

DAET COALITION NEWSLETTER

A community resource to help prevent youth substance use in Ashland

Ashland's Kids Have...

Decisions at Every Turn

Prevent Youth Substance Use

FALL 2017

A LETTER FROM THE COALITION

Dear Ashland Community Members,

I always enjoy writing the Fall welcome letter because after a summer of planning and preparation there are so many exciting things to share.

If you are new to Ashland, to DAET, or to this newsletter, we welcome you! We hope you find the information contained in our quarterly newsletter helpful and inspiring. Each quarter you can find information about coalition activities, partner updates, prevention education and resources, community programming and coalition meeting schedules, and strategies for promoting family and community health & wellness. Our fall issue is the only printed and mailed edition. To receive notification when the other quarterly issues are available online, join our mailing list at CoalitionInfo@AshlandDecisions.org.

In the fall we will kick-off our fourth year of community programming. This 9-month series offers educational programming for kids, teens and adults on a variety of topics. Our first program, Parents as Partners: An Un-Conference with the Elementary Principals, will be on September 28. Please see the back page for additional details.

This September we will host the third annual DAET retreat, where our key community partners will help us with strategic planning for the final year of our Drug-Free Communities (DFC) grant and with our grant application to continue funding for years 6-10.

In preparation to apply for continued DFC funding, DAET will conduct a comprehensive community assessment to demonstrate an understanding of Ashland's strengths, assets, needs and concerns. The assessment will utilize existing data and survey results, in addition to collecting new information through stakeholder interviews, focus groups and a parent survey.

As always, we welcome you to join us at our monthly coalition meetings, to participate on a working group, or to reach out to us with ideas, suggestions or questions. Allow me a moment to share our gratitude for the support of the Ashland community. The growth of the coalition and positive impact DAET has had in Ashland would not at all be possible without the unyielding support of our partners and the broader community.

Kindly,
Kristin French, LCSW
DAET, Community Outreach Coordinator

IMPORTANT DATES

Next Coalition Meeting
September 12

Come see us at the DAET booth on Ashland Day!
September 16

PARENT FURTHER

A Search Institute resource for families



ParentFurther is an online resource to **help families strengthen relationships through shared activities**. Strong family relationships provide the foundation for healthy child development and can be a significant protective factor against risky youth behaviors, including substance use.

Highlighting "Understanding Ages & Stages"

Every developmental age and stage introduces unique learning opportunities and challenges. One of the many ParentFurther resources is "Understanding Ages & Stages", specifically created to help parents prepare for these milestones with an age-by-age overview of key developmental areas:

- Intellectual Development
- Physical Development
- Social Development
- Emotional Development

Parents can explore any of the five age groups (0-2, 3-5, 6-9, 10-14 and 15-18) to get age-specific information on Behavior and Discipline; Communication; Health and Daily Care; Learning and School Readiness and Safety.

Learn more about ParentFurther and their other educational offerings at <https://www.parentfurther.com> and the Search Institute at <http://www.search-institute.org>.

SEPTEMBER IS INTERGENERATIONAL AWARENESS MONTH

Intergenerational Month is a global movement celebrating the many benefits of relationships between adults aged 60+ and young people. It also seeks to raise awareness about the societal changes that have created the need for mindfully uniting the generations.

This past spring nearly a dozen Ashland community groups worked together on two amazing intergenerational projects – a pollinator garden and an oral history interview project.

The experience was so gratifying for the organizers as well as the participants that additional intergenerational programs are being developed for this year.

For more information contact Kristin French at kristin.french@AshlandDecisions.org

ASHLAND ADOLESCENT HEALTH SURVEY

Ashland High School

Since 2006, Ashland Middle School and Ashland High School have participated in the MetroWest Adolescent Health Survey. The bi-annual survey measures youth risky behaviors, perceptions of harm, and perceptions of disapproval by parents and peers. DAET uses the following core measures to identify and evaluate its planning objectives outlined in its 5-Year Strategic Plan (2013-2018).

