



South Hadley Drug & Alcohol Prevention Coalition
The mission of the South Hadley Prevention Coalition is to collaboratively initiate, coordinate, & sustain prevention efforts to reduce youth substance use & abuse within the town of South Hadley

Minutes: April 13, 2022 6:30 PM SHHS Library

Sector Representatives Present: Jadyne Christie (Youth), Denise Kelly-Lachet , Sarah Kohm (Parent), Beth Winfield, Megan Lee, Liz Wood (School), Mary Walsh (Medical Professional), Ellie Small (Civic/Volunteer),

Coalition Partners Present: Heather Warner (SPIFFY Coalition)

Coalition Staff Present: Susan Cook (Coordinator), Steve Fleming (Director)

Regrets: Dave Bergeron, Melinda Calianos, Dianna Goldberg

Topic	Action to be Taken/Decision to be Made	Who is responsible*
Welcome	<ul style="list-style-type: none"> Welcome new members: Susan has been meeting with parents for coffee including Sarah who is here today and Mrs. Plotniak. 	Susan
Approve Minutes	Approval of Minutes: Denise approved, Karen Walsh Pio seconded, no discussion and passed unanimously	Membership
Coalition Capacity Building and Sustainability	<ul style="list-style-type: none"> Prevention Champion Award. Last year honored Supt Diana Bonneville, this year honoring Sharon Hart, director of BOH. Vape detector funding and funds related to tobacco cessation for youth. 10 new metal outdoor signs for the facilities (signs have vaping image as well as tobacco image). South Hadley continuation grant was due early as CDC move to September cycle. Waiting on news of approval. Progress Report: accepted by the CDC with no comments. April 27 and 28: Stanford School of Medicine conference (4 hours each day 11am to 3pm) Intersection of Cannabis, vaping and nicotine. \$125. Tell Susan if interested, she and HS health teacher are attending. Northampton Smith Voc students may get trained as trainers for Catch My Breath so they can teach the M. Schoolers. Is that a model we might want to try next year. Megan thinks it might be a good idea. Heather mentioned that two of her staff, Lexi and Lisa, are trained to lead the program for staff. Next year, Susan is hoping to be able to fund a second HS peer advisors so that they can work together. 	Membership
Strategies – Reduce Youth Substance Use	Sector Reports: <ul style="list-style-type: none"> Parent: Thanks for letting me attend – Sarah 	Membership

- Schools: May 3 and 10 the school will be doing SBIRT in grades 7 and 9. Screening, Brief Intervention and Referral to Treatment. Nurses are trained in Motivational Interviewing to have discussions with the students.
- Peer Leaders: Carts and Goggles event is next. The Peer Leaders will be out with the SRO for the day helping out. Fire and K-9 will be there also.
- Municipal: New grant received by BOH, look for an update on this at the next coalition meeting. Sharon shared that new board member, Steven H. is from CA a few years ago. Invested in climate preservation and soil pollution and banning RoundUp. Maybe he can help with vape cartridges disposal so that people don't flush them. Sharps containers is a solution other towns are trying, but it is a hazardous waste due to batteries and nicotine. Currently there are no trash cans on the parks/fields, supposed to be carry-in, carry-out policy but people don't know that?
- Why no trash cans? It's a funding issue.
- Sarah asked, can the batteries be taken out before they are disposed of? Not easy with the disposables

Strategies:

- Drug Take Back Day April 30th from 10am-2pm Officer Tibo, Steve Fleming and another officer will help with a drive through collection. This is in addition to the 24-7 drop box in the police department. In addition, if it is difficult for residents or seniors to get into the police department, Susan has packets of a powder that can be used to destroy meds, DisposeRx.
- Sharon Hart has insulated grocery bags with baggies of handouts that will be given to people who drop off Rx drugs.
- Sharon Hart also purchased 10 lock boxes that are disguised as books. Susan has metal lock boxes to give away to parents when kids are caught with drugs at school. The SRO will offer them to caregivers.
- This is important because if students are raiding their parents' supply of cannabis.
- Is this out of line? Or do parents think they are doing the right thing because they feel that they are using it with their kids as medicinal.
- What can we do? We can reach parents through parent newsletter. Susan has sent links to what she submits to the newsletter. Should this be put onto the website? Mary said that the school has an updated SH Public Schools website and the link to the coalition can be added.
- Are there laws about giving your own child alcohol and what about cannabis? Social Host laws apply to alcohol but right now but not for cannabis. Susan has written Dan Carey about it and hopes to follow up with a phone call. Another challenge regarding cannabis use is kids suspended are often also on IEP's and can't be away from school for extended time.
- Carts and Goggles. Peer leaders could help with signup. Gave permission forms to teachers to give to students and return to teacher. To participate,

