



## **Avon YSAB/ LPC / COC Meeting**

**June 20, 2022 6:30PM**

**Avon Free Public Library, Community Room**

### **Meeting Minutes**

#### **In Attendance:**

Suzi Alexe, Youth Service Coordinator

Julie Tacinelli – Board Member/ Parent/Community Member

Nathalie Caso – Board Member/ Community Member

Officer Jason Reardon - Avon Police Department, Community Officer

Makena Logan – Avon High School Student

Lauren Lee – Avon High School Student

Liam Alexe – Avon High School Student

Christine Pescatore - Administrative Analyst, Social Services

**Meeting called to order at 6:35pm**

- I. **Welcome and Introductions - Communication from the audience (limited to five minutes)**
  - **Suzi Alexe** – Introduced Catherine Barden and Cristal DePietro from Culture of Change to present Nerve Center: How substance use rewires young minds.
    - **Nerve Center: How substance use rewires young minds presentation** - Nerve Center is an engaging presentation that takes participants on a journey through an adolescent body to see how youth are impacted by substance use. This presentation will cover brain science, addiction, and other detrimental impacts of substance use on youth. Participants will also learn about trends and how to talk to young people about the dangers of underage drinking and drug use.

- II. **Adjournment**

Meeting adjourned at 7:45pm

**Next meeting: TBD**

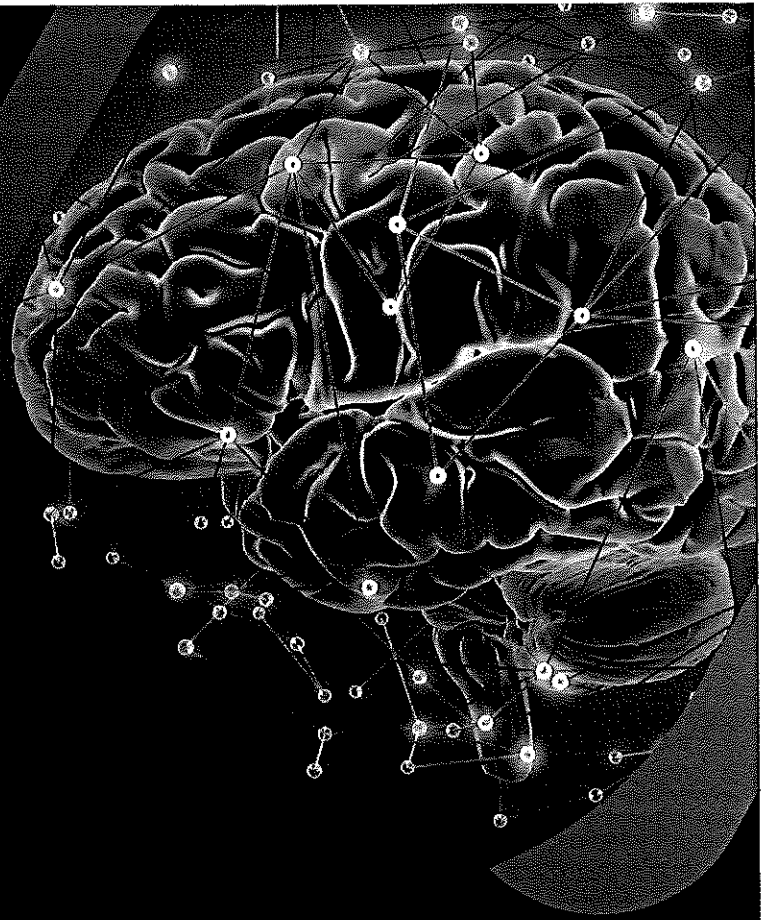


## Nerve Center:

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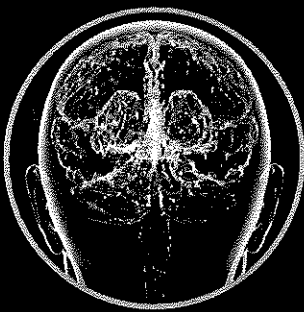
### HOW SUBSTANCE USE REWIRES YOUNG MINDS

The brain is still developing until around the age of 25. This is what makes youth substance use so detrimental to growing teens. Drug use can impact the brain's ability to function in the short term as well as impact proper growth and development in the long term. Substance abuse affects teen brain development by: Interfering with neurotransmitters and damaging pathways within the brain.



The brain is still under construction

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#### Prefrontal Cortex

The key part of the brain that is still developing in youth is the prefrontal cortex, which is the part of the brain responsible for critical thinking.



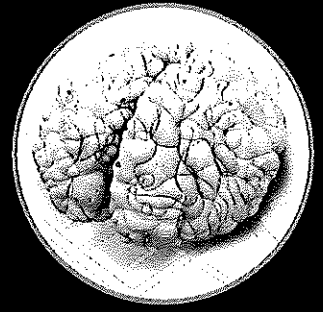
#### Limbic System

Since the prefrontal cortex isn't fully developed teens rely heavily on the limbic system to make decisions. This is the part of the brain that is tied to emotions and experiencing rewards instead of critically thinking through consequences. (Hello, instant gratification!)



#### Dopamine

Scientists believe addiction is closely tied to dopamine which is why youth are more at risk for addiction dopamine is a main component of the limbic system which is more sensitive in youth.



