



# TOWN OF WEST HARTFORD

Minutes

## Substance Abuse Prevention Commission

February 8, 2018 5:00-6:30pm

Town Hall, Room 400

### 1. Roll Call

Present: Nordia Napier, Jonathan Merritt, Alysha Williams, Joseph Kalache, Amanda Martin, Lillian Oliveira, Mitch Irving, Benjamin Grippo, Anastasia Khrenova, Julian Hartt

Absent: Amal Ali, Nicole Edlund, Chastity Rodriguez, Kim Ambroise, Lorna Thomas-Farquharson, Helen Drohan,

### 2. Approval of Minutes

David Eppner motioned and Ben Grippo seconded to approve the Substance Abuse Prevention Commission (SAPC) minutes from January 11, 2018. Approved, 6-0.

### 3. Nominations/Announcements

- a. "Artists Against Overdose" charity art auction event will be held at 6pm on Saturday February 24<sup>th</sup> 2018 at Chango Rosa in Hartford; presented by Benjamin Grippo. For more info, contact [AAOshow@gmail.com](mailto:AAOshow@gmail.com) ; flyers will be distributed via SAPC community
- b. "Chipotle Night" Fundraiser to benefit the West Hartford Teen Center will be held Saturday, February 17, 2018 at 966 Farmington Ave location in town center from 5pm-9pm. For more information, contact [jmerritt@bridgefamilycenter.org](mailto:jmerritt@bridgefamilycenter.org) ; flyers have been distributed
- c. Joe Kalache gave a brief update on the CASAC grant, and is looking for ideas for the next awarded grant.

### 4. New Business

- a. Mitch Irving gave highlights of data on opioid use from West Hartford survey

- i. 27 overdose deaths were recorded in West Hartford
  - ii. Average age of deceased is 39.9 with 8 individuals between 21-29
  - iii. Majority of opioids were received from friends or family (40%)
  - iv. 81% of parents see alcohol use among high school students as a major or moderate problem
- b. Julian Hartt lead discussion on ADD/ADHD medications (Ritalin and Adderall, specifically) being over-prescribed and leading to opioid use. Kids may not actually have ADD, but are nervous and anxious due to marijuana use.
  - i. Should the town provide teacher/educator training regarding the over diagnosis of ADD/ADHD?
  - ii. We do not have good enough data; how do we get better data?
- c. Discussion of Separating Coalition Action from SAPC, Mitch Irving
  - i. Substance Abuse Prevention Commission has limited responsibility and cannot take action.
  - ii. A coalition can be formed outside the bounds of SAPC, and not during SAPC meetings.
  - iii. ICR needs a separate, volunteer coalition to be action oriented; this coalition will be open to all, consist of volunteers only, and hold separate meetings with a separate agenda.
- d. Recommendations to town council:
  - i. Put a drop box in town for Rx Drugs.
  - ii. Continuation and improvement of student surveys; include STRIVE and REACH in the surveys
  - iii. Support education around prescribed medication in schools
  - iv. Teacher, school staff, and parent training regarding over-diagnosis of ADD/ADHD

- v. Move beyond speakers as a prevention method; it has been poorly evaluated with little to no impact on youth substance abuse
- vi. Drop-in, group-based wellness discussions available for youth
- vii. Teen Center Funding: more days open (include Tuesdays and Thursdays), extended hours, and more locations or better access for Hall students to attend.

## 5. Adjournment

Jonathan Merritt moved and David Eppner seconded to adjourn the meeting at 6:31pm. Approved (6-0).

The meeting adjourned at 6:31 PM.  
Respectfully submitted,  
Jonathan Merritt  
February 14, 2018

