

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
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Consultant, Betsy Houde
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Meeting Minutes December 6, 2017

Welcome

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

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

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

Announcements

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

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

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

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

YRBS Results: Jan passed out the *Middle School* YRBS (7th and 8th grade) results in a one-pager format that she, Jan and Betsy worked on. We've been invited to share the results with the Principals on January 9th and the Nashua School Board on February 12th. Members noted improvements in 30-day use across all substances as well as significant decreases in use among 8th graders as compared to 2015. The powerful influence of peers was also highlighted with the concern that 8th graders' peers think

using substances is *less wrong* than the 7th graders’ peers. We are still concerned about the level of students expressing signs of depression and/or thoughts of suicide or attempts to hurt themselves.

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

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

<p>Red Ribbon Week:</p> <ul style="list-style-type: none"> • Utilize the SADD/Care Clubs more • Engage other youth organizations to support Red Ribbon Week like Big Brothers Big Sisters, Girls Inc, etc. • Have a contest among local businesses around the Red Ribbon Week Theme • Connect schools/youth with the rest of the community • Introduce Arlington Street Community Center to Red Ribbon Week, as they are a new facility • Red Ribbon Week Parade – can we bring it back? 	<p>Hairstylist Resource Cards:</p> <ul style="list-style-type: none"> • Display in bathrooms around community <ul style="list-style-type: none"> ○ Mall ○ Dunkin Donuts ○ Restaurants ○ Churches ○ Main Street Businesses ○ Dressing Rooms • Enlarge – 8.5 x 11 (easier to view) • Add phone numbers near QR codes • Create automatic social media posts that inform community of specific organizations on card • Include Barber Shops • Create in another language
<p>SADD/Care Clubs:</p> <ul style="list-style-type: none"> • Accountability – mini videos after meeting • Reviewed BOLD – <ul style="list-style-type: none"> ○ Monthly dance ○ Mentor younger youth ○ Newsletter ideas • Use monitors to broadcast messages to entire school • Identify incentives to increase youth participation <ul style="list-style-type: none"> ○ College application appeal ○ Sign-in/benchmark to recognize participation ○ Get as much media exposure for youth to share with recruiters 	<p>Lock-It Up Campaign:</p> <ul style="list-style-type: none"> • Create PSA video in another language • Share information and educate through social media outlets • Use nontraditional venues to advance the information <ul style="list-style-type: none"> ○ Waiting rooms at dentist and doctor ○ Bathrooms • Hand out information flyers <ul style="list-style-type: none"> ○ Market Basket Grocery Bags ○ Realtors at showing • Share PSA at movies or prior to school performances

<ul style="list-style-type: none"> ○ Students need to show engagement and will then get invested in the group ● Have 2-3 different options for involvement for positive fit ● Coordinate 1 collaborative event per semester 	<p>Social Media Presence:</p> <ul style="list-style-type: none"> ● Look at determining our audience ● Look at intended purpose ● Paths <ul style="list-style-type: none"> ○ Self-serving – promoting Coalition ○ Mission – actual Prevention work ● Utilize SADD/Care Clubs <ul style="list-style-type: none"> ○ Connect youth to NPC Facebook/Instagram ○ Have youth help promote/share ○ Create SADD Social Media Sub-Committee that Coalition Member facilitates ● Content <ul style="list-style-type: none"> ○ Youth Friendly
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Meeting Satisfaction survey

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

Nashua High School Vaping Presentations

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

ATC Rules Under Discussion

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

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

Meeting ended 4:34pm

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

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Nashua Prevention Coalition November 1, 2017

Welcome

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

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

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

Announcements

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

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

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

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

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

Strategic Planning/Sustainability:

Red Ribbon Week

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

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

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

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

YRBS Results: Kami passed out the Middle School YRBS results in a one-pager format that she, Jan and Betsy worked on. Discussion ensued around the improvements in 30-day use across all substances as well as significant decreases in use among 8th graders as compared to 2015. The powerful influence of peers was also highlighted with the concern that 8th graders’ peers think using substances is *less wrong* than the 7th graders’ peers. This will be a focus going forward with our Youth Collaborative and Youth Video Project

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

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

Amplify Projects — Gratitude Tree

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

Ideas included: Consider hosting a tree in any of the following locations: City Hall, Nashua Public Library, Healthcare Facilities — hospitals, doctor’s offices, waiting room, Arlington Street

Community Center, Mental Health Center waiting room. The group identified that holding at TWO trees — one at City Hall and one at Nashua Public Library would be most manageable, with perhaps an additional tree at the Pheasant Lane Mall again.

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

Meeting Satisfaction survey

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

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

**Nashua Prevention Coalition
October 4, 2017**

Welcome

Janet Valuk, Kameo Chasse, Albee Budnitz, Christie Torlitis, Mike Apfelberg, Laurie Gentile, Dee Gingras, Jen Miller, Tara, Frank, Maddy and Kim (Albee's med students), Shayana Owen, Susan Haas, LaKingdria Smith, Kurt Norris, Nancy Keyslay, Rosemarie Dykeman, and Betsy Houde.

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

Next meeting: Wednesday, November 1, 2017 will be facilitated by Susan Haas. Thanks Sue!

Announcements

Jan mentioned that the Middle School YRBS results have been provided to us. Kami will review and pull out the significant data points for us. Next week Kami will be meeting with Keith Richard and Superintendent Mosley and will share the data with them. Please do NOT release it to the general public until we have a chance to review and understand the implications of the data.

Jan also has separate results from the two high schools, but needs to have the combined results before we can share any of the information. Stay tuned.

SADD Club Update -- participants/advisors have requested that they be allowed to change their name to better reflect their school culture -- School Mascots + Care -- Panthers Care, etc. Their advisors are referred to as "Care Club" advisors.

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.

October 17th **Dinner with a Doc** at St. Joseph Hospital -- How to talk with your kid about drugs. Lisa Vasquez and Jan will be presenting. Fliers were shared with coalition members.

DEA Take Back is Saturday, October 28th from 10am to 2pm at the Public Works Garage. Please note that Nashua PD also has a 24-hour drop box in the lobby -- no questions asked.

