



## Fairfield CARES Community Coalition Meeting

### Minutes

April 21, 2021

View a recording of the coalition meeting- YouTube with the link: <https://youtu.be/tuqg5YUBUI0>

**Welcome & Call to Order** - Cristin McCarthy Vahey welcomed all to the meeting at 8:33am

**Members:** Co-chair **Cristin McCarthy Vahey** (Government/State Rep, Parent), Mike Cummings (Superintendent), Reini Knorr (Parent, Community member), Wendy Bentivenga (Parent, Community Member), Philip Dwyer (Civic/Volunteer Org), Cathy Hazlett (Staff), Tim Morris (Student, Assistant Counselor FLHS), Pam Walker (Student Assistance Counselor FWHS), Alison Seyal (Government/Social Services, Parent), Coreen Ahmad (Youth Serving Org/Gov), Leonora Campbell (Parent, Community member), Diana Liptak (YMCA), Kelsey Ciarlegio (Community youth prevention), Victoria O'Neil (HUB), Steve Baker, (PTA Council), Bernadette Coppola (Parent and treasurer), Cary Ostro (LifeBridge), Mary Francis (Nurse Practitioner, Parent), Lori Mediate (FPS Health Ed), Jennifer Jacobsen (BOE, government, Parent), Margaret Watt (positive Directions) ( ) indicates community sector.

**Approval of Minutes** Tim Morris made the motion to approve the March 17<sup>th</sup> Coalition Minutes and Pam Walker seconded the motion. There was no objection and/or changes so motion was unanimously approved.

**Co-Chair Update** – Mr. Cummings welcomed everyone and reported at this time no update and looking forward to the presentation today. Cristin, shared that there continues to be a great deal of work around all that the coalition is working on By-laws, DFC grant and Advocacy policies, all on the agenda and that there are many other conversations about the work we are doing and how we deal with wellness, mental health as we emerge from the pandemic.

**Fairfield CARES Advocacy Policy & Process** – Cathy shared her screen and the advocacy policy and the continued progress of its formation and content update. Reviewed why we need this policy and the reality the coalition is growing, and updates were needed and wanted folks to understand the reason behind the policy and to move forward with the coalitions support and approval.

**Recommended By-Law Changes** – Phil highlighted and reviewed the overall process of the By-laws. Efforts made to edit, update, revise, and change as well as add new information. Asked everyone to review and let him know to determine if any additional changes needed to be made. Phil highlighted the memo Cathy sent out – and the essential changes – term limits taken out, description of Coordinator, Chair may appoint to the leadership team to help with related information, standing committee for Data and statement about advocacy, 4 new articles to review. Draft in the link.

**DFC Grant Proposal Update** – Cathy highlighted the full team effort in pulling this grant together. Bulk of grant is moving forward. Coalition agreements being finalized, and the 12 sectors are involved and support the mission of the coalition. Updated the remaining details and what is being worked on to complete the various sections and attachments that need to be completed, followed up on and information to be included. Target date of May 5<sup>th</sup> to submit, and it is due May 10<sup>th</sup>. Thank the FPS as legal applicant and will know the results in August with a start date is September 1<sup>st</sup>. Hope to have a summary to the coalition about what has been submitted.

**Presentation on Kratom, (cray-tom)an Emerging Drug** – guest participant Mary Francis provided a very informative presentation regarding a new drug Kratom and provided information to the group that was informative and issues and concerns that she is seeing and importance of being more aware of the usage/abuse. Found in leaf and powder form.

#### **Committee & Grant Updates:**

**LPC** – Wendy shared, postcards effort is complete, feels that we have moved the dial in getting awareness out about What vaping is – discussed the monies left over that have not been allocated and possible use toward Emily's evaluation efforts, related to vaping and other things. Lori efforts with the health education program at the schools is moving along.

**SOR Grant** – Reini shared that part of the agenda involving the documentary If they have known is part of the SOR grant and worked with the other coalitions to obtain the 1 year license to show and review the film. We have couple of Lawn signs that will be on the tree of Hope for Mental health awareness month – working on feather banners designed to share among the three coalitions for various events and share together. 4 people involved in QPR training, \$750 communities talk stipend – toward planning an event -

**Resources Committee** – Phil updated by-laws will be voted on during the May meeting, Lori working on Nominating process, and asked that parents from PTA – efforts and part of the process. Parent Involvement and next generation needed for the coalition.

