

RCASA Board of Directors Meeting-December 13, 2018



**Reading
Coalition
Against
Substance
Abuse**

RCASA's mission is to strategically address our substance abuse problem that youth in Reading, Massachusetts abuse alcohol, prescription drugs, tobacco, and other illegal drugs at unacceptably high rates that emerge early in adolescence, happen frequently, and indicate heavy use. To realize our mission, we will promote a healthy community environment using the strategic prevention framework to ensure everyone who lives, works, or goes to school in Reading can enjoy an optimum quality of life."

SPOTLIGHT

Seven cities and towns in the Mystic Valley Public Health Coalition (MVPHC), including the Reading Coalition Against Substance Abuse, have launched a social marketing campaign aimed at preventing underage drinking and substance use among middle school-aged youth. The campaign comes after studies found that although parents and guardians would like their children to not use alcohol and other drugs, many expressed a belief that underage drinking is inevitable. *"Although parents and guardians may believe that youth alcohol use is inevitable, research shows that parental intervention is effective in discouraging alcohol and substance use in children,"* said Elizabeth Parsons, MVPHC Substance Abuse Prevention Coordinator. *"Our goal is to share fact-based information and tools they can use to have meaningful conversations with their children and adults in the community."* RCASA will begin sharing print campaign materials, including posters and flyers, with local partners to increase awareness of this campaign. www.mysticvalleypublichealthcoalition.org

FOCUS

1. Board Updates

- **Board Membership/Vacancies** - Board Officers still needed for President and Vice-President. Kevin Sexton, Chair of the Board of Health will be joining RCASA as our new liaison in January.
- **RCASA Legal Review**- the Town Manager and Director compiled additional information requested for the legal review. More details to follow in January.

2. Coalition Updates

- **2019-2020 Funding:** RCASA's Budget Proposal was presented with the Reading Police Department budget last Wednesday.
- **RCASA Staffing:** We will be posting the full-time position of Outreach Coordinator soon. We are planning for a potential March 2019 start timeline.
- **Reading Public Schools Projects:**
 - o **2019 Reading YRBS:** RCASA will continue our role in coordinating the local YRBS process with Reading Public Schools. In February, RPS will participate in a regional survey process with districts from the Middlesex League. This year's survey cost is sponsored by Lahey Health. However, future survey cycles will need to be budgeted at the local level.
 - o **Student Leadership:** RCASA continued building the Student Outreach Team at RMHS. Our next meeting is in January.
 - o **Classroom Education:** The Director presented to the RMHS Child Development class in Nov. on Substance Exposed Newborns. The Director and SRO will be in 9th grade health classes next week for opioid prevention.
- **Shared Recovery Coach Pilot Project:** RCASA is collaborating with Wakefield's coalition, police department and Eliot Community Care on a grant application to Lahey Health to fund a potential pilot project. If grant funds are received, Eliot would site a certified Recovery Coach in Reading (10 hours a week) and Wakefield (10 hours a week) to assist with referrals for treatment and support services. The

Our next RCASA Board Meeting is Jan. 31, 2019 from 5:30-6:30 pm.

Recovery Coach will be employed and supervised full time by Eliot Community Care. The person will also be working in Lynn to assist their community for the remainder of their hours.

- **Staff Training:** The Director attended the 5th Annual MA Bureau of Substance Abuse Services Statewide Prevention Conference and attended workshops on prevention communication strategies.

ANNOUNCEMENTS/UPDATES:

- The Reading Police will host a Retirement Coffee on Wed. Jan. 30, 2019 from 9am-11am for those that would like to attend.
- The Board will have the opportunity to celebrate Julianne's retirement at our January 31st board meeting at 5:30pm.

ATTACHMENTS:

- Julianne's retirement coffee flyer