



Decisions at Every Turn Coalition
December 8, 2015
Meeting Minutes

Attendees: Amy Turncliff, Betsy Emberley, Liz Byrnes, Dave DiGirolano, Jemima Valdounin, Kristin French, Mark Oram, Al Porter, Brian Garrigan, Jessica Healy, Judy Margulies, Neha Sahbeer, Ka Narayana

The meeting began at 5:34PM. Meeting attendees introduced themselves to the group and the minutes were accepted.

Updates were given:

Engaging Youth in Preventing Opioid Addiction Debrief: Jemima Valdounin and coalition member Tiffany Wallace attended the Words Can Work Training by Jeanne Blake and Health Resources in Action. Jemima described the training as resourceful and informative. She came back with a DVD titled 'Drugs: True Stories' which features stories of youth who abused prescription drugs, how it affected him and his family and how another teen chose to not use. Tiffany was unable to attend this Coalition meeting but informed Jemima that it was a great training. Jemima felt that the DVD was more appropriate for parents but the group agreed that it could be altered for student use. Suggestions were given to share the DVD with the wellness teachers at AHS, SADD and potentially for Chemical Health Night with the athletics department. Betsy Emberley suggested that we could get the DVD into the library for public circulation however there were concerns that it may not be used. There were also questions about sharing the DVD due to the licensure agreement. Jemima took on this role in researching this.

Kristin French shared with attendees the interest to start an opioid prevention initiative in Ashland. It would be helpful to share best practices for reducing opioid addiction in the community. Several members expressed interest in this initiative and a sign-up sheet was passed around for those who were interested.

STAND (AHS Social Norms) Update: Round 3 of the student campaign is posted up around AHS and the parent campaign has been publicized. Before round 3, Kelley encouraged parents to have conversations with their kids about the message. Round 4 will go up in late January with an intentional "mistake" on it as a conversation starter. The goal is to have student interaction with that round of posters.

Betsy and Kelley will run a training on January 11th with the School Resource Officer and his supervisor to learn about the STAND campaign, why the coalition is running the campaign and receive feedback. They plan to invite School Committee, Board of Health members and the Board of Selectmen.

Community Programming: There will be 2 programs in January. January 7th will be on Mindfulness with Lisa Campbell. The program is extended to ages 12-adult. On January 21st, there will be a program on anxiety with several local clinicians.

May 10th, there will be a program with the Assistant District Attorney on social host liability. Kelley plans to hold the prom and senior week tickets to be released on that day at the program to encourage attendance. The presentation will be short and followed by a few theatrical vignettes by the Ashland Theater Association. Betsy spoke with Joe White and is looking for any specific ideas for vignettes we want to be played out. There was a suggestion to move the location of this program that will be looked into.

Amy and Kelley spoke with Susan Rivers over the phone and she is excited to be coming back to Ashland High School to do a program in the community she grew up in. She will be presenting to students, school staff and the community on social emotional learning. Since Susan Rivers has not presented to youth before, Jemima and Betsy will be running focus groups with students on assemblies. Dave DiGirolamo mentioned that he will send his counselors to the high school presentation because scheduling will not allow for AMS staff to attend the staff program with Dr. Rivers.

Sustainability Plan: Amy submitted our sustainability plan that Jemima created based upon the CADCA training she attended in July and Coalition feedback. There is a need for the coalition to further engage the Board of Selectmen for financial support as the DFC grant comes to an end.

Volunteer Opportunities: A sign-up sheet was passed around to sign up for volunteer opportunities with the coalition. There are youth signed up for the January 7th community program. Betsy made a pitch for a Mental Health Working Group and members who were interested signed up.

Training Opportunities: The coalition will be sending a group of youth and 2 members to the CADCA National Leadership Forum in February. Jemima is currently coordinating this.

Recent Successes: We celebrated Neha's article in the Directions newspaper, the AHS and AMS Metro West adolescent health survey data presentation, and Ashland public schools participating in Mindfulness Mondays. We also celebrated Mark Oram's attendance at the SAPC meeting and the potential collaboration that Ashland may have with surrounding communities.

Other: Guiding Good Choices: Jemima sat in of the program in Arlington back in October. She talked about the details of the program and how she feels it would be beneficial to the Ashland community. The group decided to contact the Mindess school and see if their parents would be interested in this program.

Other: DFC Continuation Application: Amy mentioned we need to submit a continuation application in January. She also talked about submitting our 12 month action plan and budget for year 4. She requested that members keep this in mind for the next meeting for anything they may want to include beyond the strategic planning we did at our Coalition retreat.

Other: Chemical Health Night: Jemima is working with Mike Grimes, the Ashland Athletic Director, to hold chemical health night for all athletes in the spring. They are looking for speaker suggestions. Liz said she will reach out to some people she may be able to get us connected to. Liz will contact Mark Champagne for any suggestions.

Other: Substance Abuse Prevention Collaborative (SAPC) Grant: Amy and Mark were invited by Sam Wong of the Hudson Board of Health to attend a meeting about the new SAPC grant Hudson has currently from the MA Department of Public Health- Bureau of Substance Abuse Services. The grant is shared amongst several communities and is focused on underage drinking. Jessica Healy, the grant coordinator, attended the meeting and shared details on Ashland's invitation to be involved with the grant. Members were in favor of being part of the SAPC grant. Next steps are to share information with Jessica to develop a community assessment and strategic plan.

