

DAET COALITION NEWSLETTER

A community resource to help prevent youth substance use in Ashland

Ashland's Kids Have...

Decisions at Every Turn

Prevent Youth Substance Use

SUMMMER 2016

A LETTER FROM THE COALITION

Dear Ashland Community Members,

You may notice a theme as you read through this issue of the DAET Coalition Newsletter - partnerships, collaboration, and volunteerism - these are what make a coalition successful. Values and norms that support working together to achieve a common goal are what enable coalitions, such as Decisions at Every Turn, to foster positive change at a community-wide level.

Yes, it can be hard to do. We are all busy ... with families, jobs, school, activities, taking care of loved ones, pursuing a passion, travel, and sometimes just getting through the day. With everything that we have going on, it is remarkable to me that Ashland families, schools, first responders, educators, business owners, clergy, civic organizations, health providers and so many more carve out time to support the Coalition.

Our community partners not only collaborate on specific initiatives, they also set aside critical time during their workday or personal time during the evenings for Coalition meetings, special projects, community programs and much more. We proudly count twelve DAET Sector Members who bring unique perspectives to our discussions; eight Steering Committee members who provide guidance on how the Coalition can best respond to community needs; dozens more who participate on our Social Emotional Mental Health and Opioid Prevention Working Groups (read more on Page 2) and hundreds more who have attended Coalition meetings, Community Programs, a Community Conversation, or share our information with their friends and neighbors.

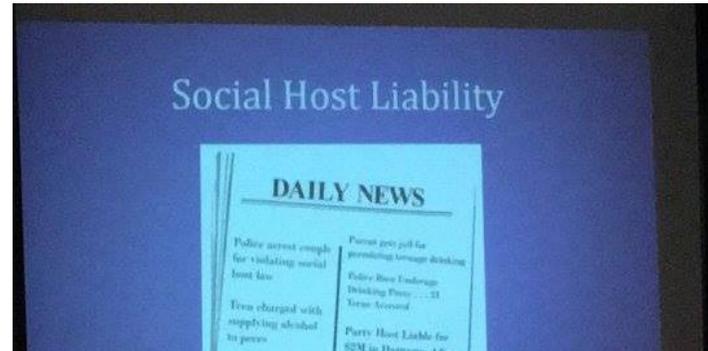
Partnerships, collaborations and volunteerism are key to sustaining the work of the Coalition and the positive outcomes for healthy Ashland youth. Thank you to those who have continued to support DAET in these ways. If you are a local club, business, or agency, or a parent who is looking to become involved in something meaningful and impactful, please consider partnering, collaborating or volunteering with DAET.

*Kristin French, LCSW
DAET Community Outreach Coordinator*

**COME VISIT US AT THE
ASHLAND FARMERS MARKET COMMUNITY TENT ON
SEPTEMBER 10
&
ASHLAND DAY ON SEPTEMBER 17**



Summer Send-off



It is a privilege to collaborate with Ashland High School and the Ashland Police Department on many great initiatives throughout the year.

One of the most meaningful events for us, is the end-of-the-year educational programming for parents and students that pave the way for important family conversations to have before prom and graduation. These landmark occasions may present an increased risk for underage drinking. It is important to communicate to parents and teens that these celebrations can be done safely

This year's "Summer Send-Off" highlighted the important role that Social Host Liability Laws play in protecting our youth and families. Ashland Police Department Chief Craig Davis and Middlesex County Assistant District Attorney Megan Fitzgerald talked with students and parents about the critical aspects of the law:

- The legal drinking age is 21. Serving or providing alcohol to underage guests or allowing them to drink alcohol in your home or any other property you control is against the law.
- If you furnish alcohol to those under 21, you are subject to criminal prosecution.
- You may also be sued civilly. It may be up to a jury to decide whether you are liable and how much you will have to pay for injuries caused by, or to, your guests.
- You could be civilly liable if you knowingly allow a guest under 21 to drink in your home or any other property you control, if he or she becomes very ill or dies from alcohol poisoning or other injuries.
- The law does not allow you to give permission for your underage child to drink in someone else's home or any other property they control.

