

## FAIRFIELD CARES COMMUNITY COALITION

December 16, 2015

8:30AM – 10:00AM

**Present:** Wendy Bentivegna, Linda Raymond, Amanda Romaniello, Bob Esposito, Basil Hero, Tim Morris, Cristin McCarthy Vahey, Denique Weidema-Lewis, Janice Kessler, Philip Dwyer, Santina Jaronko, Beth Irizarry, Karin Shaughnessy, Caryn Campbell, Reini Knorr, Hudson Hector

1. **Confirmation of Secretary:** Linda Raymond
  - Housekeeping- In an effort to save paper, please print and bring your own agendas and other forwarded attachments if possible.
2. **Approval of November Minutes** passed
3. **Elect Leadership/Coalition Sustainability**
  - Wendy and Cristin have been co-chairs for a number of years; willing to continue for now but time to consider new leadership ; sustainability and allow for more focus on grant implementation, planning and other efforts.
  - Think about who else could contribute in this role to help ongoing sustainability of the group; Wendy and Cristin to continue as co-chairs until new chairs identified
  - Define the role and commitment of co-chairs
4. **2016 Meeting Calendar approved with one change (Approved version attached)**
  - Keeping 3rd Wed of each month with the following exception: switch June 15th to June 22 –pushed back to meet after school ends
  - Connected with youth during NA student focus groups and MADD walk- want to maintain connection and increase their involvement; until we find a mutually convenient meeting time we will go to youth when/where they already meet (work with Tim, Steph and Ginna who have interested youth groups)
5. **CSC Initiative Update** (CT Strategic Prevention Framework -The Grant!)
  - Needs assessment survey submitted.
  - Expecting response from DMHAS mid-January.
  - Strategic planning process is next.
    - 8 risk factors associated with Alcohol will be reviewed
    - We need to select 2-3 of these risk factors to address based on how much impact we can realistically make.

- Steering committee will do some preliminary work in preparation and share with coalition.
- Plan is due Feb 16, 2016.
- Wendy will ask Lisa /TTASC (Training and Technical Assistance Center) about presentation for January on evidenced based environmental strategies to help coalition prepare for selecting appropriate interventions. Denique offered to help if TTASC unavailable
- Also ask when Strategic planning guidance document will be available.

## 6. LPC Funds Allocation/Approval Process

### - **Local Prevention Fund**

- Application due 12/31
- First selectman approved bringing the LPC funding request to Town bodies after submission of application to RYASAP

### - **Coalition goals**

- - used previous allocation as framework of general categories; funds increased this year from \$5,675 to \$7,111
- Add emphasis on parent connection/communication
- Do a town-wide inventory of what is already in place
- Add marketing, communication, publicity to get the word out about what we do.
- Evaluation - set up a feedback report for organizations/programs we fund to show what's working
- Improve communication
- Transition (grade to grade) programs- build with parents, to compliment what students receive
- Need a Fairfield resource book –what’s available in the community? i.e. Seniors, aging parents, what else are families coping with?
- How are we teaching families to react when there is an incident?
- Summary of focus areas for LPC Application:
  1. School partnerships (elementary, middle, high school and colleges)
  2. Community outreach with focus on parents
  3. Inventory assessment (Fairfield community specific)
  4. Publicity, marketing/communication
- Sub-committee will work on/submit LPC application based on above 4 areas; dollar allocation flexible based on specific program needs
- Need to incorporate evaluation piece; what's working and ROI

- Discussion:
  - Janice- Marijuana- There's no publicity at all about marijuana use and driving in the universities. Need education about the effects of it on the body.
  - Kids need coping skills to help them deal with all the pressure.
  - Need to involve/train the parents, teach resilience
  - Need to market these outreach programs so they reach the right audience. I.e. Bait and switch strategy: "How to Get Your Kids to Harvard" got everyone there, but topic addressed health, resilience and substance abuse issues too.
  - Vaping is common and also an issue.
  - Need to address **mental health** issues as biggest concern: increasing anxiety, stress, depression,
  - Sexting is becoming a huge issue.

## 7. Coalition updates regarding Planned Programs

### ***Schools***

Janice, Sacred Heart University (SHU)-

- Re-launched Social norms marketing via strong social media campaign: Vine, Twitter, Facebook page, Instagram replaced posters as means primary means of communication; #SHUJustTheFacts, promotional cards that look like party invites, with prevention and harm reduction messages.
- Real Live Entertainment in Bridgeport is still promoting underage drinking!
- What can we do to work with Bridgeport about this issue?
- Police want to help but are restricted by management
- Phil suggests we reach out to the top- new mayor.

Tim /Caryn-high schools

- SADD group raised most money for MADD walk.
- RAAFT group - MADD came in to speak about how all the vices interact
- Inspire, non-profit group started by Lauren and Nancy, offering parent program; successful at Ludlowe with approx 20 parents attending 6-week session (Tim promoted to parents via PTA blast)
- Warde looking to participate and offer to their parents;
- Parents now looking for an ongoing parent support group
- Rick used to have a parent group
- Parent connection in Newtown as offered "Parent University" on a Saturday. They have someone address each issue, sexting, bullying, etc.
- Bob- Challenge is that we don't seem to get the parents of the kids that need it the most.

- Parents are required to come in to meet if there is a documented issue; perhaps offer more parent education when student is in a detention; parent feel consequence of their child's behavior.
- Boys, girls and parents aren't taking the sexting issue seriously.
- Karin- sexting is not as big an issue in the middle schools.
- Suggestion to connect Lori and Steph
- Bob suggests getting high school student groups into the middle schools to help educate
- Both high schools have had Freshman Forums; juniors get mock crash; speaker for seniors at Ludlowe; senior transition program at Warde ; need sophomore program
- Warde has PTA Parent Academy- representative meets with Caryn the beginning of the school year to plan PTA meetings with a theme, topic and speaker each month:
  - Jan – Police on school safety, Feb – Roni Cohen-Sandler on Stress
  - Other topics: Applying for Scholarships, Mindfulness, New SAT, etc.
- Laura Lawlor - contact for programming at Ludlowe
- Need to integrate beyond high school
- Amanda - We should think about parent outreach for all parents, even with kids at a very young age.
- Self defense, assault prevention
- Maggie Wills, from Fairfield U, filled two sessions of her class and will bring college students into both high schools to speak to our senior health classes about transition to college.
- Karin –middle schools
- Anti bullying program
- Interactive program in middle school
- 6th/ 7th grade - social media
- 8th grade - dangerous behaviors; Risky business at Woods, other talks at the other two schools.

**NEXT MEETING – January 20, 2016 – Independence Hall**