

# DAET COALITION NEWSLETTER

*A community resource to help prevent youth substance use in Ashland*



WINTER 2018

## A LETTER FROM THE COALITION

Dear Ashland Community Members,

As we enter 2018, I find myself reflecting on the past 8 years I have spent as a member of the Decisions at Every Turn (DAET) Coalition. I started as a community volunteer in June 2010 after receiving a prescription drug misuse prevention pamphlet in the mail. At the time, I was working as a neuroscientist, consulting in the Pharma/Biotech world writing long reports containing complex and comprehensive analyses of mental health and addiction disorders, and parenting two children ages 4 and 2. I decided to join DAET because I wanted to work to help prevent these chronic, and sometimes tragic, diseases affecting the brain in my own community where we are raising our kids.

In 2013, DAET applied for, and was awarded, a federal Drug Free Communities (DFC) Grant and at that time I moved from DAET Co-Chair to DFC Project Director as we were getting the work of the grant off the ground. The DFC grant has allowed us to hire staff, including Kristin French MSW, LCSW and our Coalition Coordinator, Saumya Sankhavaram MPH. Kristin began in 2014 as DAET's Community Outreach Coordinator and is now the *Director of Prevention Outreach* for the Town of Ashland. As we look to submit a reapplication for DFC grant funding years 6-10, I am pleased to announce that Kristin will be absorbing DFC Project Director duties into her role as "Director of Prevention Outreach". In the short term, I am honored to once again be serving as Co-Chair of DAET with Liz Byrnes, PhD and to continue working with many dedicated leaders and community members to prevent youth substance use in Ashland (THANK YOU!).

We are hopeful that DAET will obtain years 6-10 of DFC funding and that we will be able to broaden our engagement of one of the most important community sectors in prevention work, parents and guardians. Our children care what their parents/guardians and other trusted adults think, do, and say. Whether they know it and/or admit it, they look to the examples we set with our words and our actions in everything they do. Approximately 90% of those struggling with a substance use disorder started using before age 18 (most often beginning with nicotine, alcohol and/or marijuana use). Perhaps this Newsletter will be the impetus for new members to come to the DAET table in 2018, to help us promote social, emotional, and mental health and PREVENT youth substance use in Ashland. Our monthly DAET Coalition meetings and POWER community programs are listed on the back page – both are open to all and a great opportunity to learn more. Please reach out to us at any time.

Kindly,  
Amy Turncliff, PhD  
Co-Chair, Decisions at Every Turn Coalition

## DAET AWARDED GRANT TO TRANSLATE PARENTING FOR PREVENTION TIP SHEETS INTO SPANISH, PORTUGUESE & RUSSIAN



We are very excited to announce that Decisions at Every Turn was awarded a MetroWest Health Foundation grant to make *Parenting for Prevention (PFP)* available in Spanish, Portuguese and Russian. PFP is an educational series of tip sheets for parents and other caring adults to increase awareness and knowledge about important youth issues and to encourage dialogue about making healthy choices.

DAET is collaborating with Ashland Public Schools, the Friends of the Ashland Public Library, and other coalition partners to make the materials easily accessible for families and other community members. In addition, all PFP tip sheets will be available on our website and at other DAET events.

We expect the translated materials to be available at the end of January and will announce their arrival through the DAET email list, Facebook, and Twitter. (Make sure you are on the mailing list and following us on FB & Twitter!).

### Looking for information now?

*Parenting for Prevention* is currently available in English at

[www.AshlandDecisions.org/parent-tip-sheets.html](http://www.AshlandDecisions.org/parent-tip-sheets.html)

- Alcohol
- Communication
- E-Cigarettes & Vaping
- How to Talk to Your Kids at Any Age about Substance Use
- Marijuana
- Mindset
- Opioids
- Resilience
- Risk & Protective Factors
- Safe Prom
- Sleep
- Social, Emotional & Mental Health
- Stress
- Teen Brain
- Tobacco
- Transitioning to College

## PARENT CORNER



## Parent Nights

Please join us for something new. We're planning our very first Parent Nights to give parents and guardians a closer look at DAET and the work we do in the community to promote youth health. We have exciting projects to share with you that need parent ideas, input & involvement! **Additional details and dates will come soon!**

