

DAET COALITION NEWSLETTER

A community resource to help prevent youth substance use in Ashland



FALL 2019

A LETTER FROM THE COALITION

Dear Ashland Community members,

I'm excited about writing the Fall newsletter welcome! I'm a local parent who got involved with Decisions at Every Turn a little over a year ago. I could only appreciate the work that the Coalition does for the benefit of students, parents, and our community as a whole.

I was very concerned after I spoke with my kids and was amazed about how much they knew and had seen regarding substance use in their surroundings. If you are a concerned parent and feel the same as I do, you would agree that prevention is always better than care. At first, I did not know much about Juuling and vaping, and felt quite ignorant and curious, and hence wanted to learn more. That's how I got introduced to the Coalition.

I wanted to know what DAET does and how they take action to achieve their goals. Only reading their newsletters wasn't enough, but attending the monthly meetings, (admittedly though, not regularly) helped me understand the work and effort behind the scenes to create a healthy and safe environment for our younger generation. DAET staff and the many volunteers are doing a terrific job by bringing awareness and education about the adverse effects of substance use. What I also realize is that the values and principles are those we already know and follow. Always knowing where your children are, or about how they feel as a teen, about their friends, or their school. Be genuinely interested in their conversations, ask questions, and help them open up. Things like, listening to your children, talking to them about how you feel about smoking or drinking - your opinion as a parent matters to them.

Sometimes children do not want to listen to parents; they want to follow their peers. At an impressionable age if we teach them to make good choices and good decisions maybe they can inspire their friends to do the same. I always wanted to maintain a close relationship with my children so they can be open and honest about their life experiences and feelings so I can guide them to make good choices. DAET does just that. If one concerned parent can add 2 more concerned parents, we can have 6 children who will make good, healthy decisions that can last a lifetime, and that's how we have a ripple effect!

Have a lovely year ahead.
Yours truly,

Ashwini Salvi, DAET parent volunteer

PARENTS - DON'T MISS OUR COALITION OPEN HOUSE!

CHILDREN WELCOME!

Sep 10

5:30 - 7 PM

Ashland Public Library

Meet our staff & volunteers

FREE resources

Activities for kids

Refreshments & conversation!

This is a great opportunity to learn more about DAET, ask questions, and tell us how we can better support Ashland parents.

VISIT WWW.ASHLANDDECISIONS.ORG
FOR OUR 2019-2020 MEETING CALENDAR

IT'S ALL ABOUT CONNECTIONS



Youth who feel connected to a caring adult outside of school are more likely to be **engaged with school**, **have strong social-emotional skills**, **feel a sense of community responsibility**, and **less likely to engage in risky behaviors, including substance use**.

Anyone can be a caring adult. That is the philosophy behind the newly founded MetroWest CAN - a valuable resource for any adult who has a formal or informal role in the life of a child.

Visit <http://www.metrowestcan.org/> to learn more and to sign up for their monthly newsletter for skills and action steps for building caring relationships.

Watch for our Developmental Relationships training announcement. In the spring, DAET will offer a series of trainings perfect for coaches, scout & youth group leaders, youth-serving agencies, employers of youth, and parents on the power of positive youth-adult relationships.



SEP 6TH Find us at the **CORNER SPOT** for an evening of kid-friendly activities and conversation & resources for parents.

SEP 21ST Stop by the DAET booth on **ASHLAND DAY** to say HI to our volunteers, browse our resources, and find out what we have planned for the upcoming year.

