

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

Meeting Minutes December 5, 2018

Welcome

Kameo Chasse, Janet Valuk, Donna Arias, Betsy Houde, Leah Elliott, Donna Fitzpatrick, Becca Lerner, Sandra Pratt, Mike Apfelberg, Jen Miller, Shayana Owen, Nicole Viau, Albee Budnitz, Dee Gingras, Gail Parker, and Nashua South SADD members Mitzy Duarte, Ainsley Mazerolle, Kaitlin Fitzgibbons, Hailey Dion, Haleigh Swabowicz, Hannah Swabowicz, and Alexis St. Laurent

Minutes of November 7, 2018 meeting were approved unanimously with those who were not present abstaining

Next official meeting: Wednesday, January 2, 2019 will be facilitated by Leah Elliott.

Announcements

Coalition Updates

- The Gratitude Tree Project was launched this week, SADD/youth organizations made ornaments with positive messages, housed at 8 different locations. We've distributed 250 blank ornaments and 300+ ornaments made by youth
- We've had 14-16 attendees at each of the Teen Institute Parent Workshops, with another one scheduled for tonight.
- We have some new carabiners and stylist pens for giveaways at events
- Conducted vaping presentations at Nashua High School South health classes, plans to replicate.
- NPC will be presenting at North and South for the athletes at their pre-season meeting. Discussion on reaching out to BG as well.
- Bringing Breathe NH in for community presentations.
- Kameo will send out the trailer for Beautiful Boy, working to partner for Public Health to show at Chunky's Cinema.

Other Announcements-

- UWGN talked about volunteer opportunities for the students who were present

SADD Update

Nashua South: showed a video of all the amazing events they've done so far this year; they focus on a monthly theme

- **October-** Red Ribbon Week: different activities for each day such as trivia, wear a color, fun games
- **November-** smoke out, juul costume, trivia, 'too cool to juul',
- **December-** will be impaired driving month, drunk goggles, crashed car on the lawn, work with 4th and 5th grade students to have them write post cards to high school students about safe choices, being role models, etc.
- **January-** focus on mental health, yoga, possibly stress relief therapy dogs **February-** self-esteem/teen violence, roses for friends, positive post-it messages
- **March-**volunteerism. Jan suggested doing something for 'kick butts day' on March 20th, Breath NH would be a great resource. Discussion on collecting cigarette butts and discarded juul pods to compare how much is collected.
- **April/May-**prom/fashion show, safe prom habits, safe prom video

Prevention Buddies: Donna spoke about her amazing experience visiting the Nashua South SADD group at one of their meetings

Youth Video Project

The deadline is December 21st to submit team applications and media releases, project is open to the Nashua 6-12th graders. May 15, 2019 is the date for the Chunky's red-carpet event.

Kameo showed the winning middle and high school video from last year.

Upcoming Events

- **Breathe NH, Vaping Unveiled:** will be held 1/17/19, 2/12/19, and 2/13/19
- Jan and Kameo will be away at CADCA for the February, discussion on holding a training that day, possibly cultural competency
- Gratitude tree will be up at the St. Joseph Hospital Christmas event 12/8, 10-noon
- Betsy discussed work that Southern NH Health is starting with AARP

Holiday Celebration & Tacky Yankee Swap

Jan and Kameo gave snowman soup goodie bags to all the coalition members, Yankee Swap was held, and fun was had by all 😊 Happy Holidays!

Meeting ended at 4:25pm

Next meeting is Wednesday, January 2, 2019!

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Coordinator, Kameo Chasse
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Meeting Minutes November 7, 2018

Welcome

Kameo Chasse, Donna Arias, Betsy Houde, Shaun Nelson, Ross Desmet, Sara Ceaser, Linda Lennon, Christie Tourlitis, Albee Budnitz, Jan Valuk, Gail Casey, Mike Apfelberg, Lisa Vasquez, Kurt Norris

Minutes of October 3, 2018 were approved unanimously with those abstaining that weren't present.

Next official meeting: Wednesday, December 5, 2018 will be facilitated by Betsy Houde.

Announcements

Coalition Updates: With the new grant, staff will attend the coalition academy for three individual trainings in March, May, and August

Jan and Kameo updated the group about vaping. They are in discussions to bring Breathe NH to parent open houses in February 2019 for the Vaping Unveiled presentation.

Albee is working to include Nashua on state-wide planning on vaping prevention efforts

Fairgrounds middle school contacted the coalition to bring a vaping training to all middle school parents, please see the attached flyer.

SADD Update

Nashua PAL: Shaun gave an update on behalf of Jayla. They went to pizza places downtown to put the red ribbon week flyers on pizza boxes. A few PAL kids also put prescription medication safety stickers on prescription bags at a local Rite Aid. They passed out red ribbon pins at radiology and OBGYN at SNHHS. Teenagers have been driving the planning and implementation; they planned a community fall festival in the tree streets to discuss substance use disorders prevention messages in a fun way. There were bays of hale and apples everywhere downtown, it was great! There was discussion on the impact this has on both the community and the youth involved.

Gail went to **Elm St. SADD group**, they showed her the bulletin boards, face painting, and red ribbons they distributed. There were 20-30 volunteers excited about helping out, Gail talked to them about how important the work they're doing. There was discussion on SADD branding and ensuring it's clear the work they're doing is all prevention and important.

