

March 2016 Meeting Minutes

The March meeting for AYHSC was held on March 3rd, 2016 from 5:30-7:00pm at the Whittemore Robbins House.

In Attendance:

Adults: Ivy Laplante, Karen Dillon, Colleen Leger, Deanna Wu, Mary Kowalczyk, Kathy Hirsch, Mary DeCoursey, Carlene Newell, Cindy Bouvier, Jennifer Susse, Steve Porciello, Kevin Flood, Mike Leach, Paul Franzosa, Pat Egan, Sue Franchi

Students: Nora Maybury, Sana Mohtadi, Cooper Schoenthaler, Megan Laurendeau, Olivia Graceffa, Ellie Egan, Olivia Sorenson

I. Welcome Introductions:

Student Advisors and community members all introduced themselves and shared their respective roles in our community.

February Meeting minutes: Cooper S. moved to approve, Megan L. seconded; all approved the February meeting minutes.

II. Student Coalition Updates

Students are working to expand sticker shock and create a survey for alcohol retailers to capture data about how they manage confiscating fake ID's and other issues relating to teens. They want to collect base data on Fake ID's.

Using Fake ID's seems to be a coming of age issue at AHS especially for underclassmen. It would be great to stop this trend since it results in ease of access of alcohol.

Sticker Shock: Students are leveraging a Sticker Shock campaign to align with Junior and Senior prom. Three students are working on the stickers and will have them completed by the first week of April. We will also launch a pizza box sticker campaign for parents over the summer. Carlene suggested having a sticker ("Ad Note") on the front of the Advocate.

III. SAP-C Grant Updates

Coalition assessed which risk factors contribute to kids deciding to drink alcohol underage.

We examined seven risk factors that youth in the community face. Coalition broke into 7 small groups and ranked the risk factors to identify the three that are most prevalent and feasible to address in our community.

Some adults thought the top three were:

- 1) Mental Health Issues
- 2) Perception of peer approval
- 3) Community favors use

Students asserted that most youth they know with known mental health issues avoid substance abuse. Perhaps having a trusted adult like a doctor or counselor helps them understand the dangers.

As a group the Coalition determined that the three top risk factors that we as a coalition can address are:

- 1) Ease of Access
- 2) Perception of peer approval
- 3) Community favors use

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Students added that stress is not a contributing factor as to why teens drink but boredom is! Teen opportunities are limited in town and most things cost money. Teens are a small slice of our population but they are an important one.

On average students do not observe kids drinking due to stress.

The low perception of harm or risk will be difficult to change, but still a concern.

Partnering with this grant allows us to share resources & ideas that will support our population.

IV. Project Updates

Teen Center at the AB&G Club: Ivy met with Kevin and Derek and toured the Club for the first time. Kevin Flood came to talk to the Coalition about plans underway to have a program at the club for teens. It will run on Friday nights from 6-9 pm with a dedicated staff. The plan is to take the kids on trips, have a traveling teen club w/parental support.

After-Prom Party at the AB&G Club: We've realized our kids need a safe space after prom--similar to Last Blast. The AB&G Club are willing to partner with us and host the event. We asked the students if they would attend? What would it look like?

Olivia agreed to bring it up at student council, they are starting prom planning now.

It would be a good thing for parents to help them stay safe. If would need to end by 5:30 or 6 am so the Club can clean up and function. There is a lot to sift through. Students suggested calling it the "First Blast!"

SBIRT Training: Sue Franchi the Nursing Director for APS announced that Arlington is the recipient of a \$9,000 grant to do mandatory substance abuse screening of middle school students in Fall 2016. AYHSC Director, Ivy Laplante, will serve as the SBIRT Coordinator.

During SBIRT (Screening, Brief Intervention and Referral to Treatment) 7th grade students at the Ottoson will be screened via CRAFFT screening tool by a mental health or healthcare professional in school. Although most 7th graders are not at risk of substance use disorder and the school and guidance department are aware of those who are, SBIRT screening is a protective measure to identify new students at risk. Those with a positive screen will participate in a motivational interview and be referred to a social worker or AYCC, and those with a negative screen will receive positive reinforcement for their healthy behavior. This will be managed on a case by case basis & strategies can be creative. SBIRT screening will integrate Coalition work with school nursing staff in Arlington. Other school districts are piloting SBIRT and have had received good feedback from students and staff. There is also an SBIRT App for smart phones.

V. Policy Updates

VI. Comprehensive Strategy Intervention Map

VII. Community Update - "What's happening in Arlington?"

Cause and Event Race: Colleen Leger spoke about the Cause and Event race coming up on May 22nd. AYCC is hoping to receive some support via donations for their team.

Meeting Adjournment 7:00 pm

Next Coalition Meeting - April 7, 2016 at 5:30pm at the Whittemore Robbins House