Meeting adjourned at 7:10PM.

Next Meeting: January 12, 2016, Room 5, 2:30pm-4PM



Decisions at Every Turn Coalition
November 10, 2015
Meeting Minutes

Attendees: Audrey LaCroix, Gina Donovan, Kelley St. Coeur, Kelly Roy, Amy Turncliff, Kathy Silva, Betsy Emberley, Liz Byrnes, Dave DiGirolamo, Jemima Valdouin, Kristin French, Craig Davis, Mark Oram, Al Porter, Brian Garrigan

The meeting began at 5:34PM. The icebreaker was skipped due to time. The minutes were accepted pending a spelling error edit.

Diversion Program Working Group Presentation: Amy presented information related to the Diversion Program Working Group. She provided members with the documents, including the intake form, flow chart and list of potential providers for education and counseling services. An edit was suggested for the flow chart to note that a participant of the program does not have to commit an offense to take part in the referral-based program. In general, the concerns about the program included how the decision of a case being eligible for diversion will be made. Although the DA's office does not recommend that 2nd time offenders should go through the program, others have highly encouraged it. Audrey also had a concern about keeping the nursing department of Ashland Public Schools informed of the program participants because this can help staff better understand how to help students who visit the nurse's office and are enrolled in the program. There was a request for the program to be publicized clearly and effectively with age, substance abuse services vs. mental health services, etc.

Other: Opioid issue in the Metro west: Mark Oram wanted to know if the coalition had planned to do any efforts related to the opioid crisis in the Metro west. Amy noted that the coalition is heavily focused on prevention and that we are working towards prevention efforts with opioids.

Updates were given:

STAND (AHS Social Norms) Update: Round 3 of the posters is currently posted at AHS. Betsy and Jemima are currently pilot testing with different student clubs to get a broader variety of students participating in the campaign. Some of the clubs tested include Art club, JSA, Yearbook and others. Betsy will be testing 1 of the gym classes and will pilot test with Student Council the following week with the image. Betsy mentioned that she needs to pick a parent message for the next round and Liz suggested that she bring these messages at the next coalition meeting for the members to pick. Betsy will also be training Dave Muri and Ed Burman on the Social Norms Campaign and hopes to be able to get in front of the School Committee soon.

Community Programming: Medication Safety was held on Friday October 30th and the seniors loved it. Promotion for the program was great and the presenters were well-received. The plan is to do one with realtors in the future. Chief Davis mentioned that there is an initiative called Safe Homes where bags will be given to realtors for open houses. Liz Byrnes and Chief Davis will work together to have the training sometime in January or February.

Susan Rivers is still scheduled to come to Ashland on Thursday February 11th for programming with students, APS staff and the community.

The Mental Health World Café was held on Tuesday October 27th and had successful attendance. There were community members, all APS principals and the superintendent were present. We reviewed the notes from the event and key themes that arose. Kelly Roy mentioned that a challenge at the middle school is getting access to students during the school day. She suggested that these times need to be embedded into the school schedule in order for counselors to have access. A few action items mentioned were to have a mental health fair that showcased resources available to the community. It was also mentioned that there should be a webpage of resources on the APS website that can link to the coalition website of resources.

Guiding Good Choices: With only a few minutes left, Amy mentioned that Jemima attended a session of the program Guiding Good Choices in Arlington on October 13th. The program seemed like a great fit for Ashland and the coalition is looking to implement the program.

Sustainability Plan: Amy mentioned that Jemima has written up a sustainability plan that needs to be submitted for DFC in a few weeks. Since time was limited, the plan will be sent out electronically for members to review.

Training Opportunities: Very briefly, Amy mentioned that Jemima will be attending the Words Can Work training: Engaging Youth in Preventing Opioid Addiction on Thursday and Friday, November 12-13th. She also mentioned that the CADCA Leadership Forum is in February for those interested in attending.

Meeting adjourned at 7:07PM.

Next Meeting: December 8th, 2015, Room 5, 5:30pm-7:00pm



Decisions at Every Turn Coalition
October 13, 2015
Meeting Minutes

Attendees: Audrey LaCroix, Gina Donovan, Kelley St. Coeur, Fiona Vasile, Emily Schwartz, Catherine Gustofson, Athena Lampiris, Kelly Roy, Amy Turncliff, Haley Boccuzzi, Annabelle Rutherford, Stephanie Moscaritdo, Neha Shabeer, Selma Chamime, Elizabeth Cahill, Kathy Silva, David Muri, Judy Margulies, Nadine Heaps, Betsy Emberley, Liz Byrnes, Dave DiGirolamo, Jemima Valdouin, Kristin French

We held our first youth-focused coalition meeting today. The meeting began at 2:33 PM. Introductions and an icebreaker were performed. The icebreaker had participants hold a magic wand and say 1 thing they would change or keep the same in Ashland.

Youth-focused Activity: After the icebreaker, we went into a youth-focused activity called the '5 Why's' for 30 minutes. The activity was focused on Underage Drinking and why we think it is an issue here in Ashland. Information was collected during the activity and the coalition will follow up with these ideas in our efforts to reduce underage drinking.

Other: Hudson schools carry Narcan: A discussion was held about Ashland schools potentially carrying Narcan. Attendees asserted that it seems like the state may be moving toward all schools (nurses) carrying Narcan. There was some concern among some attendees that this action would normalize opiate use.