Sanford Temperature Control has featured us as one of three nonprofits to win \$500. You can vote once every 24 hours. See our FB page for details.

Strategic Planning/Sustainability:

Red Ribbon Week

In 2017, Red Ribbon Week is slated for October 23-31. This year we are amplifying our impact through the following:

Schools: all schools are participating, with the Care Clubs serving as the point of contact. We are adding an article in the school's E-News offering a Prevention Corner.

Social Media: Kami created a coalition Instagram page and hashtags to feature us. Please use #nashuacares and #NashuaRedRibbonWeek when you post to FB, twitter or Instagram. If you use #RedRibbonWeek2017, it will also go into the national Red Ribbon Week campaign.

Business & Faith Community: Kami prepared red folders for all members packed with scripts for the Business Community to ask them about putting a message on their reader board of a poster in their lobby. There is an intro letter for businesses that fully explains what to do.

In addition, Kami prepared a packet for the faith community to give members a script to read aloud at the end of a service or to ask the faith leader to share with the congregation. A sign up sheet was circulate to involve members in either/both initiatives for Red Ribbon Week 2017.

Youth PSA Challenge

Chunky's will host up to 200 of us on Wednesday, May 16th from 6:00pm to 8:00pm to roll out the finalists for the Youth PSA Challenge. The subcommittee met last week to brainstorm themes identifying 16 options. The group roamed around the room to pick 12 of the 16 themes and then highlighted our favorite quotes to help the subcommittee identify the favorites. Kami will compile and share results.

Guidelines -- there will be two categories of entries -- Middle School (2-3 minute video) and High School (1-minute PSA). The prize for the High School will be working with Pearl Marketing and Amanda Schneck to professionalize their video. We still need a Middle School prize. Teams will be two or more people. Teams will submit an entry application which Kami is currently working on.

Kami will be recruiting a panel of judges. Christie reached out to DEA Agent John Delena (sp?) who may be willing to be a judge. We'll be putting together a slideshow about the project for the first part of the red carpet event, and will then show videos.

Jan explained that Chunky's is free to use their venue, but in order to do our part, could recruit a sponsor to cover soda and popcorn for each table. Guests would be on their own ordering food. No beer or wine would be offered during our event.

Tara (med student) has been involved in youth films in CT and they have an "Ask the Director" component where members of the audience are able to ask questions of the youth filmmakers. This has been well-received by the youth involved and is very empowering.

Everyone who does a video will be recognized in social media (with parental consent). A limited number of videos will be shown at Chunky's (It was recommended that we don't specify a number to be shown since we won't know early on how many submissions we'll get). Each team should also have an adult advisor.

Our goal is to roll out the project during Red Ribbon Week. It will be open to any youth in the community including youth groups, Care Clubs, home schooled students and any group of 2+ youth with an adult advisor.

Nancy offered to provide salon services as the prize for middle school students videos.

Meeting Satisfaction survey

Betsy shared the results of last month's meeting: 65% indicated they were extremely satisfied, 33% somewhat satisfied and one person reporting they were not adequately prepared for the meeting. Comments included, "Well facilitated, stayed on topic, great attendance, good to learn how business owners can spread awareness, new faces and input, inclusiveness."

We can improve next month's meeting if: we leave more time for group input, post the results for this survey, stay on task because our discussions always go over, be very specific about needs for various campaigns and assign measurable actions for the ideas that are presented.

Betsy pointed out how Kami took this feedback to heart in preparing for the robust meeting we had today which included lots of discussion, a birthday celebration, Red Ribbon toolkit and moving around the room to vote on our key themes for the PSA Challenge. Great job Kami!

Homework -- Amplify Graphic for 2018 Planning

Kami and Betsy shared a graphic that was created to give us a visual depiction of all of our past work and goals for the coming year(s) as we attempt to amplify our impact. This is intended to serve as the basis for our DFC grant for the next 5 years. Please review and consider what edits or additions we may want to make before next month's meeting.

See you next month!

Meeting ended 4:29pm

Meeting Minutes September 6, 2017

Attended: Janet Valuk, Kameo Lelievre, Albee Budnitz, Christie Tourlitis, Marissa Carlson, Julie Yerkes (NH Teen Institute) Shaun Nelson, Mike Apfelberg, Elyssa Clairmont, Shayana Owen, Leah Elliot, Ross Desmet, Fran Grady (Nashua School District), Rosemarie Dykeman (Salvation Army), Larry Harding, Nicole Viau (Nashua Public Health Department), Paula Powers (resident), Kathy Kirby (retired teacher) Sumitha Raman (Med Student with Albee), Susan Haas, Donna Smith and Betsy Houde.

Welcome Julie, Fran, Rosemarie, Paula, Kathy and Sumitha! Thank you for joining us.

Minutes of August 2, 2017 were approved unanimously with those abstaining that weren't present.

Next meeting: Wednesday, October 4, 2017 will be facilitated by Jen Miller, as volunteered by Shaun Nelson. Thanks Jen!

Announcements Jan will make sure that we will have enough new member packets for all of the new members that attended today. She will also make sure we have updated name plates to include everyone new.

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.

Over the Edge Fundraiser -- Ashley from Fancy Nancy's Elite Hair Salon raised over \$1800 to support Nashua Prevention Coalition by rappelling 24 stories through this United Way event. Funds are still coming in to Nancy! Next year the event will be held June 28th and 29th, so mark your calendars.

October 17th Dinner with a Doc at St. Joseph Hospital – The theme is How to talk with your kid about drugs. Lisa Vasquez and Jan will be presenting. See Jan or Lisa for details.

October 4th -- Nashua Public Health is hosting an insurance parity event at Hunt Building along with Narcan and language training. See Elyssa for details. Narcan kits will be available to participants.

Strategic Planning/Sustainability: Jan and Betsy updated members about the Steering Committee discussion focused on ensuring we are sustainable as we are about to launch Year 5. Engaging the broader community beyond schools and nonprofits will be critical to our continued success. The group agreed to focus on amplifying our impact by growing our successful pilot projects to benefit the entire community. Brainstorming ensued below.

