

TNP Coalition Meeting Minutes

November 30, 2022

Via Zoom

Attendees: Ben Fitzgerald (Prevention Corps member & 2021 PTECH grad), Dayna Macari (Positive Directions & parent), Libby Huerta (Norwalk Community Health Center), Danielle Arias (The Hub), Margaret Watt (Positive Directions), Edward Milton (Kids in Crisis), Lisa Gregory (Norwalk Hospital CCT), Claudia Maldonado (FCA), Nina Chanana (project evaluator), Jodi Giorlando (CT Counseling Centers), Denique Weidema-Lewis (Norwalk ACTS), Jim Martinez (NPS), Brooke Maxfield (MADD), Cadence Pentheny (Triangle Community Center), Kelley Tomlinson (Norwalk Health Dept), Anthony DiLauro (Human Services Council & parent), AnaVivian Estrella (Community Services), Ginger Katz (Courage to Speak Foundation), Jahliah Green (Health Dept), Diana Revolus (Common Council & parent), Dave Walenczyk (Youth Services), Diamond Sead (Human Services Council), Jennifer Rolinson (NPS), JoAnn Malinowski (NPS), Denise Rollinson (Norwalk Community Health Center)

1. **Welcome & Introductions** - In the interest of time only new members made full introductions: Ben Fitzgerald (Prevention Corps), Dayna Macari (new TNP Project Coordinator), and Libby Huerta (Patient Engagement Coordinator, NCHC). All other members introduced themselves in the chat (Name, pronoun, and group representing).
2. **Youth survey** – Nina provided updates on the 2022 Norwalk Youth Survey. On Tuesday Margaret and Nina met with Youth Voices Count (YVC), the survey company, to discuss final survey analysis. The YVC team indicated that they will send the full report by 12/9. We invited all members to join the data subcommittee that will meet 12/16, 10-11am to discuss results, dissemination, and planning for multiple presentations:
 - Present to BOE 1/17 evening
 - Present to principals 1/10 and asst principals 1/24
 - Present to community partners at next TNP meeting LIVE at NPL 1/25 12-1:30pm - joint meeting with Norwalk ACTS Social Emotional Health committee
 - Norwalk Strong teen clubs will work on presentations to their peers
 - Present to freshmen and parents at Freshman Forums (which will take place on 2 of the following evenings: 1/10, 1/24 and 1/31)
 - Additional parent presentations will be planned
3. **Recent and Upcoming Training & Education**
 - A. **Courage to Speak Foundation:** Ginger provided updates on completed Courageous Parenting and Courage to Speak trainings throughout Norwalk. Most recently was for over 60 nursing students at NCC attended a training, in addition to trainings at Ponus. She completed 7 trainings in all. Planning for Family Center

About Us: Our coalition seeks diverse representation from the many cultures and groups that make up Norwalk, including youth and families, individuals in recovery, schools, community and volunteer groups, municipal services, business, faith-based groups, treatment providers, law enforcement, and others.

We are funded by the federal **Drug-Free Communities** grant to **Positive Directions** and the state's **Local Prevention Council** grant to the **Human Services Council**.

presentation in March.