Betsy spoke about the **Seniors Care** work. She contacted SADD to ask about using the name with a group of seniors and they said no. The group is still working on prevention with kids from the South SADD club.

Christie met with the **Raiders Care Club** from Pennichuck and did some fun work distributing ribbons and messages on red sticky notes. Each advisory was given a passport and got a stamp for each sticky they found, and the winner got a pizza party.

Albee went to the **North SADD Group**, they only had 6 six kids. He asked them a bit about vaping.

There was discussion on use of court diversion for students who have arrestable offenses, a future meeting will be scheduled to have a discussion with NPD, Nashua SAU, and The Youth Council

2018 Red Ribbon Week Debrief

We had over 75 people at Leda Lanes including more than 55 kids, it was a great event. The group went through strengths and areas for growth for next year:

Strengths:

- Leda Lanes
- Kids get a lot out of going to businesses to pass out ribbons

Challenges:

- Business signage
- The banner on Main St has a challenge with other events.
- Need for more supplies

Looking at next year:

- Pass out large ribbons to businesses and on light poles instead of posters
- Look at other locations for the banner, Broad St. Parkway with lights, rotary by school, West Hollis St.
- Magnetic red ribbons for city vehicles
- Visibility inside and outside city buses

Other Business

1. Betsy will send Kameo information to be the first coalition member spotlight
2. 2018-2019 Youth video project is rolling out with a red ribbon week theme 'Life is your journey, travel drug free'. Kids will submit 60 second videos. Kameo showed the professionalized middle school and high school videos from last year's contest. They will start at Chunky's this week.
3. The coalition moved forward with a video advertisement at Chunky's movie theater instead of the partnership with the Nashua Silver Knights this year.
4. Gratitude Tree Project is starting up again. The goal is to expand it to more locations this year. Kameo has the group put positive sayings on ornaments as a quick activity. Interested in having a Gratitude Tree at your business or organization? Reach out to Kameo!

Kameo passed out the Meeting Satisfaction Survey and In-Kind forms.

Closing/Upcoming Events

- Teen Institute parenting class is scheduled for tonight, they have 18 signed up, thank you to SNHH for sponsoring the workshop series
- Breathe NH Vaping presentation, Lisa Gingras planned for a presentation with Health and PE teachers 1/9/19
- Celebration of the anniversary of Safe Stations is November 15th, at 4pm at the East Hollis St. Fire Station
- Discussion on holiday celebration for December meeting, Kameo will send out information.
- Elm St Middle school has a health and wellness event 3/14 6-8. Kameo and Jan can't go, looking for volunteers to work at the table. It's well attended. Linda Lennon agreed to be the coalition representative.

Meeting ended at 4:25pm

Next meeting Wednesday, December 5, 2018!

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Coordinator, Kameo Chasee
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October 3, 2018 Meeting Minutes Nashua Prevention Coalition

Welcome

Kameo Chasse, Donna Arias, Betsy Houde, Leah Elliott, Donna Fitzpatrick, Becca Lerner, Christie Turlitis, Albee Budnitz, Sara Ceaser, Dee Gingras, Jen Miller, Nicole Viau, Jessica Hillman (Greater Nashua Public Health), Gail Casey, Kurt Norris, Liz Fitzgerald, Alexis St. Laurent, Hannah Swabowicz, Lisa Vasquez, Janeth Orozco Sanchez, Katherine Gloucester (The Nashua Telegraph), Rosemarie Dykeman, Shamera Simpson (American Foundation for Suicide Prevention), Schama Sako (Boys and Girls Club), Amaya Rivera (Boys and Girls Club), Johnnie Peebles III (Boys and Girls Club)

Minutes of September 5, 2018 were approved unanimously with those abstaining that weren't present.

Next official meeting: Wednesday, November 7, 2018 will be facilitated by Leah Elliot.

Announcements

Coalition Updates:

1. The Youth Video Project Sub-Committee Meeting met a few weeks ago to finalize this year's theme and guidelines. The project will be rolled out in the coming weeks so youth can get a jump start on the project.
2. Nashua YMCA Leaders and Nashua Prevention Coalition are teaming up with Teen Institute on October 17th from 6:30-8pm at the YMCA to provide a substance misuse prevention workshop for middle and high school youth.
3. Kameo reviews the Meeting Satisfaction Survey each month – Kami mentioned limiting side conversations as quite a few people noted the distraction of them at the last meeting.

Southern NH Health launching Senior SADD: After hosting a recent Senior Supper with NPC sharing their Lock It Up Campaign videos, Take Back Event and safe disposal methods, Kami and Betsy brainstormed the idea of shifting SNHH's Senior Supper to be a Seniors Against Destructive Decisions group starting with their October meeting. Six total dinner meetings will be scheduled for this year. The group loved the idea of having a multi-generational activity and thought it would be a great option to train at CADCA if we can develop good measurable outcomes. Stay tuned for more information!

Koop Summit: Albee gave an update on the Koop Summit, sharing about the presenters and the issues with electronic nicotine devices (JUULS/vaping/etc.) Breathe NH will be able to do another training.

Salvation Army Christmas Sign Up: starting soon Tuesday/Thursday English and Wednesdays in Spanish. Times are 9am-12pm and 1-3pm. See Rosemarie for details.

