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Mission: Prevent and reduce youth substance use and abuse in the communities of Madison, Chatham Borough and Chatham Township through collaboration, education and community-wide change.

Madison Chatham Coalition Membership Meeting
February 16, 2021, 9:30 am *Virtual Zoom Meeting*

Attendees: 14 Nixie Castello (MCC Coordinator), Christine McIntyre (Project Community Pride), Courtney Westra (Addiction Center ABH), Marilyn Musielski (Madison Community, MCC Board Member), Alex Mandala (SDOC CMS SAC), Christine Mahoney (SDOC CHS SAC), John Hoover, Stacey Ewald (Chatham Township Community), Kathy Martini (Madison Area YMCA), Rozella Clyde (Chatham Community Activist), Gwen Riddick (Chatham Borough Parent and MCC Board Member), Kathleen Trombacco (Thursday Morning Club Madison), Amy Lewis (Chatham MACC Coordinator and Westfield/Chatham Borough Health Educator)

Welcome and Introductions via chat feature

9:35-10:00 MCC Updates

1. Be Kind Campaign with Project Community Pride -
 - a. Did social campaign centering on treating the body with kindness and last newsletter shared some resources for teens. Focus on healthy alternative
 - b. Tomorrow - FEB 17th - is a RANDOM ACT OF KINDNESS DAY
 - i. **Idea:** Do a kindness boost and focus on this week next year with MACC, MCC, SDOC, and Libraries to help keep work from Fall going into spring
 1. Look into to dates of International Day of Happiness as well
 - c. Self Compassion is key to substance use prevention. Looking for health alternative: exercise, healthy food, sleep, mindful moments, gratitude
 - d. SDOC Schools are currently doing a weekly activity
2. Sticker Shock Campaign -
 - a. Chatham - 3 stores: Bottle King, Cottage Deli, Hickory Wine all participated and stickers were given to USA wine Traders for them to put on cases of beer themselves
 - i. Participation from Teen Task Force, MACC Student Rep, Chatham Law Enforcement, MACC and MCC volunteers
 - b. Madison: Gary's, Rose City Liquor, and ??
 - i. Participation from Madison Girls softball team and Madison Pharmacy
3. In-Kind Update - MCC is required to have in-kind contributions. Please notice when you are

participating and look for ways to increase in-kind with volunteerism or by reporting related activities to MCC for their inclusion.

4. New Business:
 - a. **IDEA: Provide bags and handouts of resources** from PCP, YMCA(teen programs and financial assistance), MACC and MCC and Senior Center) **at food distributions sites**
 - i. 60 bags ready for distribution with resources available at food distributions centers
 1. Madison High School
 2. Baptist Church in Madison
 3. Chatham Methodist Church
 - ii. To Do:
 1. Kelly L to reach out to Julie, Director of Chatham Senior Center for the inclusion of their resources
 2. Christine M to gather resources from YMCA and PCP
 3. Kelly and Nixie to pool MCC and MACC resources
5. Upcoming: **February 24 - Hope One Van coming to Methodist Church** to offer financial and other resources/solution support.

10:00-10:30 Sector Spotlight: Courtney Westra,LCADC, Clinician

Counseling and Addiction Center from Atlantic Behavioral Health at Hackettstown Medical Center

1. Adolescent Program

- a. 8 week program
- b. 12 step-based program used for first exposure to treatment and to provide a baseline for moving forward. Many can finish 8 weeks
 - i. Treatment is all outpatient and CBD
- c. Some tailor their use and/or minimize so 12-step gives them familiarity to AA and NA meetings and adolescents even go and connect to these meetings
- d. Virtual AA and NA settings have worked for teens
- e. **Challenges:**
 - i. Some schools support programs some don't
 1. The program comes through school referral
 2. Difficult if a student drops out of school
 - ii. Sometimes Juvenile justice committee decides the length of commitment to the program - if only marijuana use detected, sometimes don't keep them in the program
 1. Parent to parent support for adolescents who can stay in school and drive to and from
 - iii. Have difficulty with consequences
 - iv. Pandemic means don't have many active referrals with students virtual and not as well detected.
 - v. Schools tend to be the first line of defense and without that referral base clients are limited. Doing individual treatment rather than groups.
 - vi. Where to refer them if they need a higher level of care. Adolescent

- IOP doesn't really exist right now. Daytop made some changes.
1. If 17/18, can go into the IOP adult program for mature teens.
 2. 14-16-year-olds have to go to inpatient since no IOP
- vii. The family and parent program is not running right now
- f. Atlantic health runs a program by making "suggestions" but they don't make many "requirements"
- i. Try to encourage participation into Nar-Anon, Al-Anon, but not reaching adolescents.
- g. **Stigma-Free community awareness is important.** Understanding that taking control of your own life and encouraging teens to do the same.
- i. Idea to present stigma education to the community to allow parents to
 - ii. Require either attendance or write a paper and encourages attendance from students
- h. **Location:** Hacketstown, 112 East Avenue, Near Hacketstown Medical Center
#(908)850-6810
- i. **No transportation provided**
- j. **Age:** Middle School - 7th and up
- k. **Drug types:** Most newer users of alcohol and marijuana. Cocaine, Heroin, Zanex users often older and frequently needing higher levels of care
- l. **Questions:**
- i. What is follow-up protocol? Answer: Don't do much but do a follow-up with counselors at schools. (always encourage and welcome family members and recurring clients)
- m. **Cost:** Dependent on insurance, a lot of Medicaid clients (do not have to pay). This accounts for approx 70% of clients
- n. **Access:**
- i. Boredom is a major recurring reason for starting use
 - ii. Access - most often neighbors or at school

10:30- 10:45 Sector/Business Updates (All sectors in attendance)

Next MCC Meetings: Tuesday, March 16- 9:30 AM

Tuesday, April 20- 9:30 AM

*All meeting dates and times are subject to change