

Fairfield Cares Community Coalition February 18, 2015 Meeting Minutes

Attendees: Wendy Bentivegna, Cheryll Houston Blumanfield, Nina Chanana, Catherine Giff, Patsy King, Reini Knorr, Lorraine Mazzo, Lori Mediate, Karin Shaughnessy, Denique Weidema-Lewis,

Opened: The general meeting was opened at 9:25am by co-chair Wendy Bentivegna

Minutes: Catherine Giff made a motion to approve the minutes as presented. Lori Mediate seconded the motion. By unanimous consent, the minutes of January 21, 2015 were approved.

Scheduling of Future Meetings: Given the scheduling challenge of school administration and other members, Wendy will follow up with those committee members to determine if an alternate weekday should be set going forward. If necessary, Nina will work with Wendy to create and send a survey monkey to members to establish a new weekday for our meetings. For the time being, next month we will stay with Wednesday, March 18th, unless otherwise notified by Wendy.

In the event that, we do not formally schedule subcommittee meetings prior to the general meeting, subcommittee members should feel free to use that earlier time to meet, if necessary.

Subcommittee Updates:

WELLNESS

QPR Education at Wakeman: Cristin, Alida, Wendy and Lauren presented program to Keystone club members on February 8th, which totaled approximately 60 teens broken into two separate groups.

Response: The teen groups were less talkative/interactive than previous parent audiences. The committee discussed including age appropriate activities to create a more interactive and engaging experience for teens.

- Denique has some additional activities from the program that she will provide to the committee for consideration. Lori Mediate and Lorraine Mazzo volunteered to help create activities (i.e. breakout groups)
- Cheryll's daughter is a speaker at teen events addressing the impact of suicide on a surviving friend. She could be part of the QPR program to share her experience and would share her presentation content with the committee, for review/consideration.
- Lori will reach out to Maria Cimina for audience feedback.

Note:

- When presenting to teens it is critical to communicate the importance of finding someone to ask the question or persuade the individual suspected of being in crisis to get help, if you are not able to do it yourself.

- Common teen concern: *losing a friend because they are mad at you* for intervening/seeking help; need to underscore the difference between that vs. *losing a friend to suicide*.
- Availability of Community QPR will be added to Southwest Regional Mental Health board calendar of events.

Senior Health Class/college student speakers: Lori reported that Maggie Wills has reached out to the 20 previous students from the fall to determine their interest and availability in delivering the program this spring. To date, she has heard from 6 students (3 said Yes; 2 said No). Discussion also took place regarding providing higher level gift card incentives to the Fairfield University students. This initiative will continue to be a work in progress and will need to take into account next year schedule changes. Another consideration: Have Maggie Wills be a guest speaker at our May or June committee meeting.

SUBSTANCE ABUSE

Marijuana Education material: Patsy reported that Milford Prevention Council (MPC) is a good evidenced based prevention model and they are willing to share their program knowledge with us. They have a collaborative arrangement with Bridges and Milford Child Family Services, which are both funded through additional grants. They also have a superhero program introduced in middle school. The marijuana tool kit/utility belt is being developed by the MPC intern and is geared towards parents, with expected development to be done in May. Patsy will pass on MPC's PPT on marijuana use/prevention.

RESEARCH

Denique would like to conduct 1-hour youth (7th-12th graders) focus groups to obtain qualitative data on topics which were addressed in RYASAP survey. She would like to begin in March and complete as many as possible by the end of the school year in the survey towns. Some group ideas mentioned: Health 40 classes, Fairfield's Town Youth Council.

PUBLICITY

Nina and Wendy are working on the FC brochure in collaboration with Michelle's neighbor and if there is anyone on our committee interested in reviewing latest draft before it's finalized, let Nina know. It was suggested to consider hiring a graphic artist for all future design work.

OTHER

- Catherine Giff reported that the binge drinking brochure (adapted from Penn State) for the LAW/Life after HS program is ready to go and awaiting monies to pay licensing fees and production costs of \$1,000 before going to color print.
- Would like to offer informational sheet on other common drugs misused in college (besides alcohol), i.e. marijuana, Ritalin/ "study drugs".

- Sexual Assault/Self Defense 16 hour course @ Fairfield University is being offered free of charge on: March 23, 26, 30 and April 2nd, 6-10pm in the Oak Room of the Student Center. To attend, contact Beth Irizzary at the Fairfield Police Department.
- NAMI – Crisis Intervention Team with Fairfield Police Department will be at March 4th meeting, 7:30pm at First Church.
- Mental Health Community Resource packet/brochure: Cheryl suggested creating this resource. Karin suggested checking with the high school counseling centers to see what is already in place and perhaps, either use or expand. It was also suggested to have this information on our website/FB page.

The **next meeting** is scheduled for **Wednesday, March 18, 2015** at 9:15am. The meeting was adjourned at 10:55am

Respectfully submitted Lorraine Mazzo