



Fairfield Cares Community Coalition Meeting Minutes - 9/26/18 (8:30-10:00am)

In attendance:

Amanda Romaniello, Jenn Jacobsen, Katy Rosenfeld, Lisa Mason, Phil Dwyer, Cristin McCarthy Vahey, Bill Gerber, Lori Mediate, Pandora Johnson, Tim Morris, Wendy Bentivegna, Vanessa Montorsi, Karin Shaughnessy, Reini Knorr, Susannah Lewis, Carolyn Trabuco, Julia Smith, Bernadette Coppola, Melissa Devito, Kathy Hazlett

1. Intros
2. Approval of Minutes - unanimous
3. Chair Updates
 - a. Still looking for secretary
 - b. Coalition Co-Chair Gary MacNamara is retiring from the FPD and will no longer co-chair the coalition. We are looking for an interim Co-Chair. A conversation between Amanda and Gary will take place to determine if someone from the PD can fill the role. It was discussed if another co-chair of a similar high level of leadership could be nominated. Consensus is that we certainly want to maintain our excellent existing working and fiscal relationship with the Fairfield Police Department.
 - c. Regarding the student survey, the consensus is that if non-public schools participate with the survey, we can extract information for all students who reside in Fairfield (and do not have to ask non-public schools to only have Fairfield based students take the survey)
 - d. Grant-based Coalition Goals for the year (see attached, first look). Jenn spoke to the CSC goals, Wendy and Lori spoke to the LSC goals and Cathy Hazlett spoke to the STR goals. The plan is to have mostly measurable goals so we can hold ourselves accountable and can use these numbers in support of future grant efforts, such as the Drugfree Communities grant. We are looking to add coalition driven goals that are not grant specific, such as increase coalition support and meeting attendance, find ways to cover pre-K through college age group, focus groups, e-cig prevention/education efforts, sustainability (DFC), bring "Hidden in Plain Sight" to Fairfield
4. Treasurer Report: No changes since last meeting except that STR grant monies (\$5K) have been received. LPC grant monies have been promised, but not actually received in our account.
5. Committee Updates
 - a. Resource Committee (Cathy):
 - i. STR grant monies have been received.

- ii. Would like to create coalition Welcome Packet, including info brief, by-laws, brochure, for new members. Could be a virtual 'coalition tool box'.
- iii. The IOAD vigil was our first STR grant event; the HEAT presentation the second.
- iv. We are still looking for an audience specific Narcan training for restaurateurs/liquor purveyors in Fairfield and offer a realtor breakfast to discuss medication theft at open houses. Another idea is to invite funeral directors to offer information on how to deal with medication left behind after an individual passes on.

b. Programming (Reini):

- i. Thanked Arselia Campis for her service to the coalition during her PreventionCorps year.
- ii. Had a table at the Warde Athletic Department parent meeting
- iii. Participated with Walk Like MADD on 9/15; had a table at the event
- iv. Scheduled to participate with a Roundtable Discussion on the Issue of Substance Abuse at Sacred Heart University on 9/27 at 9am
- v. Will participate with Walk Out of the Darkness on 10/27 with team and table
- vi. Will have the opportunity to present (short, 10 minute max) at the next PTAC meeting on October 8th at 7pm. Carolyn explained that PTAC will have Fairfield Cares present school 'external' prevention efforts, and Dr. Jones/Lori Mediate will present school 'internal' prevention efforts to the audience.

We have noticed that it is very beneficial to participate in events where people are who do not normally come to prevention focused activities, such as the athletic meeting and flea market. We will continue to seek out opportunities

c. Youth (Katy and Jenn):

- i. The first Youth Committee meeting of the year took place on 9/11 and participants are receptive and eager to start the new year
- ii. We are looking to collaborate with Turningpoint CT (Ally Kearnan) on SMART programming for the Youth Committee
- iii. Pending confirmation that merchant letter was sent, the youth committee will visit merchants to hand deliver 'Not Under Our Roof' Decals.
- iv. In November, Cristin McCarthy Vahey will visit the Youth Committee for a training on Advocacy and Policy. The goal is that the Youth Committee can learn about a bill (maybe on e-cigs) and participate by advocating for its passing by the legislature in Hartford. Another option is to inspire the Youth Committee to propose a town ordinance (maybe to ban tobacco/vape product flavoring within Fairfield) and advocate for its passing relevant town bodies.
- v. The Middle School program in conjunction with Park and Rec will start in February. Karin Shaughnessy suggested that the Youth Committee leadership schedules a meeting with the Middle School Administrative team to inform them about this new teen leadership opportunity and to help identify participants. In time for the November publication of the Park and Rec brochure, Jenn would like to identify 5 activity based opportunities for middle schoolers to learn and perform meaningful work. These opportunities do not

have to be prevention based, but function to build positive assets for the teens.
There is a limited budget for the entire program (\$1K total, 5 meetings, 20 anticipated participants = \$10/participant/meeting on average)

6. CSC Update – Jenn Jacobsen

- a. Creating middle school asset program – based on results of middle school search survey + parent survey – MS is big missed opportunity – Develop assets
- b. Parks & Rec will host it – submit blurb for brochure by November – launch February with 20 people – get to the right people
- c. Denique was TIPS trained so it could be free – Late September. Goal with merchants is “Not Under Our Roof” decals
- d. 4 Youth Committee kids went on boat joyride

7. Coalition Updates

- a. Cathy reported on her attendance at the OPIOID USE DISORDERS: PREVENTION, TREATMENT & RECOVERY CONFERENCE
https://www.ct.gov/dmhas/lib/dmhas/publications/opioid_recovery_conference.pdf
 - i. One statement by the keynote speaker Bill Moyers (son of the broadcaster, Bill Moyers), resonated especially with Cathy: “Just as diabetics need insulin for the rest of their lives, so some addicts may require medication assisted therapy for the rest of their lives “
 - ii. There has been a huge jump in the presence of Fentanyl. The question is no longer “how much Fentanyl is in that Heroin?”, but rather “how much Heroin is in that Fentanyl”
- b. Cristin reported on the most recent Regional Local Prevention Council Meeting she attended.
 - i. Purdue Pharma is offering a \$2,500 grant to any group piloting their Everfi prescription drug safety curriculum. Purdue hopes to get it into schools, but other – smaller – groups of teens can pilot the program and still qualify for the grant. See info on the program here: <https://www.purduepharma.com/news-media/2018/08/prescription-drug-safety-curriculum-increased-student-knowledge-by-49-percent-in-its-inaugural-academic-year/>
 - ii. The group would like to create a regional calendar
 - iii. The group recommended Fiverr, an online marketplace for freelance services. <https://www.fiverr.com/>
 - iv. A memorable statement from the meeting was: “Is my mind full, or am I mindful?”
- c. Karin reported on FPS initiatives regarding behavioral health, such as DPT (dialectical behavior therapy) training. The district has made huge strides and pays close attention to the social/emotional health component of our students. Anxiety among children and teens has risen dramatically and needs to be appropriately addressed.

8. Next meetings:

- a. Leadership meeting 10am October 5th
- b. Full Coalition Meeting 8:30am October 17th, Bigelow Center