National Lights on After School Event slated for October 25th to honor after school programs available for young people. This year 21st Century is hosting an event at Riverwalk Cafe on October 24th to showcase why the program has helped them, too.

Mayor's Opioid Task Force meeting tomorrow at 9:30am at City Hall Auditorium — first and third Thursday of each month. Please see Lisa if you'd like to be added to the mailing list.

Boys and Girls Club Presentation

Janeth Orozco Sanchez came to present with three outstanding Club leaders Amaya Rivera, Johnnie Peebles III, Schama Sako. Students completed two videos — a Keystone Video and Middle School Video. Lisa facilitated two trainings in tobacco prevention and distributed rules and regulations to tobacco vendors. They also worked on efforts related to suicide prevention, substance misuse and mental health. Photo Voice Gallery was also held at Nashua Public Library.

Leadership — A summer activity brought teens to Teen Institute Summer Leadership Program, which helped students learn hands on through skits and other activities. They participated in the Mirror Project with Nashua Police Department to learn what it's like to be in the police shoes when a teen is giving them attitude when it's not needed, which makes their jobs harder. Johnnie said that they are trying to build strong connections with the police and that they care about teens.

Gail Parker from the DEA brought in agents to speak to their teens about making good choices around getting involved with drugs and cartels etc. They went to the court house to see what it's like to have someone detained, and such. With their SMART leaders for Red Ribbon Week, they've made 500 Ribbons and are looking to distribute them to community partners.

Prevention Buddy

Kami reminded the group that we need to engage a Prevention buddy for each of our SADD groups. She sent around a sign-up sheet now that we have all of the dates/times for each location.

The following people signed up during the meeting:

Pennichuck: Christie Tourlitis

Elm Street: Shamera Simpson, Jen Miller, Gail Casey

Fairgrounds: Liz Fitzgerald, Gail Casey

Nashua High School South: Lisa Vasquez, Donna Fitzpatrick, Gail Casey

Nashua High School North: Albee Budnitz, Donna Fitzpatrick

Nashua PAL: Kurt Norris

Boys and Girls Club: _____

SNHH Senior SADD: Nashua High School South Students

2018 Red Ribbon Week

Lots of people have been signing for the **Tuesday, October 23rd 5:30pm-7:30pm Red Ribbon Week kick-off** event at Leda Lanes in the Glow Bowling Building. We will have a proclamation from the Mayor. October 12th is the deadline to register.

Kami created a one-pager for all community events related to Red Ribbon Week as a reference for members. We are using #nashuaredribbonweek #nashuacares

We are all set with flyers at three pizza places. School guidance counselors all have RRW posters and stickers and have supplies for their schools. The High Schools and Elm Street had resource tables at their open houses about NPC and RRW, as well. After school programs are invited to create their own t-shirt contest.

Nicole will also put red ribbons on each of the name tags at the Public Health Conference on October 10th.

Messages of Hope

Betsy shared a project they are working on at Southern NH Health, collecting inspirational messages of hope that will ultimately be given to people enrolling in their behavioral health services. She invited everyone to take one of the cards to add a message at the end of the meeting. Please return all cards to betsy.houde@snhhs.org or Betsy Houde, SNHH, 21 East Hollis Street, 3rd floor, Nashua, NH 03060. Thank you!!

Upcoming Events

Salvation Army Applefest – *October 6th and 7th*

Public Health Annual Conference – *October 10th*

Red Ribbon Week – *October 23rd-31st*

Safe Stations Summit — *October 25th*

PAL Fall Festival — *October 19th*

Dash for Recovery 5K— *October 7th*

DEA Take Back Day — *October 27th*

Staying Connected with Your Teen — coming up in November at Arlington Street Community Center.

Kami passed out the Meeting Satisfaction Survey and In-Kind forms.

Meeting ended at 4:10pm

Next meeting Wednesday, November 7, 2018!

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Meeting Minutes September 5, 2018

Welcome

Kameo Chasse, Sandra Pratt, Janet Valuk, Donna Arias (The Youth Council), Kim Kleiner, Betsy Houde (Southern NH Health), Leah Elliott, Donna Fitzpatrick, Becca Lerner, Christie Tourlitis, Albee Budnitz with Med Student Joe, Sara Ceaser (United Way), Gail Parker, Mike Apfelberg, Dee Gingras, Jen Miller, Nicole Viau, Linda Lennon, Donna Smith, Todd Ayer, Susan Haas, Julie Yerkes, Larry Harding and Rosemarie Dykeman.

Welcome Donna, Sara, Linda and Todd!

Minutes of August 1, 2018 were approved unanimously with those abstaining that weren't present.

Next official meeting: Wednesday, October 3, 2018 will be facilitated by Sue Haas.

Announcements

1) We got the DFC grant for 2019-2023! This \$625,000 over 5 years will enable us to continue our work. We're going to start working on all of the things we want to accomplish in the coming year starting with the Youth Risk Behavior Survey. Jan gave some background of the DFC process for the coalition, and she announced that CAST in Milford got their first grant! Congrats to Monica.

2) Parenting Workshop with Teen Institute — offering Staying Connected with Your Teen in 9 communities around NH as funded by the Bureau of Drug and Alcohol Services. Julie will be offering the class at the Arlington Street Community Center. This free 5-session program will run on Wednesday nights starting November 7th from 5:30 (dinner) to program (6-8pm). More info available at jyerkes.ti@gmail.com. Julie is happy to meet with people ahead of time to ease any parents' anxiety, etc. about joining a new group.

