

# Youth Leadership Team Meetings

# Communities that Care

## COALITION

Youth Leadership Team Meetings

[www.CommunitiesThatCareCoalition.com](http://www.CommunitiesThatCareCoalition.com)

### *Agenda/Notes*

Zoom Link: <https://us02web.zoom.us/j/88682532423?pwd=xdo8JnGhXQoJvawsssw2T4hRgC1bAP.1>

Agenda/Notes: [https://docs.google.com/document/d/1A5L93BB3glrkgnEPYAWfHXedsw\\_t5Oo2rllbMzEnRpM/edit?usp=sharing](https://docs.google.com/document/d/1A5L93BB3glrkgnEPYAWfHXedsw_t5Oo2rllbMzEnRpM/edit?usp=sharing)

### Youth Leader Group Agreements:

1. Be respectful
2. Attendance is expected
3. Be mindful of each others perspectives
4. Navigate conflict kindly
5. WAIT (why am I talking/why am I not talking)
6. Share from your own personal experiences not others
7. Confidentiality
8. Open mind/ Speak your mind
9. Communication with group

### Youth Leader Expectations:

1. Open and flexible with your schedule.
2. Join because you have a loose plan or mission of how you want to better your community.
3. Join this group because you really want to make change in your community.
4. We want every member to want to be here and be motivated to do impactful work.
5. **Fill out your workbooks** after each youth leader program related meeting.
6. **Fill out your timesheets** and send them to Matt and Laura - to get paid!
7. **Please look over calendar for 2025-2026**

### Youth Leader Meeting Attendance Expectations:

1. We want everyone to attend but understand if there is a last minute emergency.
2. We are paid employees so it's important to be present and treat this as a job.
3. You can attend late or leave early if needed.
4. Group collaboration is appreciated and important.
5. Notify Naomi ASAP if you can't attend a meeting.

6. Every third Thursdays 6-7PM via zoom with quarterly in-person meetings. (Zoom is always an option).

#### Topics and To-Dos:

- ☒ ~~Set up meeting with Graham (local speaker we met at CADCA)~~
- ☒ ~~Call Jo Comerford for Youth Legislative Forum~~
- ☒ ~~Youth legislative forum happening in Greenfield in Spring (contact Lani from DIAL/SELF)~~  
~~youth engage with legislative officials~~
- ☐ Review prevention programs in schools matrix
- ☐ Review prevention programs
- ☐ Schedule check ins with Naomi
- ☒ ~~YLS schedule meetings with school adult mentor to discuss progress in program, CADCA, and goals for the beginning of the school year~~
- ☒ ~~Send Naomi sports and clubs after school schedules so we can schedule meetings for 2025-2026.~~
- ☐ Survey Data (Look over 2025 Data)
- ☐ Policy - Ilana (Look Over)
- ☐ Prevention programs and RP - Leigh-Ellen
- ☒ ~~Mindfulness with Ky Aldrich~~
- ☒ ~~Youth Policy Forum Planning Committee (Nate, Kalyn, Kali)~~
- ☒ ~~Youth Policy learning hour~~
- ☐ Dashboard Advisory Group (Jaiden)
- ☐ Group discussion: What stands out for you that's missing in school?
- ☐ Skill building as a group: What does it mean to be a leader/what's a leadership skill you're working on developing?
- ☐ Pair share: explain to someone what this program is and means to you/partner practices active listening?

## Next meeting: July 17, 2025 Zoom

Present: Kalyn, Stella, Mystic, Devonne, Madison, Anna, Silas, Nate, Naomi, Kanza

#### Agenda:

- ☒ ~~Summer retreat:~~
  - ☐ Date: zoom option? Greenfield or Northfield Library?
  - ☐ Day 1: curriculum based: quit kits, data presentations, meet with admin for goals of the new school year, brainstorm a central goal of something we want to complete (to show we're constantly progressing), and what do YLS want to do at their individual schools, specific goal setting (draft questions), public speaking,
  - ☐ Day 2: disc golf, mini golf, karaoke, ice cream
- ☒ ~~School admin meeting debrief:~~
  - ☐ Staff that were there were very talkative with each other and had good opinions
  - ☐ It went pretty well. Felt like I was heard and could share their opinions. Not enough time to share individually on each topic.

- ☐ Wish we had more time to talk on topics, feels like not everyone got to share their full thoughts
- ☐ We could've planned this better.
- ☐ Felt like the work load wasn't shared, some didn't attend or complete their work. We should be mindful for next time. Speaking with admins was open to our ideas, polite, and understanding.
- ☒ ~~Events Contract (Nate)~~
- ☒ ~~Update the work books~~
- ☒ ~~Intergenerational project~~
  - ☐ Katy & Stella have been working with Jason Maloney from LifePath regarding doing intergenerational work.
  - ☐ Going to plant, plants at the shutesbury townhall sometime before school starts. Middle to end to August.
  - ☐ Perhaps a picnic, outside on the lawn, budget for plants

## June 24, 2025 Admin Meeting:

Present: YLs: Nate, Mystic, Devonne, Silas, Kalyn, Kanza, Stella | Admins: Scott Dredge/George Landides (Frontier), Patricia Kinsella & Anne Scanleigh (PVRs), Amber Crocher (FCTS), Steven Sullivan (Greenfield), Matt Leaf & Jenny Manfredi (Four Rivers)  
 Topics: Cell Phone, Bathrooms, Mental Health, Substance Use, Student outreach and Inclusivity, Consent/Sexual assault, Racism/Discrimination

