



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

March 12, 2024- 9:30 am In-Person/Hybrid Meeting

Meeting Minutes/Summary

Attendees:

Allison Bardon (MCC director), Vicky Bukey (PCP), Rozella Clyde (citizen), Heather Flaherty (CHS SAC), Amy Lewis (MACC), Christine McIntyre (PCP), Diana Russo (MHS SAC), Barbara Wyatt (Women of Encouragement)

9:30 Meeting called to order

- Allison thanks everyone for coming and starts the meeting.

9:31 Internship Update (Gabe Suarez)

- Gabe gives an update on his internship and the work he has been doing since the last meeting. He did tabling at MHS during lunch which went well. They asked and talked to students about mental health, alcohol, vaping, and more. It was good to see them interact and talk about these issues and how they cope with things. There was also an Instagram lottery for a giveaway when we reach 1000 followers.
- They also did a tabling at Fish and Game and had rack cards and information about all of our topics and resources. It was helpful to be next to the YMCA so that we could point people to each other. Another tabling was at Drew University for their Be Well Health Summit. There were 100 students from all over the county and there were many different organizations that he got to learn more about. Many of the students and staff were very interested and wanted to learn more. The majority of the students weren't from Madison and Chatham, but it is good to spread information to whoever needs it.
- Gabe also explains that he is working on a more consistent social media calendar and plans to post at least 3 times a week. One of those posts will be his "health side chats" which will give basic public health information that ties in with what he has been learning in his classes. He is excited to get more involved and test his knowledge and how he can explain it. He has also been posting recaps, month look-ahead, and "holiday" posts.
- He has also been working on translating the MCC/PCP resources into Spanish. This will be good to have at tabling events for parents, the ESL classes, and different community organizations like the Madison Housing Authority.
- They have also connected with a recovery center in New Providence and will give each other referrals to people that could use each other's assistance.
- Gabe shares that he will be going to talk with Madison Junior School ESL classes in the future. He hopes to model it after his presentation with MHS ESL students and get more feedback from the students about things he should change and what they need.
- Gabe thanks everyone and says he hopes to be back in person next month!

- Allison explains that Gabe is on spring break this week but has been very busy with different tasks for MCC and PCP.

9:38 MCC Updates (Allison Bardon)

- There were at the summit at Drew University that had students from Madison High School, Villa Walsh, and St. E's. This was a good opportunity to connect with youth who may live in the area but aren't reached as often because they don't go to the public schools. Allison explains that she had never done a table that had kids as interested as these were. They were all asking questions about the resources MCC and PCP have to offer.
- We hope to expand the partnership with SPTS, and their director is going to be presenting for parents about raising resilient teens. The presentation will be over zoom, but they are working on organizing an in-person viewing at the Y and having Christine there to answer questions after. This will be shared with the SACs to send to parents soon.
- She explains that Gabe has been working hard on translating materials into Spanish. One environmental strategy we focus on is enhancing access and reducing barriers, and translating materials is one way to do that. He has made many connections with the ESL community at MHS. He translated most of the resources, refusal skills, standard rack cards, TTF cards, and more. These went to print yesterday and will be available soon for schools. Allison also explains that these resources could be in the senior bags and prom cards if they are given how many are needed. Diana Russo says she can figure out how many seniors would benefit from the translated materials.
- Allison shares established a partnership with the Madison Housing Authority last week. MCC materials will be available at their offices. MHA described how access to translated materials is important but is currently lacking. Gabe and Allison will be going to set these resources up next week and we're very excited about this opportunity. Allison continues that we paired with Harding Library with help from Sue Heffernan, so MCC and PCP resources are available there. We have also had many conversations with organizations about psychedelics and that is coming up more with teens. *Local police agree that it is becoming a more relevant problem.* She is going to work on creating a rack card with signs, information, dangers, etc. We are hoping to print that in the next few weeks after checking it with the police to make sure everything seems good.
- Allison says that the coloring sheet with mindfulness prompts and breathing techniques is very popular at tabling events. To add to that, they are creating a wellness wheel with 6 different boxes that relate to wellness and you shade how fulfilled you feel in each area. This will become part of a "toolkit" with the coloring sheet.
- Next week, Nick Lepper will be presenting at Teen Topics on LGBTQ+ Cultural Humility Training and that is being pushed heavily to GSA. *Christine adds she will send it to SACs, and she'd love their help in spreading the word to get a lot of kids to attend. Nick is really great, and we want him to feel appreciated.* Allison will also be sending it out to youth groups at the Y.
- Allison mentions that Basketball at the Y will be hosted on April 12th in the fitness center. Madison and Chatham police are normally there and hope they will be there again because they are always great with the teens.
- Allison shares that May 17th is the day that the student survey will be administered at MHS. We are very thankful to the MHS administration for their efforts in finalizing this. It will be on the core measures and asking middle and high school students on 30-day past use, parent perception, peer disapproval, and perception of risk/harm. Chatham and Madison are on alternating schedules for surveys, but Madison hasn't been surveyed since 2019.

