



TPAUD Coalition Meeting

March 11th at 8:00am

Trumbull EMS

Attendees: Gillian Anderson, James Barbato, Nina Chanana, Keith Golding, Leigh Goodman, Tim Hare, Lori Hayes-O'Brien, Jennifer Hrbek, Kathy Masi, Melissa McGarry, Dennis McLaughlin, Cornelia Morris, Jennifer Mottolese, Kiersten Naumann, Joanne Orenstein, Vinny Provenzano, Davis Rutigliano, Jessica Samoulis, Julia Saunders, Vicki Tesoro, Lara Walden, Michael Ward, Margaret Watt

1. Introductions

2. Latest Local Trends in Teen Gaming – Guest Speaker Melodie Keen, Clinical Manager of Gambling Services at CT Renaissance, Inc.

- Melodie spoke on teen gaming, which she referred to as “Game-bling”
 - o \$200b industry
 - o 80% of teens surveyed admitted to gaming late at night after their parents fell asleep
 - o youth screen time has doubled; youth gaming has quadrupled
 - o 8-12 year olds spend about 5 hours/day gaming; 13-17 year olds spend about 7.5 hours gaming. Studies have shown more than 8 hours/day negatively affects youth brain development.
 - o games are designed to keep gamers engaged and there is no natural stopping point (“compulsion loop”)
 - o excessive gamers feel more lonely and insecure
 - o youth are more susceptible to gaming addiction because their brains are still under construction
 - o protective factors to gaming addiction: limit access/gaming time, parental role modeling

3. Training Opportunities & Events

- “Trumbull, Let’s Talk” series on mental health and suicide prevention: Co-sponsored by My Friend Abby and TPAUD
 - o David Woods Bartley at Trumbull Library on 4/8 – David is a mental health advocate and attempt survivor who shares his journey from mental “hellness” to mental wellness.
 - o Kate Fagan, author of *What Made Maddy Run* on 5/3 – *What Made Maddy Run* is the story of Madison Holleran, a UPenn runner who died by suicide. The book examines attitudes toward mental health, the pressure that college students and athletes encounter, how social media can negatively impact mental health, and how to talk and write about suicide.
- Suicide Loss Support Group & Question, Persuade, Refer (QPR) spring trainings: offered by Mary J. Sherlach Counseling Center
 - o Beginning May 13th, the Counseling Center will offer a Suicide Loss Support Group on the 2nd Wednesday of each month. The group will meet at the Trumbull Congregational Church from 7-8:30pm.
 - o On April 16th and May 19th the Counseling Center will offer QPR trainings at the Trumbull Senior Center Art Room from 6-8:30pm. TPAUD will pay for materials so these trainings can be offered free of charge. QPR training teaches people how to recognize the warning signs of suicide and the steps to take to help someone through the crisis.

- Drug Take Back Day – Trumbull Police will be collecting unused/expired medications on April 25th from 10am-2pm at Trumbull EMS
- Narcan Training – TPAUD has again received funding from DMHAS State Opioid Response (SOR) program. To fulfill grant requirements, TPAUD will include QPR training as part of the next Narcan training, which TPAUD and Trumbull EMS will offer to college-aged students in May or June.

4. Coalition Business

- Identity/Logo: Coalition members were asked to vote for one of six new logo options. The logo chosen (below) will be used from this point forward:



- State Opioid Response Grant: TPAUD has again received \$5,000 from DMHAS State Opioid Response grant program. In addition to the Narcan/QPR training mentioned above, TPAUD is currently planning a social media campaign, lockbox giveaway, etc. In addition, TPAUD will begin to explore establishing Trumbull as a “Recovery Friendly Community,” as defined by the CT Alcohol and Drug Policy Council.
- DMHAS Community Readiness Surveys: Trumbull met the response quota for DMHAS Community Readiness Surveys. As explained by DMHAS, these surveys “assess perceived substance use problems at the local level, measure community readiness for substance abuse prevention, develop a tool and methodology that DMHAS can use for ongoing needs assessment, inform substance abuse prevention planning and mental health promotion at state and regional levels, identify needs for training and technical assistance and provide data to evaluate the impact of SPF-based initiatives.”

5. Partner Sharing:

- Lakewood Trumbull Healthy Kids Day will be held on Saturday, April 18th from 10am-1pm.
- Trumbull EMS will hold an open house on Saturday, May 16th from 10am-2pm.

2019-20 Meeting Dates – April 8th, May 13th, June End of Year Celebration TBD

Upcoming Events:

April 6th – HMS Health Fair

April 8th – David Woods Bartley, Trumbull Library, 6:30pm

April 16th – QPR Suicide Prevention Training, Trumbull Senior Center Art Room, 6-8:30pm

April 18th – Lakewood Trumbull YMCA Health Kids Day, 10am-1pm

April 21st – HMS 5th Grade Parent Orientation

April 23rd – MMS 5th Grade Parent Orientation

April 25th – Drug Take Back Day, Trumbull EMS, 10am-2pm

May 3rd – Kate Fagan, Madison Middle School, 2pm

May 13th – Suicide Loss Support Group, Trumbull Congregational Church, 7-8:30pm

May 16th – Trumbull EMS Open House, 10am-2pm

May 19th – QPR Suicide Prevention Training, Trumbull Senior Center Art Room, 6-8:30pm