



Durham Middlefield
— LOCAL WELLNESS COALITION —

DMLWC Coalition Meeting
May 10th 2021 2:30 p.m. Zoom Meeting

Join Zoom Meeting

<https://us02web.zoom.us/j/81222912792?pwd=cjZGUnpUNkM2dm8yWldsbnl0WkhXQT09>

Meeting ID: 812 2291 2792 Passcode: 441922

Meeting start: 2:35

Who attended: Michael Kalinowski, John-Michael Parker, Morgan Perry, Betsy Dean, Brian MacDuff, Bronwyn Cummins, Karen Otte, Kiersten Deitz, Laura Francis, Lynna Vo, Marijke Kehrhahn, Mel Travers, Nina Chanana, Leslie Paoletti and Dena Miccinello

- **Welcome!**
- **DMLWC Update** Please see attached update and feel free to ask any questions.
- **Let's #MentionPrevention** The vaping post card was mailed out to all residential active mailing addresses in Durham, Middlefield and Rockfall last week. We will be following up the post card with a community online survey to test knowledge and attitudes about vaping in the community. Vaping conversation guides have been printed and will be given out this summer at farmers markets and any in person events.
- **Drug Take Back Day** This year's drug take back day we collected 197.5 pounds the biggest collection to date! Everyone that participated in drug take back day went home with an at home disposal kit that contained a deterra bag and at home disposal directions.
- **We Are Going On A Tree Hunt** To celebrate National Prevention week DMLWC is sponsoring a Tree Hunt! At five different locations in Durham, Middlefield and Rockfall there is a prevention fact, fun joke and a decorated pinecone hidden for families to find. This program promotes getting outside and will teach people about prevention. Locations will be up until the 21st of this month.

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- **CADCA** This year The CADCA mid-year conference will be virtual again and DMLWC will have the opportunity to send coalition members to the conference. If you are interested in attending this action-packed prevention conference that has opportunities for learning for all 12 community sectors please reach out to Dena Miccinello at dmiccinello@dmyfs.org.
- **CARA Close Out Presentation – Dr. Mike Kalinowski** Thank you Dr. Mike for bring such a great prevention superhero and sharing your knowledge with us as a coalition as well as our students and the community!

Dr. Mike presented a summary of the CARA grant and talked in detail about the addiction model that he has taught in health classes over the course of the grant. The class of 2019 to the class of 2025 has all be taught about the science of addiction! A big thank you to Steven for sharing his story about addiction in a 12-minute video.
- **Coalition Member Update**

There will be another food pick up date soon, please see social services for more information.
- **Have a safe and fun summer!**

Our meetings will resume in September. Please keep your eye out for the meeting dates and locations. Meetings will hopefully be able to resume in person outside to start, this is all depending on how rates of covid are in the fall. Thank you for your continued support of DMLWC, we hope to see you at the farmers markets this summer!

Next DMLWC Meeting

Coalition meetings will resume in September.

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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