CORE MEASURE

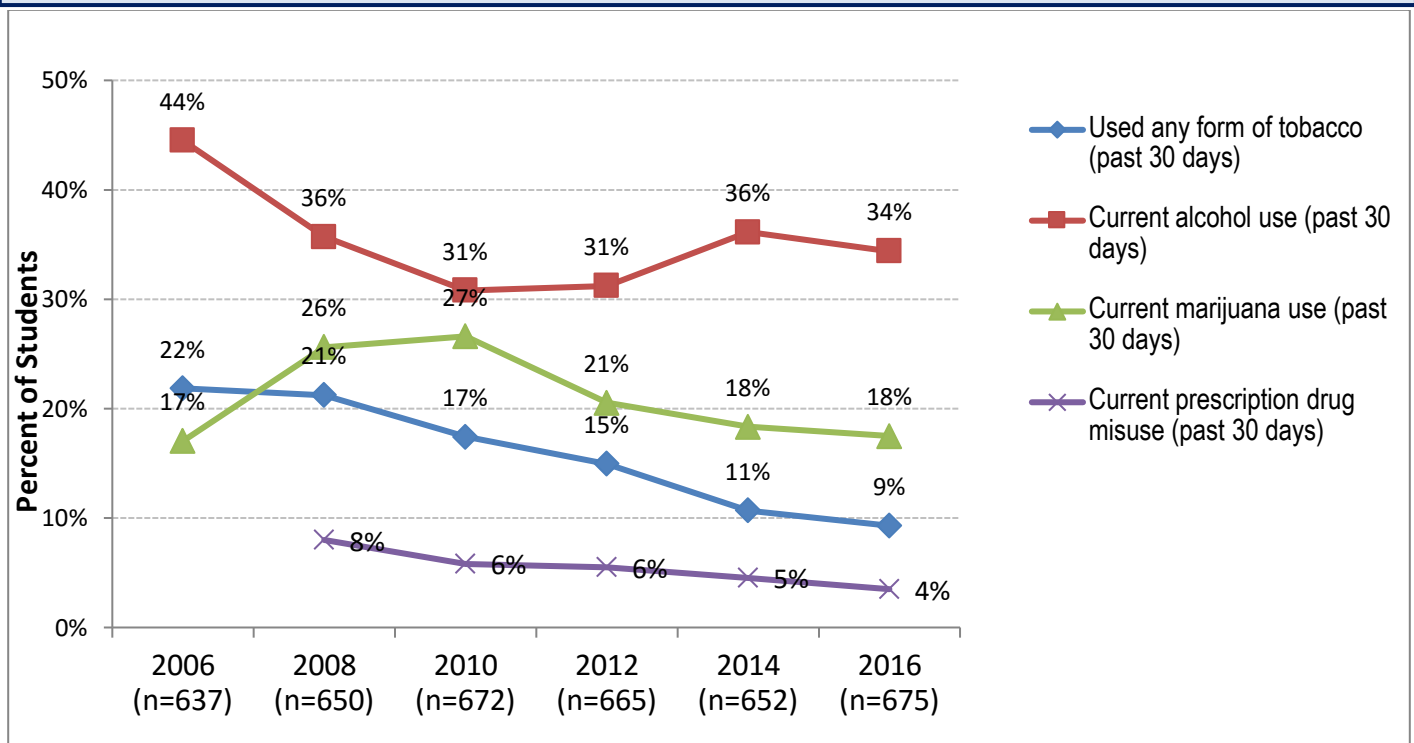
Tobacco 30-day use
 Alcohol 30-day use
 Marijuana 30-day use
 Prescription Drug 30-day use

2018 OBJECTIVE

Reduce by 5% to fewer than 11% of AHS students
 Reduce by 7% to fewer than 25% of AHS students
 Reduce by 5% to fewer than 17% of AHS students
 Reduce by 2% to fewer than 5% of AHS students

TRENDS IN CURRENT SUBSTANCE USE, 2006-2016

Ashland High School Students (Grades 9-12)



STUDENT PERCEPTIONS: PARENTS ARE THE GREATEST INFLUENCE

- More than **70%** of students say that **parental disapproval of alcohol use is somewhat or very important in their decision whether to drink alcohol.**
- More than **90%** of students say that their **parents would feel that it is wrong or very wrong for their child to use tobacco.**
- More than **87%** of students say that their **parents would feel that it is wrong or very wrong for their child to smoke marijuana.**

Use our *Parenting for Prevention* resources for information on how to start important conversations about substance use and supporting your child's healthy decision-making at any age. (<http://www.ashlanddecisions.org/parent-tip-sheets.html>)

