



## Franklin Mayor's Drug Task Force

Task Force Meeting Minutes

Thursday, January 15, 2015

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

### Present:

<b>Name:</b>	<b>Sector:</b>
Angela Lynch	Project Coordinator
Elizabeth Dragon	Project Director, City Manager
Melissa Lee	Healthcare
Chief Goldstein	State, Local or Tribal Governmental Agency with Expertise in the Field of Substance Abuse
Mayor Ken Merrifield	City Government
Jason Vezina	Parent
Bill Grimm	Healthcare
Traci Fowler	Other Organization involved in reducing substance abuse (Public Health- LRPPh)
Christy Liolis	Resident
Andrea McFall	Resident
Nancy McKinnon	Civic/Volunteer Group (Lions Club)
Stephen Foster	Artist
Tamara Feener	School (School Board Chair)
Glen Feener	City Council
Joe Giunta	Fraternal Organization
Sara Tracy	Business
Bob Lucas	Civic/Volunteer Group (Choose Franklin)
Keenan Blum	Business
Werner D. Horn	State Representative
Karen Darling	Resident
Scott Burns	State Representative
Peter DalPra	Other Organization involved in reducing substance abuse (Phoenix House)
3 residents of Phoenix House at Cornerstone	Other Organization involved in reducing substance abuse (Phoenix House)

**Angela Lynch** welcomed everyone to the meeting, asked people to make sure they signed in and that everyone received an agenda and picked up related materials.

### **Community Forum input review and "What's Next?":**

Angela thanked coalition members for being a part of our multi-step process. She explained that we had two forums recently, one in November and another in December. In November, community members came together and decided on the three priority substances to address locally: Alcohol, Marijuana and Prescription Drugs. At the December forum, community members worked in groups and looked at local conditions and root causes that people are seeing, hearing and experiencing that may be aggravating or adding to the substance misuse issues for those three substances decided as local priorities in November.

Angela explained that we received a great deal of input and at this point we are still going through and organizing our input and looking at our next steps. This input will inform us as a coalition and will ultimately

go into creating our action plan. We are looking at possibly doing some focus groups and one-on-one interviews to look deeper into areas that may need more depth. Angela stressed that the community's input and support during this process is greatly appreciated and that we are excited to move forward and to begin to create our action plan with the information.

### **Coalition Member Survey:**

Angela explained that for two weeks we are asking Coalition Members to complete our coalition member survey. This survey was create to assess a wide range of factors that tap into the coalition's strengths, challenges, opportunities, and successes. Information gathered from this survey will also help to further inform us as we create our action plan and evaluate our strengths and our opportunities. She directed the group to the printed flyer and explained that this survey can be done online, and the link is printed on the flyer. She will also be sending out this link over our coalition's email. If anyone prefers to fill out a paper copy, Angela noted that they could come to her and she will gladly give them a paper copy that we can send to our evaluator for computer input.

### **CONNECTing the dots between Substance Misuse and Suicide Prevention:**

Traci Fowler presented on Substance Misuse and Suicide Prevention: CONNECTing the dots. Her presentation reviewed the Ecological model (and tied this into where our coalition fits in) and she also began by discussing some core principles: 1) Suicide is a public health problem, 2) Suicide is generally preventable, 3) Everyone has a responsibility in preventing suicide, 4) This community has identified suicide prevention as a priority, and 5) **Recognize, Connect!** are two key actions in prevention.

Then, after giving an overview of the current state Garrett Lee Smith (GLS) grant and Regional Public Health Network (RPHN) Development, Traci went on to look at some data from the Winnepesaukee Public Health Region utilizing the Youth Risk Behavior Survey data (YRBS). This data describes "what we know about health behaviors of high school aged youth in our communities." Some points to highlight are:

- Substance use and mental health issues often occur together.
- The Winnepesaukee Public Health Council has identified both substance abuse and suicide among the region's public health priorities.
- Regarding the relationship between Substance Use and Mental Illness:
  - Drugs and alcohol can be a form of *self-medication* for underlying mental illness symptoms.
  - Drugs and alcohol can worsen underlying mental illnesses.
  - Drugs and alcohol can cause a person without mental illness to experience the onset of symptoms for the first time.