3) Salvation Army Block Party this Friday night from 6-9pm. Also, they're hosting Apple Fest again on Columbus Day Weekend. Volunteers are needed. Please see their Facebook page for details.

SADD/Care Club Update

Kami has been out meeting with SADD reps from both high schools, middle schools and some of the after-school programs. Kami talked about the "prevention buddy" concept of being connected to a SADD club so we can have a stronger bond. At each meeting, there will be a different SADD presentation at Coalition meetings.

2018 Red Ribbon Week

This year it's October 23-31st, with a goal of targeting all 12 sectors. Jan shared folders chock full of information about Red Ribbon Week. Tools included a script to approach businesses, index cards to flag businesses with reader boards. United Way is targeting reader boards until their September 22nd event, and would appreciate if we wait until after the 22nd to engage them in our activity. It's also important for us to target faith communities and Kami included a sample handout for faith leaders. They are presenting to the Nashua Area Interfaith Council in early October.

Tuesday, October 23rd 5:30pm-7:30pm Red Ribbon Week kick-off event at Leda Lanes in the Glow Bowling Building. Kim is working on getting another proclamation from the Mayor, which will hopefully be presented at Leda Lanes.

Wednesday, October 24th — they'll have a table at the Cafeteria at Southern NH Health 11-2pm, and Friday, October 26th at St. Joseph's giving out red ribbons right near the cafeteria to employees and visitors.

DEA Take Back Event — On Saturday, October 27th they'll be giving out resource bags to people dropping medications at the Department of Public Works through the official Take Back Event. If any coalition members have information they'd like to include in the NPC bag, please let Kami know.

Red Ribbon Week Banner — will be going up on October 16th downtown across Main Street. It's been repaired since last year (with vents) so should stay up the whole amount of allotted time. Youth from First Church will be putting up red ribbons along the poles downtown.

Social Media Campaign — please use #NashuaCares and #NashuaRedRibbonWeek on all pics

Brainstorming more RRW ideas:

- Approach local pizza places to see if they'd be able to put a sticker on pizza boxes with detail about RRW and what it means.
- Sue shared that they used to have baskets of Red Ribbons available at the school open houses at the end of September as an informational reach out to parents.
- Finding a way to link animal causes to Red Ribbon Week — Pugs not Drugs — have bandanas made with our RRW hashtag so people can post pics back to our site. Maybe connect with Veterinarian offices and groomers to sponsor bandanas that we can give out.
- Brand soap and shampoo with stickers with the Red Ribbon Week message — Todd was encouraged to approach local hotels and bring them back to us to give out at NSK.
- Dentist offices could put information in the little bags with toothpaste.
- Kim mentioned the Citizens Flag Pole outside of City Hall. If we can have a flag raised, it could be on display all week.

- Nashua Police authorized their officers wearing red ribbons on their uniforms. This year, the SADD students will make the ribbons to give out to local businesses. (1500+ in 2017).
- Could we get a table at the IDN Health Conference? It's the October 10th Public Health Network conference.
- PAL did a great activity where a youth designed a RRW t-shirt, which was printed by Mint Printworks. Kids that signed the pledge at PAL got a free t-shirt.

Coalition Spotlight

Kami is working on developing a social media feature on coalition members where they can have a little blurb on NPC social media pages about their years of involvement, and so forth. A sign-up sheet was sent around.

Upcoming Events

- Youth Video Project Subcommittee Meeting — September 19th at 3pm.
- Safe Stations Summit — October 25th
- Out of the Darkness Walk for Suicide Prevention will be held on September 22nd. See Jen Miller for details. She will send a flyer to Kami to share.

Kami passed out the Meeting Satisfaction Survey and In-Kind forms.

Meeting ended at 4:20pm

Next meeting Wednesday, October 3, 2018!

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

Meeting Minutes August 1, 2018

Welcome:

Kameo Chasse, Nancy Keyslay, Albee Budnitz, Janet Valuk, Christie Tourlitis, Rosemarie Dykeman, Gail Parker, Kurt Norris, Jen Miller, Sandra Pratt, Shayana Owen and Betsy Houde.

Everyone introduced themselves with a story of how they are inspired by our mission. It's a privilege to be connected to such a wonderful group of committed and passionate people. Thank you all!

Minutes of June 6, 2018 were approved unanimously with those abstaining that weren't present.

Next official meeting: Wednesday, September 5, 2018 will be facilitated by Sandra Pratt.

Announcements:

Brazil Fest — Sandra shared information about the event from 12-7pm at Greeley Park on Saturday, August 25th. This is a fundraiser for LIHFA, Jared Barbosa's organization, which is the youth soccer organization to help them participate in soccer if their families can't afford it. Vendor spots are available for \$150 each for a 10x10 tent, all the way to \$2000 for a Platinum Presenting Sponsor.

NH Teen Institute — 2019 Leaders in Prevention Dates have been announced: January 18-20, February 15-17 and March 15-17. Kami will share the information with our SADD advisors to see if any of the teams might be interested in attending.

They recently provided a training for 90 of our summer school youth which went really well — two groups of 45 youth. We are also working with them to potentially host a parenting workshop sometime in the fall, perhaps during Red Ribbon Week.