## May 27, 2025 Zoom

Present: Stella, Devonne, Madison, Devonne, Kalyn, Kanza, Zoe, Anna, Ryah, Leigh-Ellen, Mystic, Jaiden

- Admin Meeting - June 24th 9-12:30
  - 3-4 hours
  - Weekday in mid to late June
  - 6/23-6/27 between 8AM-4PM
  - Doodle poll: Lilly & Jaiden by April 5, 2025
  - **Invitations or flyer**
  - **Locations:** Greenfield Library, Baystate Hospital conference room, Montague Library, Erving Library, big room at GCC, We prefer the library idea at an outside location because we don't want one of our admins to feel stressed about hosting.
  - **Internal options:** one of our schools, FCTS cafeteria, GHS library, Frontier Library, kiva room at PVRs
  - **Supplies:** projector, tables, writing utensils (pens), name tags/assigned seat

- Goal: share about projects and topics we believe are important. Hopes their admins leave with awareness and attention on these topics and hearing youth voice. Shine light on issues students go through. We need them to understand students perspective on these topics. We don't feel like teachers don't listen to students because they're younger than them and their ideas are dumb. It's important for us to explain our problems and give them examples of ways to fix these problems. Action items are important. **YLS share something meaningful about their school.** We know your position and understand you can't share everything because of the law. Emphasize the need for trust. Get them thinking and have them feel inspired about their work.
- **Set up:** a few different tables, mixed admins
- **Topics:**
  - **Kalyn:** cell phones
    - For adults this topic is set a certain way in their minds - they want them completely out of schools, giving them a space to hear us and not ignore student voice on this topic would be helpful. Youth can use their phones successfully not just negatively.
    - Have YLS with
  - **Anna & Zoe:** bathrooms
    - A lot of people at a lot of our schools vape in bathrooms, hang out/talk/film tiktoks
    - bathroom closures are so intertwined with so many issues and how they affect us.
    - Teachers don't let people go to the bathroom. There's a bathroom list and you have to wait an hour to go to the bathroom.
  - **Kanza, Katy, Stella:** mental health
    -
  - **Mystic (Zoe and Anna can support):** substance use
    - Quit kits
    - Vaping in bathrooms
  - **Devonne & Jaiden:** student outreach and inclusivity
    - There are ways to include the students that don't usually participate in activities and help them feel included
  - **Madison:** consent/sexual assault
  - **Ryah & Kanza:** Racism/discrimination
- Add in access needs
- **Food:** titos is the best variety of options (are there other food needs/allergies/dietary restrictions) Maybe Stone Soup Cafe

- village, cocina lupita, greenfield's market,
- coffee, tea, hot water, muffins, clementines, green grapes
- Slide show: "our why" & curriculum and resources;
- Agenda: 9-12:30
  - 9-9:10: network, mingle, settle in
  - 9:10-9:25: youth leaders will intro program, selves, agenda, and topics we're going to be discussing (why we wanted to have this meeting, what the topics are and why they matter to us)
  - 9:25-10:15 table discussions on variety of topics with guided questions (7-10 min discussions)
  - 10:15-10:25 break & staff and student check-in
  - 10:25-11 group discussion
    - Web activity
    - Ball of yarn
    - Everyone is assigned a specific topic
    - What's the connection between one topic to the next
    - We really want school leaders to remember these issues are connected and important to connect with colleagues/students on these issues
    - Agree/disagree activity (Katy)
    - Wrap up - thank everyone, open up for questions, offer space for appreciations, lunch

## April 17, 2025 Zoom

Present: Katy, Stella, Mystic, Kalyn, Lilly, Madison, Naomi

1. **Workbooks/timesheets**
2. **CADCA 7/20-7/24 Nashville**
  - a. Open to people who haven't gone to CADCA yet be chosen from a lottery attend
  - b. Older students/students that have been in the program for a long time and haven't gone yet
3. **Admin meeting -**
4. **Data presentations/Quit Kits**
  - a. Mystic had a successful first data presentation
  - b. Stella/Katy - are asking Swoo who should keep track of quit kits then schedule meeting with admins
  - c. Please feel free to use the PP Madison & Jaiden created. If you want to make changes to the PP, make a copy and change that.
5. **Intergenerational Meeting (Katy)**
  - a. How to make the location and activity that is accessible for everyone
  - b. Activities could include: potting plants/flowers
  - c. Leverett Peace Pagoda could be a nice venue

- d. Erving Senior center may work in terms of location?
  - e. Cribbage tournaments are great for intergenerational things. Potting plants and gardening also seems fun.
  - f. We like that we're connecting with other people in the community. Learning differences and similarities is important.
  - g. We like the feeling of getting connection and wisdom from older adults. It would be a great way to have that connection.
- 6. Full Coalition Meeting (Restorative Practices with L-E)**
- a. Stella attended the RP workshop with L-E
  - b. A restorative circle is used instead of something punitive/punishment. It's used to connect a community and create connection among someone who was harmed or did harm. To repair harm. To create a space where you can share your feelings and bridge more than you can break down. And to avoid punishing someone for doing something
  - c. PVRs uses RP in advisories to talk and make more connections in our school and for people who might not know each other that well.
  - d. **DRAFT: May 2 2025 Full Coalition Meeting Fishbowl Participant Guide.docx**
- 7. Policy Event 6/14 10am-3pm at Smith**