#### **Programming Committee:**

Reini shared lots going on with programming. New National Prevention week logo and naming contest – New England region Graphic Medicine – News item – graphic novel – deals with vaping and receive 63 paper copies and others can order as well. May Mental Health awareness month and National Prevention Week. Keep reviewing the website and our Facebook Page for more information and resources to go over and review. Reini has worked very to continue to provide the information and resources that make things happen through the programming committee and the incredible social media information.

#### **Review from last month about events that will be happening.**

**May** is Mental Health Awareness Month – Many different programs with mental health related this theme in place.

– Decorate the Tree of Hope on the Sherman Green –

May 12<sup>th</sup> – Change the Script Van

May 19<sup>th</sup> – Matt Callacci - Comedian who will be presenting – wrote a book “Natural Highs.” He will be sponsoring on a Zoom with the capacity of 1000 people able to attend.

May 26<sup>th</sup> – Laughing Yoga Session

#### **Summer Events:**

Plan to sponsor and coordinate with the Peanut/Butter Jam concerts – Slam Jam Movie Nights as well with tables and information. Through June/July still emphasize and reinforcing the Social Host messaging regarding graduation and going away to college parties and events.

#### **August:**

August 31<sup>st</sup> International Overdose Awareness Day – hope to organize a Vigil – and have this in person if possible.

#### **September: Suicide Prevention Month**

September 5-11<sup>th</sup> – Suicide Prevention Week - Day September 10th

Fairfield Center Stage Theater – one person play about Everything is Brilliant – a suicide prevention comedy. either virtually or online.

My Friend Abby – Suicide prevention group out of Trumbull – a highly active group will be screening a documentary “My Ascension” April – Fairfield CARES will help publicize the – spread hope about suicide.

Reini is asking for any coalition member who has any interest in any of the events being planned to please connect to help her out.

**CSC Grant** – Cathy shared the grant will end in June, - has been for underage drinking grant – April is Alcohol Awareness month programming – and doing a couple of activities related to this - a postcard will be sent out shortly reminding parents about CT Social hosts laws and importance with regard to graduation parties and events with underage students. Direct response from parents from parent focus groups to get more information related to these laws, be reminded of this information and guidelines. Also conducting E-tips training and working directly with the local alcohol retailers regarding servers, observing and knowing the laws and how to identify ID's and not to serve minors, In the past has been face-to-face, it will be a virtual presentation – partnership T-task has provided free registration for alcohol retailers – 10 employees ( from the Chelsea restaurant registered and looking forward to more.

**Youth Committee** – continues to be very active working on a radio PSA around alcohol targeted to parents – working with WEBE 108 to broadcast – as a public service announcement – They are also coordinating a Wellness fair for May 12<sup>th</sup> after school 2:30-4:30-5:00pm on the Green in Fairfield focused on the Mental Health awareness Month and the theme is “Calm for the Community.” This fair will have 5/6 stations that will focus on mental health resources for upper elementary and middle school students to provide healthy ways in how to deal with stress and anxiety. Will have a resource table about the FCC .

April 28<sup>th</sup> – webinar with Partners with CFJ – Healthy relationship for health educators and parents. – Alcohol awareness as well when alcohol is present -students more at risk.

FWHS PTA – tonight - sponsoring a program about growth after trauma – Liz Jorgenson -

#### **Announcements from Coalition Members:**

Margaret - QPR – training tomorrow 4:30-6:00pm – everyone should be QPR training – just like EMT training – suicide awareness and attend these training. Encourage to attending the training and get all EMT regionally trained.

Victoria – The HUB- Narcan training still occurring 1<sup>st</sup>/3<sup>rd</sup> Wed of the month from 3-4pm, you receive a Narcan kit upon completion of training - Lunch & Learn w/Main street pharmacy– 4/28-10:30-11:30am – The Hub is doing Focus Group for the Priority report to get a sense and idea of the issues related to substance abuse, mental health and gambling in the region and the dates are: 4/22, 26, 29<sup>th</sup> and it helps direct the state agencies to decide on the efforts and monies coordinated to help with issues. – Drug Take back Day – 4/29 - bags are available and free. QPR – training – 1.5 gate keeper training – EMS – folks are the first response and training is important.

Tim – shared with the CFJ – coordinated a Walk a Mile at FLHS – amazing turnout around the building – pulling together a video to send as well to CFJ – Also a Wellness day 4/30 at the school; - for students and teachers about Mental health issues and lots of resources and information for the students and school as a whole. FLHS together is the link on the CFJ website to donate ifdf you are interested.

Walk-a-Mile is April 24<sup>th</sup> – still can get involved and help support the centers efforts of Sexual Assault, Teen violence.

