



November Advisory Board Meeting
Monday, December 5, 2016 at the
The Southington Community YMCA Administrative Building Meeting Room

MINUTES

Advisory Board Attendance: Beth Baker, Heather Clinger, Mark Fazzolari, Tom Gallo, Jim Garstang, Steve Giudice, Kristen Guida, Tom Lombardi, Joshua Maccione, Morgan Maccione, Lisa Mason, Steve Nyerick, Chris Palmieri, Mark Pooler, Josie Rogala, Denise Sicotte, Christina Simms, Carson Stifel, Rachel Wache, Gianna Wadowski

Staff Attendance: Megan Albanese, Kelly Leppard

Honorary Attendance and Guests: Trever Rogers

Call to Order: The meeting was called to order by Advisory Board President, Kristen Guida, at 4:30 p.m.

President Remarks: Kristen welcomed everyone to the meeting and noted that it is the last meeting for 2016. Happy Holidays to all and our next meeting will be Monday, January 9, 2017, 4:30pm, at the YMCA Administrative Building.

STEPS Moment of the Month: The Moment of the Month was presented by Gianna Wadowski and she shared a quote from Mother Teresa about changing the world.

Board Action:

Approval of Minutes: In Shane Lockwood's absence, Kristen Guida presented the November 2016 Advisory Board minutes. A motion to approve the minutes was made by Chris Palmieri and seconded by Tom Gallo. The motion passed unanimously.

Financial Report: Treasurer, Josie Rogala, reported that we received a \$2000.00 check from the Southington Drive-In for our work over the summer; bringing our funds to \$19,352.96. A motion to approve the financial report was made by Chris Palmieri and seconded by Tom Gallo. The motion passed unanimously.

Staff Report:

Megan Albanese, Administrative Assistant, reported the following:

1. Megan thanked John Goralski, Chris Palmieri, Greg Ferry, James McAloon and Mark Pooler for submitting their volunteer hours for November (and even a few hours from December already!) If there are any that were missed or any Board members that did not submit their hours, please feel free to email them or use the link that was sent in the Board email reminder.
2. Megan noted that STEPS has been working on organizing a TIPS training for the responsible serving of alcohol. The training will be held on January 21 and will be open to the town. More details to come.

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

1. Kelly sent special congratulations to Pastor Joshua Rinas and his wife Kari – they had a little boy last week named Caleb.
2. Another congratulations was sent to Heather Clinger, who has week was awarded the Tedesco award. The Anna D. Tedesco Award recognizes the extraordinary contributions of employees to the Wheeler mission. Here is what they used when speaking about her: Heather Clinger is an exemplary project coordinator and trainer in our Prevention and Wellness Department. She is an outstanding trainer in three evidence-based curricula. During 2016, Heather has significantly increased mental health literacy, reduced stigma, and raised awareness of suicide risk statewide through her expert facilitation of 20 trainings for a total of 239 trainees in three curricula (with 7 additional trainings to be completed by year end). Heather's 2016 statewide training efforts include a total of 138 individuals trained in Mental Health First Aid and 21 in Youth Mental Health First Aid. Heather also trained 80 people statewide in the QPR (Question, Persuade, Refer) suicide gatekeeper training during 2016 including legislative staff at the Legislative Office Building, EMPS staff from around the state, and staff from the National Organization for Rare Disorders. Heather was recently certified as an Adolescent SBIRT instructor and will begin training professionals in the near future. In addition to being a prolific and extraordinary trainer who is consistently rated highly by training participants, Heather has numerous other responsibilities including directing the statewide Healthy Campus Initiative, administering the Connecticut Suicide Advisory Board, supporting the Southington STEPS Coalition, and working on the DCF-funded Adolescent SBIRT initiative. Heather is always professional and extremely competent in representing Wheeler extremely well in the community. Thank you, Heather for all that you do.
3. Kelly reported that last week she met with the Berlin Chief of Police to plan a meeting with representatives from Berlin and Southington to meet with Speaker-elect, Joe Aresimowicz to discuss future plans regarding marijuana. His office staff is currently working on a date for the meeting. If anyone is interested in joining in on the

conversation, we would be more than happy to have you come with us. Right now, John Myers and Chris Palmieri have said they would be interested.

