

19 JAN 15 AM 10:09
Draft Minutes

1. Welcome:

Members present: Kaitlin Carafa, Amani Clemons, Emily Guerrero, Carl Ufongene, Anatol Gogoj, Bill Meier, Holly Hansen, Cassandra Zwarzycz, Skylar Goold, Chris Luginbuhl, Robin Kohler, Josh Wells, Phil Bunick, Michelle Hill, Joanna Keyes

2. Review of 11/14/18 minutes:

The 11/14/18 minutes were reviewed. A correction was made to the spelling of a name. Kaitlin moved to accept the minutes with the corrected spelling. Cassie seconded the motion. The motion passed with all in favor.

3. History of Opioids presentation - Phil Bunick

Phil Bunick, retired pharmacist and coalition member, presented on the changing use of opioids in medical practices since the 1980's which has greatly contributed to the current opioid epidemic. Throughout this time, drug companies strongly promoted opioids as being a safe and effective way to treat pain. The government permitted opioids to be used widely in medical practices to treat pain and Doctors used without thoroughly investigating or understanding the safety or powerful, addictive effects the drug has if misused. The presentation ended with strategies that can be used to prevent misuse including prevention of miss use by educating people about the risks of using opioids.

4. Vernon ROCKS Events/Activities

A. Recap: 2nd Annual Community Basketball Tournament 11/16/18

The 2nd Annual Community Basketball tournament had an increased number of students who participated as compared to 2017. There were 40 players in total and 30 additional students who came to watch. The event resulted in an increased number of student followers on the Vernon ROCKS Instagram page, increasing student awareness of the Coalition. It was agreed the event was a strong success overall. The biggest challenge, however, was in organizing the brackets.

5. Real Talk Vernon

A. BOE (12/10) and Town Council (12/18) Presentations Recap

RHS Students who are members of the Vernon ROCKS Coalition presented at both the December BOE and Town Council meetings to share information about the "REAL TALK Vernon" alcohol prevention abuse campaign they have been leading. Positive feedback from both BOE and Town Council members was received after the presentation.

B. Parent Billboard

The parent billboard for the "REAL TALK Vernon" campaign goes up on December 26. Kaitlin presented the "REAL TALK Vernon" posters targeted for students and parents that will soon be going up in the community and in VCMS and RHS.

C. Community Voice Channel – training 1/22-1/24 (first "show" 1/24)

The students leading "REAL TALK Vernon" will be trained on how to use the recording equipment at the Community Voice channel station in order to run a "REAL TALK Vernon" show on a regular basis. The first show is scheduled to take place on January 24.

D. Other billboard opportunities

The Lamar Company is booking billboards for the next year and has contacted Kaitlin to see if Vernon ROCKS would like to schedule another billboard at the bottom of Loveland Hill in 2019. It was suggested to schedule a billboard for the week of prom.

6. STR mini-grant update

A. Provider lunch & learn – Tentative date(s): March 6th or 13th

Holly is in the process of organizing a Lunch and Learn for prescribers to be trained in the CT Prescription Monitoring and Reporting System (CPMRS). Prescribers in Vernon and some of the surrounding towns served by the North Central District Health Department will be invited to attend a lunch and learn in Vernon in March. Requiring doctors to travel to an offsite location for the training, however, may be a barrier to them attending. One suggestion was to consider bringing the training to the Dr. Offices or a common place they regularly convene. (If there is such a place) A trainer from the State administers the training so there is a considerable amount of coordinating and planning in process.

7. Recovery Friendly Community

Michelle and Kaitlin shared that they recently met with Katie Fontaine, Clinical program Director at CHR, to review and discuss the components of being a Recovery Friendly Community. The purpose of the components that were reviewed is to guide municipalities interested in supporting those residents who are in recovery from a substance use condition by raising awareness of the nature of such conditions, promoting health and recovery by reducing stigma and discrimination, and building or improving the environmental factors necessary for recoverees to flourish. Expected benefits of a Recovery friendly Community may be reduced substance abuse, reduced overdoses, reduced crime, an improved community sense of compassion, humanity, and citizenship, and positive statewide visibility. The Municipality must be committed to assigning leadership and have buy -in in order to establish a recovery friendly community. More to follow on this.

8. Other Announcements

- BPS (Be Part of the Solution) is selling 2019 calendars with local outdoor scenes. Chris reported that sales have been strong, allowing the organization to continue to support those who are in recovery. Those who are interested in purchasing a calendar can contact Chris Luginbuhl.
- With input from the members it was decided that Vernon ROCKS Coalition meeting days and times will remain the same for 2019 and will be posted with the Vernon Town Clerk.

9. Next Meeting: January 16th – SPF refresher

Respectfully submitted by:

Michelle Hill
