



## **Decisions at Every Turn Coalition**

### **Meeting Minutes**

**November 13, 2018**

**Ashland Middle School Library, 3:00 PM – 4:30 PM**

Arushi Gupta, Maggie Long, Ashley Sachs, Lauren Ellis, Ashley Bolton, Lili Hellerman, Shreeya Patel, Neha Shabeer, Lily Orr, Kelly Roy, David Muri, Jen Cutler, Judy Margulies, Amy Turncliff, Kristin French, Saumya Sankhavaram, David DiGirolamo, Mark Oram

- Meeting convened at 3:05
- First order was to accept minutes from October 9th, 2018 meeting. The minutes were accepted.
- Youth Activity
  - BTB students facilitated a discussion and activity with AMS students to share information about the BTB club, discuss perceptions of substance use at AMS, and to get feedback on whether STAND would be successful at the Middle School. Some of the feedback from the AHS students included a noted difference between prevention efforts from when they were in middle school (focus on alcohol and marijuana) to current middle school efforts (vaping). There has been a shift in what substances are available and in use by younger teens. Today vaping is serving as the step up to marijuana. Prevention education is desperately needed on the risks of vaping and nicotine addiction.
  - Instagram feed “What’s the Word” - shows videos of a trend of teens throwing their vapes away. The videos are being reposted and gaining traction among youth. The page is used by Massachusetts teens primarily in Grade 8 and up. It works because the teens are real and relatable. It does not depict parents or other authority figures telling teens what to do.
  - The AMS students commented that it seems that more students are vaping than students who do not vape. Would STAND be helpful at AMS? It could be because younger students are more likely to believe and respond positively to the school-specific messages on the posters. AMS students would take the facts

and stats at face value. (High school students are more likely to question the data and not believe the stats/data).

- Other vaping discussion points:
  - Vaping will likely go in trends with new inventions
  - Would a vape buy back work?
  - How do we address/provide options for teens who are already addicted? Is there a measure or question guide to answer “How addicted are you?”
  - Important to focus on the bad things about using
  - Parents seem to already know that their teen is using
  - A stat that says “1 in 3” students is more influential than “33%” of students
  - Have a poster comparing nicotine levels of 1 juul to cigarettes (20?)
  
- PSA Activity
  - Kristin and Saumya are working with WACA to convert tip sheets into PSAs. These will be “static” PSAs using slides, graphics, and voice overs. The PSAs will be shown on WACA on a 30-day rotating basis and also available for DAET partners to use on their own social media platforms.
  - The adults and high school students brainstormed “live person” 90-second PSA ideas and 30-minute interview/program ideas. The ideas were captured on worksheets and will be consolidated, reviewed with WACA, and integrated with the static PSAs into a 12-month calendar.
  
- YMCA Early Release Day program ideas
  - The YMCA is hosting an early release program at AMS (extended day at YMCA) on December 21st. Our guest from the YMCA was unable to attend the meeting to get ideas from the middle school students, but Saumya and Amy will follow up with the YMCA on ideas.
  
- Town Hall Meetings
  - The Massachusetts Technical Assistance Partnership for Prevention (MassTAPP) is offering \$750 stipends for underage drinking Town Hall Meetings
  - Ashland did a Forum several years ago. Was it successful? Maybe follow up with interest in community partners on exploring this.
  - Survey deadline is today
  
- Setting up a chapter of “The 84” at AHS
  - The 84 is a youth –led tobacco and nicotine prevention group. They are starting to focus on vaping prevention as well. Would BTB/AHS be interested?
  - Lauren Carriero has expressed some interest in setting up a chapter.
  - It could be successful if we can make the comparison of smoking to vaping.
  - Talk to another school that has an 84 chapter.

- Also focus on chewing tobacco.
- Factual information about vapes will be influential.
  
- FCC letter of support for WACA was mentioned and will be reviewed internally
  
- Website Update
  - Consultants are in the final stages of formatting
  - Looking for student suggestions for resources
  
- Celebrations
  - The MetroWest Adolescent Health Survey was administered and surveys have been mailed for analysis. Data will be available in the Spring
  - BTB submitted a BAA grant for partial support to send students to CADCA and other BTB programs/projects. A huge thank you to Shreeya for her work on the grant! BTB is also getting ready to send a letter to the FreeMasons for support and will present that the January ABA meeting.
  - The MetroWest Health Foundation created an excellent infographic on vaping use/rate on MW teens. This is a promising step in providing substance use prevention information at the regional level.

**\*Next Meeting:** December 11th from 5:30-7 PM

\* We will have a special training on opioid overdose prevention/education and Narcan administration, in addition to other agenda items.