

Carroll County Youth Substance Misuse Prevention Subcommittee Minutes

November 21st 2023, 1200

1. Welcome- Introductions

Jennifer Thomas	C3PH
Emily McArdle	C3PH
Caleb Gilbert	C3PH
Lee Anne Dodge	Director of So Po Unite
Mckenzie Webb	Care Liaison at Northern Human Services
Chris Lalmond	Northern Hub Developer for Apprenticeship NH
Ellery Hunt	Family Support Provider at Childrens Unlimited
Susan Ward	Manages Garrett Lee Smith Grant at NAMI
Pamela Clay-Storm	Nurse at Kennett High School
Heather Clogston	Prevention Coordinator for the Department of Education
Crystal Sawyer	Director of Carroll County Adult Education
Jackie Sparks	Student Support Counselor at Northeast Woodland Charter School
Sara Rodriguez	Nurse at Josiah Bartlett Elementary School

2. Introduce Guest Speaker

- a. Lee Ann Dodge
- b. SoPo Unite- Part of Drug Free Communities grant at South Portland High School
 - i. [City of South Portland, Maine | Official Website :: SoPo Unite](#)
 - ii. [Drug Free Communities](#)
- c. Restorative Practices
 - i. Presentation
 1. Background: Suspension doesn't work and doesn't change behavior- student at home and still using substances; suspension decreases protective factors. Created a new policy with restorative practices instead of out-of-school suspension for substance use and other behaviors, including fighting. South Portland began as one of the only schools in the country with this program, now they've met with 10 other schools in

different states, and they are the model policy for Maine CDC and Department of Education.

2. Violation Process: Meeting, Wellness Check, Police Involvement, Parent Notification, Assessment, In-School Suspension, Response Plan Meeting (discuss next steps, e.g., vaping intervention, SIRP program, counseling with social workers, etc.), Restorative Re-entry Meeting. See slides for more information.
 - a. [SIRP- Student Intervention Reintegration Program](#)
3. After COVID-19, saw more kids with violations (especially vaping), added new components to policy, including 10 hours of community services at a youth serving agency and meeting with a behavioral health liaison.
4. Athletic Code of Conduct- Involved youth in creating code of conduct. 1st infraction- 10-day probationary period (can participate in practices/meetings, not in games or competitions); 2nd infraction- 14-day probationary period. Training for team captains with alumni captains to discuss policies, hazing, etc. Working on implementing this code for other school groups (music, band, etc.,)
5. Students involved in the whole process of creating the policy and students are now being trained in restorative practices.
6. Benefits and Successes: Restorative practices policies don't take too long to put into place (but must have the capacity). Have seen decreases in substance use violations. Better relationships with staff/teachers. Students are more likely to stay in school and graduate (it can be a big obstacle when someone misses out on two weeks of school with an out-of-school suspension). Parents are on board. Greater connection between students and resources, social work staff, and

resource officer. Students are more likely to share/ask for help. 70% of students kept seeing social workers after the first mandatory meeting.

7. Providing trainings to high school and middle school students so they can help their peers- “We Are Side Kicks” training- motivational interviewing tactics to help students quit vaping.
 - a. [We Are Side Kicks](#)
8. Challenges: Always new people/staff to train. Implementing practices does take time, but it’s the process of making change.

Q & A

- ii. Driving force behind this idea: Opposite of addiction is connection. Vital to involve students in the process (for example, the NAMI Teen Text Support Line in Maine, students helped to do marketing, and young adults ages 18-24 staff the text line.)
 1. [Maine NAMI Teen Text Support Line](#)
- iii. Discussion about how to bring this idea to the school board: Lee Ann- Started in 2017 to make small group of people with experience in restorative practices, SUD treatment, and law enforcement. Had lieutenant, social worker, and consultant speak to “sell” program to school board, use research about restorative practices. Create STAT (Short Term Action Team) with school admin and parents and/or subgroup with key stakeholders (superintendent, etc.,)
- iv. Discussion about identifying substance use in schools. Lee Ann- School resource officer and social worker has intel on products, language, and new trends.
 1. [Prevention Tools: What Works and What Doesn’t](#)
 2. [Drugs.com Pill Identifier](#)
- v. Discussion about Narcan training for students and the Youth Employment Assistance Program for employers (especially in the hospitality industry). C3PH has overdose prevention kits and

NaloxBoxes to distribute to the community and are thinking of ways to work with employers to get trainings out there.

- vi. Chris Lalmond- Meeting with high school students and trying to target students who don't plan on going to college. Learning it's important to get in front of high schoolers before they're out in the world, incredibly hard to get ahold of young adults after high school.
- vii. Jen and Lee Ann: Discussion about building capacity. Important to work with people one on one and hear their challenges, do pros and cons. Find grants to get training on restorative practices by experts. High school is a small window of time with great influence and control. Can use interventions (vaping and cannabis) in schools, working on prevention in middle school. South Portland has high schoolers go down to middle school to do a presentation, Jeopardy, anonymous questions etc.

