



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 13, 2024- 9:30 am In-Person/Hybrid Meeting
Meeting Minutes/Summary

Attendees:

Allison Bardon (MCC director), Vicky Bukey (PCP), Rozella Clyde (citizen), Amy Lewis (MACC), Jerry Mantone (Madison PD), Christine McIntyre (PCP director), Gabe Suarez (intern), Beth (Adams Dental)

9:30 Meeting called to order (Allison Bardon)

- Allison calls the meeting to order and thanks everyone for being there. She explains that schools are out for a snow day today so the meeting will be all virtual and the meeting recording will be sent out later.
- Originally, the plan was to work through the logic model coming out of the January meeting with Kelli Keck. However, that feels like a better activity for in-person collaboration and will be a March activity. We will still do some preliminary work for that today to be set to discuss next month.
- We will start by giving MCC and PCP updates, sector updates, CADCA conference update, and then end with logic models.

9:32 MCC Updates (Gabe Suarez)

- Gabe introduces himself as the intern for this semester. He wants to give a few updates on what he has been up to and helping with since starting.
- Gabe went to MHS and spoke with the ESL class which had 17 students. It went well and the students were able to connect with them since he is younger and went to Madison schools. He showed them a slide deck about what MCC and PCP were and gave them resource cards in English and Spanish. He explains that a few students wanted a volleyball team and brought that back to Allison and Christine. They asked Sean to also set up volleyball for the Basketball at the Y event. He adds that he feels this would be a good idea to get more kids interested in playing.
- Gabe continues that they met with the Mending Minds club at CHS to tell them about the sour candy trick with warheads. They met with the students during the lunch period and got to hear more about what the club was.
- Gabe shares they launched the myth v fact campaign last week and they posted new marijuana-related information every day. They reached about 233 accounts over the week. They also worked with local law enforcement to do sticker shock last week as well. They sent the press release to local news, and it should be published soon.

9:38 MCC Updates (Allison Bardon)

- Allison thanks Gabe for his efforts so far and how much he has helped. His connections with the ESL students brought a lot of information they wouldn't have previously realized. He is also working to establish a meeting time to do the same at MJS.
- *Kathi explains that the Y is looking at what barriers there are for people to apply to the Y for financial assistance. She asks Gabe to pass over any information he has that could be relevant.*

Gabe says he will and mentions that Allison and he are also working with the Madison Housing Authority to discuss similar issues.

- Allison asked Christine to give a recap of the teen topics two weeks ago. Christine shares there were 22 students which is their highest turnout, and the speaker was there to talk about ocean conservation. Students were engaged and asked lots of questions. She adds that the junior school science teachers were willing to give extra credit for attendance and that helped bring more students. They hope that this will encourage kids to come back, and schools become more involved in promoting the event. Allison continues that this is not a focus of MCC or PCP, but it is focusing more on the Y focus of service and wellbeing. This summer they hope to involve the Y more in planning many different types of topics. This Thursday, they are having a sports dietician who has worked with MCC in the past. She is a Mariners coach at the Y and a Jets dietician. In March, they will host EDGE NJ. They are working to plan more topics for the upcoming months.
- Allison and Christine were invited to the table at MHS Game of Life. There were over 30 providers invited from all over Morris County through an organization in Morristown. Every agency had to submit potential scenarios that relate to your organization. An example of MCCs was what resource is there in Madison that could explain more about marijuana legalization and how it still doesn't apply to youth. Every health class came in and students were given a scenario and they had to find the proper resource. This gave us the opportunity to speak about MCC and for students to find resources and ask questions. They got to speak with hundreds of students and got to make new connections with community resources.
- Allison explains that they are starting to work on collecting qualitative data and that many members will be asked to be in key informant interviews for their sectors. They are five-minute meetings, and the questions will be sent to everyone ahead of time. This data helps update the logic models and then the action plan. She hopes to do 15 key informant interviews and her and Gabe will plan to do listening sessions with parents and youth.
- Allison shares she is working on the non-competing grant continuation application. She is working on the action plan for next year and updating the budget. It is due on March 12th, and it goes into effect on September 30th, 2024.

9:51 Sector Updates

- Allison asks for any sector updates.
- **Project Community Pride (Christine McIntyre):** She explains that Gabe and Allison covered most of what they have been doing. She adds that the local law enforcement in Madison and Chatham came to Basketball at the Y, which they really appreciate. They are hoping to have them back for the next event in 5 or 6 weeks. She also adds that they will be going back to the Mending Minds club in April. Allison adds that they met a new Chatham police officer, and it was good to meet him and talk to him about the Y and MCC.
- **MACC (Amy Lewis):** She shares that they worked with the Mending Minds club for a random act of kindness table. Students wrote what act of kindness they did and had a calendar of daily acts of kindness someone could do. They also did Sticker Shock at Bottle King and Cottage Deli. They also have a table at Chatham Chamber of Commerce Wellness Fair. Their monthly MACC meeting will be tomorrow.