HIGHLIGHTS FROM THE 2018 METROWEST ADOLESCENT HEALTH SURVEY (MWAHS) - ASHLAND

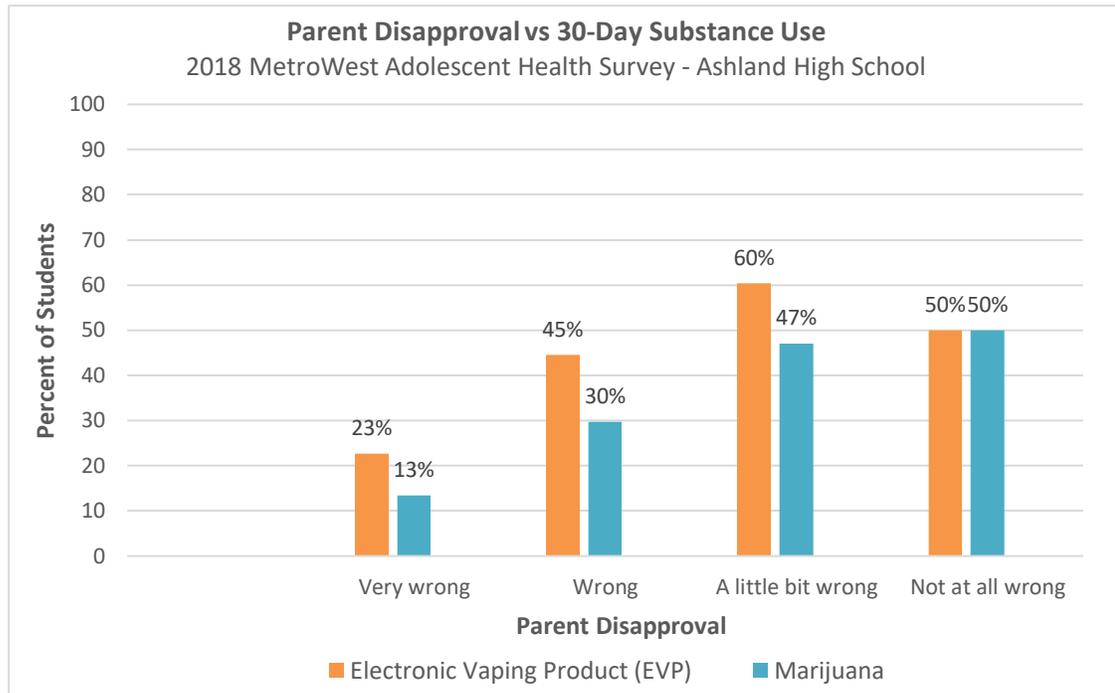
As part of a comprehensive strategy to understand the landscape of youth substance use in Ashland, DAET uses data from the MWAHS which gathers information about youth behaviors, including use, attitudes, and perceptions about substance use.

Parent Disapproval - Marijuana:

Among AHS students who believe their parents feel it would be **very wrong** for them to smoke marijuana, significantly fewer students report using marijuana in the past 30 days, compared to students who believe their parents feel it would be *wrong, a little bit wrong, and not at all wrong*.

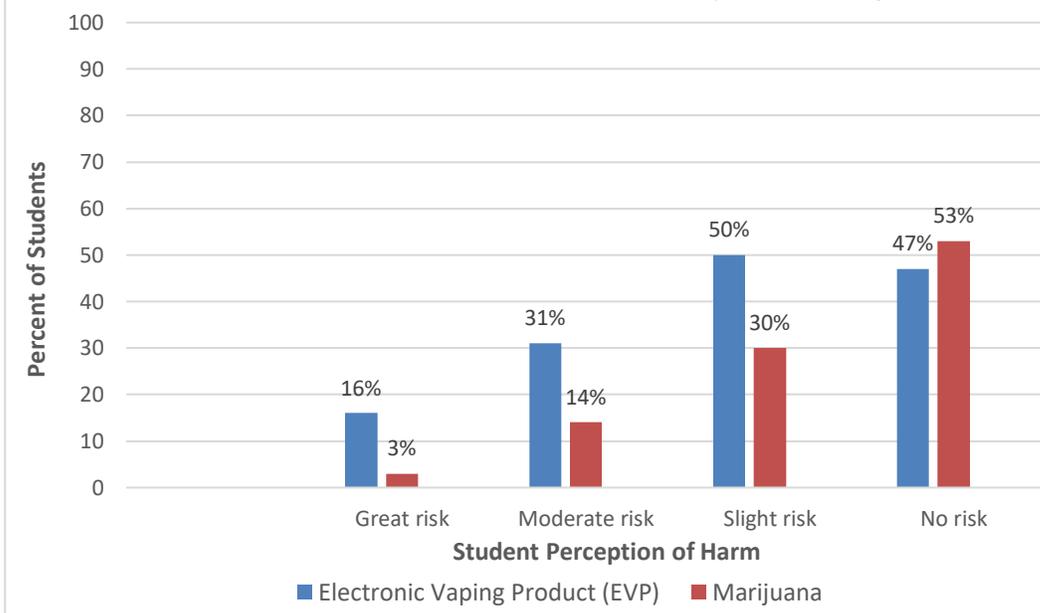
Parent Disapproval - EVD:

