



# SAFE HARBOR COHASSET COALITION

*Facing Facts, Changing Lives*

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## Safe Harbor Cohasset Coalition Meeting

Thursday, June 3, 2021

11:00AM-12:30PM

ZOOM

**ATTENDEES:** Nicole Balaschi (NB), Laurel Pearson (LP), Tricia Cifrino (TC), Christine Murphy (CM), Karen Bailey- Francois (KB), Alison Bryan (AB), Annemarie Whilton (AW), Torin Sweeney (TW), Joan Meschino (JM), Jon Hamilton (JH), Jessica Goldberg (JG), Laura Soderberg (LS), Sarah Livermore (SL), Kristin Dean (KD), Kevin McCarthy (KM), Leslie Scollins (LS), Patrick Sullivan (PS), Karen Peterson (KP), John Mills (JM), RPM1\*\*\*, Samantha Bevins (SB), Craig MacLellan (CM)

### Welcome

- NB introduction of Jessica Goldberg
- This is the last meeting of the academic year.
- Any announcements that should be announced prior to the training?

### Training: Lead by Jess Goldberg

- JG: How would you describe what SHCC does for your friends and family?
  - o Members shared their thoughts on what the coalition is and does.
  - o Reviewed group guidelines.
  - o Prevention 101: people from all different parts of the community that become aware of an issue in their community that come together to implement prevention strategies.
  - o What is prevention: interventions occurring prior to the onset of a disorder and intended to prevent or reduce risk for the disorder.
  - o Prevention story: Dogs in the river
    - Discussion about what upstream represents in the story.
      - PS: Proactive vs Reactive
  - o Examples of upstream prevention: sunscreen, lighthouses, anti-virus software on computers, vaccines
  - o Approaches
    - Universal Interventions: targets whole population group that has not been identified based on individual risk.
    - Selective Interventions: target a subgroup of the population that has higher than average risk.

- Selective Interventions: targets individuals who have very early symptoms or markers of predisposed for a substance misuse disorder.
  - Direct example of prevention approaches in alcohol use
  - Strategic prevention framework: five steps to offer prevention planners concrete steps to prevention.
    - Evaluation, assessment, capacity, planning, implementation, evaluation; sustainability and cultural competence
    - Example of how to use the strategies prevention framework (kitchen renovation)
    - Example of how to use the strategies prevention framework (Underaged alcohol use)
    - Members shared their thoughts on what step is the most important.
  - Prevention Partners: 12 sectors
    - Mobilizing community capacity: Raise awareness, engaging stakeholders, develop partnerships.
  - Coordinators and directors
    - Members shared their thought on what are the duties of coordinators and directors.
    - How to get involved in the future: providing space for year 4 YA training, helping with the Vigil, and there will be a up to date volunteer check point on Safe Harbors website.
- NB: SHCC always welcomes new ideas to better the coalitions efforts.
  - Annual engagement survey going out, taking the time to fill it out is greatly appreciated and helps to prepare for the next year.

### **Director's Report**

- NB: Last Youth Ambassador meeting of the academic year is this afternoon.
  - SRO Taylor coming to talk about social host and underaged substance use.
- NB: Youth were part of South Shore Health Community Health Needs Assessment.
- Major topic of reflection that stood out: when people struggle finding a passion in their life, they tend to look for short term solutions and often lean-to substances.
  - LP: "People struggle finding a passion and purpose which leads to short term solutions"
  - KM: Do more programing around helping youth finding their purpose
  - AW: Help youth realize they don't need to have it figured out at their age
  - Group discussed possible programs.
- NB: Another major topic of youth reflection: the reality of how peer pressure
- CM: Programming of what you think peer pressure will look like vs what it looks like
  - Discussion about marijuana and how /what they are being taught.
  - They are doing skits in school of peer pressure vs peer influence and how to combat it.

- NB: Youth want more education about overeating, over exercising, and eating disorders.
  - o CM: Eating disorders and substance use are very closely correlated
  - o TS: This is something they are covering in class, but happy Safe Harbor is an open space where they can discuss their thoughts without judgement.
- KP: Recommend strengths finder; doesn't determine what they kids are good at but determine what their strengths are. Might be benefitable to implement in the future.
  - o Angela Veri Babuschak might be a good resource for eating disorders.
- NB: Safe Harbor will be creating a virtual interactive space that volunteers can check to see up to date volunteer opportunities.
- TS: Youth Risk Behavior survey has been conducted, and the new data will come out this summer.
  - o CM: Has the funding come through to fund the CMS Youth Risk Behavior survey?
  - o NB: The funding has not been raised yet.
  - o CM: Maybe posting on Facebook about Safe Harbor's needs and receiving funding from community members.
- NB: Thank you for attending the next meeting will be in September 2021.