



Avon YSAB/ LPC/ COC

**March 28, 2023
6:30PM- 8:00 PM**

Meeting Minutes

Meeting called to order at 6:40 by Suzi Alexe, Youth Services Coordinator

I. Welcome and Introductions - Communication from the audience

Suzi introduced herself and gave a brief description of the Youth Services roles to include education, prevention, truancy, and juvenile review board partner. Attendees introduced themselves, and what brought them to the YSAB.

II. YSB Coordinator update of Programs and Local Prevention Council

a. Vaping Prevention Program at AHS

Last year Avon Youth Services hosted a program for the freshman and sophomore classes at the high school. Victoria Adams from Southern Connecticut State University on vaping. The school found it well received and has asked for Suzi to bring the program back after spring break.

Suzi explained in reference to Deborah Sacks question that it is a state mandate that is connected to her grant funding from Amplify.

Ani Gismarian who is an Amplify board member explained that Amplify does a survey on current needs to help them decide on funding initiatives, anyone who would like to take the survey can give Ani their email and she will send it to them.

III. Board Member Updates

Debra Steremberg mentioned a survey done by the Farmington Valley Health District. Suzi plans to invite the health district to our next meeting to discuss the topic.

Marisa Hicking talked about the Bee Yourself program, an affirming safe space, kids in grades 4 – 6, will be able to meet up, hang out, and influence the activities the group will choose to do each month! The group is intended to allow peers in the same grades to meet. There is a strong focus on peer interaction. The group began in January 2023 and has done art projects with the National Art Honor Society

teens, meet and chat with the author of *Moth Keeper*, K. O'Neill, with many more activities to come.

The library is also offering QPR: suicide prevention training on May 4th. Those trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. If you are interested in attending, please sign up on the library's webpage.

<https://www.avonctlibrary.info/event/qprtrainingmay2023/>

The library will be offering Mental Health First Aid: Training for Adults who Work with Youth on May 13th. Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adolescents ages 12-18. You'll build skills and confidence you need to reach out and provide initial support to young people who are struggling. You'll also learn how to help connect them to appropriate support. If you are interested in attending, please sign up on the library's webpage.

<https://www.avonctlibrary.info/event/mental-health-first-aid-may2023/>

Stephanie Smith let the group know that May is Mental Health Awareness month. The library plans on having several events to include therapy dogs and book talks to name a few. They will also be partnering with Avon Youth Services for some programs, stay tuned to the library's webpage for updates. Stephanie is also looking into having a teen safe dating program and will be reaching out to Emily at the Interval House for a possible partnership.

Lori Stanczyk let the group know that Rocky Hill would be having a Health and Wellness fair on April 26th from 3:30 -6:30pm.

IV. Guest – Emily Cintorino – Director of Community Programs at Interval House

Emily Cintorino is the Director of Community Programs at Interval House. Interval House offers services at no cost to domestic violence victims in 24 communities in the Hartford area and to those seeking help in the strictest confidence. They offer a 24 hour hotline 860-838-8467 in English and 844-831-9200 in Spanish as well as an emergency safehouse, safety planning, counseling, support groups, community education and more. Emily can be reached at 860-838-8465 or by email at ecintorino@intervalhousect.org and is happy to answer questions and work with those interested in community programs.

V. Input from Student Leaders regarding topics that concern Youth

Leah Cuyler feels that there should be a program for the middle schoolers that explains that if you try something once, what could happen. Many children think

I'm just going to try it, nothing will happen. The hope of the program is to explain the consequences that could happen with trying things like smoking, vaping, drugs, alcohol and the latest fads and challenges that are circulating on social media.

Lauren Lee expressed that many students feel like assemblies and increasing the amount of, and nature of rules are just putting Band-Aids on issues. They feel more should be done to get to the root of the issue and address it.

VI. Avon Police Department Update and JRB

- a. Partners in Prevention / Truancy / School Refusal Behaviors**
- b. Compliance Checks for local businesses**
- c. Drug take back day Saturday April 29th.**

No Police were present at the meeting.

VII. The meeting adjourned at 8:25pm

Next meeting: TBD