	<p>student must have permit or driver’s license. Ask some kids to bring the form back to Megan’s office. Younger kids can watch. Puzzles to try to put together while using goggles. Peer leaders will make pedestrians to put in the way. Need to contact Town Reminder and news stations to cover the event.</p> <ul style="list-style-type: none"> ● Prom is May 7th at Log Cabin. Susan will pay for additional Party Patrols that evening. Cotillion this year was kids having fun and enjoying themselves. It was a great event. Both administrator and a guidance counselor and hopefully some teachers will attend. ● Susan passed out handouts with upcoming events. ● Guidance office will run a group with students who are being caught more often for substances. Daniella Gramaldi of CHD leading the group. 15 kids are being invited to participate. Students meet 3-4 times. Currently there is a mandatory training that is on-line Suite 360 for students caught with substances. ● Susan and Steve would like to hold a Town Hall for parents and community members featuring speakers on topics such as high potency THC. Bring in Johnny’s Ambassadors, who’s son died as a result of cannabis use which led to psychosis and suicide. Have invited a pediatrician as a speaker. ● Megan will talk with her pediatrician Dr. Peltier about being a presenter. ● Discussion about whether to have the THM on-line, in person or hybrid. On-line may be most effective. Alternative ideas about speakers include young people who are in jail. Let Susan know if you want to be part of planning this event. ● Tobacco cessation for youth. Maybe a regional approach with funding from Sharon Hart’s tobacco grant. ● Sober skipper floating key chains will be done again with support from the Marina. 	
<p>Other Business</p>	<ul style="list-style-type: none"> ● Announcements: ● Heather will give Susan an editable copy of the flyer for Parent Focus Groups which will be held May 9 through May 16th. ● SHDAPC is co-sponsoring Screenagers: the Next Chapter a film about managing social media and stress. People can view the film at home on their own time, just need to register via the flyer. ● Wellness fair in Belchertown Common May 12 5-8pm including a presentation by Nathan Harmon. Susan asked people to go and check out the speaker to see if he is someone who we want to bring out. ● SPIFFY and the NWDA are hosting the 9th annual Safe and Healthy Schools Summit on November 17th with keynote speaker Beverly Tatum, author of “Why Are All The Black Kids Sitting Together in the Cafeteria” ● Next meeting second Wed in May ● Meeting adjourned 8:05 PM 	

Upcoming Meetings/Events

- Next Coalition Meeting: May 11, 2022 6:30 PM SHHS Library
- See flyer below for upcoming Wellness Fair open to all in Belchertown – May 12th
- Read and share the April Caregiver letter sent to SHHS parents with information about THC and Vaping

1ST ANNUAL
UMBRELLA OF WELLNESS FAIR



MAY 12, 2022 | 5:00 PM-8:00 PM
BELCHERTOWN COMMON

"To augment holistic well-being within the community through education, engagement, and empowerment."



The South Hadley Drug and Alcohol Prevention Coalition has put together this resource to help you understand vaping and marijuana concentrates. There is a short video at the end from a prevention group in Nevada. Check it out. Please reach out if you would like more information and to learn about our work. Yours in Health, Susan Cook, Coordinator and Steve Fleming, Director

Vaping & Marijuana Concentrates

True or False? Vaping is safe.

FALSE—Vaping is not considered safe for teens and young adults, especially since the adolescent brain is still developing and taking in these substances may be harmful. The effects on the lungs have not been fully understood. Additionally, some vape devices might explode, resulting in burns and other injuries.

True or False? It is just water vapor.

FALSE— There is no water. Most vaping devices contain and release a number of potentially toxic substances including metals and volatile organic compounds, some of which have been linked to cell and DNA damage. Source: National Academies of Sciences, Engineering, and Medicine, 2018. Public Health Consequences of E-Cigarettes.

