

2015 - 2016

COALITION HANDBOOK



"Never doubt that a small group of thoughtful
committed citizens can change the world.
Indeed, it is the only thing that ever has."

-Margaret Mead

Dear Coalition Member,



Welcome to the Arlington Youth Health & Safety Coalition (AYHSC). We are so happy to have to you join us! The Coalition has been in existence since 2006 and is federally funded through the Drug Free Communities program from SAMHSA for \$125,000 per year until September 2019. We work throughout the Town to reduce and prevent substance abuse and other risk behaviors that adversely affect Arlington youth.

Using a public health approach to prevention and intervention, AYHSC focuses on positive community change through education, environmental initiatives, policy development, & improving youth access to treatment. We follow a multi-level approach to prevention, and work collaboratively with many partners including:

- ▶ Schools
- ▶ Retail businesses
- ▶ Non-profits
- ▶ Parents
- ▶ Youth
- ▶ Youth-serving orgs.
- ▶ Law enforcement
- ▶ Substance abuse orgs.
- ▶ Religious orgs.
- ▶ Media
- ▶ Healthcare
- ▶ Local/ state govt.

The Coalition envisions Arlington as a safe and vibrant community where youth choose to live substance free and are collectively supported by their peers, parents, and community members in making healthy decisions. We look forward to your involvement with AYHSC. Thank you for caring about Arlington's youth.

Together we can make a difference!

Ivy Laplante
AYHSC Director

Karen Dillon
*AYHSC Project Coordinator
Youth & Community Outreach*

Coalition Involvement Agreement

Name: _____

I represent the _____ Sector of Arlington, MA.

Arlington Youth Health & Safety Coalition (AYHSC) will be responsible to:

1. Create and follow by-laws and policies.
2. Formulate Coalition goals and objectives.
3. Oversee operations of activities, programs, and paid staff.
4. Help recruit new Coalition members.
5. Create and follow a strategic Action Plan.
6. Create a credible and relevant sustainability plan, which includes volunteer membership and resources, both financial and material.
7. Respects the opinions and beliefs of other AYHSC members.

As a **Coalition member**, I will be responsible to:

1. Be a community leader among my sector.
2. Ensure clear communication between my sector and the Coalition.
3. Act as a positive role model for youth, families and peers.
4. Support the Coalition's mission and vision.
5. Attend monthly Coalition meetings.
6. Participate in at least one Short Term Action Team (STAT).
7. Attend Coalition sponsored trainings and community events.
8. Contribute to the strategic planning process.
9. Participate in sustaining the Coalition's capacity, involvement, and energy.
10. Prevent youth substance use through environmental strategies.

Coalition Representative's Name

Sector Representative's Name

Coalition Representative's Signature

Sector Representative's Signature

Title, Sector Organization Date

Title, Sector Organization Date

Arlington Youth Health & Safety Coalition



VISION

We envision the Town of Arlington, MA, as a safe and vibrant community where youth choose to live substance free and are collectively supported by their peers, parents and community members in making healthy decisions.

MISSION

The mission of the Arlington Youth Health & Safety Coalition (AYHSC) is to engage, inform and empower our community to prevent and reduce substance abuse and other risk behaviors that adversely affect Arlington youth.

\$125K

AYHSC is federally funded through the Drug Free Communities (DFC) grant program from SAMHSA for \$125,000 each year until September 2019.

COMMUNITY IMPACT

Since the Coalition was established in 2006, there has been a:



17%

DECREASE

in AHS students
drinking alcohol



13%

DECREASE

in AHS students
using marijuana



6%

DECREASE

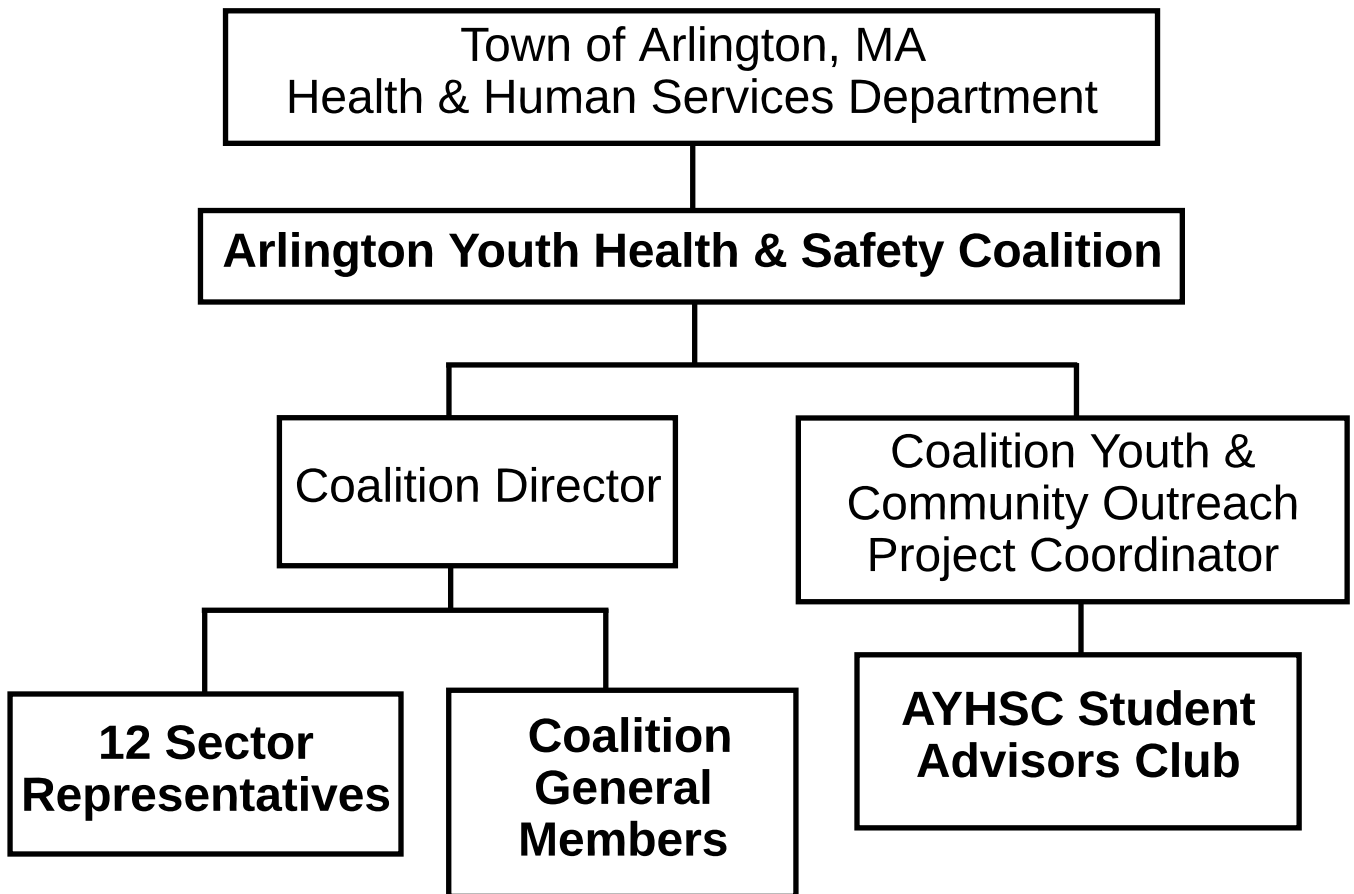
in AHS students using Rx
drugs not prescribed to them

AYHSC MAJOR HIGHLIGHTS (2006 - 2015)

- Instituted a Jail Diversion Program at AHS to allow youth who commit criminal offenses (largely minor in possession violations) to avoid arraignment and criminal prosecution through participation in individualized, community-based intervention plans.
- Hosted substance abuse prevention presentations at schools (i.e. Chris Herren)
- Created H.R.C. Summer Experience in collaboration with APD & Arlington Rec
- Alcohol compliance checks with local retailers and “Sticker Shock” campaigns at local liquor retail stores
- Parent workshops (i.e. Navigating the Teen Years & Guiding God Choices)
- Installed a 24-hour Rx drug disposal kiosk in APD
- Clarified healthy social norms through poster campaigns by exposing exaggerated misperceptions of underage drinking and marijuana use among students
- Collaborated with the Board of Health to ban the sale of flavored tobacco/nicotine delivery products, and increase the age of tobacco purchase in Town to 21



AYHSC ORGANIZATION CHART



DID YOU KNOW...