The key message for families is that the law is in place to protect youth from unsafe behavior and for parents to support healthy community norms.

The evening closed with a performance by Improbable Players, a theater group dedicated to educating the public about addiction and recovery through dramatic performances and theater workshops. The performers shared their personal stories and connected with the audience, who raved about the program.

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NEW COLLABORATIONS

Youth substance use is not confined to one neighborhood or one community. It is a public health issue that crosses borders and requires prevention strategies that erase geographical borders to maximize youth health. DAET is fortunate to be part of three collaborations that take a regional approach.

MetroWest Substance Abuse Prevention Alliance (MW-SAPA): A collaboration of MetroWest substance abuse prevention coalitions who meet monthly to share best practices, resources, program ideas, collaborate on regional events, and engage in policy discussions that impact youth health.

Substance Abuse Prevention Collaborative (SAPC): Grant funding from the Massachusetts Department of Public Health, Bureau of Substance Abuse Services supports communities to implement policies and practices to prevent youth alcohol use. Spearheaded by Hudson, the SAPC cluster also includes Ashland, Framingham, Northborough, Southborough and Natick.

Massachusetts Opioid Addiction Prevention Collaborative (MOAPC): Grant funding from the Massachusetts Department of Public Health, Bureau of Substance Abuse Services supports communities in the prevention of opioid abuse and opioid overdoses. Spearheaded by Framingham, the MOAPC cluster also includes Ashland, Natick and Hudson.

As part of a regional MW-SAPA community event, DAET helped host and staff **Hidden in Plain Sight**



Sen. Karen Spilka welcomes more than 75 MetroWest community members to the HIPS kick-off on May 10.



The HIPS exhibit is staged to resemble a teen's bedroom and was seen by more than 300 visitors.

SUMMER SAFETY TIPS FOR FAMILIES



DAET would like to remind families to celebrate safely this summer
Here are some safety tips to keep in mind:



Outdoor safety

Kids of all ages are more likely to be outside during the summer months. Older children are often given the freedom to walk downtown, play in public parks, or attend activities without parental supervision. Talk with your children about simple steps they can take to stay safe as they enjoy the outdoors.

- Wear a helmet and obey road regulations when riding a bike
- Use sunscreen and drink water to stay hydrated when outdoors
- Wear long sleeved shirts and pants in wooded/trail areas to minimize the risk of tick and other bug bites
- Swim only in designated areas or those under supervision of a lifeguard
- Discuss actions your child should take if they are approached by a stranger

In the house

During the summer months, older children may be at home for extended periods of time while parents are at work. Some may be in charge of watching younger siblings. For all children, having "down time" is important and necessary, but prolonged periods of time without supervision can increase the chances of risky behaviors.

- Monitor online activity and know which websites and chatrooms your children are visiting
- Discuss and enforce your rules and expectations regarding social media. For example, watch for signs of online bullying behaviors if your child is a frequent user of texting, instant messaging, Instagram, Snapchat or Facebook.
- Make sure smoke detectors and fire alarms have batteries and are working properly
- Keep all alcohol and medications locked up
- Discuss a safety plan with your child in case of an emergency

Especially for teens

The summer can be a particularly exhilarating time for teens. With the intensity of the classroom behind them, they have an opportunity to reconnect with friends, have a job, or explore new activities. Teens can benefit from this additional freedom, if balanced with parental expectations.

- No cell phones or texting while driving and always wear a seatbelt
- As a driver, be aware of the increase in bicyclists on the road
- No alcohol, tobacco, or other substance use
- No parties where alcohol or other drugs are present
- Never ride with an impaired driver
- Observe curfew and other family guidelines
- You are available for them if they are in a dangerous or uncomfortable situation. Have a code word that your teen can use with you to ask for help.

