



## Franklin Mayor's Drug Task Force

Task Force Meeting Minutes

Thursday, February 12, 2015

5:00pm – 7:00pm at Bessie Rowell Community Center

<b>Present:</b>			
<b>Name:</b>	<b>Sector:</b>	<b>Name:</b>	<b>Sector:</b>
Angela Lynch	Coalition Coordinator	Andrea McFall	Franklin Resident
Elizabeth Dragon	City Manager, City of Franklin	Traci Fowler	Other Organization Involved in Reducing Substance Abuse: Lakes Region Partnership for Public Health
Melissa Lee	Healthcare	Tamara Feener	School Board, SAU 18
Chief Goldstein	State, Local or Tribal Governmental Agency with Expertise in the Field of Substance Abuse	Joe Giunta	Religious/Fraternal Organization: Franklin Elks
Mayor Ken Merrifield	City of Franklin	Werner D. Horn	State Representative
Jason Vezina	Parent	Karen Darling	Civic/Volunteer Group (Choose Franklin, Franklin Jr. Youth Group)
Bill Grimm	Healthcare	Dan Darling	Civic/Volunteer Group (Choose Franklin, Franklin Opera House)
Scott Burns	State Representative	Kim Maynard	Religious/Fraternal Organization: Franklin Elks Awareness Program
Peter DalPra	Other Organization Involved in Reducing Substance Abuse: Phoenix House	Rich Masters	Business (Watts Water Technologies, EHS Manager)
Patrick McEneaney	Other Organization Involved in Reducing Substance Abuse: Phoenix House	Jenn Sumner	School Social Worker, SAU 18
Mike Hildreth	Parent	Mackinley Goldthwaite	Youth: FHS Sophomore, FYI Member
Karen Hildreth	Parent	Alex Hildreth	Youth: FHS Senior

**Angela Lynch** welcomed everyone to the meeting,

### **Mayor's Minute**

Recently read an article on the internet about a meeting in April 2014 called by Senator Kelly Ayotte. The meeting brought together law enforcement professionals and other first responders as well as the attorney general to focus on the heroin epidemic. The Mayor's take-away from reading the article was that he did not see the words "prevention" or "prevent" in the article, although the word "education" was found once or twice. The Mayor explained that he agreed with what was discussed at this meeting, however he was shocked that prevention was not brought up. Just as everyone present at this meeting knows, "prevention is an incredibly powerful tool that truly works"

This sparked considerable discussion. Richard Masters shared a brief story with the group about his recent experience with an unnamed employee who after a car accident and some work performance issues, was discovered to be abusing inhalants with the use of products such as his computer duster aerosol- "Dust Off," which shocked many of his co-workers, and certainly his employers. Rich tied this into the fearful thought that pre-teens and teens often abuse inhalants to "get high" and how easy it is to access these aerosols and they don't understand how dangerous this is. Joe added that there are many aerosol products, including whipped cream cans that can be abused. The Task Force has literature about inhalant abuse in our resource racks at City Hall and the Bessie Rowell Community Center, and several of our media ads have focused on inhalant abuse. While inhalants are not one of the main substances we are focusing on, we recognize how dangerous they are for youth, and will continue to help raise awareness.

Karen Hildreth asked the Mayor about his thoughts on whether he feels that people have moved their attitude (especially when thinking about Narcan) toward the prevention of death rather than the prevention of use. The Mayor responded that it depends on who you talk to, but in a situation where Narcan is needed you are at an entirely different level of response that is beyond prevention. Mike Hildreth asked what the police's stance on Narcan is, and Chief Goldstein responded that they like it, and value the training that goes along with it. Elizabeth brought things full circle by stating that Narcan is a tool to save lives, and does not serve as a replacement for prevention.

### **Project AWARE Grant**

Jenn Sumner handed out a one-page document that describes the SAMHSA Project AWARE grant recently awarded to SAU 18.. This grant is similar to the Safe Schools Healthy Students (SSHS) Grant, which folks may be aware of the Project AWARE grant focuses primarily on increasing awareness of mental health issues among school-aged youth, providing training for school personnel and other adults who interact with school-aged youth to detect and respond to

mental health issues in children and young adults, and connecting children, youth, and families who may have behavioral health issues with appropriate services. This of course ties in with the work of the Franklin Mayor's Drug Task Force .We see areas where we may partner- in our goals and efforts, and we plan to work collaboratively moving forward. Those who are SS/HS Grantees are: Concord School District, Laconia School District, and Rochester School District. Project AWARE Grantees are: Franklin School District, Berlin School District, and SAU 7 (5 Northern most towns in NH).

