

CHEC MEETING

Wednesday, February 8, 2023, 4:00 – 5:00PM via Zoom

Call to Order – K. Barella

K. Barella called the meeting to order at 4:02 PM.

Welcome & Introductions – Present: K. Barella, T. Giordano, J. Boehler, N. Aniolek, S. Acabchuk, P. Bryzgel, B. Smith, A. Gilbert, Steve McCarthy and C.A. Bell.

AHM Updates – T. Giordano

- Health Matters program has had great attendance with people of all ages participating
- Family Resource programs such as Play and Learn groups and Music classes are popular
- Clinical program continues to busy with approx. 25 children on the wait list. They recently posted for a part-time therapist and will put in for a full-time therapist next fiscal year.
- Planning for the annual spring concert
- Annual Nature and Adventure Day will be held March 18 and 19th to coincide with Maple Fest. They will be looking for volunteers.

SOAR Update

Summer Acabchuk reported that the NeuroArt Class held at RHAM was very interesting and fun. She explained the program was aimed at reducing stress during mental health awareness month. She reported the ratio of adults/kids was interesting as there were many adults in attendance. She thought the program went very well. Jenn added that the event was planned by SOAR and included a Yoga class and NeuroArt. She noted there were student from all grades 7 through 12, teachers, administrators and paraprofessionals which was a success. Tressa added that she attended the Yoga class and commended the SOAR group. She enjoyed the class and found herself more focused afterwards.

Old Business

• Making our Communities Smoke Free – Jenn

J. Boehler reported Hebron Parks and Recreation had previously agreed to the installation of “Just Breath” signs in Hebron Parks. In January, they presented to the Marlborough Parks and Recreation Commission who agreed to display six signs in Marlborough Parks. The next step will be to connect with Andover Parks and Recreation, with the goal of having the same signage in all Town Parks.

- **“Welcome to Reality” Social Media Presentations Update - Jenn**
J. Boehler reported the first presentation was well done and notes will be posted on the website. The next presentation is scheduled for February 28, 2023. This presentation includes giving parents/caregivers tips on how to monitor their kids’ social media usage.
- **AHM Project Graduation Paint Night Fundraiser - Jenn**
Studio 13 will conduct a paint night on February 24, 2023 at AHM. The cost is \$40 per person with 50% of proceeds going toward project graduation.
- **Tabled Items Until Further Notice: Marlborough Health & Safety Day, Today I Matter Poster Project and Possibility of a Public Forum/Legalization of Marijuana and Retail Establishments**

New Business

- **Youth Voices Count Survey – Bonnie and Alyssa**
Review the new Action Plan based off of the prioritization of risk factors that support youth use of marijuana, vapes and alcohol using our local conditions.

B. Smith reviewed the prioritization process and discussed data that came out of the process. The data was compared to the Action Plan that was submitted for Drug-free Communities and looked at the differences between the two. Evidence-based strategies were identified to address the identified problems. She reviewed current CHEC activities that may be connected to the strategies such as the Talk They Hear You campaign and SOAR’s social media clips on under-age drinking. Discussed enforcement of social host laws and the connection to community events such as the Hebron Harvest Fair. Discussed how stress and substance abuse are highly correlated and working on additional opportunities for youth regarding mental health and spreading the word about current programs. Discussed how Coalition and community members might get involved going forward.

- **CADCA Conference– J. Boehler, K. Barella**
Jenn and Kerri attended the CADCA conference in Washington D.C. J. Boehler reported they were able to meet with Representative Courtney where they discussed the data from the Youth Voices Count Survey and the signs in the parks. She noted it was interesting to network and share knowledge. She would like to encourage more students to participate in SOAR and share their different talents. Discussion regarding the Today I Matter Poster Campaign which has been tabled.
K. Barella reported it was informative learning about issues around the country and is grateful for the work of the Coalition. One program that stood out to her involved having youth create ideas for the Coalition in order to get more support from their peers. Other sessions she found informative include having a Connecticut summit where kids could attend and share ideas, having informal discussions during class time and encouraging older students to reach out to younger kids to spread prevention.

- **New Project Graduation Fundraiser – Tip a musician**

The fundraiser is scheduled for Saturday June 3rd at the Flourgirl Café from 11:00 – 1:00 PM

The fundraiser will be a good way to share the importance of Project Graduation and have local residents showcase their talent.

Adjourn

The meeting adjourned at 4:54 P.M.

Minutes Respectfully Submitted,
D. Pearson