



October 2015 Meeting Minutes

The October meeting for AYHSC was held on October 8th, 2015 from 5:30-7:00pm in the Whittemore Robbins House.

In Attendance:

Adults: Ivy Laplante, Karen Dillon, Stephen Porciello, Kathy Hirsch, Jayme Nowland, Linda Suzuki, Mike Leach, Rebecca Wolfe, Heather Hernandez, Ginny Wedge, Paul Franzosa, Cindy Bouvier, Cindy Curran, Jeannette Hawley, Mike Duggan and David Nagle.

Students: Cooper Schoenthaler, Sana Mohtadi, Olivia Graceffa, Catie Blair, Julie Powers and Annie Keller.

I. Welcome

Introductions - Student Advisors and community members all introduced themselves and their respective roles in our community.

II. Old Business

September Meeting Minutes: Approved minutes from September. Jeannette Hawley moved to approve and Dave Nagle seconded. All approved minutes from our September meeting.

Mass Medical Society Opioid Summit on October 2nd: Karen and Rebecca spoke about the powerful event they attended with Chief Ryan. The event was held at the Mass Medical Society in Waltham and Attorney General Loretta E. Lynch was the keynote speaker. The event was very well attended and informative. Thanks for Joe Curro for notifying us of the opportunity.

Lowell Opioid Task Force: Ivy attended this meeting. Marian Ryan spoke and many members of the recovery community spoke and shared their recovery story. Focus was on gaps in treatment resources and personal recovery stories.

Town Day Recap: Ivy's first experience with Town Day in Arlington was a great success. We handed out stickers, stress balls and sunglasses branded with the Coalition logo. Perhaps the most satisfying was the number of Coalition members and Student Advisors who participated and connected with Arlington Community members.

Fall Athletic Night-RX Drug Outreach for Parents: Unfortunately there was a communication error and attendees at the athletic evening were not aware of our talk. Nobody attended our breakout session. However, we have the materials prepared and will offer the information in the near future to the AHS population.

A. Student Coalition Updates

AYHSC Student Advisory Officers and Club at AHS: On October 7th we held an election for Student Coalition officers. Congratulations to our newly elected Student officers!

1. Student Adviser Co-Presidents: Sana Mohtadi and Olivia Sorenson
2. Vice President: Julie Powers
3. Communications Coordinator: Megan Laurendeau
4. Coalition Liaison: Cooper Schoenthaler
5. Coalition Volunteer Coordinator: Olivia Graceffa
6. Student Class Delegate (Sophomore): Holly Russell
7. Student Class Delegate (Junior) Bridget Hogan
8. Student Class Delegate (Senior) Rebecca Choi

The 84 movement Mini-grant: Karen received a call this afternoon from HRIA to announce that her application for a mini-grant focusing on e-cigarette use was awarded. Arlington is the first organization in Massachusetts to receive funding to focus on education about e-cigarette use among teens and to do a



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community assessment. The Department of Public Health will be watching with interest the progress of our grant.

Worcester Power Summit on 10-17-15: Two members from the 84 Movement at AHS and a parent chaperone will be attending the event. Attendance at this event is required to receive the mini-grant.

B. Current Project Updates

Opioid Panel Discussion on 10-13: Volunteers are needed for the event. Attendance of Coalition members would be appreciated,

Guiding Good Choices: Karen has been managing the registrations for the Fall session(s) of Guiding Good Choices Parenting classes. This year the interest was so overwhelming that we added a second session. Classes will run for 5 weeks on Monday and Tuesday evenings. The facilitator for both sessions is Cindy Sheridan Curran. Monday session has 15 parents enrolled and the Tuesday session has 16 parents enrolled.

Five minutes to think of five successes: Coalition took five minutes to come up with five successful initiatives or projects that took place since your last meeting. The Coalition collectively identified :

Outreach by Rebecca Wolfe and Officer David Martin at the Freshman orientation at AHS, our new coalition member Dave Nagle, the election of student officers, AYHSC branding outreach, and making connections at Ottoson Middle school as recent successes.

Dave Nagle and Mike Duggan: Reported on gaining momentum on ramping up discussions about drugs and alcohol prevention in the school system. They want to give people an arena to start a community discussion about the stigma of substance abuse, and how we can improve the education prevention in the schools. Ginny Wedge a clinician from McLean Hospital spoke about the importance of introducing life skills in the school system. The coalition discussed how often the underlying cause of addiction is anxiety and depression. We want to reduce the use of reactive care, it costs a great deal of money. She talked about the effectiveness of **Project Northland**: a school based curricula for 6th, 7th and 8th grade students.

<http://www.epi.umn.edu/projectnorthland/schoolba.html>

Cindy Bouvier spoke about the challenges the health education office faces reaching every topic in the health curriculum. Right now Arlington has 15 health classes a year and fourteen state standards to cover leaving only one class open to new topics. Dating violence prevention is offered in 9th grade health classes. Peer Leaders at AHS lead a healthy relationship curriculum. Ms. Wedge mentioned devoting a section of the media center for books on substance abuse prevention and mental health. Teens she treat mentioned that adults can be difficult to approach. Health and Safety Day is another potential. The student officers might be trained as peer leaders and take on some of this role.

III. New Business

E. Community Update- "What's Happening in Arlington?"

Students expressed anxiety and concern among classmates regarding the cancer and suicide deaths of classmates. They expressed a real need to talk about how the teens are managing these events.

Meeting Adjournment 7:00 pm

Next Coalition Meeting - November 5th, 2015 at 5:30pm - Whittemore Robbins House