As a follow-up to the data reviewed, Traci encouraged those in the room to think about attending a CONNECT Prevention and Postvention training, and/or to think about if they know anyone who may be interested. The Prevention training is on February 11<sup>th</sup> from 8:30 a.m. to 4:30 p.m. at Franklin Regional Hospital (RSVP by February 6<sup>th</sup>) and the Postvention training is on March 25<sup>th</sup> from 8:30 a.m. to 4:30 p.m. at Franklin Regional Hospital (RSVP by March 16<sup>th</sup>). Both trainings are at no cost at this time (breakfast and lunch are also provided for each training), thanks to the GLS grant. RSVP to Colleen Drouin by emailing [cdrouin@lrpph.org](mailto:cdrouin@lrpph.org) or calling (603) 528-2145. **To review the data and her presentation, please see the attachment(s).**

The presentation stimulated a good conversation where many additional, related thoughts came up. Bob Lucas shared his knowledge of the topic of suicide and our veterans. He said that approximately 22 Veterans “successfully” commit suicide every day in the United States and that as we wrap our heads around this topic, maybe we can look also at specific Veteran-factors. Chief Goldstein responded that an effort like this is happening statewide. Chief also explained something he has learned from experience, and that is that often times nurses and physicians in emergency departments themselves do not necessarily handle cases where attempted suicide comes into play and that they often end up overacting and rather than supporting the individual, they move away and just turn them over to social workers. Training for them could be quite beneficial. He follows this up by saying that without helping the individual and supporting them, statistically speaking you will likely see them again within the next 90 days. He also noted that suicide is generally between the 10<sup>th</sup> and 12<sup>th</sup> cause of death in the U.S. and in the DSM V, Suicidal Behavior Disorder is now being recognized. This brought Jason to note his interest in what specifically goes into the process of diagnosing an individual with Suicidal Behavior Disorder. Melissa spoke next explaining that on behalf of Franklin Regional Hospital that they have been in connection with doing these trainings, hence they are being held at FRH, and that there’s a Nurse already on board to help bring this issue to the forefront.

Traci also noted to the group that, while it is not on the flyer she handed out, there is also a “Train the Trainer” training where people can be trained as a trainer and this is happening she believes on February 11<sup>th</sup>, 12<sup>th</sup> and 13<sup>th</sup>. Another note from the group was that there are many great places in New Hampshire and while looking locally for places to bring those who need help and support is good, state-wide there are resources and facilities that are well equipped and the people are well-trained to handle suicidal cases. Traci asked for Peter DalPra’s thoughts on this matter, specifically in the process of admitting a person. Peter said that it is generally reliant on bed space unfortunately. He explained that there needs to be a conversation started, and trust built between the substance misuse treatment world and mental health system and centers to help to alleviate these issues. In his experience with the Phoenix House, for those admitted, about 70% have co-occurring issues. So everything we are discussing ties together. The word suicide is frightening to many people.

Traci then talked a little bit about how there is a push happening to train cafeteria workers, and custodial workers and bus drivers so that they know how to handle situations. These workers are often not viewed by youth as administrative people, so the kids often do limit their conversations around them. Meaning that they hear a lot of things, and these workers may not necessarily know how best to handle these situations. Andrea McFall related to this point by adding that she was a cafeteria worker for many years at the Winnisquam High School and “the things we heard!” They were told that if they heard something alarming, to report it to the Principal or Vice Principal. She also noted that bullying was a huge issue back then, just as it is now, and bullying and feeling like you don’t matter/feeling suicidal are related.

At this point, Traci thanked the group for their time and participation in a great discussion as well as their support and for being involved in these issues. She noted that in February she knows that we plan to have Jenn Sumner come in to talk about the new Project AWARE grant that Franklin’s schools received which will be a nice tie-in to tonight’s discussion. Bob Lucas added that he is interested in learning about, from an administrative perspective, what is going to be in place to provide that continuum as kids move from school to school, etc. After noting that this is a very good point, Traci left.

