



TPAUD Coalition Meeting

May 6th at 8:30am

via Zoom

Attendees: Gillian Anderson, Solange Bayou, Robin Bieber, Alison Carpenter, Nina Chanana, Tim Fedor, Leigh Goodman, Lori Hayes-O'Brien, Jennifer Hrbek, Sue Jacozzi, Michele Jakab, Scot Kerr, Curt Kuliga, Cat Lamy, Melissa McGarry, Dennis McLaughlin, Kiersten Naumann, Joanne Orenstein, Jeff Rago, David Rutigliano, Jessica Samoulis, Vicki Tesoro, Stephanie Vaughn, Lara Walden, Margaret Watt

1. Welcome & Housekeeping

- The Madison Middle School S.A.V.E. Club was awarded a 2020 Say Something School Award by Sandy Hook Promise. One part of the award criteria was to write about community involvement with other programs. Madison's S.A.V.E. Club wrote about its partnership with TPAUD and the financial support TPAUD provided for the club, in part to purchase "I am a TPS Trusted Adult" lanyards for school administration and staff.

2. Member Check-in & Partner Updates

- How has your reality changed and how have you adapted? How can we help each other?
 - Human Services (Michele Jakab)
 - Main focus is addressing basic needs, reaching out to seniors and caregivers
 - Temporary funding from Meals on Wheels
 - Have received an abundance of donations, reaching out to wider community than the usual clientele
 - Not a lot of requests yet for financial assistance, expects that the true economic impact has yet to be seen
 - Beginning to offer remote activities for Seniors
 - EMS (Leigh Goodman)
 - Downward trends in percentage of patients transported who test positive for Covid-19
 - Worried that people are not calling EMS in an emergency, Leigh wants to assure the community it is safe and recommended to do so
 - Open House & EMS Week events canceled/postponed
 - Wants to do a short, online CPR training for middle school students to replace the CPR training that is normally conducted for all 8th graders; she will coordinate with middle schools and Lara Walden @ TCTV
 - No EMS staff has tested positive for Covid-19
 - Mary J Sherlach Counseling Center (Robin Bieber)
 - Victor Olsen has retired.
 - Counseling Center continues to see clients and take new clients, although all services are provided via phone.
 - Biggest concerns of Counseling Center staff center around online learning challenges for "higher-need" students (working with schools to identify and connect students and tutors; Lori suggested coordinating with trumbulltutors.org) and student anxiety around school re-opening (particularly among students with existing anxiety and social phobias).

- Sending art supplies to students.
 - Suicide Survivors support group rescheduled to start on June 13th.
- TPS (Jeff Rago/Dennis McLaughlin)
 - The district is aware of students' anxiety and gaps in student learning due to remote learning for the duration of the school year and is planning accordingly for when school reopens.
 - Schools administrators and staff are very concerned about proposed budget cuts and the corresponding loss of supports and resources for students.
 - District has done a tremendous job supporting students daily during this pandemic, through phone counseling, online learning and check-ins, daily emails, etc.
 - At the high school level, Dennis reports spending most of his time with technology needs of students, particularly making sure all students are equipped with what they need for distance learning. Now focusing on student transitions, i.e., making sure students have support as they transition to next grade level and ensuring seniors are adequately acknowledged and celebrated.
- My Friend Abby (Gillian Anderson)
 - Forced to cancel four large events.
 - Hosted "Real Conversations with The Unorthodox Therapist" on Tuesday and feedback was so positive she plans to repeat again next week.
 - In honor of Mental Health Awareness Month, they're awarding Peer Project grants to youth to keep kids creative, active, connected.
 - Visit My Friend Abby on FB for all events and grant information.
- TCTV (Lara Walden)
 - TCTV is willing to air any partner trainings, programs or webinars.
 - This week Melissa and Margaret Watt are working with Dave Rutigliano to record a Regional Resource roundtable to air on TCTV as part of a video series Dave is putting together.
- Health Department (Sue Jacozzi)
 - All spring events canceled.
 - 100% of the focus has been on Covid-19 since mid-January, including PPE distribution to medical providers, home health care agencies, nursing homes, etc.
- Progressive Institute (Curt Kuliga)
 - Progressive is adding staff to deal with increased case load, including two adolescent therapists and two recovery coaches for young adults.
 - Increased isolation is causing increased drug/alcohol misuse among Progressive's clientele.
 - Using tele-health and offering a Zoom option for Intensive Outpatient Program, although therapists are continuing in-person options for clients that need it.
 - Has 2,000-4,000 masks on order (will provide some to any coalition members that need them – contact Curt).
 - Developing a Covid-19 antibody test to be ready by June 1st (tentative).
 - Some concerns about insurance reimbursement for antibody test and tele-health.
 - Jen Hrbek (Positive Directions) reports they are seeing the tremendous benefits of video based tele-therapy, but is worried about its long-term repercussions if insurers at some point stop reimbursing for tele-therapy options
 - Jen also stressed the importance of becoming "trauma-informed" in our coalition work as we start to see the true emotional and economic fallout from Covid-19.
- Lakewood-Trumbull YMCA (Joanne Orenstein)
 - Online programs have been opened to non-members (includes online wellness check, kids yoga and Keeping Well Together)

