

Belmont Wellness Coalition (BWC)
DFC Grant SPO-80659-01
Meeting Minutes
Tuesday, December 4, 2018 from 12:00 – 2:00
Fire Department HQ Conference Room, Belmont, MA

BWC Members in Attendance:

Lisa Gibalerio (Wayside), Stephanie Sunderland (Wayside), Jane Fox (Parent, Public Health Professional), Fire Chief David Frizzell, Melissa O'Connor (BHS SRO), Kristine Pugliese (CMS SRO), Beth Rumley (Nursing Director), Rev. Joe Zarro (Clergy), Marisa Melanson (Health Department Intern), Anne Wang (EDC, Grant Evaluator), Laura Kurman (Wayside Program Director)

BWC Members Absent:

Asst. Police Chief Jamie MacIsaac, Brittany Taylor (Fire Department), Janet Amdur (Health Department), David Neylon (Health Department Nurse), Mike Clark (Clergy), Jasen Boyle (Substance Use Disorder Clinician), Kara Harlow (Clinician), Jeff Hansell (Media Specialist), Mark Paolillo (Board of Selectman), Jane Wenzel (Youth), Sara Masucci (Parent/Teacher), Cristina Palladino (VP Belmont Savings Bank), Caroline Dustin (Youth), Wesley Chin (Health Department), Wendy Conroy (Chair, Parent, Sexuality Educator)

Others in Attendance:

Janice Darius (Assistant Superintendent), Kate Bowen (School Committee Member), Julie Crockett (parent of three), Pam Eager (Town Meeting Member Pct. 8), Portia Thomson (Belmont parent)

The meeting was called to order at 12:04 PM.

I. Introductions

Lisa began by welcoming everyone to the meeting. She noted that today's meeting would focus on analyzing and discussing the data that had been gathered concerning Belmont youth and substances, perceptions, etc.

Introductions were then made around the table.

II. Data Analysis

Anne explained the purpose of the Data Study Protocol handout, e.g., to give structure to the conversation, allow equity of voice, and ensure that decisions were based in data. She noted that time would be allotted for those present to ask clarifying questions concerning the data.

Anne then allowed time for attendees to review the compilation of data.

A. Clarifying Questions Concerning the Data:

- Laura asked about the lifetime use question concerning alcohol use on the mini Grade 8 YRBS. Anne explained how the question was worded.
- Kate asked if ages were given on the mini YRBS (the answer is no). However, the SBIRT does ask ages. Beth briefly explained the SBIRT screening tool. The tool was briefly discussed.
- Chief Frizzell noted that the Narcan data may be capturing *overdoses* that happen in Belmont, not just pertaining specifically to Belmont residents. The Narcan/overdose data was discussed, e.g., who is administering the Narcan (police, fire, residents?), are people being captured more than once? Laura asked if more current data was available? Julie noted that the age on Narcan use would be helpful.
- Julie asked about the mini YRBS Vaping data. (The mini data does *not* specify what specific substance is in the Juul.) Stephanie suggested that certain questions could be added/adjusted to the Middlesex YRBS survey. Melissa said “edibles” are being found at the high school. She asked if this question would be on the YRBS.
- Kate asked about other topics (beyond substance misuse) covered in the YRBS survey. Anne offered several examples: seatbelt use, helmet use, guns, fights, bullying, sexual activity, depression, anxiety, suicide thoughts, plans, attempts, self harm behavior, screen time, nutrition, parental perceptions, friend perceptions. The actual survey was then discussed, e.g., how the test is administered, the electronic component, data cleaning.

B. Data Observations:

- Use seems to be going down
- Tobacco use seems to be eliminated
- Alcohol and marijuana use rises as kids get older
- Low parental disapproval for attending unsupervised house parties (2018 grade 8)
- Lifetime prescription drug use has gone from 11 kids to 26 kids in grade 8, or 4% to 8%, from 2012 to 2018
- The 8th to 9th grade use jumping up and the 11th and 12th grade use rates are high (inference: DARE program is offered in 5th but is not offered again)
- (inference: Parents seem to have their “heads in the sand” about what is happening – there is the KEY program for parent education around opioids)
- Prescription drug use seems to be rising - doubling from 4 to 8 percent
- Parental conversations are lacking around vaping
- “Been offered, sold or given” from 8th rises as the kids get older
- Students’ perceptions of other students using at school events seems high (inference: especially given what the school has put in place: pat downs,

- breathalyzer, searching purses, etc.)
- SBIRT data discrepancy versus mini grade survey data
 - Inhalant data has not changed much from 2012 to 2018 – few kids are talking to their parents about huffing, inhaling
 - Climate survey data is concerning – there is a perception that Belmont high school students think it is okay to drink or to do drugs
 - Climate survey – perception that E-cigarettes are ok to use
 - Lifetime alcohol is same 2012 – 2018
 - Marijuana use is decreasing (?) 2012 – 2018 – However, this does not include edibles and oils
 - Opioid overdoses are increasing

C. Prioritize Observations

- Vaping is on the rise, parents are not talking to their kids about it, they don't think their parents think it is as wrong as other substances, and they think other students think it is okay to vape
- Transition from 8th to 9th grade – shows an increase in use, an increase in being offered substances in school
- Parental disapproval of vaping and unsupervised house parties is low and conversations with their kids are not happening as often with vaping, prescription drugs, sniffing or huffing
- Prescription drugs (has not gone down) – opioids

Note: another prioritized observation related to what data are available is that YRBS data needs to be collected on a more regular basis

Next steps – we will look at *root causes* in order to inform some type of strategy. We will try to understand root causes, perhaps gather data to support our thoughts around root causes. Strategies can be tested, improved upon through data collection and further testing, and implemented more broadly once there is evidence of their effectiveness in the community.

III. Set Next Meeting

A doodle will be sent.

The meeting was adjourned at 2:00 PM.

Respectfully submitted by:
Lisa Gibalerio,
Prevention Specialist
Wayside Youth & Family Support Network