



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: February 15, 2024, 3 PM SHHS Library

Sector Representatives Present: Joice Ebai-Bate, Aubrey Nicholls, Jadyne Christie (Youth), Josh Helems (Police), Beth Winfield (Medical Professional), Ellie Small (Civic/Volunteer), Taylor McAndrew (Other Organization Reducing Substance Use).

Coalition Partners Present: Amy DiCaprio (SPIFFY Coalition)

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

Regrets: David Bergeron, Karen Walsh Pio, Maureen Couture, Megan Lee, Dianna Goldberg, Lexi Polokoff

Topic	Action to be Taken/Decision to be Made	Who is responsible*
Welcome	<ul style="list-style-type: none"> • Introductions: your name and the sector you represent • Welcomed returning member Ellie Small, Volunteer sector. 	Susan
Approve Minutes	January minutes – there was no discussion, Beth made a motion to accept, Amy seconded, and all voted to accept the Jan. 2024 minutes	Membership
Coalition Capacity Building and Sustainability	<ul style="list-style-type: none"> • Opioid Survey and Settlement fund requirements – Taylor of Hampshire HOPE shared that the Hampshire County Opioid Settlement Fund Survey is complete and ready for distribution. She shared a flyer and the link and the survey will be on their website (www.hampshirehope.org/opioid-settlement) as well. The survey will be on going and they will pull the first set of data in late March. The survey will stay open much longer. Suggestions were made to have the survey made available in paper copies at the library and senior center. It was asked if we could add it to the water bill? No one was sure. Susan said she would be meeting with the Town Administrator and Board of Health to help with survey distribution in South Hadley. Steve will join that meeting as will Taylor. Susan congratulated Taylor on her hard work in putting this together for our region and said she looked forward to the data for South Hadley to work with. • Guest Speaker this month: Amy Cronin DiCaprio, SPIFFY Coalition Coordinator. Amy was the former Prevention and Education Director at Safe Passage where she developed, implemented, and evaluated youth and adult community-based violence prevention programming. The topic she is shared with us was “Youth Dating Violence and Healthy Relationships.” The presentation PDF is here: Youth Dating Violence and Healthy Relationships Presentation and two handouts shared at the meeting are at the bottom of these minutes. The presentation was broken into “What?”, “So What?”, and “Now What?”. “What” explained the definitions of violence and abuse, similar to ‘being mean’ and ‘bullying’ in that they are separated by the notion of time and frequency. In the “So What” segment Amy explained the data, local and national, and the consequences of unhealthy teen dating relationships including the physical effects, the psychological effects and behavioral effects. In the “Now What” 	Taylor Members Susan Amy

	<p>segment, Amy shared resources to help raise awareness and help youth navigate relationships. The resources included the “Dating Matters” program from the CDC, “Love is Respect” (Loveisrespect.org) website, “That’s Not Cool” about digital abuse and “What’s Ok?” a website that answers all questions about dating and sex without judgement. Josh asked if Amy could do this presentation for the South Hadley HS counselors, and she said yes and to have them reach out. It was suggested that we offer the presentation as a teacher professional development activity, Susan thought that might be an option if the counselors thought it necessary. Susan also asked about teaching self-defense to our youth and remembered that the R.A.D. program (Rape Aggression Defense) was taught years ago to the MS and HS youth. Steve said that the trainer for that retired and that he is not sure we have a certified trainer. Josh mentioned that the training happens at Mount Holyoke College every year, and maybe we can link with them to restart the training at the younger levels, he said he would talk to Tania C. the PE/HE teacher about it. It was mentioned that April is Sex Assault Awareness Month (SAAM) and our youth could do an event in connection. Ellie asked about the link in the data of youth substance use and dating violence and we did not have that data available but all agreed that there was probably a strong link and worth looking into.</p>	<p>Josh Amy Susan Steve Josh Amy Ellie</p>
<p>Strategies – Reduce Youth Substance Use</p>	<ul style="list-style-type: none"> ● Sector Reports: <ul style="list-style-type: none"> a. Peer Leaders took a trip to Boston for “The 84” meeting. Megan drove 5 youth to Worcester, MA for the Saturday event. They were the only western MA school to attend the training regarding tobacco policy in Massachusetts. The next event is a trip to Boston to speak to the legislature in the Statehouse about those policy concerns – that will be in April round “Kick Butt’s Day”. b. Youth Leadership listening sessions at HS are almost finished. The HS teachers were generous in letting the youth take over a class to discuss the PNAS data and to help the youth leaders understand the stories behind the data. Three leaders visited the classes together and the teacher left the room and waited in the hall. Jadyne said she thinks the youth were more likely to be open and honest since the teacher was not present. The classes average 15 youth, and they will visit ten classes when they are finished (#150 youth in total). They will write up their reports and have a debrief with the principal, Ms. Wood, soon. Susan asked if those reports could be shared with the Coalition as well and Aubrey thought they could. 	<p>Jadyne Aubrey Aubrey Jadyne Aubrey Steve Josh Jadyne Steve Susan</p>