Red Ribbon Week -- Amplifying our Impact In 2017, Red Ribbon Week is October 23-31. Last year, we engaged teachers and students at all levels and involved small pockets of business leaders and nonprofits. Kami facilitated discussion around: What worked well? PAL liked broadening discussion beyond drugs to making healthy choices. They tweaked existing program to engage kids more through social media -- take a selfie doing something healthy, etc.

High and Seek program for parents showcasing hidden paraphernalia in a standard teen's bedroom was well received. It's unclear whether the facilitator is continuing this presentation but will investigate further. If we move forward, a sponsor will be needed for the approximate \$1500 cost.

Elm Street conducted week long events with themes the whole school participates in. Included door decorating contests, lots of talk about healthy choices with 6th grade and more detailed info about drugs with 7th and 8th. There's a video series called "Natural Highs" that they showed several during assemblies. "Chasing the Dragon" was showed to 8th grade which is more "in your face" around substance misuse. Also held a panel presentation with a person in recovery, ER nurse and treatment provider centered around making choices -- not necessarily specifically

around drugs. After, it was processed in small groups as a powerful educational experience. Students also decorated Elm Street trees similar to downtown Nashua.

Decorated downtown light poles with red ribbons (NOT for Christmas although some citizens inquired).

Asked businesses to put messages on their readerboards throughout the City.

Video from Media Power Youth was shown at Chunky's

This year's theme, Your Future is Key... So Stay Drug Free... Elementary schools are adapting to ... So Be Healthy...

Moving forward.... Schools have a large presence, but what about businesses and community? The following ideas were brainstormed and need follow-up:

1. Can we create PSA's from student athletes, police officers, fire rescue personnel? Teachers most likely would show them during Red Ribbon Week and have discussion. If there are restrictions about videotaping students (as previously indicated), "Natural High" links may be an option.
2. Morning announcements -- can we have a message of the day to share about healthy choices at all schools over the public address system? Featured announcers could include Life of an Athlete student leaders (two Nashua student athletes sit on their statewide council that may be willing to participate), Nashua PD's Ross Desmet, elementary SRO, students involved with arts, chorus, debate team, etc. ensuring that a diverse group of students is identified for maximum reach.
3. Christie indicated that John from the DEA offers workshops or outreach to parents. She agreed to reach out to see what options exist.
4. Work with local radio stations to put Red Ribbon Week messages on the radio.
5. Link with Faith homes through offering a short presentation during faith services. We could also ask to have a stack of our "hairdresser resource " cards for people. Interfaith meets first Wednesday in October at noon. Rosemarie offered to link Jan with Alanna via sending out a short write up that would ask faith leaders to participate. Choir members could be asked to wear red ribbons. If a script is developed coalition members could ask to speak at their respective faith homes.
6. Partnering with other agencies such as Bridges to help raise awareness.
7. Highlighting some successes to help raise awareness sharing PSA's of things that have gone well.
8. Police Officers were allowed to wear red ribbons on their uniforms last year, so we can request again. They have 25-30 marked cruisers that could have magnetic red ribbons.
9. On September 20th several small business owners from downtown Nashua are all meeting at JaJa Belles for a planning meeting. If we have a vision for how to involve them in Red Ribbon Week, we can work with Christie to get details and attend. For example, Main Street Gyro can have a basket of red ribbons, we can ask them to hang posters or other ideas.
10. Leah mentioned the idea of having a coupon book of incentives that are valid for Red Ribbon Week if youth sign a pledge. It may be too late for this year but should be considered.
11. Is there a Red Ribbon Week hashtag that we can use to promote our effort? If we can create a Snapchat filter for Red Ribbon Week, local people can be part of the broader story. Kami will explore options. Discussion also included whether Nashua should have its own hashtag, just use national or have both. More to follow.
12. New Telegraph editor may be open to articles around Red Ribbon Week. Lisa does a monthly column, but we could offer something with a different slant in collaboration with Lisa's effort.
13. Create a side campaign for parents about "Have you asked your child about Red Ribbon Week?" This could be a great way to engage the business community. If every school is participating, we can foster communication with parents/children as a conversation starter.
14. Back to school/Open House nights would also be great places to set up a table to share information but don't fall within the Red Ribbon Week time frame.

Youth Initiative the Steering Committee discussed the idea of having a cohesive, structured vision for how we want to engage youth in the coming year and pitched the idea of creating a Youth PSA Challenge to culminate in a contest during May's National Prevention Week. We also have lots of equipment for youth to use

Early discussion indicated that we need to bring a small group together to develop guidelines of who would be invited to submit a video, what the focus/theme? How can they access equipment? What other aspects do we want to

include? Students could pair up to work together, and then have voting at Chunky's. Jan has already reached out to the Chunky's manager who is open to the idea.

Several people expressed interest in the planning subcommittee including Christie, Shaun, Sue, Donna, Rosemarie, Kathy, Leah, Julie, etc. Given the level of interest, Betsy offered to create a Doodle Poll to capture people's availability for a subcommittee meeting and it will be sent out to the whole group. All that are interested are welcome to attend. At this time, the structure will likely be to meet for 1-2 meetings to organize the initiative, with a follow-up subcommittee formed to help launch the initiative. Next steps will be shared with the full coalition so members can determine their interest/availability.

Member Satisfaction Survey In an effort to collect feedback about members' experience and engagement with coalition meetings, a Meeting Satisfaction Survey was handed out today and expected to be used after each meeting collecting comments and suggestions on how to improve. Please be honest! The Steering Committee want to make sure that you're having fun while helping guide meaningful work in the community. Meeting ended 4:33pm

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

Meeting Minutes August 2, 2017

Welcome Janet Valuk, Albee Budnitz, Monica Gallant, Christie Torlitis, Maura McGowan, Jen Miller, Mike Apfelberg, Dee Gingras, Laurie Gentile, Elyssa Clairmont, Liz Fitzgerald, Nancy Keslay and Betsy Houde.

Welcome New Members Welcome Maura McGowan (NH Teen Institute) and Elyssa Clairmont (Nashua Public Health Department Continuum of Care Coordinator). Thank you for joining us!

Minutes of June 7, 2017 were approved unanimously with those abstaining that weren't present.

Next meeting: Wednesday, September 6, 2017 will be facilitated by Mike. Thanks Mike!