## March 22, 2025 @ LaunchSpace

Present: Devonne, Stella, Mystic, Madison, Katy, Lilly, Aida, Naomi, Peace, Jaiden, Ethan

- Quit kits - create & plan
  - 72 quit kits created
  - 10 for each school
  - Students will schedule meeting with school mentor and principle
  - Jaiden & Madison slideshow for meetings: 3/31/25
  - Stella, Katy, & Mystic create poster: 3/31/25
  - Lilly and Ethan will create resource QR code
  - Aida and Peace will create info card
  - Posters on bathroom stall doors that say "need help quitting? See the nurse for a quit kit!"
- Admin Meeting
  - 3-4 hours
  - Weekday in mid to late June
  - 6/23-6/27 between 8AM-4PM
  - Doodle poll: Lilly & Jaiden by April 5, 2025
  - **Invitations or flyer**
  - **Locations:** Greenfield Library, Baystate Hospital conference room, Montague Library, Erving Library, big room at GCC, We prefer the library idea at an outside location because we don't want one of our admins to feel stressed about hosting.

- **Internal options:** one of our schools, FCTS cafeteria, GHS library, Frontier Library, kiva room at PVRs
- **Supplies:** projector, tables, writing utensils (pens), name tags/assigned seat
- **Set up:** a few different tables, mixed admins
- **Topics:** cell phones, bathrooms, mental health, substance use, student outreach and inclusivity, consent/sexual assault
- **Food:** titos, village, cocina lupita, greenfield's market, coffee, tea, hot water, muffins, clementines
- Agenda: 9-12:30
  - 9-9:15: network, mingle, settle in
  - 9:15-9:25: youth leaders will intro programs and self
  - 9:25-10:05 table discussions on variety of topics with guided questions (7-10 min discussions)
  - 10:05-10:15 group discussion
  - Panel of youth leaders and admins ask questions
- Merch: Devonne, Aida and Peace working on merch
  - Create logo on canva - Peace and Lilly by 3/31/25
  - Green top & grey sweatpants
  - Website: tapstitch (pants) & printify (shirts)
  - Lilly will create: size and product for pants and sweatshirts
  - Aida and Devonne: are working on finding blankets

## March 20, 2025

Present: Devonne, Stella, Mystic, Madison, Katy, Lilly, Aida, Naomi

- Timesheets fill them out please 😊
- Vape kits - affirmations - both "I" and "me" statements are fine.
- Intergenerational gathering - it's a yes. Potentially a summer get together.
- Food for Saturday gathering: Lilly - cookies; Aida will make something; Fruit salad; crunchy green grapes; corn bread; hummus, veggies, crackers, ruffle chips and onion dip.
- Sexually violent language at schools, how normalized is this? Frontier, FCTS, Mahar it is very normal and common. At Tech it feels like teachers/staff don't do anything about it. At PVRs it's not really an issue, there are sometimes remarks that people make but not consistently. At Frontier, the boys talk about things loudly and it doesn't feel like things teenagers should be talking about. Nothing recent at Four Rivers, not much outward harassment either, mostly normalized disrespectful jokes within male groups. FCTS has to get involved when allegations are serious. Mahar there are sexual comments like catcalling or saying "good boy" as humor. Mohawk, there was an incident involving a staff member and a student and this issue is very common there. GHS has consent week - little interactions throughout the day or mini game/asking questions about healthy



relationships and consent. Most people take it seriously when it's talked about. In health class we learn about healthy relationships. Four Rivers - Consent and healthy relationships is a huge part of the wellness curriculum, but we don't have a school wide initiative like a "consent week". FCTS consent and healthy relationships is briefly talked about in health class but not everyone gets a full health class. Frontier health classes have curriculum on healthy relationships and consent. Consent week didn't have a lot of student interaction, mostly just fliers around the school. Katy uses her discretion when telling people what they said isn't okay.

- Admin Meeting update: Mahar: right after school is the best, last day of school is 6/20, Stella is free after 6/23 (bc of school trip); FCTS is waiting to hear back; Four Rivers waiting to hear back; PVRS mentioned drafted email for

## Feb 20, 2025

Intros: Present: Devonne, Madison, Aida, Lilly, Stella, Peace, Mystic, Katy  
"Titos or chipotle? What's your fav order?"

### **School Admin Meeting:**

Schedule meeting with all the school admins to voice concerns and policies in their schools. Discuss the work they're doing as youth leaders. Go over the data (maybe 2025 data).

Delegate topics to different people

1. At least one person from school admin and adjustment counselors
2. Weekday end of June
3. Location: Greenfield Library, Erving Library, Erving Senior Center Baystate Conference room, GCC
4. Time: during the day - students will check in with admins.
5. Each student from each school will check in with admin.

### **Quit Kits/Vape Kits:**

**Timeline:** create kits in March; launch kits in April

**Concerns:** discretion, how do we spread the word - if so how? Would we have announcements in advisories, class meetings, or assembly? Present at staff meeting? Email? School committee meetings so the town and parents know. Morning announcements? Concerned about making this info public, youth will be less likely to utilize them.