**Project AWARE program was designed to make schools safer and increase access to mental health services:**

- Build and expand the capacity of State Educational Agencies
- Increase awareness of mental health issues among school-aged youth
- Provide training for school personnel and other adults who interact with school-aged youth to detect and respond to mental health issues in children and young adults
- Connect children, youth and families who may have behavioral health issues with appropriate services
- Develop a comprehensive, coordinated, and for advancing wellness and resilience (AWARE) in educational settings for school-aged youth
- Builds upon the strategies of Safe School/Healthy Students (SS/HS) that have proven to be successful for over a decade

**What Does This Mean for Franklin Schools for the 5 years of the Grant?**

- A Program Manager to oversee the Grant and Supervise Clinical Staff
- A Master's Level School Social Worker at the 3 schools starting in the 2015-2016 school year
- Youth Mental Health First Aid Training for ALL adults in the community who interact with children [www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org) starting with school staff first
- Funding for evidenced-based programming for youth such as anti-bullying, PBIS, increasing positive school climate, etc.
- Creation of a Community Management Team to collaborate with key community stakeholders
- Decrease our YRBS statistics related to depression, anxiety, bullying, suicidal ideation

Werner asked that the difference between a guidance counselor and a school social worker be explained for better understanding. Jenn explained that a guidance counselor does a lot more of the preparation for futures of students (such as course scheduling and college prep), with a piece of also being a supportive counselor. School social workers provide much more of (primarily) the supportive counseling. She also noted that there is a need for more supportive counseling as

being reported by our youth. Stigma regarding mental illness needs to be reduced, and youth have to be taught to care for their mental health as well as their physical health. Jason added that in his experience, the fact that you can't "see" a mental illness much like you can a physical one leads people to struggle more with understanding it. Also, there is a lot of parental denial that there may be an issue. Jenn added that about 90% of mental health issues are treatable. She anecdotally reported that she is finding that many of our at-risk youth are self-medicating (such as smoking marijuana to "chill out" before school, etc.), which of course can lead directly to a serious addiction

Traci referenced our coalition meeting in January where she presented some of our regional Youth Risk Behavior Survey (YRBS) data to highlight the relationship between youth mental health and substance misuse. Our 2013 regional YRBS data showed that there was a statistically significant relationship b/w many key behavioral health indicators such as feeling sad/hopeless, suicidal ideation and past 30 day use. Joe added that there is a lot that we still need to learn about mental illness and how to catch signs. Jason added that it is also difficult to see the difference between typical adolescent behavior and warning signs. Jenn referenced the Youth Mental Health First Aid training, which would be a great training for coalition members to participate in, as well as an important training for the coalition to help promote for parents. Angela mentioned that this training may also be a perfect time to offer some substance abuse prevention education/material for parents and school personnel.

Mackinley shared a story about a sibling who was very quiet and often locked herself in her room. People thought that she was just lazy. They soon found that she had ADD and Depression that went un-noticed. Now that her sibling has gotten help and medication, she is doing much better in school and she is also much more social.

Mike Hildreth also shared that his son had told him about some Franklin High School students that went to Franklin Middle School to do mentoring to younger students who are having a tough time and thinking about quitting school. Mike explained that it worries him to think that such a large portion of a class wants to quit school. Jenn was aware of this collaboration b/w FHS and FMS, and in fact, is helping to further develop it as peer-peer mentoring can be very powerful. Melissa added that this is exactly why we have recently expanded our FYI group to the Middle School level, but that it is still in the early phases of development. As the co-advisor for that group, Angela mentioned that the students have been working on ways to recruit other youth and help develop prevention messages for the entire student body.

Traci reiterated that the Connect Suicide Pre- and Post-vention and Mental Health First Aid trainings are very important resources for coalition members and community members. Adults have to be trained in how to best support our youth.

Karen Hildreth shared that our now senior class at Franklin High School had a classmate who died by suicide when the students were in 8<sup>th</sup> grade. Karen explained that she doesn't remember there being much happening within the community and for students after this happened (nothing for post-vention). Traci explained that the Post-vention training specifically helps community members learn what to do to minimize risk and enhance protection in the unfortunate event of a suicide.

Chief also noted that the Mental Health First Aid is not a new concept, and that around 40 years ago there was an initiative where they were trying to educate people in places such as store fronts in malls and barber shops and hair dressers around being able to speak with customers about mental health issues. He also noted that there is significant cultural, religious and personal histories that impact the stigma we have around mental health, and particularly suicide.