	<p>c. We sent #1000 Safe Storage stickers to Family Pizza for Superbowl weekend and they were all used.</p> <p>d. Board of Health – no rep available to speak to us this meeting.</p> <p>e. School Resource Officers – alcohol compliance news? Josh is working on the possible dates and process. He mentioned a greater concern regarding where the youth are getting nicotine and THC vapes. That has become very disruptive to the HS learning community. Jadyn thought that the listening sessions may offer some insight and she will share what she learns. Steve suggested that the youth workers could do an environmental scan of the area convenience stores and gas stations to see if they are offering vapes. It is not a current goal, said Susan but worthwhile to pursue.</p> <ul style="list-style-type: none"> ● CADCA Leadership Conference highlights – Lexi, Amy, Susan and Steve. Amy shared that the conference was very informative and there were many sessions to select from. Susan connected with the program directors from the CDC and learned about the end of the grant process. Susan was also invited to speak at an upcoming DFC/CDC Webinar about the Opioid Settlement funds and sustainability. 	<p>Amy</p> <p>Susan</p>
<p>Other Business</p>	<ul style="list-style-type: none"> ● Drug Take-back banner to be hung up on Rt 202 to remind the community of the kiosk in the Police Station lobby. When is the next regional Takeback Day? The next Regional Drug Take-Back event is scheduled for April 27th, from 10AM to 2PM. In the meantime, Steve reached out to Ofc. Tebo to hang the banner reminding residents that the Drug Disposal kiosk is in the Police Station lobby for anytime use. ● SHHS 2024-25 student planners – would the Coalition like to add a page of resources to the planner and purchase them for the school? The membership agreed that it would be a great way to get resources in front of the HS youth. Susan will discuss with the administration and counselors the list of resources and get a proof together with a cost estimate. ● Letter to MA Attorney General We were offered a chance to sign on to a letter regarding the upcoming compliant that Meta Platforms is gearing alcohol advertisements toward youth. Susan shared the letter and the membership agreed that we should sign it. ● Meeting adjourned at 4:45 PM. 	<p>Steve</p> <p>Susan Members</p> <p>Susan</p> <p>Susan</p>

Upcoming Meetings/Events

Hampshire HOPE survey poster is below

Flyer for Parents Against Vaping webinar is below

Teen Dating mini posters below from Stopitnow.org and Loveisrespect.org

Check out [Operation Parent](#) for interesting webinars and trainings!

Next Coalition Meeting: March 13, 2024 6:30 PM



We want to
hear from you!

Hampshire County Survey on Opioid Settlement Funds

You can help determine how funds are spent in your
city/town to address the opioid overdose crisis

Here's how it works:

Scan the QR code to take the survey on your
smart phone, or click [this link](#) to be redirected.

This survey is voluntary, anonymous, & should take 10 min.

Please complete the survey by **Mon. March 11, 2024**.
Surveys completed by this date will be analyzed for a regional
report shared with municipal leaders & community members.

Your response will help identify strategies to address the impacts
of addiction and opioid overdoses in Hampshire County.

For more information:

www.HampshireHOPE.org/opioid-settlement



*Hampshire HOPE is a county-wide coalition
working with regional public health partners. It
is a program of the City of Northampton's
Dept. of Health & Human Services.*

 facebook.com/HampshireHOPE

SCAN ME!