Among AHS students who believe their parents feel it would be **very wrong** for them to use e-cigarettes or other electronic vaping products, significantly fewer students report using EVDs in the past 30 days, compared to students who believe their parents feel it would be *wrong, a little bit wrong, and not at all wrong*.



Perception of Harm vs 30-Day Substance Use

2018 MetroWest Adolescent Health Survey - Ashland High School



Perception of Harm - Marijuana:

Among AHS students who believe it is a **great risk** (physically or in other ways) for people to use marijuana once or twice a week, significantly fewer students report using marijuana in the past 30 days, compared to students who see it as a *moderate risk, slight risk, and no risk*.

Perception of Harm - EVD:

Among AHS students who believe it is a **great risk** (physically or in other ways) for people to use e-cigarettes or other electronic vaping products, significantly fewer students report using EVDs in the past 30 days, compared to students who see it as a *moderate risk, slight risk, and no risk*.

This is great opportunity to discuss the risks of marijuana and EVDs with your child/teen. DAET has a library of *Parenting for Prevention* tip sheets with facts, resources, and suggestions for getting the conversation started. All of our tip sheets (available in English, Portuguese, Spanish, and Russian) are available at <http://www.ashlanddecisions.org/parent-tip-sheets.html>.



Ashland's SADD chapter at Main Street Wine and Spirits for the Sticker Shock campaign to remind adults that purchasing or supplying alcohol to minors under the age of 21 is against the law.



DAET staff and volunteers provide educational resources for parents about talking with kids and teens about substance use.



Primary prevention starts with making healthy choices. These kids shared their healthy choices with us on our strawberry vine to celebrate Strawberry Day at the Ashland Farmers Market.

THE PREVENTION SPECTRUM

When you think about preventing disease, what do you envision? You may think about your annual physical at the doctor, or about researchers working in a lab to find a cure for a rare disease. But if you are interested in keeping youth from using substances, you may hear substance use prevention groups talk not only about education and research, but also about restricting sales of alcohol, marijuana, and tobacco, as well as laws and policies on restricting who can buy and sell these products. How exactly do these fit into preventing youth substance use?

These strategies are part of **primary prevention**. The goal of preventing substance use is to reduce mental and physical health issues that may arise from use or misuse. According to the Substance Abuse and Mental Health Services Administration (SAMHSA), we can think of prevention, treatment, recovery, and health promotion on a spectrum. At the beginning of the spectrum, we can target individuals who do not have any health issues and try to prevent them from ever happening. For example, we know that substance use can have an effect on the developing youth brain; therefore, we work to prevent or to delay youth use for as long as possible.

Education and policy are two primary prevention strategies that DAET uses to prevent or delay youth use. Through educational programming, curriculum, and social norm messaging, youth receive prevention education and the skills to make healthy decisions around substances. Members of the Coalition work with community partners to advocate for policies and laws that restrict the sale of substances to adults over the age of 21. Other primary prevention strategies include information dissemination, providing alternative substance-free activities, and efforts which target individual or group thoughts, attitudes, and behaviors around substance use. By applying multiple primary prevention strategies at different levels of impact, we can reduce the chance of illness due to substance use.

