



## TPAUD Coalition Meeting

April 21<sup>st</sup> 8:00am

Zoom

Attendees: Gillian Anderson, Shaquaisha Andrews, Wes Bartosik, Nina Chanana, Donna DeLuca, Scott Duva, Brian Federowicz, Tim Fedor, Leigh Goodman, Tim Hare, Lori Hayes-O'Brien, Sue Jacozzi, Michele Jakab, Scot Kerr, Reshma Kode, Lisa Labella, Cat Lamy, Michael Lombardo, Melissa McGarry, Cornelia Morris, Giovanna Mozzo, Kiersten Naumann, Jeff Rago, Sam Reid, Jessica Samoulis, Kim Siemon, Vicki Tesoro, Lara Walden, Stephanie Vaughn

1. Introductions & Partner Updates: TPAUD was featured in the CDC's March *Coalition Limelight*, a monthly series highlighting the innovative work of DFC coalitions across the nation.
2. Prevention Partner Spotlight – Gillian Anderson of My Friend Abby on mental health and suicide prevention/postvention:
  - a. My Friend Abby is a grants-making organization, whose mission is “to empower youth and young adults to actively create peer to peer connections through grants that improve mental and emotional health”. My Friend Abby was founded by Gillian Anderson after her daughter, Abby, died by suicide at 15 after suffering from clinical depression. Suicide is the second leading cause of death for youth 15-24, and 1 in 5 youth 13-18 will experience a severe mental disorder. In addition to offering peer-project grants, My Friend Abby offers “Get Real Conversations” around mental health and wellness, screening premieres of films/documentaries highlighting issues around mental health and suicide, and sends daily “Sunshine Texts”.
  - b. Trumbull Postvention initiative: Postvention is a community's planned response to facilitate healing and decrease suicide contagion after a death by suicide. Trumbull has developed a comprehensive postvention plan, which includes a monthly Survivor of Suicide Loss monthly meeting facilitated by the Counseling Center.
3. Current & Planned TPAUD Activities
  - a. #MentionPrevention Retailer Partnerships and Community Education:
    - Counterfeit Meds Campaign: TPAUD is using its State Opioid Response grant funds to partner with Connecticut Prevention Network, The Hub, and other prevention coalitions on the statewide “You Think You Know” campaign, to educate parents and teens about the risks of counterfeit meds. TPAUD's original motivation to develop a campaign around counterfeit meds was outreach from the Beddoes, a Trumbull family who lost their son to an accidental counterfeit med overdose when he was 25.
    - Let's #MentionPrevention: Trumbull restaurants participating in Let's #MentionPrevention received a “Carding During Covid” poster to educate employees how to check ID's properly when customers are wearing a mask. All liquor stores in Trumbull received a display box with free liquor stickers and a small card reminding customers of the importance of keeping liquor out of the hands of youth. The liquor stickers allow adults to seal and date unfinished alcohol to keep it out of the hands of kids and teens. All restaurants and liquor stores participating in Let's #MentionPrevention received a window cling to promote their partnership with TPAUD to keep alcohol out of the hands of Trumbull youth.
  - b. SRO/TPAUD Partnership for 5<sup>th</sup> Graders: Due to limitations during Covid, the D.A.R.E. Keepin' It Real program was not delivered to 5<sup>th</sup> graders this year. As an alternative, TPAUD and the middle school SROs

have developed a 5-lesson program which will be filmed by TCTV and made available to all 5<sup>th</sup> graders and their caregivers. Topics include refusal skills, resilience, responsible decision making, positive ways to handle stress, etc.

- c. Parenting Boys Program with Alicia Farrell: At last month's coalition meeting, coalition members were asked what TPAUD can do to support what is needed in Trumbull around the subject of Mental Health and Substance Use among youth and caregivers during COVID. One suggestion was to look at ways to involve/engage boys who are often reluctant to talk or openly admit they are suffering from anxiety/depression. In response, TPAUD has scheduled Alicia Farrell to present her *Parenting Boys* program. Topics covered include: what do boys need and how do we give it to them, gender gaps in education, positive discipline for boys and appropriate consequences, and characteristics of parents who use positive communication. Coalition members suggested we ask Alicia to offer real-life scenarios and conversation starters/scripts to use with boys, as well as different parenting strategies based on age.
- d. Prevention Resources at Trumbull Library: TPAUD is partnering 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 can buy to make available to caregivers through the library system.
- e. Enforcement & Outreach:
  - Chief Lombardo reported that Trumbull Police will be doing Vape and Tobacco compliance checks. To date the police have issued two citations for selling tobacco products to minors.
  - In response to a federal proposal to eliminate SROs in schools, Chief Lombardo also asked Coalition members to advocate for continued SRO presence in schools.
  - TPAUD will fund Party Dispersal Training for new officers.
  - TPAUD will begin promoting the new TipsLine, and to develop public education materials and media outreach around "safe celebrations".
- f. Policy Education;
  - Parks & Recreation: TPAUD and Sustainable Trumbull presented to the Parks & Rec Commission to educate about the benefits of expanding its current no smoking policy to all town parks and public spaces; currently waiting on commission decision,
  - Cannabis Legalization: SB-888 currently at an impasse. All Coalition members are asked to continue educating legislators about the importance of any marijuana legalization bill being vetted by the Public Health Committee.
- g. Teacher Recognition: Given the extreme stress and uncertainty educators have endured this year due to Covid, the Executive Committee plans to recognize teachers, administrators and other school staff with a supportive letter signed by all Coalition partners.

#### Upcoming Events:

- April 24<sup>th</sup>, Drug Take Back Day, Trumbull EMS, 10am-2pm
- April 24<sup>th</sup>, Lakewood-Trumbull YMCA Healthy Kids Day, Outdoor Center, 10am-1pm
- April 25<sup>th</sup>, First Selectman's Youth Advisors, 7:00pm, Zoom
- May 6<sup>th</sup>, Hidden in Plain Sight, 7:00pm, Zoom
- May 24<sup>th</sup>, Alicia Farrell "Parenting Boys, 7pm, Zoom

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