

**Belmont Coalition
Meeting Notes
Thursday, February 8, 2018 at 11:00 AM
Fire Station - Conference Room**

I. Introductions (around the table)

In attendance:

Melissa O'Connor	Belmont High School - SRO
Chief Frizzell	Fire Chief
David Neylon	Public Health Nurse
Joe Zarro	Plymouth Congregational Church
Wendy Conroy	Belmont Parent, health educator
Jeff Hansell	Executive Director, Belmont Media Center
Brie Gray	Belmont Health Department Intern

II. Brief Review of last meeting (12/21/17) (Lisa)

Lisa reviewed that the following was discussed at the last meeting:

- **the Drop In Resource Night** (will be held tonight at Beech Street Center 5-8)
- **the need for YRBS data** – creating a mini survey (*see item III below*)
- **Narcans training in January** – went well overall, will hold another training
- **The possible need for a needle disposal box at Dunkin Donuts:**
This topic was explored further today. All agreed that there are too many issues that would need to be addressed before acquiring a sharp's disposal box, e.g., who buys the box, who mounts the box, who empties and cleans the box, etc. Chief Frizzell stated that the next time a CPR (hands only)/Choke Safety Training is held, a Narcans training will be included and this training will be offered to employees throughout the town, including Dunkin Donuts
- **Arlington's Opiate Outreach Initiative -**
- **Vaping/Juuling on rise among teens, including at BHS** – Melissa will get Lisa the contact information for the purveyors of the Vaping devices to possibly come and speak with concerned parents

III. Update Concerning Mini YRBS survey (Wendy/Lisa)

Wendy noted that after February vacation, when the new health teacher at the Chenery is on board, she and Lisa will meet with the health teaching staff to discuss administering a mini YRBS survey to the grade 8 students. The survey will at least give us some data as to what behaviors are being engaged in and where programming and/or messaging can be targeted. Lisa explained to the new members what the YRBS is, its importance in providing necessary data, and how

that data is used to influence messaging and programming. Chief Frizzell noted that it would be useful if the Superintendent's *Wellness/Safety Task Force* could be resurrected. That group discussed important topics, shared information, and worked to together on understanding many of these same issues. Chief Frizzell also noted that it will be important to have YRBS data *before* the new grade 7-12 high school is opened in about 3 years. It will be useful to have the before/after data (before the merging of grades 7 and 8 with the high school) to see if having grades 7 and 8 in close proximity to the high school students impacts their behavior at all.

To Do: Lisa will forward a copy the Middlesex YRBS to the group.

IV. Youth Mental Health First Aid Training in Belmont (Lisa/Wendy)

Lisa explained the YMHFA training and requested help in getting the word out about this training. (She will forward some information about the training to group members). There was group consensus that it is difficult for people to commit to an 8-hour training, but that two, four hour trainings might be possible. Jeff offered to publicize the training via the BMC. Joe requested information as well. Lisa will explore the possibility of creating a mini YMHFA course once the federal grant expires in the fall. While there will be no official certification, the group felt it might be valuable to continue to impart the essence of the training to interested parties.

To Do: Lisa will forward YMHFA publicity information to group.
Lisa will explore with Stephanie the possibility of creating a mini training once the grant expires.

V. Messaging to Parents regarding Substance Use (all)

Lisa requested help in identifying appropriate messages for parents around substance use. The group will think about this and email her ideas. This topic will be raised again at the next meeting.

To Do: Group will send "parent messaging" ideas to Lisa.

VI. Let's Pick a Name for Our Coalition! (all)

It was clarified that this group will, at times, focus on issues broader than substance use. For example, it may want to include mental health issues, e.g., stress, anxiety, depression, eating disorders, self harm, suicidal ideation as well as racial equity issues, bullying, etc. Meeting time was running low – so hopefully a new name can be handled via email.

To Do: ALL will brainstorm new names and send to group/Lisa! (If someone

wants to send out a survey, that is fine too – just let me know. Thanks.)

VII. Updates, other topics of concern (all)

The question arose: how best to better involve the School Department (Superintendent, Ass. Superintendent, etc.) in to the work of this group? Mary Conant Cantor, Nursing Director, is a member of this group and her input has been helpful. However, she does not attend the evening meetings and is set to retire soon. It was agreed that more active involvement from the Schools would be both helpful and useful.

VIII. Set Next Meeting (*Lisa*)

Late March – evening time (*Lisa will send Doodle*).