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COALITION REWIND

April

- Published "Conversation, Communication and Prevention" in Ashland Directions
- Published "Promoting Healthy Sleep Habits" in Ashland Town Pages
- The Social Emotional Mental Health working group launched Ashland Raises Happy & Healthy Kids on the AHS Principal's Blog, AMS principal's Weekly Update, Mindess Magic Moments, Warren School Clocker Talk, and Youth & Family Services FB page
- Sent one volunteer to MSSAA/MIAA Workshop, "Teen Mental Health Summit, Creating Communities of Awareness and Support"
- Administered the second Positive Community Norms survey; unveiled fifth round of STAND campaign posters at AHS
- Supported SADD Sticker Shock program

May

- Published "Parent Tips for Keeping Teens Safe During Prom & Graduation Season" in Ashland Directions
- Published "Prom & Grad Safety Tips" in Ashland Town Pages
- Released *Mindset, Safe Prom & Grad, and Electronic Nicotine Delivery Systems (ENDS)* Parenting for Prevention tip sheets
- Co-hosted the community program "Summer Send-Off" featuring APD Chief Craig Davis, Middlesex County Assistant District Attorney Megan Fitzgerald, and Improbable Players.
- Co-hosted the *Hidden in Plain Sight* educational exhibit with neighboring community coalitions
- Supported Ashland's Drug Take Back Day spearheaded by the APD and Lion's Club
- Sent two staff to the Norfolk County training "The Impacts of Marijuana"
- Sent one staff member to Emerson Hospital's Community Forum on opioid prevention
- Three Coalition members attended the Central/South Middlesex Opioid Task Force inaugural meeting

June

- Held inaugural Steering Committee meeting
- Published "Living a Life in Recovery" in Ashland Directions
- Published "Tips for a Safe Summer" in Ashland Town Pages
- Sent two staff and two volunteers to the New England Institute of Addiction Studies conference
- Sent one volunteer to "Communities of Practice" professional development offering: "Understanding the Impact of Parental Substance Use Disorders on Young Children with Disabilities"
- Unveiled sixth round of STAND campaign posters and pilot tested fall posters with incoming freshmen

Parenting for Prevention

Parenting for Prevention is a DAET Coalition educational series of tip sheets for parents and other caring adults to increase awareness and knowledge about important youth issues & to encourage dialogue about making healthy choices.

Tip sheets include facts, statistics, prevention tips, suggestions on how to start important parent/child conversations and helpful resources.

- Alcohol
- Communication
- Electronic Nicotine Delivery Systems (ENDS) **NEW**
- How to Talk to Your Kids at Any Age about Alcohol,
 - Other Drugs & Making Good Decisions
- Marijuana
- Mindset **NEW**
- Opioids
- Risk & Protective Factors
- Safe Prom & Graduation **NEW**
- Sleep
- Teen Stress
- The Teen Brain
- Tobacco

All of our tip sheets are available for download at:
www.AshlandDecisions.org/parent-tip-sheets.html.

Our Working Groups are working hard!
Your volunteer time can make a big difference.

Social Emotional Mental Health (SEMH)

The SEMH group has gathered three times since February to discuss ways to develop solutions for issues such as reducing stigma surrounding behavioral and mental health, publicizing resources currently available, and developing stronger connections within our community to promote emotional wellness. We launched a campaign called "Ashland Raises Happy and Healthy Kids", which offers weekly tips on various facets of well-being. A Wellness Fair for families is being discussed for next spring. If you're interested in participating in the group please contact coalitioninfo@ashlanddecisions.org.

Opioid Prevention (OPWG)

Since January, the OPWG has met 5 times to develop an opioid prevention strategy to address the prevention, intervention, treatment and recovery facets of opioid use. To date, the group has created a ten-point Strategic Plan and is currently working on developing a pocket resource guide, educational materials, and targeted community programs. It has also created a medication safe disposal "business card" (**see left**) which are available throughout Ashland. Anyone interested in this issue is encouraged to volunteer with us.

