

RCASA Board of Directors Meeting-November 29, 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

Julianne, our dedicated Outreach Coordinator, has scheduled her retirement to begin at the end of January of 2019. Her service to RCASA for the past 8 years has vastly strengthened RCASA, especially in supporting youth and families. Her extensive knowledge of addiction has been an enormous asset in our growth as a coalition. Please plan to attend our January 31 meeting at 5:30pm where we will properly celebrate Julianne's outstanding contributions. I am so happy for Julianne to start this next chapter of her life but she will be greatly missed! I look forward to sharing next steps for hiring at our December 13th Board meeting.

FOCUS

1. RCASA Budget Proposal Update **(Bob LeLacheur)**

- RCASA's grant funding will end on 9/29/18.
 - o Please see attached for the proposed budget provided by the Town Manager.
 - o These funds will support 1 FTE Director, 1 FTE Outreach Coordinator (restoring the 0.5 position to full time, which was cut in 2016 due to funding) and \$9,950 in program support.
- Special thanks to Bob L., Chief Segalla and Deputy Chief Clark, John Doherty for their leadership and support of RCASA on the budget.
- RCASA's budget info will be presented during the Public Safety presentation next Wed. night at RPL.

2. Board Updates

- **Board Membership/Vacancies** - Board appointments list for renewals. Board Officers still needed for President and Vice-President.
- **RCASA Legal Review**- Special thanks to Bob L. for engaging Town Counsel to begin the process of looking at RCASA's legal structure. The Director compiled the info requested. See attached for RCASA's original Articles of Incorporation. More details to follow.

3. Coalition Updates

- **Rotary Foundation Unsung Heroes Award Night:** RCASA's Director was recognized on Nov. 8 as Reading Rotary's Unsung Hero of 2018 & Paul Harris Fellow. Fellows were honored *"in appreciation of tangible and significant assistance given for the furtherance of better understanding and friendly relations among peoples of the world."* A donation of \$1,000 will accompany this honor and will be used for RCASA Prevention Projects. Special thanks to Tim Kelly (President), Brian Snell and John Doherty, Reading Rotarians for their continued support. Twenty-three community leaders from the region were also honored as Unsung Heroes for their valuable contributions across a range of service areas including education, civic leadership, food assistance, health and safety.

**Our next RCASA Board Meeting is December 13th from 5:30-6:30 pm.
Please note there is NO meeting on December 27th.**

- **SBIRT:** RCASA’s Outreach Coordinator provided support for fall SBIRT (Screening, Brief Intervention and Referral to Treatment) for 9th graders. This state mandated screening is conduct annually in at least 2 grades. Seven students opted out of the process (4 by their parent, 3 students) for 9th grade. Lynn Dunn, RN, School Nurse, screened 283 freshman students using the CRAFT-II. Of the 283 screened, 98% screened negative, 2% screened positive for a potential concern. Students that screened positive were offered the option to speak with Julianne DeAngelis, RCASA’s Outreach Coordinator. Julianne tracked each screening and compiled the required data for MA Dept. of Public Health. RMHS Juniors will be screened in the spring of 2019. On Dec. 11th, RCASA will join other schools in the region to discuss best practices and lessons learned in implementing SBIRT.
- **Education:** RCASA offered Youth Mental Health First Aid on Nov. 8 and Mental Health First Aid on Nov. 9 in Reading. 24 adults were certified as First Aiders. The class participants included Reading Public Library staff, Reading residents and out of town guests from Randolph Public Schools, MA Laborers Benefits Fund, UNH, Children’s Hospital Public Safety, and Harvard U’s Brain Injury Program. Non-residents paid a fee of \$30 to attend the class to cover the cost of materials. Funds were deposited into our RCASA Donations account under the Town of Reading.
- **Student Leadership:** RCASA started recruitment for the Student Outreach Team at RMHS. Trainings will occur on early release days. Student leaders will visit local schools to raise awareness on vaping prevention. The advisors include the RCASA Director and SROs.
- **Staff Training:** The Director attended the “Science of the Positive” 2-day training sponsored by Healthy Chelsea. It was a great opportunity to learn more about emerging research about HOPE (Health Outcomes from Positive Experiences) to counteract ACEs (Adverse Childhood Experiences). This research strengthens the work RCASA has done on protective factors in collaboration with RPS and Police. Guest lecturers included Dr. Robert Sege, a Professor and Medical Doctor at Tufts. Dr. Sege is one of the leaders in the country on this emerging area of research. The four positive experiences that matter – lessons from the field (HOPE)
 1. **Being** in nurturing supportive relationships
 2. **Living, playing, and learning** in safe, stable, protective and equitable environments
 3. **Engaging** in constructive social / civic activities that develop a sense of connectedness
 4. **Developing** social and emotional competencies

4. RCASA Planning & Event Outlook for 2018-2019

- We are researching hosting a series on mental health and substance abuse prevention for parents. So far, we are hoping to screen “Angst” a documentary film about anxiety that was recently well received in Winchester with an expert panel. RCASA staff attended sessions in Winchester to view the film and learn more about hosting a screening.
- RCASA continues involvement in Mystic Valley Public Health Coalition, MVPHC Subcommittee on Women & Alcohol, Parent University Planning, DA Ryan’s Eastern Middlesex Opioid Task Force

ANNOUNCEMENTS/UPDATES:

- RCASA joined with the Mystic Valley Public Health Coalition to launch the social marketing campaign to *encourage parents of middle schoolers to talk to their children about substance abuse prevention.*
www.mysticvalleypublichealthcoalition.org
- RPD Conducts Alcohol Compliance <https://patch.com/massachusetts/reading/100-compliance-local-businesses-alcohol-policy>

ATTACHMENTS:

- RCASA Proposed Funding Outline FY20 provided by Town Manager
- RCASA Board List with changes from last meeting
- RCASA Articles of Incorporation
- RCASA Board Meeting Calendar
- Mystic Valley Parent Campaign Press Release