



Choose To Be Healthy Coalition Meeting October 19, 2017

Strategy Feedback Notes

(These were taken from activity in which coalition members wrote down their feedback and ideas on the following work plan strategies which we prioritized as needing help. There was a group of app. 20 people representing schools, healthcare, other coalitions, state government, treatment, recovery, public health, parents, volunteers, youth at risk)

Parent Education re: Mental Health and Substance Abuse

- How do we get info to parents/families who may not seek out resources, who may be struggling with these issues?
- Set up focus groups of adults and youth in community who have such mental health and substance abuse “issues”
- Set up discussions with local members in recovery from substance abuse
- Consider links between technology use, brain development, and drug use. (Technology creates same addictive tendencies)
 - Educate parents, educators, administrators to cut back use, even eliminate at certain ages
 - Consider what tech gurus do with their own children (they don’t use the very technology with their kids that they push on the public).
- National Alliance on Mental Illness (NAMI) – namimaine.org
- SAMHSA has research on co-occurrence – mental health + substance abuse

Workplace and Town Marijuana Policies

- Encourage discussion – some avoidance due to fear of
 1. Division of employees
 2. Topic > knowledge
- Give workplaces resources to address
- Educate high school teachers re: current work on this because they are on “front lines” with students, student are talking about this but are un- or under-informed.

Youth Led Projects

- PSA: Recognizing Peer Addiction
 - Where to go to get help
- Teen led PSA’s on mental health/brain focused education regulation/mindfulness
- Train peers how to help friends in effective way without stigma “guilty by association”
- Early Prevention Education – Involve older students to facilitate the lesson with an advisor

- Students, SRO's, Admin
- Involve people who are in recovery
- Forums with youth addressing issue and solutions to adults and policy makers. (H. Sampson)
- Contact high school clubs (GSA/Social Justice/Diversity etc.) to support them and see if they have ideas.

Drugged Driving

- Safety fair – ALL schools – York does an obstacle course using golf carts, impairment goggles and simulators
 - Police, teachers and administrators are all involved
- Information to schools and parents on being “buzzed”; examples of outcomes when “drugged” is similar to texting while driving PSAs
- Involve schools, communities, coaches to educate kids, parents, community members.

Reducing Stigma

- Priority Education
 - York Diversity Forum
 - Consider how prevention programs fuel stigma
- Do
 - Who? People affected, in and out of treatment, recovered
- How
 - Open ED forums
- CTBH – being a connector between school districts so that all are offering similar education and supports
- Educate school administrators and teacher re: how to respond, how to be allies, how to be prevention and treatment/rehab oriented rather than punish/consequence.
 - Many teachers (esp. white males) are lacking awareness and/or don't know what to say. Just let things go by.