



Fairfield CARES Community Coalition  
Meeting Minutes - December 18, 2019  
Bigelow Senior Center

Attendance: Cristin McCarthy Vahey, Reini Knorr, Jennifer Jacobsen, Andrea Flynn, Tim Morris, Pamela Walker, Mary Cannon, Tim Burke

**Call to Order:** Cristin McCarthy Vahey called the meeting to order at 8:30 a.m.

**Approval of Minutes:** November 20, 2019 meeting minutes approved unanimously.

**Chair Update** (Cristin McCarthy Vahey)

- 2020 Meeting Calendar Dates and location at the Board of Education Conference Room 501 Kings Highway for regular monthly meetings for the third Wednesday of the month, leadership meetings for the first Monday of the month, both approved unanimously. Youth Committee dates and locations will be approved at the next meeting.
- 2020 Election of Officers approved unanimously.
  - Chair - Cristin McCarthy Vahey
  - Program Coordinator - Reini Knorr
  - Resource Chair – Philip Dwyer
  - Secretary - Andrea Flynn
  - Treasurer – Bernadette Coppola
  - Youth Coordinator – Katy Rosenfeld
  - CSC Grant Coordinator - Jennifer Jacobsen
- FOI (Freedom of Information) letter sent to all committees to set meeting schedule, list of officers, agendas, meetings and special meetings must meet the FOI Requirements. The Charter of the Town of Fairfield, CT Article XI Standards of Conduct include conflicts of interest, disclosure of interest, fair and equal treatment, penalties and disciplinary action for violations.
- Cristin attended a meeting for the Tobacco 21 stakeholders to ban flavor ban and the American Heart Association youth initiative.

**Treasurer Update**

- Update attached to Minutes. State Evaluations has is to be updated from \$4150 to \$3550 remaining. The State Opioid Response (SOR) Grant has \$1633.05 to be spent.
- Additional Youth Advocate fund may be available.

### **Resource Committee Update** (Cristin McCarthy Vahey for Phil Dyer)

- Lori and Wendy are working on the Local Prevention Councils (LPCs) application. The specific goals of Local Prevention Councils (LPCs) are to increase public awareness of ATOD prevention and stimulate the development and implementation of local prevention activities primarily focused on youth. Giovanna Mozzo is the regional contact to review application for it to be finalized.
- CT Realtors grant will help with funding. A Concert for Recovery Concert held at Mohegan Sun raised money to be distributed for opioid or overdose related substance prevention and speakers.
- Cristin has a meeting scheduled with the First Selectwoman, Brenda Kupchick.

### **Youth Committee Update** (Jenn Jacobsen for Katy Rosenfeld)

- There are thirteen members with two new members one from Fairfield Prep and Ludlowe High. The group continues to grow.
- The committee analyzed the data from survey and would like to create a campaign and marketing activity to help Middle School Students. Here are the top five issues: sense of purpose, self-esteem, service to others, positive peer relationships, communication with parents. The theme would be to provide youth in Fairfield with a voice that somehow lifts everything up.
- There is a youth leadership conference at the CT Clearing House for Connecticut Recovery Oriented Support System for Youth (CROSS). It is a Saturday all day conference with breakout sessions. There are two members interested in attending.

### **Programming Committee Update** (Reini Knorr)

- December 4<sup>th</sup> - The Will to Live at Sacred Heart University was held last month. <https://www.sacredheart.edu/aboutshu/news/newsstories/2019/november/trautwein-to-speak-on-the-power-of-life-teammates.html>
- January or February TBD - Hidden in Plain Sight.
- March 14<sup>th</sup> 11 am – 4pm Fairfield Health & Fitness Expo at Fairfield University Recreation Complex sponsored by Chamber Commerce <http://commerce.fairfieldctchamber.com/events/details/fairfield-health-fitness-expo-2020-5455>
- March 17<sup>th</sup> – Steered Straight by Michael Delion at Warde High School PTA
- March 30<sup>th</sup> - Annual Meeting for Community Conversation at the Regional Fire School. The meeting will have roundtable breakout discussions and invitations send to include Elected Officials, Boards, NAMI, and PTA Councils.
- March 30<sup>th</sup> – April 5<sup>th</sup> National Drug and Alcohol Facts Week: <https://teens.drugabuse.gov/national-drug-alcohol-facts-week>
- April 28<sup>th</sup> at 7-9pm Ginger Katz Finding the Courage to Speak Foundation Link to organization: <https://couragetospeak.org/>
- Social media has started conversations and people are talking with 997 likes. The 1,000 Facebook like will be rewarded with a Fairfield Cares bag.

- The First Day Film chronicles Chris Herren's journey. The movie license is now owned by the Fairfield Public Schools. Lori Mediate is working with Michael Cummings to set up access and to be added to the internal server. It is a 45 minute movie and there will be an evening showing for parents.
- Upcoming events – Hidden in Plain Site sponsored by Positive Directions, Bringing in Courage to Speak in the Spring, possible interactive theater experience and working on scheduling Screenagers The Next Chapter

#### **CSC Grant Coordinator Update (Jenn Jacobsen)**

- There was a meeting in Hartford for the 5 year review highlighting the success and challenges. The 5 year review included # Life Not Wasted Campaign, SPF steps, technical assistance center, and document with highlights.
- There is an interview schedule the Youth Peer Advocate position.
- Looking to update and expand marketing campaign with Melissa
- The next cycle of funding is expected to start in January. Once the next application is submitted there is a 6 week turnaround time.
- Positive Directions works with Department of Mental Health and Addiction Services (DMHAS) on the pending application.

#### **The Hub CT Update (Cristin McCarthy Vahey for Giovanna Mozzo)**

- The HUB is the Regional Behavioral Health Action Organization for Regional Youth Adult Social Action Partnership (RYASAP) and Regional Behavioral Health Action Organization (RBHAO) for Southwestern Connecticut that support & coordinate behavioral health initiatives (mental health, substance use, and problem gambling)
- The Regional LPC Quarterly Meeting - Mon, January 6, 2020, 11:30am – 1:30pm at HSC Community Services, 1 Park Street, Norwalk, CT. Interested in attending, please rsvp to [info@thehubct.org](mailto:info@thehubct.org).
- State Opioid Response (SOR) grant will be coming out – deliverables are TBD
- Our LPC application is still needed

#### **Coalition Updates**

- High Schools to have a March into Wellness week with mindfulness, connections, phones in a basket, yoga, scrabble, stress management, walk around to raise money
- School goals are to redefine student assistance for mental health and addiction to include substance, mental health, self-medicating, and struggling emotionally. Resources need to be accessible to students and parents is important. The engagement of parents to come to events, start the dialogue.
- Youth need a positive family communication and parent involvement, other than to do list of questions. Key factors are to have a sense of purpose, be listen, be heard and be validated. Student are exhausted, have irregular moods and unable to self sooth. The need tools to be inspired and have creating lasting connections.
- Tim Burke spoke about cyber security and would like give a presentation to the Middle and High Schools along with the movie "Chasing the Dragon."

**Adjournment:** Cristin McCarthy Vahey adjourned the meeting at 9:38 a.m.