Betsy's Transition — Betsy announced that Friday is her last day at The Youth Council, and she is planning to transition to Southern NH Health System later this month. It appears that Betsy will continue to attend Coalition meetings under the umbrella of SNHHS.

Coalition Updates:

CADCA

Christie shared about her experience at CADCA and attended numerous workshops including sustainability, marketing, and the importance of an elevator speech. Christie learned lots about Drug Free Workplaces including that 23% of the workforce uses pain meds non-medically.

Jan indicated that there was a large focus on Adverse Childhood Experiences and how coalitions can help to prevent them. She attended a session on SBIRT and came back with lots of ideas around how to partner with primary care docs, school nurses and others. Adding our information to local businesses and health care settings is key.

Funding:

We received a \$1200 grant from Nashua West Rotary, Heather from Fancy Nancy raised \$2724.96 for the event OTE Event, which we get to keep \$2179.96 as our share. The Mayor's office donated \$500 which was a great surprise and the Silver Knights Game helped us raised \$188 for the raffle, despite the bad weather.

Wal-Mart offers community grants at the local level which are due in December. Rosemarie referenced the Bishop's Fund out of the Archdiocese of Manchester as an option to explore.

Youth Collaborative:

SADD Advisors for 2018-2019

The Steering Committee reviewed the SADD advisor structure for the upcoming year. We hope to attach a "prevention buddy" to each of the SADD groups to help foster communication. At each coalition meeting between October and June, we'll also have one SADD advisor to give a brief 10 minute presentation about their plans for the year. They're doing phenomenal work, but we don't often get to hear the details that will keep the coalition engaged in this project.

Youth Video Project Update

After our May event, the winners worked with Pearl Marketing to professionalize their videos. Matt Gosselin is going to edit them to make them a little more advanced, and then they will be shown as commercials. Mike Apfelberg offered to allow us to use their advertising slot at Chunky's to promote the videos. In addition, it was decided to hold the YVP EVERY year rather than every other.

The group was invited to brainstorm themes to use for the upcoming year — with the goal of having fewer themes that are broader, so the purpose is more easily understood by the groups. We'll also add more specific guidelines. At the same time, new students in SADD will also fill out a NPC media release at the beginning of the year, so we can use their photos during the whole year!!

Ideas included:

- JUULs — "Everyone else is doing it!"
- Nashua Cares
- Mental wellness/coping skills
- It's okay to express yourself/feelings
- What is prevention/how can I be involved?

Social Media:

New Futures did an audit of our social media efforts to help us better utilize social media to get the word out in the community. Kami created a *private* Facebook group to help members share information and connect among each other.

At the same time, Kami is asking each member to invite friends to “like” our outward-facing page to broaden our network and our impact. We also want to include younger members, so if any of us have connections with outstanding young people, please bring them along!

Kami would also like to include a “Member Snapshot” on Facebook monthly or so, but only if a member is comfortable having a blurb and their photo included.

Upcoming events:

- National Night Out — August 7th at the Boys and Girls Club
- Walgreens at Main/Otterson Street — August 9th — partnering with DEA and their sticker project teaching people how to dispose of medication safely.
- Photo Voice Gallery — Friday, August 17th — collaboration with PAL and Boys and Girls Club at Nashua Public Library from 1-4pm. Theme is “Dear Future Me”. Please attend!
- Red Ribbon Week — October 23-31

Please note, Thursday, August 23rd is the Back to School night where families can get free school supplies. Please remind your families about the opportunity to participate. We will not have a table.

Kami passed out the Meeting Satisfaction Survey and In-Kind forms.

Meeting ended at 4:30pm

Next meeting Wednesday, September 5, 2018!

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[bhoud@theyouthcouncil.org](mailto:bhoude@theyouthcouncil.org)

Meeting Minutes June 6, 2018

Welcome

Nicole Viau, Kameo Chasse, Audra Burns, Albee Budnitz, Janet Valuk, Christie Tourlitis, Dee Gingras, Rosemarie Dykeman, Ainsley Mazzarole, Gail Parker, Shayana Owen, Alexa St. Laurent, Donna Fitzpatrick, Betsy Houde and special guest Kim Coronis from Breathe NH.

Minutes of May 2, 2018 were approved unanimously with those abstaining that weren't present.

Next official meeting: Wednesday, August 1, 2018 will be facilitated by Albee Budnitz.

Vaping Unveiled Presentation by Kim Coronis from Breathe NH. Kim talked about the history of vaping, e-cigarettes, health concerns, products currently being used by teens, NH policies and resources. Originally vaping was developed by a pharmacist in China to get his father to stop smoking in 2003. Introduced to US in 2007, and in 2008, they were determined to NOT assist with smoking cessation. NH's policy was created in 2010 saying they can't be sold to minors under age 18. Recent legislation requires that starting in August, all vaping needs to have nicotine warning labels on it. One name brand named JUUL has come to the attention of authorities and are being explored in more depth. Flavorings, etc. convert water vapor to aerosol, so it's harmful. The size is now significantly smaller than a few years ago to prevent detection. Vape pens are disposable. They now have vaping expos and "cloud chasing" contests with prizes for those exhaling clouds. People are now pouring other substances on the heated coil and inhaling, which is not how they were meant to be used.

