



### **TPAUD September Coalition Meeting**

November 20th at 8:00am  
Long Hill Administration Building  
6254 Main St.

Attendees: Weston Bartosik, Aleksa Bembnista, Nina Chanana, Lisa Commisky, Barbara Crandall, Scott Duva, Kathleen Fearon, Whitney Goetz, Tim Hare, Lori Hayes-O'Brien, Sue Jacozzi, Michael Lombardo, Melissa McGarry, Cornelia Morris, Jennifer Mottolese, Kiersten Naumann, Joanne Orenstein, Sam Reid, David Rutigliano, Jessica Samoulis, Grace Sassano, Pauline Smith, Vicki Tesoro, Lucinda Timpanelli, Lara Walden

#### 1. Introductions

#### 2. Coalition Business

- CT Coalition of the Year Award: TPAUD was presented with the Prevention Coalition of the Year Award by the CT Association of Prevention Professionals (CAPP). This award “demonstrates significant contributions to prevention in CT through its strategies and outcomes.”
- Drug Free Communities (DFC) Grant Award: TPAUD was awarded its second 5-year DFC Grant. This grant, awarded by the Office of National Drug Control Policy (ONDCP) and the Substance Abuse and Mental Health Services Administration (SAMHSA) will bring \$625,000 to Trumbull for substance abuse prevention.
- Coalition Structure: Melissa proposed creating an Executive Board to help guide and oversee TPAUD’s ongoing prevention activities. The coalition agreed to move forward on creating the Executive Board. Several current members were nominated or volunteered to be on the Executive Committee.
- Membership Survey: Nina Chanana distributed a Quick Member Survey to all coalition members present. The survey will help TPAUD to gauge interest in trainings/presentations on a variety of substance abuse/mental/behavioral health topics, as well as identify coalition members’ affiliations with local organizations, boards, etc.
- Proposed 2019-20 meeting dates: Coalition members agreed on dates for the remaining Coalition meetings of the 2019-20 program year (see below for dates.)

#### 3. Education & Outreach

- THS 9<sup>th</sup> Grade Forum Re-cap: Overall feedback from the Forum has been positive, with the exception of technical issues with the A/V equipment in the auditorium. Kathleen Fearon indicated she has already discussed this with the BOE. There will be a meeting to recap the Forum on Tuesday, December 3<sup>rd</sup> at Lori Hayes O’Brien’s.
- CAP Program Review: Tim Hare reported that about 20-25 community members attended two 3-hr CAP trainings at Trumbull Congregational Church. He reported the program focused primarily on expanding awareness of substance abuse, mental health and gambling, as well as QPR (Question, Persuade and Refer) suicide prevention training. His report on the CAP training generated a long discussion among coalition members on the need for trainings and/or

community presentations around gambling, which seems to be a growing problem among teens and young adults. Coalition members also expressed high interest in learning more about emerging trends in substance abuse, particularly benzodiazepines and ADD/ADHD drugs. Whitney Goetz from Turnbridge offered to conduct the presentation for the coalition.

- Youth Engagement Ideas: With the new, 5-yr DFC grant, TPAUD is re-examining what the role of youth should be. Dr. Jessica Samoulis, Associate Professor of Psychology at Sacred Heart, described the role that interns and Peer Educators play at SHU, and it was suggested that TPAUD should consider introducing a similar model in Trumbull. Other suggestions included a stipended youth advocate role, offering community service hours for student involvement, working with school guidance counselors to identify potential students to become involved with TPAUD, and establishing a Town Youth Advisory Board.
- Website Revamp: TPAUD is looking for a website developer to revamp the existing website.

#### 4. Access & Enforcement

- Tobacco 21: Went into effect 10/1/19 statewide.
- Compliance Checks: Two businesses in town failed recent compliance checks.

#### 5. Data & Evaluation

- Student Surveys: High school surveys were completed last month. Data should be ready to analyze by January. New questions on gender identification, LGBTQ affiliation and feelings of depression will allow us to cross-tab the data to better understand potential substance abuse risk among these groups.
- Parent Surveys: TPAUD intends to survey parents and to conduct focus groups with parents, students and school administration/staff to further explore substance abuse perceptions and issues.

2019-20 Meeting Dates – December 18<sup>th</sup>, January 15<sup>th</sup>, February 12<sup>th</sup>, March 11<sup>th</sup>, April 8<sup>th</sup>, May 13<sup>th</sup>, June End of Year Celebration TBD

#### Upcoming Events:

November 21<sup>st</sup> – MMS 6<sup>th</sup> Grade Girls' Puberty Night

December 2<sup>nd</sup> – Student Surveys at MMS and HMS

December 3<sup>rd</sup> – Forum Committee meeting

December 6<sup>th</sup> – Glorious Recovery Ugly Sweater Party, 7pm @ Pinewood Lake Clubhouse

Ongoing – Free Yoga Recovery class, 1:15-2:30 Sundays @ Lakewood-Trumbull YMCA