



Durham Middlefield
— LOCAL WELLNESS COALITION —

DMLWC Coalition Meeting
March 8th 2021
2:30 p.m. Zoom Meeting

Join Zoom Meeting

<https://us02web.zoom.us/j/83969317214?pwd=a2EzeSs3ZjNld3BKUDRKZDInclJ5Zz09>

Meeting ID: 839 6931 7214 Passcode: 188150

Meeting start: 2:35

In attendance: Laura Francis, Lynna Vo, Morgan Perry, Mike Kalinowski, Lillian McKenzie, Nina Chanana, Bronwyn Commins, Becca Sinusas, Brian MacDuff, Dena Miccinello

- **Welcome**

Thank you to everyone for joining us at this meeting it is great to see you all!

- **DMLWC**

Update Attached is the latest update on DMLWC. Please read over the update document and if you have any questions or comments please reach out to Dena Miccinello at dmiccinello@dmyfs.org.

- **Let's #MentionPrevention**

Please visit www.dmlwc.org/mentionprevention to view parent and youth discussion guides that have been created with a group of LPC's to bring awareness to the dangers of vaping and help adults and peers talk about vaping. We were able to have a sneak peak of the first video being produced by Atomic Kids. This video is an animated video to bring awareness to the talking guides that were produced and to spotlight the positive side of people who quit vaping. When we get the final video it will be shared to all of our contacts and sent out with the schools.

The #MentionPrevention group has shifted their conversations to now talk about marijuana and the new legislations on recreational marijuana.

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- **Drug Take Back Day Saturday April 24th 2021**

At one of our last meeting Drug Take Back Day was discussed to see if we were going to have Take Back Events. We have received the official word that Take Back Day is on, for April 24th from 10-2. Middlefield is confirmed and we are working on confirming with Durham. Hopefully also at this event we will introduce the GROW campaign information to the community and tie it into spring.

- **The Sustainability Project - #KeepItGoing Short Survey**

As most of you know a group of members have been working on a project called #KeepItGoing and the first part of our campaign to celebrate all that DMLWC has done over the last 9 years is a social media and print media campaign. We are working on a group of graphics that will share quantitative data, outcomes and quotes from coalition members and community members. To help gather more quotes Nina has created a short three question survey monkey survey please follow the link below to submit your answers. <https://www.surveymonkey.com/r/DMLWCkeepitgoing>

- **Presentation by Nina Chanana on DMHAS' PFS2015 Focus Group Project on the impact of COVID-19**

Thank you, Nina, for sharing the findings from the Partnership for Success focus group. Three different files are attached for more information on the presentation. Please feel free to reach out with any questions.

Some main points from the power point-

Access to alcohol may be easier for youth because parents are bringing more alcohol into the home.

Alcohol is the most widely used substance among teens.

Students reported that vaping has been decreasing even before Covid. It is now “not cool” and “out of style” many social media platforms portray vaping as bad.

When youth see other youth vaping it is normally that they are vaping marijuana.



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Teens reported other teens using marijuana to cope with stress and calm them down.

Alcohol is used at a party and when students are bored as something to do.

Marijuana is smoked as a way to relax and to escape.

Parents are not talking to their kids about the dangers of youth marijuana use.

Parents are in survival mode and feel like they are spinning plates.

They are using more alcohol than before.

Youth and Parents are looking for more free mental health resources that are outside of the school system.

Students look for a resource that helps them find colleges that support LGBTQ+ called the LGBTQ+ Pride Meter.

o **Coalition Member Update**

-DMYFS: Trivia Night - Monday March 22 Teen Trivia 4-5:30 Family Trivia 6:30-8:00 at 1741. All Covid Guidelines will be followed.

-Laura, Town of Durham – The Equity, Inclusion and Diversity committee has started to meet. This group will focus on the equity, inclusion, and diversity in the Town of Durham. This can be a good opportunity to connect with the group.

-Morgan, Durham Social Services – On March 18th there will be food boxes available from 11-1.

-Lillian, Outreach Assistant for U.S. Senator Chris Murphy – Funding will be voted on to help support youth summer programs to support social emotional needs and to help kids get outside more. Lillian was very interested to see more of the results from the focus groups.

Meeting End: 3:30



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Next DMLWC Meeting

May 10th, 2021

Meeting location/zoom link will be sent out a week before the scheduled date.

CADCA's 7 Strategies for Community Change

- 1. Providing Information**
- 2. Enhancing Skills**
- 3. Providing Support**
- 4. Enhancing Access/Reducing Barriers**
- 5. Changing Consequences (Incentives/Disincentives)**
- 6. Physical Design**
- 7. Modifying/Changing Policies**

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