

## **CHEC MEETING**

**Wednesday, February 7, 2024, 4:00 – 5:00PM via Zoom**

### **Call to Order – K. Barella**

K. Barella called the meeting to order at 4:01 PM.

Welcome & Introductions – Present: T. Giordano, J. Boehler, J. Gasper, Kirsten Carew, Russ Melmed, Dan White, Nancy Aniolek, K. Carew and C.A. Bell.

### **AHM Updates – T. Giordano**

- Health matters programs are full, other AHM classes are well attended.
- Pete the Cat concert February 10<sup>th</sup> at Gilead Hill School
- AHM participated in the Hartford Foundation for Public Giving Social Enterprise Accelerator program. On January 23 AHM did a 'fast pitch' which led to the Hartford Foundation announcing they would match dollar for dollar up to \$30,000. AHM has until April 30<sup>th</sup> to raise the \$30,000. Funds will be used for the clinical outpatient program.

### **SOAR Youth Leadership Group**

**Video Update: Rosalee K.**(not available at the meeting for viewing, promised with minutes via email) <https://www.dropbox.com/scl/fi/z5jsmy1wblqm3jucqp25f/Video-Feb-07-2024-3-51-59-PM.mov?rlkey=67d4fu97wxu439kwtdvm8816y&dl=0>

Mental Health awareness wellness event scheduled for next week. Will include self-care classes consisting of meditative arts, intro to meditation & sound drums and a Zumba class.

### **Old Business – J. Boehler**

- **Just Breathe Signage**  
Signs will be installed on RHAM campus
- **Screenagers – Growing up in the digital age 12/7/23**
- **Screenagers – Growing up in the digital age 2/13/24**  
The December event included attendees from surrounding towns. 12 are registered for February. Additional upcoming dates: March 12 and April 17.
- **Internet & Phone App Safety Presentation 1/23/2024**  
Rescheduled to February 20<sup>th</sup> at AHM. Program presented by CT State Police.

- **Progress Update: Town of Hebron Green Committee Grant: Spring Clean-up Walk and Nip Education**  
\$4,000 grant to be used for a clean-up walk focusing on nips. Will be pairing with Ana Gopian. Goal is to clean up and provide education to the community.
- **Progress Update: Kids vs Cops Basketball 4/19/24**  
Basketball game will be held at RHAM High School. “Hidden in Plain Site” will be on display for education.
- **Panel Discussion: Updated to Q & A with Experts/Risks and Consequences of Youth MJ Use**  
The panel discussion will cover the risks and consequences associated with youth marijuana use. A recording of the discussion will be posted on the AHM website and social media.
- **Tabled: Today I Matter Social Media Campaign, CADCA Case Study**
- **AHM CHEC Member January Survey**  
Results will be shared via email and discussed at the March meeting.
- **CADCA Conference Key Takeaways (Jenn and Tressa)**  
Jenn reported there were 4 participants. They went to different sessions and shared information. Discussion regarding potential meeting with Senator Blumenthal regarding a 5-year extension of the Drug Free Community Grant.

#### **New Business – J. Boehler**

- **Take Back Event – 4/27/2024 RHAM High School 10pm – 2pm.**  
Received approval to collect aerosols and sharps. Volunteers needed. Chatham Health Department will be at event.
- **AHM Project Graduation for RHAM High School**  
First meeting 2/7/24. Event scheduled at Revolutions in South Windsor, 10pm – 4am.
- **QPR and Narcan Training, Free and for those 18+ at AHM**  
**Monday 2/26/24 from 5:30 – 6:45 PM**  
**Monday 4/1/24 from 5:30 – 7:45 PM**
- **Narcan Bags**  
Canvas bags will be given to participants and include Narcan, sanitizer, face shields and gloves.

#### **Adjourn**

The meeting adjourned at 4:40 P.M.

Minutes Respectfully Submitted,  
D. Pearson