



## Franklin Mayor's Drug Task Force

Task Force Meeting Minutes

Thursday, September 8, 2016

5:15pm – 7:00pm at Bessie Rowell Community Center

### **Present:**

<i>Name:</i>	<i>Sector:</i>	<i>Name:</i>	<i>Sector:</i>
<i>Angela Balamuth</i>	<i>Coalition Coordinator</i>	<i>Andrea McFall</i>	<i>Franklin Resident</i>
<i>Bob Lucas</i>	<i>Franklin Resident</i>	<i>Linda Backert</i>	<i>Franklin Resident</i>
<i>Scott Burns</i>	<i>School Board</i>	<i>Tamara Feener</i>	<i>Franklin Resident</i>
<i>Chief Goldstein</i>	<i>State, Local or Tribal Governmental Agency with Expertise in the Field of Substance Abuse</i>	<i>Karen Darling</i>	<i>Civic/Volunteer Group (Choose Franklin, Franklin Jr. Youth Group)</i>
<i>Myla Everett</i>	<i>Civic/Volunteer Group (Franklin Lions Club)</i>	<i>Michelle Lennon</i>	<i>Other Organization Involved in Reducing Substance abuse: Family Resource Center</i>
<i>Dan Sylvester</i>	<i>FHS Athletic Director</i>	<i>Kristen Cunningham</i>	<i>Hill Resident</i>
<i>Donna Arias</i>	<i>NH Life of an Athlete Representative</i>	<i>Rev. Karen Heavey</i>	<i>Twin Rivers Interfaith Food Pantry</i>

**Angela** welcomed the group and thanked everyone for joining us! Before moving on to our guest presentation, the room went around and did brief introductions.

### **Guest Presentation:**

#### **Franklin Life of an Athlete**

Donna Aria gave a quick overview of what the Life of an Athlete (LoA) program is, which is a comprehensive prevention program that uses the intrinsic value of athletics to drive a cultural shift related to health areas such as sleep, nutrition and alcohol and other drugs. So it is more of a “whole health” approach to shift culture.

The LoA program has grown and now has 88 high schools in NH that are implementing at least *some* part of the LoA program. The most commonly implemented piece is the Alcohol, Tobacco and Other Drug (ATOD) policies in schools. The LoA program recommends moving toward a restorative justice approach so, for example, when there is an incident or policy violation, rather than simply punishing the student, you shift that focus to look at what caused it and how to repair that harm. So while there is still that accountability piece with the student, we are looking at how to really make an improvement with that student and that student can still feel valued and move forward. And this year, the LoA program is going to be pushing “restorative practice” (restorative justice).

Dan then took lead on giving updates and information regarding our local (Franklin) LoA program: Franklin has been implementing this program gradually, which is a recommended way to implement this in order to implement with as much fidelity as possible. And so far, only FHS is implementing this and potentially FMS will in the future. Donna added that some schools are doing middle school LoA programs, however the LoA program itself needs to really build to get to the point of bringing it to lower grades which of course is also a goal (closer to age of onset).

#### Franklin LoA Updates:

- Franklin has enhanced and re-worked their Athletic Handbook, with the help of NH LoA, including information about restorative justice as well as rules of conduct.
- Athletes have taken the pre-season and post-season surveys so we have data. These are completely anonymous and since total numbers per school are relatively low and coaches tend to really know their kids, this data is usually grouped in with NH data so no one can be singled out or targeted. Dan noted that these surveys/data collection efforts are one of the priorities for him to get as close to 100% participation as possible.
- They've formed a student leadership team called SALT (Student Athlete Leadership Team). This team was a chosen team of 8 (currently) so it is something to aspire to as well as an "elite" team. This team not only helps promote school pride, but works on implementing LoA concepts around health concepts and helping to change the culture of the school and they've all been trained.
- Community Connection- Dan is now ready for more community outreach and connection. What can the community do to help? He is not sure other than helping to promote the concepts of LoA and LoA within the community. The coalition can be at sporting events with a table and giving out information, etc. as long as we don't sell things and interfere with the booster clubs. The SALT team members, as able (sports schedules sometimes affect this) will be helping at sports events and representing LoA and SALT at community/school events.
- Dan and the SALT team created their mission statement and will soon be creating their goals (using examples from other schools):

#### **Mission Statement:**

We will strive for a culture that emphasizes positive lifestyle choices and that provides the opportunity to develop our student athletes through success in academics and competition to become better citizens and achieve excellence in life.