Announcements:

Training Opportunities

Jemima Valdouin talked about the CADCA National Leadership Academy Conference that will be in on February 1-4th in Washington DC. The conference has a youth component and the coalition is looking to send a group of youth to the conference. Jemima mentioned that the requirements for youth to attend the conference include community service with the coalition, attending 2 coalition meetings prior to the conference and a good standing GPA. Youth who were interested in attending the conference should speak with Jemima for more details.

Volunteer Opportunities

Kristin French shared a list of volunteer opportunities with the group for the month of October. Some of those opportunities include being present at an event where there will be a coalition table, making goodie bags for the Ashland Business Association –New Resident Initiative, and planning a youth summit. She plans to have a list of volunteer opportunities available at every coalition meeting to get more coalition members and youth involved. Jemima agreed to post a list of those opportunities on her office door for students to sign up.

Updates were given:

STAND (AHS Social Norms) Update- Betsy Emberley, Social Norms Chair, gave the updates for STAND. Pilot testing is currently being done until Wednesday October 21st. The following day, the current posters will come down and the new posters will be up in time for the homecoming football game.

Upcoming Events:

- i. The first community program, Mental Health World Café, will be held on Tuesday October 27th. It will be a panel of school counselors/administrators and APD's mental health clinician who will discuss the issues they are seeing in their schools and strategies for helping students. This will be followed by a world café-style discussion. All community members, parents and students are welcome to attend. It will be in the Ashland High School Library.

Diversion Working Group

At our next meeting, we will have the diversion program working group speak with us about their efforts in developing a diversion program in Ashland.

Coalition Retreat Update

Liz Byrnes informed everyone that the coalition retreat was a success and the coalition received a lot of great information. Everyone received a copy of our sustainability chart that was worked on during our coalition retreat in September. Our goal is to work towards completing these tasks throughout the year. The coalition plans to hold another coalition retreat this year, possibly in the Spring.

Quick Review to Celebrate Recent Successes:

1. The Coalition presented Kelley St. Coeur with a picture to thank her for her tremendous support with the STAND campaign.
2. The Coalition Retreat was a success. We look forward to holding our next retreat.
3. Kelly Roy thanked the Coalition, on behalf of her colleagues, for financial support to send the group to a Mindfulness training that they hope will help students to better manage stress.
4. Amy suggested celebrating that the BoS and APD recently updated the town policy/regulations for liquor license holders.

The minutes from last month's meeting were accepted.

Meeting adjourned at 4:00PM.

Next Meeting: November 10, 2015, Room 5, 5:30pm-7:00pm



Decisions at Every Turn Coalition
September 8, 2015
Meeting Minutes

Attendees: Jemima Valdouin, Amy Turncliff, Kelly Roy, Katie Emberley, Betsy Emberley, Brian Garrigan, Elizabeth Byrnes, Gina Donovan, Audrey LaCroix, Dave DiGirolamo, Kelley St. Coeur, Lisa Ulbrich, Neha Shabeer, Kathryn Silva, Jim Adams

Meeting began at 5:36 PM. Introductions and an icebreaker were performed. The icebreaker had participants fill in the blank "Time to take a stand for _____. Minutes from the June 5, 2015 were also accepted.

Updates were given:

CADCA Academy review – Week 3

Jemima Valdouin and Betsy Emberley attended week 3 of the CADCA Academy on July 20th-24th. During this training, they learned about how to sustain coalition efforts and write a sustainability plan for the coalition. The key points for sustainability plan include a strong volunteer and membership base, a credible process, relevance to community concerns and the financial and other resources required to do the work. Now that the coalition had completed all three weeks of training, we are able to graduate during the CADCA National Leadership Forum in February 2016.

STAND (AHS Social Norms) Update- Betsy Emberley, Social Norms Chair, gave the updates for STAND. The 1st message of the school year went up for the first day of school. This year, STAND is also sending parent messages out through the high school. There will be a total of 6 messages this school year for parents and students.

STAND had its first Lucky Tray Day during the first week of school. Not as many students participated as anticipated, however STAND was able to engage new students to the campaign and coalition.

There will be 2 more focus groups this year with a mixture of students and a focus group with teachers about STAND. There was also a list of conversation starters developed for teachers to engage in conversation with students about the campaign.

Betsy was also interviewed by the MetroWest Daily News. They wrote an article this month about the campaign to the community.

Community Programming Update: Betsy Emberley gave an update for the community programming schedule. The schedule for the year 2015-2016 is close to being completed. The schedule can be found on the Fall Newsletter and the coalition website. We are still in need of a facilitator for our Mental Health World Café and Mental Health First Aide Program. We are also excited to announce that we will be doing a medication safety program for Seniors next month. It was suggested during the meeting that we also provide a community program on medication safety to realtors.

Upcoming Events:

- i. Coalition Retreat: Elizabeth Byrnes gave us a reminder that the coalition retreat is scheduled for Thursday September 17th at 7:30am. We will have State Senator Karen Spilka provide opening remarks and Laurie Jo Wallace from Health Resources in Action will be facilitating the meeting.

Newsletter

The Fall newsletter will be released in early October as an insert in the Directions Newspaper. It will also be available electronically on the coalition website.

