



January Advisory Board Meeting
Monday, January 4, 2016 at the
The Southington Community YMCA Administrative Building Meeting Room

MINUTES

Advisory Board Attendance: Beth Baker, Chris Bracken, Julia Brilla, Chad Butler, Heather Clinger, John Dobbins, Mark Fazzolari, Tom Gallo, Jim Garstang, Justine Griffin, Kristen Guida, Sarah Lamb, Shane Lockwood, Tom Lombardi, Morgan Maccione, James McAloon, Chris Palmieri, Mark Pooler, Joshua Rinas, Josie Rogala, Trever Rogers, Denise Sicotte Carson Stifel, Rachel Wache.

Staff Attendance: Meredith Fenwick, Kelly Leppard, Joe Foster (intern)

Honorary Attendance: John Myers

Call to Order: The meeting was called to order by Advisory Board President, Jim Garstang, at 4:32 p.m. Jim welcomed and thanked everyone for attending the meeting and wished everyone a Happy New Year.

President Remarks: Jim Garstang said that a few board members have asked questions regarding the role of the board's collective responsibilities vs individuals' roles and responsibilities. Jim said that as an organization, our goal revolves around trying to control/reduce substance abuse and help kids raise their level of Developmental Assets. As a board, our goal is to share any information on these topics (whether it is on the CT Social Host Law, decriminalization of marijuana, Southington Serves, etc.) with members of our sectors (since each board member represents a sector). Sharing with your sector doesn't always mean share it with 40 people - it can even just be 2 or 3. If you are representing the Youth Serving sector, share it with a coach. If you are part of the faith or civic sector, share it with a member or your congregation. If you are a student, share it with a few friends at school.

In regards to individuals on the board, it is up to members to take on projects of their own if they wish to do so. For example, Mark Pooler is working on having an Asset of the Day for everyday at Camp Sloper this summer - 40 assets, 40 days at camp! Jim mentioned that Denise Sicotte is writing letters to parents in the school system on how they can build assets at home. He said another example is James McAloon, who is a teacher and coach at the high school, met with the Athletic Director to discuss the updates to the school athletic policies.

Jim then passed out an outline of STEPS Projects for 2016. He said that he wanted to give board members an outline of the projects the executive board have planned for between now and June. He asked that if any board member saw something on this list that they are interested in, they should contact Kelly & Meredith to figure out how they can help. Jim said that it was also requested that we use the last 15 minutes of these meetings to meet with your teams and discuss

individual projects/goals. He said that it is new but if this works well, they will continue to do this every meeting.

STEPS Moment of the Month:

Beth Baker presented the Moment of the Month. Beth spoke about the Moment of the Month that she shared last year, she said that she volunteers with a consortium for higher education that pairs up mentors with high school students to help them through the college application process. She said most of the students are first generation going to college, she said that there are language barriers and all sorts of speedbumps for them in the application process. Beth said that last year she worked with a young lady from Hartford that wanted to go to New York City for business school and she started school in July. Beth said that the student wanted to start quickly and is a little farther along than if she had waited until September to start. Beth said that her student got a presidential award for her grades which means she has gotten even more scholarships and it's exciting to see her do so well.

Board Action:

Approval of Minutes: Advisory Board Secretary, Chris Palmieri presented the December 2015 Advisory Board minutes. A motion to approve the minutes was made by Shane Lockwood and seconded by Heather Clinger. The motion passed unanimously.

Financial Report: Advisory Board Treasurer, Shane Lockwood, reported that there is currently a balance of \$18,039.29 in the STEPS Donation account. Kelly Leppard said that there were donations made during December but they have not been appropriated yet by the town's Finance Department. A motion to approve the financial report was made by Chris Palmieri and seconded by Tom Lombardi. The motion passed unanimously.

Staff Report:

Kelly Leppard, Youth Prevention Coordinator, reported on the following:

1. Kelly introduced Joe Foster who is the new intern. Kelly said that he works for the Y and will be working on the prom campaign and any other projects that come up in the next few months. Joe said that he has been working at the Y for about 6 years and will be working at Camp Sloper this summer as the Waterfront Director. Joe said that he thinks this will be an awesome opportunity to learn about the organization and what STEPS is doing in the community. Joe said that he is excited to be here.
2. Kelly said that the survey will be administered this month and a letter will be going out tonight from Tim Connellan to parents of all 7th, 9th and 11th graders in the district. She said that January 13th is the Q & A Forum for parents if they have any questions. Kelly said that if any board members are available and would like to come, please join them. She said it is at 6pm in the Municipal Center in the large town meeting room. She said that they are hoping that there aren't any issues this year and if there are.
3. Kelly said that the Chief of Police reported the end of the year statistics for the Medication Drop Box and it was another effective year. She said the SPD emptied the drop box 42 times in 2015 and transported and incinerated 864 pounds with 6 separate trips to Covanta in Bristol.
4. Kelly asked that the board members save the date for the Legislative Office Building Rally. She asked that board members please sign up if you are able to attend though the Sign-Up Genius link

and there will be a bus that will leave at 9:15 a.m. from the Municipal Center. Kelly said that the purpose of the rally is for coalitions from around the state to educate local representatives on the dangers of marijuana and the effects on youth. Meetings are also being scheduled with legislators that represent Southington's district.