9:54 CADCA Conference Recap (Allison Bardon)

- Allison starts to give a recap of the CADCA conference. The CDC contracts CADCA to host conferences and assist coalitions around the country. There were over 4300 community

preventionists, which is the highest they have seen. It is a great opportunity to reconnect with other coalitions and meet new ones to see what they are doing and get ideas.

- The first day is the SAMHSA Day of Prevention, the former funding agency of the coalitions. The drug tsar comes to speak to the coalitions also. The third day of the conference is Capitol Hill Day where they meet with their state senators. They can talk about what they are working on, and this year they met with Cory Booker, Mikie Sherill, and Bob Pascarella. Typically, you stay within your state, but Bob Pascarella's office is close to Mikie Sherill's office, so they spoke to his staffers. This is also an opportunity for non-paid, volunteer coalition members to ask or lobby for continued funding and funding for bills. Paid coalition staff are not allowed to lobby.
- The drug tsar kicked off the meeting and shares emerging trends and areas of concern. He was the person that signaled a shift to harm reduction, which hadn't been discussed much.
- Since 1999, 1.2 million people have died from drug overdose in the United States. 76% of overdose deaths in the US in the past year have involved opioids. There has been a 559% increase in opioid overdose deaths since 1999. 37% increase since 2022. 22 teens died each week in 2022 due to an overdose. Being able to talk to a high school class about fentanyl and pills is important, we may not know how many lives it is saving, but it could help save someone. 7 out of 10 pills that are purchased online, often through social media, contain fentanyl. 84% of fatal overdoses involved fentanyl. 56% of all overdoses involved fentanyl.
- 2/3 of adolescent fatal overdoses have a bystander present, which tells us that more work needs to be done to inform teens about the response to these situations. 1 in 10 tweens and teens who died from a drug overdose had history of treatment for a substance abuse problem. 1 in 7 had experienced a non-fatal overdose in the past.
- Allison also discusses how SAMHSA shared their updates and goals for the next 5 years, which was interesting to compare to what MCC is doing. Their first is integrating behavioral and physical healthcare into prevention. This made her think about the partnership with the Y and working with teen athletes. The second is strengthening behavioral health connections, which is vaguer but ensuring that it is accessible and equitable for all. This points toward our connection with Project Community Pride and the Y. Another goal of theirs is to enhance access to suicide prevention and mental health resources. Suicide prevention was a key point of last year's conference and the surgeon general had just released information about teen mental health. We have started to shift the conversation to mental health and started working with MHA to bring the SOS Teen Mental Health Training to the community. Teens and particularly the LGBTQ+ community are more at risk, and we want to continue to do work to help with that. The last goal is to promote resilience and emotional health for youth. Allison explains that we don't have the SACs today, but this is starting to become prevalent as an issue. A lack of resilience is more common and affects teens.
- *Vicky explains that many children start to have these problems, but when they are caught early enough then they are usually able to help build the child up for the future. However, a child who doesn't get that assistance early seems to continue to struggle to build their resilience up. Not every child is born with resilience, and it needs to become something we actively work on to help strengthen kids. The problems get larger if they continue to not be handled even at a young age.*
- Allison continues that her 3-year-old has a social-emotional component of her preschool. Integrating this at a young age is good to build this up in them slowly and make it easier to continue as they continue. Christine explains that their curriculum helps many ages start to build their resilience up gradually.
- Allison explains that all of SAMHSA's goals have the base layer of data and evidence, equity, trauma-informed approach, and recovery. There is starting to be a bigger focus on trauma and how it affects people. There has become more emphasis on harm reduction, continuum of care,

and treatment and recovery. This makes us consider how we can help with those things even though our grant is based around primary prevention. This shows the importance of a partnership and the consideration of what they can offer and what we can offer to benefit the community. This starts the conversation about how to involve working more with the treatment community. Allison asks that everyone consider this, and we will continue to discuss in meetings how to better integrate these organizations. HopeOne is an example of an organization we have already connected with.