Diversion Program

Formal meetings were not held this summer for the program, however there was an informal meeting with Chief Davis and Megan Storing from the District Attorney's office. There will be a formal meeting in late September.

Quick Review to Celebrate Recent Successes: Amy presented a few statistics from the MetroWest Adolescent Health Survey data received this summer from 2014. Based on the data, cigarette smoking amongst Ashland youth has reduced. Marijuana use in Ashland is below the MetroWest average and there were good outcomes with driving under the influence. Unfortunately, alcohol use is currently above the regional average. This is an area the coalition plans to focus on this year.

Coalition Meeting Schedule: This year, the coalition will have 3 meetings that are focused on youth attendance. This is for us to be able to increase our youth presence with the coalition and work on projects with youth, such as the youth summit. It was suggested that we invite AHS coaches to attend and the Athletic Director.

Steering Committee: The coalition needs a steering committee to have a more formal structure. This will help make our coalition meetings more interactive and a great formality to have when we have our site visit.

Budget Update: Amy Turncliff shared with us some aspects of the budget with our Drug-Free Communities grant. The budget did not include August expenses and the coalition is looking to spend up to \$25,000 for September. We currently have \$1,100 in BAA money and \$20,000 earmarked from Karen Spilka under BSAS. The plan is that these extra funds will cover the Diversion program. It was requested that we find a treasurer for our coalition and many attendees agreed to look for one.

Non-Profit Status: It was reiterated that we still need to have a bank account and debit card for the coalition. Amy mentioned that the Ashland Farmer's Market used the Boston University Law School for pro bono. Lisa Ulbrich also said she would check with Northeastern's Law School.

Other: Volunteers: The coalition needs volunteers for all of the working groups. It was suggested that in November, we invite the Diversion Program working group to share their efforts with the coalition. It was also suggested that we collaborate with more community organizations in town to make sure we are not duplicating efforts and can support each other.

Next Meeting: October 13, 2015, Room 5, 2:30pm-4:00pm



Decisions at Every Turn Coalition
June 9, 2015
Meeting Minutes

Attendees: Jemima Valdouin, Amy Turncliff, Al Porter, Kelly Roy, Katie Emberley, Caroline Priest, Haley Boccuzzie, Betsy Emberley, Elizabeth Byrnes, Gina Donovan, Audrey LaCroix, Kristin French, Dave DiGirolamo, Tiffany Wallace, Rebekah Carter

Meeting began at 5:35 PM. Minutes from the March 10, 2015, April 14, 2015 and May 12, 2015 meeting were accepted.

Updates were given:

Coordinator's Update

Jemima Valdouin gave the coalition an update of her work since her hire back in February 2015. She provided coalition members with a chart via PowerPoint of her completed work, in progress and planned.

CADCA Academy-What did we learn?

Jemima Valdouin and Rebekah Carter attended the CADCA training on May 18-22. They provided us with an overview of what they learned, which included creating an action plan, creating a strategic plan and implementation and evaluation strategies. Betsy will attending the third week of training with Jemima on July 20-24.

STAND (AHS Social Norms) Update- Betsy Emberley gave an update about the STAND Campaign. There has been one focus group with the seniors to get student feedback on this year's social norms campaign. In general, students asked for more statistics and sources from where the data came from. They also asked for more engaging assemblies, similar to the assembly with Michael Fowlin. There will be two more focus groups with lowerclassmen and the first STAND poster for this year will be up on September 2nd.

Debriefing: Community Programming – Ready, Set, Go!: Amy and Betsy both agreed that the program went well. Although there were only 5 families in attendance, the speaker discussed with the group how kids learn and provided resources on how to help children use their creativity. It was agreed upon to bring her back next year but to collaborate with the MOM's Club for better attendance.

Upcoming Events:

- i. There will be an Executive Planning Committee Meeting tomorrow with some of the coalition members to discuss sustainability and prepare for the coalition retreat in Fall 2015.
- ii. There are a few trainings going on this summer
 - a. New England Institute of Addiction Studies: Jemima is currently attending this training this week.
 - b. CADCA Mid-Year, August 2015

The agenda for the coalition retreat will be planned during the Executive Planning Committee Meeting. Date for the retreat is set for September 2015.

Evaluation Plan

Amy, Jemima and Kristin met with an evaluation company and discussed some of the services they provide. They will be meeting with other evaluators to discuss other options that are available.

Quick Review to Celebrate Recent Successes: Kelley St. Coeur, AHS Principal, wrote a letter to all parents of high school seniors regarding graduation safety and speaking with your teen about alcohol and other drugs. The message was well received and Katie D (TA provider for STAND Campaign) wants to use the message as an example to other coalitions she works with.

Ashland Middle School had a successful training of 6th and 7th graders last week for the peer leadership program. ASAP will be holding their annual kickball game Wednesday June 17th, which has been very successful in the past.

Coalition Structure: There was a discussion on the continuation of the coalition meetings with the same schedule as this past year. The group came to an agreement that we should keep the current schedule for coalition meetings and add quarterly youth coalition meetings that will be held after school to increase our youth involvement. We will also have subcommittees who will meet as needed and report to the group during coalition meetings. These dates will be made available by the end of the month.

Applying for Non-Profit Status: The coalition is still in process of looking for someone who can help with applying for non-profit status.