Nicotine is also used in insecticides! The danger comes from the quick delivery system and appealing flavors. In traditional cigarettes, the only flavor they could have is menthol. Now with vaping, there's a wide variety of flavors appealing to teens. Teen brains are uniquely susceptible to nicotine in brain development.

Certain flavorings HAVE been approved by the FDA, but it's for a FOOD product to be ingested. They are NOT approved to be inhaled, which can cause popcorn lung — a group of workers from a popcorn plant had pulmonary problems from inhaling the artificial butter flavor that goes into popcorn back in 2000.

In 2016 more than 2,000,000 middle and high school students vaped at least once in the past 30 days!! The coalition also has local data from our YRBS collection. The vast majority of teens think that there is JUST flavoring in the vaping devices, not realizing that there's harm. Kim shared NH YRBS data for 30-day use and ever used based by age, grade and race/ethnicity.

Kim shared different types of devices with us and indicated that 1 JUUL pod (200 puffs) contains an amount of nicotine equal to a pack of cigarettes. They now also make delivery systems that look like rescue inhalers and use colored packaging that appeal to young people. There is also a wide array of offshoot products that include clothing and accessories that hide the devices.

NH Policies

RSA 126-K Youth access to and use of tobacco products section 126-K:2
HB1541 — Prohibits sale of e-cigs and liquid nicotine to minors since 2010.

Catch my Breath Global Foundation has a curriculum for 6-12th graders with 4 lessons that last 35-40 minutes and is available to school districts throughout NH.

You CAN get second hand smoke damage from vaping devices. While you won't smell tobacco, you'll get a burst of bubble gum or cinnamon smell that is probably not a body spray. It's more likely to be exhaled vapor.

Real Teens Talk Vaping — great video created by youth for parents to help them understand the prevalence.

Announcements

Over the Edge Fundraiser - So far, Heather has raised over \$1,557.54 to rappel, with the goal of raising \$2400. Please donate directly through the United Way's web platform or give cash or checks to Mike specific for the OTE event.

Nashua Silver Knights appreciation night for coalition members is **Tuesday, July 10th** at 7:05pm. **There will be NO JULY meeting.** There will be room for 25 people. Please let Kami know if you want tickets or if you took a ticket and can no longer make it, please let Kami know. There will be some food provided.

Fundraiser at Silver Knights is Friday, July 27th at 6:45pm— Princess Night. Volunteers are needed to help with the 50/50 raffle. Please let Kami know ASAP if you're able to volunteer. Kami has 70 tickets left for the game. Each ticket is \$6.00, and NPC gets to keep half. If you can purchase and donate tickets or sell tickets, then please contact Kami directly.

Youth Video Project - A huge shout out to Kami for putting together our first Red Carpet Event! Five videos were shown — three middle school and two high school. A total of 93 guests attended. Special remarks were made by DFC Project Officer Abner Garcia Lopez and Mayor Donchess, as well as Pearl Marketing's Amanda Schneck and Matt Gosselin. Our panel of judges voted for the following winners:

High School — Ethnic Force - Nashua North
Middle School — The Human Society — Pennichuck

Pearl Marketing will work with the groups over the summer to refine the message and produce the final videos.

Kami got a very kind email from an Elm Street parent whose daughter participated in their school's video. She also sent out a survey to advisors to collect input, with the biggest takeaway that it should be done every year rather than every other year.

Photo Voice Gallery

Nicole presented on Public Health's project around how Nashua's youth have drug free fun called "Dear Future Me" Friday, August 17 at Nashua Public Library from 1-4pm.

Also, on July 20-July 21 there will be a training on Train the Trainer for young adult suicide prevention through NAMI at the Arlington Street Community Center.

Congratulations Albee for receiving the Outstanding Achievement Award from the NH Governor's Council on Physical Activity and Health. So glad to have your expertise in our coalition!!

Kami passed out the Meeting Satisfaction Survey and In-Kind forms.

Meeting ended at 4:25pm

Next meeting Wednesday, August 1, 2018!

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



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Nashua Prevention Coalition

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Meeting Minutes May 2, 2018

Welcome

Lisa Vasquez, Nicole Viau, Kameo Chasse, Audra Burns, Albee Budnitz and med student Chinwe Echeazu, Janet Valuk, Donna Fitzpatrick, Ross Desmet, Gail Parker, Shayana Owen, Nancy Keyslay, Rebecca Lerner and Betsy Houde.

Minutes of April 4, 2018 were approved unanimously with those abstaining that weren't present.

Next official meeting: Wednesday, June 6, 2018 will be facilitated by Albee Budnitz. Thanks Albee!

Announcements

Over the Edge Fundraiser is coming up on Friday, June 29th. We've been invited to participate with United Way. So far, Nancy Keyslay's stylist Heather has raised over \$800 to rappel, with the goal of raising \$2400. Please donate directly through the United Way's web platform or give cash or checks to Mike specific for the OTE event.

Vaping Presentation will be during the June meeting by Breathe NH. Please plan to attend! This will give us all great baseline information about the issues with vaping.

Grant Update: The team has submitted a grant to Nashua West Rotary to help with our Youth Summit. Nashua Rotary is going to be asked for support for a Lunch and Learn session with employers, and we just learned about an opportunity to apply for funds with Conway Arena.