PARENTS AGAINST VAPING PRESENTS:

DANGERS OF VAPING: WHAT PARENTS NEED TO KNOW IN 2024

OFFERED FREE ON MARCH 12, MAY 14, SEPTEMBER 10, AND
NOVEMBER 19

PARENTSAGAINSTVAPING.ORG

This school year, youth vaping is as big an issue as ever, especially given growing mental health challenges among youth. Behind the bright colors and sweet flavors of e-cigarettes are harmful chemicals and nicotine addiction. Join us to learn the essentials for helping kids avoid or quit vaping. Our virtual presentation *Dangers of Vaping: What Parents Need to Know in 2024* will be held on **Tuesday, March 12 at 6:00pm Eastern Time**. At the end of this presentation, participants will be able to:

- Understand and recognize tobacco industry tactics targeting youth
- Explain the dangers of nicotine e-cigarettes/vapes, non-nicotine vapes, and other new tobacco products
- Know the steps to protect youth and how to advise others to get involved
- Take action in their own communities

If you can't make it, don't worry! We will be offering this presentation throughout the rest of the year on May 12, September 10, and November 19.

Make sure to register for our event on March 12 using the button below. This event is **FREE** and open to all, including parents, people who work with youth, and others. The recording will be available to all registrants after the webinar.

Register Today!

[Register link here!](#)

? WhatsOK.org

New and Updated Information from OCT 2021 - JUN 2023

The first website and helpline services for **young people** with concerns about potentially problematic sexual interests and behaviors.

the PROBLEM

- Upwards of 70% of children and teens who are sexually abused are harmed by another child or teen.
- Support, information, and resources for youth who have or are at risk for causing sexual harm are limited.

our SOLUTION

Developed new youth focused website and increased helpline capacity in Oct 2021

Launched a social media awareness campaign



130,000 pageviews from 70,000 users

- Since launch, ads have been seen more than **5.2 million times** and clicked more than **50,000 times!**
- Each ad highlights a popular topic — **porn addiction, causing sexual harm, or anime porn** — and reassures viewers **it's OK to ask questions.**

YOUTH contacts

- **630** inquiries
- Most often teens age **17 and 18** reached out for support
- Youth from **nearly every state** and more than **20 countries** have contacted us

52% of inquiries were from youth who had abused or were at-risk of abusing

I'm 17 and have a sexual attraction to these kids, what should I do?

I came across images of younger kids in sexual situations online, and I don't know why I keep going back and looking at them.

I touched my little brother when we were young that led to me as a pedophile.



What We've LEARNED

- Common barriers for youth reaching out include feeling **guilt or shame**, a **lack of info** about healthy sexuality or sexual behavior, and a **lack of knowledge about resources**
- Youth will reach out for help **BEFORE** harm or abuse occurs
- Young people are **insightful** and seek to be **accountable**
- Young people have concerns about their experiences **online**

what's NEXT

- **Shift conversations** about teens' and young adults' sexual behaviors
- Continued dissemination to **youth, parents, and professionals**
- Further study of pathways for **effective communication** with young people
- Social media campaign **expanded to new states** with more targeted ads to reach those who may need help most
- Expand and adapt content for **cultural humility**

For more info, contact Jenny Coleman: jcoleman@stopitknow.org

the relationship spectrum

All relationships exist on a spectrum from healthy to abusive with unhealthy somewhere in the middle.

Healthy

Respect
Good communication
Trust
Honesty
Equality

relationships are based on equality and respect.

You make decisions together and can openly discuss whatever you're dealing with, like relationship problems and sexual choices. You enjoy spending time together but can be happy apart.

Unhealthy

Breaks in communication
Pressure
Dishonesty
Struggles for control
Inconsiderate behavior

relationships are based on attempts to control the other person.

One person tries to make most of the decisions. He or she may pressure their partner about sex or refuse to see how their actions can hurt. In an unhealthy relationship, you feel like you should only spend time with your partner.

Abusive

Accusations
Blame shifting
Isolation
Pressure
Manipulation

relationships are based on power and control.

One person is making all of the decisions -- about sexual choices, friend groups, boundaries, even what's true and what's not. You spend all of your time together and feel like you can't talk to other people, especially about what's really happening in your relationship.

For more information, visit lovelisrespect.org



love is respect.org

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

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