



TOWN OF WEST HARTFORD

Minutes

Substance Abuse Prevention Commission

October 10, 2019 5:00pm – 6:00pm

Room 422

1. Roll Call

- a. **Voting Members Present:** Jonathan Merritt, Benjamin Grippo, Nordia Napier, Kadzo Kangwana, Carl Shields, Jean Schensul
- b. **Ex-officio Members Present:** Helen Rubino-Turco, Amanda Martin, James Mahoney, Astrid Calderon, Nikia Newkirk, Brenda McKeown, Heather Alix, Tor Fiske, Lorna Thomas-Farquharson
- c. **Guests Present:** Ken Plourd, Jessica Guiete, Chris Dutton, Emily Melnick
- d. **Absent:** Howard Dashefsky, Helen Drohan

2. Approval of Minutes

- a. Minutes of Meeting of September 19, 2019
 - i. Table voting for approval of minutes until next meeting

3. Introductions

4. Old Business

- i. SAPC 2019 Recommendations to Town Council submitted
- ii. 2019 West Hartford Youth Risk Behavior Survey handed out by Jean Schensul
 1. Since the beginning of the administration of the survey, it has been enhanced
 2. Data is owned by the Town of West Hartford
 - a. Data can be made available to SAPC and WHPP to inform
 - b. There were requests to see the questions on the survey
 - c. Is the survey still relevant to schools?
 - i. Helps inform and guide Lisa Daley
 - ii. Helps safe school climate
 - iii. Need to be careful with data collection to make sure it is meaningful and accurate

5. New Business

a. Social Services Director Report

- i. Helen Rubino-Turco is facilitating meeting due to no official chair
- ii. West Hartford Prevention Council establishment
 - 1. Ordinance was approved on Monday, 10/7/19 by Town Council
- iii. Town Council appointments and terms
 - 1. Each member on the current SAPC has a spot on the new council
 - 2. Some vacancies:
 - a. Appointed 2 school counselors, Heather Alix and Brenda McKeown
 - b. Appointed a mental health professional: Kadzo Kangwana
 - c. 2 students to be appointed to the new council
 - i. Who should refer these students? Can be either superintendent or principals
 - d. Town Clerks office suggested to Town Council that each term is 3 years, terms beginning in January
 - e. Ex-officio members do not have set terms
 - f. Terms are to be staggered
 - 3. Added mental health to the purview of the new council
- iv. Draft meeting schedule 2020
 - 1. Meetings will continue to be the second Thursday of each month, from 5-6pm
 - 2. Next meeting will be Thursday, November 14, 5-6pm, room 422, Town Hall
- v. First meeting of new council – November 14, 2019

b. Update from Opioid Panel Discussion

- i. Current trends weren't apparent to some members
- ii. Increase of opioid use is staggering in the state
- iii. Tracking down how people are using or getting it
- iv. Panel was informative
- v. Had a wide swath of people attending
- vi. Important commitment to tackling the issue
- vii. Unacknowledged trauma showing up as substance use issues
- viii. Police and Lt. Governor getting at dealers
- ix. Firefighters are boots on the ground, utilizing Narcan
- x. Making sure people have access to treatment with regards to transportation
- xi. Research update and the study data was interesting
- xii. Following the event up with Narcan training was positive

- xiii. Town Council approached by Aides CT, Narcan distribution throughout town
 - 1. Give to caregivers, users, etc.
 - 2. How will people be trained?
 - 3. Available with or without a prescription by many CVS
 - 4. App available to see which pharmacies carry
- xiv. 2013-present time, WH has had 31 deaths due to opioid OD
 - 1. In the last year there were 2
 - 2. Focus on Narcan and treatment, but less focus on prevention
 - 3. Many issues on the survey point to a road to opioid use
 - a. Mental health issues, pain management, over-prescribing, marijuana/other substance abuse
 - 4. Inclusion of mental health to have a group discussion on co-occurring (QPR, other evidence based practices)
 - a. Theresa Learner and Chris Dutton will be utilizing best evidence based practices in schools

c. WHPP Report

- i. Group formed to act on projects and implement programs
- ii. Coalition had a booth at the senior housing fair last Thursday
 - 1. Focusing on access in the home
 - 2. Handed out about 70 drug disposal bags
 - 3. Provided educational materials on safe disposal (coffee grinds, drug take back days, drug disposal bags)
- iii. Action plan on community anti-vape campaign
 - 1. How to talk to kids/grandkids about vaping
 - 2. Inviting pulmonary doc/specialist to provide insight

d. Upcoming Events / Activities of Interest

- i. Prescription take back day
 - 1. 2 times a year
 - 2. Sat Oct 26, 10am-2pm, @ 17 Brixton St in West Hartford (DPW facility)
 - 3. NO NEEDLES/SYRINGES/EPIPENS
 - 4. Flyers were handed out for the event
- ii. The Bridge is offering SMART recovery groups at Elmwood community center
 - 1. Advertising/marketing flyers used to be only WH youth and 16-18 years
 - 2. Expand the population
 - 3. West Hartford Area
 - 4. Expanded to all high school aged youths, not just 16-18

- iii. Panhandling issues in town
 - 1. New Council might be able to take up this issue because of Mental Health component
 - 2. Compassionate ways to deal with it

6. Madonna King swore in new council members

7. Adjournment

Next meeting: Thursday, November 14, 2019, 5 PM- 6 PM

ANY INDIVIDUAL WITH A DISABILITY WHO NEEDS SPECIAL ASSISTANCE TO PARTICIPATE IN THE MEETING SHOULD CONTACT SUZANNE OSLANDER, DEPARTMENT OF SOCIAL SERVICES 561-7570, FIVE DAYS PRIOR TO THE MEETING.