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**Greater Portsmouth Youth Wellness Coalition – Planning Meeting**

**August 15, 2024**

**Attendees:**

**Amy Michaels, Meghan Stewart, Larry McCullough, Sam Thamsen, Kim Harty, Jordan Trombino, Joanne Coles, Ashley Murphy, Danielle Heaton, Jennifer Minicucci, Eli, Cheryl Strong, Gretyl Macalaster, Lorraine**

**Agenda:**

1. Welcome and introductions
2. Welcoming Activity
3. DFC Coalition and Highlights
4. Group Activity led by Steering Committee
5. Coalition Member updates
6. Lunch

**Discussion:**

1. Welcome and introductions
   1. What is primary prevention
   2. We are looking to provide community-wide prevention, not targeting specific groups
   3. Looking at activities that will be beneficial to all youth in Greater Portsmouth
   4. What is a community coalition?
2. Welcoming activity – Kim leads group in activity
   1. Things we think that kids need to foster healthy and safe upbringing
      1. Importance of community, having healthy and supportive mentorship opportunities
      2. Being able to pursue passions, skills, and hobbies – also taking healthy risks
      3. Social capital – feeling like you have a place to belong and sense of purpose
      4. Basic needs
         1. Food insecurity and housing insecurity are very prevalent
         2. Need to feel safe – mentally and physically
         3. Needing emotional tools as well to address toxic stress so that things like risk-taking are done safely (music, art are examples of healthy risks)
3. DFC Coalition and Highlights
   1. 2 goals: increase community collaboration and reduce youth substance misuse
   2. Engage the 12 sectors (include slides with notes)
   3. Leveraging the 7 core strategies to address the goals
   4. Evaluation and reporting – core measures based on marijuana, nicotine, and alcohol
      1. Past 30-day use (want to decrease)
      2. Perception of harm (Increase)
      3. Perception of peer disapproval (Increase)
      4. Perception of parental disapproval (Increase)
   5. Year 1 Successes
      1. Getting to Y
      2. Middle School to conduct YRBS next year!
      3. Youth Action Group starting at Portsmouth Middle School
      4. In-kind volunteer hours 🡪 231 hours from Coalition members
      5. Multiple outreach events
      6. Governor Sununu attended a Coalition meeting
      7. Reporting done
      8. Staff trained in Youth Mental Health First Aid – UNH Cooperative Extension Program can support this financially
4. Group Activity – Data Review
   1. Alcohol
      1. Root cause = access and perception (delivery)
      2. Local conditions
         1. Affluent city, lots of access in the neighborhoods and with peers
         2. Provide info to local businesses
         3. Media campaign that highlights more kids aren’t’ doing it
         4. Focus groups to find out what the stressors are and why kids are drinking
         5. Identify risks
         6. Teach students and teachers the signs of alcohol use disorder
         7. Flyers with tear off resources and QR codes
         8. Assess gaps in services
         9. Educate law enforcement
         10. You can order alcohol on DoorDash and other food delivery services
   2. Marijuana
      1. Root cause = lack of confidence, self esteem, feeling like not belonging
      2. Increasing youth involvement
      3. How do we rebuild trust and feeling safe within the community, particularly with youth
      4. Adults need education on what is going on in terms of what substances kids are using and what mechanisms they are using i.e. how much vapes have changed and continue to change
      5. Parents need education also around how to give consequences that are actually fair and not too punitive
         1. Calling the parents is not always the safest/most helpful thing during times of crisis
5. Next Steps

**Next Meeting: Wednesday, September 18 at 3:30pm**

**Great Bay Community College – WorkReadyNH Classroom**