Upcoming Programs

Vaping Forum — The following team will be at Nashua High School South next Wednesday to sit on a panel for a student giving a presentation on vaping: Dr. Budnitz, Kameo, Keith Richard, SRO Shaun Mailloux. Thanks for your participation and support. Thanks Lisa and Gail for agreeing to attend.

Senior Citizens Academy — Jan and Kami will be presenting at Nashua Police Department in May about our Lock It Up Campaign and other initiatives.

Nashua Silver Knights has offered a suite night in appreciation for our sponsorship efforts. **Tuesday, July 10th** is the selected day to attend the Silver Knights 6:45pm game. Save the date! There will be room for 40+ people.

Friday, July 27th is Princess Night again, and that's the Coalition's night to host the 50/50 raffle. **There will be NO JULY meeting.**

Youth Video Project

One hundred people have RSVP'd so far to the Red Carpet Event! Five videos will be shown. Coalition members that need scholarship assistance to cover their meal can let Kami know, as we do have a few extra meals paid for by our donor. All other coalition members will cover their own meals. Donna and Betsy agreed to arrive at 4:45pm to help with registration.

We helped Kami create a video, "We are the Nashua Prevention Coalition and we spread positivity by working together!"

Sustainability

Kami presented a Sustainability Chart breaking down approximate costs of coalition activities if we needed to bundle them to pursue individual funding and asked us to prioritize them based on effectiveness and viability.

Several different ideas were discussed, trying to prioritize those activities where we get the most impact with the most affordable contribution

—Parent trainings - internet safety education around social media would be very valuable.

—Red Ribbon Week — could get more people involved and broaden the impact

—YRBS — continue to get Middle School data to help agencies use the info for grant proposals, etc.

Kami passed out the Meeting Satisfaction Survey and In-Kind forms.

Meeting ended at 4:25pm

Next meeting Wednesday, June 6, 2018!

Meeting Minutes April 4, 2018

Welcome Leah Elliott with Alivia Shattuck, Alexia St. Laurent, Hannah Swabowicz (SADD students), Audra Burns, Mike Apfelberg, Betsy Houde, Bonnie Duquette (Nurse Practitioner student), Albee Budnitz, Rosemarie Dykeman, Janet Valuk, Shayana Owen, Gail Parker, Christie Tourlitis, Dee Gingras, Jen Miller, Shannon Sholds, Kurt Norris, Nancy Keyslay, Rebecca Lerner, Stephanie Wolf-Rosenblum, Lisa Vasquez and Kameo Chasse

Minutes of January 3, 2018 were approved unanimously with those abstaining that weren't present.

Next official meeting: Wednesday, May 2, 2018 will be facilitated by Albee. Thanks Albee!

Announcements Parking Update Please do NOT park in the lot adjacent to the United Way building. We take spaces that the other tenants need for clients and such. There's space opposite Goodales and in front of the building on Broad Street.

Over the Edge Fundraiser is coming up on Friday, June 29th. We've been invited to participate with United Way. Nancy Keyslay has offered stylist Heather to rappel this year, with the goal of raising \$2400. Please donate directly through the United Way's web platform or give cash or checks to Mike specific for the OTE event. Last year we netted over \$1700.

Nashua Silver Knights has offered a suite night in appreciation for our sponsorship efforts. Tuesday, July 10th is the selected coalition appreciation day to attend the Silver Knights 6:45pm game instead of having a July meeting. Save the date! There will be room for 40+ people. Friday, July 27th is Princess Night again, and that's the Coalition's night to host the 50/50 raffle. Volunteers are needed. See Kami for details.

DFC Grant application has been submitted for the next 5 years! Thanks to Betsy and Mike for efforts writing the narrative and getting all of the required paperwork together, and to Elyssa, Donna and Stephanie for editing. We won't find out the results until September, as the new funding year starts October 1, 2018.

DEA 360 is the community-based program to help reduce youth substance use, primarily in the Manchester region. Gail Parker described a bit about the program and their goal to bring it to Nashua. She's been working with the Nashua Boys and Girls Club introducing 5th graders to dance/arts. On May 17th, they are hosting a prevention night at Fisher Cats stadium.

Youth Collaborative SADD Update— NORTH Given the number of snow days, North students have asked to meet Wednesdays AND Fridays to ensure they remain active. They're currently working on having safe prom days to ensure substance free events and safety plans are in place.

SADD Update — SOUTH The state's accreditation team just came to visit South to help the school continue with its accreditation. Five of our SADD students set up a table to meet with the state team, who were impressed with what the students have been working on. They recently finished videos for the Youth Video Project and are now working on prom safety to increase the fun in a safe manner.

The question came up about the high number of female students involved with SADD, but the ratio of boys was much smaller. Going forward advisors will put more effort into engaging coaches and other leaders that have ongoing contact with males to encourage participation. It was also suggested to recruit from students needing service hours for honor societies and others, while ensuring that participants are invested in the goals and activities.

Youth Video Project Twenty-four applications were submitted with their intent to participate, and 18 videos were submitted by the deadline. Given that some of the submissions were not appropriate (dark themes that didn't follow our guidelines), the Chunky's red carpet event on May 16th will be scaled back a bit. As of today: • Doors will open at 5pm for entry, red carpet photos and networking. • Dinner served at 6:00 • Presentation to begin at 6:15pm.