- Allison announces they will be hosting their first session of Teen Mental Health First Aid on April 11th with the Rosettes. They hope to start with the Rosettes then the Mariners and then move on to the high schools at Madison and Chatham. It will be in the Hubbard room every other week on Thursday at 5:30. We are also including 9-12th grade. They will give an update on the first session at the next coalition meeting.

9:50 Sector Updates:

- **Project Community Pride (Christine McIntyre):** She explains that MCC and PCP have partnered on many events and tabling, which has been going well. PCP is now a mental health sector for Morgan's Message, and they have been collaborating with the ambassador from Chatham High School. They did a performance anxiety workshop for the swimmers there and they would love to do something similar in the future. The next Mindfulness Monday event at MHS is on the 25th and they will be doing a table on coping skills. With CHS, MCC and PCP have been collaborating and working with the Mending Minds club and hope to visit them again next month. *Allison adds that the wellness wheel could be a good activity for the meeting.*
- **Law enforcement:** Allison mentions that they are hoping that law enforcement will be hosting another drug trends presentation in May. It was last done right before COVID-19, and it was in Madison and they are excited to bring that back. Vicky mentions Bagels and Brainstorming for law enforcement. Allison continues that they will be hosting that for law enforcement in April.
- **MACC (Amy Lewis):** Amy explains that they have been busy. They are ordering brochures and rack cards from the county. MACC was also at the Chamber of Commerce Wellness Fair and the table went well and there were about 200 people there. They are going into the Lafayette School PTO meeting this month to introduce themselves and their efforts. They have an updated website and are working on social media. They are having a table at CHS in partnership with SADD-TATU for National Drug and Alcohol Facts Week. They led LNTI trainings the past two weeks, and they will be touring the Stanley Center that Chatham Borough bought. *Rozella adds the church congregation had dwindled and the building hadn't been repaired so they donated the building. The Department of Public Works had to work on updating it and it is now finished. It has a full kitchen, theater, rooms, and meeting rooms.* This could be used for coffee nights or dances and Amy Lewis mentions how excited she is about potentially moving their meetings to there. She also mentions how Chatham has 24,000 dollars in a trust for MACC which she didn't know about and so they have some extra money to work with. She shares RWJ is doing a virtual presentation on alcohol use and cancer risks.
- **MAASA (Amy Lewis):** They had a meeting last week and got to meet more Madison people. She is doing a program at an apartment complex for 6 Fridays and they hope to strengthen families in Madison. She is also going to a conference in Atlantic City in May.
- **Chatham High School (Heather Flaherty):** Heather says she has been meeting with a lot of students individually recently and has not been able to plan as much programming. She is working on tabling events and resources for National Drug and Alcohol Facts Week. Heather mentions that she went to the ASAC conference a couple of weeks ago and got a lot of good information about marijuana legalization and what that means for schools.
- **League of Women Voters (Rozella Clyde):** Rozella shares that this is civic engagement week, and she commends Allison for what she is doing for the community. There are 3 weeks in April, high school voter registration weeks and every high school in the state must have an event to help students register. Allison mentions that we will add those dates to our social media calendar.