- She shares that a lot of sessions focused on cannabis, and many coalitions were thinking about what is next with cannabis since so many states have legalized its use. There is increased consideration of how to deal with a decreased perception of risk. They discussed the importance of focusing on conclusive evidence about high potency THC and how marijuana has evolved. There is evidence that it does alter physical and mental health. There is conclusive evidence that there is no level of cannabis use that is risk-free. There is substantial evidence (one step less) that frequent and intense cannabis use increases the physical and mental health risks. There is substantial evidence that cannabis impairs driving skills and the use of heavy machinery. Brain images of teens who have used cannabis show they have a smaller size than teens who do not use cannabis. There are other factors that must be considered which make it substantial evidence and not conclusive.
- There were also sessions about Delta products which can be confusing. The 2018 farm bill was supposed to be a 5-year bill and has been extended through 2024. On Capitol Hill Day, we asked Congress to consider changing the wording to be more inclusive about the hemp vs THC legality issue. Delta-8 is slightly less potent than Delta-9, but it is not regulated at all because of the Farm Bill. We ask Congress to put regulations on these products.
- THC-O is a synthetic form of THC and chemically converts THC into Delta-8O.
- Xylazine was first discussed last year, and it is a non-opioid sedative that is difficult to measure how many fatal overdoses there are because of it. Narcan won't work because it is not an opioid.
- Tianeptine, also known as gas station heroine, is gaining popularity and labeled as a dietary supplement and is completely legal but has opioid-like symptoms and not regulated or approved by the FDA. It is used more widely in other countries as an anti-depressant. Individuals who use opioids are more likely to use it because it is marketed as a safer alternative to opioids.
- Allison explains that those are the main takeaways from the conference. The July conference focuses more on technical training and assistance for coalitions. She asks if anyone has anyone questions or things that stood out.

10:20 Mental Health Logic Model (Allison Bardon)

- Allison explains that Kelli Keck came last month to start talking about the mental health logic model. We are also going to do qualitative and quantitative data collection to help update our alcohol and marijuana logic models. Gabe is inputting parent survey responses into Survey Monkey so Epiphany can generate a report. We will also be doing key informant interviews and listening sessions to help us update local conditions and our logic models.
- We have a problem statement along with data showing that it is a relevant issue. There is also a root cause which is why the problem exists, this could be favorable attitudes, access, etc. Local conditions are why the problem exists in Madison and Chatham. It must be something examined in the community, specific and identifiable, it cannot be the lack of something.
- It all needs to be data-driven and the action plan needs to be rooted in what is happening in the community. Coalitions around the country have the same funding, but the action plans all look completely different because the community conditions are all different.

- Allison explains that we started to generate some ideas and root causes for mental health concerns in our community while Kelli was here. We talked about things like access to care, stigma, and information gaps between children and parents. Kelli recommended we think about the local conditions specific to our community.
- *Christine talks about how these issues are true to our community, and working with the logic model next month will be good. Stigma is still a very relevant problem especially with the parents of the children they need to work with. She asks if this will be discussed at the coalition meeting next month or a separate meeting. Allison replies that it will be the focus of the next meeting.*
- Allison explains that PCP is a no-fee counseling service, so with access to care it isn't that there is no service available, but that people do not realize there is an option available. We are lucky that PCP exists because this is a rare service for our community. When we table so many people are surprised to hear about PCP, so exposure is an issue.
- Allison discusses how everyone brings a unique perspective to the conversation, and she hopes that we have as many people as possible in-person for the meeting next month to work more interactively. She asks if anyone has anything else to add for the meeting next month.
- *Rozella Clyde writes that in the community people have tunnel vision about what is happening within their own individual issues. Many people think their issues are most important and while everyone's issues are important, we need to be mindful of what is most relevant to the entire community. Rozella adds that many parents get very involved in elementary school but start to ease up in middle and high school. It is difficult to balance letting the child become more independent but also monitoring what is going on in their lives. It reminds parents that their responsibilities shift, but they do still have a responsibility.*
- Allison explains that MCC has a focus on substance use prevention, but there is a strong link between adolescent substance use and mental health. We want to continue to offer the same services and expand the services we can offer. If there are students struggling with substance use, then there is a 74% chance that they are also struggling with mental health.
- Allison continues that if someone reaches out asking for assistance, they are not asking for one resource but multiple resources. MCC wants to make sure that they can offer as much as they can to help the family, but that means we need to expand our funding because right now it is only regarding substance use prevention. However, in Madison and Chatham, college, athletics, and peer pressure are contributors to mental health and substance use. We need a logic model and action plan with data to show to funders that it is a pressing issue in our community. Allison asks if there is any confusion with that idea.
- *Rozella adds that social media is extremely relevant to the teens in our community. The lives and pressures of young people right now are more complicated and intense.* Allison agrees and explains that many teens find drugs on social media. There is always a way to connect substance use to mental health among teens. We want to find a link, find data, and then develop resources.
- Allison says we will work more on this at the next meeting and that the virtual option will still be available, but, if possible, she asks people attending in-person to work on the whiteboard.
- The meeting is March 12th at 9:30 in the Hubbard Room. Allison will put some major talking points for the meeting in the meeting reminder email.
- Allison thanks everyone for attending and the meeting closes at 10:38.

Next Meeting:

March 19th @9:30AM

Hubbard Room

Madison Area YMCA