4. Kelly had the opportunity to present at the CT Drug Free Communities and HIDTA(High Intensity Drug Trafficking Areas) Regional meeting. The purpose was to discuss how coalitions are collaborating with our law enforcement sectors and how we can strengthen our partnership with our police department and HIDTA. Southington's newly appointed Deputy Chief, Bill Palmieri joined us for the day.
5. The CT Association of Prevention Professionals – CAPP – which Kelly is the current president of, has monthly meetings on various prevention topics. STEPS has an organizational membership, which means we can have up to 5 coalition members attend these meetings. The meeting will be held December 8, from 9:30-11:30 at the Municipal Center in Southington. For this meeting, our guest speaker is a DRE Officer (Drug Recognition Expert) from Wolcott to discuss their role and how they can work with coalitions.
6. Kelly reported she is working with Officer Kevin Naranjo to put together focus groups at the High School regarding our survey results and how to change the way prevention messages are delivered to students.
7. A new holiday message regarding the social host law was recorded and is now being played with AMP Radio Network.
8. Kelly asked everyone to please continue to donate calendars to Rachel's calendar drive: Locations are at the YMCA and Library and they will be collecting them until the end of the year.
9. Trever Rogers then shared a PowerPoint presentation of some of the significant findings of the Colorado Marijuana report and the effects that legalization of Marijuana has had on the state.

Sector Reports:

Forum Committee:

Heather Clinger, Board Member and committee chair, reported the following:

1. Heather stated that the results from the 'Be in the Know' forum will be the focus of this Advisory Board meeting. Following the reports, a sign-up sheet will be passed around for Board Members to commit to a focus group in one of the 5 areas. Heather included the following remarks:

Every two years, students in grades 7, 9, and 11 complete the Search Institute's "Attitudes and Behaviors" survey. In October and November, two successful "Be in the Know: Survey Says" forums were held to share and discuss survey data with sectors of the community. There was a forum held on October 18 from 7:30am-9:30am at the Southington Country Club for the sectors of business, town government, town administration, board of education administration, healthcare, and law enforcement with a total of 63 attendees. On November 9 from 6:00pm-8:00pm, the forum was held at the Southington YMCA for the youth and parent sectors with 96 people in attendance.

These interactive forums focused on five topics:

- Prescription Drugs
- Electronic Cigarettes
- Marijuana
- Underage Drinking
- Positive Youth Development

Two table facilitators were assigned to a topic. Thank you to the following facilitators: Beth Baker; Heather Clinger; Tom Gallo; AJ Garstang; Jim Garstang; John Goralski; Kelly Leppard; Morgan Maccione; Lisa Mason; John Myers; Mark Pooler; Joshua Rinas; and Christina Simms.

Upon arrival at the forum, attendees were given a picture that corresponded to one of the five topics, which is the table they sat at during the forum. Everyone received a fact sheet regarding their topic as well as the overall survey results from Year 1 through Year 7. At each forum, welcoming remarks were given by John Myers; a Kahoot game was played to familiarize attendees with STEPS; and Joshua Rinas explained the activity that each table would participate in.

The purpose of the activity was to learn recent survey data, facts related to their topic, discuss what they learned, and work within their group to create ways to make improvements, change the culture of our community and effect behavior change in our youth.

Tables were told the following: “Imagine that your group just received \$5,000 from a very generous community donor to work on your particular topic. How would you spend it? What activities, projects or campaigns would you create? Please keep in mind that not everything costs money.” Each table had a STEPS Advisory Board member to help facilitate the conversation and to take notes. The activity lasted 30 minutes and then each table had the opportunity to share with the larger group: facts that surprised them the most; facts that need the most attention; and possible ideas, campaigns, and projects related to their topic.

