



TPAUD Coalition Meeting

February 12th at 8:00am

Trumbull EMS

Attendees: Gillian Anderson, James Barbato, Carolyn Butler, Nina Chanana, Jennifer Gillis, Leigh Goodman, Lori Hayes-O'Brien, Sue Jacozzi, Michele Jakab, Michael Lombardo, Melissa McGarry, Dennis McLaughlin, Cornelia Morris, Kiersten Naumann, Joanne Orenstein, Vinny Provenzano, Jeff Rago, Sam Reid, Jessica Samoulis, Lynn Steinbrick, Katie Vodola, Lara Walden, Michael C. Ward, Margaret Watt

1. Introductions

2. Community Behavioral Health Training Inventory – Melissa McGarry

- What training around behavioral health (substance abuse, mental health, suicide prevention) have you offered your staff?
- What training have you offered to your clients, community?
- What trainings are planned?

TPAUD

- Melissa and Kiersten are both Talk Saves Lives trainers.
- TPAUD co-sponsored community trainings in Mental Health First Aid (MHFA) in March, 2018 and April, 2019, as well as Youth Mental Health First Aid (YMHFA) in November, 2018.

Trumbull Police Department (Chief Lombardo)

- 50% of patrol currently trained in Mental Health First Aid.
- Officer Fedor is a MHFA and MHFA for First Responders Trainer.
- Peer Support Programs currently in place.

Social Services

- Jennifer Gillis is trained in MHFA

Margaret Watt Upcoming Behavioral Health Trainings/Presentations

- MHFA:
 - o February 26th @ The Hub, 1 Park St., Norwalk, 9am-5pm
 - o March 4th @ Burroughs Community Center, Bridgeport, 9am-5pm
- Narcan Train the Trainer, February 27th @ Burroughs Community Center, 1-4pm
- High Intensity Drug Trafficking Area Current Drug Trends, February 28th @ The Hub, 11:30am-1:30pm

- Regional Suicide Postvention Training, March 13th, 10am-3pm @ The Hub

My Friend Abby (Gillian Anderson)

- Gillian is MHFA and Youth MHFA certified.

Counseling Center (Cornelia Morris)

- Will begin offering Question, Persuade, Refer (QPR) Training for a fee beginning in March.

Nursing (Lynn Steinbrick)

- All school nurses are MHFA trained and will be QPR trained.

Trumbull Public Schools (Carolyn Butler)

- Last November, More Than Sad training was rolled out to staff.
- 19 staff have been trained in the Signs of Suicide Acknowledge, Care, Tell (ACT) curriculum and there are plans to train all staff.
- Some staff are MHFA trained.

Trumbull EMS

- All EMTs are required to be MHFA certified.

3. 2019 TPS Student Survey Results – Nina Chanana, Evaluator: 2,836 students surveyed in grades 7-12

Key Findings

- Awareness of the TipsLine has fallen to 54% of high school students, but awareness of Social Host Law and Party Patrols remains high.
- Trumbull youth are aware of the consequences around substance use.
- Percentage of middle and high schoolers who believe adults in Trumbull value youth has decreased.
- The majority of high school students know where to go for help for themselves/family/friends around mental health and substance use.
- 26% of middle schoolers and 33% of high schoolers report feeling sad or hopeless (higher than CT (27%) and national (32%) averages reported in the 2017 Youth Risk Behavior Survey of HS students).
- Academics causes the most stress (42% middle school, 49% high school).
- Students report higher rates of monitoring, rules/consequences and parental modeling since 2013.
- Youth attitudes around substance use are shifting; there is a lower percentage of students reporting that a party with alcohol is more fun, that it's OK to drink underage and that it's OK to drive after a couple of drinks. Surprisingly survey results show the same trend with marijuana, vaping and prescription drugs.
- Past 30 day alcohol use and binge rates among 7th-12th graders continue to decline.
- Use of cigarettes, prescription abuse, vaping and marijuana are all down.

- Teens are much more likely to use alcohol/marijuana if they don't think their parents disapprove.
- Teens who report high parental diligence, positive parental modeling and who believe adults in Trumbull value youth report much lower substance use.
- Higher use rates among teens who report feeling sad/hopeless, low parental diligence/parental modeling and having engaged in other risky behaviors.
- Perceived risk of substance use is up, especially for vaping. Perceived risk of marijuana use is low but has increased since 2013.
- 824 students who have used alcohol got it from their home or a friend's home; 42% report having gotten alcohol from parents.

4. Coalition News and Partner Updates:

- My Friend Abby will soon begin accepting applications for Peer-to-Peer project grants to youth and young adults in the arena of mental health, mental illness, and suicide prevention.
- TPAUD is exploring new ways to engage youth, including:
 - o Collaborating with the middle school S.A.V.E. Clubs (Trusted Adult initiative, lanyards for TPS staff, scholarships for youth leadership conferences, etc.),
 - o Partnering with THS Medical Club/Peer Mediators,
 - o Offering an internship with TPAUD to a Trumbull teen,
 - o Offering opportunities for Girl Scouts to receive their patch around substance use,
 - o Working with elementary school health program to include TPAUD/substance abuse information through the DARE or Great Body Shop programs.

2019-20 Meeting Dates – March 11th, April 8th, May 13th, June End of Year Celebration TBD

Upcoming Events:

February 26th – Data Evaluation Sub-Committee meeting @ Trumbull EMS (8am)

April 6th – HMS Health Fair

April 21st – HMS 5th Grade Parent Orientation

April 23rd – MMS 5th Grade Parent Orientation

April 25th – Drug Take Back Day