Peace: Should we wait to do this until next school year? Lilly: we've been planning this for a while, and have put this off for a while, we want to do this soon. Nate: we can start now and grow for the next school year

**What is the kit:** pouches, pencil case, all have different designs so people don't know so they're discrete (thrift the bags) ipsy bags; different types of containers so it feels less medical

**In kit:** green tea bags; cinnamon gum; tic tacs, stack of positive affirmations; lip balm, lollipops, bubbles, tracking system for themselves to see how long they haven't used - like a mood thing for each day you don't vape;ote with list of scientific reasons why this will help

Merch: zip up hoodies, sweat pants, light grey, dark green, get the pattern choose what they want,

CTC YL IG: be able to promo work they're doing; show vape aid kits; updates with what each school is doing; videos with the members; conferences; account would be ran by Nick; would

want city government and local high schools to follow; we want to let our community know what we're up to;

Next meeting in-person: after March 7th -

## Feb 6, 2025

Honest phone policy conversations with admins

Survey teachers about students (ex. How many of your youth seem impaired?)

Mapping project on cell phones/ cell phone policies - we had the problem, family/friends

Seven ways to tackle: policy, implementation, incentive,

Aida: believes best cell phone policy practice is cell phone cart with numbered slots for each student to put their phone in. Concern is people stealing phone/airpods

Find a way to eliminate use in classroom

Giving more leniency to use phone during passing time might help youth feel less anxious about not responding

Cell phone data blockers?

Next meeting: planning administrators meeting - cell phone policy, climate survey for teachers

Include Mohawk and TF admins

Group thoughts on GroupMe

Q&A what's your support system in your school building as CTC youth leaders?

March meeting in-person: French King Bowling Alley

GF Family Medicine Resident MD Erin Trolley [Erin.trolley@baystatehealth.org](mailto:Erin.trolley@baystatehealth.org)

## Feb. 2-6, 2025 CADCA - National Harbor, MD

Present: Aida, Devonne, Mystic, Nate, Lilly, Kalyn, Naomi, Laura, Ronnie Finley (PVRs Adjustment Counselor)

**Feb. 3, 2025** SAMHSA Prevention Day - Stanford Univ YL program; STEAM Box RI; Painless: Opioid The Musical (Michigan); PSA video competition; Podcast

**Feb 4, 2025** Youth Plenary Keynote: Donovan Taylor-Hall "kids that feel better, do better".

Aida, Kalyn, Mystic, and Lilly attended Introduction to Key Essentials

Nate & Devonne attended: Youth Leading Change: Building Partnerships for Substance Misuse Prevention & Foundations of FUNdraising & Understanding What Makes Us Healthy. **Thrive Youth Cafe.**

State & Territory Meeting with Paul McNeil. Youth practiced the best language and notes to hit.

**Feb 5, 2025** Capitol Hill Day - Met with Adam Abadi, Legislative Aide for Senator Elizabeth Warren & Senator Ed Markey. Left a lengthy note, emails, and resume at Rep. Jim McGovern's office. All six youth prepped and planned what they were going to say and how to share airtime with each other. They decided 3 will speak to Adam Abadi and the other 3 will speak to Markey. They prepped what they would say, delegated tasks, and worked collaboratively to get their message heard. Each youth used their voice and took care of each other before, during, and after. It was a very intense day, lots of stress, sadness, excitement, pride, and confidence. After meeting with Markey, some students felt upset that he was not as engaging as we expected and

they weren't able to say what they practiced. However, they rallied and ran across Capitol Hill to representative Jim McGovern's office to meet with an aide, write a letter, and let their voice be heard. They used that frustration as fuel and didn't give up. Very impressive day.

**Feb 6, 2025**

## **Jan. 16, 2025 6-7:15 PM Zoom:**

### **Open your workbooks & log this meeting!**

Devonne: Names/Pronouns/School/ Ice Breaker: what's the most recent movie you watched?

Present: Kalyn, Devonne, Stellina (Stella), Aida, Mystic, Lilly, Rachel Stoler, Phoebe Walker; Natasha Castillo (ARRSD)

Kalyn: Brief reading of our group agreements

**Naomi: Group share out about projects everyone's working on at their school and how it's going, is there anything the group can support you with?**

Speaking order:

Mystic - Feb. 7 working on data presentation and pamphlets with photo representation of the data to let people in our community know what's happening in our schools. Met with a guidance counselor to brainstorm ideas. Ms. Finley and I sent an email to some groups at our school to get people interested in helping with the data project. Vision for presenting data back: put up posters of all of the data and have students who are interested put sticky notes on data we should put more focus on. Get quotes that they have from this, circles about how the data; filmed proctor video for PNAs survey. Class pass - students feeling is teachers are taking away students freedoms, it feels strict, it doesn't feel fair, Mystic doesn't agree but does want to give young adults more freedom when going to the bathroom

Lilly - would like to normalize and destigmatize mental health; would like more support for students to access mental health services; filmed proctor video for PNAs survey. Online class pass.

Devonne - in the summer we wanted to start a BSU, Nate and I started a SOCA group. Created an anti-racism curriculum, working in the 8th grade advisories educating them on the importance of not using racial slurs. All of the audiences have been attentive and receptive

Aida - talking about vaping/nicotine use and marijuana use. It feels hard to make changes because our school is so small it doesn't feel like we can get a lot done. Likes the idea of the vape aid kits and doesn't feel like vape detectors aren't necessary. Wants to report back the student health survey results - thinking about how to present the data back. Four Rivers has a narcan box -unsure if people know it's there and they didn't tell us all how to administer it.