There has been a request to share information with the clergy sector and at a professional development day for the board of education. When more information is available with dates and times, we will send an email to the Board. Information gathered from the two forums generated many ideas and will be used for future action plans. The table facilitators were tasked with meeting with their fellow topic facilitator to consolidate their information from both forums into one document. Each topic will be shared at the board meeting by one of the facilitators. As you listen to the information being shared, please think about what topic or topics you would be interested in working with as part of a workgroup. After everyone has presented, a sign-up sheet will be available for you to sign up for a workgroup related to the topic or topics you are most interested in to help change the culture of our community and effect positive behavior change in our youth.

Lisa Mason, Committee Member, reported the following results from the Be in the Know Forum group 'Positive Youth Development':

Our youth are not feeling accepted and valued.

- 37% of students believed that young people are given useful roles in the community.
- 29% of students surveyed perceive that adults in the community value youth.
 - When you flip this, 71% of students DO NOT think adults in community value youth.
- 37% of students perceive youth as resources. (This statistic has increased from 28%).
- 50% of 7th grade students, 33% of 9th grade students and 28% of 11th grade students report "On the whole, I like myself."
 - Concerned that this statistic decreases as youth get older.
 - Youth group was concerned that this statistic doesn't start at a higher level and then decreases over as students get older.
 - The educators/municipal leaders group felt that this statistic decreasing as youth get older may lead to higher suicide attempts and more eating disorders.
- 79% had a positive view of the future. The youth group felt this statistic was higher than expected considering the previous statistic that on the whole ___% like myself.
- Youth group felt that the "60% of my teachers care about me" needs to be higher. (This statistic has increased from the first survey.)

10/18/2016 with BOE, municipal government, etc.

- Acknowledge youth by their name.
- How do we increase positive affirmations to young people?
 - People need 10 positives for each negative.
 - Have to be told over and over
- Look at what is going in young people's lives that causes the decrease in percentages regarding "On the whole, I like myself," as they get older.
 - Lots of pressure, more expectations, more independence
 - Also look at younger kids, how do we prepare them to cope with these expectations and pressures?
- Help youth cope with disappointment. What are the coping skills they need? How do we help them 'fail forward'?
- Need for community residents to work with educators to restore youth's ability to cope and grow.
- Remind parents they are still needed, even as their kids get older.
 - Parents may assume they are needed less as kids get older, become more independent, and assume responsibilities.
- There is a huge group of kids in the middle. High performing and struggling kids get attention.

- Over-programmed, top-performing kids also struggle. Sometimes they need help coping.
- What about opportunities for non-athletes?
- Youth may need a personalized invitation from an adult who sees their talents, interests and needs to join activities.
- Parents need an inventory of the opportunities in town available to young people.
- Ask youth what they want to do? What are they interested in?
- What are the obstacles to participation? How do we make activities accessible to youth?
- Consider a focus group or survey of parents regarding the obstacles to youth participation.
- Consider a long-term approach.
- Collaborate with the library to promote resources in our community.
- DePaolo Middle School Leadership Program is an entry to activities after school.
- Mentoring relationships and programs.
- Offer a late bus so kids can attend after school activities
- Recruit adults who can help as informal mentors and/or co-facilitate activities after school.
- Help parents deal with the role of technology in kids' lives.

John's group at 11/9/2016 youth/parent forum:

- Encourage community sectors working with youth to engage youth as part of the planning process and to take on leadership roles.
- Expand the shadowing opportunities at the high school into the broader community.
- Conduct a Big Brother/Big Sister type of program pairing 11th/12th graders with 9th graders as they start off the school year.
- Develop more meaningful after school volunteer projects.
- Fund after school transportation to get kids to activities, volunteer places, etc. Transportation seems to be a barrier for many of our students to do stuff after school.
- Offer more cool and fun activities that engage both students and adults/parents together.

