kids can cut spools of ribbon into wearable red ribbons as part of their participation. DrugFreeNH will provide tulip bulbs again. Susan will explore donations of ribbon. Jan will be meeting with school officials in two weeks to finalize the RRW coordinator role and share resources available.

Beyond Influence Update

We will be getting 1,000 tulip bulbs for the region to be split among all coalitions in greater Nashua. Lisa can also get rubber wristbands with the RRW tag line on them, but need to know how many of these bracelets are needed. Please get back to Lisa.

Mayor's Fall Summit -- the community coming together for substance misuse solutions

---Wednesday, October 14th from 8:30am to 4:00pm at Rivier University will be held to discuss substance misuse in the region and plan what we can do about it.

Welcome by Mayor followed by breakout sessions with two simultaneous panels -- one on awareness and prevention and the other on treatment and recovery. People can share what they see as gaps and what we can do as a community.

Lunch time will be a keynote speaker and then after lunch people have the option to swap small groups. The group will then come back together at the end to talk about next steps.

Target audience are decision-makers for their organizations, schools and other leaders.

--Lisa attended a Marijuana Summit last week to learn about the dispensary currently planned for Merrimack. One requirement is providing literature at the dispensary to serve as a resource for people around safe packaging and so forth.

--Heroin Forums coming soon: Hudson -- October 1st, Campbell -- October 19th

The group broached the subject about whether we host an evening forum for parents as a follow-up. It was decided to wait until after the October 14th Mayor's Summit to see what needs and ideas emerge.

By-Laws Clarification

The steering committee proposed adding the following: Attendees will be invited to become members of the coalition at the end of the first meeting they attend.

When votes are related to funding and budgets, information will be shared in advance with coalition members to review and ask questions prior to asking for a vote.

Middle School Youth Risk Behavior Survey

The results are in and Jan has shared the report with Superintendent Mark Conrad. We are working closely with the School District to release the information to the District, School Board and key personnel before public dissemination. Betsy consolidated a great deal of the information into a one-page (2-sided) handout to help people digest the information.

Budget Report

Monica shared the follow-up of the \$12,500 carry over funds for 2013-2014, leaving \$162 to help cover the cost of Lock It Up easels translated to Spanish and Portuguese before the end of September. Monica also shared the Coalition budget-to-date, which reflects an anticipated surplus of \$19,869 left at the end of this grant year. Members voted to accept the budget report and went on to discuss how to handle the anticipated carry over funds from this current year.

Youth Leadership Development Proposal

Four budget items are being proposed for 2014-2015 anticipated carry over funds:

- SADD Advisors -- Middle and High Schools (5) \$ 9,000
 --Nonprofit partners (4)
- NH Teen Institute -- Teen Leadership Training \$ 3,700

- Media Power Youth \$ 2,500
- Supplies \$ 2,000
- TOTAL \$17,200

A job description was also shared, with many of the responsibilities borrowed from a similar position on the seacoast. Betsy explained how we are proposing to add interested nonprofits into the SADD advisory stipend to encourage and support our nonprofit partners. Once SADD advisors are identified, they will be able to identify the best way to outreach to students toward setting up the Teen Institute training. The group voted unanimously to approve the proposal as outlined.

Other Business

Gate City Fall Festival -- October 17, 2015. Parade and booth are scheduled this year. Our youth collaborative will be organizing an activity to run that day. Please plan to volunteer that day to participate in the parade, be a participant at the parade and join at the festivities at Holman Stadium.

Silver Knights & Youth Collaborative -- The video is in the final stages and is amazing and should be able to be shared by the next meeting. Princess Night at Silver Knights raised \$452 through ticket sales and the 50/50 raffle. Thanks to Tom M. and Monica for handling the raffle. Signs we posted at Holman Stadium will remain there through the fall into spring baseball season.

St. Joseph Health Care -- for all new Facebook likes they get during the month of September, Nashua Prevention Coalition gets a \$1.00 donation. Like them today!