Kalyn - we haven't made a lot of progress and finding time is difficult

Stella - this year our school cracked down on the phones, we still have our phones but get in trouble if we go on them; vape detectors aren't a big talk anymore, we were talking about doing a project with the middle school; online pass system (6 mins for bathroom and 10 mins is a

class cut) and you can't make another pass for 70-90mins - keeps people out of the halls more, theres blocked people, if you're out in the hall too much you're not allowed to be out there with them. The time limit isn't great but everyone has adjusted.

Peace & Jaiden - the naloxone education initiative with the OTF to help students learn how to administer narcan - Principle agreed to this, collaborating with gym/health teachers, trying to sort out who would be appropriate for this. Grants we have through them for self-care. Supporting student self-care. Equity and Kindness team helped with created a coffee day event - students want more events like this. Positive reinforcement is really good and negative marketing doesn't work. Mindfulness day - partnered with a local yoga studio, had a 5-10 minute mindfulness session, got the students notebooks, pens, stickers, and had a parfait and fruit bar for healthy options;

Saturday get together plan: where? What time?

Lilly will see if the bowling alley will allow us to use the arcade space even during bowling league hours

Vape Aid Kits - work together to create these in Mid to Late March, between now and then we will plan what the kits will look like, what goes in them, quantity etc.

## January 12, 2025 5-5:30 Zoom:

### Cell Phone Chat with Kat

**Present:** Kalyn, Madison, Mystic, Kat, Naomi, Nate, Jaiden

CTC's mission is to improve youth health and well-being.

Changes in policy around phone use in schools, screen time, social media use.

Kat acknowledges she is not neutral on this, but wants your guidance on how much we should be advocating for limits on phone use/screen time.

#### **Kat's stories/pitch:**

- a friend discovered that their kids, who was a third grader, had been being shown pornography by a slightly older kid on the school bus. The parent had been so careful with screen time at home, but still unbeknownst to them their child was exposed to inappropriate content on the school bus.
- Her child's best friend had a deep addiction to pornography in ~6th grade.
- Child got a chromebook to take home and said they were doing homework but they were playing first person shooter video games, even though we had decided we didn't want our kids exposed to this.
- Older child kept getting into trouble with having inappropriate things on his phone (memes etc.) so he was not allowed to be on his phone or social media, but then he missed soccer games because the team captains were communicating times and places on snapchat.

- Close family friend hospitalized for eating disorders at age 13. Definitely felt influenced by seeing super-skinny bodies on Instagram.
- Child wasn't sitting with people at lunch because everyone's on their phones.
- Brother and Best Friend (teachers in NYC and LA) said Yondr pouches changed culture for the better in schools.
- In favor of phone free schools because it will benefit us as a society.
- Screen time data has correlation to poor health outcomes - youth with less resources

**Phone Free Schools legislation in MA** - There's a bill being filed in the Massachusetts Senate and House of Representatives that says that schools must adopt a policy that electronic devices have to be turned off for the entire school day ("bell-to-bell"), including school-sponsored activities outside the school day. The law would allow for exceptions for IEPs, 504s, doctor's notes, etc. And schools are required to make sure parents are able to contact their child and students are able to contact their parents.

The law also says that school-sponsored clubs & activities are required to find non-social media ways to communicate with students (for example, a kid shouldn't be basically forced onto Snapchat in order to communicate with a team or club).

*(Note: we are using pseudonyms in notes here so that we can share these notes with others.)*

**Nate:** Phones shouldn't be banned, teachers/staff/coaches connect with students via social media for school

**Kaylee:** It makes sense to return the phones right after school and not have the ban during after school programs because the school admins go home. I use headphones/airpods to drown out noise during study hall while I'm doing my work and listen to music. When we had a more strict phone policy I saw more phones than what I'm seeing now. Four Rivers only has one front desk person so it would cause a lengthy wait time.

**Mattie:** Helpful to not have them in school but you need to contact your parents after school. There are ways to do things without cell phones. We could probably find a way around this. I would like to see kids socializing with each other more rather than be on social media. Social media has caused a lot of problems like bullying, last year at Frontier we had our phones all day and this year we have to put them in a phone caddy before class and it is better. This would be a good bill to have if we had a way to contact our parents after school and could have music during study hall.

**Mya:** Last year there was no phone policy, but I didn't bring my phone because I wasn't allowed, and there was no connection, no one paying attention, no interaction during lunch. This year the YONDR pouches have helped - there's so much more interaction at lunch, and a bunch of my friends said their grades improved. I understand the support of needing your phone, but it's like a crutch we shouldn't need to hold onto anymore. It feels like phones are an unhealthy addiction. It's good to help

**Nate:** We've had YONDR pouches for years, and it's a waste of money - they spend \$16,000 a year and it's a mess. I agree with people's comments but even if we get rid of phones we still won't connect, people stay in silos and don't connect with each other, separate lunches, people are so busy on their phones they don't interact, they stay with the same friends since 8th grade. We've invited people we don't know to sit at our table but they don't care because they're so busy on their phones. I would prefer to have my phone after school because I do a lot of after school activities

**Jake:** most of the time i don't actually use my phone, decreased his own screen time use, i really agree with Kat, i don't like to get into the topic of phones/social media, there's a lot of positivity, Athol has phones away during class, YONDR pouches, when i didn't have my phone for a few weeks i missed a lot of work/business, i don't have a stance because it's 50/50.