## **Introductions, Part 2:**

There was a significant number of new people who joined the meeting after the first round of introductions, so Angela led the group into a second round of brief introductions, to better familiarize the group with one another.

**Mayor's Minute:** Mayor Merrifield shared a recent experience he had and how that experience reminded him of the continuous opportunities there are to share subsequent messages and our vision with community members, and that there is always an opportunity to recruit people into this cause. Recently, Ken had visited a Franklin High School morning Social Studies class as a general visit to talk about local government. He soon discovered that this was a prime opportunity to share his personal story, involving a friend's overdose, which led to our coalition's creation along with a recent statistic that the approximate number of 1 in 5 babies born in the Lakes Region are born drug-addicted. Ken described how the students weren't very focused on their discussion until he related it to his story and this information, and this is when he got their attention.

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

**Coalition Member Survey Reiteration:**

Angela explained the Coalition Member Survey again (It's purpose, who should complete one and how long it is running for) for those who joined the meeting a little later on.

**Popcorn Passion Fundraiser:**

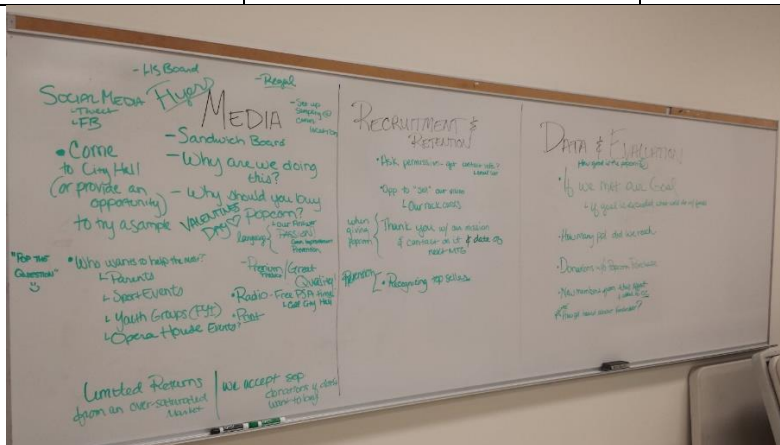
Angela explained that the coalition is beginning a fundraiser with Popcorn Passion. Proceeds will be going toward hiring a grant writer, just as our iPad Raffle proceeds did in December. Our current grant ends in September 2015 and we are re-applying for the Drug Free Communities (DFC) 5-year grant. Since our grant money cannot go toward a service such as this, we need to raise the funds for it ourselves. We have approximately \$1,000 dollars to raise to be within our estimated price range.

Angela requested that if any coalition members would be willing and able, we would love for them to sign out a packet/order kit to help us sell popcorn! Our coalition will receive \$5 per box sold. A great question about general donations was asked and yes, we do accept donations for those who wish to support our cause but do not want to buy popcorn. Checks need to be made out to the City of Franklin. Order forms and payments for the Popcorn Passion fundraiser need to be in to Angela by Friday, January 30<sup>th</sup> at the latest especially to get orders in, in time to distribute for Valentine's Day. We plan to distribute orders at our February meeting on Thursday, February 12<sup>th</sup>.

**Popcorn Passion Fundraiser Group Activity:**

Melissa took the lead with our group activity, with Angela as her "hand" (writing responses on the whiteboard), and began by explaining how this activity helps us with our coalition goals. Using the structure that has been recently implemented for use in our meetings to plan and strategize for events and activities, and focusing on the Popcorn Passion fundraiser, as a whole the group discussed strategies for Media, Recruitment and Retention strategies, as well as Data and Evaluation possibilities. Below is the outcome of our discussion:

Event/Activity Name: Popcorn Passion Fundraiser		Event/Activity Date: January 15-30, 2015
<b>MEDIA</b>	<b>RECRUITMENT &amp; RETENTION</b>	<b>DATA &amp; EVALUATION</b>
<p><i>How could we promote/advertise this activity? Where could we or should we advertise (social media, flyers, newsletters, newspapers, blogs, radio, etc.)? What information is should we include while promoting?</i></p>	<p><i>When and how do we engage new people into becoming involved as coalition members? How could we engage current members? How do we keep current members engaged (such as in meetings).</i></p>	<p><i>Is there an opportunity to collect any data? What opportunities are there to collect data? Could we or should we evaluate this event? How could we go about collecting data and/or evaluating this activity?</i></p>
<ul style="list-style-type: none"> <li>Sandwich board</li> <li>Answer: why are we doing this?</li> <li>Answer: Why should you/I buy popcorn? <ul style="list-style-type: none"> <li>Valentine's Day</li> <li>Community Improvement</li> <li>Passion</li> <li>Prevention</li> <li>Premium/Great quality</li> </ul> </li> <li>Radio- free PSA time</li> <li>Printed Resources</li> <li>Social Media (twitter &amp; Facebook)</li> <li>Provide an opportunity to sample (at City Hall?)</li> <li>Look at who wants to help the most? Where to find them? <ul style="list-style-type: none"> <li>Parents</li> <li>Sporting Events</li> <li>Youth groups (like FYI)</li> <li>Opera House events</li> </ul> </li> <li>High School board</li> <li>Regal Marquee</li> <li>Set up at a community location like a barber shop</li> <li>Flyers</li> <li>Keep in mind: limited returns from an over-saturated market. Other groups are fundraising at this time as well.</li> </ul>	<ul style="list-style-type: none"> <li>Use opp. to get contact information- ask permission- to add to our contact list &amp;/or email list</li> <li>Opportunity to "sell" our vision <ul style="list-style-type: none"> <li>Use our business cards</li> <li>Our rack cards</li> </ul> </li> <li>When distributing the product include a thank you with our mission, vision, contact information and date of next gathering.</li> <li>Retention: Find a way to recognize the top seller.</li> </ul>	<ul style="list-style-type: none"> <li>Track: If we met our fundraising goal.</li> <li>Track: How many people did we reach?</li> <li>Donations without purchase of popcorn</li> <li>How many new members from this effort and added to our contact list?</li> <li>Asking how many people heard about our fundraiser?</li> </ul>



**Other Coalition Items:**

- “Toss a ball for Max” dance fundraiser: Sara Tracy gave an explanation of something that she is working on, as a Franklin Mayor’s Drug Task Force partner. Sara described that she is the current Franklin Welfare Director, Vice Chairperson of the Franklin Mayor’s Drug Task Force as well as the Vice President of the Franklin Lion’s Club. This event she is working on is to serve as a fundraiser to keep Max’s care sustainable as well as doubling as sort of birthday party for our beloved Police K9, whose birthday is March 28<sup>th</sup>. Sara explained that her idea is to involve the students and also to have an educational piece about how being a Police K9 works and the appropriate way that he should be approached in public. She is thinking this dance would be held on a Saturday, so as not to disrupt school activities. Sara would like to have Max and his handler, Officer Rector, at this event’s dance for about twenty minutes, and this would include one large group photo opportunity. She ideally would have Officer Rector introduce himself and the Police Canine Officer and explain his role in police work. To help raise money, Sara has found a local artist willing to help design the flyers (a paper tennis ball with Max on the front) and buttons to sell for about a month at \$1 each at local restaurants and she reports that she has a few already willing to sell them. Another fun idea she has been playing with is making a dog toy, like tennis balls, be the “entrance fee” as another fun spin on the evening. Sara is currently reaching out to the Middle School to get their support and discuss the possibility of this event. She will update us as things develop.
- Drug Quiz Show Program from the Elks: Joe Giunta gave a brief update as to the progress of bringing this program to New Hampshire and Franklin, and currently the materials are being sent to him. They still need to purchase the more mechanical pieces of the program such as the buzzers as well as working out some of the logistics with other areas (and fees).

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

*Submitted by Angela Lynch*