



Decisions at Every Turn Coalition

Meeting Minutes

December 10, 2019 Ashland Middle School Library, 5:30 – 7:00 PM

1. Attendees
 - a. Dave Muri
 - b. Jennifer Wuelfing
 - c. Amy Turncliff
 - d. Kristin French
 - e. Saumya Sankhavaram
2. Acceptance of November meeting minutes
 - a. Kristin asked the group if anyone had any edits or suggestions for the November 2019 meeting minutes. No one did. Kristin asked if anyone would make a motion to accept. Amy made a motion to accept, and Jennifer seconded. Minutes were accepted without edit.
3. Coalition Rewind & Look Ahead to 2020
 - a. Hidden in Plain Sight – February 2020 (planning activity)
 - i. The group discussed the next Coalition meeting, Hidden in Plain Sight on February 4th, 2020. This is an exhibit intended for those over 21, including parents, to learn more about substance use prevention and to see what items are available to buy online and at stores related to substance use. The exhibit will also emphasize that most teens are not using substances, and give adults tools to begin conversations with youth in their life on substance use and their concerns.
 - ii. Kristin let the group know that the current plan was to hold the event in the AMS Library. Dave suggested that a more central location might attract more people. He suggested either the public library or the AHS Library. The group discussed, and decided that the AHS library might be better as there are materials in the high school that the Coalition could use for the event, and there might be parents in the high school for sports events that night. Saumya will check to see if the library is free for the event, and Kristin will publicize the information if so.

- iii. The group discussed the structure of the event. The event is planned to consist of 3 parts – Resources and support, a guided poster tour, and the bedroom exhibit.
 - iv. Resources and support, the group discussed what should be available. Saumya and Kristin will plan to have a table with DAET resources. The group discussed if Human Services should also have a table, and Jennifer said she could bring resources as well. The group discussed that this table should be closer to the exhibit so that parents could ask questions about available resources after they have gone through the exhibit
 - v. Guided tour – The group discussed the plan for Kristin and Saumya to walk attendees through the educational posters ahead of the exhibit. These posters will have general information available on them about prevention, as well as an explanation of the purpose of Hidden in Plain Sight. Kristin let the group know that parent volunteers are also welcome to serve as guides. The group discussed the best way to approach this section of the exhibit – i.e. guiding people through one at a time, or in large groups. They discussed how this will depend on the volume of people available.
 - vi. Kristin also shared the posters from the Natick Hidden in Plain Sight event, as well as information from the One Choice campaign that we might be able to integrate into the posters. The group took time to go through the information and make notes about changes, additions, and questions. Kristin will compile the suggestions and create new posters for group review.
 - vii. Bedroom exhibit – the group discussed incorporating a training or presentation exhibit led by the Ashland Police Department to the exhibit of a bedroom, which would feature a number of items and paraphernalia around drug use. Dave let the group know that he could do some type of presentation for parents on the evening if everyone felt that would be the best choice. Instead, the group discussed how it might make more sense for the exhibit to be hosted by Dave and Officer Ryan Puzzo. They could serve as exhibit hosts and help parents going through the exhibit to identify objects, as well as to answer questions. Dave and Kristin will coordinate on support for this part of the exhibit.
- b. Youth Focus Group questions (feedback activity)
- i. Saumya let the group know that in order to get a better idea of youth's thoughts on substance use, prevention, and how they want to get involved, the Coalition is planning to hold a series of focus groups with high school youth in January and February. Saumya brought a draft list of questions to the group to review, and asked for feedback on the

questions (i.e. was anything missing, did any question need to be changed, added, etc.). Please find questions at the end of the minutes.

- ii. Dave let the group know that the question on activities for youth would likely yield the answer that there was nothing to do in Ashland. He suggested that if the Coalition wanted to provide an activity for youth, we could look into the ropes course at the Warren Center.
 - iii. Jennifer also suggested adding a “magic wand” question i.e. “If you had a magic wand to change anything about your school/home/your community/the world, what would you change?”
 - iv. The group discussed how best to recruit students for the focus groups as well. Jennifer and Dave suggested reaching out to student groups like theater and sports, where there might be student leaders who could reach out to other students. This would help the focus groups be more of a cross section of the student body. The Coalition could reach out to teachers and adult leaders, who could then reach out to student leaders to help recruit other students.
4. Announcements & Celebrations
 - a. Dr. Ruth Potee – March 2020
 - i. Dr. Ruth Potee will be presenting in the evening at AHS in March 2020. Kristin handed out flyers with event details for the group.
 5. Next Meeting Date
 - a. Kristin and Saumya let the group know that January 7th is the planned date for the next meeting. They asked if the group would like to delay the meeting date, as this is soon after Winter Break. The group decided to move the meeting date instead to January 21st.
 - b. Next meeting date: Jan. 21st, 2020**

Youth Focus Group Questions

1. What do you feel is the purpose of substance use prevention?
2. Are you surprised to learn that more teens today are making the choice not to use alcohol or any substance?
3. How well do you think AHS students understand the health and safety risks of substance use?
4. How well do you think that you understand them?
5. Is there any additional education or support that you feel would be useful to help students understand the risks of substance use?
6. Do you think students do a good job supporting one another in choosing not to use substances?
7. Do you think adults in the community do a good job of supporting students to make these choices?
8. How can Ashland community leaders better support students who would rather not use any substances?
9. What types of substance-free community activities might students be interested in participating in? Is there a lack of any of these types of activities in Ashland?
10. Would students be interested in planning or being part of executing substance-free events?
11. What questions, comments or concerns do you have?