



SAFE HARBOR COHASSET COALITION

Facing Facts, Changing Lives

Safe Harbor Cohasset Coalition Meeting

Tuesday, June 4, 2019

9:30AM-11:00AM

Cohasset Middle High School (CMHS) - Community Meeting Room - 143 Pond Street

MINUTES

Members in Attendance: Karen Bailey-Francois (**KBF**), Christopher Colleran (**CC**), Nicole Garrity (**NG**), Chief Bill Quigley (**BQ**), Ashley Colleary (**AC**), Kaylee Hill (**KH**), Mackenzie O'Neil (**MO**), Mae Carpenter (**MC**), Torin Sweeney (**TS**), Brian Scott (**BS**), Pat Sullivan (**PS**), Kevin McCarthy (**KM**), Ron Menard (**RM**), Louise Demas (**LD**), Mary Henry (**MH**), Kim Noble (**KN**), Liz Carrol (**LC**), Karyn Ellinger (**KE**), Katie Tyler (**KT**), Alison Bryan (**AB**), Pam Fahey (**PF**), Laura Soderberg (**LS**), Dick Woy (**DW**), Marissa Varrasso (**MV**), Nicole Richardi (**NR**), & Deb Flanagan (**DF**).

A. Welcome

- **NG** opened the meeting with a welcome and thank you for everyone's attendance. Being mindful of time, she would hold updates for the end of the meeting.
- Group started with a Coalition member roll call, including their position and organization.

B. Monthly Parent Coffee Hour & Safe Homes Initiative

- **NG** introduced Alison Bryan, volunteer Guiding Good Choices (GGC) facilitator and parent advocate
- **AB** mentioned that through the course of the two GGC workshops she has facilitated; many parents left the last session still wanting more. This prompted the idea of a "Guiding Good Choices 2.0"
- **AB** mentioned hosting a monthly parent coffee hour at a designated location for parents to meet up, bounce ideas/struggles/advice off one another to build a community network and a healthier educated community.
- **MC** mentioned that she participated in the February GGC morning workshop and praised Alison for the amazing work she did in those 5 weeks.
- **MC** mentioned that at the end of the fifth session, she and her peers left wanting to continue the network of parents that had just made. The information that came out of the workshop was so helpful and having a strong educated network to come back to weekly was a wonderful resource. She would love to see an extension of the program
- **MH** mentioned that she participated in the April GGC morning workshop and also spoke very highly of Alison's facilitation.
- **MH** mentioned that it was that group and that education that prompted her to get involved with the coalition. She states that an extension of the GGC program would be extremely beneficial to the community.
- **AB/NG** welcome anyone who is interested in facilitating or hosting these coffee hours beginning in the fall to contact Safe Harbor
- **AB** mentioned the idea of a parent phonebook that came out of the GGC workshop as well. This would be a voluntary project that mirrors the "SAFE HOMES" project for all

parents/guardians of children who are in pre-K through 12th grade. It provides a way for parents to communicate and unite in a clear “No Use” message to children by maintaining that there will be “No Use” of alcohol, tobacco, or other drugs in their home. As Safe Homes states, “By working together around this simple principle, parents provide the consistency necessary to reduce the pressures children feel to use” substances with their peers.

- **AB** asked school admin present in the meeting if this could be included in the paperwork that goes home at the beginning of the school year
- **School Admin** were on board
- **BS** mentioned to **AB** that he would be happy to help in any way he could. He was interested a few years back but experienced some roadblocks so he would like to assist in any trouble-shooting
- **NG** stated that this will be reviewed and finalized over the next two months to be ready to go out at the start of school

C. Tween & Teen Yoga

- **MO** started off her presentation with a 2-minute meditation with the group.
- **MO** mentioned that she has been practicing yoga for the past year and focuses on teens/adolescents because of her own personal story.
- **MO** is from Duxbury, played sports throughout her childhood, played lacrosse at Thayer and in College. Went on to coach lacrosse but experienced anxiety/depression trying to keep up with the demands that come with sports.
- **MO** found yoga as both a mental strengthener and physical strengthener. She has been trying to get to the teen athletes before they experience what she experienced. Currently she works with a few athletic teams in Duxbury, Duxbury Rec, and has done teen classes at Lululemon in Hingham.
- **AB** asked if Mackenzie only held classes for teens or if she would be open to adults as well, specifically school staff.
- **MO** stated she has absolutely held classes for adults as she believes “you cannot give from an empty cup” and has done Professional Development days with teachers. She currently holds regular classes at Maribeu Spa in Plymouth and is holding an athletes class at Kingsbury Club in Kingston.

