



SAFE HARBOR COHASSET COALITION

Facing Facts, Changing Lives

Mission Statement

Safe Harbor Cohasset Coalition is a community substance use prevention coalition with a driving mission to continue to foster a strong and inclusive community that encourages educated and responsible choices about drug and alcohol use through collaborative programming and events. In doing so, the aim is to reduce and prevent underage substance-use and adulthood addiction. Their work is to provide knowledge, provide youth with skills to refuse until they are of legal age, and encourage those who are of legal age, to do so responsibly, set a good example, and have open discussions about their parental expectations when it comes to drug and alcohol use.

Resources & Services

- Educational Prevention Forums for Parents and Students

Alternative Activities for youth during high-risk times

- Guiding Good Choices

A once a week for 5-weeks workshop designed for people involved in the upbringing and education of children aged 9-14 years old. In this workshop you will get information on how to help your child(ren) build communication skills with adults and each other, make good choices when faced with difficult situations, and learn family bonding techniques that are fun for the whole family.

- INTERFACE Referral Service

This FREE service will do all the work in matching you with a provider in your area who specializes in your need, welcomes new patients, and accepts your insurance. 1-888-244-6843
interface.williamjames.edu/community/Cohasset

- International Overdose Awareness Day

This is a global event held on 31 August each year with the purpose to raise awareness of overdoses, reduce the stigma of drug-related deaths and acknowledge the grief felt by families and friends. Safe Harbor holds an annual candlelight vigil in the Commons to acknowledge this day. All community members, and members from surrounding towns, welcome.

- Monthly Parent Coffee Hour

Facilitated by LMHC, this is a great opportunity for parents to ask questions, exchange parenting ideas, and share their current struggles and experiences with peers.

- Narcans Trainings-Free and facilitated by CPD and local organizations.

- National Prevention Week Awareness- Every May

- National Prescription Drug Take Back Days

National Take Back Day is a day dedicated to safe, convenient, and responsible way to dispose of unused or expired prescription drugs, twice a year in April and October. Police Departments and local coalitions join together around the country to bring awareness to these days and encourage their communities to drop off their unused/unwanted medication. Fortunately, the Cohasset Police Department maintains a 24/7 medication drop-off kiosk, which is located in the lobby of Cohasset Police Department.

- Parent Advisor

This free and confidential service is offered to Cohasset residents who may have a family member, a friend, or a personal struggle, who would like to talk with someone who has gone through this before, and can help offer guidance. For initial contact, please email Annemarie Whilton at amwhilton@icloud.com. You will receive a reply within 24 hours via email, text or phone. Please provide your preference for a response in your email.

- Recovery Month

Every September, Safe Harbor partners with Paul Pratt Memorial Library and South Shore Arts Center to incorporate literature and art in acknowledging this month.

- Red Ribbon Week Awareness

- Youth Ambassador Program

This youth-led program is open to grades 7 & up and builds leadership skills, raises awareness around health issues affecting the Cohasset community, and facilitates lasting peer, adult, and community relationships.

Boards & Committees

- School Committee
- Parent School Organization (PSO)
- Diversity Committee
- Select Board
- Safe Harbor Cohasset, Inc. Steering Committee: advisory, support, and 501©3 Board of Safe Harbor Cohasset
- Recreation Department
- Paul Pratt Memorial Library
- Second Congregational Church
- Cohasset Chamber of Commerce
- National Honor Society
- Evoke Wellness
- Harbor Committee
- Earth Day Committee/Open Space & Recreation Committee

Safe Harbor Cohasset Coalition works with an additional, multiple boards, and departments to ensure consistent communication and collaboration including but not limited to: Cohasset Public Schools, Cohasset Board of Health, Facilities, Cohasset Police Department, Social Service League, Information Technology, Finance, Treasurer, Human Resources, Town Manager's Office, Elder Affairs, Cohasset Community Television Corporation (Cohasset 143 TV), Procurement

2020 Accomplishments

Year-Round Parent Advisor, Free & confidential resource to the community

January 13, 2020 Screenagers viewing in partnership with PSO

January 17, 2020 Ground Level Cafe

January 29, 2020 Samantha Skunk at Osgood

February 14, 2020 Ground Level Café

April 1, 2020 Handling your Kid's Challenging Behavior Presentation

June 2020 Pandemic Parenting Trainings

July, August 2020 CPD increased patrol in high-risk underage drinking areas (hot spots)

