

Suffield Local Prevention Council Minutes
March 10, 2021

Chairman Powers called the meeting to order at 7:06pm

Voting Members present: Kate Powers, Jackie Mahannah, Don Miner, Amy Reay, Marcia Dufore, Paul Wessling, Tom Kieselback

Voting Members not present: Tony Greco, Dave Messenger

Motion to approve minutes from October 14, 2020 and January 13, 2021-APPROVED

Motion to approve the SLPC 2021 Meeting Schedule - APPROVED

Vaping Prevention-School and parent presentation was postponed-new date to be determined.

We will be having brochures put together regarding vaping and prevention resources as we did in a previous year. Don Miner will reach out to the Observer to ask if we can have them inserted in an upcoming issue to get out to the public. We will keep some on hand for other events.

May is Mental Health Awareness month. There are multiple options to spread awareness and education people on mental health. Mental Health first aid is an 8 hour course; many first responders have taken this in the past. We can still offer QPR (Question, Persuade Refer) hopefully can roll this out to sports coaches in the near future. Talks save lives is another program that is offered along with psychological first aid. We will discuss more in our May meeting.

Will reach out to schools to see if we can do a poster contest through the art classes on mental health awareness and healthy lifestyles.

Kate Powers is offering a program through youth services and the library called GIZMO- this is a mental health awareness program for kids that involves different coloring activities with cartoons talking about health choices.

SLPC is going to start having more frequent posts on the facebook page regarding mental health and positive messaging with healthy life choices.

Youth services is holding a virtual paint night (March 29) and will look into having SLPC sponsor one in the near future.

www.seizeakward.org is a website that offers tools to help having conversations about mental health

Jackie will be contacting 211 to find out if they have any videos that show what a call to 211 looks and sounds like. We understand that calling 211 may be scary to some people because they don't know what to expect, we are hoping to find some info that will help people understand and see that it is a welcoming call that can provide help and resources for many different topics.

Meeting adjourned at 8pm.

Next SLPC meeting is May 12, 2021

Submitted by Jackie Mahannah

These minutes are not official until accepted at subsequent meeting