Announcements Monica will be taking the position of Director of Prevention Services at Boys and Girls Club of the Souhegan Valley and will be leaving the coalition at the end of the week. She will continue to work with the CAST coalition in her new role. Congratulations Monica! We look forward to some continued collaboration.

A coalition Steering Committee has been formed to provide high-level guidance and support of our work together, with the first task to review resumes and conduct interviews. A candidate should be announced in the next couple of weeks. Albee, Betsy, Jan, Kurt, Lisa and Mike will form the first Steering Committee, with the new Coordinator joining once hired. More to follow!

Silver Knights baseball game is happening Friday, August 4th Tom and Nancy have agreed to volunteer to sell 50/50 tickets. Jan/Monica will work with the Silver Knights to address options for the fact they double booked agencies to participate.

Over the Edge Fundraiser Ashley Monea rappelled off the Brady Sullivan Tower to raise funds for Nashua Prevention Coalition through United Way's event on July 28th. The press was wonderful with TV and Telegraph coverage. Heartfelt thanks to all that donated. Ashley raised \$2114.56 through donations.

In-Kind Forms -- please get them back to Monica ASAP to track all related hours.

CADCA Update Jan and Christie are just back from the CADCA Mid-Year Training Forum in Atlanta. Christie learned about the 360 DEA program in three states (including NH). It's a youth prevention program for Middle to High School youth that works with community members to teach teen mentoring and such. Christie has a flash drive with in-depth information. They have a website OperationPrevention.com broken down by grades and such that could be a good resource for the SADD coordinators.

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Coordinator, Monica Gallant, NPCCoordinator@unitedwaynashua.org

Consultant, Betsy Houde bhoud@theyouthcouncil.org

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Nashua Prevention Coalition

Lots of discussion ensued around how Nashua could benefit from this kind of programming and how we could link our current youth programs.

Jan reported that she attended a powerful session on marijuana and learned that we should craft a position paper so that we are all sharing the same information about marijuana. Discussion ensued around whether a communication piece should include the science on why marijuana is dangerous vs. the legal consequences for youth or adults that are caught using it. Currently, the Partnership for a Drug Free NH is working on a Fact Sheet around marijuana information. Jan will share the final piece with the group. Consideration should also be given to having a Fact Sheet about alcohol and the other substances that we are monitoring (prescription drugs, tobacco).

Future Planning Albee explained that the Steering Committee intends to create a structure where ideas are further explored as "homework" in between meetings to help us create more momentum and involvement.

Jan discussed the challenge of ensuring that all 12 sectors of the community are represented in our work, especially since we are reapplying for the Year 6-10 grant in the winter/spring. Currently we could use help with a member from the Faith community and Media. Adding a rep from Human Resources from a large corporation would be helpful.

Liz mentioned an Equity Leaders Fellows group that has recently trained diverse people in leadership to be matched on local boards.

Betsy also mentioned the need to review some of the campaigns that we've done during the past 4 years to see what should be expanded for the next 5 years. Will be reviewing our prior initiatives to identify which to grow to be community wide.

At CADCA, Jan shared the background and handouts for our Hair Stylist Campaign. It was so well received, and got lots of attention and photos from other coalition. Bringing that kind of campaign to the larger employers would be another avenue to explore.

Meeting ended 4:28pm

Next meeting, Wednesday, September 6, 2017

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

Meeting Minutes June 7, 2017

Welcome

Janet Valuk, Albee Budnitz, Shayana Owen, Monica Gallant, Christie Torlitis, Med Student Tara and Christine Hart-Brown, Allen Irwin, Stephanie Wolf-Rosenblum, Kurt Norris, Nancy Keyslay and Betsy Houde.

Minutes of May 3, 2017 were approved unanimously with those abstaining that weren't present.

Next meeting: Wednesday, August 2, 2017 will be facilitated by TBD.

Announcements

- Jan indicated that we've gotten requests to put links on our web site for a national recovery clearinghouse. The group agreed that it's not our mission. Jan will refer them elsewhere.
- Set aside **Wednesday, June 21st for another Vigil** that is being organized by Tom Lopez. Check out our Facebook page for details.
- We have **Silver Knights tickets for sale for the Friday, August 4th game**. Tickets are \$6.00 each and there are 12 seats in a row. Checks are made out to United Way with Nashua Prevention Coalition in the memo. The group discussed the idea of purchasing tickets to allow Camp Mariposa families to have a fun outing. Volunteers will be needed to help sell 50/50 tickets and such.
- **In-Kind Forms** -- please get them back to Monica ASAP to track all related hours.
- **Upcoming Events** -- see your agenda for forthcoming events.
- **Youth Mental Health First Aid** -- Weds., July 12 8:30am-5:00pm -- Nashua High School South, B1026. Contact Monica for registration details or go to <http://bit.ly/YMHFANashua>.
- Ribfest is coming up June 16-18. Contact Betsy or Jan if you want to help out and earn a Thank You donation for Nashua Prevention Coalition

Over the Edge fundraising event with United Way is happening on Friday, July 28. Fancy Nancy's Ashley Monea is going to rappel 24 stories down the Brady Sullivan Tower. You can sponsor Ashley to help her reach her \$3,000 goal by going to <https://app.mobilecause.com/vf/edge2017/AshleyMonea>

Youth Summit Update

60 youth attended this well received event at Nashua Community College. Pre and post-surveys were given which included options for future training. Public Speaking, bullying, and healthy friendships were listed as the top suggestions for further training. The teens began mapping community hot spots for concerns and where kids are getting drugs and alcohol. Monica asked the group if anyone would be

interested in serving as a liaison to one of the eight youth SADD groups -- North, South, Elm Street, Fairgrounds, Pennichuck, and then Boys and Girls Club, YMCA, PAL.

Allen, Christie and Nancy expressed interest in serving as a SADD liaison starting in the fall. Details to follow.

Adverse Childhood Experiences Discussion

In reviewing data from Nashua's YRBS,

- 663 students experienced domestic violence
- 1091 students have ever lived with a family member struggling with alcohol/drug use
- 524 family member incarcerated

By middle and high school, we've lost our window of opportunity to address the risks associated with ACES. We will likely need to start with younger ages in order to have positive impact.

