



TPAUD Coalition Meeting

May 19th 8:00am

Zoom

Attendees: Gillian Anderson, Shaquaisha Andrews, Wes Bartosik, Donna DeLuca, Matt DeLuca, Scott Duva, Leigh Goodman, Tim Hare, Lori Hayes-O'Brien, Sue Jacozzi, Scot Kerr, Cat Lamy, Michael Lombardo, Melissa McGarry, Dennis Mclaughlin, Cornelia Morris, Kiersten Naumann, Jeff Rago, Sam Reid, Jessica Samoulis, Lara Walden, Stephanie Vaughn

1. Introductions & Partner Updates
2. Prevention Partner Spotlight – Confidant Health and The C.A.R.E.S. Group – Donna & Matt DeLuca:
Confidant Health is a digitally integrated network of mental health and substance abuse treatment services, designed by people with lived experience. Services are delivered via the Confidant Health app (available to download now). Services includes one-on-one counseling sessions, virtual support groups for individuals and families, personalized courses on mental health and substance abuse, and digital assessments to track progress. Confidant strives to make services accessible and affordable to everyone. Services are culturally relevant, measurement-driven and science-based, convenient (40% of appointments happen outside of normal business hours), and affordable. The Community Payment Fund ensures everyone has access to care; minimum fee to access services is \$1. Individuals pay what they can; the difference is covered by the Community Fund. Currently Confidant is licensed to treat adults in CT and will be licensed in MD soon.
3. Ongoing Prevention Activities;
 - a. Youth Advisors: met via Zoom last Sunday, May 16th at 6:30pm. The group's efforts will be branded as Youth Advocating for Youth (YAY), and they're working on a logo. The group plans to continue to meet over the summer as they continue development of a digital magazine for Trumbull teens. The next meeting is June 27th.
 - b. The Positive Choices, Healthy Kids series, which replaces the DARE Keepin' It Real Program for current 5th graders, was filmed last week and is being edited by TCTV. TPAUD will plug the series to parents during the 5th Grade Parents' Presentations at Madison and Hillcrest on Thursday, May 20th. It is hoped that distribution will happen via Central Office and individual elementary principals.
 - c. Social Host Education and Enforcement: TPAUD will send a Social Host postcard to Trumbull 12th grade families encouraging safe celebrations as we head into prom/graduation season and summer. TPAUD is paying for extra police during prom at THS. TPD are resuming party patrols and scheduling alcohol compliance checks and Controlled Party Dispersal Training.
 - d. Lunch & Learns with Senior Center: TPAUD will partner with the Senior Center to provide a series of Lunch & Learns for seniors this fall, on topics such as LGBTQ+ issues, suicide prevention, and today's marijuana.
 - e. Policy Updates - Cannabis and Parks & Rec:
 - Cannabis: Last week CT SAM, Representatives Rutigliano and Cheeseman, and Senator Bradley hosted a bipartisan educational forum on marijuana legalization for legislators via Zoom. Approximately 10 legislators attended. Coalition members are encouraged to contact their representatives.

- Parks & Rec: at the May 10th Parks & Rec Commission meeting, the Commission unanimously voted to expand the current tobacco-free policy in all town parks and open spaces. TPAUD will work with the commission on next steps, including signage and public education on the policy expansion.
- f. TPAUD Teacher Recognition: To support TPS staff, TPAUD plans to offer Mental Health First Aid to staff in August. TPAUD also plans to gift staff with a tote bag and letter signed by all TPAUD coalition members.
- g. TPAUD Coalition Evaluation Survey: All members will be receiving a short, online, coalition evaluation survey within the next month. This survey is required by our federal grant.

Upcoming Events:

- May 24th, Alicia Farrell "Raising a Confident, Well-Adjusted, Self-Reliant Boy," 7pm, Zoom
- July 3rd, Trumbull Day

TPAUD Year-End Celebration: June 9th