

Prevention Leadership Team
Tuesday, June 7, 2016
Meeting Minutes

Introductions : Jennifer Selfridge, C3PH; Mark Riley, Green Mountain, Patricia McMurry WMCHC, Jeanne Clark, AMTP; Laura Hosley, NCHC; Lance Zach, WMRJ; Mary Croasdale NHS; Zachary Porter, Kingswood Youth Center; Mara Michno, Kingswood Youth Center; Cheri Sullivan, C3PH; Emily Benson, C3PH

2015 YRBS and Young Adult Data

- Influences on risk behavior/Areas of Concern
 - The worst risk behaviors are alcohol, marijuana and prescription drugs
 - Perception of risk very low teens in then alcohol use is worst
 - Scare tactics don't work
 - Some think marijuana is not a that bad, must inform parents it is a gateway drug and educate on brain development
 - research in Colorado those that use marijuana have an increase of alcohol use in addition and resulting in more motor accidents Drug detection training among police? Unknown
 - If suspected to be under the influence they are sent to ER for blood test
 - Teens react positively to conversation on brain development
 - Mary Croasdale and Lance Zack both expressed concern that the results of YRBS are too low. Mary had worked with students in a local private school and kids acknowledge they lied, need to reach all kids, data does not support those working in 1:1 with kids
 - Meth is a huge concern, mixed with heroin/marijuana
 - New speed ball- sometimes mixed with Fentanyl
 - So many overdoses because chemicals are put in a blender and distributed in "fingers" never know what you are going to get
 - Intakes at Green Mountain 80% opioid users testing positive for fentanyl and Meth not heroin. Users are surprised they had no idea
 - Students are not engaged, what qualities can we install, what makes one resilient and another not
 - Henniker HS Program: Peer Leadership, juniors and seniors get leadership training and information about Drugs and Alcohol – they would then visit study halls with freshman. The Peer Leaders created an environment of open conversation and support. It was avaulable experience in that freshmen looked up to and strived to become Peer Leaders.
 - When peers selected some are troubled but it lifts them up

Prevention Assessment to Date

- **Kingswood High**
 - has a **Peer Leadership Council**-work to strengthen and share experience

- **Youth Leadership through Adventure –Appalachian Teen Center**
- 2 days a week youth Councilor

Appalachian Teen Center

- Increased participation of middle school
 - Transported to/from middle school-includes High School some are in leadership roles
 - On an average day 15-20
 - Served a hot meal
 - Check in circle up, go over everything- introduction- give options for the day- field trip, scavenger hunt, hikes, gardening-check out at end of day-each Wednesday White Mountain comes in
 - Occasionally have option to stay till 7:00 parents pick them up – would like funding to do more
 - Few of the middle school boys - talk about marijuana- addiction known to be in household
 - NH Food Bank supplies low price food
 - **“Express Yourself”** present to KHS during study halls possible in the fall.
 - **Moultonborough Academy**
 - Wrap Around meet weekly on concerned about any student
 - **Kennett High**
 - talking about Peer Leadership Program
 - Kelly Untuit presented at Kennett Wellness from DOE the result of 6 district grant **“Safe Schools Healthy Students”**
 - Kennett would also like to do prevention in the lower grades
 - Weekly PLC teach meet on students concerns academically /socially
 - **Spalding High School**
 - Meet and talk about programs that are successful there

Draft work plan outline of priorities for 2016 – 2017

- Start Young – Early Education
 - preschool-does home visits incorporate education for parents
 - Parents that drop kids off at head start or preschool are users
 - Therapists acknowledge kids have said the first time they drink and/or tried marijuana with parent
 - Introduce activities that make them feel good rather than substances
 - Cultural challenge substance acceptable in recreation
 - Rec. departments do not allow kids with behavior issues/ drug ect.

- Develop programs not focused on substance, focus on **“Positive Youth Programs”** just give kids positive programs to be involved in
 - Get kids around the table, ask them what they think what they want to do
- Empower youth to have success, build self-esteem outside of the home
 - If parents are involved in an IOP, kids need a place to go, childcare may be reimbursable

Miscellaneous

- “Pleasure Unwoven” video focused on addiction and the brain-must see
- Starting Point offers support for women of domestic violence – new model was a 6 week session – **“Try Something New”** – check in/Check out – Yoga, Painting, Meditative Walking, Short Hike
 - Feedback was extremely well received women encouraged program to continue
 - Grants paid for Yoga instructor, art supplies , local landscaper
- **Create Guide** of free activities in the community with Kingswood Youth Center youth
- **Mother Earth Creation** – 3 Free “Pow Wow” – instills respect , teaching about native American culture
- Coc working on “Lunch and Learn” w/business community to strength their involvement

Meeting schedule for 2016-2017

Meetings will be held the first Tuesday of each evenly numbered month. Next meeting August 2nd at TriCounty CAP.