10:02 Mental Health Logic Model (Allison Bardon)

- Allison starts by sharing her screen and showing the alcohol logic model. The logic model includes a problem statement, root causes, and local conditions. This breaks down into what is the problem, why is it a problem, and why it is happening in our area? She shares that she likes to update these once a year and align them with our action plan. This all comes together to drive our initiatives and efforts for the year.
- Allison explains how we are focused on mental health in connection to substance use as a contributing factor. We need to be focusing on sustainability in upcoming years and this means finding other grants and ways to continue the coalition. An additional logic model with a focus on mental health shows that we are directing efforts toward the coalition and want to continue those efforts.
- *Rozella Clyde adds that the K-12 health curriculum has a major focus on mental health education. It can become a mission of MCC that ties in very well with the mission of the schools.* Allison explains that teens with substance use issues have an approximately 70% chance of having a mental health issue. *Vicky says she feels it is much higher. Every person she has met with a substance abuse issue has also had a mental health issue.*
- Allison explains how the Y is always looking at new grants and opportunities, showing that we already have a focus on both issues shows that we could broaden our focus if given the funding that is further than 12–17-year-olds, which is what our grant allows. The grant has broadened since moving to the CDC and they acknowledge the link, but there are still some limits. Teen topics and basketball at the Y apply to this, but we just must show a need for it in the community.
- Allison starts by talking about root causes which are discussed as a risk or protective factor. An example would be favorable attitudes or access. So, if alcohol is accessible, then it is more likely teens will use it. Vicky starts writing possible root causes and the group discusses ideas and situations in connection with the list.
- Risk factors: family history, COVID-19, social media, academic stress, family crisis, trauma, extracurricular activities, family dynamics and culture, social climate, access to resources, citizenship status
- Allison asks if anyone has any other ideas to add to the list for now. Then, they move onto protective factors. Protective factors are things that may reduce the effect of a risk factor. Members discuss examples and make a list of protective factors.
- Protective factors: access to resources, awareness, family history and involvement, support network, social media (communities, sharing information, etc.), schools, support organizations, specialized resources, community connectiveness, safety and security, community engagement, family network
- Allison explains that we need to look at quantitative and qualitative data. We need to look at old student survey data and adult community surveys. 50 new community surveys were completed at Hidden in Plain Sight. Those don't include mental health questions, but a new survey is being worked out to include that kind of data. *Rozella and Barbara recommend seeing how many interventions have occurred with school therapists.* Allison discusses that even if that information is not quantitative, that could be collected in key informant interviews with qualitative data. She explains that qualitative data has a big impact on the initiatives we plan through our action plan. We will work on making more comprehensive questions to make sure we are getting every piece of information we can. We then need to cross each piece of data we get back to understand how the information connects or overlaps.

- Allison shares that at the next meeting we will narrow the list of risk and protective factors down, and then we will start discussing local conditions. This would be thinking about what is going on in Madison and Chatham, that is adding to these factors. We must be able to address the issue for it to be a local condition. It cannot be the lack of something, which is frustrating at times.
- We will use all this information at the next meeting to hone down on details and work to create questions for key informant interviews and the survey that connect.
- Allison asks if anyone has anything else to add or questions before ending the meeting. Vicky mentions that she has so much to add to this but feels like this is a good comprehensive list. Allison agrees that this is a good starting point for next month's meeting.
- Allison thanks everyone for coming to the meeting and says that the next coalition meeting is April 23rd.

Next Meeting:

April 23rd, 2024 @9:30 AM

Hubbard Room

Madison Area YMCA