



Colchester Youth & Social Services

127 Norwich Avenue, Suite 205, Colchester, Connecticut 06415

P: 860-537-7255 F: 860-537-1731 E: youthservices@colchesterct.gov



Youth Services Advisory Board/Youth FIRST Coalition Wednesday, April 3, 2019 - 5:00pm

Voting members present, Lorraine Marvin, Linda Bromley, Ofc Rob Suchecki, Jacquelyn Rose, Elizabeth Allard, Heide Perham, Christos Stravoravtis, Russ Melmed

Members Absent: Pam Scheibelein

Others present: Valerie Geato, Chris Bennett, Hannah Knight, Kylie Fontaine, BOS Liaison Denise Mizla, BOE Liaison Amy Domeika, Christine Miskell, Charles Hewes, AnnMarie Maffuid, Ben Backes, Ofc Shannon Owens

1. Call Meeting to Order: Meeting began at 5:00 PM
2. Approve 3/6/19 Minutes: Will do at next meeting
3. Public Comments: None
4. New Business
 - A. Bylaw review/ changes
No update
5. Old Business:
 - A. Community Wellness Fair
The planning subcommittee will continue working on planning for the event. Members were asked to commit to the date so they can be assigned jobs. Christos can help in the morning for set-up, and Heide can volunteer for half of the event. Event T-shirts were presented to Board.
6. Local Prevention Council Initiatives
 - A. Survey Results

Surprising about survey results:

- Acceptance of marijuana -> legalization of marijuana
- Perceived # of kids smoking marijuana
- Acceptance/perception of harm of vaping
- Alcohol permitted by parents
- Using b/c of self-medicating and stress management
- Did a great job telling kids tobacco was bad, but a bad job at telling kids nicotine is bad

- 9th graders orienting to high school don't know where to go for support; 9th and 10th grade significantly lower than 11th and 12 grade -> transition grades don't know how to access supports
- Mental health awareness and stigma related to mental health; vaping is more of a fad than coping mechanism
- Perception of harm among peers and social norms: transition between 7th and 8th grade; social norming problem – think friends don't feel the way they do; perceive that everyone is
- Need to promote healthy coping mechanisms -> identified need in 11th grade; most keep to themselves

Next steps:

- How do we present this information so that adolescents buy-in?
- Help parents convey messages in an effective way regarding; provide parents with tools and skills to have discussions rather than leverage scare tactics; parent education around messaging
- Changing the messaging
- Educate about good sam laws
- Get feedback from youth – groups w/ kids to determine what they need
- What can each sector do to prevent substance abuse - > developmental assets model
- YouTube Interviews – explore different formats for sharing information
- Need an action plan in place prior to sharing survey results
- Design a multi-prong initiative around one or two topics leveraging protective/promotive and risk factors

Surprises Summarized:

- Perception of harm – vaping and marijuana (bullets 1 & 2 include education)
- Social norms – not everyone, isolated use
- Self-medication/coping skills
- Vaping
- Marijuana
- Alcohol
- Parental permission to use alcohol
- Mental health promotion

Collectively, the Group decided that the issue that they would address first is VAPING.

7. Next Agenda:

- A. Summer Kick-Off
- B. Local Prevention Council Initiatives -
- C. By Law review/changes
- D. Elections

8. Adjourn: Adjourned the meeting at 6:20 pm

Respectfully Submitted,

Valerie Geato