

Plymouth Youth Development Collaborative | PYDC
Meeting Minutes | June 14, 2019
Beth Israel Deaconess Plymouth | 46 Obery Street | Plymouth, MA 02360

Mission: *The mission of the Plymouth Youth Development Collaborative is to strategically prevent and reduce substance abuse and misuse, to increase the protective factors that support a healthy community, and to enhance community collaboration in Plymouth.*

Present:

- Bob Nolet, Plymouth Area Chamber of Commerce
- Carilyn Rains, PPS
- Chris Campbell, PPS
- Christina Wilson, YMCA
- Edward Jacoubs, DA Cruz's Office
- Emily Beaulieu, The Happy Heart
- Fiona Jensen, Calmer Choice
- Jim Hanna, PPS
- John Rogers, Plymouth County Outreach
- Joy Henry, DCF
- Kelly Macomber, PPS
- Linda Bolocas, PPS
- Lisa Hughes, Rising Tide
- Malissa Kenney, Healthy Plymouth
- Mathew Muratore, State Rep
- Margie Burgess, School Committee
- Meaghan Doherty, Plymouth Area Chamber of Commerce
- Merielle Paul, Plymouth SAPC
- Nate Horwitz-Willis, DPH TofP
- Pat McCarthy, Plymouth Town Meeting Member
- Rob Palumbo, Juvenile Probation Dept

Substance Use Prevention Update: Kelly Macomber & Merielle Paul (DFC & SAPC)

Mini-Training - Fentynal

- Please find this mini-training attached.

Schedule - May 3, 2019 to June 13, 2019

- Curry College Substance Use Forum was a good opportunity to connect with college age students in the community. Ed Jacoubs & Kelly Macomber both presented.
- All juniors at PNHS and PSHS attended "Taylor's Message" presentation and were very respectful audiences who gave good feedback. One student reached out to Kathy Sullivan seeking resources and the school followed up with the student to get them services. Community Event was held in the evening at the Spire Center, with very little turn out.

- Rob Palumbo, Steering Committee member attended with his 17 year old son and both had awesome feedback about the presentation. Group discussed how to influence more parents to have the desire to attend these events.
- One member suggested advertising on Matt Muratore's PACTV show.
- Coordinators met with Tiffany Leyne, Massachusetts Clinical Outreach Coordinator for Newport Academy, an adolescent treatment center located in Connecticut, to learn about this as a resource for youth.
- To The Moon and Back hosted the Beyond NAS Conference with over 350 attendees at Hotel 1620. Speakers included leaders in the field of neonatal abstinence syndrome and those who work with children born exposed to substance throughout the lifespan. Attendees included medical professionals, nurses, teachers, families and allies. PYDC had a resource table and networked with many individuals from all over the state and beyond.
- 2019 Sticker Shock Campaign rolled out on May 14 and 15. More information below.
- Merielle Paul met with Lisa Hughes, Nurse Leader, and Shawna Weekly, Director of Wellness, for Rising Tide Public Charter School to connect about partnering on substance use prevention initiatives.
- MA School Nurse Association Dinner was hosted at Plimouth Plantation and centered around Marijuana and Substance Use Prevention resources in the Plymouth Community. Speakers included PPS Superintendent Gary Maestas, Jen Flannigan (Cannabis Control Commission), Cheryl Bartlett (Former DPH Commissioner), Plymouth Police Chief Michael Boteri, Dr. Nate Horwitz-Wills (Town of Plymouth DPH), Annmarie Shroeder (PNHS School Nurse), State Rep Mathew Muratore.
- HPTC Prevention Services hosted the 2nd Annual "Be in the Know" Youth Conference at Stonehill College with over 115 students and advisors in attendance from 14 schools throughout the Southeast. Positive feedback was given by all attendees
- PPS Staff attended the Safe and Supportive Trauma Sensitive School Training at Lesley University's satellite campus in New Bedford.
- PCIS's Principal's Leadership Council's PhotoVoice project was displayed at the end of year Faculty meeting and has been set up around Blake Planetarium for students and parents to view during end of year activities.
- Plymouth Public Library hosted a Health Literacy Event around opioids where Kelly presented around the history of the opioid epidemic.
- All 7th grade Health Classes at PCIS received "Addiction and the Teenage Brain" lesson
- YMCA Afterschool Staff were trained by PYDC Coordinators around Resiliency including what it means to be resilient as well as strategies/techniques to incorporate this skill with young people. Students then created projects around resiliency, including videos, and where the winners won an ice cream party and a stipend to be used towards after school supplies.

Sticker Shock

- Students from the New Testament Church School and members from the Boys & Girls Club helped to roll out the 2019 Sticker Shock Campaign on May 14 and May 15 by visiting all participating liquor stores and hanging clings on coolers and entrance/exit doors.