**The group took a 5 minute break.**

### **Coalition Updates**

#### **1. Popcorn Passion Fundraiser/Grant Writer Fundraiser total**

(Angela) We sold 51 boxes, raising \$255 using Popcorn Passion and \$152 in donations toward our grant writer fund. We raised \$1,660 from the iPad, bringing us to a total raised of \$2,067. So we are within our goal of \$2,000 to \$2,500!

#### **2. Drug-Free Communities (DFC) Grant Re-application**

(Elizabeth) For those who aren't yet aware, we are in the process of writing our grant proposal for an additional 5 years of funding through the Drug Free Communities (DFC) federal grant. As you all know, within the last few months we have been gathering tons of information from our community - we held two community forums, and we are planning on one or two focus groups as well within the next few weeks to further explore some of our local conditions. This information is helping us to re-evaluate and prioritize our coalition's action plan. We have a small team of Leadership members working on the grant, and have also hired a grant writer (using the money we raised in our fundraisers) to help keep us on track and make sure that we follow all guidelines and succinctly capture everything in our narrative. In the coming weeks, will also be getting attachments together. We've also been gathering data and statistics from a variety of sources including the Youth Risk Behavior Survey (YRBS), our annual community surveys, our coalition survey, key informant interviews, etc.

We will continue to keep the coalition posted on our progress, and can review our updated Logic Models with the group once they are complete. These models really help us to see the connection b/w our substance use issues and our local conditions.

### **3. 'Age of Opportunity' book**

Tam Feener shared a book called “Age of Opportunity” that she recently read, as recommended by another coalition member Lucy Natkiel from Hill, and that she truly enjoyed the book and found it fascinating and that it was easy to read and understand, and that she learned a lot. She encouraged everyone in the room to look into the book and she kindly donated the book to Angela to keep with the coalition lending library. Tam also talked to Rob at the Franklin Public Library and he said that he can order the book if there is interest in having some coalition members read it. Melissa asked if the book would be appropriate for teens, and Tam said that she believes it would be.

### **4. Elks Drug Quiz Show**

Joe passed around Elks Drug Quiz Show brochures that were recently created. This is a new program that is coming to New Hampshire by the Elks, that began in upstate New York and it is now becoming a national program. He plans to get it started in Franklin utilizing the partnership with the Franklin Mayor’s Drug Task Force, as it will be in other areas of New Hampshire. The Elks Drug Quiz Show strives to assist youth in acquiring the knowledge, skills, and confidence needed to make healthy decisions, particularly regarding the use of alcohol, drug, tobacco, as well as building life skills for dealing with stress, conflict, bullying, grief, while increasing their self-esteem and improving their decision-making ability. The coalition seemed interested in learning more about how we can utilize this resource with our youth. Angela will follow-up with Joe.

### **5. Life of an Athlete**

Melissa talked about Life of an Athlete (LoA), which our coalition had a presentation on at one of our monthly meetings last fall LoA is scheduled to begin in the Franklin High School this coming fall (2015/16 school year) and there is a training coming up in March that is free and we encourage coalition members to attend so they can be trained on how to help support the implementation of the program. LoA is being implemented through the NH Interscholastic Athletic Association (NHIAA) with support from the Bureau of Drug and Alcohol Services' Regional Networks. NH LoA is an adaptation of the Life of an Athlete program that will foster the partnership between NH Interscholastic Athletic Association, schools, administrators, coaches, Regional Networks, and youth in a targeted effort directed at substance abuse prevention. Both Melissa, Angela and Traci have been to this training, and have been working with the NHIAA and the school to build readiness for the start of this program. Flyers were handed out to those who expressed interest.

### **6. Sara’s Fundraising**

Sara Tracy has been looking into potential funding sources for maintaining the police K9 Max. One potential is with the local credit service union who may commit to about \$500 annually. Already Sara has gotten the Franklin Lions Club to have \$250 as a line item each year to go toward the dog. Sara is also working with the Lions Club, and our FYI groups on putting together a dance for Franklin and Hill middle school students at the Bessie Rowell Community Center. The dance will provide a safe and fun night for kids, and proceeds from the dance will go toward helping to sustain Max. The goal amount that our coalition has committed to raise is \$2,000 so Sara is making some great headway!

### **March Annual Coalition Celebration & the Hungry Heart film screening Discussion**

Melissa announced our upcoming Annual Coalition Celebration that is being paired with a free documentary film screening following the celebratory activities. This Annual Celebration will take the place of our March coalition meeting and will be at the Franklin Opera House on Thursday, March 12<sup>th</sup>. We will have displays & partner booths, a presentation of our successes from the past year, as well as a Film & Panel Discussion. Those who join us will be welcome to enjoy light food and refreshments, and this, as well as our film screening and panel, is being sponsored by one of our key community partners, LRGHealthcare.

