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## Minutes 11\_17\_11

**AYHSC Minutes – November, 17, 2011**  
**5:30pm-7:00pm**

**I. Welcome:** Kathy Hirsch, Fred Ryan, John Scheft, Kelsey Craig, Joe Curro, Ethel Doyle, Rebecca Wolfe, Judith Carroll, Colleen Leger, Lynn Horgan, Rich Flynn, Natasha Waden

Members revisited the question posed last meeting, *“What have you done differently since our last meeting because of your involvement in the coalition?”* New member, Kelsey of the Arlington Enrichment Collaborative (AEC) provided a brief summary of her involvement with the Tobacco Leadership program at the Ottoson Middle School. Kelsey stated that she would provide additional details on the program later in the meeting. Judith informed group of outreach conversation with tennis pro, who offered services related to the Diversion program.

### II. Upcoming Trainings and Events

Community Collection Day: Colleen reminded members about the drug and sharps take back event at Community Collection Day, on Saturday, November 19. The event will run from 9:00am-1:00pm at the DPW Town Yard. One to three volunteers will be needed to assist with drug & sharps collection. Colleen added that the DPW may have money available towards sharps disposal and, in the upcoming months, a permanent drug disposal option will be in place.

High School YRBS Administration: This survey will be given to AHS students on Wednesday, December 7<sup>th</sup>. Coalition member support (5-7 volunteers) is needed to help distribute and collect surveys, and monitor halls during administration.

Strategic Prevention Framework 101: Colleen invited members to consider attending this training, which will be held on Tuesday, November 29, from 8:30am-4:30pm, in Shrewsbury. Interested members will have a great opportunity to learn the guiding principles of a public-health approach to community prevention, and the 5-step process that guides the workings of the coalition. The AYHSC will fund members to attend the training.

Holiday Help Program: Lynn provided information on this important community program that is coordinated by members of the Board of Youth Services, the Arlington Youth Counseling Center (AYCC) and Patsy Kraemer. This program has been running for decades, offering gift support to local families in need. Interested members were invited to take part in the gift giving opportunity. Members offered willingness to contribute to this.

### III. Coalition Updates

Guiding Good Choices: The first session of this parent education workshop was made possible thanks to funding provided by the Sanborn Foundation. The program was facilitated by coalition members, Mindy Davin and Sheryl Cohn, and was well attended with ~14 community parents/caregivers taking part in this interactive class. A second GGC program is now underway with Cindy Sheridan Curran facilitating. Colleen pointed out the positive momentum of this series, with consistent and active attendance by registered participants. Colleen also acknowledged Arlington Center for the Arts for providing the space (in kind) to hold the workshops. Colleen proposed ideas for promoting future GGC workshops to parents of 4<sup>th</sup>-5<sup>th</sup> graders, and promoting the model at PTO gatherings. Ethel suggested connecting with the Arlington Boys and Girls Club, Kathy suggested reaching out to local churches and faith communities. Lynn suggested AYCC as another place to consider holding GGC classes for the parent community.

### Youth Initiatives:

- **Ottoson Tobacco Prevention Peer Leadership Program:** Kelsey Craig, of the Arlington Enrichment Collaborative spoke enthusiastically about the events preceding today's Great American Smokeout at the Ottoson Middle School (OMS). Kelsey outlined the curriculum elements of this exciting fall program, which was a collaborative project of AEC, Mt. Auburn Hospital, and AYHSC, funded by the Sanborn Foundation. Middle School Peer Leaders participated in four classes that covered tobacco related education: history, prevention, social norms, media literacy, and new tobacco products that targeted to youth. Kelsey stated the Peer Leaders really enjoyed working with ACMI to create a PSA about the harmful effects of some of these new products. This PSA was shown to the entire OMS community on Monday, and to the coalition members during the meeting. Kelsey highlighted the success of today's event at OMS, where students were encouraged to dress in blue for the Great American Smokeout. Students arrived to the cafeteria to see two entire walls colored with post it notes. Each note was stamped with the social norms message "93% of Ottoson Students have never tried tobacco".
- **AHS CADD Classes: Above the Influence Campaign:** Colleen and Lynn will be meeting with Mr. Kambiz Vatan to discuss plans to work with his class on an "Above the Influence Campaign" this spring. The focus of this campaign is to show how teens choose to stay above "alcohol and drug use". This is an opportunity to identify activities, personal messages and characteristics that teens choose instead of alcohol/drug use. Colleen expressed gratitude for the opportunity to collaborate once again with this talented class, whose design contributions made our fall Social Norms Campaign possible.

Diversion Youth Expansion Project: As mentioned in the last meeting, the AYHSC and AYCC have been awarded a 3 yr. Grant by the CHNA 17 and Mt. Auburn Hospital. This grant will enable AYHSC and AYCC to better understand and respond to the experiences and treatment needs of substance-using youth. Plans are underway to conduct focus groups in January. AYHSC and AYCC will collaborate with Pete Lundstrom of AHS Workplace, AHS Guidance, AHS Peer Leaders and staff to identify youth for focus groups. This is an exciting opportunity to better understand teen perspectives related to substance abuse, their knowledge base, insights related to problem recognition and protective factors that may lead them to seek assistance.

### Youth Risk Behavior Survey:

Colleen highlighted the some of the results of the Ottoson Middle School YRBS and open-end response section. This data will be shared in more detail at School Committee meeting tonight.

Tobacco Regulations: Natasha Waden, Health Compliance Officer for the Arlington Board of Health provided a wealth of information related to plans for increased regulation of tobacco products. She informed the group about a grant Arlington received, in collaboration with Newton, Brookline, Watertown and Belmont, from the MA Department of Public Health. This grant will support a part time staff person, Wesley Chin, to visit community establishments and do inspections that are based on local/state regulations. Wesley will follow an inspection checklist (provided by the Mass. Tobacco Control Program) and perform compliance checks as well. He will be looking for youth to conduct these compliance checks. These visits will not be announced and strict penalties will be enforced for violations. Natasha provided verbal & visual education on the new products that are being sold, and targeted to underage youth. Additionally, there are plans to look into regulations re: tobacco sales in pharmacies, flavored tobacco products, and tobacco sales permitting. John offered legal insight on tobacco related statutes that may apply to these tobacco efforts. Currently, there are fines attached to public smoking.

## **IV. Parent Initiatives**

Table Talks: A meeting was held this week with the Sharon from the Middleboro Youth Advocates to better understand the components of this parent program. Coalition members Karen Dillon, Lynn Horgan and Rebecca Wolfe attended. Rebecca and Lynn provided insight on the format of this informal model that offers a facilitated opportunity for parent to receive support, make connections and obtain information in a comfortable setting (such as the home of a host). Members shared their thoughts around this model, and suggested

adaptations to meet the needs and concerns of our community.

Parent Support: Lynn requested help from the coalition to better understand “parent concerns” in our community. Lynn passed out a brief, 2-question survey and asked members to spend ~20 minutes of their time between now and next meeting to provide feedback. The goal of this inquiry is to improve the capacity of AYHSC to respond to parent and community member concerns about youth substance use. The feedback will aid in revising program materials to better suit the identified areas of concern

**V. Meeting Adjournment:** Next Coalition meeting 12/8/11