While DAET largely employs primary prevention strategies, it is critical that we support and collaborate with those who work further down the prevention spectrum. You may hear medical or health professionals refer to **secondary** and **tertiary** prevention. Secondary prevention refers to screening for specific health issues, and tertiary prevention refers to the treatment of a disease. All three of these steps along the spectrum of prevention are important to maintaining and solving the health issues that substance use can create.

Our photos are great examples of Primary Prevention! Policy & Advocacy, Education & Information and establishing a foundation of healthy choices.

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DAET COALITION MEETING CALENDAR

SEPTEMBER 2019 - JUNE 2020

We are excited to announce a new format to the monthly coalition meetings. We have added special events, activities, guest speakers, trainings & community discussions. Take a look! **Please note that meeting locations vary. Topics are subject to change.** To stay informed of changes, join our email list at www.ashlanddecisions.org/contact-us

SEPTEMBER 10
5:30-7 pm

DAET OPEN HOUSE

Want to learn more about DAET? Meet staff & volunteers. Visit our resource table. Enjoy refreshments & conversation!

Ashland Public Library

OCTOBER 15
5:30-7 pm

PREVENTION PRIORITIES

Our official Coalition meeting kick-off! A review the 2018 MWAHS data & key stakeholder priorities regarding Ashland youth

Ashland Middle School Library

NOVEMBER
Date, time & location TBD

POWER PROGRAM

The Health & Wellness of Ashland Youth

DECEMBER 10
5:30 - 7 pm

POSTIVE NORMS & THE ASHLAND COMMUNITY

A focus group discussion with parents

Ashland Middle School Library

JANUARY 7
5:30 - 7 pm

RING IN THE NEW YEAR!

Join us for event planning activities and updates

Ashland Middle School Library

FEBRUARY 4
5:30 - 7 pm

HIDDEN IN PLAIN SIGHT

An educational exhibit to help parents identify risky behaviors

Ashland Middle School Activity Room

MARCH
Date, time & location TBD

POWER PROGRAM

The Physiology of Addiction
Dr. Ruth Potee

APRIL 7
5:30 - 7 pm

DEVELOPMENTAL RELATIONSHIPS & THE 40 DEVELOPMENTAL ASSETS

Ashland Middle School Library

MAY 12
5:30 - 7 pm

SUPPORTING POSITIVE MENTAL HEALTH IN CHILDREN & TEENS

Ashland Middle School Library

JUNE 9
5:30-7PM

END-OF-THE-YEAR CELEBRATION!

Ashland Public Library

New members are always welcome! One-on-one orientation meetings can also be made by prior arrangement at CoalitionInfo@AshlandDecisions.org.



SEE WHAT'S NEW WITH THE POWER SERIES

Since 2014 Decisions at Every Turn and the Friends of the Ashland Library have had the privilege of co-hosting community programs on important issues relevant to youth and family well-being. POWER has explored topics such as resilience, parenting, substance use prevention, and transitioning to college.

Along the way, we have built relationships with other community partners to deliver programs that meet the needs of Ashland. These partnerships have transformed the vision and mission for POWER to serve as a unified voice for prevention. Today, POWER is becoming a community-wide partnership of organizations, schools, and municipal departments offering programs that provide strategies and skills to support the health and well-being of Ashland children and teens. We provide programs focused on substance use/misuse prevention, behavioral health promotion, physical health promotion, and community connectedness.

POWER reflects Ashland's community values that prioritize prevention and its positive impact on community health. This is an exciting time as we build & expand POWER partnerships and program offerings. We look forward to continuing and growing this valuable resource to give community members tools for helping themselves and others live healthier, happier lives, and to bring the whole community together.

Community members will be able to find all POWER programs at AllAboutAshland. Volunteer groups and organizations interested in learning more about the benefits of being a POWER program can email kristin.french@AshlandDecisions.org.



Find us at:
Decisions at Every Turn



Follow us at:
@AshlandDAET



LOG ON!

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AshlandDecisions.org