

Alcohol/Substance Abuse Prevention Committee Meeting
April 6, 2009
East Lyme High School
5:30 pm

Members Present: Jaime Ellis, Melissa Ford, Chris Mountain Missy O'Brien
SERAC Present: Michelle Devine, Angela Duhane, John Daviau (Consultant)
Members Absent: Marlene Nickerson, Paul Freeman,
Meeting called to order at 5:50

Agenda/Purpose

Structure: We set up the structure for our 4 meetings. The dates are: March 9 at 5:30 NCS, March 23 at 5:30 ELMS (made up on March 30 at 6:00 at ELHS), April 6 at 5:30 ELHS, and a make-up of April 27 at 5:30 ELHS for March 2nd.

The committee discussed any concerns or comments about the draft goals and objectives that came from the last meeting. Chris Mountain had some that lead to the creation of a goal 6 with 3 new objectives.

Goal 6: Increase opportunities for participation and awareness of positive activities for local youth in the community.

- Objective 1: Develop an activity fair for elementary, middle and high school age students with regional representation from various youth servicing organizations.
- Objective 2: Connect these activities with www.DiscoverEastLyme.com
- Objective 3: Investigate non-traditional sports activities for implementation in East Lyme: skate park, rock climbing, ultimate Frisbee, and non-sport activities (music/arts...etc)

We also added another objective to goal 4. Objective 3: Develop a plan to actively recruit kids "at-risk" into local youth activities. We are also going to create activity and action steps for our top priority objectives. We discussed implementing a readiness survey to see if East Lyme is ready for this (9 stages of community readiness). We are going to prioritize what we want to get started on then go for it, aside from the assessment. Working on a timeline lead to the reorganization of our goals which now go: 6, 2, 1, 3, 4, and 5. We were all given homework to work on for the next meeting. Chris and Melissa are working on goal 6, Jaime and Missy are goal 1, and SERAC has goal 2. With goals 6 and 1 we need to work together on quantifiable measures.

Capacity=Resources + Readiness

Meeting adjourned: 7:10

Respectfully submitted,
Jaime Ellis
April 9, 2009

Alcohol/Substance Abuse Prevention Committee

Draft Goals & Objectives

Goal 1: Implement a comprehensive community prevention approach to address youth substance abuse through increased community collaborations.

Objective 1: Conduct Community Conversations on the youth substance issues and solutions with support from the League of Women Voters.

Objective 2: Establish a common prevention agenda that is agreed to and supported by the community.

Objective 3: Recruit members from each of the twelve community sectors to the Alcohol/Substance Abuse Prevention Committee.

Objective 4: Hold regular committee meetings that are consistently well attended and establish action sub-committees that carry forward the work of the Committee.

Objective 5: Support existing prevention and intervention programs implemented within sectors' of our community such as: Juvenile review board, schools, youth service bureau, police, clergy, etc.

Objective 6: Build the capacity of the committee and the East Lyme community to develop a local anti-drug coalition to reduce youth substance abuse and seek external funding sources to support coalition efforts.

Goal 2: Conduct an assessment of existing substance abuse prevention, intervention, and treatment services in the East Lyme community.

Objective 1: Develop or adopt a community assessment tool and distribute to stakeholders in twelve sectors. Assessment tool will hope to identify all existing programs, as well as begin to establish some indication of their effectiveness.

Objective 2: Conduct an external assessment of what effective programs are being used by other communities.

Objective 3: Utilize assessment data to identify gaps in services, programs and activities, and determine how to address these gaps in support of Goals 3-5.

Objective 4: Determine whether assessment data requires adjustments to Goals 3-5 and their objectives.

Objective 5: Combine program assessment data with student survey data and disseminate to the community for both informational and recruitment purposes.

Goal 3: Develop positive connections with East Lyme parents that support parents to deal effectively with youth alcohol and drug issues.

Objective 1: Increase youth perceptions of family rules and consequences and parental disapproval of youth substance abuse through community conversations, local media articles and parent group presentations. Focus on the substantial impact parents have on their child's decision to use or not use drugs and/or alcohol.

Objective 2: Disseminate information to parents through brochures, fact sheets, posters, etc.

Objective 3: Recruit parents to the Committee and engage them in actively planning and conducting Committee activities.

Objective 4: Conduct presentations to existing parent groups such as PTA's, school open houses, parent meetings of sporting leagues, etc. on prevention topics such as talking to their children, trends in youth drug use, effects of alcohol and drugs on the developing brain, CT law regarding alcohol and drugs, etc.

Goal 4: Increase positive peer connections among East Lyme youth.

Objective 1: Develop appropriate peer-to-peer prevention messages and materials and engage youth group advisors, coaches, teachers and others in promoting these messages and materials in youth-to-youth interactions.

Objective 2: Train youth in delivering these messages and materials to their peers.

Goal 5: Increase positive adult connections for every East Lyme youth.

Objective 1: Develop companion adult-to-youth messages and materials and engage youth group advisors, coaches, teachers and others to utilize these materials and messages in their youth development efforts.

Objective 2: Promote positive adult role modeling for all adults involved with youth through presentations to these adults.

Objective 3: Increase family opportunities in the community that include creating better parent-to-child and adult-to-youth communications and relationships.