

East Hampton LPC Minutes

November 16th, 2021

Attendance Virtual:

1. "Acyr"
2. Barbara Moore
3. Deb Field
4. Emily Melnick
5. Emily Askar
6. Julia Seaman
7. Roxanna Dombrowski
8. Jackie Russell
9. Beth

Attendance In-Person:

1. Nicole Mason
2. Courtney Widrick
3. Irene Kuck

Updates:

- DFC Grant
 - Less attendance for drug take back than previous years
 - Trunk or treat high turnout
 - Narcan training by the APW on 11/18/21 at 12:00PM
 - River east add posted
- LPC Grant:
 - Grant finalized and approved
- Parent/Guardian survey
 - Initial presentation by Emiliy Melnick conducted on survey outcomes
 - N=109
 - Most respondents from high school
 - 10th grade specifically
 - School is the highest reported stressor
 - 50% reported feeling stressed by school amongst 10th graders
 - Parents reported high likelihood that their child would talk to them about drug use
 - For next year's survey: separate drug use from alcohol use
 - Parents' perceived somewhat low alcohol use in the last 30 days amongst their child's peers
 - Parents' underestimating youth drinking behaviors
 - Comparison data between youth and parent/guardian survey

- About a 10% increase of actual drinking behavior by youth compared to their parent's perceptions of their behaviors
 - Suggestions from the data
 - Curriculum to assist parents in understanding how to converse to their child to discourage use
 - Incentives/consequences, and how to keep the dialogue going over time
 - Provide specific and actionable recommendations from the public health literature
- **High school/middle school updates**
 - Parent outreach - Jackie Russell
 - Bring change to Mind
 - Wanting to establish a chapter as part of the youth committee
 - Centered around dismantling mental health stigma
 - Middle School – parent conferences this week
 - LPC to potentially join with tabling items
 - Would Early Act club members be interested in joining LPC efforts?
 - Trish Celia – Advisor of Early Act
- **Regional Action Council (APW – RAC)**
 - No updates
- **Old Business**
 - Cath my breath – Courtney to teach the curriculum
 - Red watch
 - Currently coordinating day to host training for students
 - Can collaborate with Chris Wilkins the athletic trainer as a CPR trainer
 - Junior grade may still be CPR certified as it was part of the health curriculum but needs confirming
 - Approaching red watch as a pilot program to gauge interest and efficacy
- **New business**
 - Narcan training
 - APW to conduct Narcan training for school nurses and administrators
 - Irene to reach out to youth to attend data sub-committee
 - Emily running focus group and key informant interview training on Dec 2nd through TTASC

Next Meeting:

TBD