5. Kelly said that the 2016 ID checking guide books are coming out in March that have all the US licenses details that we can distribute to all bars, grocery stores and liquor stores so employees can be on the lookout for fake IDs. She said that there will be packets put together and then board members can sign up and deliver them to establishments in the community.
6. Kelly then had board members play the monthly Kahoot game that was created on the topic of the Connecticut Social Host Law. She said that Meredith was able to turn the quiz into another version so it can be shared in the next STEPS newsletter.

Sector Reports:

Medical Committee:

John Dobbins, Committee Member, reported the following:

1. John Dobbins said that he recently attended a national pharmacy conference with 20,000 pharmacists in New Orleans. He said that one of the workshops was on e-cigarettes and it was very eye opening for him. He gave some background in the history of e-cigarettes. He said that something interesting is that each piece of equipment is not government regulated. He said that it is estimated that by 2018 there is going to be a 3.5 billion dollar market share for e-cigarettes and tobacco companies are really pushing them. He said that when he returned from the conference, he found a newspaper article in the paper that day about how people should use these products to quit smoking – which is not a proven method.

John said that the manufacturers make vaping enticing to youth and that a lot of the products in the market are not in child-proof containers and nicotine is a poison if you take too much of it – or if it falls into the hands of a small child. He said that e-cigarettes have many 'potentially' cancer causing ingredients that are probably causing cancer - but it hasn't been definitively proven. He said that there is not a lot of good evidence that says that it is a product that should help you to get off cigarettes - there are just too many unknowns.

Jim asked how old do you have to be to purchase e-cigarettes. Officer Chad Butler said that you have to be 18 and anyone under 18 can be fined \$50 for possession of a vape device.

Heather Clinger said that she is an American Lung Society Freedom From Smoking facilitator and the advertisements and headlines that she sees are untrue... e-cigarettes are not a device to use to quit smoking. She said that there are valid education programs and prescriptions that can be used that are much more effective. She said that it definitely is not a stop-smoking mechanism.

Shane Lockwood said Meriden Health Department just got a grant for e-cigarette education and Southington/Plainville will be partnering with them to bring the information into town.

Chad said that the pens/vaporizers are also used to deliver marijuana and hash oil. Kelly asked if they are used to smoke something other than nicotine, if there would be an odor. Chad said that there is no smell, but there are tests they can do to find out if it contains THC.

Jim asked if this makes it difficult to detect users at the high school. Chad said yes, since there is no smell or lit end as there would be with a regular cigarette, it is easily concealed and students are doing it in class and even a mindful teacher, it can go unnoticed in the classroom. Chad has forwarded penalty information to administrator so they would know that if there was a complaint.

Lock It or Drop It Campaign:

Beth Baker, Committee Member, reported the following:

1. Beth said that last month, Chris Bracken reported that she is working on a project to talk with pharmacies and pharmacists about encouraging their customers to lock their medications or use the Medication Drop Box. She is going to work on the same project, but with doctor's offices instead with her sister, Maryann Lachepelle, who is an ER nurse at Bradley. She said that they are compiling a list of offices to approach and she hopes that staff will meet with them and can put the information in the waiting rooms and their offices.

Law Enforcement Committee:

Officer Tom Gallo, Committee Member, reported the following:

1. Officer Tom Gallo reported that there was a sizeable arrest on Dec. 19th on the report of an underage drinking party. Tom said that when the officers arrived at the reported party, they smelled marijuana, observed evidence of alcohol including beer keg and marijuana paraphernalia. He said that there were 3 people under 18 arrested; one of those was charged with the social host law. He said that there was also an 18 year old and a 24 year old at the party that had marijuana possession charges also.
2. Tom said that he went back and looked at some statistics for the year and there were 6 charges of Sale/delivery of alcohol to a minor, compared to 15 in 2014. He also noted that there were 74 charges of possession of alcohol by a minor in 2015 whereas there were 59 in 2014.
3. Tom mentioned that he is thrilled that the department has been focusing on and making underage drinking arrests/citations a priority in our community.

New Business: none.

The executive committee leaders met with their small groups to plan for upcoming projects for this year.

Next Board meeting: The next meeting is scheduled for Monday, February 1, 2016 at 4:30 p.m. in the Southington YMCA Administrative Building Meeting Room.

Meeting adjourned at 5:22 p.m.

Respectfully submitted,
Meredith Fenwick