The **Strategic Prevention Framework** is used to organize Coalition activities. By focusing on assessing our community's needs, building capacity, planning, implementation, and evaluation, we are able to take a comprehensive approach to youth substance abuse prevention.



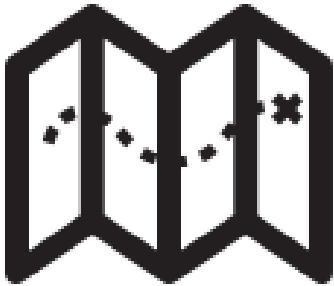
WHERE DO I FIT IN?

- **Communications:** Create and distribute substance abuse prevention materials to media, schools, and community, and publicize AYHSC efforts.
(i.e. write news articles for the Advocate, hang flyers around Town)
- **Community Outreach:** Represent the Coalition at community events.
(i.e. Tabling at parent forums, presentations at OPAC meetings)
- **Events:** Help organize and facilitate special Coalition events and welcome community members to each event.
(i.e. Project Purple Basketball Game, Community forums, Town Day)
- **Parent Survey:** Create and disseminate a survey to parents, and design a Parent Social Norms Campaign.
(i.e. "Most parents don't host underage drinking parties")
- **Prescription Drug Prevention:** Participate in Arlington Opioid Outreach Prevention Initiative activities, work with local pharmacies and medical providers to develop safe prescribing practices, promote drug disposal kiosk at the police station.
- **Navigating the Teen Years:** Organize and facilitate NTTY parent workshops at the Whittemore Robbins House.
- **AHS Advisory Messages:** Design creative student-friendly messages to be used during Advisory.
- **Student Advisor Initiatives:** Collaborate with Coalition Student Advisors on initiatives such as Sticker Shock, Youth Summits, student-focused conferences, and other activities.



LOGIC MODEL

A logic model is essentially a road map for the Coalition's activities. All of the actions of the Coalition should directly relate to impacting the root causes and changing the local conditions that are favorable to youth substance use.



**SOURCE: Arlington YRBS 2013*

PROBLEM STATEMENT

Youth in Arlington abuse prescription drugs.

- ▶ 10% of AHS students reported taking a prescription medication not prescribed to them by a doctor in the past 30 days.*
- ▶ 7.5% of AHS students reported ever using an over-the-counter (OTC) drug (i.e. decongestant, cough medicine) to get high.*

LOCAL CONDITIONS

Unused and/or unmonitored supplies of controlled substances are present in homes accessible by youth.

- ▶ Excessive quantity of unused, expired or unwanted controlled substances collected at take back events, and through drug kiosk at APD.

ROOT CAUSES

Youth have easy access to prescription drugs.

- ▶ Focus group reports

Prescribing practices favorable to prescription drug abuse among youth.

- ▶ The majority of prescriptions pill bottles collected in drug kiosk are for 30-day prescriptions.

Athletics, coaches do not monitor prescription drug use among athletes.

- ▶ Anecdotal reports

PROBLEM STATEMENT

Youth in Arlington drink underage.

- ▶ 30% of AHS students reported having had a least one drink of alcohol in the previous 30 days.*
- ▶ 16% of AHS students reported having 5+ drinks in a row in the previous 30 days.*
- ▶ 8% of 8th grade OMS students reported having been drunk at least once in their lifetime.*

LOCAL CONDITIONS

Arlington youth attend house parties where youth alcohol use was allowed.

- ▶ 20% of all AHS students attended a party in Arlington where alcohol use was allowed in the past 12 months.*
- ▶ 29.3% of all AHS students reported they were at home or at a friend's home the last time they drank.*

ROOT CAUSES

Community attitudes and practices favorable to underage drinking.

- ▶ 54% of AHS students report their parents allow them to drink alcohol.*
- ▶ 23% of AHS students perceive little to no risk in someone their age drinking alcohol regularly.*

Arlington youth drink in open spaces outside.

