

2019 ANNUAL REPORT OF SAFE HARBOR COHASSET COALITION

The mission of the Safe Harbor Cohasset Coalition (SHCC) 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. 2019 marked the second full year of the Drug Free Communities (DFC) 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.

There are two required goals of the DFC Grant, each goal broken down into objectives. Progress toward these goals in 2019 is noted below:

Goal 1: Increase and strengthen community collaboration

- Increased Community Partners/ Sponsors from 8 to 18
- Increased Coalition Membership of 12-17-year-olds from 17 to 32
 - Launched Year 2 of the Youth Ambassador Program
 - 4 Youth Leaders
 - 2 Statewide Leaders on the 84 Leadership Team
 - Engaged CHS National Honor Society
 - Seabird Coffee, Atlantic Bagel, South Shore Athletic Club, & Treetop Adventures continue to provide incentive program to registered youth ambassadors
- Increased Active Parent Involvement from 7 to 18
- Continued Coalition Membership Training for member satisfaction
 - CADCA National Leadership Forum Feb 2019
 - 3 Youth Member, Program Director
 - CADCA Mid-Year Training July 2019
 - 1 Youth Member, 1 Adult Member
 - Dover Youth-to-Youth Training Aug 2019
 - Health Resources in Action Oct 2019
 - Coalition Capacity

Goal 2: Reduce youth substance use (*Percentages compared between 2017 and 2019 Cohasset Wellness Survey data. Surveys administered to grades 6-12*).

- Reduced 30-day use of alcohol by teens 14-17 from 33% to 29%
- Reduced 30-day marijuana use by teens 14-17 from 20% to 19%
 - Achieved a reduction despite the current legalization
- Reduced 30-day use of non-personally prescribed drugs by teens 14-17 from 3% to 2%

National evaluations show that communities that work together in a Coalition can substantially lower youth rates of substance use. Based on our evaluation efforts, SHCC has already helped

make a difference in lowering alcohol and drug use among Cohasset youth. SHCC enjoys robust community-wide support, especially from our public health and other town departments, youth and parents, political leaders, the public schools, police and fire departments, the library, health care, faith and business organizations, first responders, and our local media.

The Coalition has one paid fulltime staff and one paid part time staff, employed to strengthen collaborative relationships and implement programming, town wide: Program Director, Nicole Balaschi and Project Coordinator, Christopher Colleran. The coalition is led by the 9-member Steering Committee. 2019 Members: Christine Murphy (Chair), Peter Pescatore (Treasurer), Karyn Ellinger (Interim Secretary), Annemarie Whilton, Ron Menard, Patrick Sullivan, Kevin McCarthy, Officer Greg Taylor, and Margaret Curley. 12 Sector Representatives, 28 Youth Ambassadors, and over 40 volunteers make-up the foundation of the overall coalition.

Community Reach Numbers:

- 88 Active Coalition Members
- 11,411 SHCC Website visits
- 284 Adult community members completed the 2019 Community Survey for data collection
- 703 Cohasset Middle & High School students completed the 2019 Wellness Survey for data collection
- 700 Subscribers to the SHCC weekly newsletter
- 160,206 reaches via SHCC Facebook page
- 168 lbs of prescription medication were returned at the Cohasset Police kiosk and our Prescription Drug Takeback Days (2019)

Programs, meeting, and events over the 12-month period include, but are not limited to:

42 Youth Ambassador Meetings
7 Steering Committee Meetings
10 Data Subcommittee Meetings
5 Safe Harbor Cohasset Coalition Meetings
1 Mandatory Youth Ambassador Training
3 Symposium Interviews
1 Art Class Engagement
120 Parent Alcohol Handbooks mailed out to graduating Cohasset High School seniors
1 Healthy Coping/Mental Health- Deer Hill Presentation
1 Red Ribbon Week- Deer Hill Presentation
3 Guiding Good Choices Workshops
4 Parent Coffee Hours
2 Sticker Shocks
4 Summer Xtreme collaborations
2 Summer Internships

- 1 Annual International Overdose Awareness Vigil
- 3 GloveUp Free to Youth
- 3 Presentations to Freshman Wellness
- 2 Community Tailgates
- 2 Hidden in Plain Sights
- 2 Tobacco Compliance Checks
- 2 Practitioner Trainings- Vaping
- 2 Weeding Through the Myths
- 1 Narcan Training
- 1 Healthy Community Presentation – Health Imperatives
- 3 SHCC Awareness Videos
- 1 Social Media/Mental Health/Substance Risk-Angst
- 2 Vaping Presentations
- 3 Substance Prevention Speakers
- 1 Alcohol Awareness Night- (Paired with Winter Sports Night)
- 1 Recovery Author Talk
- 2 Drug Take Back Days
- 1 Town-wide National Prevention Week
- 1 Intergenerational Game Night
- 10 Ground Level Cafes (GLC)
- 1 Volunteer Appreciation Dinner
- 3 Alternative Friday- Movie Night
- 1 Challenge Day Involvement
- 1 Holiday Stroll Involvement
- 1 Family Fun Day Involvement
- 1 Trunk or Treat Involvement
- 5 Vape/E-cigarette Detectors installed
- 1 RainX Project
- 12 Life on The Rocks Articles

Although positive impacts have been made, substance use and mental health issues continue to affect the Cohasset community. Specifically, data shows significant increases amongst grades 9-12 from 2017 to 2019 in vape usage from 18% in to 26%, with about one in five reporting having difficulty stopping vape use. There were increases in the percentage of students who reported significant depression from 20% to 25% and seriously considering suicide from 10% to 13%. Students who reported feeling often or very often stressed at school increased from 54% to 60%, and the rate of students who reported feeling often or very often stressed outside school increased from 29% to 39%. The percentage of students who reported riding with a driver who had been drinking alcohol remained at 12%, where the percentage of those who reported riding with a driver who had used marijuana increased from 21% to 23%. Lastly, among students who reported driving, there was an increase from 51% to 59% in students who reported ever texting when driving. These data mark areas of concern where many efforts should be targeted.

Throughout 2019 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 show any programmatic impact is collected every two years via the Cohasset Wellness Survey in collaboration with Cohasset Public Schools. The most recent collection occurred in April 2019 for High School and May 2019 for Middle School. For additional information and resources, please visit www.safeharborcohasset.org.

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