It will be a great community event! Please note that funds from Finlay Foundation will cover food cost for youth participants and parent/guest but coalition members will need to pay approximately \$15.00 each for their meal if they choose to eat. Kami is working with Chunky's to narrow the menu to a handful of choices.

Shannon described the video that she is developing to capture ways that adults can express positivity throughout the community. Additional volunteers are invited to participate. Mike Apfelberg and Betsy Houde offered to participate.

Vaping Forum Jan shared an update about the successful vaping forums that they did at the high schools, which were well received. Albee mentioned a new product called a Sourin, which our SADD members described as a rectangle and tear-dropped cartridge to hold vape juice. Albee will share more after a workshop next week.

Sustainability Kami presented the notion of sustainability if we do NOT get the next DFC community grant.

- We agreed that the data from the Middle School YRBS is critical to helping us know where to focus our efforts and where kids are struggling.

- Stephanie pointed out that the collective work of local organizations like Safe Stations, Harbor Homes, Southern New Hampshire Health, and the Coalition has provided some level of stability with regard to overdoses, while the rest of the country has increased by over 30%.

The group agreed to take a closer look at: • What are we doing? • What does it cost? • What is the impact? • Who should be interested or willing to take it on? The group identified the need to make sure additional partners are engaged early on so we're not scrambling at the last minute. Having a single funding source is a luxury, and we need to think about breaking out our different activities as a one-lump sum for different partners to support.

Jan reminded the group that Nashua Prevention Coalition is now the “go to” organization for substance misuse prevention education in the community. Our visibility has increased significantly, and we’ve been recognized by the Mayor and both hospitals.

Next steps — take our 2019 action plan and carve out highest priority activities and attach price tags, etc. Kami will put together a format for us to discuss at next month’s meeting.

Meeting ended at 4:28pm

Next meeting Wednesday, May 2, 2018!

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Meeting Minutes January 3, 2018

Welcome

Lisa Vasquez, Laurie Gentile, Dee Gingras, Albee Budnitz, Christie Tourlitis, Laurie Gentile, Kameo Chasse, Stephanie Wolf-Rosenblum, Kurt Norris, Elyssa Clairmont, Alivia Shattuck and Alexis St. Laurent (SADD Students), Mike Apfelberg, Rosemarie Dykeman, Susan Haas and Betsy Houde

Minutes of December 6, 2017 were approved unanimously with those abstaining that weren't present.

Next official meeting: Wednesday, March 7, 2018 will be facilitated by Leah Elliot. Thanks Leah!

Announcements

Rivier Intern, Shannon Sholds, will be joining us for this next semester! Please help her feel welcome.

Finlay Foundation is awarding us a grant of \$3000 to help with the Youth Video Project. This is great news and will enable the Middle School PSA winners to work with Pearl Marketing similar to the High School students.

Vaping Presentations have gone well for students at Nashua North. Weather cancellations shifted the date for the final workshop. Albee, Kami, Leah and Becca will be doing a presentation on February 19th to teachers and school staff. Alivia and Leah shared that at the National Smoke Out Day, Nashua South SADD did a cafeteria presentation. Administrators are working on informing students of the policies around vaping devices, as they are being confiscated upsetting students and parents. Connecting with parents will be an important next step.

YRBS Middle School Results will be presented to District principals on January 9th at 3:15pm at Nashua South, and on January 8th, the team will be presenting to the Board of Education at 7:15pm at Nashua North Board of Ed meeting room.

Mission and Vision Change — The group agreed to switch the phrasing around to read: To prevent and reduce substance use for children and teens through increasing awareness, education and community involvement.

The current phrasing of the Vision was affirmed as fine as is.

Amplify Activity —

Social Media

Kami is planning a brief 15-minute social media training at the end of the March meeting for people that want to learn more about Instagram, Twitter and Facebook and how to use those to promote the coalition's goals. We will also be looking to create a Media Subcommittee to take a closer look. Kami also announced that she would also like to see Member Snapshots that we can promote through social media to help build awareness.

SADD Groups

Kami presented that the Action Plan going forward includes more opportunities for accountability and recognition going forward. There are currently 15-18 students at South, mostly freshman and sophomores. Overall there appears to be more girls and boys, and more underclassmen. It was suggested that we approach Clearway Alternative High School to identify whether they would be interested in launching a SADD group.

Grant Work

We were fortunate to get an advance copy of Nashua's combined YRBS for North and South. That enabled Betsy and Kami to review multiple data points to see where we have made improvements and where things are raising concerns. In terms of the pending DFC grant application, the data of greatest concern will be included in the Logic Model and Strategic and Action Plan. The areas where we have made significant improvements will be showcased in the narrative.

The group had lots of feedback about the data and how to best describe our local conditions and develop strategies with measurable results and corresponding data points. Kami announced that the **January Steering Committee meeting set for 1/24 at 3pm** will be devoted to further refining our Logic Model and Action Plan and invited all members to attend. An **additional meeting date of 1/31 at 3pm** was also announced in the event we need more time to review and refine. We expect the funding announcement to be released in mid-January.

Meeting Satisfaction survey

Kami handed out the Meeting Satisfaction Survey for today's meeting and asked people for honest feedback. 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.

See you January 24th at 3pm!

Meeting ended 4:24pm