NH also has the third largest population of military. Although not included in the ACES, children whose parents are deployed struggle with many of the same risks as those with the 9 identifiers listed.

We are great at collecting data, but are lacking information/wisdom.

Discussion ensued which raised many questions such as:

- Can guidance counselors at the elementary level be people that could screen for ACES?
- How can we increase awareness among the faith, healthcare and education community.
- How can we increase awareness of the need for advocacy in the early years? Later years? Direct service/day care/Early Childhood Coalition
- Can we train older kids to look out for younger kids around ACES? It will also impact them as they become parents later.
- Can we create a mentoring component to connect our SADD kids with vulnerable youth?
- Would it be beneficial to offer a workshop for Oldest Children as they can help mentor their siblings and help to reduce stress for themselves?
- Could we offer a presentation to all kids at the schools in an assembly, and then follow up with an action plan -- "Did you reach out to someone new today?"

Teen Institute was recommended as a training resource for a Challenge Day-like workshop which could prep students that are older/oldest siblings. How can we ensure "No Child Left Behind" from these workshops/events due to transportation, other barriers, lack of parent permission, etc.?

Betsy indicated that The Youth Council recently completed a survey of Middle School guidance, nurses, etc. in preparation for their Middle School Project with the Integrated Delivery Network and got 15 responses. She will send the group the final results.

Meeting ended 4:33pm

Next meeting, Wednesday, August 2, 2017

Meeting Minutes
May 3, 2017

Welcome Janet Valuk, Dee Gingras, Albee Budnitz, Shayana Owen, Lisa Vasquez, Tom Mandra, Ross Desmet, Jen Miller, Patricia Patten, Leah Elliott, Med Student Chris, Stephanie Wolf-Rosenblum, Liz Fitzgerald, Kurt Norris and Betsy Houde.

Guests: Laura Milliken, SPARK NH and Shannon McCullough, AmeriCorps VISTA

Minutes of April 5, 2017 were approved unanimously with those abstaining that weren't present.

Next meeting: Wednesday, June 7, 2017 will be facilitated by Albee Budnitz. Thanks Albee!

Announcements We are good to go for the Youth Summit this coming Saturday at Nashua Community College. Workshops will be on Stress Management, Diversity and current youth issues. Approximately 60-70 youth will be in attendance. Jan showed the posters that youth can hold up during the "Red Carpet Photo Opp".

Community Baby Shower hosted by United Way is this weekend. Please see Liz at United Way for more details.

First Church Community Forum on the Opioid Crisis is scheduled for Tuesday, May 9th from 12:00:30pm. You must register to attend. Call 882-4861 to register or email senglander@firstchurchnashua.org.

There is a screening of Screenagers on May 17th at Elm Street Middle School. The coalition will have a table if anyone is available to volunteer. This is for Nashua parents (not youth). The presentation will be offered in Spanish in an alternate room at Elm Street.

National Prevention Week is coming up May 14-20. Check out the flyer that Lisa shared for exciting activities and events.

Rotary's Ribfest is coming up the weekend of Friday, June 16 through Sunday, June 18, and volunteers are needed. Rotary makes a thank you donation back to groups that help. Please contact Betsy (BetsyNH@aol.com) if you're available to help out. Opportunities are available for all hours and types of jobs.

In-Kind Forms -- please get them back to Monica ASAP to track all related hours.

Presentation: Laura Milliken from SPARK NH SPARK NH is all about working to reduce and address adverse childhood experiences for young children, which includes the time frame from "Expectant Parents and Children from Birth to Age 3". Are children's brain development built on a sturdy or fragile foundation? It's critical that a stable foundation be built for children to build more complex skills. Research shows that Brain Connections that aren't used are pruned back like an "overgrown shrub".

Project Director, Janet Valuk, NPCCDirector@unitedwaynashua.org

Coordinator, Monica Gallant, NPCCCoordinator@unitedwaynashua.org

Consultant, Betsy Houde bhoude@theyouthcouncil.org

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Nashua Prevention Coalition

"Serve and return" relationships with supportive/trusted adults wires the brain with the correct connections needed for optimal brain architecture. This shapes the brain development and forms a sturdy foundation/brain architecture. Children need to learn how to handle stress as part of their development, and need a supportive adult to help them learn how to manage the stress and develop healthy.

However, toxic stress causes challenges that lead to lifelong consequences... Toxic stress is comprised of ongoing, unrelieved stress that isn't reduced by a supportive adult. Exposure to domestic violence, for example, can derail brain development. Nurturing, stable and engaging environments are needed to help children grow successfully.

Cognitive, language, emotional development are compromised as children have cumulative risks... children with 6-7 risks have 90-100 percent chance of a developmental delay in one of the above.

So what do we do?? START EARLY! Preventative intervention is more effective than addressing it after it happens.

Greater Nashua Smart Start Coalition is working in the region on increasing Serve and Return interactions with young children and parents. A new initiative called Vroom is grounded in the science of early child development turning shared moments into brain-building moments. They offer tips through a free phone app and get a tip geared toward their child's age. JoinVroom.org. Science that parents can use is integrated into messages that are easily used.

SparkNH.org is their web site, also @Spark_NH, facebook.com/SparkNH Their monthly newsletter has an update about each regional initiative currently in place. Nashua's goals are focused on Strong Families and Coordinated Childhood System. Nashua is currently working on providing supports and networking for people that are providing childcare on a daily basis to help them develop their skills. Also working to destigmatize parents that reach out for parenting help -- no baby comes with a manual.

Nashua's committee will be promoting Vroom to Child Care Aware group and to the medical centers. They've blended it into the 5-2-1-0 healthy eating initiative. They brought Moms from Marguerites Place to the NH Children's Trust Summit and they are now helping their peers. The team is also developing an event later this year focused on Women in the Workforce to connect more with business community.

Healthy social/emotional development is an important protective factor. Supporting children and families in a way that promotes healthy development is important to offset a whole range of issues.

What can we do as people that work with older children to support youth with multiple ACES to help reduce the impact of early toxic stress? Can the children we serve learn to serve and return with younger siblings, etc.? Add posters and video messages to the screens at Pediatric and OBGYN Offices to get the information out.

