



Decisions at Every Turn Coalition

Meeting Minutes

April 6, 2021

ZOOM 5:30 – 7:00 PM

1. Welcome & Intros

Attendance: Ed Burman, Kathy Silva, Audrey Lacroix, Kristin French, Talia Seavey, Jen Pavia-Shiels, Kelly Roy, Kelley St. Coeur, Amy Turncliff, Dave DiGirolamo, Sally Sweitzer, Ron Estkovitz, Dave Muri, Michael Herbert

2. DAET Calendar Updates

Talia- April is National Public Health Month. APHA has a theme of building bridges to better health. They also have daily themes from rebuilding after COVID to mental wellness. We will be sharing their facts and resources. We also have some “staycation” posts going out for April break highlighting local activities and businesses that families and youth can do at home. We will have 20 staycation activity bags available on a first-come first-serve basis on Thursday, April 15th at the Community Center.

Kristin- HIPS- Hidden in Plain Sight is an educational exhibit for parents and adults to learn about substances and what might indicate use by their teens. The goal is to foster conversations with your teens. We have adapted the in-person exhibit to a virtual setting. The posters have been converted into videos that cover prevention, education about specific substances, and conversation tips. Once they have gone through the videos, we ask them to verify they are older than 21, then they will get a link to the exhibit. They can go through the virtual bedroom and click on an item to explain what it is and how they might be used in relation to substance use. They also have parent resources/tips/tools to take away in order to talk with teens afterwards.

Kristin- Any questions

Kathy- Really likes it and will be a great resource

Kristin- Will be shared with Kelley and Dave for middle and high school. Also, can be used ongoing.

Kathy- Is translation available?

Kristin- Happy to connect with volunteers or could use translation service

Kathy- Would be great to get spanish and portuguese

Kristin- Will follow up as written pieces should be easy to do

Kristin- May is Mental Health Awareness Month. DAET will collaborate with local and regional partners to help celebrate, including Project ABC for a family dinner project and family fair.

Sally- Family dinner project serves children 0-8. We connected with DAET last year for a live event and now this year will be a virtual event to foster family connectedness, through cooking a family meal and using conversation starters. We will send out recipes to families to cook at home and when they come onto the Zoom platform they will discuss how making the meal and having the conversations went. We will also have a scavenger hunt for kids. The event is primarily for families with kids from ages 5-8. Additionally, the annual Family Fair which is usually at the Ashland Public Library, will be a virtual version where we will highlight community partners. Each will have their own virtual rooms with activities and resources. They will be able to take the link with them after to access it on an ongoing basis for resources and activities. If anyone else on the call would like to be involved, please connect. May 1st 10-11:30am.

Kathy- What age group

Sally- Generally little ones but could go up to 8

Kathy- Would be nice to connect to Sara and Kate for the pre-school and warren

Sally- Yes, we have connected in the past. Would love to connect more with 5-8.

Kathy- Ashpac is parent org that may be interested

Kristin- Have connected with Kate and Sara on ideas and we are working with SEL and Human Services

Kristin- Calendar of Events

Collaboration letter with Human Services, APS SEL/Counseling

AHS cookie event

Family dinner 5/21

Ongoing social media

Connecting with Kelly Rund for a nature event

Open to other ideas to collaborate on

Talia- Any ideas for June Substance free event and Faces of the Coalition will be extended to gather more participation. Please send your info if you haven't and would like to participate.

3. DAET Action Plan Updates

Talia- Youth updates:

Had 1 big planning session with HRIA around the creation of our youth coalition. The youth came up with 3 different name ideas to vote on. We are working on a mission statement and focus for the upcoming year.

Next session will be Wednesday April 7th to finalize the name, mission statement, focus and start to create structure. Solely middle school students right now, including a handful of 8th graders.

AHS youth spring event for mental health -cookie making and mental health trivia

New and 3rd (last) poster for STAND of the year at AMS. Windows/risers with the school values were also completed.

AHS mental health - Launching poster 3 next week. 2 more will go out before June. Each poster contains a QR code to access youth mental health resources. There have been 75 clicks so far.

SADD students doing a lot of work on prevention. They hosted a trivia game and presented an impairment education class in collaboration with wellness and Dave Muri.

Jen- The Young Adult Speaker Programs (YASP) presentations have been great. Every student can have access to this virtual program, which was not possible before. The presenters provided real education and insight. We have been gathering really positive feedback. The Q&A provided some anonymity, so we found some students struggling who we otherwise would not have.

Kristin- Speakers responded to student questions so well.

Jen- Provided hope to students

Kristin-Working with Dave for middle school

Dave D. - 8th grade

Kristin- Jen Cutler couldn't be here to discuss the Developmental Relationships survey. Maybe Dave D. could speak to it.

Dave D- Probably early May to distribute for AMS

Kristin- Working with Search Institute and Jen Cutler to administer a survey to measure Developmental Relationships, SEL, equity, covid and substance use. Will be able to use the data in the school setting and be able to tease out info for adults in the community. Data turnaround is fairly quick

Dave D- The High school will administer next week

4. Balancing Hopes & Concerns

Kristin- Discussion piece:

Coming to the end of a strange year where we have had to learn a lot and it has given us a lot of time for reflection. Since it will be a while before we meet again, I wanted to touch base on what keeps us going. Staff has been able to attend several training sessions and we wanted to share some concepts. "If we want health, we must promote health" came from Montana Institute with Jeff Linkenbach on the Science of the Positive. We don't use scare tactics or negative communications. It is all very positive because we want to move towards a culture of healthy behavior.

There is the science of the positive which has a goal to increase hope and decrease concern. Hope exists and is measurable.

Kristin asks to group-

What is in your green arrow? What is your hope? What do you feel positive about?

Jen- Capacity for growth

Sally- Resiliency of children

Kristin- Balancing hope and concern can be difficult. It is a challenge to acknowledge problems but also show hopefulness

*Activity

Balance concerns from October with hope

Kristin- In our work we will be using hopeful language to move things forward

Kristin- In future, we would like to look at mission statement to make sure it reflects this kind of thinking

5. Celebrations

Dave D- Lots of collaboration with Talia, STAND, Drug Facts Week, really positive messaging, STAND windows/risers brightens up the place,

Sally- love focus on hope