



## **Ridgefield Prevention Council**

**May 11, 2016**

### **Minutes**

*Mission: The Ridgefield Prevention Council supports a safe and healthy environment for all of Ridgefield's families through awareness, education and positive alternatives to alcohol and other substance use and to reduce high-risk youth behaviors.*

Attendees: Carolyn Knupp, Kathy Halsey, Laura Cleary, Tizzie Mantione, Margaret Stamatis, Tracey O'Connor, Ashley Adamson, Paul Lukaszewski

Guests: Jeff Gonclaves, Colin Hughes, Catalina Carmona (Boys & Girls Club); Donna & Matt DeLuca (C.A.R.E.S.)

- **Welcome and Call to Order**

- Meeting Minutes from Apr. 13, 2016 approved

- **Guest Presentation**

- Donna & Matt DeLuca – C.A.R.E.S. Organization
  - Not for profit program started in Newtown in 2002
  - Community Addiction & Recovery, Education & Support
  - Ridgefield is fifth town to host program starting April 2016
  - Donna was 36 year professional educator, retired January 2016
  - Two of her four sons were addicts, now in recovery
  - She started program to help and educate others like her – caregivers, family members, friends – that had an addict in their life and needed support
  - Model is support for the circle around the addict, not the addict themselves
  - Recovering addicts may attend program after a year of being in recovery to share real world stories and model success
  - 2-hour weekly sessions led by credentialed, licensed substance abuse counselors providing sacred, confidential forum of support and education through conversation
  - “Peer-to-peer” model works for addicts; C.A.R.E.S. provides the same model for the addict’s caregivers
  - Programs offered weekly in Brookfield, Pleasantville, Trumbull, New Milford and now Ridgefield (Thursday’s 7-9pm @ Insight Counseling Office)
  - RPC will provide link on our website to theirs; RPC members will help spread the word about the program
  - RPC will reach out to Ridgefield Police Department to request first responders carry C.A.R.E.S. information cards

- **Project Initiatives**

- SaveOne RHS Scholarship

- Only one submission; Catalina (H.S. student & B&GC rep.) suggested we publicize through guidance counselor office at H.S., posting on Naviance is not enough; Jeff (B&GC Staff) offered to promote at B&GC next year
  - Process of notifying recipient is TBD
  - Carolyn will take a photo at award's ceremony for RPC website and perhaps submission to the Ridgefield Press
- Fall Carnival – No update (Tim Hastings to report at next meeting)
- Drug Take Back Day – April 30<sup>th</sup>
  - Successful event; approximately 50 lbs. of drugs received
  - DEA initiative each April and October
  - Expect to continue with Capt. Kreitz spearheading and RPC supporting
  - B&GC offered to promote in future
- Narcan Training for Professionals – April 27th
  - Underwritten by Silver Hill and RPC; held at new RVNA building
  - Eric Collins from Silver Hill spoke
  - 20+ health professionals attended including Laura and Carolyn
- Late Fall Event – date TBD
  - ruled out Jeff Davis
  - considering John Morello who has spoken to freshman at RHS before
    - high school student representative, Catalina Carmona, saw him her freshman year and thought he was really good and would attend another event
  - suggestions from Colin and Catalina included promoting the event on social media and providing an incentive to attend - like prom tickets and/or free food (homework passes don't work for high school kids)
  - Morello could speak in daytime at school with focus on kids and again at night with focus on parents – both groups are our target audience
- **Other Initiatives**
  - Prom Messaging – Laura Cleary
    - Ad ran in Ridgefield Press promoting good decision making for a safe prom night
  - B&GC Teen Nights – Jeff (for Mike & Tim)
    - events are done for the year; all well received; will start up again in fall
    - RPC likely to continue financial support
  - Social Media Campaign
    - B&GC happy to support and spearhead effort to create and upkeep if RPC provides messaging and guidance
    - could create contest to make videos that would take off like wildfire if promoted appropriately
    - this is a good initiative for B&GC and RPC to work together on over the spring/summer to launch in fall
  - Collateral/Outreach – Laura continues to work on this; monthly newsletter just started
  - Grant Committee - Paul
    - moving along with research into a number of possibilities including Rotary Club, Lewis Club, Fairfield County Community Foundation, etc.
  - Post-Grad Gift
    - party planning committee suggested cash donations really needed so RPC giving \$250 Visa gift card AND gift valued at approx. \$250 either a bluetooth speaker or basket of items useful for a dorm room

- RPC to vote via email and get answer to party planning committee asap
- RCCASA Updates – Laura
  - Newsletter started and feedback and content welcome
  - Leir Center Community meeting held last in 2013, considering another event early November; site could be same but holds only 50 so considering another venue
  - the Search Institute Survey may be redone in fall 2016
  - Safe Climate Survey being conducted right now; urging all parents to respond
- HVCASA Updates – Kathy
  - Youth Summit Day – Tuesday, May 31<sup>st</sup>, 4pm in Bethel – all welcome!
  - RPC to post on website
- **Old/New Business**
  - Meeting time moving to 6:30 PM starting with April meeting
    - need to revisit start time and even day of the week based on B&GC Keystone meeting on Wednesday nights and RPC wanting their representatives on Board, plus early time is proving difficult for some
  - “Great Conversations” – series of events proposed by The Playhouse
    - a number of events throughout the year touching on multiple topics for various age groups
    - Playhouse asked for 50% funding (\$4,500) which is too much for us but are we willing to do some amount if the Board members support the initiative
    - RPC members to provide their individual opinions via email so Karen can give The Playhouse a response
  - Ridgefield Police Department & Lillo Brancato – RPC sent a thank you gift (a big tower of cookies) to the RPD as a thank you for their support and presence



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