Betsy also asked about a universal screening for ACES that could be used to collect data for youth involved in Court Diversion.

**Meeting ended at 4:30pm.
Next meeting, Wednesday, June 7, 2017**

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Meeting Minutes April 5, 2017

Welcome

Janet Valuk, Monica Gallant, Shayana Owen, Jan Valuk, Dee Gingras, Albee Budnitz, Basil Torlitis, Christie Torlitis, Andrea Sebastyan, Jen Miller, Tom Mandra and Betsy Houde

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

Next meeting: Wednesday, May 3, 2017 will be facilitated by Leah Elliott. Thanks Leah!

Announcements

- Lots of great events coming up: 4/6 Generation Found in Milford, Youth Summit at Nashua Community College on 5/6 for grades 6-9. Youth in grades 10-12 can volunteer to facilitate. Leah is outreaching to students outside of the SADD groups at both high schools. Each youth group will take on a topic for Prevention Week including tobacco prevention, suicide prevention and prescription drug misuse.
- The next Beyond Influence Leadership Team will be meeting at City Hall on April 10th at 3pm. We are still seeking a rep from the Coalition to attend on our behalf. Thank you to Dee Gingras for volunteering to represent us.
- Mental Health First Aid 8-hour training for adults will be held this Friday (6-9pm) and Saturday (8am-2pm) at Harbor Homes. Contact Mike Apfelberg from United Way for details.
- Nashua's Middle School PTOs and the Nashua Public Library is showing the film Screenagers on May 17th at 6pm at the Keefe Auditorium. No cost to attend. Parents and youth are invited. More information is available at www.ScreenagersMovie.com. While the movie will be shown in the main auditorium, it will be streamed into the music room for non-English speaking parents for translation purposes.
- Ribfest is coming up again on June 16-18 at Anheuser-Busch in Merrimack. Volunteers are needed to work at the event in exchange for a thank you donation from Nashua West Rotary. Please let Jan know if you are available to help out. Any hours of your time (feel free to invite friends/family) are greatly appreciated.

Our Story

In an effort to streamline some of the work we've been doing, it's time to create Tool Kits for our larger Community-Based efforts such as Red Ribbon Week, Lock It Up Presentations, Harvest Festival, Back to School Nights and so forth. It's important that members have a way to pitch in and get involved leaving Jan and Monica the time to stretch to address new opportunities.

Advocacy efforts where more help is needed are: Lock It Up, the Youth Collaborative, Hairdresser Campaign, Camp Mariposa and Coalition Sustainability. Albee suggested creating a table format to

capture each member and where they would prefer to volunteer their time. Please give some thought as to your strengths and interests to figure out where you'd best like to serve! Stay tuned for more information.

Toxic Stress and Adverse Childhood Experiences

Jan and Monica attended a conference by the NH Children's Trust Fund on the impact of Toxic Stress. Monica shared a graphic referencing the different types of Adverse Childhood Experiences (ACE):

- ABUSE: Physical, Emotional, Sexual
- NEGLECT: Physical, Emotional
- HOUSEHOLD DYSFUNCTION: Mental Illness, Incarcerated Relative, Mother treated violently, drug use, divorce.

Potential consequences include BEHAVIOR challenges -- lack of physical activity, smoking, alcoholism, drug use, missed work and PHYSICAL & MENTAL HEALTH -- severe obesity, diabetes, depression, suicide attempts, STD's, heart disease, cancer, stroke, COPD, Broken bones.

The group watched a TED TALK featuring Dr. Nadine Burke. It is critical to address ACES -- Prevent, Screen, Heal -- during a youth's annual physical as routine screening. Addressing ACES involves multidisciplinary treatment teams. They now educate parents around ACES as often as they talk about covering electrical outlets for young children. This is an issue for kids all over the country.

What Dr. Burke thought was good clinical practice is now the single most unaddressed public health threat in our country today. The scope and scale of the impact can feel overwhelming, but all we need is the right tool kit. The US has a strong track record of success with public health efforts...

The original ACES study was 70 percent Caucasian and college educated, so this applies to all of us. If you look at any group and ask: Who had a parent with a mental health issue?? Who had a parent that drank too much? Or believed "Spare the rod, spoil the child?" It's personal... close to home, which may be why people haven't tackled it sooner. There are economic benefits to addressing this NOW. We are the movement. After watching the TED TALK, the group engaged in a lengthy discussion around how the Coalition can embrace this work going forward. Members had lots of ideas/thoughts:

- Great idea to partner with the Medical Community to learn more about ACES and how we can work to be helpful. There may be potential to link with the Integrated Delivery Network.
- Focus on the idea of TEAMS to identify which kids we are concerned about with ACES and how we reach out to them, etc.
- What data is available to guide our efforts?
- How do we work with kids that may be misdiagnosed with ADHD that really have anxiety due to ACES? Would be important to identify.
- Create a Google doc reflecting the different risk factors and data points that we would need to collect to start building a case locally.
- Next steps include getting a speaker(s) to talk with us about local capacity... what's happening now, what can NPC do to make a difference?
- Kurt suggested collecting ACES data on Camp Mariposa kids... More to follow!

In-kind forms

Monica shared that we need to have them filled out every month, so we can track coalition hours in prevention. We have to match 100% of the grant amount right now. Please remember that all of your ancillary activities count.

Meeting ended at 4:34pm.

Next meeting, Wednesday, May 3, 2017

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Meeting Minutes March 1, 2017

Welcome

Janet Valuk, Kristine Austin, Jenn Pipkin, Susan Haas, Monica Gallant, Jamie Terra, Lisa Vasquez, Albee Budnitz, Marissa Carlson, Basil Tourlitis, Christie Tourlitis, David Gentile, Laurie Gentile, Nancy Keyslay, Pat Patten-Bulliner, Shayana Owen, Whitney Tave, Harmony Eberiel, Mike Apfelberg and Betsy Houde.

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

Next meeting: Wednesday, April 5, 2017 will be facilitated by Albee Budnitz. Thanks Albee!

