



TPAUD Coalition Meeting

February 16th 8:00am

Zoom

Attendees: Gillian Anderson, Wes Bartosik, Nina Chanana, Sam Cousins, Donna DeLuca, Scott Duva, Jennifer Ellyson, Whitney Goetz, Sarah Greenblatt, Tim Hare, Lori Hayes-O'Brien, Sue Jacozzi, Scot Kerr, Reshma Kode, Cat Lamy, Isa Lee, Melissa McGarry, Dennis McLaughlin, Julia McNamee, Cornelia Morris, Kiersten Naumann, Victoria O'Neill, Joanne Orenstein, Marie Petitti, Jeff Rago, Melissa Roberto, Dave Rutigliano, Jessica Samuolis, Sabrina Seymour, Lynn Steinbrick, Monica Terry, Vicki Tesoro, Steph Vaughn, Lara Walden

1. Introductions & Partner Updates

2. Student Survey Results – Nina Chanana:

- a. 2,781 surveys completed (7th through 12th grades), 14% identify LGBTQ+, 5% identify their gender as "other"
- b. School climate (teachers/students care) is steady; students reporting adults value youth increased, although lower for LGBTQ+ and "other" gender, and decreases as grade level goes up
- c. Many teens know where to go for help with mental health/substance use, but rates are declining
- d. 32% of middle school and 43% high school report persistent sad/hopeless feelings, up since 2019; rates are higher for females, LGBTQ+ and "other" gender
- e. Almost half of high school students report extreme stress from academics
- f. Reported parental vigilance is high and increasing, and reported peer approval of substance use is declining
- g. Vaping peaked in 2017 and is declining; perception of harm and parental disapproval is increasing
- h. Past 30-day substance use and binge drinking are down substantially since 2017; however, rates increase with grade level which suggests we need to reach older students and their adults with programs/messaging – rates are also higher for LGBTQ+, "other" gender and whites
- i. Rates are lower for students who report high parental vigilance and modeling, that adults value youth and that teachers care about them; rates are higher for students who report parent approval of use and among youth who report persistent sad/hopeless feelings
 - i. Youth who report their parents don't think it's a big deal to use are twice as likely to drink and almost 8 times more likely to use marijuana
- j. Perceived risk of use is up for all substances
- k. Increase in students reporting accessing alcohol from homes and parents and drinking at home with a parent's knowledge
- l. Seniors are more likely to drive under the influence or ride as a passenger with someone under the influence
- m. 1 in 5 students report gambling in the past year

3. Discussion of Plans to Disseminate TPAUD Survey Results: TPAUD is presenting to the BOE on March 8th
 - a. Dissemination suggestions:
 - i. Town Council
 - ii. PSAs on TCTV
 - iii. Superintendent email to all parents/guardians
 - iv. Present to students during Advisory
 - v. Social media (TPAUD and coalition partners), particularly to promote positive data trends
 - vi. School admin/staff
 - b. Almost 50% of students don't feel valued by adults – why do they feel this way and what can we do?
 - c. Data on students who report sad/hopeless feelings should drive BOE health curriculum decisions

2021-22 Coalition Meeting Dates: Mar. 9, Apr. 13, May 11, June 8

Upcoming Events:

- February 16th – Let's Talk Mental Health, Trumbull, Valerie Barton, The Youth Mental Health Project (via Zoom)
- March 16th – 7pm, Let's Talk Mental Health, Trumbull, Alicia Farrell, "The Pressure to be Perfect – And It's Unintended Consequences" (via Zoom)