#### Pathway Mapping

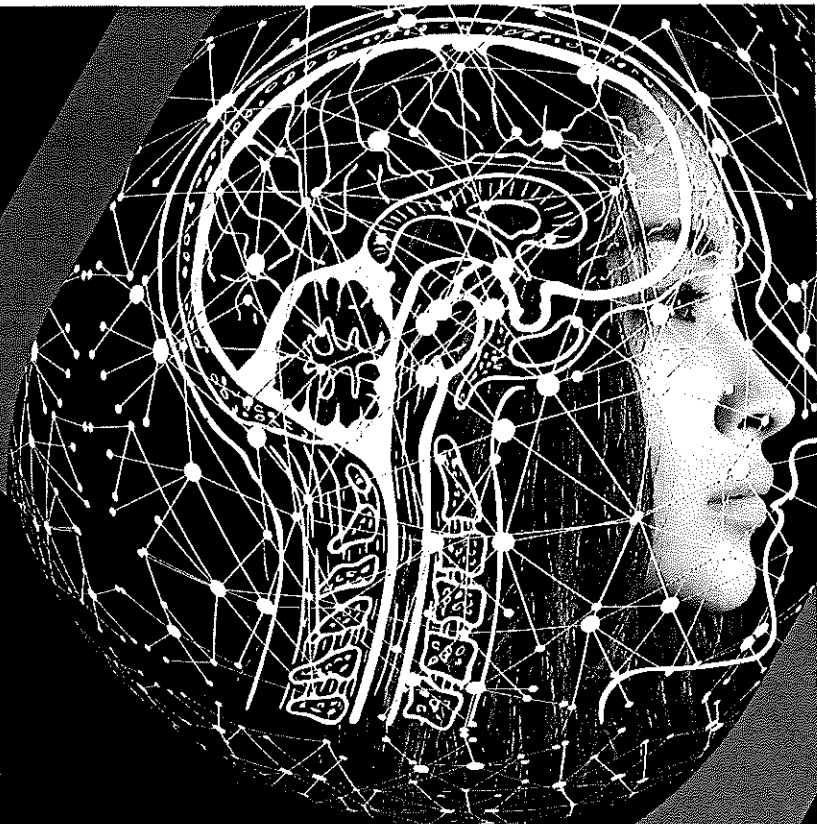
The brain is still under construction, and the neurons are still creating pathways (synapses). These synapses map out how your brain processes information. Substance exposure to a developing brain can alter the brain's mapping and how information is processed and the pathways that are created.



## Teen brains and addiction

BECAUSE THE ADOLESCENT BRAIN IS STILL DEVELOPING IT MAKES IT MORE VULNERABLE TO ADDICTION. NINE OUT OF TEN PEOPLE WITH SUBSTANCE ADDICTIONS FIRST BEGIN USING BEFORE THE AGE OF 18.

SUBSTANCE ABUSE BEFORE THE AGE OF 15 CAN MAKE A PERSON 6.5 TIMES MORE LIKELY TO DEVELOP A SUBSTANCE USE DISORDER LATER IN LIFE. UNDERAGE DRINKING CAN "WIRE" THE BRAIN FOR ALCOHOLISM THE CHANCES OF BECOMING AN ALCOHOLIC ARE OVER 40% FOR KIDS WHO START DRINKING BEFORE THE AGE OF 15 COMPARED TO LESS THAN 7% FOR SOMEONE WHO WAITS UNTIL AGE 21.



## Talking to Kids About Youth Substance Use



### Do Your Research

Learn about the dangers, the trends, and arm yourself with research on why they should be concerned.



### Set Clear Expectations

Share why you don't want them using substances and set clear consequences for if they are caught. Be sure to follow through with the consequences.



### Listen, Respond, Support

Listen to their thoughts, experiences, and questions and do your best to answer any questions they may have. Respond with your expectations.



### Set a Good Example

Set a positive example by being substance free. If you do have medications, alcohol, marijuana or nicotine products at home keep them secure.

## FINAL THOUGHTS

THIS IS A GENERATION THAT WANTS TO LEARN WITH YOU AND DRAW THEIR OWN CONCLUSIONS. ARM THEM WITH THE INFORMATION TO KNOW THAT SUBSTANCE USE IS DANGEROUS. LISTEN TO YOUR GUT FEELING IF YOU FEEL LIKE SOMETHING ISN'T RIGHT, HAVE THOSE DIFFICULT CONVERSATIONS. WHILE THEY CAN BE HARD TO START, THEY ARE THE BIGGEST DETERRENT TO YOUR KIDS ENGAGING IN RISKY BEHAVIORS.

# CULTURE OF CHANGE

## WHO WE ARE:

Culture of Change was created by Catherine Barden and Cristal DePietro to offer interactive presentations on an array of subjects with a particular focus on how they impact young people. Leveraging decades of combined experience in the prevention field, Catherine and Cristal wanted partners to have customized packages, presentations, and programs that fit the needs of their community, with special attention paid to youth culture, support, and leadership.



Catherine and Cristal, who work in the prevention and social work field, have presented together at national conferences for CADCA (Community Anti-Drug Coalitions of America) and NPN (National Prevention Network). In 2020 they were highlighted for their work with youth and substance abuse prevention at the Global Alcohol Policy Conference in Dublin Ireland.

They also host a biweekly radio show for nearly 50,000 listeners on iCRV Radio called The Parent Project. The Parent Project gives tips, resources, and frank conversations to help parents troubleshoot raising adolescents as the world continues to change around us.



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## AVAILABLE SERVICES:

### Interactive Presentations:

- Unmask the Stash: The secret world of discreet drug trends
- Decoding Gen Z: Engaging this diverse digital generation
- Generation Vape: From mods to pods
- Generation Vape: From mode to pods (student version)
- Nerve Center: How substance use rewires young minds
- Fentanyl: Fueling the crisis

Custom prevention focused digital media pieces including a guide for using digital media

Tools for engaging youth leaders

We can create other interactive presentations, digital media pieces or toolkits based on your community needs. If you dream it, we can make it happen!

Contact us for details and pricing.

We're looking forward to working with you!

[info@acultureofchange.com](mailto:info@acultureofchange.com)