Our Annual Celebration is an opportunity to join our coalition in a celebration of our successes and the hard work that our community does, as we collaboratively work toward our vision for Franklin and Hill as a healthy, vibrant and substance-abuse free community that supports the positive development of our youth to become strong, engaged and healthy adults. Our Annual Celebration will also include Community Partner awards and recognition of our Franklin Youth Initiative (FYI) advisors and youth. The students are planning to showcase some of their work, including Logo Lamppoon and the Environmental Scan.

Melissa gave a brief description of the documentary film, *the Hungry Heart*, which we will be screening that evening, adding that the film was very good and kept her interest throughout the entire film, and that she feels this film would be interesting for even teens in our community to view. Special thanks go out to Dr. Racicot, and LRGHealthcare who is sponsoring this film screening. Dr. Racicot had recently watched the film in Concord, NH and he was instantly motivated to bring the film to our community. The documentary film *the Hungry Heart* provides an intimate look at the often hidden world of prescription drug addiction through the world of Vermont Pediatrician Fred Holmes who works with patients struggling with this disease. The coalition members agree that the film will lead to some important discussion.

Melissa passed a stack of our Annual Celebration invitations around the room, encouraging each person in the room to take an extra one or two to give to someone that they think would be interested in coming, or that they think would benefit from coming to our event. *A sample of this*

*invitation is attached.* Angela noted that as we usually do, we are asking for people to RSVP to this event. RSVP's give us a good indication as to how many people will be attending, making it easier to plan for the appropriate amount of food and materials for the evening.

**March Annual Celebration Volunteer Opportunities**

Angela then described volunteer positions that were identified as being key for this event to run smoothly. These volunteer opportunities include: Coalition Ambassadors (the main goal of this “job” is to greet people as they enter and provide introductory information to the evening’s on-goings), Photographers to help take candid photos of the evening, Popcorn Machine oversight, Take Down/Clean up assistance, and Preparation Work (such as putting together member packets and preparing any other materials for the evening). Angela passed around a volunteer sign-up sheet for those who are interested and willing to assist that evening. The volunteers from this sheet are listed below:

<b><u>Volunteer Job:</u></b>	<b><u>Volunteer Name:</u></b>
<b>Ambassadors</b>	Bill Grimm
	David Goldstein
	Melissa Lee
	Richard Masters
<b>Popcorn Machine</b>	Mackinley Goldthwaite (youth)
<b>Photographer</b>	Karen Hildreth
	Werner D. Horn
<b>Take Down/Clean Up</b>	Tamara Feener
<b>Preparation Work</b>	Karen Darling
	Andrea McFall

**Meeting adjourned at 7:00 p.m.**

*Submitted by Angela Lynch*



*Annual Celebration Invitation*

**Front**

**YOU ARE INVITED!**  
**Franklin Mayor's  
DRUG TASK FORCE**  
*Annual  
Celebration!*  
**& FREE Film Screening!**

Join us for an opportunity to:

- Learn what the Task Force does
- Celebrate Task Force success
- Visit partner booths
- View film & engage in panel discussion

*Enjoy light food and beverages  
while we celebrate!*

**WHEN?** Thursday, March 12

**WHERE?** Franklin Opera House  
316 Central Street,  
Franklin, NH



**EVENING SCHEDULE:**

Visit displays & partner booths:  
5-5:30p.m.

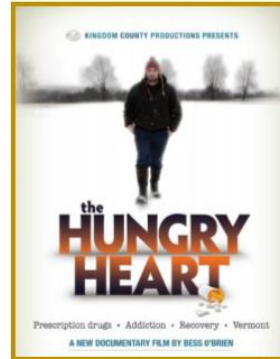
Annual Celebration Presentation:  
5:30-6p.m.

Film & Panel Discussion: 6-8 p.m.

*Film panel will feature Dr. Racicot & Dr. Friend!*

**Please RSVP (see back)**

**Back**



*The Hungry Heart* provides an intimate look at the often hidden world of prescription drug addiction through the world of Vermont Pediatrician Fred Holmes who works with patients struggling with this disease.

This screening of **The Hungry Heart**, as well as the evening's food and refreshments, is sponsored by:

**LRGHealthcare**  
*care. compassion. community.*

Franklin Mayor's  
**DRUG TASK FORCE**



*Turning on the Power of Prevention  
in the Franklin-Hill Community*

**RSVP**

Contact Angela Lynch  
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