Announcements

- In-kind forms -- Monica shared that we need to have them filled out every month, so we can track coalition hours in prevention. We have to match 100% of the grant amount right now. Please remember that all of your ancillary activities count.
- Safe Families program in Amherst provides up to 30 days of safe housing as a new alternative for DCYF. See Monica for details.
- Congratulations to Aly McKnight on her new position with New Futures in Concord. Stay tuned for more information about the new Continuum of Care Coordinator for Nashua Public Health.
- SCREENAGERS workshop will be held on March 6 at Amherst Middle School. It will be coming to Elm Street later this spring. Sue indicated that cyber bullying has become a significant issue for teens. Please watch the documentary for more information.
- Nashua Public Library will be having a NARCAN training and follow up discussion on March 23 for young adults.

Substance Use Disorder Language Training with Lisa Vasquez

This term -- substance use disorder -- is the term now being used in the Diagnostic Statistical Manual (DSM) by clinicians to diagnose those whose natural production of dopamine is compromised due to prolonged substance use. In addition, since the brain turns off from front to back, the pre-frontal cortex is the first to shut down. That leaves people with black-and-white thinking -- everything is good or everything is bad.

As the brain adapts to the excess chemicals from the drug, it therefore needs more of the substance to achieve the same result. When stopping use abruptly, several withdrawal symptoms occur, causing people to take the drug again to minimize the discomfort.

Lisa indicated that there is a genetic predisposition for substance use disorder. An example was shared about different people using Percocet whose experiences may include: 1) vomit, 2) reduction of pain, 3) euphoric feeling, more energy. Albee discussed the dynamic of nature and nurture. Introducing the developing teenage brain to a substance, causes it to be hard wired for the rest of your life. Tobacco addiction starts at age 14. Given the increase in number and size of dopamine receptors in the developing brain of an adolescent, they are more susceptible to substance use disorder in the future. In addition, people that are self-medicating due to other psychological disorders are also susceptible to substance use disorder.

Language used is critical to reduce stigma and subsequent discrimination. Please consider the following:

INSTEAD of addict, junkie, alcoholic USE Person with substance use disorder (first person reminds us that they are a person first.

- INSTEAD of Addiction. USE Substance Use Disorder
- INSTEAD of Clean. USE Abstinent
- INSTEAD of Former Addict. USE Person in Recovery
- INSTEAD of Relapse. USE Resurgence/Reoccurrence
- INSTEAD of Drug Abuse. USE Drug use or drug misuse
- INSTEAD of Dirty. USE Actively Using
- INSTEAD of Crazy. USE Experiencing a mental health crisis
- INSTEAD of Suicidal. USE Having through of self-harm/suicide

If people choose to use the old language within their safe spaces (AA, etc.), they certainly can, but the new language takes away the practice of labeling people and emphasizing that it's a preventable and treatable disease. There are 23 million people in the US in long term recovery!

We need to give people hope.

How to Administer Naloxone Training with Lisa Vasquez

Naloxone can reverse an opioid overdose only (not alcohol or other non-opioid medication) -- prescription meds or street drugs. Signs of overdose include: Not responsive, breathing is slow, body is limp, dark fingernails and lips, pulse is slow, snore-like gurgling, may be awake but can't talk.

Anyone using opioids are at high risk for overdose. Mixing them with alcohol, other drugs or those in remote areas with limited EMS services are especially vulnerable.

The risk of harm from administering Naloxone/Narcan is very low compared to the alternative (death). It's better to use it when you don't know why the person is showing the symptoms. If in doubt -- use it!

In June 2015, a law was passed that protects anyone that calls for emergency help. There is no liability for administering Naloxone.

LISA SHARED A VIDEO TO SHOW SPECIFIC INSTRUCTIONS

- **First, make sure you're in a safe situation; call 911 then administer Narcan.**
- **If you know CPR, administer it. 911 can help you. They will walk you through it all.**

- **Don't test-depress the plunger as you'll waste some or all of the medicine.**
- **Lay the person on their back.**
- **Tip head back and insert into one nostril until your fingers touch the nose, then depress.**
- **Roll person to their side and lift top knee up so they don't roll on their stomach in the "recovery position" and move their hands to support their head.**
- **After you administer one dose, wait 2-3 minutes to see if the person responds before administering a second dose.**

Each spray bottle of Naloxone has 4 mg per dose. We will each get a box with 2 spray bottles. **Store at room temperature -- not your car glove box.**

People **NEED** to get to a hospital, even after Narcan brings them back from overdose, since it will wear off quickly and they may go into cardiac arrest again. Also, people will go into immediate withdrawal after receiving Narcan, which may cause combativeness, nausea, nervousness, sweating, shaking, etc. Each person handles it differently.

If your box is close to the expiration date or you need additional doses of Narcan, contact Lisa to hold a training or to replenish your doses.

Please note that Lisa is available to come to your business or workplace to offer training to your staff.

Meeting ended at 4:28pm.

Next meeting, Wednesday, April 5, 2017

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Meeting Minutes February 1, 2017

Welcome

Leah Elliott, Brion Carroll, Susan Haas, Oscar Villaces, Monica Gallant, Mike Apfelberg, Albee Budnitz, Marissa Carlson, Ross Desmet, Stephanie Wolf-Rosenblum, Jen Miller, Kristie Torlitis, Laurie Gentile, Justin Monroe, Nancy Keyslay, Tom Mandra, Donna Smith and Betsy Houde.

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

Next meeting: Wednesday, March 1, 2017 will be facilitated by Susan Haas. Thanks Sue! (NARCAN training will be on the agenda, so please tell your friends, but let Jan know so we have enough kits available.)

Announcements

Jan and Betsy will be meeting with Nashua School District officials tomorrow to discuss the idea of holding a teacher workshop on February 20th. Many teachers don't live in Nashua or are not aware of what's available for help in the community. Stay tuned for more information. We will also be discussing scheduling of the Middle School YRBS. High School is scheduled for March 14th.

In-kind forms -- Monica shared that we need to have them filled out every month, so we can track coalition hours in prevention. We have to match 100% of the grant amount right now.

Beyond Influence Leadership Team meets every second Monday. We are seeking a volunteer to attend on behalf of Nashua Prevention Coalition. Next meeting on Monday, Feb 13th, 3-4:30pm will include the director of the NH Providers Association. Let Jan know if you're interested.