D. Sexual Assault & Substance Use Education

- **NG** introduced Health Imperatives, Inc. to the group, explaining that this organization came to Cohasset months prior to host “Where do I begin?” and offer a plethora of free resources.
- **KT & MV** explained that Cohasset is within the Health Imperatives target area and provide the following programs/resources: Health Intervention & Prevention: Sexual and reproductive health care/Women, Infants, and Children (WIC) nutrition assistance/ Correctional Linkage to Care/Support for adjudicated youth
Violence Intervention & Prevention: Penelope’s Place: emergency domestic violence shelter/
A New Day: sexual assault crisis counseling/ SAFEPLAN: court advocacy/ Healthy Families and Young Parent Services/ Brockton Alliance of Gay and Lesbian Youth (BrAGLY)
- **MV** emphasized that she works primarily with youth/education of youth because of the strong linkage between sexual assault and substance use.

- **MV** offers classroom takeovers for a day to supplement current curriculum, in-school presentations, and after-school community presentations.
- **KT& MV** welcome any collaboration the community sees fits and to reach out to them at any time, as all of these resources and programs are free.

E. Coalition Evaluator Introduction & Update

- **NG** introduced Dick as the coalition's evaluator who was hired back in January to evaluate the processes of the overall work & assist in the Drug Free Communities grant initiative
- **DW** stated that his background includes specializing in evaluation, assessments, and surveys. He has worked mostly in the area of substance use prevention and harm reduction, working on a lot on projects to address the opioid overdose epidemic in recent years and has worked mostly on projects in and around the Boston area, including current and recent work with communities on the South Shore.
- **DW** mentioned that his current contract with the coalition is valid through 9/30/19 and includes the following work: Community survey – Purpose is to collect information about community attitudes toward youth substance use in Cohasset. **NG** mentioned that the goal is to have this disseminated during Back to School nights and Fall Sports night to engage the largest target population.
- **DW** is also using the SHCC 12 Month Action plan to document progress toward goals and objectives. Additionally, he is developing a Self-Assessment of Coalition capacity which will be a survey and/or focus group process to allow Coalition members to assess value and effectiveness of the Coalition itself over time.
- **DW** also mentioned his separate contract with the coalition that entails analysis of the 2019 Cohasset Wellness Survey. Separate contract with the Coalition. Two online surveys, one with high school students and a second with middle school students.
- **NG** welcomes any and all coalition members to reach out to her or Dick at anytime.
- **NG** reminded the group that a coalition is a working group of many individuals and organizations and that it is only successful if all members' opinions and inputs are heard. She wants to ensure that the efforts put forth are efforts all the members support and can get behind, she encourages and welcomes all honest feedback.

F. Coalition Bylaw Revision Vote

- *Postponed until September*

G. Coalition Overview and Updates

- **NG** thanked all the speakers/presenters and reminded the group that if any questions pop-up or collaborative ideas surface, to please not hesitate to reach out to her or the speakers
- **NG** mentioned that the coalition's website was newly revamped and encouraged all members to visit the site when time permits.
- **NG** briefly showed the group the new site and where to find coalition member materials (prevention lingo, risk & protective factors, etc) and mentioned that beginning in September, every new member will receive a new member packet with these materials.

- **NG** mentioned that 4 National Honor Society students have created substance prevention videos, one being a “Get High on Life, Not Drugs” 30-second video that is now up on the front page of the website. The other two videos are being edited for resolution purposes but target alcohol and vaping.
- **NG** mentioned important dates to mark down:
 - **August 16th** → Youth Ambassador Training 9AM-2PM, open to all Cohasset students grades 6-12 but mandatory for any student interested in joining the youth ambassador program next year. Dover Youth2Youth will be facilitating the training and it will entail advocacy, public speaking, and action plan training.
 - **August 27th** → Annual International Overdose Awareness Day Vigil in the Commons at 6:30PM. August 31st is International Overdose Awareness Day, a day to remember those who lost their lives to an overdose. This day falls on the Saturday of Labor Day Weekend so the group will recognize the day a few days early to ensure Cohasset residents are able to attend
 - **September** → Recovery Month, **NG** welcomes any and all initiatives to be put forth during the month of September

H/I. Adjourn Meeting

NEXT MEETING: September 17, 2019 Have a Wonderful Summer!

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COALITION

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