#### **Core Values:**

**Sportsmanship:** We are gracious competitors regardless of the final score and conduct ourselves with dignity.

**Respect:** We respect ourselves, opponents, coaches, fans and officials and will be sincere in our actions.

**Humility:** We are grateful for our opportunities and mindful that our participation in athletics is a privilege and not an entitlement.

**Balance/Citizenship:** We commit ourselves to our athletic endeavors while recognizing the importance of academic pursuits and active community service.

**Accountability:** We hold ourselves and each other accountable for our words and our actions.

Teamwork: We work collaboratively in a competitive spirit while recognizing each individual's contribution to the team.

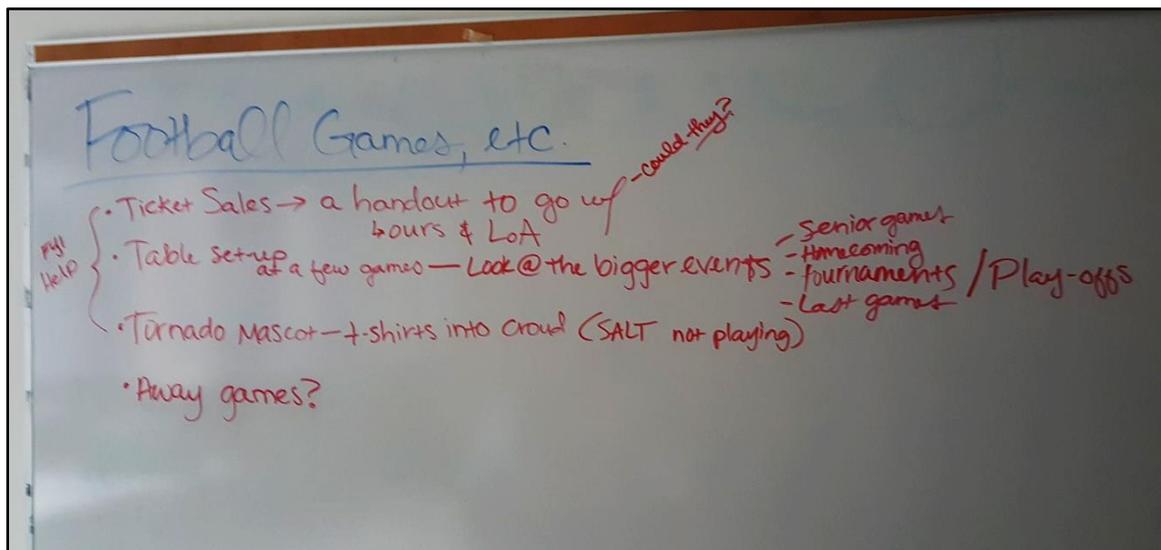
Integrity: We have a high regard for truth, play according to the rules and strive to act in ethical ways.

Healthy Choices: We commit ourselves to making healthy and positive lifestyle choices.

Bob had an idea for LoA to create a patch of sorts that athletes can earn. Dan and Donna loved this idea and in the meantime, the SALT group will have special t-shirts. Donna noted that something that might happen is an LoA window cling for vehicles.

### **Coalition in Action: Sports event opportunities**

Angela led the room into a discussion about the fact that we have been invited to have a presence at some upcoming sports games in Franklin and what we could do at these games. What would we want to get out of being at events such as these? The group decided that we could use these opportunities to A) Raise awareness of our coalition and who we are/what we do, B) to raise awareness of specific issues we are working on such as awareness of the consequences and dangers of marijuana use on the developing brain, and C) we could partner with the Life of an Athlete program/Student Activity Leadership Team (SALT) in our messaging. Ways to accomplish these tasks could be to have a table set-up there as we tend to do at community events, to hand out pamphlets/information, to see if we could pair a pamphlet or something else with tickets that are already being sold, and a fun idea is that we could take some of our goodies (like t-shirts) and do either trivia somehow or even a simple, fun, random t-shirt toss to those in the crowds.