Silver Knights have earmarked "Princess Night" -- Friday, August 4th -- as Nashua Prevention Coalition night for us this coming year. Since they won the championship, there's been a demand for increased season ticket sales. They have a Jumbotron for video messages.

Youth Summit Planning -- Saturday, May 6th is the target date for a day-long program for a Youth Summit in partnership with NH Teen Institute. More information to follow.

House Bill 279 has been introduced in the NH legislature to repeal banning smoking in public places -- restaurants, lounges, grocery stores, boats, vans, taxis, etc. Please call your rep or state senator if you have a personal opinion about this bill. It has been said that Governor Sununu will not sign it into law.

House Bill 291 has been introduced to absolve veterinarians from participating in the Prescription Drug Monitoring Program (PDMP) when they prescribe opioids for animals. They are currently supposed to look up whether the pet owner has a personal relationship with prescribers him/herself to weigh the risk/benefit ratio. If you have a personal opinion about it, please contact your elected officials.

#NOMORE Campaign (@newhampshireha)

Brion shared information about NH Helping Addicts (NHHA) and a recent event at the Monarchs game to bring awareness to #NOMORE. No more bullying, no more suffering, no more abuse... no more missed family opportunities... (fill in the blank). He indicated that 1.7 billion people have a Facebook account. Social Media is more influential than parents. It is also more damning than physical content. NHAA is using social media as the largest tool to leverage a positive influence.



The campaign asks youth to use #NOMORE on photos, statements and other posts and NHHA will repost to help youth feel that their voice is heard. It's simple: log on, take a picture, get passionate about something, tag them and they will try to get the message trending.

They are trying to create workshops, and intend to reach out to "influencers" to say what is their preferred event, and then NHHA will help them put it together.

Members had great feedback and discussion ensued around how we can incorporate promoting this into our Youth Summit. Social media channels with most influence include Facebook, Instagram and Twitter. NHHA can pay \$38 to sponsor different posts to promote them outside the influencers circle to gain more traction. Brion indicated that it's 100% monitored, with their 10 board members all having administrative privileges to remove inappropriate tags. The most popular NO MORE thus far has been around bullying. They are not targeting any specific youth demographic.

Coalition Decision Making Process -- Visual

Monica shared a graphic Betsy created to help us visualize our "project life cycle" as we have so many small initiatives going on. It's important to identify and measure our goals, and then determine whether we are on the right track.

Stephanie indicated that a visual cycle is helpful. However, we need to revisit the purple step "expand project to new audiences" in case we don't actually want to expand something. We need to add refine/ design before we should consider expanding. Creating a time line for each project would be helpful since we have so much going on it's sometimes hard to tell where we are. Could we have a dashboard to share each month to show timeline and progress? More to follow.



2016 Initiatives and Next Steps

Red Ribbon Week/Lock It Up! Campaign

In keeping with the goal of reviewing and measuring our progress with our initiatives, members split into two groups to review the results of our two biggest campaigns thus far: Red Ribbon Week and Lock It Up! The chart of on the following page captures the group's feedback:

RED RIBBON WEEK CAMPAIGN				
Who Cares?	What do they care about?	Where is the information	How will we get it?	How will we share it?
Audience	Questions	Data	Collection Method	Report
Students, parents, siblings, grandparents, educators, law enforcement, families, health care workers, businesses, local and state government	Prevention, support, safety, healthy lifestyle, education, general well - being, community	Number of students who participated and/or were exposed. Number of businesses that participated. Number of youth that got involved with SADD Clubs	Registry, surveys (survey monkeys), data & in-kind reports	Flyers, charts, create an axis, social media, print media, hairdressers 😊

LOCK IT UP CAMPAIGN				
Who Cares?	What do they care about?	Where is the information	How will we get it?	How will we share it?
Audience	Questions	Data	Collection Method	Report
Parents, doctors, pharmacists, caregivers, health care providers, families – all generations,	Keeping kids safe, kids giving their meds to others or misusing themselves, theft of medications, drug diversion, drug initiation, protecting grandchildren	# of pounds collected at police Rx dropbox, # of senior citizens and homes with lockboxes, YRBS data – if youth say it's less easy to get, doctor's offices	Conduct YRBS survey, request takeback data from PD and DEA, # of people promoting safe storage (physician surveys?), # of pharmacies promoting safe storage/disposal, focus groups,	Coalition website, mobile van, schools, social and print media, word of mouth, PCP's education, newsletter, website, school board presentation, therapists and counselors

Other

Ross indicated that Five Star Furniture has hotel safes for \$40-\$50 that are programmable each time you open it. NPD recommended them for officers' home gun safes. They could easily be used as Lock Boxes.

Meeting ended at 4:35pm.

Next meeting, Wednesday, March 1, 2017

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Meeting Minutes January 4, 2017

Welcome

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

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

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

Announcements

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

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

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

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

Nashua opened a Safe Stations program at Nashua Fire Stations where people can go to get help for substance misuse disorder. Donna explained that Revive Recovery Center is opening in Nashua as the non-profit arm of Process Recovery Center. Harbor Homes is the state contracted "Facilitating Organization" to identify the most prepared organizations to launch

recovery centers and is providing support for this initiative. Donna shared that they are currently looking for space, and will offer a wide array of supports and services to individuals with substance use disorder as well as family members and loved ones. More to follow!

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

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

Prevention Activity with Lisa Vasquez

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

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

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

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

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

Kaizen Survey

Jan shared the results of the Kaizen Survey conducted last month with SSGT Rick Frost. Overall, we scored 28 green, 13 yellow and 4 red. Our greatest challenge is around participation, in that our mission and early goals were developed for the grant several years ago. Given that our

group is large, attendance at meetings fluctuates with not everyone able to attend every meeting.

Sustainability is our largest concern at the moment, given that we finish our 5-year grant in 2018. We have an option to apply for an additional 5-year grant, but it's competitive, and there are no guarantees. At the end of 10 years, we are no longer eligible for these Drug Free Community funds.

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

Meeting ended at 4:35pm.

Next meeting, Wednesday, February 1, 2017