Lisa's group at 11/9/2016 youth/parent forum

- Offer activities/programs and more opportunities that increase the probability of youth liking themselves.
- Offer different approaches – there is a very broad audience, lots of people.
- Kids know this is a problem but they don't know how to fix it.
- Sometimes less is more.
- Offer a district wide service day.
 - Let students choose a project that interests them or maybe random assignments so they get to know other kids.
 - Bus or transport different groups out to the service site.
 - Offer a series of opportunities so kids get to bond with a group.

- Advisory time with a purpose.
- Consider grade-wide or curricular subject service projects
 - Afterwards celebrate as a class and build spirit and sense of belonging and purpose to a community.
 - Adults can recognize this in a positive manner.
- Provide extra credit to students. Great motivation.
- Have kids report back on their community service for a little while and perhaps it will hook some people into continuing.
- An invitation or a push (encouragement) is what some people need to get involved.
- Start younger with middle school with similar HS activities to give them early exposure and engage them.
 - Positive, better introduction to activities.
- Getting kids to like themselves.
 - Very delicate.
 - Should be personalized.
 - Encouraged to go to guidance but it is intimidating.
 - Need sense of belonging/outlet.
- Talk with, not at students.
- (When asked about the \$5,000 grant), it's not so much the money that's needed, it's more of people actually caring and wanting to make a difference.
- Financial incentives to initially get involved.
- Adults and peers who are genuine to help guide things.
- Everyone (adults especially) need to buy in.

Jim Garstang, Board Member, reported the following on the Be in the Know results for the Prescription Drugs Group he facilitated:

Facts that surprised us the most and needs the most attention:

- 68% of Southington students report that their parents don't talk to them about the dangers of prescription drug abuse or misuse.
- 20% of Southington students (or 1 in 5 students) report that they do not think it is risky to take a prescription that is not prescribed to them.
- 36% of Southington students report that prescription drugs are easy to obtain.

Possible ideas/projects/campaigns:

- *68% of Southington students report that their parents don't talk to them about the dangers of prescription drug abuse or misuse.*
 - Conversations regarding prescription drugs weren't necessary years back but these conversations are necessary with this new generation. Our goal here is to provide information, build skills, and provide support.
 - As a coalition, we can create an informational sheet (paper and online version) with tips for parents on how to have the conversation with their children about the risks associated with of prescription drugs and why taking prescriptions not prescribed to you are so dangerous

- This could include a Be In The Know event on how to have the conversation for parents
 - Have printed materials in Southington pediatrician offices
 - Provide specific information on the topic at school open houses
 - Provide the information on our website, social media accounts and encourage our coalition partners to post or share in the information as well
 - Work with the Athletic Directors at both middle and high school to get this specific information to parents of Southington athletes because research shows that sports related injuries are one of main reasons students begin using prescription medications, which can then lead to addiction.
- *20% of Southington students (or 1 in 5 students) report that they do not think it is risky to take a prescription that is not prescribed to them. Our goal here is policy change and to provide information.*
 - Look into the current school health curriculum by setting up a meeting with Tim Connellan, Southington Public Superintendent of Schools, to discuss what is currently covered for each grade (elementary, middle and high) regarding prescription drugs, how detailed it goes into the topic and how can we help keep the schools updated on current drug trends, etc. The goal would be to create a direct partnership between us (as the substance abuse prevention coalition) and the school health curriculum.
 - Create monthly podcasts with members of the police department on different topics (in this case prescription drugs) and ask health teachers to assign students to watch them as part of their class or homework (either with or without their parents).
- *36% of Southington students report that prescription drugs are easy to obtain. Our goal here is to provide information and reduce access.*
 - Continue to promote our medication drop box that is located at the Southington Police Department.
 - Continue to encourage to 'Lock' medications to keep them out of the reach of those they are not prescribed.
 - Create a campaign involving a safe: You lock your guns, you lock your valuables, but do you lock your medications?
 - Create a campaign, 'Know what you have so you know what you could lose'.
 - The medical community's standard operating procedures are enabling people to take prescription drugs for pain management.
 - Set up an initial meeting with a representative from the medical community to get their input and opinion on the situation.
 - Work with medical professionals to develop prevention messaging and tools specifically for doctors and prescribers for their own on-going personal education and for them to pass along to their patients.