Other: Diversion Program: Amy Turncliff gave a quick announcement on the next diversion program meeting, Wednesday June 10, with John Scheft and Cindy Curran from Arlington who have successfully created and implemented their diversion program. John Scheft is a well-respected trainer for police departments across the state.

Meeting adjourned at 7pm.



Decisions at Every Turn Coalition
May 12, 2015
Meeting Minutes

Attendees: Jemima Valdouin, Amy Turncliff, Al Porter, Kelly Roy, Katie Emberley, Caroline Priest, Brian Garrigan, Elizabeth Byrnes, Kelsey Matheson, Gina Donovan

Meeting began at 5:38 PM. Acceptance of minutes from the March 10, 2015 and April 14, 2015 meeting were postponed to next meeting.

Updates were given:

CADCA Academy –Week 2

Jemima Valdouin and Rebekah Carter will attend the training next week on May 18-22.

STAND (AHS Social Norms) Update- Elizabeth Byrnes gave an update on the STAND campaign at AHS on behalf of Betsy Emberley, Chair of the Social Norms Committee. The last round of stand posters will be pilot-tested by Student Council on Wednesday May 13. This message will be the same as the first message this school year but with a different image. Teasers for round 5 posters will go up on Tuesday May 19 and the 5th round of posters will go up the first week of June.

STAND will also have their Lucky Tray Day on Tuesday May 19. Betsy has also worked with APD to develop a message for the electronic signs, which will say 'ASHLAND STANDS PROUD. MOST AHS STUDENTS MAKE HEALTHY DECISIONS' to coincide with the prom.

On behalf of prom season, the coalition has made prom tip sheets with STAND messaging that was distributed via email to all AHS families. Betsy has contacted 2 florists in town to also distribute these messages. Although 1 florist refused to participate, Amy suggested that we begin collaborating with the Ashland Business Association to promote a healthy Ashland and engage business owners.

Kelly Roy suggested giving out STAND sunglasses to rising 9th graders at evening event in June.

Debriefing: Community Event-- Rick Cresta, LICSW, MPH: Poor timing (immediately following April vacation) and outreach to inform community of the event led to only coalition members in attendance for the presentation. Liz suggested that we consider bringing Rick Cresta for a different type of event in the future. We are still working to engage the community via programming. Liz suggested that we should partner with ASHPAC and Ashland Mom's Club to reach parents of younger children.

Upcoming Events:

- i. Community Programming: The next community program will be "Ready, Set, Go! Using Unstructured Time: How to Support Learning in Young Children without Pushing" on May 13th at the Ashland Public Library. This program is great for grades k-4 parents.

- ii. There will be an Executive Planning Committee Meeting next month with some of the coalition members to discuss our next steps as a coalition and prepare for the coalition retreat in Fall 2015.
- iii. There are a variety of trainings available for everyone to attend. Jemima will be sending everyone the courses being offered for each training. We are also looking for youth to send to the CADCA Mid-Year conference in Indianapolis. Brian will check with some SADD students and Jemima will reach out to ACT.
 - a. MAPA Summit, May 2015
 - b. New England Institute of Addiction Studies, June 2015
 - c. CADCA Mid-Year, August 2015

The agenda for the coalition retreat will be planned during the Executive Planning Committee Meeting. Date for the retreat is set for Fall 2015.

Quick Review to Celebrate Recent Successes: SADD did the caring cards with 5th graders the Friday before April vacation. These cards will be given out to juniors during prom to promote healthy decisions. SADD also plans to do some social norming and substance abuse prevention activities with graduating seniors during graduation rehearsal.

Jemima worked with an AHS student to distribute substance abuse prevention messaging posters throughout the school that enforced the consequences of youth substance use. Posters were well received by school staff and students.

Coalition Structure and Sustainability: The coalition would like to apply for non-profit status because we believe this will be an important next-step for sustainability. Also, it will be easier to purchase coalition items versus the current system in place. Liz mentioned that we should use a local lawyer or accountant who would be willing to donate their services to the coalition. Al Porter suggested reaching out to John Ellsworth to learn from his experiences with the process. It was also suggested that the coalition reach out to Tom Sannicandro's office for help in finding a local resident who would be willing to help us.

Fostering Community Collaborations and New Community Partnerships: We had a visitor from Bay State Community Services, Kelsey Matheson, attend the coalition meeting and talk about the services she provides with the Greater Boston Tobacco-Free Community Partnership. She gave the coalition a few ideas on how we can collaborate, such as facilitating community talks on tobacco, helping us develop an 84 chapter and provide support in updating our Board of health tobacco regulations including strict regulations on Hookah sales.

The coalition wants to involve different religious groups in our work. We have reached out to a few congregations and will follow up with them. The coalition also wants to partner with Keefe Tech in some way next year. Kelly Roy agreed to help us establish that relationship. Other organizations include Ashland Business Association, MetroWest YMCA, and the GBLT Community.

Other: Diversion Program

Amy gave an update about the diversion program subcommittee. The group will be meeting in the next two weeks with John Scheft to continue to develop the program.

Next Meeting: June 9, 2015 at AMS, Room 5, 5:30 to 7PM



Decisions at Every Turn Coalition
April 14, 2015
Meeting Minutes

Attendees: Jemima Valdouin, Amy Turncliff, David DiGirolamo, Al Porter, Audrey LaCroix, Kelley St. Coeur, Kristin French, Katie Emberley, Betsy Emberley, Caroline Priest, Chief Craig Davis

Meeting began at 5:35 PM. Acceptance of minutes from the March 10, 2015 meeting were postponed to next meeting.