What's Your Message Quiz: How to Raise Healthy Children in a Culture of Drug and Alcohol Use -- Betsy shared the final version of the quiz and was given the coalition's encouragement to get it printed for wide distribution. Thanks everyone!

Take Back -- September 26, 2015. Thus far, Nashua, Wilton and Merrimack are participating.

The meeting ended early at 4:25. (Great job keeping us on track, Albee!)

NEXT MEETING: Wednesday, October 7, 2015, 3pm - 4:30pm at United Way of Greater Nashua, 20 Broad Street, Nashua, NH

**Nashua Prevention Coalition
Meeting Minutes
October 7, 2015**

In Attendance: Steve Amrol, Kurt Norris, Monica Gallant, Jan Valuk, Albee Budnitz, Med Student Laura, Susan Haas, Mike Apfelberg, Jesse Pennel, Officer Ross Desmet, Shaun Nelson, Lisa Vasquez and Betsy Houde.

Minutes were approved unanimously. Next month's facilitator is Steve Amrol. Thank you!

Welcome/Announcements

Welcome Jesse Pennell (NH Teen Institute), Mike Apfelberg (President, United Way), Ross Desmet (Nashua Police Department Elementary/Middle School Resource Officer)

Terry Wolfe approached Jan about current legislation (HB206) pending to make all non-academic surveys Opt-IN rather than Opt-OUT. This will have a huge impact on our ability to collect Youth Risk Behavior Survey Data. The study committee met three times thus far and other groups have talked about how YRBS information is used. Thus far, no parent group has shared information. Contact information for Terry is: (603) 714-4809.

Red Ribbon Week

We are moving forward with SADD and Red Ribbon Week plans. We expect to have three out of five SADD school advisors in place before Red Ribbon Week begins this year. Also all four youth-serving agencies in Nashua have accepted our \$1,000 offer to launch a SADD group within their programs -- PAL, Boys and Girls Club, Girls Inc and YMCA.

Albee offered to bring posters to Foundation Medical Partners, and outreached to Dartmouth who subsequently contacted Monica. Thanks Albee!

Jan made contact with three franchise owners of stand-alone Dunkin Donuts who own several shops in the area. Thus far, two owners have agreed to participate in Red Ribbon Week by having employees wear red ribbons during the week, encompassing eight stand-alone shops! Pheasant Lane Mall won't hang any organization's posters, so will not be participating this year.

Monica has been approaching Amherst Street and DW Highway businesses about using their reader boards for RRW messaging. Monica prepared a handout and some ribbons for members to bring to their favorite restaurants.

Monica has also been reaching out to the City to add red ribbons to downtown trees for the week. The Mayor's Office has referred her to Park & Rec. Local youth will tie the ribbons on the trees (and remove them). Tracy Hatch from the Chamber of Commerce has also been approached about getting the message out to Chamber members.

Jan will write a letter to Chief Lavoie asking for the School Resource Officers to be allowed to wear either a red ribbon or red bracelet while on duty at their schools during Red Ribbon Week.

Beyond Influence Update

Lisa has tulip bulbs in her office, estimated 300 per coalition. Lisa is still working on getting rubber wristbands with an appropriate tag line on them. Ribbons Lisa has available are from

Partnership for Drug Free NH (PDFNH) say, "Pledge to Talk", which is more appropriate for parents.

Mayor's Fall Summit -- the community coming together for substance misuse solutions --
-Wednesday, October 14th from 8:30am to 4:00pm at Rivier University will be held to discuss substance misuse in the region and plan what we can do about it. They are close to 100 attendees and will cap it right around 120. Please register quickly!

By-Laws Amendment Approved

"Attendees will be invited to become members of the coalition at the end of the first meeting they attend."

