



Fairfield CARES Community Coalition
Leadership Meeting Minutes
June 1, 2020

The Fairfield CARES Community Coalition held a Zoom Meeting.

<https://www.youtube.com/watch?v=tfU29xN7z4E&feature=youtu.be>

Present: Cristin McCarthy Vahey, Phil Dwyer, Bernadette Coppola, Andrea Flynn, Reini Knorr, Jenn Jacobsen, Katy Rosenthal, Wendy Bentivegna

Call to Order: Cristin McCarthy Vahey called the meeting to order at 9:09 am.

Approval of Minutes: Phil made a motion to approve the leadership minutes for May 4, 2020 with next meeting date updated, seconded by Jenn. The May 4, 2020 meeting minutes were approved unanimously.

Chair Update – It is exciting to have Mike Cummings on board.

Treasurer Report - Bernadette

- The LPC check was received and funds dispersed. Checks for to the High Schools for \$1900. Community Outreach programs \$1600 spent. Zoom account and administrative stipend for Reini \$1128. \$53.03 will go to t-shirts.
- SOR no changes, funds already spent
- Positive Directions spend \$600 for the Middle School Campaign with Karma Creative and \$200 for the evaluator

Resource Committee – Phil & Wendy

- LPC zoom call for the grant and Wendy is the lead for the materials, application and final report. Vaping is the focus statewide even though alcohol seems to be the local issue. A speaker can cover on multiple topics and include vaping it would qualify. July 31st is the deadline for submitting the application. Zoom training is scheduled for the update the use of codes for reporting and location to use for virtual. There is a maximum of \$599 for administrative services.
- Increase budget amount for the CSC grant with Positive Directions, has a small group meeting on possible area for Fairfield CARES to expand upon for next year. Pending a draft for the 2020-21 year and more information to share. The four areas are increased time for youth committee, administrative costs, programing budget,

and social emotional needs in the community/mental health prevention for the Town and Schools.

- Looking have stronger relationships with PTA leaders
- Review the Long term strategy and Drug Free communities grant or other potential funding sources at the next meeting.

Youth Committee: Katy

There was a conference call with two girls, on how they are surviving the pandemic. Discussed missing friends and activities, along with coping strategies. Reviewed the feedback from the Middle School Campaign and the focus points for rolling out the program out. Looking to have materials to edit, add art work and roll out the message to the Middle School community. Today reviewing survey results and reviewing draft on language and pictures.

Programing Committee Update – Reini

The full calendar of events can be seen on the Fairfield CARES website.

www.fairfieldct.org/fairfieldcares

- Thank you to Katy for the 5/27 at 7pm webinar Resilient Families – A Parenting and Self Care with Katy Rosenthal and Haley Terrell with an uplifting hour with a guided mindfulness exercise. It is posted to the website watch anytime.
- Great online event with 135 participants on 5/21 at 5:30pm webinar Presentation on Anxiety with Eli Lebowitz was a success and slides will be available to view.
- 6/9 at 5:30pm screening of the movie **Angst** with a panel discussion.
- 8/31 International Overdose Awareness working on a format of a small in person and live screening with purple yard flags of the number of lives lost this year.

CSC Grant – Jenn

- Planning the budget and implementation plan with goals next year. Youth peer advocate is in the budget and looking to fill the position.
- Looking to record a Fairfield CARES presentation this month as a tool to share and build capacity by June 30th. Looking at funds for a lightly produced video for capacity building along with editing with captions, pictures and subtitles.
- Pending new budget to be released.
- There are funds available to spend this year for the Schools or Health Department.
- Leadership training available in the end of July through CADCA Community Anti-Drug Coalitions of America
- Updating texts for the messaging for future posts

The Hub – Cristin had a conversation with Giovanna about suicide prevention and post prevention. Julie Demarco has been holding a meetings and Cristin will reach out on broader goals.

New Business – Possible mental health program at schools similar to S.H.A.P.E. with screenings, coping strategies, handling stress, and who to talk to if you need help. The High School does a yearly screening. Resources made available for access for everyone. Middle School are supposed to be getting a program Risky Business. Looking for a kid's version of a mental health virtual program. Possible have a youth resource page on the website or Instagram. A focus group with kids, local therapists and school staff may help outline resources.

Dates:

- The next Coalition meeting is Wednesday, June 10 at 8:30 am via Zoom
Future Dates 6/10, 7/15, 9/2, 9/23, 10/21, 11/18, 12/16
- The next Leadership meeting is July 13, 2020 at 9 am.
- There are new Zoom links on the calendar for meetings on the website.

Adjournment: Jenn made a motion to adjourn the meeting at 10:10 am. Motion passed unanimously approved.

Respectfully submitted by,

Andrea Flynn, Secretary