Cristin – highlighted the post-vention group that came from the HUB training last summer met with Julie DeMarco from Human Services – The economic state of CT families and the community around us was at an all-time high a year ago today. The numbers are improving to some extent, and we are very Thankful for Cary and his organization will house that effort and help to lead us as a community to help develop a framework in that prevention efforts regarding the issues of mental health, suicide prevention and many other concerns. Struggles still continue to remain with all issues from the pandemic and the efforts the FCC helps our community and critical the work that everyone is doing.

Reini mentioned one other opportunity for discussion related to teens and struggles and participated in A twitter chat #teenagegriefsucks. – an amazing twitter chat and questions ahead of time and participated to relate and gratified to participate, resources shared and information.

Grateful for Reini with sharing the resources through social media and getting the word out. Please stay on to see the movie and hope folks will participate.

**Adjournment:** Cristin adjourned the meeting at 9:47am.

**Respectfully submitted,**

Leonora P. Campbell  
Secretary

After the meeting, a viewing of "If They Had Only Known", a 35-minute documentary film by the friends of Clay Soper who participated in a popular fad of mixing prescription drugs with alcohol. Clay died.

**Additional information and links discussed in the meeting are as follows:**

Shared links:

<https://www.fairfieldct.org/fairfieldcares/files> (choose category Zoom Meeting Video recordings) or on our YouTube channel: [https://www.youtube.com/channel/UCXAXPbi5qfv-6l533czUEfg/playlists?view\\_as=subscriber](https://www.youtube.com/channel/UCXAXPbi5qfv-6l533czUEfg/playlists?view_as=subscriber)

Fairfield CARES 3/17

Minutes: [https://www.fairfieldct.org/filestorage/79/10676/86245/100727/Minutes\\_03-17-2021\\_Draft.pdf](https://www.fairfieldct.org/filestorage/79/10676/86245/100727/Minutes_03-17-2021_Draft.pdf)

Fairfield CARES 4/21

Agenda: [https://www.fairfieldct.org/filestorage/79/10676/86245/100725/Agenda\\_04-21-2021\\_CC.pdf](https://www.fairfieldct.org/filestorage/79/10676/86245/100725/Agenda_04-21-2021_CC.pdf)

Draft by-laws revision (still work in progress): [https://docs.google.com/document/d/13e-hPjmBDIW\\_vnWAXGf7AhgMtnWpoGRTQ46XPo4JkGg/edit?usp=sharing](https://docs.google.com/document/d/13e-hPjmBDIW_vnWAXGf7AhgMtnWpoGRTQ46XPo4JkGg/edit?usp=sharing)

DEA Factsheet on Kratom: <https://drive.google.com/file/d/1Nbk-disJnkBH39pRQBNmiN5WJBh9S3g/view?usp=sharing>

NIH Factsheet on

Kratom: [https://drive.google.com/file/d/1X\\_VpZxdzslBIReEFc7loUf4oPOYZFm/view?usp=sharing](https://drive.google.com/file/d/1X_VpZxdzslBIReEFc7loUf4oPOYZFm/view?usp=sharing)

SAMHSA Presentation on

Kratom: [https://drive.google.com/file/d/1KGR7Tj\\_3xVDKWn2oegt0GA1Gzj1BDXo/view?usp=sharing](https://drive.google.com/file/d/1KGR7Tj_3xVDKWn2oegt0GA1Gzj1BDXo/view?usp=sharing)

Event: Engaging Youth about Healthy

Relationships: <https://www.fairfieldct.org/fairfieldcaresnews/?FeedID=4226>

Event listings: <https://www.fairfieldct.org/fairfieldcaresnews/?FeedID=4104>

Vaping updates: <https://www.fairfieldct.org/fairfieldcaresnews/?FeedID=4112>

National Prevention Week: <https://www.fairfieldct.org/fairfieldcaresnews/?FeedID=4286>

National Prescription Drug Take-back

day: <https://www.fairfieldct.org/fairfieldcaresnews/?FeedID=3108>

Mental Health Awareness Month: <https://www.fairfieldct.org/fairfieldcaresnews/?FeedID=4229>

Growth after Trauma Talk this evening. Zoom link on Warde PTA page: <http://fwhspta.org/>

Link to the HUB's homepage is now prominently on our website: <https://www.fairfieldct.org/fairfieldcares>

Walk a Mile in Her Shoes: <https://walkamile.centerforfamilyjustice.org/>

If They Had Known Info: <https://www.fairfieldct.org/fairfieldcaresnews/?FeedID=4255>