## Behavioral Health Promotion and Prevention are Critical to Reducing Addiction Rates

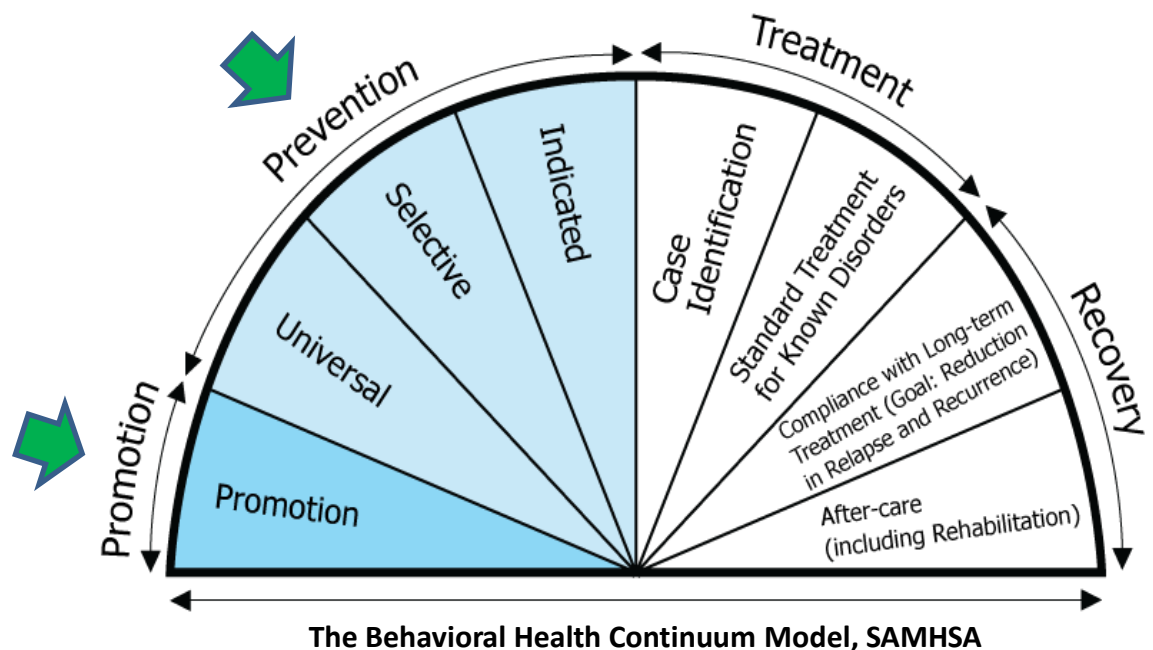
Promoting mental health and preventing mental and/or substance use disorders are fundamental to the Substance Abuse & Mental Health Services Administration's (SAMHSA) mission and a core principle of the Drug Free Community (DFC) support grant program. As a DFC funded coalition, DAET adheres to these guiding practices which recognize that **PROMOTION** and **PREVENTION** are critical components in the continuum of care.

### PROMOTION

Promotion strategies are designed to create environments and conditions that support behavioral health & resiliency, and reinforce the entire continuum of behavioral health services.

### PREVENTION

Prevention strategies are provided prior to the onset of a disorder and are designed to prevent or reduce the risk of a behavioral health problem, such as underage alcohol and other drug use, or prescription drug misuse.



The Behavioral Health Continuum Model, SAMHSA

## How Does Decisions at Every Turn Support the Behavioral Health Continuum?

### By practicing effective prevention ...

- 1. Gathering and using data to inform all decisions:** DAET uses the Ashland Adolescent Health Survey data to inform our 5-Year Strategic Plan and 1-Year Action Plans. In addition, we have administered a Coalition Member Survey (2014), DAET Coalition Parent Survey (2014, 2017), Positive Community Norms Survey (2014,2016), conducted environmental scans (2013, 2018) and use locally gathered data from Ashland Police, Fire, and the Town to further develop the framework for promoting youth health & wellness and reducing youth substance use.
- 2. Working with diverse community partners to plan and implement culturally appropriate, effective, and sustainable practices that are a good fit for the population it serves:** DAET collaborates with groups, organizations, and institutions throughout Ashland and strives to create and promote prevention practices that benefit all Ashland youth and families. Our partners include parents, youth, local businesses, Ashland schools, media partners, first responders, civic, volunteer and faith groups, youth serving organizations, and local government departments.
- 3. Applying prevention research that reflect best practices:** Best practices look at the risk & protective factors that contribute to the likelihood of youth substance use. These factors can occur at the individual, family, peer, school, and community level. *Risk factors* can predict a higher likelihood of negative behaviors, while *protective factors* help to reduce a risk factor's impact. Some examples of how DAET's work promotes best practices are the POWER Series programs that teach resilience skills, supporting substance-free youth activities, encouraging parents to set clear expectations around youth substance use, supporting Ashland schools' "No Use" substance use policies, and promoting community norms that discourage youth alcohol and other drug use.

## COALITION REWIND

### September

- Published “A Look into Year 5” in *Ashland Directions*
- Held the 3<sup>rd</sup> annual DAET Coalition Retreat
- Named by the Ashland Day Committee as the 2017 Grand Marshall of Ashland Day
- Hosted a DAET information table at Ashland Day
- Hosted a DAET information table at the Ashland Farmers Market
- Launched the POWER Series with “Parents as Partners” with Warren and Mindess Schools