- Encourage medical professionals to suggest holistic approaches to patients instead to automatically prescribing prescription drugs.

Christina Simms, Board Member, reported the following on the Be in the Know results for the Marijuana group she facilitated:

Marijuana:

Facts that surprised us:

- Marijuana leads to more teens needing substance abuse prevention than any other drug
- Perception of risk of Marijuana use has gone down
- 28% of young people are using marijuana but 68% say they can get access pretty easily

Our group would like to focus our efforts on an Education Campaign about the Negative aspects of Marijuana using the following methods:

- Fact Sheets (Age appropriate) - that can be handed out in schools, posted at community locations, posted in all different sectors.
- Develop a Social Media team to lead a campaign of educating parents and students about the negative aspects of marijuana
- Create a visual card of the negative effects of longtime marijuana use.
- Start the education of the harmful effects at a young age
- Incorporate a speaker in the DARE program
- Meetings with students athletes and parents with coaches present

We also thought it would be valuable information to survey parents using survey monkey to see what the perception of risk of marijuana is. We could send the survey out to High School, Middle School students and their parents and then compare the data. We would partner with the BOE in a similar way to the DFC survey. We would use the information to help guide the education campaign.

Morgan Maccione reported the following for the Be In The Know Electronic Cigarettes and Vaping Products group that she facilitated:

1. Morgan reported the Youth Committee was meeting on December 5 and each council member will report on their progress of checking in with local restaurants to ensure they know the e-cigarette laws. Morgan also mentioned that e-cigarettes will not contain a warning label or message until 2018.
2. Morgan reported the following about the E-cigarette group from the Be in the Know Forum:

Facts to share with the group at-large that surprised us the most:

- Just began regulating in August and warnings will not be required until 2018
- 24% of ninth graders, 37% of eleventh graders have used them
- Students claim they are easy to obtain

- Nearly ¾ of the people surveyed did not know the harm
- **Facts to share with the group at-large that needs the most attention:**
- Not harmless and seemingly easy to obtain
- Many toxic chemicals
- You do not need to be 18 to purchase the device
- Tutorials online, easy access for kids
- Parents and students need to be made aware

The group was asked to imagine that their group just received \$5,000 from a very generous community donor to work on your particular topic. How would you spend it? What activities, projects or campaigns would you create? These were the answers that were presented:

- Commercial/PSA
- Compliance checks at gas stations
- Town-wide Awareness Campaigns
 - Target parents and students with campaign
 - Highlight both harms and new legislation
 - Same effects as cigarettes
- Add to health curriculum (middle and high school) and DARE (elementary)
 - Brochures
 - Updated textbooks
- No vaping/ no smoking signs
 - Apple Harvest
- High school assemblies
 - Kahoot Presentations
- Quiz/Question restaurant owners
- Vaping exchange
 - Kids bring devices to drop-off station and receive CVS giftcard
- Packets/information at football games and grocery stores
- Establish as a part of the “Prom Promise”

Youth Sector:

Carson Stifel, Youth Council Member, reported the following:

1. The Youth Council is meeting tonight from 7-8:30pm right here in this same room. If any board member would like to join us, we would love to have you either get involved with our projects or just come find out more about what we’re doing. Tonight we are collecting the results from our environmental scans with restaurants in town. We were each assigned to a location to survey regarding electronic cigarette and vape use, as well as informing each establishment on the new law regarding using these devices in public buildings. We will then discuss the issue that warning labels do not have to be put on e-cigarette and vaping product packaging until 2018 and see if we can do anything before then, and end with hearing the consolidated reports from the forums.

