



**Fairfield CARES Community Coalition
Leadership Special Meeting Minutes – October 5, 2020
Zoom Meeting:**

The Fairfield CARES Community Coalition held a Zoom Meeting, https://youtu.be/K_oqSm1zqKM

Call the Meeting to Order: Present included Mike Cummings, Cristin McCarthy Vahey, Phil Dwyer, Reini Knorr, Wendy Bentivegna, Lori Mediate, Katy Rosenfeld, Margaret Watt, Bernadette Coppola and Cathy Hazlett

LPC Grant: Wendy & Lori discussed the LPC (Local Prevention Council) Grant which is focused on youth vaping and coalition capacity building. The grant award is \$7,141 for one year. Grant funds will be used to pay Reini for social media outreach, CATCH MY BREATH curriculum for 7 middle school teachers (Catch my breath education program: <https://www.catch.org/bundles/23725>), adapt the Trumbull coalition postcard campaign for Fairfield, vaping prevention presentation by the Caron Center to 9th & 10th graders, and to implement the “10 Cups of Coffee” model for coalition capacity building;

The school district, via Nancy Burns, will provide mailing labels for the vaping education postcards. Cathy and Wendy will work on updating the postcards and continue to use the #LifeNotWasted branding.

Meeting Minutes: It was decided to hold on the approval of the August 31st Minutes until the next Leadership meeting.

Chair Update: We are keeping the committee updates brief so there is more time to focus on tasks that need to be accomplished.

Treasurer’s Report: Bernadette Coppola reported that no money has been spent on the LPC vaping grant yet. Cathy will provide Bernadette with updated line items for the Program Support portion of the CSC Underage Drinking Prevention grant. Given that the budget was written pre-Covid, it was necessary to revise the line items based on activities that can happen in our current Covid environment. The coalition will discuss the SOR (State Opioid Response) grant once we have more information; no information has been received to date. Bernadette inquired whether Andrea Flynn will still be available to process the administration of checks and she can.

Evaluator: Emily Melnick has been working with Fairfield CARES for the past 3 years as the coalition’s evaluator. She has helped analyze Search survey data, along with CSC grant data. It was discussed that Emily will help prepare the coalition for its Drug Free Communities grant, continue evaluation requirements of the CSC grant, attend coalition meetings, evaluate the LPC vaping postcard campaign,

and provide evaluation assistance with the results of the new Search Developmental Relationships with addition of the four core substance use measures.

Search Institute's Developmental Relationship Survey: Margaret mentioned that both Norwalk and Westport schools are considering using the new Search survey. The Developmental Relationship Survey (DRS) (<https://www.search-institute.org/developmental-relationships-survey>) would replace the Search Attitudes & Behaviors survey. DRS is shorter, less expensive, and aligns with the CASEL standards (Social Emotional Learning). There are two free modules this year to introduce communities to Developmental Relationships, one focused on mental health during Covid, and one on racial/social justice issues. For Drug Free Communities Grant purposes, it is possible to add the 4 core measures. Mike Cummings commented that he likes how the DRS can be infused with the SEL curriculum of the district. The administration of the DRS will be targeted for early February. Mike would like information soon so that the survey can get on the School Board's agenda.

Committee Updates: CSC Grant - Cathy described the Mention Prevention initiative focused on underage drinking by working with Fairfield's 19 package stores to display posters that reminds employees and alerts customers of ID checks, and the distribution of cards in consumers' bags that reminds them not to provide alcohol to minors and the risks involved if they do. Information on #Mention Prevention can be found at: <https://www.fairfieldct.org/fairfieldcaresnews/?FeedID=3717>. Cathy went over the revised budget narrative based on activities that will be implemented given the Covid environment.

Resources Committee – Phil Dwyer mentioned that the Fairfield School District's Finance Department has not had a chance to review the Drug Free Communities Grant, but will soon.

Youth Committee – Cathy reported, on behalf of Katy Rosenfeld, that Olivia Shah, an 11th grader at Ludlowe High School, has accepted the position of Prevention Intern/Peer Youth Advocate. Livy will work five hours a week and is busy recruiting teens to the group and is finding out a convenient time for the group to meet.

Program Committee – Reini Knorr attended a workshop on social marketing <https://www.cbsm.com/training/workshops> where it was reinforced that prevention messaging that encourages positive behavior change cannot rely solely on social media posts. Messages need to come from a variety of sources, and in combination with activities. Oct 23rd – 31st is the Annual Red Ribbon Week. This year a FREE webinar, "Peer Pressure and Living Drug-Free - A Talk for Teens" will be Co-Presented by the Red Ribbon Campaign and The Herren Project. Research shows that when making decisions, teens think about both the risks and rewards of their actions and behaviors. Unfortunately, unlike adults, teens are more likely to ignore the risk in favor of the reward. Join us as we discuss strategies to help teens overcome some of the challenges related to peer pressure and making difficult decisions: https://zoom.us/webinar/register/WN_dhto8G-eT7yh2Injs0Y0RA. Saturday, October 24th is Drug Take back Day and the coalition will be tabling with the Fairfield Police outside the police department. An interesting article regarding misuse of prescription drugs is "Nonmedical Use of Prescription Stimulants: A Clinical Unmet Need" found at <https://www.psychcongress.com/multimedia/nonmedical-use-prescription-stimulants-clinical-unmet-need>. Oct 25th is the "Walk Out of Darkness" suicide prevention walk; and she attend a workshop on

social marketing and stated that in order for prevention messages to be heard, the coalition cannot rely only on social media, but couple social media with other activities. The link to her workshop:

Welcome Packet: Phil and Cathy will meet to go over the Welcome Packet for new coalition participants, and discuss the use of the Volunteer information form which can be viewed at <https://docs.google.com/forms/d/e/1FAIpQLSf9vW1OMv0dJKx0j-qUBe-OQII9P1wCR9HEpTIWf7jIK1XvVA/viewform>. The web page to distribute is tinyurl.com/fairfieldcares.

Meeting Adjourned at 10:45