- 16 out of 20 alcohol retail establishments in the Town are participating. Two of those stores not participating are due to corporate regulations.
- Stores were asked to keep 2018 clings hung until July of 2018 but coordinators found that many stores still had the last years' clings displayed. Old stickers were removed and replaced with the new 2019 design.
- Thank you to all of the participating liquor stores, coalition members, students, partners and Rich Harbert for covering the store in the Old Colony Memorial!
 - <https://plymouth.wickedlocal.com/news/20190520/plymouth-student-campaign-warns-adults-against-buying-alcohol-for-minors>

Live Stories Update

- Over the past year, PYDC has worked with Live Stories to create user-friendly data stories that showcase the results of our 2019 Communities that Care Survey that was administered to all 7th-12th PPS students.
- Moving forward we hope to expand these stories to include data from other community partners. Please contact coordinators if you or your organization have valuable data you wish to share.
 - Looking to include past years worth of data as well as maps.
- Our stories can be seen using the link below. Please feel free to share with your networks, including on social media.
 - <https://insight.livestories.com/s/v2/plymouth-county/01c0b23d-745d-4d47-b401-80edee8fad84/>

Interface Update:

- Plymouth purchased Interface Referral Services. Interface is a service through William James College that attempts to break down the barriers to individuals gaining access to outpatient mental health services. Their helpline that operates Monday through Friday from 9am to 5pm connects callers with a Resource and Referral Counselor who will help them navigate the challenges of finding outpatient mental health services. These Referral Counselors help work through barriers such as appointment scheduling and insurance issues. If you are interested in using this service and are a Plymouth resident, please dial: 888-244-6843.
- Marketing materials have been ordered which include 5x7 cards and business cards.
- Outreach will continue to other community groups once print materials are received.
- Coordinators have connected with Plymouth County Outreach to offer training on this service to recovery coaches and officers conducting home visits after overdoses.
 - Print cards will be added to follow up packets for the towns that have this service.

Wellness Committee Update

- Concluded meetings for the school year. The group is hoping to grow next year to include more parents and students.

Healthy Plymouth Update:

April Vacation Week 2019:

1. April Vacation Week 2019 was a huge success!
 2. April Vacation Week supports the 6 dimensions of health and goals as outlined in Plymouth's Community Health Improvement Plan (CHIP) with priorities focused on health risk factors, physical health and disease management/prevention, and behavioral health. Overall the programs and presentations offered to the youth touched on all 6 dimensions to include physical, social, environment, emotional, spiritual and intellectual.
 3. Demographics for attendees are as followed
Age: 11=15%, 12=51%, 13=19%, 14=14%
Grade: 6th=61%, 7th=21%, 8th=18%
School: PCIS=68%, PSMS=16%, Rising Tide=16%
- Of those who completed our survey, 83% attended for the first time and 22% attended in 2018.
 - 78% said that they met someone new during April Vacation Week.
 - Students and parents were asked for suggestions for future programming and youth would like more sports/fitness programs, cooking/baking, fine arts and animal classes.
 - Parents would like a February Vacation Week and more free/affordable one day activities sponsored by Healthy Plymouth for families.
 - The total donated by presenters to include time and materials was \$5850.00
 - Cash and gift card donations which covered snacks, liability insurance, paper goods, craft materials totaled \$1577.00
 - Of the restaurants that provided a value of their lunch donation (3 of 7) the total is \$600.00. We estimate the true total for all 7 is closer to \$1500.00

Healthy Plymouth-Terra Cura-Algonquin Heights/New England Villages (NEV) Mobile Farmer's Market:

1. Healthy Plymouth and Terra Cura have received a \$10,000.00 Health Literacy Grant from South Shore Community Partners in Prevention. This is year 2 and an increase in funding from 2018.
2. We requested funding to again employ 5 teens over 6 weeks, cover a supervisor from Terra Cura, transportation to/from Colchester Farm, provide produce to 40 Algonquin Heights households free in a farmer's market setting twice during the summer, a farm day field trip for Algonquin Heights families and expanded permaculture, agriculture and career exploration education/presenters.
3. Jackie Millar and Malissa Kenney will be interviewing teens at Algonquin Heights on June 27th. The program will start the week of July 8th on Thursdays and Fridays.

Healthy Plymouth-Terra Cura Gardens:

1. Terra Cura-Healthy Plymouth just wrapped a successful 11 week after school garden club program in partnership with the YMCA and Carole Guerin of UMass Extension/SNAP-Ed.
2. Amazing Race proceeds helped fund 3 educational liaisons and a high school student who will create marketing materials, manage social media and photograph events.

