

Minutes - Hampden-Wilbraham Safe and Healthy Students Coalition Monthly Meeting
Friday September 16, 2016
Rick's Place Community/Media room at Kids Village
36 Post Office Park Wilbraham
1:00 p.m. – 2:30 p.m.

Agenda

I. Welcome - Gina Kahn – Director Safe Schools/Healthy Students HWRSD

13 Attendees: Teri Brand, HWRSD Nurse Leader Health & Wellness; Sue Bunnell, Wilbraham Board of Selectmen; Ruth DiCristoforo, HWSHSC Coordinator; Kathy Fuss, Wilbraham Junior Women's Club; Susan Gibson, Interim-Pastor Wilbraham United Church; Gail Gramarossa, Prevention Consultant and Coalition Consultant; Gina Kahn, Director Safe Schools/Healthy Students; Elveer Kovarik, Wilbraham parent; Melanie LaFlamme, HWRSD ATOD; Marianna Litovich, HWSHSC Communications Coordinator; Officer Dan Menard, HWRSD School Resource Officer; Cindy Milner, Pathways for Parents Coordinator; Edward Saint-Vil, Hampden County DA's Office Youth Advisory Board

II. Activity

A. Partners in Prevention June 10, 2016 Review & Activity – Gail Gamarossa

Attendees broke into small groups to develop “pithy” slogans and taglines to go along with the identified local condition, from the June 10th Partners in Prevention program, of how easily accessible alcohol, prescription drugs and marijuana are to the area youth. The slogans were to convey a message with parents and other adults the importance of securing these substances so teens can't so easily access them around the home. Pithy slogans are memorable, easy to communicate, resonate with parents/other adults and reinforce the message of securing up these substances. Creative messages were as follows:

“Lock up your drugs, NOT your kids”

“Mr. Yuck was right, Lock it up”

“Mind your meds, lock them up”

“It's Friday Night – Do you know where your BEER is?”

“Have you checked your LEVEL lately?” with a graphic of an alcohol bottle half- filled with alcohol half-filled with water

“Lock them up! Meds not Kids ☺”

“Lock it up, so they don't get locked up” with a graphic of an alcohol bottle behind “jail-bars”

“Don't inhale, for REAL!”

“Think before you drink” – graphic of an adult with liquor, ready to pour at the dinner table with the family

“What are you teaching is “grown-up” behavior?”

“Is this the grass you want your kids paying attention to?”

Thanks, Gail, for a great activity developed from the June 10th feedback.

III. Updates – Gina Kahn

A. DFC Grants Update

The Coalition is beginning year 3 of the 5 year DFC grant funding timeline. DFC accepts grant applications to fund an additional five years, representing years six through ten, but there is no guarantee of approval or that the award will be immediately available at the end of year 5.

B. Stop Act

The district received funding, effective 10/1/2016 for \$47,000 for the next four years to focus on underage drinking. This grant will help the district focus additional resources on the middle school age population.

C. Ready or Not Grade 9 program

This program is on pause for the fall. There will be future discussions and input gathered about the timing of the event with the possibility to offer this program in the spring of 8th grade instead of the beginning of 9th grade.

D. Youth Mental Health First Aid Program -

The upcoming training will be held on Saturday 10/22/2016 at MRHS. Anyone 18 years old or older is eligible to attend.

E. RBS Snapshot Update –

Catherine Brooks has been contracted to update the Snapshot brochure with current 2016 data, along with HWRSD Prevention Strategies.

F. AIC Public Health Intern

Two AIC public health undergraduate interns will be working a total of 150 to 180 hours each this semester on various projects, such as updating the YMHFA E-Resource Booklet.

G. Support Cards

Members were reminded of the importance of filling out the Support cards to help the coalition continue to document our in-kind services according to our DFC reporting guidelines. Any activity, whether big or small that contributes to substance abuse prevention and healthy youth development counts!

Task: Members please document your support cards at each meeting! Thank You.

IV. On-Going Planning/ Events – Ruth DiCristoforo

A. District Open Houses

The coalition has been represented at the Fall Open Houses at Stony Hill, WMS, Green Meadows and MRHS so far. Mile Tree, TWB and Soule Road Open Houses are upcoming over the next week or two. The Coalition had a few minutes before the audiences at Stony Hill and MRHS (Thanks, Gina and Mike Roy). Ruth and Gina handed out various hand-outs and had some quick conversations with parents/guardians coming into the buildings. Hand-outs included the Coalition brochure, Dr. Bertha Madras flyer, Quarterly newsletter, and parenting booklets, when appropriate.

Task: Gina and Ruth will continue to provide a coalition presence at the remaining open houses.

IV. On-Going Planning/ Events – Continued

B. Dr. Bertha Madras - October 12, 2016

Flyer and press releases are going up and out everywhere: school and town websites (thanks, Gina, Dan Menard, and Sue Bunnell) area coalition and schools, Wilbraham Public Access (thanks, Anthony), HWRSD Home page/Calendar, local papers. Lawn signs are going up soon around town. Senator Lesser will welcome the audience and introduce Dr. Madras.

Kathy Fuss continues to provide support for volunteers the night of the program, as well as organizational strategies for the door prizes. Thank you, Kathy.

We are still looking for door prizes and anyone interested in having a table at the beginning of the program when people sign up for the raffle. A reception for Dr. Madras was discussed prior to the program with more information to be discussed and communicated soon.

Task: Gina and Ruth will continue to coordinate this event with help from members and the school district.

V. Communication – Marianna Litovich

A. Name and Logo Discussion

The new proposed name for the coalition does not necessarily need to include “Hampden-Wilbraham” or “Coalition” in the title. For example the coalition in Ludlow is named: “Ludlow Cares”.

Task: Marianna will Email members providing the parameters for the name and logos, including example names currently in use. Members will be asked to Email back their suggestions for a new name and/or logo by Friday, October 14th. Marianna will compile the list and the names will be discussed at the following meeting.

Task: Gina will provide Marianna with a list of active coalitions from the DFC Website.

B. Website Update

Web-Tactics is being contracted to develop and host a website for the coalition at a cost of \$3620 which includes a 50% non-profit discount.

Task: Gina to sign the contract and with Marianna continue to provide information to the vendor as they develop the website.

Upcoming Meetings: 10/21/2016 1 p.m. Rice Farm
11/18/2016 1 p.m. Wilbraham Public Library