



## **TPAUD Coalition Meeting**

March 17<sup>th</sup> 8:00am

Zoom

Attendees: Shaquasha Andrews, Alison Carpenter, Nina Chanana, Donna DeLuca, Scott Duva, Lori Hayes-O'Brien, Scot Kerr, Reshma Kode, Cat Lamy, Michael Lombardo, Melissa McGarry, Dennis McLaughlin, Kiersten Naumann, Jeff Rago, Sam Reid, Dave Rutigliano, Jessica Samoulis, Lara Walden

### 1. Introductions & Partner Updates:

- a. THS Senior Activities Committee (Cat Lamy) – On March 27<sup>th</sup>, every senior will receive a “Cup of Love” filled with coupons to Trumbull restaurants, including a free meal at The Sitting Duck. Prom will be held on June 4<sup>th</sup>. Other activities are in the works.
- b. Dave Rutigliano – state legislature still working on SB 888 (marijuana commercialization); Dave is working to encourage opposition to the bill
- c. Reshma Kode, a member of the First Selectman’s Youth Advisors, is the new Youth Ambassador to TPAUD
- d. TCTV (Lara Walden) – TCTV will record and air TPAUD’s upcoming virtual events (Liz Jorgensen and Hidden in Plain Sight); recordings will be sent to school administration, staff and SRO’s. TCTV also will air a selection of TPAUD virtual events during National Prevention Week (week of May 9<sup>th</sup>)

### 2. Progress Report on Current TPAUD Prevention Efforts – Melissa McGarry & Kiersten Naumann

- a. Let’s #MentionPrevention
  - TPAUD continues to share a series of posts on Facebook promoting guardian/child conversations around vaping, including a short video. Each post links to the Discussion Guide for Parents, which is available on the TPAUD website. A digital Kids’ Discussion Guide is in the works, along with a PSA which will be shared on Facebook and on the TPAUD website.
  - Trumbull restaurants participating in Let’s #MentionPrevention will be receiving a “Carding During Covid’ poster to educate employees how to check ID’s properly when customers are wearing a mask. The information will also be made available to liquor stores.
- b. Liquor stickers – TPAUD will be providing all Trumbull liquor stores with free liquor stickers for customers, which allows adults to seal and date unfinished alcohol to keep it out of the hands of kids and teens. Customers will also receive a small card reminding them of the importance of keeping liquor out of the hands of youth.
- c. Tobacco 21 Inspections Update (Shaquasha Andrews):
  - Trumbull passed the Tobacco 21 ordinance in April, 2019; the sale of tobacco products to persons under twenty-one years of age is now prohibited in Connecticut as well.
  - There are 17 licensed tobacco/nicotine retailers in Trumbull.
  - Trumbull Health Department has conducted 36 inspections and 4 re-inspections and found four infractions (1 failure to post signage, 1 failure to utilize employee-assistance sales procedure, and 2 employee training certification not provided)
  - Health Department received two complaints from citizens for selling to persons under 21; two orders of violation (including a \$150 penalty) were sent out.

- TPD have not been able to conduct any compliance checks since ordinance has been implemented; SRO's will be conducting compliance checks this month.
  - d. TPAUD and Sustainable Trumbull presented to the Parks & Rec Commission to expand its current no smoking policy to all town parks and public spaces; currently waiting on commission decision.
  - e. Due to limitations during COVID, the D.A.R.E. Keepin' It Real program will not be delivered to 5<sup>th</sup> graders this year. TPAUD's Executive Committee has developed two alternatives for students and their guardians to receive resources around refusal skills, resilience, responsible decision making, positive ways to handle stress, etc. Our target date for launching these initiatives is National Prevention Week:
    - TCTV will film middle school SROs as they present content to students and their adults, including available community resources. These videos can be sent out to parents by elementary school principals.
    - TPAUD will partner with Trumbull Library to create a curated collection of resources and curricula around mental health and substance misuse. Jessica Samoulis is looking into appropriate curricula which TPAUD will buy to make available to parents through the library system.
  - f. TPAUD is presenting to the Board of Education next week to report on current activities and TPAUD's prevention pivot during COVID.
  - g. First Selectman's Youth Advisors will meet on Sunday, March 21<sup>st</sup>.
3. Statewide Focus Groups on Mental Health and Substance Use among youth and parents during COVID – Nina Chanana (Connecticut's Partnerships for Success (PFS) No Cost Extension Final Report): A three-month no cost extension was granted to allow for an assessment of how underage drinking and related risk factors have changed since the COVID-19 pandemic began in Connecticut to support/assist state prevention efforts. Focus groups with parents and teens suggest youth perception of harm related to marijuana is decreasing, and some youth are using to self-medicate. Youth report less vaping among peers, less peer approval around vaping, and increased perception of harm. Parents and youth reported increased depression, anxiety and loneliness as a result of Covid restrictions.
4. Small group discussion – What are you seeing in your sector? What can TPAUD do to support what is needed in Trumbull?
- a. Reshma reported that the findings corroborate what she is seeing in Trumbull, particularly the emerging stigma around vaping and decreased perception of harm around marijuana. She suggests TPAUD focus on educating youth about risks associated with marijuana use, urges the schools to stop prioritizing physical health over mental health, and offers training to teachers to recognize mental health issues in teens. Dennis also reported seeing lower vaping use at the high school than in the past.
  - b. Other suggestions for TPAUD included: advocating for Trumbull to use available state/federal COVID funding for increased mental health supports; asking the Youth Advisors for input as to what kinds of mental health supports are most needed; looking into ways to involve/engage boys who are often reluctant to talk or openly admit they are suffering from anxiety/depression; offering MHFA for school staff/administration/students.

#### Upcoming Events:

- March 21<sup>st</sup>, First Selectman's Youth Advisors, 6:00pm via Zoom
- March 23<sup>rd</sup>, TPAUD presentation to Board of Education
- March 25<sup>th</sup>, PTSA Council Meeting, 5:30pm via Zoom
- April 6<sup>th</sup>, Liz Jorgensen, CADC, "Weeding out The Facts About Teens & Today's Marijuana", 7:00pm via Zoom
- May 6<sup>th</sup>, Hidden in Plain Sight, 7:00pm via Zoom

2020-21 Coalition Meeting Dates: April 21st, May 19th, June TBD