- ▶ 12.7% of AHS students report they were outside during the most recent occasion when they drank alcohol.*

Parents openly drink at youth events.

- ▶ Observations at little league fields, anecdotal reports

Youth have easy access to alcohol.

- ▶ 28% of AHS students report having obtained alcohol through social sources.*
- ▶ 16% of stores in Arlington (5 of 30) failed most recent alcohol compliance checks. (Police data 2015)

Stores in Arlington are selling alcohol to youth who use fake IDs.

- ▶ 2.9% of AHS students report using fake IDs to obtain alcohol, either their own or their friends.*
- ▶ Anecdotal reports of students selling and using fake IDs.

Arlington youth obtain alcohol through older siblings.

- ▶ 12.6% of AHS students report they obtain alcohol from older siblings.*

Inconsistent enforcement of underage drinking laws.

Discrepancy between youth disturbance calls & police action (arrests or referrals to Diversion).

- ▶ In Jan 2015 through April 2015, there were 13 incidents involving youth disturbances or gatherings, but there were fewer than 5 official consequences (diversion, arrests). (Police Data 2015)

PROBLEM STATEMENT

Youth in Arlington use marijuana.

- ▶ 16 % of AHS students reported using marijuana in the past 30 days.*
- ▶ 29% of AHS students and 9% of 8th grade students reported at least one incident of marijuana use in their lifetime.*

LOCAL CONDITIONS

Youth buy marijuana at school.

- ▶ 15% of AHS students report they had been offered, sold or given an illegal drug during school in the past year.*
- ▶ 3% of OMS students report they had been sold or offered drugs on school property.*

Drug deals (marijuana) take place behind CVS near school and in parks around Town.

- ▶ Anecdotal reports, phone calls to police.
- ▶ 5 arrests/citations for marijuana deals made in parks (Police data '15).

ROOT CAUSES

Youth have easy access to/availability of marijuana.

- ▶ Students report obtaining marijuana from friends and parents (anecdotal reports)

Inconsistent enforcement of marijuana and lack of consequences.

- ▶ Only 1 report of marijuana MIP by police (Police data '15)

No clear or consistent protocol to address marijuana possession or consumption at school.

- ▶ 5% of AHS students report using marijuana during school in the past year.*

Inconsistent issuance of civil citations for marijuana possession or consumption in Town (i.e. parks, parties at home, open spaces).

PROBLEM STATEMENT

Youth in Arlington use tobacco.

- ▶ 20% of AHS students reported lifetime tobacco use.*
- ▶ 7% of AHS students reported using tobacco in the past 30 days.*

LOCAL CONDITIONS

Stores are selling e-cigarettes to youth.

- ▶ Anecdotal reports of kids buying e-cigs from tobacco retailers.
- ▶ Failed tobacco compliance checks (in Arlington, the legal age to buy cigarettes is 21).

ROOT CAUSES

Youth have easy access to e-cigs.

Youth using e-cigarettes at school.

- ▶ Focus group reports of AHS youth using e-cigs in hallways of school.
- ▶ Only 5 tobacco violations reported in 2014/15 school year (AHS school data), whereas 3% of AHS students reported smoking cigarettes on school property.*

7 COMPREHENSIVE STRATEGIES:



The Coalition uses these seven comprehensive strategies to address youth substance abuse within the community:

1. Provide Information

Project Purple - Chris Herren event, Marijuana talk-kit, social media posts, Sticker Shocks

2. Build Skills

HRC summer camp, Guiding Good Choices parent workshops

3. Provide Support

AYHSC Student Advisor Club, Club 84, Jail Diversion Program

4. Access/ Barriers

Alcohol compliance checks, Rx drug take-back day, kiosk at APD

5. Incentives/ Disincentives

Publicly recognize positive behavior through media, issuing citations and/or fines

6. Physical Design

Post signage, install smoke detectors, Rx drug lock boxes

7. Policies/ Regulations

Raised tobacco purchase age to 21, Kick Butts Day at MA State house, changes in the AHS student handbook