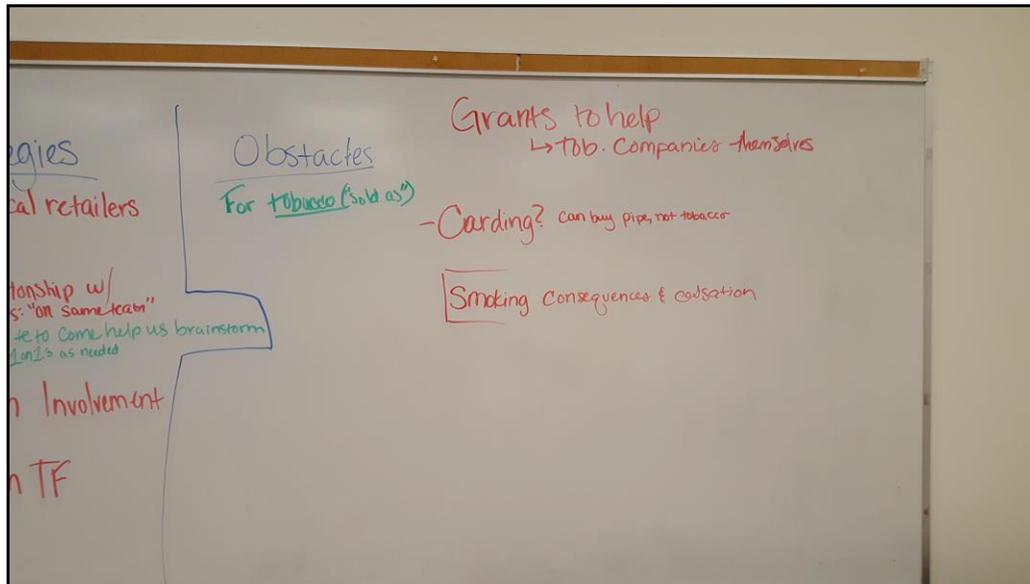
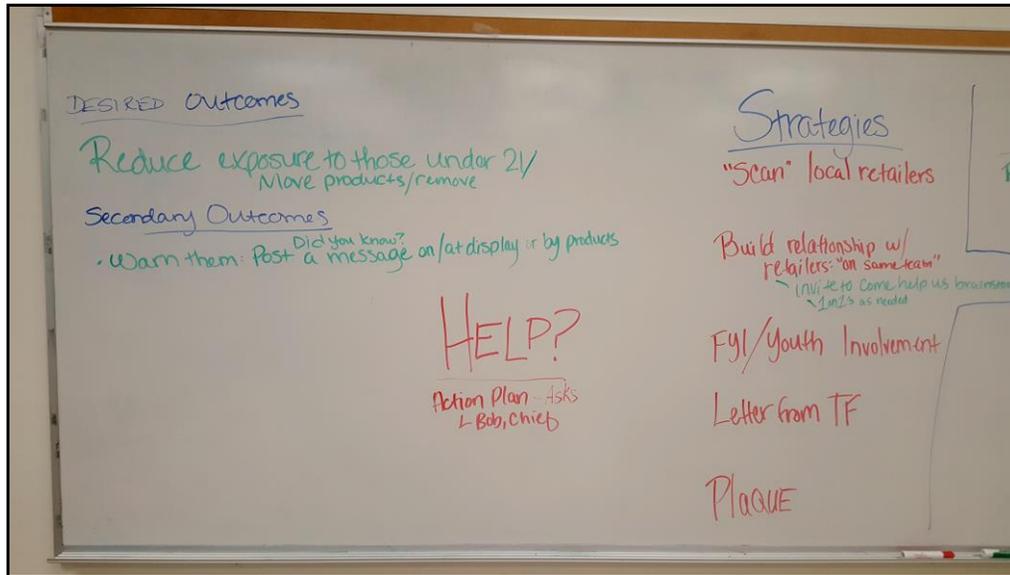
*(the image shown above are the final notes from this breakout session)*

### **Coalition in Action: Environmental Scan**

Led by Leadership member Bob Lucas, the group discussed a new Environmental Scan project opportunity. The group strategized on the primary purpose of this project and desired outcomes,

what is needed to learn more and move forward with the project, possible strategies to enact change in the area that this project focuses on, and how to continue this work as a team moving forward.

