



Mission: Prevent and reduce youth substance use and abuse in the communities of Madison, Chatham Borough and Chatham Township through collaboration, education and community-wide change.

### **Madison Chatham Coalition Membership Meeting**

**May 14, 2024- 9:30 am** In-Person/Hybrid Meeting

Meeting Minutes/Summary

#### **Attendees:**

Allison Bardon (director), Vicky Bukey (PCP), Rozella Clyde (citizen), Sue Heffernan (parent), Kara Hines (MHS BOE), Diane Mann (YMCA), Kathy Martini (HR), Diana Russo (MHS SAC)

#### **Note:**

Amy Lewis (MACC/MAASA Representative) provided materials with her organization's updates. Print out copies were provided next to the sign in sheet for the meeting.

#### **9:30- Meeting called to order**

- Allison Bardon calls the meeting to order and explains that the April and May meetings are close together, but there has been a lot going on.
- MACC/MAASA updates are printed out next to sign in sheet.

#### **9:32 MCC Updates (Allison Bardon)**

- To begin, she shares that she and Gabe visited MHS in April to have Gabe present to seniors about the experience transitioning from high school to college. Students submitted questions before he presented, which was helpful. He talked about stress, homesickness, balance, and more. He talked to 4 health classes, and they are working on a time to speak to the other classes. Allison spoke to students about MCC and PCP together as well.
- PCP and MCC hosted their dangers of vaping workshop and had 1 kid from HP and 1 from Chatham. They are working on a date for the binge drinking workshop and Christine has some referrals coming in from Madison and Chatham PD.
- They also hosted Bagels and Brainstorming with local law enforcement. They discussed what was going on in each town and potential ways they could work with MCC. They are planning a fall collaboration series for parents with three events alternating between Madison and Chatham. Topics would include drug trends, internet safety, harassment, biased crimes, and more. Both town's law enforcement seemed interested in the events, and now they just need to secure speakers and locations.
- Allison discusses some upcoming events that MCC is involved in. They will be at CHS doing journaling prompts and mindfulness in the rest and relaxation room. With it being mental health awareness month, they want to offer as much programming to youth as possible.
- Allison continues with MHS Day of Service and MCC will be hosting 12 students and Diana Russo to work through a service project and talk more about MCC and PCP with teens. Allison adds that a new intern, Jordan, will be starting on Tuesday which we are very excited about. She will start by helping with Day of Service.

- Chatham High School is giving out project graduation bags to seniors on Friday. The bag gives students information on mental health, binge drinking, and more. This is full of information that helps students transition from youth to adults. CHS decided they wanted to make cups this year, so to provide the information, MCC ordered plastic bags to place them in. MHS gets them next week on the Day of Service with the regular drawstring bags.
- Allison adds that this week the student survey is being administered in Madison. Madison had about 700 responses when this was last completed in 2019. This year, Epiphany switched from SurveyMonkey to Alchemer which means they cannot collect data from anyone under the age of 13. This removes 6<sup>th</sup> graders from being surveyed. Madison School District has also switched from requiring parents to opt-in to having parents opt-out with the law change in 2021. She thinks there was likely be a similar response rate. Epiphany provides teachers with the script, and it is clear how voluntary it is for the student to complete it.
- She adds that the survey used to be extremely long and included questions that the school district wanted regarding things like school safety, mental health, and body image. This year all those questions are removed. With this grant, they are only required to collect data on the 4 core measures- 30-day past use, perception of risk/harm, perception of parent disapproval, and perception of peer disapproval regarding alcohol, tobacco, marijuana, prescription drugs, and vaping. It used to be 48 questions long and it is now only 6. This lessens the time burden for instructors, although it will affect MCC in-kind time. MCC is thankful for their willingness to distribute the survey and it will be good to compare 2019 and Chatham data. It will be helpful for next year's logic models and planning where to focus.
- One administrator suggested adding a question about access which is part of MCC's concerns, which is something Allison has discussed with Epiphany previously. However, with these surveys, you then must have a block of questions about access, so 2 questions were added.
- *Rozella Clyde asks if there are any open-ended questions.* Allison replies they are all multiple-choice. This summer, they want to do listening sessions with the youth to gather more qualitative data. *Rozella also asks if the school gets access to the questions being asked.* Allison explains that Epiphany will provide a survey report to the school and MCC. MCC and the school district do not receive access to the raw data, only Epiphany. There are also no identifying questions. Chatham typically posts survey reports on their website and presents them at a board meeting. Madison was going to do the same in March 2020 but never was able to. It is up to the school how they present the information to parents. She adds that it is the school's responsibility to ensure students whose parents have opted out do not take the survey. She is hopeful to get some good data.
- Allison explains they are starting to prep for things to do during the summer. One goal is to complete listening sessions with teens and parents. They also do key informant interviews with law enforcement, student assistance counselors, juvenile detectives, and others. This was last completed in January 2022, which is where the draw the line campaign came about.
- Allison continues with Draw the Line by mentioning how last week a coalition in Kentucky reached out and they implemented the draw the line campaign in their region. They partnered with three different liquor stores and attached the marker to their card. She sent the information to the CDC and called attention to the idea, so we'll see if anything comes from that. This is very exciting and something to be celebrated since so many people worked on it.