Menotomy Preschool: 8:30-2:30
 Elem School Hours: 8:10-2:30
 OMS School Hours: 8:00-2:26
 AHS School Hours: 8:00-2:26

Approved by School Committee June 11, 2015

SEPTEMBER (15 days) 2015

M	T	W	TH	F
	1	T	T	4
H	EE	9	10*	11
N	EE	16	17	18
21	EA	N	24*	25
28	EE	30		

OCTOBER (21 days) 2015

M	T	W	TH	F
			1	2
5	EE	7	8*	9
H	EE	14	15	16
19	EA	21	22*	23
26	EE	28	29	30

NOVEMBER (17 days) 2015

M	T	W	TH	F
PDN	EE	4	5	6
9	EA	H	12*	13
16	EE	18	19*	20
23	EE	**25	H	N
30				

DECEMBER (17 days) 2015

M	T	W	TH	F
	EMS	2	3	4
7	EA	9	10*	11
14	EEC	16	17*	18
21	EE	23	H	H
V	V	V	V	

JANUARY (19 days) 2016

M	T	W	TH	F
				H
4	EE	6	7	8
11	EA	13	14*	15
H	EE	20	21	22
25	EE	27	28*	29

Teachers Return
 September 2 & 3, 2015

First Day of School Grades 1-12
 Tuesday, September 8, 2015

Kindergarten & Preschool First Day
 September 15, 2015

PDN: Professional Development
No School
 November 2, 2015

****Thanksgiving Break**
 November 25, 2015 12 noon

EE: Early Release Elementary 1:00
(Lunch will be served)
 Every Tuesday

EA: Early Release All Levels 1:00
(Lunch will be served)
 September 22
 October 20, AHS 12:00 dismissal
 November 10
 December 8, dismissal 11:15 No Lunch
 January 12
 March 1
 April 5

All Afternoon Conferences
 Lunch not served on days dismissal at 11:15

Elementary December 8, dismissal 11:15
 Elementary December 15, dismissal 11:15
 Middle School December 1, dismissal 1:00
 Middle School December 8, dismissal 11:15
 High School October 20, dismissal 12:00

All Evening Conferences
 Elementary December 10
 Middle School November 19
 Middle School December 9
 High School October 20
 High School October 29

Arlington High School Graduation
 Saturday, June 4, 2016

FEBRUARY (16 days) 2016

M	T	W	TH	F
1	EE	3	4	5
8	EE	10	11*	12
H	V	V	V	V
22	EE	24	25*	26
29				

MARCH (22 days) 2016

M	T	W	TH	F
	EA	2	3	4
7	EE	9	10*	11
14	EE	16	17	18
21	EE	23	24*	N
28	EE	30	31	

APRIL (16 days) 2016

M	T	W	TH	F
				1
4	EA	6	7	8
11	EE	13	14*	15
H	V	V	V	V
25	EE	27	28*	29

MAY (21 days) 2016

M	T	W	TH	F
2	EE	4	5	6
9	EE	11	12*	13
16	EE	18	19	20
23	EE	25	26*	27
H	EE			

JUNE (16 days) 2016

M	T	W	TH	F
		1	2	3
6	EE	8	9*	10
13	EE	15	16	17
20	EE	22	23*	24
27	EE	29	30	

EA: Early Release All Levels
 EE: Early Release Elem Level, every Tuesday
 EMS: Early Release Elem & Middle
 EEC: Early Elem Release Conferences
 T: Teachers Only
 PDN: Professional Development Day Teachers Only

H: Federal Holiday
 V: Vacation
 N: No School
June 22, 2016 is 180th day
June 29, 2016 is 185th day
 (last day of school with 5 snow days)
 * School Committee meetings @ 6:30 p.m.
 (*June 23, if necessary)

DFC GRANT YEAR 7

Coalition Meeting Schedule for 2015 - 2016:

We meet the **first Thursday of each month** from **5:30- 7:00 pm** in the Whittemore Robbins House

September 3, 2015

October 1, 2015

November 5, 2015

December 3, 2015

January 7, 2016

February 4, 2016

March 3, 2016

April 7, 2016

May 5, 2016

June 2, 2016

(We do not hold meetings in July or August.)

