



**Decisions at Every Turn Coalition**  
**Meeting Minutes**  
**April 10, 2018**  
**Ashland Middle School Library, 3:00 – 4:30 PM**

Welcome and Introductions

Dave DiGirolamo, Amy Turncliff, Kelly Roy, Kristin French, Saumya Sankhavaram, Brian Garrigan, Audrey Lacroix, Kelly St. Coeur, Mark Oram, Neha Shabeer

Breaking the Barriers Icebreaker

*What brought you to the Coalition?*

- Community
- To promote health in the community
- AMS partnership with community and positive choices
- Information and resources for students
- To serve as the liaison of youth health to the health department and BOH
- My role as school nurse to take care of kids and to network with adults for resources
- To work as community group with AHS to educate and support youth needs
- Youth to support other youth

*How do we get around the normalization around alcohol and drugs about being cool?*

- It's very prevalent in movies and culture and hard to change those perceptions. The change needs to be driven by students.
- Messaging needs to come from youth to be believable
- Have a better understanding of youth perceptions of facts
- Switching the blame to the industry and deceptive practices, rather than the individual
- Use media literacy
- Start health education at an early age, how drugs effect the body
- Concentrate on the small window of time where youth would not engage in risky behaviors and when they are
- Reducing stress toolbox
- MYTT kickoff meeting ideas - Integrate more MWAHS survey data into youth programming
- How do we target the families who need the messages the most?
- Integrate into the summer leadership conference
- Have BTB/AHS students lead coalition meeting for AMS students
- Peer leaders work with AMS students

Updates

The Ashland Health Department has 125 Narcan kits available for community members. Kits are obtained by calling the Health Department and setting an appointment with the Public Health Nurse

or Health Department staff. A press release/article was featured in the MetroWest Daily news. Mark will be submitting a press release to Ashland *Directions*. A flyer promoting the Narcan Program will be available soon. In addition, community groups can request Narcan education, training and kits specifically for staff.

### Upcoming Volunteer Events

DAET has been invited to partner on several upcoming events. Volunteers are needed.

- Drug Take Back Day – On April 28<sup>th</sup> from 10 AM – 2 PM DAET will be at the Ashland Police Station with Walgreens and the Ashland Lions in support of the event. DAET will have an information and resource table.
- YMCA/Project ABC Nature Education Family Fair – On April 28<sup>th</sup> from 10:30 AM – 12:30 PM the MetroWest YMCA is sponsoring an outdoor education fair at the Family Outdoor Center and has asked DAET to partner with them. DAET is looking for volunteers to host an information table and treasure hunt.
- Ashland Family Fair – On May 18<sup>th</sup> from 10 AM – 12 PM at the Ashland Public Library DAET was invited to host an information and activity table. BTB was asked to run the table again this year, as they did last spring, with the “My Healthy Choice” activity. Neha will share the flyer with BTB for their interest.

### Consultant

DAET would like to set aside funding for one or more consultants to provide youth/adult member training and Coalition operational support. A brainstorm session turned out the following ideas:

- The chosen consultant should be aware of/educated on our health and wellness standards/curriculum and what is already taking place
- Youth to be better examples for each other
- Empowerment for youth to speak – design a good leadership lesson
- Data evaluation
- Ready to do prevention activities – short, 5 minutes
- Cross discipline activities/integration into classroom lessons
- How to integrate touchscreen technology
- Environmental strategies
- Peer leadership, SADD, BTB - design curriculum for lessons

### Celebrations/Announcements

The administration of SBIRT in grades 7 and 9 is complete and went very well. The conversations were conducted during wellness classes and took approximately 5 minutes per student, over the course of 6 days. Plans are to administer the next round of SBIRT by December 2018.

To maximize AMS youth participation in Coalition meetings, consider November, December, March and June to avoid sports. Think of having a student only AHS/AHS meeting run by BTB youth with activities.

### **Coalition Meeting Schedule for 2017-2018**

May 22nd

5:30pm – 7:00pm

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June 12th

5:30pm – 7:00pm

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