

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



(603) 882-4011  
Nashua Prevention Coalition

[www.NashuaCares.org](http://www.NashuaCares.org)



Project Director, Janet Valuk,  
[jvaluk@unitedwaynashua.org](mailto:jvaluk@unitedwaynashua.org)

Coordinator, Kameo Chasse  
[kchasse@unitedwaynashua.org](mailto:kchasse@unitedwaynashua.org)

## Meeting Minutes January 2, 2019

### Welcome

Kameo Chasse, Donna Arias, Janet Valuk, Betsy Houde, Becca Lerner, Albee Budnitz, Nicole Viau, Lisa Vasquez, Kerry Miller, Julie Yerkes, Ross Desmet, Linda Lennon, Sandra Pratt, Jen Miller, Leah Elliott, Sara Ceaser, Lynn Clowes, Mike Apfelberg, Kurt Norris, Gail Casey, Nancy Keyslay

**Minutes** of December 5, 2018 meeting were approved unanimously with those who were not present abstaining

**Next official meeting:** Wednesday, February 6, 2019 will be facilitated by Albee Budnitz

### Announcements:

- **Coalition Updates-** Kameo reviewed that the steering committee is now reviewing the by-laws, which will be presented at a future coalition meeting. Jan and Kameo will be away for the February meeting, they are arranging for a training, possibly by New Futures for the next meeting.
- **Regional Update-** Lisa Vasquez discussed the community public health plan, which will be out soon, doorway to New Hampshire – the branding for the spoke and hub model, that planning is being done on a legislative breakfast, and Pelham police just hired a substance use disorder office similar to the Laconia program.
- **Parenting Workshop Feedback** – Julie Yerkes completed a program at the community center with 15 parents, 75% of the parents who started completed 4 out of the 5 programs. Southern NH Health provided the food, there was great networking and bonding. The group plans to continue meeting beyond the series. Will share results from the pre/post surveys when they are ready.

- **Other Announcements-**

- Jan announced that Elm St. Middle will have a Health fare on March 14<sup>th</sup> 6pm-8pm, Linda Lennon will NPC table. Typically, there are 300-400 families.
- Lynn announced there will be a cultural competency training with lunch 12-1 at Southern NH Health through the IDN January 17<sup>th</sup>. The training is free, registration can be done through the IDN.
- Albee announced that there is a new report from the surgeon general's office about vaping. The highlights focus on how they are marketing to youth, it's addictive, and it is a gateway drug. Albee will provide a link to Kameo to go out with the minutes
- Nancy discussed engagement that was achieved through the gratitude tree and talked about how she wanted to do it more. Kameo talked about how people are expanding for winter and valentine's day and discussed adding information on resources.

#### **SADD Update:**

- **Nashua North** – Becca Lerner showed a video that provided highlights of the work done by their SADD group. Reviewed activities from red ribbon week, great American smoke out, and planning for random acts of kindness and mental health support. Becca was able to grow regular participants from 3 to 8 by connecting with students at events and keeping them engaged. Discussion about having SADD groups present to 5<sup>th</sup> graders through 21<sup>st</sup> century program in the spring.
- **Spring SADD Event** – Kameo discussed planning a picnic in the park in April where students will 'bag the butts' and 'pull the pods' followed by picnic. Closer to prom there are plans to conduct sticker campaigns for alcohol and prescription drugs. Betsy mention possibly engaging runners to pick up the cigarette and vaping trash, Ross suggested we reach out to cross country coaches to see if they could do that during a practice. Jan mentioned maybe also trying to engage with baseball and softball.

#### **Youth Video Project-**

- **Finley Foundation Grant** we received a \$3000 grant from the Finley Foundation to support this project.

- **Team Application Submissions** We have 14 team applications of 75 kids, with a few more trickling in. It worked better this year with media releases already in place.
- The red-carpet event will be Wednesday, May 15<sup>th</sup>; we are looking for judges

### **Group Activity – Goals for the New Year**

Everyone came up with successes from this past year and goals they'd like to work on for this year as coalition. There was a lot of discussion around successful campaigns and messaging as well as the need to be proactive around vaping tobacco and marijuana.

### **2018 Successes:**

- Getting funded for the next 5 years
- Red Ribbon Week Campaign
- Youth Video Project
- Consistent attendance at Coalition Meetings
- Increase in Social Media Exposure
- Improving SADD

### **2019 Goals:**

- Increase the messaging and education around vaping/e-cigarettes
- Refresh Lock It Up Campaign
- Develop more ways to measure our effectiveness
- Engage more individuals from different sectors
- Increase reach of NPC to include elementary students and other community members/organizations
- Connect older SADD members with younger students
- Increase our overall visibility within the community
- Create NPC policies/recommendations around substances and include why

### **Meeting Satisfaction Survey & In-Kind Log**

#### **Upcoming Events:**

- Breathe NH, Vaping Unveiled- will be held 1/17/19, 2/12/19, and 2/13/19
- Legislative Breakfast on January 28<sup>th</sup>
- One Greater Nashua 1/3/19 3:30 at United Way Greater Nashua
- 3<sup>rd</sup> week in January is National Drug and Alcohol Facts Week

- Betsy did an update on the messages of hope, each person received a goodie bag and several positive messages, they're in the process of developing their 'wall of hope' for Southern NH Health West Campus
- Mike did an update on the Blizzard Blast 1/26 at mines falls, they are looking for participants and volunteers. There are already over 300 participants signed up.

### Action Items

Action Item	Responsible Party(ies)	Target Date	Notes/status
Man Table at Elm St. Health Fare	Linda Lennon	3-14-19	Another person would be helpful
Distribute Surgeon General's report on vaping	Albee/Kameo	2-6-19	Albee will send to Kameo to distribute
Include brainstorming summary in the minutes	Kameo	2-6-19	
Like NPC facebook page and share NPC messages	All members	On-going	Kameo schedules regular messages

**Next meeting Wednesday, February 6, 2019**