



TPAUD Coalition Meeting

December 8th 8:00am

Trumbull EMS

Attendees: Alexa Bembnista, Scott Duva, Jennifer Ellyson, Leigh Goodman, Tim Hare, Lori Hayes-O'Brien, Lisa Labella, Melissa McGarry, Dennis McLaughlin, Cornelia Morris, Kiersten Naumann, Victoria O'Neill, Joanne Orenstein, Jeff Rago, Dave Rutigliano, Jessica Samuolis, Daniel VanderWoude

1. Introductions & Partner Updates

- a. Cornelia has invited the new JRB Coordinator to TPAUD's January coalition meeting.
- b. Dave Rutigliano will inform TPAUD when the 30-day comment period for DCP's marijuana commercialization regulations opens. Top priority items for coalition are reasonable potency caps and prohibiting/limiting billboard advertising. The coalition would also like to see a law introduced to impose potency limits on pre-filled vape cartridges.
- c. The Hub is offering virtual QPR trainings on the first Tuesday and Thursday of each month from 9-10:30.

2. Discussion of ways to reach older students and parents – Tabled until students from Youth Advisors are in attendance.

3. Current Prevention Efforts

- a. Youth Advisors – mental health resources in school: 9 advisors in attendance at last Youth Advisors meeting on 12/5. Next step is to schedule a follow up meeting with Dennis McLaughlin to discuss updating and revising the School Supports page on the THS website, including a "roadmap" of where students can find support in the school. Jessica Samuolis also shared a resource used at Sacred Heart which provides a decision tree for teachers and staff when they observe or are approached by students with mental health crises. The next Youth Advisors meeting will be on Sunday, Jan. 9th at Trumbull Congregational Church.
- b. teen Mental Health First Aid and Youth Mental Health First Aid: designed for teens aged 15-18 in grades 10-12. Developed by National Council for Wellbeing in partnership with the Born This Way Foundation. Teaches teens to identify and respond to mental health and substance abuse challenges in their peers. Cost is \$1700 which involves identifying and training an instructor from within TPAUD or Trumbull community (plus cost of books). Each instructor candidate must first be certified in Mental Health First Aid. teen Mental Health First Aid instructor training is a 3-day virtual program.
- c. Planning for 2022 "Let's Talk Mental Health", Trumbull's Monthly Speaker Series: First speaker will be from the Youth Mental Health Project. Subsequent speakers will be Alicia Farrell (redefining success and meeting your kids where they are), John Hamilton (engaging dads in mental health) and Triangle (supporting LGBTQ+ youth); next meeting Wed., Dec. 15th via Zoom (open to anyone who wants to participate).

- d. Marijuana education campaign update: The new vendor should have the first video ready for review at the end of this week. Subsequent deliverables (social media graphics, billboards, lawn signs) will follow.
- a. Library Resource Center: TPAUD will meet with staff tomorrow to begin assembling books and community resources.
- b. Student Surveys: Preliminary results from the high school surveys will be available at the beginning of February. Middle school surveys will be administered during the week of December 20th.
- c. Collaboration with TPS: TPAUD met with TPS Leadership Team on November 22nd to discuss potential collaboration on mental health and substance abuse initiatives, including a presentation by Dr. Aaron Wiener on the impact of marijuana commercialization on youth to all support staff in March. TPAUD will help pay his speaker fees and will have an opportunity to include and share TPAUD student survey data.

2021-22 Coalition Meeting Dates: Jan. 12, Feb. 9, Mar. 9, Apr. 13, May 11, June 8

Upcoming Events:

- December 20th & 21st – Presentations to HMS 7th grade health classes
- Week of December 20th – MS surveys administered
- January 12th – Marijuana Lunch & Learn at Senior Center