



Decisions at Every Turn Coalition
Meeting Agenda
December 12, 2017
Ashland Middle School Library, 3:00 – 4:30 PM

Lily Orr, Swathi Gorantla, Neha Shabeer, Alison Rose, Saumya Sankhavaram, Amy Turncliff, Liz Byrnes, Dave DiGirolamo, Kelley St. Coeur, Kelly Roy, Kristin French

Acceptance of November 7 minutes

The November minutes were accepted with two additions: 1) DAET voted to approve funding of the “Resilience” DVD for the January 11th viewing event, and 2) The SEMH working group postponed the “Healthy Teen Relationships: What Parents Need to Know” to a later date, to be determined.

WACA PSA Day – Alison Rose

WACA is offering Ashland organizations, non-profits, and clubs the opportunity to book a 1 hour timeslot to film a PSA. Each month WACA is setting aside an entire day for organizations to come in to film their PSA. Organizations can put together a notice for an upcoming event or meeting, or film an actual PSA message. The message can be anywhere from 30 seconds to a couple of minutes. Interested groups are asked to contact Alison Rose (wacatvashland@gmail.com) ahead of time to schedule a date and time. PSAs will be shown on the bulletin board, put into the regular programming schedule, shown on Around the Clock, Vimeo and Facebook. Organizations retain ownership of their PSA and can use it on their own social media. WACA staff is available to help determine the best way to present the information.

The Bridge Parent Workshop

Betsy Emberley made a previous request asking if DAET was interested in partnering with FAL on The Bridge Parent Workshop. We did not have enough information at the time of the meeting to make a decision and agreed to review information when it becomes available.

BTB Youth Plans for Prevention

Working on:

- Integrating their CADCA action plan
- Environmental Scan (in January)
- MYTT kick-off event which will build on the ideas generated at the MYTT Summit
- PSA which will integrate data from the Ashland Adolescent Health Survey with messaging to go beyond the school and reach the broader community, especially parents
- Plans to create a mural or other installation to beautify public spaces with the goal of making our community safer as whole. Kelly Roy mentioned that she has extra paint, if needed. Kristin suggested the resource <http://rahulbotics.com/home/> for ideas about murals which can integrate data and design.

- It was suggested that the group consider a beautification project using youth volunteers to pick up discarded nip bottles. Could use the bottles as an art installation to communicate the extent of the issue. Talk to Mrs. Marshquist who has expressed a similar interest.
- SPARK at the middle school in the fall (Leadership program with the 5th graders).
- Ways to incorporate statistics with the Peer Leaders and other students
- Outreach to other student clubs. It was suggested that BTB could adopt a mini-DFC model and convene different organizations or peer groups.
- Looking at the influence on younger students by friend/peers/students in other towns.
- South Africa trip and plans to work with Hammer and Chisel to bring food to local homeless shelters and volunteering in soup kitchens. While in SA, the group will work on a feeding program (cooking, cleaning, feeding), participate in a fun family day, and sell goods at a “store” in front of a homeless shelter. They will meet the school that travels to Ashland and have time to explore the area.

Structure:

BTB has divided into five subcommittees with specific meeting days to accomplish tasks. 1) Events 2) Prevention 3) Fundraising 4) Publicity and 5) South Africa trip. There are Board members and leaders for each group. Each subcommittee reports out to larger group. Swathi is heading the Prevention subcommittee.

Other updates:

Swathi participated in Challenge Day. She learned more about the school community. She was made aware that there could be other students who are going through challenges at home, which are not obvious to anyone, but may have led to substance use. She enjoyed learning how extend what they learned at Challenge Day into everyday life. The follow-up plan is to bring the participating students back together (about 70) and brainstorm how to integrate the skills and information into the school community. Challenge Day is run once a year usually September through November. Students learn about it through school announcements. The program highlights trust building and leadership, building empathy, learning about others, and gets cross-sections of the school community. There are different ways to construct the group – cross-grade, same grade, large group. 2 trained leaders facilitate the program. There is also a possibility to swap trained facilitators from another school. The day results in a lot of positive student and teacher connections and meeting with other students. Swathi commented “It really opens your eyes to what your peers are struggling with and what you think you know is not necessarily true”.

DAET Transition

Since the DFC Director role has been taken on by Kristin as part of her new position with the town, Amy is seeking to transition to a Co-chair position to satisfy the grant requirements. The group unanimously voted Amy in as co-chair. In addition, DAET is looking for parents to be involved so that sustainability and transition down the road is supported. We are actively looking for ways to get more parents involved. Existing members are encouraged to connect parents who may be interested in prevention to us. DAET will prosper long-term with more people at the table, especially parents of younger students who can be groomed into a leadership role.

Funding for John Trautwein

John Trautwein (Will to Live Foundation) will present an all-day event with the schools and the broader community on suicide prevention. Various partners are providing some financial support,

including the schools, The Town of Ashland, the MetroWest Suicide Prevention, Needham Bank, and Hopkinton.

The focus of the student (8th grade, combined 9/10th grade and combined 11/12th grade) and Professional Development piece will be language and bullying and the connection to mental health and substance abuse issues, with a pairing of the SOS curriculum. Also looking at ways to use John in a broader capacity over the presentation, so will partner with Hopkinton on a youth coach (mandatory for Ashland School Athletics, recommended for Ashland Youth coaches) and community evening event too. His message is about how student connections can help students make better connections and about finding ways to build positive healthy relationships to make better decisions. Additional conversation is taking place about how to cover the cost of the event. DAET suggested that they could cover up to \$1000 using BAA funds. A motion was made to approve funding. A vote was taken and members approved the use of funds.

Other Discussions

Following up on the decision to have coaches attend the John Trautwein event, a comment was made that for youth, athletics is good motivator for not using. We began to discuss enforcing repercussions that keep youth from drinking at parties. The schools follow MIAA regulations for athletes and apply these standards to all clubs and organizations. It is important to make sure students understand the consequences. Coaches can play a role in having smaller conversations with their teams and reinforce every season what the consequences are. Similar to the anti-hazing discussions, there should be anti-substance discussions too. Making the consequences clear to all students and to reach the non-athletes or students not in clubs too. Maybe we could bring in students and police to have a conversation and look for other ways to make the actions and consequences understood. Discuss at Captains Council? There is a MIAA training for captains. "So, You're a Leader Now" workshop which could integrate these messages.

General updates

- Parent engagement – In late January or early February DAET will host a parent recruitment meeting to establish a parent working group for the coalition. We are still thinking about the format and will ask the schools for help in getting out the recruitment flyer.
- SBIRT will take place in February in grades 7 and 9 – DAET will provide parent tip sheets for the schools to send out electronically. Suggest the substance-specific tip sheets and "How to Talk to Your Kids ..." DAET will also create a tip sheet using the SBIRT information with an info-friendly format.

Celebration and Acknowledgments

- BTB presented at the AMS/AHS Ashland Adolescent Health Survey data presentation.
- DAET received a MetroWest Health Foundation grant to have all 16 existing tip sheets and 10 more over the next year translated into Portuguese, Spanish and Russian.