Josh Maccione reported the following for the Youth Committee:

1. The STEPS Youth Committee volunteered this past Friday at the Downtown Winter Festival, this past Sunday at the Armory's Christmas Party, this upcoming Saturday at the Community Services Christmas party, and then on Saturday, December 17th we will be ringing the Salvation Army Bell outside of Stop and Shop from 11am to 3pm. If any board member can help out that day, we would love to have more volunteers. We will ask Kelly and Megan to email out the sign-up sheet. In January, our group is going to partner with Bread for Life for on-going volunteer opportunities.

Law Enforcement Sector:

Tom Gallo, Board Member, reported the following:

On November 17, 2016, the Southington Police Department, in conjunction with S.T.E.P.S. conducted Off-Premise Alcohol Compliance Check throughout the town of Southington.

Of the twenty-five (25) Alcohol Selling establishments checked, two (2) sold Alcohol to a minor (19 years of age).

The following two (2) establishments were non-compliant:

1. Wine Works – 1700 West St., Southington, CT 06489
Employee: Doddapaneni, Karthik , age 26 of Newington
2. Queen Street Liquors – 1079 Queen St., Southington, CT 06489
Employee: Pedroso, Phoenix, age 22 of Bristol

Both employees who sold the Alcohol were charged with C.G.S. 30-87, Inducing a Minor to Possess Alcohol (Sale of Alcohol to a Minor), they were released on a \$500.00 non-surety bond and are scheduled to appear in the Bristol Superior Court on November 28, 2016 at 0900 hours.

The following establishments were compliant:

1. Queen Street Liquors – 1079 Queen St
2. M&R Liquor – 920 Queen St.
3. South Town Liquors – 685 Queen St.
4. World Wide Wine and Spirits – 480 Queen St.
5. Liquor Outlet – 400 North Main St.
6. West Side Spirits – 718 West St.

7. Country Farm Convenience – 682 West St.
8. Price Chopper – 410 Queen St
9. Shoprite – 750 Queen St
10. Stop and Shop – 505 North Main St.
11. Southington Wine and Spirits – 235 Queen St.
12. Tops Market – 887 M&W Rd.
13. Dairy Farms – 68 Berlin St.
14. Dairy Farms – 64 South Center St
15. Little Red Store – 252 Marion Ave
16. Lefty's Imported and Domestic Wines – 1207 South Main St
17. South Main Liquors – 857 South Main St
18. Sassy Liquors – 264 M&W Rd
19. Super 66 Liquors – 975 M&W Rd
20. Millldale Liquor – 1664 M&W Rd.
21. Southington Colonial Spirits – 255 Berlin Ave.
22. Bridge Wine and Spirits – 133 West Center St.
23. Wineland – 1543 Meriden Waterbury Rd.

There will be a follow up check to this. We are also working on an on premises Compliance check in the near future.

Drug Arrests:

11/4/16	2259	I	M	19	Kensington	Poss of <1/2 oz of Marijuana	
11/16/16	2258	UAR	M	25	Plantsville	Sale of Marijuana	\$35,000.00
11/16/16	2258	UAR	M	25	Plantsville	Sale of Marijuana	\$35,000.00
11/16/16	2258	UAR	M	25	Plantsville	Sale of Marijuana	\$35,000.00
11/14/16	1940	I	M	20	Southington	Failure to obey stop sign, Poss of <1/2 oz of Marijuana, Poss of drug paraphernalia	

Sale Of Alcohol to Minors:

11/17/16	1743	CM	M	26	Newington	Sale of Alcohol to a Minor	\$500.00
11/17/16	1835	CM	M	22	Bristol	Sale of Alcohol to a Minor	\$500.00

Chris Palmieri, Board Member, reported the following:

1. Chris is working with Kelly, Shane Altwies and Brian Stranieri to develop a more effective 'transition day' for the 8th graders that will be attending the high school next year as freshman. The current 5th grade transition day is a success and they are looking for the same outcome with the 8th graders.

New Business: None

Next Board meeting: The next meeting is scheduled for Monday, January 9, 2017, 4:30pm, at the YMCA Administrative Building.

Meeting adjourned at 5:35 p.m.

Respectfully submitted,

Megan Albanese