Middle School Youth Risk Behavior Survey

Jan handed out the 1-pager shared with Nashua School Board for members' review. Jan and Monica will be meeting with the Birch Hill PTO next week to begin the process of sharing the information. They will be able to reference the legislation for Opt-In/Opt-Out (HB206) while on site, as well as hand out the new What's Your Message Quiz. Data shows a significant jump between 7th grade and 8th grade 30-day use. Albee also flagged the number of youth using E-cigarettes/vaping, suggesting that prevention/early-intervention measures be incorporated. Lisa reminded people that since they are new products, communities and schools are scrambling to address these concerns.

Jan indicated that every Middle School faculty/staff member will receive our 1-pager at an upcoming meeting.

A lengthy discussion ensued about cultural shifts that have led young teens to take unhealthy risks.

Youth Leadership Collaborative

Community partners have agreed to launch SADD chapters (see Red Ribbon Week for details). Monica shared the original Lock It Up video and the new video targeting young children accidentally taking medication if it's not safely stored. The next Youth Collaborative meeting is tomorrow, to organize the next phase of their work.

Other Business

Gate City Fall Festival -- October 17, 2015. NPC is partnering again with Boys and Girls Club for the parade. The trailer will need to be able to be pulled by a Club van. The Friday before the parade, they'll get the trailer, and four AmeriCorps volunteers are in charge of designing the float. The trailer, donated by a local landscaper, won't be available until late in the day on Friday. Parade volunteers are needed to help -- kick off is at 10am. We also have a table at the festival inside Holman Stadium -- volunteers are also needed to help set up the table in advance of the parade so it's ready to go right after the parade. That involves setting up the EZ-Up tent and Plinko.

Officer Desmet suggested using the tear off pads for our Lock It Up Campaign to give to local pharmacies to staple onto their customer's prescription bags.

Jan shared recent efforts to get Target and others to stop selling pens that look like syringe's.

What's Your Message Quiz: How to Raise Healthy Children in a Culture of Drug and Alcohol Use -- Betsy shared the final version of the quiz and was given the coalition's

encouragement to get it printed for wide distribution. Thanks everyone! See Betsy if you need more copies. We were able to have a total of 5,000 printed for the first run.

The meeting ended at 4:30. (Great job, Steve!)

**NEXT MEETING: Wednesday, November 4, 2015, 3pm - 4:30pm at
United Way of Greater Nashua, 20 Broad Street, Nashua, NH**

**Nashua Prevention Coalition
Meeting Minutes
November 4, 2015**

In Attendance: Monica Gallant, Jan Valuk, Dr. Albee Budnitz, Med Student Patrick Chen, Susan Haas, Mike Apfelberg, Officer Ross Desmet, Susan Haas, Susan Allen-Samuel, David Allen, Janeth Orozco, Liz Fitzgerald, Shaun Nelson with Maggie and Jack (youth members), Donna Smith, Tom Mandra, Dr. Stephanie Wolf-Rosenblum and Betsy Houde.

Thank you to Albee for facilitating today's meeting.

Minutes were approved unanimously. Next month's facilitator is Steve Amrol. Thank you!

Welcome/Announcements

Welcome Liz Fitzgerald and Janeth Orozco (One Greater Nashua) and David Allen (Person in Recovery), Maggie and Jack Nelson (youth representatives), and Dr. Stephanie Wolf-Rosenblum (VP, Southern NH Medical Center)

Red Ribbon Week

Monica shared slide show of fantastic Red Ribbon Week photos. Businesses were very willing to post positive messages on their reader boards and schools and many agencies shared photos with Monica to celebrate our success. Congratulations everyone!

The discussion opened about the student forum held at Elm Street Middle School which evolved into "David's Journey". David spoke first on the panel, followed by the Nashua Police, St. Joseph Hospital and the Farnum Center, which flowed really well to tell the story of how someone succumbs to addiction and can get help. The presentation was very well-received and plans are underway to take it to the other two middle schools. Discussion ensued around exploring ways to bring it to the two High Schools. While it will be explored, the data relative to behavior changes among 7th and 8th graders will be easily tracked due to recent Middle School YRBS rates. The group was unclear how high school students would respond to the presentation.