Updates were given:

CADCA Academy –Week 2

Jemima Valdouin and Rebekah Carter will attend the next week of the training on May 18-22.

Diversion Program

Amy presented the next steps for the diversion program. We plan to use BAA funds to kick off the program. There was a proposal presented of the breakdown for total costs for the program.

It was also mentioned by Kelley St. Coeur that the Stat team may be able to help with developing the TIP 411.

The diversion program sub-committee will be meeting on April 16 to further discuss the details of the program.

STAND (AHS Social Norms) Update- Betsy Emberley, Chair of the Social Norms Committee, gave an update on the STAND campaign at AHS. The 3rd round of posters were taken down last week. A campaign awareness survey was administered to students on April 14th during lunch and the 4th round of posters went up on April 14th. Betsy suggested that it is time for STAND to find ways to better merge with the coalition and bring student recognition to DAET. She hopes to set up focus groups to pilot test next school year's posters.

Community Program: Digital Age: Betsy reported that this event was well attended with approximately 20 parents present.

Debriefing: The Anonymous People Screening: Several Coalition members were present at this event, a collaboration between the Coalition and the recovery community. There were approximately 150-200 attendees at this movie screening. It was an important reminder that the two communities should work together whenever possible.

Debriefing: Youth Event-- Rick Cresta, LICSW, MPH: Approximately 30 youth attended this event. While we would have liked to have a better turnout, the students were engaged and asking great questions.

Upcoming Events:

- i. Community Programming: The next community program will be "Ready, Set, Go! Using Unstructured Time: How to Support Learning in Young Children without Pushing" on May 13th at the Ashland Public Library.

- ii. Parent Event: Rick Cresta, LICSW, MPH—April 28th, 7-8:30pm—The Coalition will promote this event by asking Jim Adams and school principals to email parents about the event as well as give a robo call the day before the event.

Potential Future Topics for Community Programming were suggested:

Stress and Anxiety: how to help kids manage and handle
Mental health first aid
Expanding communication with kids beyond “Day was fine”

Quick Review to Celebrate Recent Successes:

Kelly Roy reported that on March 27th 9 AMS students attended the U Lead Conference. These students were members of ASAP and/or the Student Leadership Program. At the program, the students learned about brainstorming for idea generation.

Chief Davis thanked the Coalition for providing funding for BOS and Retailer trainings focused on alcohol regulation compliance. He told the group that the Fusion may possibly lose their liquor license owing to repeated violations. He reminded the group that the Corner Pub had closed owing to repeated liquor license violations. He suggested that enforcement of regulations is important.

Chief Davis also reported that he obtained grant funding for a regional mental health clinician that would be based out of the APD. Other towns on this collaboration include: Holliston, Sherborn, and Hopkinton. The Program Director on this grant will keep track of all statistics related to outcomes. Additionally, several APD officers will be receiving Mental Health First Aid Training.

Outreach Plan for K-5 Families: Kristin discussed the Coalitions outreach plan for K-5 families, an important area we hope to engage more. She mentioned that a Community Conversation with members of the MOMs Club (infant to preschool families) was upcoming. This will be focused on positive modeling and promoting healthy choices. The MOMs Club would like to work with the Coalition in the future, possibly in developing a community programming topic.

Kristin designed a community conversation flyer directly for K-5 parents. It was suggested that these be hung at the library, K extended day rooms, preschool, offices of schools/guidance counselors.

Amy, Jemima and Betsy met with Mr. Caira (K-2 principal) and Mr. Irvine (3-5 principal) to discuss how we can work together to engage K-5 families during this critical prevention timeframe.

Fostering Community Collaborations and New Community Partnerships: This discussion was tabled to our May 12th meeting owing to time.

Next Meeting: May 12, 2015 at AHS, Room TBD



Decisions at Every Turn Coalition
March 10, 2015
Meeting Minutes

Attendees: Elizabeth Byrnes, Amy Turncliff, David DiGirolamo, Brian Garrigan, Al poter, Audrey LaCroix, Lisa Ulbrich, Kenzie Duprez, Gina Donovan, R. Carter, Kelley St. Coeur, Tiffany Wallace, John Ellsworth, Jemima Valdouin

Meeting began at 5:35 PM. Minutes from the February 10, 2015 meeting were accepted.

Jemima Valdouin, the Coalition's new DFC Project Coordinator was introduced.

Updates were given:

CADCA Academy –What was learned?

Jemima Valdouin and Rebekah Carter gave an overview of content covered at Week 1 of the CADCA Coalition Academy they attended in February. The content focused on Community Assessment and creation of logic models. Jemima also reviewed what will be covered during the remaining two weeks of training.

Community Conversations

Kristin French, Community Outreach Coordinator was not in attendance but did send along a report stating that 38 Ashland community members had been reached thus far via 4-5 community conversations.

Policy Committee Meeting Summary: Education and Intervention Program

Attendees discussed the development of a Diversion Program in Ashland. We discussed the need to embed the program in the community for sustainability. The group agreed to use BAA grant money to run a pilot of the program, with consensus that this is a great way to get services out to the community. Amy will bring a draft of the expected budget for the program to the next Coalition meeting. Jemima met with Coalition staff in Medford to better understand costs associated with setting up a Diversion program.

