

Belmont Wellness Coalition (BWC)
Grant SPO-80659-01
Meeting Minutes
Tuesday, Oct. 23, 2018 at 7:00 PM
Fire Department HQ Conference Room, Belmont, MA

BWC members in attendance: Lisa Gibalerio, Stephanie Sunderland, Fire Chief David Frizzell, Rev. Joe Zarro, Wendy Conroy, Sara Masucci and Anne Wang

Absent BWC Members: Asst. Police Chief Jamie MacIsaac, Melissa O'Connor, Kristine Pugliese, Beth Rumley, Wesley Chin, Janet Amdur, David Neylon, Marisa Melanson, Mike Clark, Jane Fox, Jasen Boyle, Kara Harlow, Jeff Hansell, Mark Paolillo, Zoe Armstrong, Jane Wenzel, and Cristina Palladino

The meeting was called to order at 7:02 PM.

I. Introductions

Introductions were made around the table.

II. DFC Grant Launch

SPF (Strategic Prevention Framework) Process Overview

Stephanie and Anne explained the process the grantors expect us to follow, which is the Strategic Prevention Framework. The SPF pertains to five phases: Assessment, Capacity, Planning, Implementation, and Evaluation (Plus Sustainability and Cultural Competence)

They also explained that the BWC is comprised of 12 Sectors (see attachment). There are attendance requirements for the 12 Sector representatives.

Assessment/Evaluation

Anne noted that the grant's goals are twofold: to reduce youth substance use and to do this via *community collaboration* using the BWC as a vehicle for that collaboration. Anne then provided a brief overview of what is involved with assessment and evaluation. She noted that she will use the YRBS data (to be administered this spring) to understand youth substance use and (other issues) among Belmont's youth.

Lisa noted that it would be helpful to identify what groups currently exist in the high school (LGBTQ, etc.) given that another goal of this grant is to build a youth peer leader group. She further noted that the town is in the process of hiring a part-time Youth Coordinator. A Youth Coordinator position existed many years ago in Belmont, Sara explained, but it was within the auspices of a Youth Commission,

which no longer exists. The group agreed that when the Youth Coordinator is hired, it would be beneficial if this person worked closely with the Coalition, as there will likely be overlap in efforts directed at the youth in town.

Anne added that she will review all of the data (e.g., Health department data, opioid report data, fire and police data on overdose and fatality, SBIRT, anecdotal from youth, incident reports at High School, mini YRBS) that was gathered in the grant writing process. She suggested a meeting whereby she could report out that data to the BWC, specifically the 12 Sector representatives.

Capacity Building (brainstorm)

Lisa noted that the *Turn on the Town* (annual holiday event) event might provide an opportunity to promote the Coalition's existence. She also thought maybe having a table (with BWC swag and candy) at the High School might raise awareness for the students.

Action Item: Wendy will check with her friend to see how a table is secured and how much it costs.

Sara added that Emily Belleau and John Mattleman are coming to speak about stress and anxiety (Janet Amdur, of the Health Department, organized the event with funding from a Mt. Auburn Hospital grant). Sara suggested that this, or a similar event with reputable presenters, might be a good opportunity to collect emails from concerned community members and provide BWC visibility.

Action Item: Lisa and Wendy will possibly meet with Stephen Fiore, the newest elected member of Board of Health.

Meeting Norms: Will discuss this next time. One consideration is to share minute taking and alternate the running of the meeting. (Whoever is running the meeting will not take minutes.)

III. BWC Website:

- We have a basic set up and a host name: Belmontwellness.org
- We will be adding content and images as time goes on

IV. Facebook Page: (It is up and running)

- a. We had a closed page and a public one, we have deleted the closed page
- b. Please send articles, events to post via Cristina and Joe
- c. Please invite your Belmont friends to "Like" the page
- d. Please consider sharing BWC posts to your own page to increase visibility

V. SAPC Messaging:

Stephanie briefly explained the parenting messaging campaign.

VI. BHS – Speaker Series Update:

Belmont High had a speakers' series. It seems that when Dan Richards left Belmont, the funding left with him. The speaker series had been one speaker per class:

Freshmen: John Halligan- lost his son Ryan from social media bullying (anti bullying, raising parental awareness)

Sophomore: Chris Herron - drug/addiction awareness, lived experience

Junior: Ed Gerety - motivational speaker (create positive school culture, youth leadership, etc.)

Senior: Cara Filler – lost her sister in a drunk driving accident

Wendy explained that AP Lisa Hurtubise has a plan to bring speakers in to Diversity Week. Students have been surveyed about what topics they would like to have covered. There will be two 1.5 hour segments on Wednesday, March 6, when they have a half day. Students can pick session topics, e.g., mental health, consent, racial equity, etc.

Wendy added that the BHS PTO has \$10,000 to spend on its speaker series and mentioned that they should approach Lisa Hurtubise for ideas about how to use funding towards something like the speaker series. Anne suggested one such speaker: Jamila Scott (U-Mass) who is an incredible and is steeped in student centered learning and how can students who are learning achieve equity.

VII. Youth Concerns, Perspective:

Youth not available for comment.

VIII. Belmont Savings Bank Grant Opportunity: by December 1, 2018

- Say what we want and how much will it cost
- Any ideas are welcome: stress balls and other BWC swag

IX. Updates, other topics of concern

[Action Item: Wendy will reach out to BHS History teacher Jamie Shea concerning the Senior Capstone Project as a way to get youth involved in the Coalition](#)

X. Set Next Meeting

[Tuesday, December 4th at 7:00 pm](#)

Anne suggested having a day-time meeting as well to capture those BWC members who cannot attend in the evening.

She would like to present the current data (gathered for the grant) as well as discuss the Continual Improvement Process.

[Lisa will send a scheduling doodle to the BWC. Anne will help create the agenda for the meetings in December.](#)

The meeting was adjourned at 8:40 PM