SADD Group update -- all 4 nonprofits on board with launching SADD groups at their locations (Boys and Girls Club, Girls Inc., PAL and the YMCA). Two of three middle schools have also expressed their willingness to follow through. We are still in need of a contact person at Pennichuck to get excited about substance misuse prevention. There is a health teacher who may be a good resource. Jan and Monica will explore further.

Gate City Fall Festival

Thanks to everyone that helped Nashua Prevention Coalition have a presence in the parade as well as a table at Holman Stadium. Among resources passed out to parents, volunteers passed out the *What's Your Message?* quiz. It was well received--- great job everyone!

Moving forward, the group talked about needing to also connect with private schools and begin planning Red Ribbon Week activities in the spring with an active working group so we can broaden our impact even further.

Budget Update

Monica reported that there is approximately \$7600 left in the budget from the year ending September 30, 2015. In January, Monica will present the Action Plan for the year so we can further refine our plans going forward. We're expecting to receive the High School YRBS data on December 1st, which should give us great information about our current impact and what else we need to work on. Albee requested another 1-pager to help us synthesize the data, similar to what Betsy prepared for the Middle School data. We will try to have that ready for the January meeting.

Beyond Influence Update -- report tabled

Thank you Lisa for donating some tulip bulbs! Given the fact that we had 18 interested groups, the Coalition also bought its own tulip bulbs so that 14 schools and four after school programs could participate in planting the promise with tulips.

Sustainability Case Statement

Jan presented the challenge of sustaining our coalition efforts, in preparation for the funds to be gone by September 2018. Members understand that we may be able to get funding for years 6-10, but that we are back in the competitive pool with every other grantee around the country. In addition, sustainability refers to a wide array of things -- do we want to sustain current staffing and activities? Activities only with no staffing? etc. etc. Jan lead us through an exercise to discuss the following questions:

Why is the coalition needed at all?

We should place Nashua on a map with all of the demographics -- we are vulnerable because we are a suburb but also a City. Lots of diversity, HIDTA area based on our highways, use HIDTA language to justify why we need help.

Even though there are member organizations, ***there's no one who is able to knit us all together.*** That's the role of Nashua Prevention Coalition. It creates a consistent message across the community so kids hear it the same way in all places (school, after school program, doctor's office). It resonates that way -- well-coordinated. Same visual message. Method worked during Red Ribbon Week.

We are needed because we have lots of retail that attract youth where they could come to harm (such as Fun World). We also have an abundance of medical facilities, giving us a unique opportunity to link medical community, prescribers and such.

Direct services organizations need support to "connect the dots" with environmental strategies. Their size and focus precludes them from taking these activities on across the community.

Given the size of our community, we have a responsibility to impart knowledge and values to our youth and parents.

How does the coalition make a difference in drug outcomes?

We bring all sectors in the community together. The coalition is the group that pushes for data -- the Middle School YRBS wouldn't have happened without NPC's advocacy.

Given competing priorities among schools, the coalition provides consistent messaging to all organizations to favorably impact the community.

What is the coalition's key advantage?

NPC isn't here to create a whole NEW entity but is available to create toolkits and provide other resources to community partners -- schools, nonprofits, SADD groups, health teachers, primary care, etc. We can be feeding "tidbits" to the School District for district-wide messages, etc. that are based on best-practices and current data.

Who is involved in the coalition?

We have now engaged SADD advisors -- good use of funds. Medical community, nonprofits, etc. Retail businesses are missing -- Example: Target loses hundreds of thousands of dollars in baby formula every year... They don't know why it's happening. In the same way with alcohol/drugs, we can have an impact. Retail has funds for sustainability. We could do a better job reaching out.

Within athletics, we need to do better job to link with Athletic Director. Lots of drug issues start during athletic injuries.

We can also better engage senior citizens given that we are an aging community. In many cases, they are raising their grandchildren, too.