3. Seeds were planted at the Sherriff's County Farm by volunteers
4. This fall tomatoes planted in all school gardens and several community gardens will once again be used by Patrick Van Cott to make a healthy pasta sauce for students to sample. Additionally, butternut squash will be harvested and shared during school Thanksgiving dinner events.
5. The Sunrise Rotary funding purchased wood and the Sherriff's Dept. donated time and labor to build 6 picnic tables for our gardens. The tables were delivered to NMES, PSES, Cold Spring Elementary, PCIS, PSMS and the Plymouth Early Childhood Center.
6. We are seeking volunteers once again to water and maintain the gardens in 1 week stretches during the summer. The link to register is <https://healthyplymouth.org/youth-engagement/terra-cura-school-community-gardens>

Coffee House:

1. The final High School Coffee House of the school year took place on May 16 at Memorial Hall. Over 200 patrons attended.

Peer Helper:

1. Peer Helper for grades 6-7 launched at PSMS thanks to HP Peer Helper Coordinator, Mellissa Spicer and Steve Morgenweck
2. The weekly after school model for grades 6 & 7 included 20 minutes of "trainings" as developed by MARC (Massachusetts Aggression Reduction Center) at BSU and 40 minutes of activities to include mindfulness, guest presenters and projects.
3. 23 students filled out applications, were interviewed and welcomed as 2019-2020 Peer Helpers.
4. Students attended a special workshop designed just for them at Bridgewater State U. MARC grad and undergrad students facilitated an exploration and discussion of bullying/cyberbullying and challenges expressed by the students. Small groups identified in and out of school issues commonly experienced such as peer pressure, social hierarchy, navigating social media.
5. Mellissa Spicer and Malissa Kenney met with school psychologists from Cold Spring and Nathaniel Morton Elementary to discuss the expansion of Peer Helper in their schools.
6. On June 14th, Mellissa and Malissa facilitated a retreat field day in the PSHS Black Box Theater for 8 of the PSMS Peer Helper leaders. The students continued their MARC training and created vision boards reflecting what they love about their school and ideas for better acceptance, community and kindness.
7. On June 19th, Mellissa and Malissa attended a MARC conference (Bullying and Cyber-bullying) at BSU sponsored by DDS. There was a focus on children, teens and young adults of all abilities.
8. A portion of Amazing Race 2018 funds supported Peer Helper at PSMS

Amazing Race 2019

1. Date: Amazing Race 3 is scheduled for Saturday, October 26, 2019.
2. Location: We are returning to Plymouth's Downtown and Waterfront. Last year our theme was the culture and history of North Plymouth. This year we will incorporate Haunted Halloween. We will be based once again at Nathaniel Morton. More details to follow.
3. If anyone is interested in joining our planning committee, please contact Malissa Kenney at healthyplymouth@gmail.com

Board of Directors:

We have a Board!

Krystal Danner Board President

Andrea Holleran Vice President

Karen Rich Treasurer

Bob Nolet Clerk

Board Members

Chris Campbell Stakeholder (PPS)

Lori Rush Clinician

Malissa Kenney Executive Director

Town of Plymouth DPH Update:

- The next Plymouth Public Health Matters show will be aired by PACTV (sometime starting during the week of June 17) to feature health education and awareness on marijuana use.
 - State has announced regulations around CBD - maximum of .03%THC
- The Plymouth DPH is seeking participation from at least 2 adolescents in Plymouth to participate in the climate resiliency planning initiative.

Community Updates:

- Mr. Morganwek will be leaving his position as Principal at Plymouth South Middle School. We appreciate all that he has done to support the work of PYDC and integrate it into his school! We wish him all the best in his future endeavors!
- Plymouth County Outreach
 - Plymouth County Outreach (PCO) was awarded a \$900,000 through South Shore Health Systems to expand services
 - More and more counties within Massachusetts are adopting the PCO model. The state is beginning to give this model more attention and recognition as data begins to show successes of the program.

Upcoming Events:

- PYDC Steering Committee Dates for 2019-2020 are attached to meeting minutes email.
- Plymouth Bay Cultural District will host free, family friendly movie nights on the last Friday of every month beginning at 6:30pm at Nelson Park.

- YMCA Camp Clark is hosting FREE compatibility camp for members and non-members every Saturday from 9-12pm from July 13-August 17. Please register at YMCA.
- 9 PhotoVoice images will be set up at the Plymouth Public Library from August 5-August 30.
- August 24, 2019 is the Waterfront Festival hosted by the Plymouth Area Chamber of Commerce
 - PYDC has space to set up a resource table again in Brewster Gardens with other non-profit groups, but members will need to commit to
 - Please sign up using the link for the time slots you are available.
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- Photo Voice be set up at the State House during the week of September 9. Participating students will
- Amazing Race will be held on October 26 in Downtown Plymouth.

**The next meeting of the PYDC Steering Committee will be held on
Friday, August 23, 2019
at 8am at BID-Plymouth Medical Building Conference Room, 1st floor.**