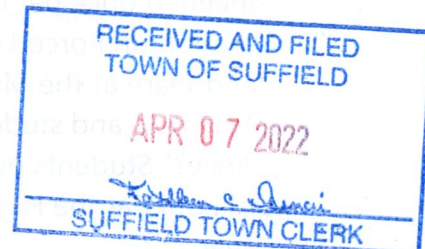


## SUFFIELD LOCAL PREVENTION COUNCIL

March 9, 2022

7:00 p.m.

Suffield Senior Center



### Minutes

Present: Kate Powers, Amy Reay, Marcia DuFore, Tom Kieselback, Brian Skorski, Annalisa Deal, Liz Warren, Nicole Lebarre, Jackie Mahannah, Kristina Hallett, Rhianne Ring

Absent: David Messenger, Tony Greco, Paul Wessling, Don Minor

The meeting was called to order at 7:05. All members present introduced themselves.

1. Membership updates: Brian Skorski was voted in as a new voting member. David Messenger's membership was terminated. He has not been able to attend meetings for the past year and we have not been able to get in touch with him.
2. December 8th Minutes were approved
3. Chasing Childhood Documentary Update: Kate sent out a link to the documentary and asked for feedback. The link expired before members had time to view the film, so Kate will resend. The documentary talks about anxiety, drug use, and overscheduling our youth – which affects their growth and independence. Kate was planning to offer on-line for families to view, then schedule date for a follow-up discussion with an expert. Cost is \$500. Liz Warren offered to reach out to a Suffield Academy counselor for a panel discussion. Kate will check with staff at Suffield Public Schools for a panel member. Suggestion to offer childcare. Members of SHS youth groups members may be willing. Kate will also reach out to Windsor Locks and Windsor to see if they want to share event and cost. Subcommittee to meet on 4/6 7:00 for further planning
4. Youth Needs Assessment: Conducted March 4<sup>th</sup> by Bonnie Smith. 88.9% response rate. Looks at mental health, substance use, anxiety, social media use. Will follow

up with focus groups to share results once available. Will plan for last week in April. Will develop a list of questions for discussion.

5. Mental Health Awareness update: The Suffield Youth Advisory Board has been meeting once per month since September. Planning mental health check-ins (using the Jordan Porco Foundation program). The program is implemented as a lunch-and-learn at the Middle School and High School. The most recent Check in was on March 1<sup>st</sup> and students gave out "uplift kits." Asked question – "What makes you smile?" Students put answers in their uplift kit bag. Gave out ~150 kits. Next week will offer at the High School. Hope to do a few more before the end of the school year.

Speaker, Jeff Yalden, is scheduled for presentation in-person to Middle School, High School and via recorded format to families on April 1<sup>st</sup>. School Counselors will conduct QPR/NARCAN training in May.

Tabling event at youth soccer games with Gizmo and Gadget. Gave out 70 books. Hope to schedule another event at the little league field.

Youth Advisory Board to attend a Strategic Prevention Training program with Anna Gazinski

Annalisa facilitated the Healthy Relationships program at the Youth Center. Received positive feedback. Planning for repeat with other age groups.

Concern was raised about vaping. Perhaps YAB would be willing to create a social media campaign.

Upcoming events for tabling:

- Summer Fair
- PMC Kids Ride
- Pride Event

Meeting adjourned at 7:59 pm. Next SLPC Meeting May 11<sup>th</sup>. Subcommittee meeting for planning Chasing Childhood event April 6<sup>th</sup> 7:00pm.