- Hosting social distancing food drives May 7th & 21st and June 4th to benefit Trumbull and Monroe food banks.
- No memberships are being canceled.
- Turnbridge (Whitney Goetz)
 - Offering free online support groups for parents and siblings of young adults dealing with substance abuse or mental health concerns.
 - Residential treatment centers for young adults are providing supports for clients; many are able to work in the community as well.
- PTSA (Cat Lamy)
 - Currently focused on communication and parent mobilization on TPS 2021-2021 Budget.

3. TPAUD Prevention Planning, Implementation and Funding Updates

- Outreach and Education – training and information for parents, community resources
 - TPAUD shared a direct mail postcard detailing select local and state resources to help residents through the current pandemic; postcard will be mailed to all current Trumbull residents.
 - TPAUD Parent Survey was approved by Dr. Budd and will be e-blasted to Trumbull parents this week.
 - On Wednesday, May 20th, TPAUD is hosting a virtual Hidden in Plain Sight via Zoom to help parents and guardians spot clues in teen bedrooms that relate to at-risk behaviors.
 - TPAUD and Trumbull EMS will host a Narcan training for college-age students on Tuesday, August 4th. Training will include overdose prevention, QPR training and information about alcohol poisoning. Can be conducted by Zoom if necessary.
 - Youth Mental Health First Aid training scheduled for October, details to be announced.
- Access and Enforcement – medication disposal alternatives, officer training, patrols
 - With the cancelation of Drug Take Back Day and limited access to the DropBox at the Police Station, TPAUD will provide Detera bags to both independent pharmacies in Trumbull to be handed out with prescriptions. In addition, TPAUD created and boosted a post on social media sites with instructions to properly dispose of medications at home.
 - Trumbull Police (Tim Fedor):
 - Developing an online Party Dispersal Training for new officers.
 - No compliance checks currently due to limited staffing and business closures.
 - Exploring a new vendor for the TipsLine (Motorola bought the previous version and it's become too complicated for needs in Trumbull).
- Changes to TPAUD's grants (DFC, LPC and SOR)
 - With the cancelation of all spring and summer events that TPAUD planned to spend grant money on, TPAUD has had to reallocate spending:
 - Reimburse BOE to offset costs of prevention activities already completed, e.g., materials for DARE program, Great Body Shop
 - Reimburse police for cost of TipsLine, SRO time to deliver DARE program
 - Fund open space patrols (in lieu of Party Patrols)

4. May is Mental Health Awareness Month – Margaret Watt

- Subscribe to thehubct.org for weekly e-blasts
- Two primary messages of Mental Health Awareness Month during this pandemic, 1) we are all in this together, and 2) there is so much virtual support still accessible.
- Next Week is National Prevention Week – Monday, May 11th from 3:30-4:30pm - substance abuse webinar in partnership with Courage to Speak Foundation (rsvp to info@thehubct.org)
- Friday, May 15th from 12-2pm - Regional Suicide Advisory Board webinar on shared trauma featuring a trauma specialist from NYU (rsvp to info@thehubct.org)

Upcoming Events:

May 7th & 21st and June 4th – Lakewood-Trumbull YMCA Food Drive, 10am – 1pm, 6202 Main St.

May 11th – Substance abuse webinar in partnership with Courage to Speak, 3:30-4:30pm, rsvp to info@thehubct.org

May 15th – Regional Suicide Advisory Board shared trauma webinar, 12-2pm, rsvp to info@thehubct.org

May 20th – Hidden in Plain Sight, 6:30 – 8pm, Zoom

June 13th – Counseling Center Suicide Survivors support group

August 4th – Narcan training, 6:30-8pm, Trumbull EMS

October 13th and 20th – Youth Mental Health First Aid