



Decisions at Every Turn Coalition

Meeting Minutes

May 14th, 2019

Ashland Middle School Library, 5:30 – 7:00 PM

Welcome & Introductions

Saumya Sankhavaram, Kristin French, Kelley St. Coeur, Amy Turncliff, Dave Muri, Dave DiGirolamo, Rigel Brown, Haley Boccuzzi, Neha Shabeer, Eileen Cozzolino, Lili Hellerman, Ron Eskovitz

Acceptance of April 9th meeting minutes

Attendees were asked if they had any changes to the April minutes. No changes were recommended. A motion was made to accept the minutes. A second motion was made. The minutes were accepted. Copies of all Coalition meeting minutes are available on the website for review.

Notable MWAHS 2018 data trends

We presented middle school and high school data highlights from the 2018 Ashland Key Indicator Report. Overall, current alcohol and cigarette use is down at AMS and AHS, while marijuana and EVD use has increased (although marijuana rates increased very slightly, where EVD use at both schools increased more significantly). It is important to state that overall, most AMS and AHS students are not using alcohol, marijuana, tobacco/EVDs or prescription drugs. When the full data set is available, we will be able to run cross tabulations between different indicators. We will look more closely at relationships between mental health and vaping, and at the marijuana data to see if we can pinpoint how/what composition (of THC and/or CBD) students are using. We talked about the large increase in the AHS student population who took the survey (2016 n=675, 2018 n=773) and if that had any impact.

New BTB Board for 2019-2020 School year

Lili Hellerman- Co-president
Maddie Klepper- Co-president
Rigel Brown - Publicist
Shreeya Patel – Secretary
Rebecca DiBenedictis - treasurer
TBD - Board representative

Over the Summer BTB will be making plans for the upcoming year. They would like to add more events, use the resources and tools from the CADCA conference to create an Action Plan, think about ways to increase youth interest in prevention, and continue with the SPARK Leadership program at Mindess.

CADCA Recap from Lili Hellerman

Some of the highlights for Lili and the other students who attended CADCA were Surgeon General Jerome Adams, particularly his focus on Upstream Prevention and the importance of preventing first

use; the trainings for creating a logic model to be used in an Action Plan; discussion about removing stigma from substance use & addiction; and meeting with Senator Ed Markey.

Youth Engagement

A primary goal of the Coalition and BTB is to engage more youth in prevention. We discussed several ideas and content for doing so:

- [The 84.org](http://The84.org) to address tobacco and vaping
- Communicating that we (students who do not use) are the majority. Can be based on <https://preventionactionalliance.org/watm-rally/> from the Prevention Alliance in Ohio
- Identifying a specific issue and developing an Action Plan around that issue
- Connecting with other groups (or individual members of those groups, for example SADD) to work together on a similar interest
- Building up the prevention subgroup in BTB

MYTT – MetroWest Youth Teaming Together

This regional prevention effort with students currently participating from Ashland, Hopkinton, Medway, and Westborough has been working together for two years on projects. The recent coffee house/band night at the Hopkinton Center for the Arts was very successful and MYTT would like to do that again this year. Members of MYTT also participated in Hopkinton's Celebration of Recovery. Other ideas being discussed are to find ways to work with more peer leaders in MetroWest towns, using social media more, and organizing a prevention walk (the Masons may be able to help support and organize).

Coalition Meeting Format

DAET staff led a discussion on how to make the Coalition meetings more productive and effective. In general, there are components of the current meeting format that should be retained, but an agreement that including new components would be beneficial. Some ideas include:

- Fall and Spring Retreats, with monthly meetings on various topics
- Quarterly Coalition meetings with update on AP, with monthly meetings on various topics
- Do more event planning at the meetings
- Try to get youth to every meeting. Adults like to hear the youth perspective and youth like coming together for the discussions and having something specific to work on
- One mini-training per meeting
- Keep a discussion section
- At the end of each meeting, talk about what will happen in between meetings and at the next meeting
- Working on a focused project is helpful
- Set 2 big meetings and smaller structured meetings (similar to Bullet 1)
- Bring in other community members and agencies to present/participate
- Give more time & space for speakers
- Have youth help plan events at the meeting – give youth more hands-on time with projects
- Better promotion of meetings - Ashland Mass website, Social media outreach, Facebook, Twitter
- To increase youth engagement consider using a Community Health/Public Health message. Can help generate interest, especially if you tie it into career exposure

- Continue opportunities to involve youth with policy, such as the participation of students at the BOH meeting regarding the menthol/mint tobacco products restriction

Announcements & Celebrations

On Wednesday June 5th at Algonquin Regional High School author Alex Berenson will discuss “Marijuana - Addiction and Mental Health: What We’ve Learned in the Past 5 Years”.

Dave shared that Deb & Dana (Core Trainings) trained 7th grade students in leadership and mentorship. Students had to apply and get an adult reference. The level of interest was amazing - they had more students apply than they could train. All of the trained students will be on Student Leadership and participate in Step Up Day. Many of the students came up to Dave afterwards and thanked him for the opportunity to participate in the training.

Outgoing BTB President Neha Shabeer shared that she is very excited for the new BTB Board to continue the great prevention work that the club has been doing for the past 3 years.

Next Meeting:

Our year-end celebration on June 11th