



SAFE HARBOR COHASSET COALITION

Facing Facts, Changing Lives

Safe Harbor Cohasset Coalition Meeting

Tuesday, December 6, 2022

11:00AM-12:30PM

MINUTES

Attendees: Deb Robbins, Karen Bailey-Francois, Ryan Walsh, Leslie Scollins, Stephanie Simeon, Meaghan James, Brian Scott, Barbara Cerwonka, Kevin McCarthy, Michael Lopes, Sarah Livermore, Chris Altizer, John Mills, Nicole Balaschi

- 11:00 AM A. Welcome & Sector Updates
 -LS noted successful first curriculum day at Osgood on ELA/Math. Over 40 parents attended.
 Next one in January on SEL/Zones of Regulation
 -JM noted administered PEAR survey and will report back results at upcoming SHCC meeting
- 11:15 AM B. Steering Committee Report → Kevin McCarthy
 ○ Ashley Colleary and Benedict Domville unanimously voted in as newest Steering
 Committee members
- 11:20 AM C. Director's Report → Nicole Balaschi
 ○ Project Coordinator, Margaret Curley, to begin Jan 3rd
 ○ CADCA Leadership Forum, 4 youth attending with Deb Robbins thanks to CPS support
 ○ Action Plan Review
 ○ Focus on recommendations from Year 5 Evaluation: 1. Implement additional
 strategies to support students in managing their anxiety. 2. Conduct a
 marijuana-focused social norms campaign for middle and high school youth to
 address the misperception among a substantial majority of students
 ○ 1.NB noted attempts at Teen Mindfulness Workshops and low attendance rates.
 Brainstorming ways to reach target population where they are at.
 ○ 1.BS noted Freshman Wellness focusing on coping mechanisms, and weekly
 meditation club at the school run by Ms. Berkowitz
 ○ 1.KM noted consulting with ambassadors and other students to find out the
 best people to be involved and the best timing for another workshop attempt
 ○ 2. NB noted Marijuana PSA first of 3. Categories include athletics, academics,
 and appearance. She asked members to give ideas for categories of next 2
 topics being alcohol and mental health
 ○ 2. ML noted highlighting driving/operating a vehicle for alcohol
 ○ 2. BS noted 3 parents recently passing due to alcohol so this is timely
 ○ 2. ML noted highlighting they are not alone and that resources are available for
 those struggling with mental health. A focus on destigmatizing.
- 11:45 AM D. Additional Comments
 ○ KBF noted "When Help Arrives" December 9th at 130 at St. Stephen's, hosted by FEMA
- 11:50 AM E. Adjourn Meeting

Next Meeting: February 2023

Information on National Drugged Driving Awareness month (December) is on the back.

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National Drugged Driving Awareness Month – December

Like many places across the United States and Massachusetts, Cohasset, MA is affected by drugged driving and prescription medication abuse, specifically opioids. Drugged driving, like drunk driving, is when a person, who is under the influence of a legally prescribed medication or illegal substance, gets behind the wheel and cannot maintain good driving practices. This is illegal and the driver can be arrested. Drugged driving is a growing problem, but people may not be aware of it or even know what it is. Check out the following websites to learn more about drugged driving and gather ideas for December.

- National Institutes of Health (NIDA): <https://www.drugabuse.gov/related-topics/drugged-driving>
- National Highway Traffic Safety Administration: <https://www.nhtsa.gov/risky-driving/drugged-driving>
- Governors Highway Safety Association: <http://www.ghsa.org/resources/drugged-driving-2017>