

**Belmont Wellness Coalition (BWC)**  
**DFC Grant SPO-80659-01**  
**Meeting Minutes**  
**Tuesday, December 4, 2018 from 7-9 pm**  
**Fire Department HQ Conference Room, Belmont, MA**

**BWC Members in Attendance:**

Lisa Gibalerio (Wayside), Anne Wang (EDC, Grant Evaluator), Wendy Conroy (Chair, Parent, Sexuality Educator), Lily Sama (BHS Student)

**BWC Members Absent:**

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), Laura Kurman (Wayside Program Director), 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),

**Others in Attendance:**

Senator Will Brownsberger

The meeting was called to order at 7:08 PM.

**I. Introductions**

Lisa began by welcoming everyone to the meeting. She noted that this meeting would focus on analyzing the data that had been gathered.

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 and to share observations about the data.

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

**A. Clarifying Questions Concerning the Data:**

- How can you tell if an opioid death is suicide versus *unintentional*?
- Is the opioid overdose data death related (resulting in death?)(yes)
- How does Belmont grade 8 compare to other grade 8 data (Anne provided some comparison data from Watertown around vaping, alcohol use, and marijuana)

### **B. Data Observations:**

- Vaping was not as big an issue in 2012, and was not asked on the 2012 YRBS
- SBIRT does not provide anonymity, the numbers of students admitting use are very low – (inference: Senator Brownsberger noted that the numbers will likely remain low – when compared with anonymous screenings)
- Alcohol use is higher as a substance compared to other substances
- 67 percent of students on climate survey report that other students think it's ok to get drunk
- 11 percent of 8<sup>th</sup> graders have vaped
- parents aren't talking about vaping as much as other substances
- Alcohol consumption and vaping are high for 8<sup>th</sup> graders compared to Watertown
- Parental disapproval is low around unsupervised parties (inference: kids and parents do not assume substances are involved)
- First illegal drug use tends to be “prescription drugs not prescribed to you” – 6% compared to 5% for other substances in the 7<sup>th</sup> grade

### **C. Prioritize Observations**

- There is a high rate of alcohol use; there is a perception that every one is drinking (climate survey)
- Vaping – parents aren't well informed and kids are using at high rate

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.

At the January meeting, the Coalition will begin to try to dig deeper into root causes and perhaps gather some data around the root causes. This will dovetail into the identification of strategies.

## **X. Set Next Meeting**

A doodle will be sent.

The meeting was adjourned at 8:39 PM.

Respectfully submitted by:

Lisa Gibalerio,

Prevention Specialist

Wayside Youth & Family Support Network