There was a request for family training with those youth who are at risk. Lisa Ulbrich said that this is an area of interest for her and that she would like to acquire additional training in this area.

Outstanding issues related to creating the Diversion program in Ashland include: who will administer the services, both the Educational piece and Assessment/intervention piece.

STAND (AHS Social Norms) Update- Betsy Emberley, Chair of the Social Norms Committee, gave an update on the STAND campaign at AHS. A teaser for the next round of posters will be put up shortly, followed by a complete removal of all posters prior to administration of a short campaign awareness survey to be administered on April 13th. The next round of posters (Round 4) will be put up on April 14th.

Upcoming Events:

- i. Community Programming: The next community program will be "The Digital Age: Positive Parenting for Tech Savvy Clockers" on March 25th at the Ashland Public Library.

- ii. Youth Event- Grades 9-12: Rick Cresta, LICSW, MPH—April 13th, 7-8:30pm—The Coalition will do considerable marketing including through the Athletic Department at AHS and via the use of social media (e.g., ACT, SADD, Athletes). Pizza and water will be provided.
- iii. Community Forums: Rick Cresta, LICSW, MPH—April 28th at 7pm in AHS Cafeteria
- iv. Anonymous People Screening: On Thursday, April 2nd in the AHS Auditorium from 7-9pm, the Coalition will co-host a screening of “The Anonymous People”. Tiffany Wallace and Lisa Ulbrich have arranged this movie screening. Many other organization will participate in this event.
- v. Coalition Retreat: A Coalition retreat was discussed for the primary purpose of strategic planning. Lisa Ulbrich mentioned that she may be able to help us get a discount if we wish to hold the retreat at the Warren Conference Center. Coalition leadership will send her potential dates including a Saturday morning or Thursday evening.

Quick Review to Celebrate Recent Successes:

We celebrated increased student interaction with STAND Round Three posters; Jemima being with us; our first collaboration with the MetroWest Opioid Task Force (The Anonymous People showing planned); 1st meeting of the Diversion Program Working Group; attendance of 2 representatives at the CADCA Coalition Academy.

Working Group Prioritization

- Curriculum working group
- Sustainability working group
- Community assessment working group
 - Can use youth involvement
 - Student leadership group
- Policy working group

Anyone interested in participating in any of these working groups should contact Jemima.

Training Opportunities

Jemima provided a list of upcoming trainings. She will post this list to the Coalition Facebook page and will distribute via email.

Next Meeting: April 14, 2015 at AMS, Room 5, 5:30 to 7 PM



Decisions at Every Turn Coalition
February 10, 2015
Meeting Minutes

Attendees: Elizabeth Emberley, Katie Emberley, Amy Turncliff, David DiGirolamo, Brian Garrigan, Kelly Roy and Kristin French

Meeting began at 5:35 PM. Minutes from the January 13, 2015 meeting were accepted.

Updates were given:

CADCA Academy Training – Jemima Valdouin, DAET Program Coordinator, and Rebekah Carter (Ashland parent) are at the CADCA training in New York. The start of the training was delayed two days because of the weather, but commenced on February 10.

Continuation Application/COMET Progress Report – Amy submitted the Continuation Application. We received notice from DFC that the due date for the COMET report (originally due on February 11th) has been postponed until further notice.

DFC Coordinator Position – Amy announced that a new DFC Coordinator has been hired. Jemima Valdouin is currently attending the CACDA training but will begin working and meeting with Coalition sector members when she returns. She comes to us from the Medford substance abuse prevention coalition. She is currently in a Master's program at ULowell and runs their underage drinking violation program.

Policy Committee Meeting Summary – Two weeks ago the Policy Committee met for the first time. In attendance were Chief Davis, Officer Muri, Kelley St. Coeur, Gina Donovan, Amy Turncliff, and Kristin French. The discussion centered on the development of a program similar to Reading's education and intervention program. Ashland's program would ideally address youth substance use and other minor infractions. It would provide education, assessment and intervention services and could include referrals from the police or the school. Upcoming conversations need to address the question of what other components need to be considered, who would provide the range of services, and how will the program be sustainable financially. Brian recommended checking with Wayside to see if they provide intervention services.

BAA Grant Funds – Amy gave an update on BAA grant funds. We do have remaining funds to be used but we will need to determine the best use of the remaining funds.

STAND – Betsy Emberley gave an update on the STAND campaign and let the group know that Round 3 posters are currently up. Betsy held a contest and gave out STAND promotional materials. The campaign does appear to be generating some conversation among youth including doubts about that statistics presented.

MassTAPP Sustainability Training Overview

Kristin and Amy recently participated in a MassTAPP webinar on sustainability. Kristin provided an overview of the training and available sustainability tools, and discussed the Coalition's priority in addressing sustainability. Over the next few months we will begin developing a sustainability strategy that will integrate

discussions/working sessions with Coalition members to form a sustainability plan. DFC will require our Coalition to submit a plan in November 2015. Possible forums for these discussions could be at the retreat, built into a Coalition meeting, or run as a separate event. We can consider contracting with MassTAPP to facilitate these discussions.