July 31, 2020 Hosted Family Movie Night: Cars Under the Stars

-Alternative, substance-free evening for youth and families

August 31, 2020 Hosted Annual International Overdose Awareness Vigil on the Commons

September 17, 2020-Present, Ambassador meetings, weekly, virtually

-Increased from 22 to 50 registered youth ages 12-17

-Kicked off every meeting in October with an Our Minds Matter activity

-Created/disseminated a sticker for all K-12 students with the Interface Referral Service information

October 2020 Planned and implemented the community-wide pumpkin event

October 2, 2020 Hosted Ground Level at Sandy in October

October 5, 2020 Free Narcan Training with Free Narcan w/ Manet Community Health Center

October/November 2020 Provided Substances & Relationships Webinars w/ Health Imperatives, Inc.

November 2020 Developed a sticker and implemented a sticker shock prior to Thanksgiving at Curtis Liquors

November 2020 Presented to the girl and boy scouts on alcohol prevention

December 2020 Created a red-flag resource for parents with college students coming home

2021 and Upcoming Goals

January 2021 Met with CPS Health Department to identify areas for expansion

-Expanded 5th grade curriculum

January 2021 Developed and provided vaping resources/how to quit for CPS admin newsletters

February 2021 Recreation solidified timeline for Cohasset Center to open for youth in September 2021

February 2021 Sponsored Drug Story Theater for all 8th graders at CMS

February 2021 Launched Our Safe Home Campaign & Directory

-Over 60 families have taken the pledge so far → Pledge to not provide alcohol to minors/space for minors to use alcohol

February 2021 Sponsored month subscription film 'Don't Wait' for community to watch from home

March, April 2021 Ambassador's Spring Into Action Campaign- Delivering 91 plants around Cohasset with Drug Take Back information included

April 24, 2021 Partnering with Earth Day Committee for substance-related litter clean up/Drug Take Back Day

April 28th- June 2, 2021 Wellness Wednesday Emails with PSO

-Provides parents with effective parenting techniques, family management strategies, and how to communicate expectations with their children in regards to substance use and risky behavior

May 7, 2021 Ground Level Cafe at Sandy Beach

May 2021 Partnering with Harbor Committee to post alcohol & boating/swimming prevention signage

May 2021 Partnering with CHS to mail Parent Alcohol Handbook to all graduating CHS Senior families

May 9-14, 2021 National Prevention Week → CHS including 5 themed, interactive bulletin boards. Towns sporting NPW lawn signs promoting Safe Home Directory

June 3, 2021 Open Coalition Meeting at 11AM

July 2021 Releasing Substance Reduction Progress from 2019-2021 Data Results

August 2021 Launching Year 4 of Youth Ambassadors

August 2021 International Overdose Awareness Vigil

September 2021 Cohasset Center to Open

Fall 2021 Sponsoring Peak Performance Curriculum & Spring 2022 Brain Drain

October 6, 2021 Co-Sponsoring to bring Jarrett J. Krosoczka, author of Hey Kiddo, to Cohasset

November 2021 Holiday Sticker Shock

2018 Community Reach Numbers

- 56 Active Coalition Members
- 10 registered youth ambassadors ages 12-17
- 3537 SHCC Website visits
- 521 Subscribers to the SHCC weekly newsletter
- UNKNOWN reaches via SHCC Facebook page
- 118 lbs of prescription medication were returned at the Cohasset Police kiosk/Prescription Drug Takeback Days
- 2 in-person Safe Harbor Cohasset Coalition Meetings
- 10 in-person Youth Ambassador Meetings

2019 Community Reach Numbers

- 88 Active Coalition Members
- 22 registered youth ambassadors ages 12-17
- 11,411 SHCC Website visits
- 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/Prescription Drug Takeback Days
- 5 in-person Safe Harbor Cohasset Coalition Meetings
- 42 in-person Youth Ambassador Meetings

2020 Community Reach Numbers

- 93 Active Coalition Members
- 50 registered youth ambassadors ages 12-17
- 7,198 SHCC Website visits
- 840 Subscribers to the SHCC bi-weekly newsletter
- 83,544 reaches via SHCC Facebook page
- 210 lbs of prescription medication were returned at the Cohasset Police kiosk/Prescription Drug Takeback Days
- 2 in-person, 3 virtual Safe Harbor Cohasset Coalition Meetings
- 8 in-person, 25 virtual Youth Ambassador Meetings