**Nate:** I've noticed how phones have affected kids so there needs to be a change.

**Kaylee:** we need to look at phone use outside of school

Raising the minimum age for social media use needs to be raised

**Mattie:** if we didn't have our phones and we didn't contact our parents we could have a teacher help us who would have the phone numbers of their students' parents

**Kat (facilitator):** The main need that I'm hearing in this conversation is the logistical part about being able to contact parents and arrange rides, and not social media or texting with friends.

**Jake:** A solution could be raising the age for a kid to be able to have a phone. Contact with parents is the main reason for a kid to have a phone. Definitely need to find alternative ways to communicate for students.

**Kat (facilitator):** If we were to come back and have a question about raising the minimum age for social media from 13 to 15 or 16, where do you stand on that? [Four out of four youth present at the end of this meeting were pretty in favor of raising the age.]

## December 19, 2024 6-7:10PM Zoom:

Devonne: Names/pronouns/school/ice breaker

Present: Devonne (change by big feef), Nate (For what by NLE Chopper), Mystic she her (Frank Ocean), Lillian she/her (yellow brick road by Elton John), Madison (Green Day), Peace (FAVE), Jaiden (all types - no specific artist), Matt Allen (any christmas music, christmas vacation, trans siberian orchestra), Aida (head and heart)

Nate: Group agreements - quick review

Everyone open workbooks

Reviewed Task Log & Time sheet with Matt Allen

Nate screen shared task log and explained task log

Events:

<https://www.inspirema.org/>

<https://www.the84.org/statewide-events>

<https://www.cadca.org/>

Ideas: Bonding activity before CADCA

YLS should have their own meeting

Monthly bonding meetings

Meet and collaborate with other youth coalitions - youth conference meeting?

For CADCA: letterhead, conversations with parents, permission slips, conversations with

Create group chat

Create YL Instagram account

Wrap up: Spotlight corner, next meeting date 1/16/2025

## November 23, 2024:

- [School Participation Spreadsheet](#) (cell phone policy, Signs of Suicide, LGBTQ/Ally groups; BIPOC groups) Frontier, Four Rivers, GHS, Athol, PVRS has GSA; Four Rivers, GHS, Athol has YOC group; Naomi will email list to each youth to meet with their school mentors
- CADCA
- Conferences
- Tobacco aid kits & the 84.org Vape detectors; vape kits
- Collaborating with other youth groups
- Monthly

DATA - one pager; presentations; student health survey videos

- Adult stereotypes about youth: screenagers; everyone uses drugs and drinks; rude and lazy;
- One pagers: really liked the information provided because its positive and easy to understand but we're unsure 9th graders would read it. At Frontier there are so many fliers, this could get looked over.

## October 17, 2024 6-7:15PM Zoom

Present: Jaiden, Peace, Aida, Kalyn, Devonne, Natasha, Nate, Madison, Naomi, Laura

Ice breaker: name, school, halloween costume

- In-person meeting in November - yes, naomi will send doodle poll
- Group name - "youth right now" option
- School events you want to table at
- What are some of our goals to hit before winter break?  
Athol - Project AMP, racial slurs are a concern, people abusing pass privileges, hanging mental health stickers on the bathroom walls. Showcasing data to issues. Jaiden and Peace have met with David King to present data back to youth. Cartwheel and telehealth through haywood.

Four rivers: present data back to four rivers students; issues are substance use within bathrooms; very small school, only two bathrooms, so there's a lot of smoking in bathrooms. Would like to work towards anti-semitism

Frontier: SA, child abuse, human trafficking awareness.

Greenfield: Youth of Color Club racial slur curriculum

Vape: Athol has vape detectors and must take a course; GHS if you get caught you have to take a four week program, feels some people don't want to quit, people enjoy it; Four Rivers has nothing in place for vaping, they put a lot of trust in the students that they won't use but they shouldn't, very easy to get away with vaping, haven't heard or seen any action being taken on vaping, cannabis being smoked via vape and joints in the

bathroom, it feels easy to get away with it. Frontier: a lot of spreading awareness about quitting vaping, drinking, or crisis hotline.

Ideas around vape support for students: vape first aid kits; show the harm of vapes, how to get student buy in.

- 3 mandatory check-ins

## September 19, 2024 6-7:15PM Zoom

**Present:** Peace, Jaiden, Natasha, Leigh-Ellen, Aida, Devonne, Sandra, Madison, Matt Allen, Rachel Stoler,

### **6-6:10** Intros/pronouns/school/grade

Coordinating Council - invitation to join

- Meets 2nd Wednesday of the month (roughly 8x per year) 3:30-5PM via zoom
- Decision making body for the CTC. Workgroups make day to day decisions. CTC Coordinating Council has reps from different organizations/agencies
- Group advises on grants that CTC applies for; plans full coalition meetings
- Low key commitment

Mike Fritz Award - youth leader input on nominations

- The Communities That Care Coalition's Mike Fritz Community Builder Award was created to honor Mike Fritz, the local business owner whose vision and generosity helped to found the Communities That Care Coalition in 2002. The award is given each year to a community member who demonstrates vision and/or leadership in integrating the programs, policies, practices or goals of the Communities That Care Coalition into their own agency, institution, or work for the betterment of the community

### **6:10-6:30** L-E -Strategic Planning

- Assessment: [School Participation Matrix](#)
- Fill out what the cell phone policy is at the school
- Jaiden asked: what happens if the administration doesn't want to implement the prevention programming? What's a good way to get the word out about programs and services?