3. Updates:

- a. McKenzie Webb: Trying to establish herself with all schools in Carroll County, going slow because she doesn't work for the school, using contacts from Jen and Catalina. Caseload picking up- concerned about why there are more suicidal youths.
- b. Heather Clogston- DOE has a new office administrator and grant person. Hoping to hire new consultants in the office of social and emotional wellness. Working on substance use misuse prevention grant.
- c. Chris Lalmond- Restorative practices fit with building an apprenticeship, part of process is employee selection, what they allow on the job, how to deal with substance use on the job, and how restorative practices could work for employees. Community Health Worker apprenticeship program in Gorham on December 13- open to apprentices, apprentices are paid to take two classes with WMMC, Community Health Worker training, and internal training.
- d. Crystal Sawyer- Youth Suicide Prevention Training in December with Susan Ward, hopefully another training in the spring.

- e. Caleb- Have Community Health Worker program fully up and running, contact Soyla Hernandez. Can assist with setting up primary care, SUD treatment, benefits, etc., also fluent in Spanish.
 - i. Email: chwreferrals@graniteuw.org
- 4. Goal 1- Addressing substance misuse
 - a. Team/network facilitation
 - i. SAU updates
 - ii. Law Enforcement updates
 - iii. Youth Organizations
 - iv. Those serving high-risk populations
 - b. Materials and information distribution and social media
 - i. Jen
 - 1. Open house tabling at various schools
 - 2. Lots of discussions and resources out
 - c. Community education, advocacy, legislation and suicide prevention efforts
 - i. Trainings and webinars
 - 1. [NHADACA - Training Events](#)
 - 2. [Free Webinars \(naadac.org\)](http://naadac.org)
 - 3. [Training and Events Calendar | Prevention Technology Transfer Center \(PTTC\) Network \(pttcnetwork.org\)](#)
 - 4. [HETI Maine](#)
 - ii. Harm-reduction in prevention as well as treatment and recovery
 - 1. Importance of person-first language, reducing stigma, teaching how to find valid and reliable information or resources.
 - a. Goals
 - i. reduce mental load/tend to mental health so healing can start,
 - ii. Address prohibitive policies that prevent care
 - iii. Reduce other barriers, such as SDOH
 - 2. For more information

- a. [Home | New Hampshire Harm Reduction Coalition \(nhhrc.org\)](https://nhhrc.org)
 - 3. Harm reduction supplies
 - a. Will be available soon
 - 4. NH Harm Reduction Coalition speaking at our December 5th CC Responds to SUD
 - a. If interested please email
 - i. jennifer.thomas@graniteuw.org
 - iii. Updates on relevant legislation and advocacy
5. Goal 2 – Reduce CC youth self-reported use of tobacco, alcohol, cannabis, or prescription drugs.
 - a. Youth empowerment updates, TA to student groups, Student led presentations or Life of an Athlete
 - i. Jen
 - 1. Working on getting youth involved with our initiatives.
 - a. Created a flyer and anonymous survey to highlight youth voice and learn what they know and are concerned about
 - b. Would love to pull together youths from different SAUs to meet in person
 - c. Looking for any ideas that will lead to this outcome
 - 2. Red Ribbon Week tabling with ATOD information and resources
 - 3. YRBS 2021 analysis and infographic by Growth Partners
 - 4. C3PH would like to find a few more diverse partners to review the YRBS
 - 5. Preparing to assist/supplement in health education class!
 - 6. Looking into peer supporting peer groups

6. Goal 3 – Respond to emerging threats
 - a. Jen-
 - i. Increasing reports of Methamphetamine use among youth
 - ii. Increased detection of xylazine-population using unknown
 1. Would like to increase our prevalence data
 - iii. Cannabis used in schools
 - iv. Vaping
 1. Age of initiation, younger?
 2. Great resources on vaping
 - a. [Truth Initiative: inspiring lives free from smoking, vaping, and nicotine](#)
 - v. Resource to monitor detected drugs
 1. www.streetcheck.org
 2. [National Drug Early Warning System \(NDEWS\)](#)
 - b. Additional anecdotal or observed data on emerging threats?
7. Any additional comments or concerns?
8. What would you like to see happen in the next 3 months, in the next 6 months with this group?
 - a. Please feel free to email if prefer
 - b. For example:
 - i. More speakers on topics you choose
 - ii. More interactions and skill building
 - iii. More straightforward ATOD information
9. Close
 - a. Thank you
 - b. Minutes will be sent out soon
 - c. Next meeting

- i. January 16th, 2024
- ii. 1200 hrs

10. Zoom link

- a. <https://us02web.zoom.us/meeting/register/tZ0ufuurrDIsh9wjn-hH0OfSFMTvj0LFk1X>