

# DAET COALITION NEWSLETTER

A community resource to help prevent youth substance use in Ashland



FALL 2021



## A LETTER FROM THE COALITION

Dear Ashland Community Members,

This month's welcome letter features two people instrumental to the success of Ashland's Decisions at Every Turn (DAET) Coalition. The Coalition Chair works closely with DAET staff to elevate the Coalition's role in community prevention. I am deeply thankful to Amy and Jen for their guidance, insight, and support of DAET. ~ Kristin French, DAET Director

As of September 1<sup>st</sup>, I will be stepping down as Chair of the DAET Coalition and am thrilled to pass the torch to Jen Cutler, Director of Social Emotional Learning and Counseling at APS. I could not be more grateful and excited for Jen to take on the role of DAET Coalition Chair. She has been an invaluable community partner since joining APS and is the perfect person to continue to develop and support the DAET Coalition to help all Ashland youth reach their full potential with social, emotional, and physical well-being at the core.

I am grateful to Kristin and our other amazing Coalition staff (both past and present), students, APS staff and administrators, Ashland Town administrators and Select Board, Ashland Board of Health, Ashland Police Department, Senate President Karen Spilka, State Representative Jack Patrick Lewis, and many other dedicated community members who have been invaluable to the success of DAET over the past 11 years; special thanks to parent volunteers: Claudia Rose, Kathy Bach, and Liz Byrnes, and to Brian Garrigan for their dedication, passion, and support that kept DAET going, taught me so much, and laid the foundation for more than \$1.25 M in grant funding. From prevention science, we know that policies that promote healthy community norms and reduce youth access and availability to substances, are our best addiction prevention; this is where I will continue to volunteer my efforts to support the health and safety of all young people. ~ Amy Turncliff

It is with great excitement that I accept the role of Chair of the DAET Coalition. I was introduced to DAET when I first began working for the Ashland Public Schools as the Director of Counseling & Social-Emotional Learning during the 2018-2019 school year and I strongly feel that the partnership between DAET and the Ashland Public Schools significantly benefits our youth in terms of their social-emotional and physical well-being.

For those of you who may not have met me yet I want to share a little bit about myself. I began my career as a School Psychologist and also worked as a School Adjustment Counselor for many years. Working in both of those roles within the public school system helped me to see that putting evidence and research-based interventions into place for all of our youth in both the community and school settings make a huge difference in the healthy outcomes of our students and their families.

Working collaboratively has allowed the school district and our community coalition to align and strengthen our efforts for the youth and adults in Ashland. I am genuinely excited to continue this collaboration and would like to thank both Amy Turncliff and Kristin French for providing me with this opportunity. ~ Jen Cutler, DAET Chair

## BUILDING A VIBRANT COMMUNITY



We love connecting with community members & bringing unique opportunities for Ashland youth and families to come together.



August and September were busy! Top: Setting up for the DAET Open House at the Corner Spot. Middle: The Ashland Wish Tree at the Community Center. Bottom: The Ashland Farmers Market.

Join our email list at

<https://ashlanddecisions.org/get-involved/>

to find out where we'll be next!

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JOIN US FOR THE FALL  
DAET COALITION MEETING  
VIA ZOOM

Tuesday, October 12, 2021  
5:30 PM – 7:00 PM

All are invited and welcome to attend.

Visit <https://ashlanddecisions.org/calendar/>  
for the meeting agenda and to RSVP

## HELP US WELCOME NEW FACES OF THE COALITION

We are grateful for the continued relationships with two very important community partners – the Ashland Police Department and the Ashland Health Department. Chief Richard Briggs, APD and Rajit Gupta, Ashland’s Director of Public Health will join us to talk about some of the ways we will continue to collaborate on prevention efforts to reduce and prevent youth substance use in Ashland.

## ALL NEW! VIRTUAL Hidden in Plain Sight (HIPS) An excellent resource for parents & caregivers of kids 12-18



**HIDDEN IN PLAIN SIGHT** is an educational exhibit designed to help parents & other caring adults identify possible signs of risky behaviors and learn strategies to start (or continue) meaningful conversations with their tweens and teens to prevent alcohol and other drug use.

**We have converted the traditional in-person exhibit into an online experience!**

Watch the short **informational videos** and **explore the interactive teen bedroom** to recognize potential signs of substance use/misuse.

VISIT HIDDEN IN PLAIN SIGHT  
<https://ashlanddecisions.org/hidden-in-plain-sight/>

## TEN ASHLAND TOWN STAFF ARE CERTIFIED IN MENTAL HEALTH FIRST AID

Staff members from Ashland town departments and programs received their Mental Health First Aid (MHFA) certification, equipping them with the skills to recognize the signs & symptoms of mental illness and the tools to provide appropriate support.

Representatives from the Health Department, Human Resources, Human Services, the Planning Department, the Ashland Public Library, and DAET participated in a certification course offered through a collaboration between Decisions at Every Turn and Ashland’s Human Resources Department.