We should also outreach to the student writers who have columns in The Telegraph to help fill the Media gap as well as provide youth representation. The student liaison to the Board of Education is also a great resource. How can we control the message by controlling our own media. We have Facebook but not twitter. We can better leverage players around the table for billboards, etc., too. Explore who else is willing to serve as a Facebook admin to better promote our message. David is willing to assist with broadening our reach.

Given that we have inconsistent representation from the Faith leaders, we also want to better reach out to them. It was suggested that we approach them with toolkits and ideas to use with their youth groups.

Betsy reminded the group about the multiple roles we all wear using Mike as an example. He's not only President of United Way, but also a board member for the Chamber of Commerce and a member of a business networking group. Janeth is a member of One Greater Nashua, St. Louis Church, the Racial and Ethnic Disparities Committee and the Mira Coalition helping with refugees settling in the region. We may want to do another "What hat do you wear?" exercise to see who else we have brought into the Coalition without even realizing it.

Nashua School District Collaboration

Ross Desmet will be speaking at the December 2nd PTO meeting to talk about the impact of drugs and alcohol. Jan is meeting with Mark Conrad and George Farrington (School Board President) to talk about how we can outreach to parents. Ross suggested linking with the Police Department, as well. It's important to also include a Spanish-speaking component to outreach to parents. The point came up around parents who really need the information are the least likely to show up. It's important to set aside time to brainstorm ideas how to engage non English-speaking parents, too. It was also suggested that the presentation be filmed to show on Access Nashua TV. Perhaps Lt. Carlos Camacho could do a show in Spanish, which would also benefit Disproportionate Minority Contact.

Further, when presentations occur, having someone in Recovery attend the presentation makes it more real for parents. Otherwise it's a one-way conversation.

Case Statement

The group began to offer edits to the Case Statement that Jan presented to be included as part of our sustainability plan:

Through community collaboration and consistent messaging, the Nashua Prevention Coalition will significantly reduce substance misuse among youth indicated by:

reducing use in the past 30 days

Increasing perception of harm

increasing parental and peer disapproval.

Jan offered to take the above language back to the drawing board to tighten it up for review at the next meeting. Thanks everyone!

Other Business

December 10th -- Barnes and Noble -- gift wrapping fundraiser 4-9pm. Please come and support us!

Drug Court Open House and Tour -- Thursday, November 5th. Jan will forward details as soon as we can get accurate information.

The meeting ended at 4:28.

**NEXT MEETING: Wednesday, December 2, 2015, 3pm - 4:30pm at
United Way of Greater Nashua, 20 Broad Street, Nashua, NH**

**Nashua Prevention Coalition
Meeting Minutes
December 2, 2015**

In Attendance: Monica Gallant, Jan Valuk, Dr. Albee Budnitz, Mike Apfelberg, Officer Ross Desmet, David Allen, Mayor-Elect Jim Donchess, Ali McKnight (Mayor's Office), Marissa Carlson, Cassie Hayes (SADD advisor Nashua North), Sarah (student Y Leaders Program), Dee Gingras, Steve Amrol, Larry Harding (Advisor Y Leaders), Tom Bouchard, Tom Mandra, Raphael Calderon, Liz Fitzgerald, Stephanie Wolf-Rosenblum, Susan Haas, Janeth Orozco (and youth), Lisa Vasquez, Donna Smith, Kurt Norris, Mabel (Elm Street/Y Leaders), Matt (Y Leaders) and Betsy Houde.

Thank you to Jan for facilitating today's meeting.

Minutes were approved unanimously. Next month's facilitator is Dr. Stephanie Wolf-Rosenblum. Thank you!

Welcome/Announcements

Welcome Mayor-Elect/Alderman Jim Donchess, Ali McKnight (Mayor's Office), Cassie Hayes (SADD advisor Nashua North), Mabel, Matt, Sarah and Larry Harding (Y Leaders).

Thursday, December 10th Fundraiser -- Gift Wrapping at Barnes & Noble -- help is needed between 4pm and 9pm, Please let Jan know if you can attend.

