



TPAUD Coalition Meeting

October 21st at 8:00am

Zoom

Attendees: Shaquaisha Andrews, Gillian Anderson, Wes Bartosik, Scott Duva, Tim Fedor, Leigh Goodman, Tim Hare, Lori Hayes-O'Brien, Jennifer Hrbek, Sue Jacozzi, Scot Kerr, Curt Kuliga, Cat Lamy, Michael Lombardo, Melissa McGarry, Laila McGeorge, Cornelia Morris, Dennis McLaughlin, Kiersten Naumann, Jeff Rago, Sam Reid, Jessica Samoulis, Lara Walden

1. Introductions & Housekeeping:

- Coalition Executive Committee Status: The Executive Committee will provide coalition guidance and oversight. Meetings will be held via Zoom once a month. Members are: Lori Hayes O'Brien, Chairperson; Scot Kerr; Wes Bartosik; Jessica Samoulis.
- Shaquaisha Andrews will be interning with TPAUD through June 2021. Shaquaisha is a sanitarian at the Trumbull Health Department and a current Masters of Public Health candidate.

2. First Selectman's Youth Advisors: Application is available now at <https://www.trumbull-ct.gov/884/Youth-Advisors> and must be received by Nov. 15, 2020. Open to all Trumbull students (public or private) in 9th through 11th grade.

3. TPAUD Member Training:

- "What's the Deal with CBD?" Melissa McGarry:
 - CBD: One of 2 main cannabinoids from the marijuana plant (the other is THC). CBD does not make people high.
 - FDA has approved only one CBD product, Epidiolex, to treat epilepsy.
 - Currently no other CBD products approved by the FDA to be used in drugs or cosmetics or for human consumption in foods or dietary supplements; currently illegal to market CBD by adding it to a food or labeling it as a dietary supplement.
 - FDA has warned that CBD products may contain contaminants such as heavy metals and pesticides.
 - Industry is largely unregulated, and products are mislabeled (include more or less CBD than indicated on the label); some products found to also contain THC, which could cause a person to fail a drug test.
 - To report THC or CBD being sold as food or medicine - <https://www.accessdata.fda.gov/scripts/email/oc/buyonline/english.cfm#whattoreport>.
- Future Training – "Unearthing Bias to Enhance Prevention" – Kristin duBay Horton will conduct a three-part training session on implicit bias with regards to age, gender and race.

4. 9th Grade Forum 2020 Update – Lori Hayes O'Brien and Melissa McGarry: This will be TPAUD's 15th Forum. This year's Forum will be a virtual event. A Save the Date for November 17th was emailed to all Trumbull High School freshman and guardians last week. TPAUD is working with Lara Walden (TCTV) and staff at THS (including Marc Guarino, Dennis McLaughlin, Vin DiScala and Sara Scrofani) to ensure a smooth transition from in-person to virtual, and to ensure active student and parent participation. Coalition members are asked to

promote this year's Forum throughout town, particularly to encourage parents to watch and discuss the Forum with their children.

5. Planned Prevention Efforts

- #MentionPrevention Campaign update – Kiersten Naumann: In cooperation with several other LPCs in CT, TPAUD is working with Charge Ahead Marketing to develop a comprehensive Vaping Prevention package which will include:
 - Multi-page Discussion Guide for parents,
 - Multi-page Discussion Guide for kids,
 - Animated and live videos (one each) with messaging around health and social impacts of vaping, and
 - Social media content.
- Youth Mental Health First Aid – Kiersten Naumann: YMHFA scheduled for Nov. 10th & 17th is at capacity (15 registrants). Thank you to Curt Kuliga for providing space for the in-person portion at Progressive Diagnostics.
- Vaping Prevention Efforts (LPC Grant) – Melissa McGarry: For this year's grant funding cycle, DMHAS has required LPCs to use grant money for vaping prevention and coalition capacity building efforts.
- Drug Take Back Day: Oct. 24th from 10-2 at Trumbull EMS. Shaquaisha will hand out lockboxes, Resource Guides and DropBox postcards.

6. Partner Sharing

- Public Health (Sue Jacozzi) – Public Health continues to focus on Covid-19 related measures, specifically contact tracing. The Department is also offering flu shots (via walk-in, appointment and clinics) for town residents.
- PTSA (Cat Lamy) – Bank Street Teacher Professional Development trainings ended last week. Next week three sessions of "Parenting in the Time of Covid" virtual parents' trainings will begin.
- My Friend Abby (Gillian Anderson) – My Friend Abby awarded eight Peer Project grants this fall. Its Youth Committee of high school and college-aged students is vibrant and growing. Gillian would like to explore bringing Teen Mental Health First Aid to Trumbull. Gillian also offered to partner with TPAUD to offer another "Life After High School in a Covid World" program over Zoom in December or January.
- Counseling Center (Cornelia Morris) – Cornelia is working with Victoria Adams, Tobacco Program Coordinator from Southern Connecticut State University, to implement a Vaping Cessation Program for the town.

2020-21 Coalition Meeting Dates:

November 18th

December 16th

January 20th

February 17th

March 17th

April 21st

May 19th

June 16th

Upcoming Events:

October 24th – Drug Take Back Day

November 10th and 17th – Youth Mental Health First Aid

November 17th – 9th Grade Forum