



**Town of Arlington, Massachusetts**  
**730 Massachusetts Ave., Arlington, MA 02476**  
**Phone: 781-316-3000**

**webmaster@town.arlington.ma.us**

## Minutes 11-18-10

### Meeting Minutes

November 18, 2010

5:30-7:00PM

**Present:** Ethel Doyle, Cindy Sheridan, Jack Flood, Bryan Gallagher, John Sofis Scheft, Brian Dietz, Cindy Starks, Carlene Newell, Mindy Davin, Colleen Leger

**Attendees: 10**

#### **Welcome:**

Coalition members were asked to document volunteer hours for the previous month.

#### **Upcoming Events:**

Colleen provided a brief synopsis of the Community Health Network Area (CHNA), and invited Coalition members to attend the next CHNA general meeting on Friday 11/19/10, at Whittemore Robbins House. Coalition members were also invited to attend a meeting of DFC communities, hosted by the Outcomes Project in Brockton, on Monday 11/22/10.

#### **Coalition Updates:**

##### AHS Student Volunteer Day

Brian Dietz updated the group on conversations he had with Principal Skidmore regarding a planned volunteer day at Arlington High School. Brian explained that he and members of the Highrock community have been eager to connect with the greater Arlington community in a positive and meaningful way, and that the Highrock team would be happy to help coordinate the volunteer projects. Although planning for this event is in its initial stages, the idea is that the Junior class at Arlington High School would be given a day "off" from classes to participate in community service activities throughout Arlington. Brian also shared his idea of inviting a guest speaker to address the student volunteers prior to the day's activities. Coalition members expressed enthusiasm for the volunteer day, and offered some project ideas and suggestions for organizing the day's activities. Some of the ideas included: assigning students randomly to group projects; requiring students to participate (in their groups) in some of the project planning; having a class lunch at the end of the day, and allowing students to share their experiences with one another; having one of the student groups prepare and serve the class lunch; assigning one (or several) student groups to revamp the AHS bathrooms; and reaching out to nursing homes, the senior center, the Town libraries, schools and daycares for project ideas. Coalition members also thought that some groups should be assigned to clean up graffiti, as well as litter, beer cans, etc... at drinking "hot spots" around town.

Coalition members were asked to go to their respective organizations and ask about potential, large-scale (requiring 10+ volunteers) projects for volunteer day. It was suggested that the Youth Council help coordinate this event.

##### Prescription Drug Disposal

Colleen provided a summary of the drug take-back program offered during the November 13<sup>th</sup> Community Collection Day. At this event, AYHSC collected 13 10-gallon boxes of meds, sharps, personal care products and other medical waste. In addition, AYHSC collected roughly 2,000 pills and 94 ounces of liquid meds identified as controlled substances by on-site volunteer pharmacists, Bob and Tony. Bob noted that there were fewer "hard" narcotics this time, compared to the larger quantities of heavy hospice-type meds collected at Town Day. Thank you to Ethel Doyle, Bob Pasquariello, Anthony Spagone and Detective Karen Kelley for helping out at the event.

Colleen also updated the group on the permanent drug disposal program AYHSC is planning with the Arlington Police Department. Chief Ryan agreed to have a drug drop box installed in the lobby of the Community Safety Building. Chief Ryan confirmed that the APD would monitor the disposal process and oversee the destruction of the meds. The Coalition and the APD

sent a letter to the USPS of Greater Boston requesting that they donate an old/unused mailbox to the APD, which the Town would then paint and convert for use as a secure, medication disposal box. If the USPS is unwilling to donate a mailbox, the Coalition will look into purchasing one for this program.

### Youth Council

The Youth Council is postponing plans for a Facebook page, due to Youth Council Advisors' concerns about having contact with students through Facebook. A discussion ensued among Coalition members regarding the use of social media for school-related activities. The Arlington School Committee currently is looking into this matter, and trying to develop fair and responsible policies for the Arlington Public Schools. Detective Gallagher informed the group that police have full access to social media accounts, enabling them to monitor online behavior when necessary. Parent education around the various types, uses and implications of social media seems warranted.

The Youth Council is exploring ideas for implementing a social norms campaign on underage drinking. The purpose of the campaign is to use positive messages to highlight that fact that the majority of high school students do not drink alcohol (based on YRBS data). It has been suggested that the Youth Council reach out to art and graphic design classes to develop posters. AYHSC could run a poster contest, offer prizes and select the best posters for circulation. The idea is to keep the images and messages fresh. Other communities have had students create screen savers, and had them installed on all school computers. These, too, could be changed periodically to keep messages fresh. School administrators, teachers, coaches and other faculty, as well as parents and other adults in the community are also needed to reinforce the positive norms.