### **6:30-6:45** Rachel - Social Norms Marketing

### **6:45-7** Nick - Data Presentations

- Presentations at their schools - how would you like to do this?
- Presentation on Oct 18 - who would like to present?
- Jaiden, Madison, and Aida are interested in presenting data to their schools and at Full Coalition



Youth Policy Forum

The 84 <https://www.the84.org/> Youth clubs or programs that sign up to be an 84 Chapter receive \$500 for supplies and are eligible to apply for a \$10,000 mini-grant (6 across the state) that can be used for a variety of projects including restorative practices. Deadline for the mini grants is Sept 27.

Send us your timesheets tomorrow so you can get paid for your time and your work in the program this week. Please email me at [mattallen@massshirefhw.org](mailto:mattallen@massshirefhw.org) if you have any questions.

Cell phone policy:

At Greenfield High School, we use the Yondr pouch where u are supposed to put your phone in the pouch for the day and get it unlocked at the end of the day. If you are caught with your phone they take it, and the second time you have to have a parent come in to get it.

## **August 23, 2024: YL Meeting 9AM-1PM at GPL**

**Present:** Jaiden, Peace, Natasha (most of day), Matt (most of day), Devonne, Naomi, Kat (most of day), Laura (most of day)

9-9:30 Meet & Greet outside of Greenfield Public Library

9:35-9:50 Tour of Library with Francesca Pissiglia

10-10:15 Group agreements and expectations of YLs

10:15-11 Kat - diplomacy, strategic planning

11-12 Nick - Data

12-12:30 Lunch and games (Ilana visit)

12:30-1 wrap up

### **Meeting Notes:**

Transportation concerns from Athol: weekends are tough because Athol staff can transport during school days, weeknights are easier.

## **Review questions from Kat's section of agenda:**

**What does it mean for a prevention program to be "evidence-based"?**

- ☐ It means it uses roleplays and other interactive measures to engage the learner
- ☐ It means it has been shown by solid research to be effective
- ☐ It means you can see it in action

## **What are Risk and Protective Factors?**

- ☐ Risk factors are the negative effects of drugs and alcohol, and protective factors are the positive effects certain drugs & medicines can have for some people.
- ☐ Risk factors are things that make negative outcomes more likely, while protective factors are things that make negative outcomes less likely.
- ☐ Risk factors are the things that can lead to a heart attack. Protective factors protect against heart disease.

## **TRUE or FALSE?**

- ☐ Building connection to school, community, and family does not reduce drug and alcohol use, but is important for improving mental health.
- ☐ Improving young people's social and emotional skills does not reduce drug and alcohol use, but is important for reducing depression and anxiety.
- ☐ The more drug and alcohol prevention programs a school can implement the better

**The Communities That Care Coalition tries to select strategies that: *Check ALL that apply***

- ☐ Have been shown by solid research to be effective in improving youth health
- ☐ Are new and innovative
- ☐ Are based on local data from local youth
- ☐ Tell youth the cold hard facts about the dangers of drugs and alcohol
- ☐ Have been chosen with input from local youth and parents and community members
- ☐ Have been designed by local youth and parents and community members
- ☐ The coalition staff can implement themselves
- ☐ Coalition partners (like schools) can implement
- ☐ Scare kids into making healthy decisions

**Which of these phrases are in line with the Communities That Care Coalition's approach? Check ALL that apply**

- ☐ An ounce of prevention is worth a pound of cure.
- ☐ If you want to go fast, go alone. If you want to go far, go together.
- ☐ We'll cross that bridge when we come to it.
- ☐ You can catch more bees with honey than with vinegar.
- ☐ Pick your battles wisely.
- ☐ Go Slow to Go Fast.
- ☐ Scare them straight.

## **CADCA Conference, July 14-18, Chicago**

**Attending:** Naomi, Nate, Devonne, Jayna, Sandra, Peace, Jaiden, Naomi, Laura, Natasha

- HOSA Youth presented on: gun safety, vaping, marijuana use/legalization, opioid crisis, mental health, policy, data, apps, program implementation

- New resources/ideas: Deterra, Vape First Aid Kits (tictacs, cinnamon gum, green tea bags, other nicotine cessation items), merch - "i'm in my drug free era".
- Youth attended four day long break out session on CADCA Key Essentials.
  - Key essentials introduces prevention and coalition work and takes youth and adult advisors through the Strategic Prevention Framework. Youth leave these trainings with a Logic Model, Community Assessment, Interventions, and an Action Plan.
- Youth gained in-depth knowledge on strategic planning framework, leadership skills, facilitation skills, identifying issues affecting youth in their community, identifying hot spots and resources in their communities
- Youth worked on public speaking skills and presented their findings back to the group of seventy youth
- Greenfield youth presented on youth marijuana use in Greenfield, Athol youth presented on youth mental health in Athol, and Jayna presented on physical safety and sexual assault awareness at her high school

## June 27, 2024: Summer Retreat

### Youth Leadership Retreat Agenda June 27, 2024

**RSVPs:** Nate, Devonne, Jayna, Sandra, Maddison, Naomi, Kat (most of day), Laura (most of day)

#### **9-9:30 Meet & Greet outside of Greenfield Public Library**

Light breakfast outside

Pre-survey

#### **9:30-9:35 Bathroom & settle in room**

#### **9:35-9:45 Interview Partners**

#### **9:45-9:55 Hula-Hoop Pass**

#### **9:55-10:05 Group Agreements (need a scribe)**

1. Active listening
2. Be respectful
3. Share what's on your mind - be open
4. Step in Step back
5. Don't hold a grudge - work through it
6. Have fun!