- Allison mentions that Chatham's Fishawack will be June 8<sup>th</sup> and MCC will be sharing a table with PCP next to the Y. She asks for input on what the table should focus on. Last year, it was more general with everything being on the table. That is good to give people the opportunity to access whatever they need. However, in other years there is a main topic, like when marijuana was legalized, a lot of the information centered around that. Other years the focus has been on alcohol or co-occurring disorders. It could focus on everything or have a more specific topic. She mentions that she hasn't ordered any giveaways so there is still time to decide on that.
- *Vicky Bukey says that self-care is extremely important because it can help prevent finding other outlets, like drug use. She wonders if a self-care checklist could be beneficial for people. PCP made a self-care inventory which could serve as a reminder for people to check in with themselves no matter where they are.* Allison agrees with that idea and thinks sticking with all the information is the best thing. *Sue Heffernan thinks the focus should be on what the community feels is the most pressing issue but is not sure if the data will be back from the schools by then.* Allison explains the school data won't be back yet, but the 2019 data is still recent enough to be compelling. She mentions that there aren't any materials with those survey results which could be a good idea. Last year, they had the coloring sheet, but this year they have a wellness wheel. These are good for younger children that information about marijuana does not apply to as much. *Members agree this helps start spreading the word of MCC earlier on.*
- Allison asks the law enforcement sector if there are any topics that they feel are relevant and discussed or shown to parents less often. *They respond that they have not seen much at tabling events on social media. They feel that young children are being exposed to things through social media and the information is easily accessible. Regulating social media use could potentially prevent a lot of issues.* Allison and Vicky discuss the PCP materials that cover this topic. Law enforcement continues to discuss how social media corporations do not care about the impact it is having on children. Parents must be aware of the dangers to protect their children. He thinks that while very young children do not need to learn about edibles, there are ways to start teaching them similar basic information.
- Vicky brings up refusal skills and connects it to how toddlers will always say no to things. However, kids should always feel empowered to say no when something doesn't feel right. There could be a resource made for younger children to get information about refusal skills. *Law enforcement agrees that once pressure is added to decision making it is harder to implement refusal skills. They explain how DARE has gotten a bad reputation in the past, but they have completely changed the curriculum. They talk about how to say no, how to avoid social pressures, and more.*
- Allison replies that we have a refusal skills card, and the prom cards also share refusal skills. Teens could be getting this information in many different places from MCC. She explains that our funding only applies to 12–17-year-olds, so while it would be nice to have stuff for younger ages, we can't fund that. That is what we are looking for other grants to be able to do this and work with younger children. Some parents come to tables, and we must explain that the resources might apply to them now, but it could in later years. This would be an easy way to start the conversation earlier on. This would especially apply to things like National Night Out because it is mostly young people.

- Allison mentions how MCC and Epiphany are also working on a parent survey that complements the student survey. They talked about this at the MHS PTSO meeting, and they explained they could easily share this as a link in an email. The thought is the student survey goes out this week, and the parents get the survey after Memorial Day, so they are kept separate. This is like the survey that pops up on the MCC website. There are questions about a wide range of things like permissiveness, access, perception of risk, etc. They also talked about asking questions regarding if parents think they have enough resources to be educated to have conversations with their kids. It is trickier to word things when it is a more official question. We will also ask if Madison has any questions they want to ask. It is hard to get survey responses at Fishawack, so this could be more effective.
- *Kara Hines asks if the survey up on the website is different than the one that will be posted for Madison parents.* Allison responds that the survey was used for Hidden in Plain Sight and will close soon. The Madison data will be kept separate, although some questions will remain the same. Kara asks if they have a recommended reading list for parents. Even a few books for parents of all ages could be helpful with discussion of mental health, substance use, etc. Allison explains they have a list on their website, but they do not publish it enough. She likes the idea of making it more up to date and more visible to parents as a bookmark. She adds that she tries to add a podcast to every MCC newsletter, so making a list of recommended podcasts could also be beneficial.
- Allison likes the idea of having a range of information while focusing on self-care, and also looking to pay attention to younger ages as well. Vicky adds that the idea is informing children on assertiveness and making them feel the ability to say no in any situation.

### 10:18 Sector Updates

- Allison asks for sector updates before moving onto the logic model with the time left in the meeting.
- **Project Community Pride (Vicky Bukey):** She explains that they are working on summer programming. Specifically, they are working on doing programs for MJS and their summer program. It is not mandatory but gives students something to do and teaches them more about self-care and mental health. She explains that many students who are struggling in school are also dealing with mental health struggles. They will also be working closely with the Y to lead some workshops at the summer camps.
- **Teen Mental Health First Aid (Vicky Bukey, Allison Bardon):** Allison adds that her, Vicky, and Jess have been leading the Teen Mental Health First Aid workshop for the Rosettes. There are 12 9-12<sup>th</sup> graders every other week after Thursday night practice. They are focused and ask good questions, and it has been going very well. The last session is June 13<sup>th</sup>. There are 3 trainers and 2 are at every session. She saw a few of the students at MHS when they were tabling, and they told her how much they were enjoying it. The goal with them is to help them become advocates and encourage participation. The last session was about stigmatizing language, and they had some interesting feedback from that.