- B. Positive Directions: Margaret updated the group on recent trainings at Norwalk High School (NHS) where approximately 100 students representing three Health 1 classes and one Health 2 class participated in the marijuana awareness and prevention curriculum through PD's license with Johnny's Ambassadors. The training was provided by Margaret, Sof Ramos (BMHS senior and Prevention Intern) and Dyan Sommerville (NHS junior and Prevention Intern). Ed Milton noted how engaged the students were during the peer to peer trainings and how effective this model is. In addition, Margaret and Denique recently trained 200 Health 2 students (8 classes) in QPR suicide prevention at BMHS. Denique noted how important it is to continue to offer this training throughout the community for both youth and adults.
- C. Triangle Community Center: Cadence updated the coalition on the LGBTQ+ 101 training for faculty and staff. In the past this training was administered at Norwalk Middle and High Schools. This year the goal has been to reach faculty and staff and all Norwalk Elementary schools. They reported that there has been great reception from trainees at these schools. They also conducted that training at the Norwalk Early Childhood Center.
- D. Wingman: Jim Martinez provided updates on the Wingman program (a youth leadership program) at Norwalk public schools. They have had school-wide assemblies at Center for Global Students (CGS) and BMHS to introduce the program. At these assemblies, Ian Hockley (program founder), shared his story and talked more about the program. This will be followed by a 2-day training in January 2023. NHS and PTEch will also be involved.
- E. Freshman Forum – Jim has worked with all the high school administrators to secure dates for a Freshman Forum. Currently BMHS/CGS is scheduled for 1/31, 6:30-8:30pm. The event will include a wellness fair and one hour of presentations offered in both English and Spanish. Jim will get a final date for NHS/PTECH this week (either 1/10 or 1/24 from 6:30-8:30pm). This is a great opportunity to get resources to freshman students and their parents. TNP's goal is to have this become an annual event.
ACTION: Contact Denique dlewis@norwalkacts.org to have a table at the Freshman Forum prevention & wellness fair or Margaret mwatt@positivedirections.org to join the planning / presentation group.
- F. Vaping Video – Norwalk High School reached out to get help disseminating vaping information to parents. A small group from TNP are working on a video that will be disseminated through the school and shared with parents. The group is pulling in local data and information and will also direct viewers to the TNP website which contains resources and information on vaping.
- G. Training Collaborative – Denique provided updates on the coordination for the training collaborative. Members were invited to join a small work group that will be pushing this out into the community.
- H. Common Council – Diana is hosting a Johnny's Ambassadors marijuana presentation for members of the Common Council. She noted that this is a great presentation for anyone to participate in but especially important for those who make our local laws. Currently they are planning for December 16th at 12:30pm. Margaret noted that this training is available in an Adult and Youth version. If anyone is interested in getting a group or groups trained, reach out to Margaret.

4. Teen Nights Out Initiative:

AnaVivian asked if anyone was aware of things happening for HS teens in Dec or Jan (outside of school-based events such as the Talent Show at BMHS and regular teen/youth support groups). TNP would like to plan a Teen Night Out in January or February and invited members to join a planning group. TNP is also looking for any business that we could collaborate with (similar to bowling event this summer).

ACTION: Diana, Dayna, Diamond, Sydney, Cadence, Dajuan, Ben will all help with the planning. Cadence mentioned that TCC has Silent Disco headphones we can use if that is of interest. Email Margaret to join group. Margaret will send invite.

5. Monthly Newsletter:

Last year TNP created a monthly newsletter in English and Spanish, although the content was great, it was a lot of work and wasn't getting as many views as hoped for. Moving forward, TNP will produce newsletters 'as needed.' The next issue will go out in December and will include information on the Freshman Forum, Survey

The Norwalk Partnership

PREVENTING SUBSTANCE MISUSE
AMONG YOUTH AND YOUNG ADULTS

Vision: Norwalk is a community that fosters mental wellbeing and supports safe and healthy behaviors across the lifespan.

Mission: The Norwalk Partnership brings our community together to prevent substance misuse among youth and young adults by addressing local conditions.

results, Vaping video content, and any events or activities members want to include. Please forward any info to Dayna, dmacari@positivedirections.org.

6. New business:

- a. Diana brought up the issue of Consent and how it is covered in schools, particularly at young ages, and in general what is the approach for this topic. Cadence commented that they include language in their trainings. Members also mentioned the Rowan Center and DVCC which have information on consent and healthy relationships. Kids in Crisis offers the national, evidence based Safe Talk curriculum, but Ed was not sure if it was currently being used in Norwalk. Ben reflected on his K-12 experience at NPS and felt that consent only came up in high school, probably 15-30 minutes total.
ACTION: Ed will find out whether KIC's program is in Norwalk Public Schools. Can Jim find out what NPS policy is on this topic?
- b. Ben, the new Prevention Corps member, is available to conduct Narcan trainings.

7. Next Steps:

- a. If anyone is doing a December event, please send flyers to Dayna dmacari@positivedirections.org
- c. Marijuana committee meeting tomorrow. Alcohol Committee next week.
- d. No December coalition meeting!
- e. Next TNP coalition meeting will be LIVE at Norwalk Public Library, 1 Belden Ave and will be a presentation of the new youth survey data on Wednesday, January 25th, from 12-1:30. Happy Holidays to all!

About Us: Our coalition seeks diverse representation from the many cultures and groups that make up Norwalk, including youth and families, individuals in recovery, schools, community and volunteer groups, municipal services, business, faith-based groups, treatment providers, law enforcement, and others.

We are funded by the federal **Drug-Free Communities** grant to **Positive Directions** and the state's **Local Prevention Council** grant to the **Human Services Council**.