In addition, 25 Ashland Police Department responders and dispatch staff will be certified in Mental Health First Aid for Public Safety in September and October.

“Supporting the mental health of those who live and work in the community is critical. We are very fortunate to have many of our town staff who interact regularly with the public trained to provide assistance to someone who may need mental health support.” ~Kristin French



**ARE YOU INTERESTED IN BEING CERTIFIED IN YOUTH MENTAL HEALTH FIRST AID?** DAET would like to offer Ashland residents who are interested in receiving a Youth MHFA certification a **FREE** training opportunity later this year. Youth Mental Health First Aid was created for adults, including parents, coaches, youth group leaders, counselors, and others who work with youth. **This is an 8 hour certification training. The training is designed for 10 - 15 participants.** If you are interested, or would like to know more, email [kristin.french@AshlandDecisions.org](mailto:kristin.french@AshlandDecisions.org). If there is enough interest, we will take steps to plan a community-wide training. You can review the training flyer at [https://www.mentalhealthfirstaid.org/wp-content/uploads/2021/06/060921-Youth-MHFA-One-Pager\\_Rebrand-v2.pdf](https://www.mentalhealthfirstaid.org/wp-content/uploads/2021/06/060921-Youth-MHFA-One-Pager_Rebrand-v2.pdf)

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## TWO IMMEDIATE OPPORTUNITIES!

### COMMUNITY FOCUS GROUPS

DAET has enlisted Bright Solutions Consulting Group to conduct a series of in-person and virtual Focus Groups to get the community's perspective on how we can best support Ashland kids & teens.

### WEBSITE REVIEW

We are seeking volunteers to help us make enhancements to our website to better serve the Ashland community.

If interested, or to learn more, please email Kristin French at [Kristin.french@AshlandDecisions.org](mailto:Kristin.french@AshlandDecisions.org)

\*Nominal incentives will be provided to participants

## YOUTH UPDATE \* YOUTH UPDATE \* YOUTH UPDATE \* YOUTH UPDATE



### THE ASHLAND YOUTH JUSTICE COALITION

Community is what we care about

The Ashland Youth Justice Coalition is meeting regularly again! As this school year begins, our focus is on recruiting more youth members and planning for the year ahead.

DAET staff hope to have the Youth Coalition participate in several trainings over the course of the year to support them in doing this important work in the Ashland community. We are excited for the passion, ideas, and projects they will bring to the table! Stay tuned for updates!

Do you know a youth who may be interested? Reach out to our Project Coordinator, Talia Seavey, at [talia.seavey@ashlanddecisions.org](mailto:talia.seavey@ashlanddecisions.org).

## STAND

The STAND campaign will kick off again at both Ashland Middle School and Ashland High School this fall! This social norming campaign highlights the fact that most Ashland youth are making healthy decisions. The goal is to foster conversations among youth and between youth & adults. We encourage parents to ask their student about the campaign at home once the posters are up. The principals will announce the launch of the campaign through email one week before the first posters roll out and provide a one-pager to help parents and other caring adults start these conversations.

Below are some example talking points:

- Did you see the new STAND message at school?
- What did you think about it?
- Did you and your friends talk about it?
- Did you hear other students or teachers talk about it?



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## DAET COALITION MEETING CALENDAR

SEP	OCT	NOV	DEC	JAN
<b>Themes:</b> ~ Back to School ~ DAET Awareness	<b>Themes:</b> ~ Substance Use & Mental Health ~ Marijuana Prevention ~ Impaired Driving ~ Red Ribbon Week	<b>Themes:</b> ~ Smoking/Vaping Cessation ~ Developmental Assets/Relationships: Connection & Gratitude	<b>Themes:</b> ~ Impaired/Drugged Driving Prevention ~ Developmental Assets/Relationships: Tech- Free Connection	<b>Themes:</b> ~ Mental Health & Self Care ~ Developmental Assets/Relationships: Action Steps
Social Media blitz	Fall Coalition Meeting OCTOBER 11	Prevention Training or Event	Prevention Training or Event	Winter Coalition Meeting JANUARY 11
FEB	MAR	APR	MAY	JUN
<b>Themes:</b> ~ Random Acts of Kindness Week ~ Developmental Assets/Relationships: Action Steps	<b>Themes:</b> ~ National Drug & Alcohol Facts Week ~ National Poison & Inhalants Week	<b>Theme:</b> ~ Alcohol Awareness ~ Opioid/Medication Overdose Prevention ~ Drug Take Back Day	<b>Theme:</b> ~ Mental Health Awareness Month	<b>Theme:</b> ~ Kickoff Substance-Free Safe Summer
Prevention Training or Event	Prevention Training or Event	Spring Coalition Meeting APRIL 12	Prevention Training or Event	End of Year Celebration

## DAET SOCIAL MEDIA

Don't miss out on prevention tips & strategies for positive family health, DAET events & programs, and helpful resources.

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