**People willing to continue this work:** Chief Goldstein, Bob Lucas,



(the images shown above are the final notes from this breakout session)

### **Upcoming Events & Volunteer Opportunities!**

- ✓ **FHS Open House:** Thursday, September 22nd from 6-8 at FHS Cafeteria **\*Need volunteers\***
- ✓ **Second Annual 'Paws in the Park' event:** Saturday, September 24th from 9 to 2pm

at Odell Park. **\*Need volunteers\***

✓ **Paul Smith School Open House:** Tuesday, October 11th from 5-6:30pm @ PSS  
**\*Need volunteers\***

✓ **October Coalition Meeting:** Thursday, October 13th from 5:15-7pm @ BRCC

✓ **Lights On After School:** Thursday, October 20th from 4-6pm @ BRCC **\*Need volunteers\***

✓ **Drug Take Back Day:** Saturday, October 22, 2016 from 8am to Noon at CVS Franklin. **\*Need volunteers\***

### Coalition Updates/Comments

#### 1. **Franklin Youth Initiative:**

- a. We are still looking for a MS Advisor (a contract position with a stipend), so please help us!
- b. FHS will have their first meeting next week! We are looking forward to seeing how this year goes, especially with the new/newly promoted ELO and partnership with Project AWARE

2. **FMS FYI Posters Downtown:** Thank you to Scott Burns and George Dzjuna who have agreed to post (and are currently working on doing this- has anyone noticed any downtown?) FMS Posters regarding anti-marijuana and one general anti-drug poster made by FMS FYI students last year. We are looking into (with the help of them) getting the large versions of these posters in empty window fronts downtown, as was an idea from the group. This is all in the works so more updates should be available soon!

3. **Compliance Checks:** Haven't gotten a report from FPD yet, but in August. Lt Clough said that a round of random Compliance Checks would be happening at some point between then and the end of September. This means that we will be able to implement our Compliance Check Incentives Program for the first time fairly soon!!!

4. **Recent Events/Activities:** (any input from anyone in the group who volunteered at one of these- to think about for next time/next year?)

- a. **Concerts in the Park:** We were at 5 out of 6 of these this summer. A HUGE thank you to FOH and Dan Darling (and Karen!!!) for coordinating this and Dan/FOH for donating the popcorn to display next to a donations box for us to keep the proceeds. We raised \$46.73!
- b. **Farmer's Markets:** (Melissa- you can prob. Give great insight on this)—Table at 3 of these weekly events this summer. Had the #Pledgetotalk poster as well. A big thank you to all volunteers: Karen! Linda Backert,

Paul Blackford, Kayleigh Ash, Corey Gately, Marcia Feener, the Mayor and Bob Lucas!

- c. **Hill Old Home Day:** This was a GREAT event to be a part of and very exciting to be our first time there (!)! “Getting in the door” was coordinated by our DTF volunteer Lucy Natkiel. With the help of volunteers Scott Burns and Mike Hildreth, we had a table set-up where we had our “#PledgeToTalk” poster for parents and those around youth to pledge to talk to the youth in their lives about the dangers and consequences of substance use and to teach them avoidance and techniques to “say no” to using. Distributed over 90 materials, gained 11 new signatures on the #PledgeTotalk poster. Most popular material was our packet “The Power of Grandparents”
- d. **Healthfirst Health Fair:** This was on Aug. 10<sup>th</sup> and went well. We distributed about 70 materials at this event!

5. **Other Community & Partner Updates:**

- a. **Franklin Renaissance Faire:** Sept. 24th and 25th, rain or shine, 10am-5pm, \$10 for adults \$8 for Seniors and kids 6-18, Free for kids under 6! *Sponsored by* the Franklin Lions Club. Elk's Field South Main St. West Franklin, NH. Come check out the various merchants, performers, yummy food and have an all-around good time! Wild Woman Wellness Center will be offering Tarot Readings with Carolyn Rose Psychic Medium (\$20 for 15 minutes and \$35 for 30 minutes) and Reiki (\$1/Minute) with our Massage Therapist Angela Dimare-Messier. We will also have some of our practitioners available to meet and various goods, herbal products and trinkets available for sale!
- b. **Tilton Area Early Childhood Coalition Meetings**  
all are at 5:30pm, held at the Northfield-Tilton Congregational Church location and they are asking for people to register for each:
  - **Wednesday, October 5 Dinner & a Movie...** Viewing of Raising NH @ the Northfield-Tilton Congregational Church Location
  - **Wednesday, October 19 Resource Gathering...** The resources need to be pieced together... share what you know, map what we have! We live in a great community with a 'lack of resources' really being expressed, when often it is a 'lack of KNOWLEDGE' of the resources. Let us work together to map the resources, and serve our community smarter!
  - **Wednesday, November 2 Action Plan Development...** No one wants to waste our time! Team work makes dreams work, so if you can, be there to voice commitment, support, goals, your part...

**Meeting adjourned at 7:00 p.m.**

*Submitted by Angela Balamuth*