COALITION REWIND

July

- Published “Meet our new Coalition Coordinator” in *Ashland Directions*
- Two staff attended the Middlesex County DA sponsored Narcan Training
- Released the Summer DAET Newsletter

August

- Submitted the Drug-Free Communities (DFC) Support Grant progress report
- Two staff attended the MetroWest Opioid Abuse Prevention Collaborative (MOAPC) strategy planning session

SENDING YOUR TEEN TO COLLEGE? Parents are still the greatest influence



College can be overwhelming for parents and students heading off for the first time. Your son or daughter is looking to you for guidance and support on how to navigate new waters. At the same time, your young adult is looking to be more independent. As your family settles into the first-time college experience think about ways to balance expectations, encourage autonomy, and emphasize the importance of choices and consequences.

Tips for a Smooth Transition

- Be supportive without being overly involved
- Students should feel empowered to be independent and to advocate for themselves
- Listen to your teen’s concerns
- Allow your teen to gather information, weigh the pros and cons, and make their own decisions
- Give them space to explore their new surroundings and establish relationships with professors, peers, and roommates

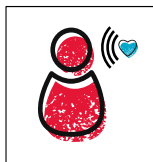
How to Start a Conversation About Alcohol Use

- Look for opportunities to initiate a conversation naturally. When selecting classes, living arrangements, or a roommate, you can discuss how alcohol use may interfere with academic success, the quality of life, or relationships.
- Make your “No Alcohol” policy very clear.
- Emphasize how underage drinking can compromise physical, social, and emotional health and safety.
- Remind them to be aware of alcohol use by other students – drinking by others can interfere with their own studying, stable living conditions, or present unsafe situations.

The First 6 Weeks are Key

New students appear most likely to initiate or increase alcohol use during their first six weeks of college. Stay involved during this critical time. Encourage healthy behaviors. Remind your teen about alcohol risks and look for subtle changes in behavior or habits that might be a predictor of a more serious problem. About one-third of first-year students do not enroll for their second year.

TALK ABOUT IT



Express Care

What are meaningful ways that you express care in your family, culture, or tradition?

TALK ABOUT IT



Provide Support

How do you balance doing things for your child vs. letting your child do things for herself or himself? How do you know when you do (or don't) get that balance right?

TALK ABOUT IT is a Search Institute resource that encourages thoughtful conversation about parenting and caregiving.

For the complete Preparing Your Teen for College Tip Sheet visit:
<http://www.ashlanddecisions.org/parent-tip-sheets.html>

COMMUNITY PROGRAMMING 2017-2018

Ashland's Decisions at Every Turn (DAET) Coalition and the Friends of the Ashland Public Library are pleased to be co-hosting programs for parents and the community. Programs will provide parents with strategies, the opportunity to collect new skills, and get answers to compelling questions. Programs are free and open to all. For questions about programs at the library, please contact president@friendsoftheapl.com. For questions about programs at other locations, please direct inquiries to CoalitionInfo@AshlandDecisions.org.

Please join us for PARENTS AS PARTNERS

Thursday, September 28, 2017
6:30 PM – 7:30 PM
Warren School Library



Join Principals Mike Caira and Pete Regan to discuss parents and schools working together. Mike and Pete will share strategies for supporting your child. Parents will have the opportunity to create the agenda by recommending and selecting the topics to be discussed with the principals facilitating the important conversations to support the critical partnership between home and school. Participants will be engaged in conversation by sharing their own successes and challenges.

Our full community programming schedule will be announced soon and will be available on our website at: <http://www.ashlanddecisions.org/calendar.html>.

COME TO A COALITION MEETING

Coalition meetings are open to anyone in the community. Come learn about the Coalition, our current initiatives, and volunteer opportunities. New members are welcome! An orientation meeting can be made by prior arrangement.

September 12	5:30 – 7:00 PM	February 6	5:30 – 7:00 PM
October 10	5:30 – 7:00 PM	March 13	5:30 – 7:00 PM
November 7	5:30 – 7:00 PM	April 10*	2:30 – 4:00 PM
December 12*	2:30 – 4:00 PM	May 22	5:30 – 7:00 PM
January 16	5:30 – 7:00 PM	June 12	5:30 – 7:00 PM

The Coalition meets monthly on Tuesdays. Administration Building/Ashland Middle School - Room #5

***Meetings will be held from 2:30PM – 4PM and youth are encouraged to attend.**