True or False? It helps you quit smoking.

A BIT OF BOTH—Although using e-cigarettes as a way to stop smoking may work for adult tobacco users, teens and young adults who vape are almost four times as likely to begin smoking traditional cigarettes as those who don't vape (Vape maybe opening the door to addiction). Source: JAMA Pediatrics 2017;171(8):788-797.

Teens and Vaping Use

Vaping is an emerging public health threat to the nation's youth. In just a single year, American teens reported a dramatic increase in their use of vaping devices.

- In 2018, 37.3% of U.S. 12th graders reported "any vaping" in the past 12 months, compared to 27.8% the year before.
- Marijuana vaping increased in 2018 to 13.1% for U.S. 12th graders up from 9.5% in 2017.
- More than 1 in 10 U.S. eighth graders (10.9%) say they vaped in the past year.

Source: 2018 Monitoring the Future Study.

- In 2021, 18.4% of South Hadley 12th graders self-reported having vaped in the past 30 days.
- In 2021, 25% of South Hadley 12th graders self-reported using marijuana in the past 30 days.
- In 2021, 4.7% of South Hadley grade 8 students self-reported having used a vape in the past 30 days.

Source: 2021 Prevention Needs Assessment Survey Spring 2021, SPIFFY and CES.

Vaping and Marijuana In addition to nicotine and flavored liquids, marijuana concentrates can also be vaped (and more recently vitamins, menthol and melatonin, with unknown effects).

What are marijuana concentrates? A marijuana concentrate is a highly potent THC (tetrahydrocannabinol) concentrated mass (THC is the psychoactive substance in marijuana) that is most similar in appearance to either honey or butter, which is why it is referred to or known on the street as “honey oil” or “budder.” It can contain extraordinarily high THC levels ranging from 40 to 80%. This form of marijuana can be up to four times stronger in THC content than high grade or top shelf marijuana, which normally measures around 20% THC levels. The marijuana of the 1970’s was only 3- 5 %. The concentrate typically is missing CBD, the cannabinoid that has a calming effect, leaving only the THC. That can be dangerous and the effects not fully researched.

Street names

Street or “slang” terms change often and vary regionally across the country. Marijuana concentrates are often referred to as 710 (the word “OIL” flipped and spelled backwards), wax, ear wax, honey oil, budder, butane hash oil, butane honey oil (BHO), shatter, dabs (dabbing), black glass, and errl.

How is it used?

Marijuana concentrates are increasingly being used in vaping devices. Many users prefer the vaping device because it is smokeless, sometimes odorless, and is easy to hide or conceal. The user takes a small amount of marijuana concentrate, referred to as a “dab,” then heats the substance using the vaping device to produce vapors that ensure an instant “high” effect for the user (“dabbing”). Marijuana concentrates can also be used by infusing them in various food or drink products, creating marijuana edibles. It can take 30 minutes for a user to feel the effects of edibles. Edible use by youth have led to over-doses and hospital visits as it is easy to overindulge.

What are the effects of using marijuana concentrates?

Being a highly concentrated form of marijuana, the effects upon the user may be more psychologically and physically intense than plant marijuana use. To date, long-term effects of marijuana concentrate use are not yet fully known, although the effects of plant marijuana use are. These effects include paranoia, anxiety, panic attacks, and hallucinations. Additionally, the use of plant marijuana increases one’s heart rate and blood pressure. Plant marijuana users may also experience withdrawal and addiction problems.



Did you know?

Marijuana use affects attention, memory, and learning skills. Students who use marijuana are more likely not to finish high school or get a college degree, compared with their peers who don’t use marijuana.

Source: Marijuana: Facts for Teens. National Institute on Drug Abuse, 2017.

Additional Resources: For Teens: www.justthinktwice.com

For Parents, Caregivers, and Educators: www.getsmartaboutdrugs.com

And for more information, view this 12-minute YouTube video from Nevada: “Tobacco, Vaping and Marijuana, A Parent’s Guide to a new Epidemic” just point your phones camera to the QR code.

www.southhadleyprevents.org, And please visit us at our Facebook page for ongoing information!

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