



**Decisions at Every Turn Coalition  
Meeting Minutes  
Oct. 6, 2020  
Zoom 6:30-7:30pm**

1. Welcome

First time we have been able to be together for a while. Important to have this opportunity to meet virtually because we were not able to hold our in-person retreat. Understanding what is on your mind and what you are witnessing is important to us. We want to know what your concerns are.

2. Talia Seavey Introduction

a. Stand

Moving forward at both AMS and AHS. AMS will continue with a healthy decision making theme with the next poster on Responsibility. Our timeline for the next poster going out is November, after some virtual pilot testing. AHS will have mental health messaging with a focus of support. Kristin and Talia met with counselors at AHS last week to discuss their thoughts. They were very supportive and will be part of the decision-making process. We are still working out what the communications channels will look like, i.e., posters versus virtual on social media.

b. Youth Coalition

A task this year is to create a youth coalition to increase youth involvement and have a greater youth voice to guide our work. Talia has been having discussions with student groups at the high school to connect with youth, to get the word out and understand their thoughts/interest around it. Youth surveys also went out at AHS and AMS to gauge youth knowledge of the coalition, how they can be reached, and what ways they would like to be involved.

3. DAET Update

a. Social media

Social media is especially important because of the inability to meet in person. We now have the benefit of having a dedicated staff person to oversee social media. We encourage stakeholders to follow us on our accounts, as we provide helpful prevention information, updated on events, links to resources, tips & strategies, and inspirational messaging, such as on Wellness Wednesdays on Instagram that youth follow. We're also posting new tip sheets that are simple and impactful.

b. Annual Calendar

We are being intentional about how we plan our calendar through the end of June. We are using themes built around national initiatives so we can align ourselves with

prevention efforts going on nationwide. Each month will feature specific programs/activities/strategies happening under the themes. Through surveys we have found that people wanted to change the frequency & format of meetings. We will have 1 large fall, 1 large winter, and 1 large spring meeting. During the other months we will connect through webinars, trainings, and other interactive ways to stay connected with stakeholders and the community.

Overview of Oct: Themes are Substance use prevention and mental health awareness. Through social media, we are sending out resources and tip sheets in support of mental health and Red Ribbon Week. Talia is working with Kelly at AMS for activities around RRW taking place at the end of the month. We will also have a webinar on October 26th with Linda Price for K-12 parents/caregivers.

c. Upcoming Programs

On October 26<sup>th</sup> Linda Price will present a morning (9:30am) and evening (6:30pm) virtual program. We are promoting the event via Coalition eblast, on socials, and Jen Cutler will disseminate via schools. The topic is: Mindful Parenting of K-12 youth. Linda does a lot of work with communities, families, and youth. She will focus on parenting during COVID and address issues such as stress, anxiety, and other issues going related to the current environment.. We will have a link to the recording available afterwards for a short period of time.

4. Community Discussion using 7 Strategies for community Level Change

a. Current concerns regarding youth wellbeing

-Kelley- Mental health and impact of isolation and following a different set of guidelines at school

-Erin- Impact of safety restrictions on students accessing support, Students may not be as comfortable accessing counseling as they were in the past, concern of avoidance-attendance/remote engagement due to anxiety or just avoiding because they don't want to do work

- Dave M- Difficult to have interaction, students are not in school as much as before, establishing relationships and make connections is harder, some do well and use social media and some do not, social landscape different

-Jenn- Mental health is a concern for town programs, town is sometimes able to fills service/support gaps and it is more difficult now, access to adult staff is more difficult than before, not as many free flowing conversations to hear concerns

-Vincent- As a positive, the APD is not seeing as many interactions with high school students regarding motor vehicle stops with alcohol and marijuana as many students aren't out and about as much, partying is an issue in other towns and we have not seen it here yet, people are inside more and in smaller groups, vaping was a big concern our last meeting and we are not seeing it as much as before in the cars and with youth,

concern of mental health with everyone getting stir crazy and kids cannot be social

-Kathy- Concern of increasing stress on family systems, more parent child conflicts, more challenges in homes with everyone there, parent resilience, family connections strained, kids with higher needs especially because had more supports before, what does that mean for kids

-Kristin asked Audrey if seeing more kids in nursing-Audrey said not seeing as many because of restrictions, more psychosocial issues

-Amy asks Kelley or Erin- What is going on with vaping?

-Erin/Kelley- Did find vaping paraphernalia last night but have not seen any otherwise, no students caught vaping during school days yet which is different than past, could be fact that they are using strict sign out system for bathroom usage (where vaping activity is known to happen) so not sure if usage is down organically or as a result of restrictions

-Amy (on parent focus group feedback) - Parents have expressed concerns with amount of kids free time, facebook pages have chatter of youth parties

-Dave M replied- couple of small parties but nothing crazy

-Amy- Parents concerns about social connections with peers and school connectedness, kids checking out from wanting to learn over a longer period of time if they lose the school connections, opportunities for healthy social activity with free time

-Kristin- Consistent with survey answers online, mental health, social isolation, decrease in interactions with others, substance use as a factor of having too much free time, not stimulated enough, using as negative coping mechanisms, social media

b. Breakout Room Discussion Sharing

Room 1

-Discussion of supports around equity/race, creation of the youth coalition a good idea to allow kids to have a personal connection, supports needed for parents around mental health resources

- Mental health concerns how it affects family and youth behaviors, tip sheets are helpful because they are concise and easy to access, need to keep things simple, stand campaign could be more effective with less students so they can see the posters, older students are now responsible for maybe younger siblings and may need support in how to manage their own education and mental health

- Continuum of how every individual and family and their comfort in response to covid, some are fearful and it is affecting youth behaviours or others not taking it seriously, mental health issues around fear of getting sick and other people sick and isolation, success in college setting with cohesiveness of messaging, can we draw on this or other districts who are doing a really good job of bringing community together for a why, reframing situation to help better understand why to improve attitude and concerns, we should look into messaging at successful colleges because kids are following expectations, interested in using DA/DR because relationships are so important, what new things are coming out of Search during times of covid

Room 2

Our group focused on the potential increase in mental issues due to the pandemic. Comms - the group felt that the tip sheets are really good. They are done in a format that can be easily digested by parents.

2-way comms - STAND might be more impactful because there are less students in hallway. The school is also coordinating the flow of foot traffic in the school so the posters could be more strategically placed.

Environmental changes - there have been changes on how students access support

Support - another concern is that older students are responsible for their younger siblings remote learning

### Room 3

- a. Understanding the current environment of Resentment of rules in place vs Kids whose families strictly follow guidelines
- Understanding guidelines and why - Public health perspective
- Some of the why's - this is important. To Keep Others Safe. Need to reframe the Why - need to follow rules
- b. Fear is a driver of behavior. HS students - College aged - senior citizens. Fear of getting COVID - fear of passing it along to others. Watch for kids that are very afraid and do not know how to deal with that fear. Providing reassurance - social distancing works, masks work. Helps to calm fears.
- c. Research & Messaging - Look for anything coming out of colleges that has been successful. What is effective in increasing compliance? What is effective in helping kids understand the "why". What messaging is working?
- Don't want to be the surrounding town that needs to be shut down
- Positive peer pressure to encourage peer to follow rules
- Search Institute Checklist

### 5. Final comments

Kristin will take all breakout notes and compile for follow up