### October

- Published “Announcing the POWER Series” in *Ashland Directions*
- Published “October is National Substance Abuse Prevention Month” in Ashland Town Pages
- Sent one staff member to the “Prevention is an Investment that Works: Shaping the Future of Prevention in Massachusetts Conference”
- Co-hosted “Courageous Conversations: Wonder Book Talk”
- Co-hosted the “If Only” movie and discussion with Hopkinton Organizing for Prevention (HOP)
- Hosted “Medication Safety for Older Adults” with the Ashland Senior Center
- Hosted “Courageous Conversations: Love, Inclusion, Trust”
- Participated in the “Ashland Schools Support Organizations” information evening sponsored by the Ashland Education Foundation, Inc. (AEFI)
- Presented at the Ashland Business Association (ABA) monthly meeting
- Promoted the Ashland Police Department’s National Prescription Drug Take Back Day
- Supported National Medicine Abuse Awareness Month through a DAET Facebook social media campaign

### November

- Published “DAET Coalition Retreat” in *Ashland Directions*
- Co-hosted the “Risky Drinking” movie and discussion with Hopkinton Organizing for Prevention (HOP)
- Co-hosted “Health & Wellness and the Student Athlete” with the Ashland Athletic Department and Clocker Club
- Presented at the Ashland Pop Warner football and cheer banquet
- Presented at the 2016 Ashland Adolescent Health Survey Community Presentation with Principals Kelley St. Coeur and Dave DiGirolamo and Breaking the Barriers (BTB) youth

### December

- Published “The Role of Prevention in the Opioid Epidemic” in *Ashland Directions*
- Administered the 2017 DAET Coalition Parent Survey
- Awarded a MetroWest Health Foundation grant to translate *Parenting for Prevention*



## PHOTO OPS

### DAET Recognized as 2017 Grand Marshall of Ashland Day



### Courageous Conversations: Love, Inclusion & Trust with Jamele Adams and Rep. Jack Patrick Lewis



### “Parents as Partners” with Principals Mike Caira and Pete Regan



Have you taken the 2017 DAET Coalition Parent Survey?  
You can provide input for our community assessment.  
We've extended the deadline to February 9, 2018.

English: <https://www.surveymonkey.com/r/C9Z5G5Z>

Español: <https://www.surveymonkey.com/r/C7PKVF3>

Português: <https://www.surveymonkey.com/r/C9RHPNL>

Русский: <https://www.surveymonkey.com/r/CVR77MX>

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## COMMUNITY PROGRAMMING: The POWER Series 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](mailto:president@friendsoftheapl.com). For questions about programs at other locations, please direct inquiries to [CoalitionInfo@AshlandDecisions.org](mailto:CoalitionInfo@AshlandDecisions.org).

Topic	Speaker	Date, Location, Audience
<b>Healthy Teen Relationships: What Parents Need to Know</b>	DAET Social Emotional Mental Health (SEMH) Working Group	Date: Postponed Time: TBD Location: TBD Audience: Parents of Middle & High School Parents
<b>More than Dirt</b>	John Morello, Actor/comedian	Date: Winter Time: TBD Location: Keefe Tech Audience: Parents of Middle & High School Parents
<b>Resilience: The Biology of Stress &amp; the Science of Hope</b>	Film & Discussion facilitated by David Whitty	Date: January 11, 2018 Time: 7:00-8:30PM Location: Ashland Public Library Audience: Community
<b>Developmental Approach to Parenting</b>	Jane Greenstein, PhD	Date: Thursday, January 18, 2018 Time: 6:30-8:00 PM Location: Ashland Public Library Audience: Pre-K and Elementary Parents
<b>World Café: Let's Talk About Trauma</b>	DAET Leadership and Partners	Date: Tuesday, January 30, 2018 Time: 7:00-9:00 PM Location: AHS Library Audience: Community
<b>Rumination!</b>	Elizabeth Handley, Founder of Blue Brain Training; M.Ed., LMHC, DCMHS	Date: Monday, February 12, 2018 Time: 6:30-8:00 PM Location: Ashland Public Library Audience: Community
<b>Community Book Read: <i>Grit</i> by Angela Duckworth</b>	Parent/teacher pair from Warren and parent/teacher pair from Mindess	Date: Tuesday, March 13, 2018 Time: 6:30-8:00 PM Location: Ashland Public Library Audience: Community
<b>A Positive Passion and Will</b>	John Trautwein, Former Red Sox relief pitcher and co-founder of the Will to Live Foundation	Date: Monday, March 26, 2018 Time: 7:00-9:00 PM Location: Hopkinton Middle School Auditorium Audience: Community
<b>College Transition: A Program for Parents</b>	Janice Kassman, Former Dean of Students at Colby College; Bev Madden, Parent & co-chair SPAN- DS; and Julia Madden, Middlebury College graduate, 2014	Date: Tuesday, May 1, 2018 Time: 6:30-8:00 PM Location: Ashland Public Library Audience: Parents of High School Seniors

### 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.

January 16	5:30 – 7:00 PM	<b>April 10*</b>	<b>3:00 – 4:30 PM</b>
February 6	5:30 – 7:00 PM	May 22	5:30 – 7:00 PM
March 13	5:30 – 7:00 PM	June 12	5:30 – 7:00 PM

The Coalition meets monthly on Tuesdays in the Ashland Middle School Library

**\*Meetings will be held from 3:00PM – 4:30PM and youth are encouraged to attend.**