Please contact: Kristin.French@AshlandDecisions.org.

Got Drugs?

TURN IN YOUR UNUSED OR EXPIRED MEDICATION FOR SAFE DISPOSAL

Ashland Police Department • 137 Main Street
SAFE DISPOSAL DROP BOX
Confidential ~ Open 24 hours



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COMMUNITY PROGRAMMING 2016 - 2017

Ashland's Decisions at Every Turn (DAET) Coalition and the Friends of the Ashland Public Library are pleased to be co-hosting programs for parents and the community. Programs will provide parents with strategies, the opportunity to collect new skills, and get answers to compelling questions. Programs are free and open to all. For questions about programs at the library, please contact president@friendsoftheapl.com. For questions about programs at other locations, please direct inquiries to CoalitionInfo@AshlandDecisions.org.

Topic	Speaker	Date, Time, Location, Audience
Marijuana Panel	TBD	Date: September 2016 Time/Location: TBD Audience: Community
Building Resilience	Kenneth Ginsburg, M.D., M.S. Ed	Date: Wednesday, October 19 Time: 7:00 – 8:30 PM Location: Ashland High School Auditorium Audience: Community
World Café: Reducing Ashland's Adolescent Alcohol Use	TBD	Date: Tuesday, November 15 Time: 7:00 - 8:30 PM Location: Ashland Public Library Audience: Community
How To Handle Challenging Behaviors at Home	Courtney Arsenault, MS	Date: January 2017 Time: 7:00 - 8:30 PM Location: Ashland Public Library Audience: Parents of children in Pre-K - Grade 2
Putting the Fun in Family Dinner Series (3 program series; includes dinner. Registration will be required)	Lisa Beaudin, Director of Nutrition Services, APS Cindil Redick, Program Manager, The Family Dinner Project	Date: January – March Time: 5:30 – 7:00 PM Location: Ashland Public Library Audience: Parents and their children in Grades K-5
Ashland Raises Happy and Healthy Kids Wellness Fair		Date: March 2017 Time: 9:00 AM – 12:00 PM Location: TBD Audience: K-5 families
Community Book Read	Jim Adams, facilitator Superintendent, Ashland Public Schools	Date: March 2017 Time: TBD Location: Ashland Public Library Audience: Community
Ben Speaks: The Power of Choice (Co-hosted with ASHPAC and Ashland PTO)	Judy Giovangelo	Date: Spring 2017 Time/Location: TBD Audience: Parents
Summer Send-Off for AHS Students & Parents	TBD	Date: Tuesday, May 9 Time: 7:00 – 9:00 PM Location: Ashland High School Auditorium Audience: AHS Juniors/Seniors and parents
College Transition: A Program for Parents	TBD	Date: May 2017 Time: 7:00 – 8:30 PM Location: Ashland Public Library Audience: Parents of high school seniors

COME TO A COALITION MEETING

Coalition meetings are open to anyone in the community. Come learn about the Coalition, our current initiatives, and volunteer opportunities. New members are welcome! An orientation meeting can be made by prior arrangement.

September 13	5:30 – 7:00 PM	February 14	5:30 – 7:00 PM
October 4*	2:30 – 4:00 PM	March 14	5:30 – 7:00 PM
November 1	5:30 – 7:00 PM	April 11	5:30 – 7:00 PM
December 13	5:30 – 7:00 PM	May 9*	2:30 – 4:00 PM
January 10*	2:30 – 4:00 PM	June 6	5:30 – 7:00 PM

The Coalition meets monthly on Tuesdays. Administration Building/Ashland Middle School - Room #5
***Meetings will be held from 2:30PM – 4PM and youth are encouraged to attend.**