Reading Coalition Against Substance Abuse

RCASA

September 27, 2018
7 pm
Reading Memorial High School

Celebrating 12 Years of Coalition Development
Welcome to our Annual Meeting
Thank you

RCASA Board of Directors

Austin Prep
James Hickey, Headmaster

Burbank YMCA
Nina Conway, Board Liaison

Hallmark Health
Beth Lucey

Law Office of Brian Snell
Reading Rotary
Brian Snell
Thank you

RCASA Board of Directors

MA Association of Sober Homes (MASH)
Kelly Sober House
Rich Winant, President, MASH

Parents
Richard Abate
Pat Shannon
Elaine Webb
Sherri VandenAkker
Kate Grant
Jennifer Hillery
Thank you

RCASA Board of Directors
Reading Advocate
Joanne Senders, Freelance Reporter

Reading Clergy Council
Pete Jeffrey, Deacon,
Church of the Good Shepherd

Reading Police Department
Mark Segalla, Chief
David Clark, Deputy Chief
Brian Lewis, School Resource Officer
Matt Vatcher, School Resource Officer
Thank you

RCASA Board of Directors

Reading Public Schools
Chuck Robinson
Linda Snow-Dockser,
School Committee Representatives

John Doherty, Supt. of Schools

Tom Zaya, Asst. Principal of Athletics & Extracurricular Activities
Reading Memorial High School

Kate Boynton, Principal,
Reading Memorial High School
Thank you

RCASA Board of Directors

Reading Resident
Laura Gemme

Riverside Community Care
Lori Hillard, Licensed Clinical Psychologist

Town of Reading
John Halsey, Select Board
Bob LeLacheur, Town Manager
Richard Hand, Rec. Committee
Thank you

Supporters

Mission of Deeds
Reading Congregational Church
Reading Hospital Board of Trustees
Reading Rotary Club
The Beat Heart Foundation
The State of Massachusetts
U.S. Office of National Drug Control Policy
U.S. Substance Abuse & Mental Health Services Administration
Young Women’s Club of Reading
Welcome to the Reading Coalition Against Substance Abuse website

We are a coalition of youth & adults living and working in Reading, MA who promote a safe, healthy, vibrant community in which everyone makes healthy decisions and ensures that today's resources shape tomorrow's strengths.
The nation's foremost leaders on substance use and recovery joined together in Washington D.C.
to celebrate
and remember
...those who have achieved recovery, remember those who did not get the chance to experience it and those who help make recovery possible.
The @SAMHSAGov-sponsored #RecoveryMonth Awards are now underway. This year's winners come from all across the country and are leading examples of how we can implement better behavioral health care in America! #BH365

The 2018 winners:
- Educational Events: Erica McNamara, Reading Coalition Against Substance Abuse
- Special Celebrations: Javier Alegre, Utah Support Advocates for Recovery Awareness
- Rally Events: Jessica Williams, Institute for Research, Education and Training in Addictions
... was an educational series designed to raise awareness, share resources and celebrate recovery.
READING UNITES FOR RECOVERY
2017
Select Board Proclamation

JOIN THE VOICES FOR RECOVERY
STRENGTHEN FAMILIES AND COMMUNITIES
READING UNITES FOR RECOVERY

2017 Workplace Event

National Recovery Month
Prevention Works • Treatment is Effective • People Recover
SEPTEMBER 2017

READING, MASSACHUSETTS

SUBSTANCE ABUSE AND THE WORKPLACE ISSUES THAT AFFECT ALL BUSINESSES

www.reading.k12.ma.us/community/rcasa
Regional Voices for Recovery & Remembrance

Prevention works, treatment is effective & People can and do recover

Malden, Medford, Melrose, Reading, Stoneham, Wakefield and Winchester working together to address substance abuse and improve the health of the people of the Mystic Valley.

www.mysticvalleypublchealth.org
READING UNITES FOR RECOVERY

2017 Annual Coalition Meeting

JOIN THE VOICES FOR RECOVERY
STRENGTHEN FAMILIES AND COMMUNITIES

With special guest
Marian Ryan
Middlesex District Attorney

Featuring Keynote Speaker
Dr. Ruth Potee

Board certified in Family Medicine & Addiction Medicine
Addiction is a brain disease that is 100% preventable... “It’s chemistry, not character”

Thursday 9/28/17
7 to 9 pm
Reading Memorial High School
Performing Arts Center
Sherri VandenAkker, RCASA, accepting award, pictured with national leaders.
National Recovery Month

September 2018

SAMHSA’s Recovery Month Annual Event Award Program 2018

Reading Unites for Recovery

Reading Coalition Against Substance Abuse (RCASA), Reading, MA
"I was honored to represent RCASA and congratulations to all of the organizations but most especially to Erica and Julianne; this award is a testament to your creativity, effectiveness, and hard work. RCASA’s work was head and shoulders above the other awardees’—and they were impressive in their own right."

- Sherri VandenAkker, RCASA Board
01 OUR COALITION GOALS

GOAL 1 Build community collaboration

GOAL 2 Reduce substance misuse
02 OUR APPROACH
Our main activities this year were...

01 Community Education on Vaping, Underage Drinking, Marijuana & Opioids

02 School Projects CHEP SBIRT RPLC Operation Prevention

Past events
Our main activities this year were...

03 Police/Town Projects
Rx Round Up, Interface Referral Service

04 Mystic Valley Public Health Coalition,
Middlesex DA Eastern Opioid Task Force
05 LARGEST AUDIENCES REACHED

OCT.
RMHS Guidance & RCASA sponsored Lynn Lyons, Guest Speaker on "The Worry Cycle: Strategies for Managing Anxiety @ school & home"

APR.
RMHS & RCASA sponsored "Alex's Story on the impact of opioid abuse" for grades 11 and 12
06 MOST REQUESTED TOPIC: VAPING

10 Vaping prevention presentations were conducted for RPS middle and high school PTOs, RPS middle school staff and Austin Prep parents.
07 TOP SUBSTANCE FOR STUDENT REFERRALS: VAPING

More students were referred for chemical health violations due to vaping for monthly classes than any other substance.
Most Families Connected to Mental Health Services

Reading's Interface Referral Service provided by William James College served 130 families from Reading.

Parents of elementary age children generated the 2nd largest # of matches.
1. HS
2. ES
3. MS
NATIONAL RECOGNITION FOR POLICE PARTNERSHIP

RCASA acknowledged by the National DFC Evaluation Team for partnering with Law Enforcement including our Rx Round Up, which has processed more than 40,000 Rx bottles since 2009.
10 ALCOHOL DATA OUTCOMES
High School: Reading YRBS

<table>
<thead>
<tr>
<th>Year</th>
<th>Alcohol-free in past 30-days</th>
<th>Perception of Parent Disapproval</th>
<th>Perception of Peer Disapproval</th>
<th>Perception of Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>2007</td>
<td>52%</td>
<td>89%</td>
<td>65%</td>
<td>76%</td>
</tr>
<tr>
<td>2017</td>
<td>64%</td>
<td>93%</td>
<td>67%</td>
<td>76%</td>
</tr>
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</table>
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Get matched with a mental health services provider, call the INTERFACE REFERRAL HELPLINE 888-244-6843 (toll free). Available from Mon – Fri, 9am – 5pm.