#### **10:05-10:50 Introduction to Communities That Care Coalition (Kat)**

-What is CTC, what is prevention?

-What is the Youth Leader role?

## **10:50-10:55 Bathroom Break**

## **10:55-11:15 YL Work Books**

Fill it out - questions & feedback

## **11:15-11:35 Student Health Survey Data (Nick)**

Questions & Feedback

Help us try to set up presentation of data to peers

## **11:35-12:00 How often do we meet? Max # of Hours? Transportation?**

Max hours 10-15 hours per month

Transportation:

Devonne and Jayna can drive

If we meet on weekends, it will be easier to figure out

## **12-1 Lunch @ Cocina Lupita or Mesa Verde - group chat**

## **1-1:15 Tour of FRCOG**

## **1:15-2:20 Youth Health Survey Discussion**

Core things to show up for: monthly meetings; meetings with school mentor, YL Coordinator, and WFB staff.

## **2:20-2:30 Closing Remarks: follow up to-dos & affirmation icebreaker**

## **2:30-2:50 Sweet Treat Trip!**

## **3:00 Parent Pick Up**

### **Did We Cover These Things at the Retreat?**

- ☒ ~~What is the Communities That Care Coalition~~
- ☒ ~~What is the Regional School Health Task Force~~
- ☒ ~~What is the Student Health Survey~~
- ☒ ~~This is a co-creation~~
- ☒ ~~How do you fill out the timesheet~~
- ☒ ~~Max # of hours~~
- ☒ ~~What is the Student Health Survey~~
- ☒ ~~When are we meeting next~~
- ☒ ~~What's our general schedule of meetings for the year~~
- ☒ ~~Who is your School Adult Mentor~~
- ☒ ~~Who is your Workforce Board supervisor~~

### **How often will we meet:**

- once or twice per month on weekends

- For meetings during the school day letter sent to Principal/Superintendent for an excused absence signed by CTC and administrators then given to each youth's teacher
- Preferred no meetings during school hours
- Attending RSHTF meetings likely doesn't work for their schedules
- Send google calendar invites
- In person meetings in Greenfield or a middle ground

**Next meeting: 8/3 or 8/10 9am-12pm @ Library**

Meeting Topics:

- ☐ expectations of youth
- ☐ what are we hoping for youth leaders
- ☐ how are workbooks going
- ☐ core things to show up for
- ☐ positive norms around mental health
- ☐ Policy -Ilana
- ☐ Phoebe
- ☐ What do we mean by prevention
  - ☐ Evidence-based
  - ☐ Systems change
  - ☐ The Social Development model (building social and emotional skills and connection to community, school, family, positive peers)
  - ☐ Positive Social Norms
  - ☐ Community engagement
  - ☐ Risk and Protective Factors

# May 16, 2024: OUR FIRST MEETING!

Zoom, 1-3pm



## Present:

### **Youth Leaders:**

Nate (Greenfield)  
Sandra Johnson (FC Technical School?)  
Liz Brown (Frontier)  
Madison (Frontier)  
Jayna (Frontier)  
Peace (Athol)  
Jaiden (Athol)

### **Adult Mentors:**

Shirley Mitchell (Athol)  
Laura Robinson (Workforce Board)  
Kate Blair (Frontier, adult mentor)  
Kat Allen (CTC/FRCOG)  
Naomi Bledsoe (CTC/FRCOG)

## Retreat:

- Want to have a longer, retreat-style meeting (3-4 hours)? YES!
- School ends ~ June 14th
- Would June 24-28th week work? Yes - toward the end of the week?

## Communications:

- Text is a good way to communicate! Email is good backup!
- Sandra suggests a group chat. Everyone agrees (100% thumbs up).
- Please send Naomi your phone number (Naomi put her # in chat so people could text her).

## Conference in Chicago:

- CADCA Mid-Year Training Institute
- CADCA = Community Anti-Drug Coalitions of America
- July 14-18
- <https://www.emedevents.com/c/medical-conferences-2024/community-anti-drug-coalitions-of-america-cadca-mid-year-training-institute-2024>

- We can pay for flights, hotel, conference registration, food
- Who is interested in going?

**Getting in Touch with Your Parents:**

- We want to tell your parents what you're involved in?
- Laura will get in touch with a packet of info, by early next week..
- Call or send something *through* youth leaders...parents don't always check email.

**Flyers from Opioid Task Force on Counterfeit Prescription Drugs:**

- Naomi took notes on paper; will transfer in here.

**Next Steps:**

- Naomi will set up a group chat.
- Laura will get out info to your parents.
- You will get info about the conference in Chicago and you'll have 2 weeks to say if you're going or not.
- Naomi will set up an in-person 9-noon meeting.
- Think about how often this group should meet.