

2018 ANNUAL REPORT OF SAFE HARBOR COHASSET COALITION

The mission of the Safe Harbor Cohasset Coalition is to foster a strong and inclusive community that encourages healthy, educated and responsible choices about drug and alcohol use by promoting communication and collaboration designed to meet the unique needs of Cohasset families. The coalition's overall goal is to decrease substance use amongst 12-17 year old youth, resulting in prevented addiction in adulthood. 2018 marked the first full year of the Drug Free Communities Federal funding grant.

This is a 5-year grant awarded to the Town of Cohasset to fund the previous, current, and new efforts put forth by Safe Harbor Cohasset Coalition. A full-time Program Director, Nicole Garrity, and a part-time Project Coordinator, Christopher Collieran, were employed to strengthen collaborative relationships and implement programming, town wide. The two staff members attended various professional development trainings including the National Leadership Forum and the 3-week CADCA National Coalition Academy. Safe Harbor graduated the academy in December of 2018. The coalition is led by the 9-member Steering Committee (1 Vacancy). 2018 Members were Christine Murphy (Chair), Jessica Fitzpatrick (Co-Chair), Peter Pescatore (Treasurer), Annemarie Whilton (Secretary), Deb Kenealy, Abby Greer, Officer Greg Taylor, and Kevin Leary. 12 Sector Representatives and over 40 volunteers make-up the foundation of the overall coalition.

From January 2018- December 2018, the coalition has established and strengthened partnerships with Cohasset Recreation Department, Cohasset Public Schools, WATD, Cohasset Mariner, 143TV, Second Congregational Church, Cohasset Police Department, Life on the Rocks, Cohasset School Committee, PSO, Social Service League, Willcutt Commons staff, and the Paul Pratt Library, in addition to various groups of parents, youth, and volunteers. 46 programs and events have been implemented and hosted by the coalition within the 12-month period. 8,297 adults and youth have been reached through these programs and events. Over 20,000 unique individuals have been reached through social media campaigns and the weekly newsletter. Programs and events over the 12-month period include, but are not limited to:

- Free monthly Ground Level Café for grades 7-12, Friday evenings 7pm-9pm
- Beyond the Smoke - Marijuana Forum
- Hidden in Plain Sight & Weeding Through the Myths at Health and Recreation Fair
- Community Vaping Presentation
- Cory's Cause- Free Community Evening Presentation
- Chris Herren- Free Community Evening Presentation
- International Overdose Awareness Day Candle Light Vigil
- Spiral Upward Recovery Month - Author Talk with Maureen Cavanagh
- Free QPR Training- Suicide Prevention
- Weeding Through the Myths
- Screenagers- Social Media & Mental Health- Free Community Evening Presentation
- Elizabeth Englander- Social Media & Mental Health- Free Community Evening Presentation
- WATD PSA recording with the Youth Ambassadors

Volunteer Appreciation Luncheon
Power of Prevention Conference- Free Full-day trainings and workshops for parents
Pre-Thanksgiving Sticker Shock
Peer Leadership Conference
Presenting to the Freshman Wellness Classes- Substances and the teen brain
Yes! In My Backyard- Opioid Panel Discussion
Stop&Shop Bag Giveaway
Tabling the Holiday Stroll

One of the coalition's biggest successes in 2018 was increased youth involvement. The coalition employed 2 per diem Youth Leaders and launched the Youth Ambassador Program in September. This is the coalition's youth-led program that aims to facilitate lasting relationships between the youth of Cohasset, build leadership skills, and raise awareness around health issues affecting the Cohasset community. Youth gain life skills and knowledge through projects, presentations, health education, and community service. Projects completed by the youth in the program between September 2018-December 2018 include, but are not limited to:

- Developed and recorded a PSA at WATD to promote Drug Takeback Day
- Performed a 1-hour street cleanup in the village, collecting 3 pounds of substance-related litter
- Presented to the Board of Selectman on coalition progress
- Developed and performed a 'Sticker Shock' campaign at Curtis Liquors leading up to Thanksgiving to deter adults from buying for minors
- Developed and presented a presentation on stress, bullying, and healthy coping skills to the Deer Hill 5th graders.

Throughout 2018 and beyond, Safe Harbor Cohasset Coalition remains committed to working toward its vision of Cohasset to be a healthy, substance-free environment for its youth by providing quality services, programs, and activities to the Cohasset community. We continually encourage input, suggestions for improvement, and town-wide participation. Data to see the programmatic impact will be collected in 2019 and compared to 2017 data.

Respectfully submitted,
Nicole Garrity, Program Director
Safe Harbor Cohasset Coalition