### Tobacco Prevention

AYHSC and Board of Health staff oversaw the latest round of tobacco compliance checks on Wednesday, November 17<sup>th</sup>. During the checks, an underage female operative from Melrose High School attempted to purchase cigarettes at 23 retail establishments. At each of the establishments, the operative was asked for her identification, and subsequently denied purchase. One tobacco retailer was closed for the day, and therefore was not included in this round of checks. It is possible that some of the retailers suspected that this was a sting operation, and might have informed clerks at other establishments. Coalition members suggested running compliance checks with older-looking teens (even teens who are of legal age to purchase cigarettes), and using the opportunity to educate retailers and reinforce best practices (i.e. carding anyone who looks 27 or younger).

Carlene N. arranged with Chris Britt to conduct magic shows, incorporating tobacco prevention education, at the elementary schools. Thus far, four of the seven Arlington elementary schools confirmed dates for the presentation, and Carlene is waiting to hear back from the other three. This program is grant funded by Mount Auburn Hospital and the Sanborn Foundation. Colleen will meet with Mount Auburn staff to discuss additional grant opportunities, related to tobacco prevention, for the upcoming year. One possible idea involves creating a local chapter of the 84 Movement, a statewide youth tobacco prevention movement that focuses on positive social norms related to youth tobacco use. Colleen thought that this project might be appropriate for middle school students. Cindy S. suggested that AYHSC connect with the Arlington Enrichment Collaborative, to see if there are some opportunities for collaboration on this issue.

### Guiding Good Choices

The October series of Guiding Good Choices concluded on November 10<sup>th</sup>, with positive feedback from parent participants. Thank you to Cindy Sheridan and Maryanne Andrew for facilitating the program. Cindy stated that the Ottoson Media Center was a perfect location for the program, and that it was much easier to set-up, break-down and store workshop materials at OMS than it was at past GGC locations. It was suggested that all future workshops be held at the Ottoson, which would also help to institutionalize this program as a resource for middle school parents. Colleen agreed that this would be a good idea, but acknowledged that AYHSC is charged custodial fees for using the Ottoson at night, which is not the case when using other locations in Town. The Coalition should look into offsetting this cost somehow, through donations, grant funding, or in-kind support.

### Diversion Program

Cindy provided an update on the Diversion Program, mentioning that there are several court-referred cases, and several cases at the Ottoson. Cindy reported having good communication with Ottoson administrators. Cindy and John summarized AYHSC efforts (and challenges) to filing in small claims court to enforce collection of fines for marijuana possession.

### Other News

Colleen updated the Coalition on recent action by the Massachusetts Alcoholic Beverages Control Commission banning alcoholic beverages that contain caffeine as an added ingredient. The emergency regulation, issued on Thursday, November 18<sup>th</sup>, went into effect immediately.

**Carryover Request for FY11:**Explanation of unobligated funds

AYHSC completed its Financial Status Report for FY10 documenting an unobligated balance of Federal DFC funds of \$9,301.49. Of these unobligated funds, \$6,271 had been budgeted for Coalition travel to the Mid-Year CADCA Conference, which took place this past summer in Phoenix, Arizona. Given the high cost of travel and lodging associated with the CADCA conference, AYHSC opted to send Coalition members to local trainings in lieu of the CADCA conference. The remaining \$3,030 had been allocated, but ultimately not required for various contractual services, including CADCA training registration, Guiding Good Choices facilitation, and Arlington Police overtime.

Proposal for Carryover

The Coalition will request to carry over the \$9,301.49 into the FY11 budget cycle to help fund the following activities:

- Diversion Program— \$7,047: In its original DFC FY11 budget proposal, AYHSC had reduced the number of DFC-funded hours for the Diversion Program Coordinator position, due to budgeting constraints. This \$7,047, in addition to non-DFC funding streams, will support the Diversion Program Coordinator position at its current level, through next September.
- Safe Medication Disposal—\$1,654: The Coalition will use this to fund community-wide drug take-back events, as well as the installation of a permanent and secure medication disposal box in the lobby of the Arlington Police Department.
- Northeast Health Resources—\$600: The Coalition had budgeted \$4,000 for the evaluation of the 2011 Ottoson YRBS, which was a low estimate for this contract. For the revision and preparation of the questionnaire, data analyses and report generation, as well as additional behavioral cross tabs, the evaluator thought \$4,600 would be a more accurate estimate.

**Adjournment:** Next Coalition Meeting: December 09, 2010