Upcoming Events:

- Community Programming- Betsy Emberley gave an update on Community Programming with the Friends of the Ashland Public Library. Liz Byrnes PhD, Coalition chair, presented on the Adolescent Brain in February 4th. This event, held at the library was attended by approximately 20 community members.
 - The next Community Programming event will be on March 25th at 7pm at the Library. This will be titled: "The Digital Age: Positive Parenting for Tech Savvy Clockers".
- Youth and Community Forums: Rick Cresta, LICSW, MPH—April
 - We are in the process of determining what will be the best format for our scheduled youth event on April 13th. Coordination of this event will be one of Jemima's first tasks as DFC Project Coordinator.
- Coalition Retreat—A date for our Coalition retreat is still TBD. We discussed possibly pushing this off until later in the spring at this point.
 - Strategic Planning—A recap of our strategic planning discussion from January was handed out to the group.

Quick Review to Celebrate Recent Successes:

We celebrated roll out of STAND Round Three; Project Purple celebrated over two Fridays in late January/early February; Officers Muri and Burman worked with 7th and 8th grade students on bullying and substance use prevention; we also celebrated the hiring of our new DFC Project Coordinator.

Next Meeting: March 10, 2015 at AMS, Room 5, 5:30 to 7 PM



Decisions at Every Turn Coalition
January 13, 2015
Meeting Minutes

Attendees: Elizabeth Emberley, Patricia Rodrigues, Al Porter, Amy Turncliff, David DiGirolamo, Kelley St. Coeur, Brian Garrigan, Elizabeth Byrnes, Kelly Roy, Mark Oram, Audrey LaCroix, Gina Donovan, Tiffany Wallace, Katie Emberley, and Kenzie Duprez.

Meeting began at 5:35 PM. Minutes from the December 16, 2014 meeting were accepted.

Updates were given:

CADCA Academy Training – Amy reminded the group that we have space reserved for two attendees at the New York Cohort 1 training session. The 2015 training dates are February 9-13, May 18-22 and July 20-24. We are still looking for a Coalition member / community member to attend. The Coalition will pay for any community member to attend and offered to cover any additional expenses associated with sending a school staff person (i.e. costs for a substitute).

Continuation Application/COMET Progress Report – Amy handed out a list of Coalition accomplishments completed between August 1 and January 31 (expected) in preparation for completing the COMET Progress Report due on February 11, 2015. Amy asked that anyone who has additional items to add/report to contact her via email. Brian mentioned that all 9th graders have completed AlcoholEDU; Dave DiGirolamo mentioned that Officer Burman and Officer Muri will be speaking to 7th and 8th grade students during their substance use prevention block of Health and Wellness.

DFC Coordinator Position – Liz reminded Coalition members that the lead candidate for the position has withdrawn their application and informed members that three interviews are scheduled for later this week.

STAND – Betsy announced that Round 2 STAND posters have been up since students returned to school from the holiday break. They will be up for a week or so and then a teaser will be placed on the current posters. Betsy will be doing some pilot testing later this week to assess student choice of message phrasing. Betsy passed around sample graphics for the next round of posters and a sample of her upcoming message phrasing pilot test.

DAET Winter Newsletter/TIP Sheets - Amy handed out three new TIP sheets and the Winter Newsletter created by Kristin. The group decided that distribution via eblast of the Winter Newsletter via the APS administration office (Karen Johnson) is the best mechanism. Al Porter suggested including a snip-it of the Winter Newsletter and TIP sheets in the February “Directions” article with a link to these items on the Coalition website.

Upcoming Events:

- *Positive Approaches to Avoid Power Struggles* – January 21 at the Ashland Public Library featuring Dr. Jane Greenstein. The Library staff will be putting together a “Title Display” related to the presentation topic. The Coalition will also have a table with materials available to attendees.

- *Coalition Retreat* - Plans for the retreat will still move forward despite the absence of a Coordinator. The event will likely take place on a Saturday in March.

Ideas for February "Directions" Article:

- Al Porter suggested focusing on the Winter Newsletter and TIP sheets, directing readers to the Coalition website.
- Tiffany Wallace spoke about her experience with "Hand Delivered Hope" and suggested that AHS students who assisted with this project could write about their experience handing out blankets and other items to the homeless. Tiffany will follow up with this.

Quick Review to Celebrate Recent Successes:

- Kicking off Round 2 of STAND Social Norms Campaign

Other Items:

- Mark Oram mentioned that the Board of Health is applying for a regional grant (underage drinking prevention) through the Bureau of Substance Abuse Services (BSAS) with Natick, Wellesley, and Wayland.
- The Board of Health currently has a public health nurse working 6hr/ week. This nurse is working with elder services to apply for a grant to provide training/education to our senior citizens related to proper medication disposal.
- Tiffany mentioned that an article was written about Natick, where Drug Testing of students is occurring. Amy will check into the details of this.
- Amy mentioned that we should re-evaluate the structure of the Coalition. Possibly considering:
 - Steering committee (meeting 4x/yr)
 - Executive committee (monthly meetings)
 - General Coalition meetings (2x/yr)
 - Working group meetings (as needed/set by each group)
- Tiffany showed the trailer for the movie "The Anonymous People". We discussed a collaborative community showing of the movie with support from the non-profit "Shining Stars", the Coalition, the Opioid Task Force and possibly Ashland Police Department. This would be a two hour event; the movie is 1.5 hours with the possibility of a 30min panel discussion.

Next Meeting: February 10, 2015 at AMS, Room 5, 5:30 to 7 PM