Sustainability Case Statement

Monica presented the draft case statement for further input. Albee reminded us to ensure that instead of "Alcohol and Other Drugs" we include a listing of the drugs so we don't lose sight of all of them. Discussion ensued to include "emerging trends" and to add a footnote in the document to indicate that whenever we refer to substance misuse, we are including alcohol, tobacco, marijuana, prescription drugs, e-cigarettes and so forth.

Ross suggested we include an Action Plan item around increasing parent education around emerging trends, as well, since that's not included in the main four core measures that we are required to report on for SAMHSA.

Please add NH Charitable Foundation to funding sources and list our regular members under existing resources.

Language should be added *under Key Areas to be Sustained* to the effect of, "Coalition members agree that a designated staff person will be the most effective way to provide coordination for our collective work."

Stephanie recommended that we keep our social media/media efforts listed broadly, rather than limiting us to a quarterly program as indicated in the Action Plan.

Marissa recommended that we add some community-based protective factors to lighten up the tone of the Sustainability Plan. Discussion ensued around promoting positive behaviors and celebrating

successes making healthy decisions. We will easily be able to integrate positive language into the Case Statement by indicating what our federal requirements are around the four core measures, and then including in the case statement how Nashua Prevention Coalition intends to translate the requirements into action. Thanks Jan and Monica!

Other Business

Youth Summit -- The coalition is gearing up for another Youth Summit, similarly to what was held a few years ago for youth run by Big Brother Big Sisters and local after school programs. Stay tuned for more details, as the Coalition would like to bring together a group of people to help.

Awards Celebration

Boys and Girls Club -- too many wonderful contributions to list separately. We couldn't do it without you!

Tom Mandra -- all of your efforts with the Silver Knights and volunteering for events

Susan Haas and Donna Smith – providing leadership for Red Ribbon Week/launching SADD Chapter

David Allen -- for leadership and inspiration sharing his story and motivating kids

Ross Desmet -- all his work as School Resource Officer and parent educator

Brenda Hodgkiss – for dedicated service and commitment to prevention substance misuse

Mabel -- Youth Collaborative, Fall Festival, Lock it Up Video, Summer Event at Greeley and Nashua Goes Back to School.

Tom Bouchard -- helped us launch our Lock It Up Campaign through fundraising efforts.

Nashua YMCA -- SADD chapter, NPC Youth Collaborative

Dr. Albee Budnitz -- years of volunteering, facilitating meetings, marched in parades, RRW, etc.

Monica shared the new video with the coalition with the family that actively participated in making the video. Great job everyone! It's really compelling and very well done. A huge thank you goes out to Mabel and her family (Mom, Grandmother, brothers and sister) for participating in our video as an actor, script writer, behind the scenes, and so forth). Thank you treats and certificates were awarded to:

Benjamin (the star)

Benamin's grandmother

Matthew (Y Leaders)

Mabel (Y Leaders)

Sarah (Y Leaders)

SADD Update

SADD Chapters are now operational at both high schools and Elm Street and Fairgrounds. Still waiting for Pennichuck advisor to step-up. Please talk it up among people you know at Pennichuck.

Parent Outreach Efforts

Jan and Betsy met with Nashua School District's PTOs to talk about the Middle School YRBS. The District is planning three regional meetings for elementary school students, and probably two meetings for middle/high schools. One will be planned in Spanish for Spanish-speaking families.

Hope for NH Recovery

Hope for NH Recovery staff will be joining us as speakers for the January meeting. They have recently opened a bricks and mortar Recovery Center in Manchester, and can be a great resource for us.

The meeting ended at 3:55pm, and shifted to a holiday snack celebration. Look forward to seeing you next month! Wishing you all a safe and healthy holiday season and a Happy New Year!

**NEXT MEETING: Wednesday, January 6, 2016, 3pm - 4:30pm at
United Way of Greater Nashua, 20 Broad Street, Nashua, NH**