### 10:24 Logic Model Discussion

- Allison explains that we have logic models for alcohol and marijuana in Madison and Chatham. To stay current with our data, we are adding a mental health logic model. Two months ago, we created a risk factor and root cause list.
- The problem statement connects with the root cause. The root causes are also considered risk factors. Our list included things like recovering from COVID-19, social media, school stressors, family crisis, and more. Protective factors are the things that work against the risk factors and some examples include a healthy support network, access to resources, and more.
- The next step is to look at local conditions and see what is happening to the community that is contributing to the problem. Parent permissiveness is a large factor in Chatham and Madison that is a local condition. Normally, they want 3 data pieces to show evidence of a local condition.
- *Sue asks if they have looked to see why these conditions are happening. For example, with parent permissiveness, they want their child to be popular and social, so they allow for these things.* Allison replies that most of this will come from interviews and qualitative data. These things may not go on the logic model, but it is discussed in connection to the logic model and its explanation.
- Allison continues with a discussion of the local conditions and how they have to be things that can actually be addressed. This complicates the logic model because there are things the coalition cannot change directly, and *Vicky continues that those are the things we have to provide education on.* We can talk to parents and teach them, but if they are not coming to events then that is more difficult.
- Allison wants this to be a group effort so that we all feel connected to the efforts of the coalition. This helps us provide the community with information and speak about the coalition. This also helps many sectors come together to provide their look of the community to have a holistic logic model. The survey results will also contribute to what needs to be considered more in the logic model.
- Allison asks if there are any risk factors or protective factors that stand out as very applicable or not applicable to the community.
- *Rozella Clyde explains that it might not be recovering from COVID that is the most relevant, but potentially the long-term effects of traumatic events that happened to people during COVID.* Allison adds that some students do not want to go to school anymore, and *Vicky explains that students with social anxiety were more comfortable learning virtually.*
- *Vicky adds that children with IEPs and 504s tend to have mental health struggles as well.*
- *Rozella explains that people in Madison and Chatham need to have information to be very easily accessible and quick to look through.* Allison explains that they are asking parents if they feel they have all of the resources they need to have these conversations.
- *Vicky adds that Chatham and Madison do not have as large a group that are dealing with citizenship status. However, she adds that could go under access to resources because undocumented immigrants typically do not have all the resources they need. That is why our translation of materials into Spanish is a good step. Rozella mentions other languages are becoming more common in Chatham and Madison.* Allison adds that translating material is not a quick process, and that they should put effort towards resources that do not need language or that can be easily translated online.

- Allison asks if there is anything on the risk factor list that needs to be eliminated because it is too broad or too specific or doesn't have room to expand upon. Vicky feels that school stressors are really relevant toward the teen population.
- Allison mentions she may have Kelli Keck come to the June meeting to go over the logic model because that is what she has been wanting us to focus on.
- *Sue Heffernan asks if a risk factor should be parts that parents think are socially acceptable, like kids can drink if they spend the night.* Allison replies that this falls under parent permissiveness and social culture. 100% of the key informant interviewees replied that there was a drinking culture in Madison and Chatham. Sue wonders if asking a question like 'do you think it is okay to let kids drink if they spend the night?' would be beneficial.
- Kara Hines adds that many of the questions are a little black and white, so asking a question that is a little more in the grey could be helpful. Allison replies that there is a question like is it ever okay to give alcohol to minors with 'yes,' 'no,' or 'in some cases' with a reply box to elaborate on why. Kara asks if there is any question for parents who do not know their children are getting alcohol, and Allison explains that the parent would answer no.
- Allison explains that parents who said 'maybe' did not fill out the open-ended portion, but it has to be kept optional. *Kara explains that she does not want to condone these things but as a parent it is a difficult situation that is not black and white. She asks if there is a delineation between providing alcohol to your child and providing it to many children.* Allison replies that they ask if they know other parents who provide alcohol to minors to take responsibility off the parent.
- *Kara elaborates that there are parents who have a hard line, some don't have a line, and other parents who fall in between.* Allison explains that it is difficult because a parent might decide to not provide alcohol to any child including their own, but another parent might provide alcohol and take the decision away from the other parents. Allison explains that there are some strategies to help with this, but they normally are not very effective. This is more difficult to capture, but it can be captured in qualitative measures.
- Allison says the next meeting isn't until the end of the school year, but she'll be reaching out with other ways to get involved in the coming weeks.
- She thanks everyone for coming and the meeting closes at 11:00PM.

**NEXT MEETING:**

June 25<sup>th</sup>, 2024

9:30 AM

Hubbard Conference Room, Madison Area YMCA