



*Working together to reduce youth substance use and abuse by aligning existing resources, facilitating education, and supporting families, schools and communities.*

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## River Valley Rising Meeting Agenda

Thursday, January 14, 2016

10am Rumford Library

Attendance: Patty Duguay, Allie Burke, Abby Burdin, Sue French, Sandy Witas, Stacy Carter, Jo Morrissey

1. Welcome Abby Burdin:

Abby is an intern with RVHCC until May. She is focusing mainly with River Valley Rising but also helping out with all of the other groups within RVHCC.

2. DFC Grant Continuation Application Year 3:

The deadline for the grant resubmission is fastly approaching. Allie will be passing it in next week. To remind the group why continuing with this grant is important to us we looked over the recent surveys done in RSU 10 and Oxford County. Unfortunately, marijuana and prescription drugs use is rising among both high school and middle school students. Where it's shown in the survey's that parents are more likely to talk to their kids about the harmful effects of alcohol, but not other drugs.

3. 5 Primary Conditions:

- 1 A lack of *community awareness about the risks* of youth substance use
- 2 *Decreased aspirations* among youth for future education and employment
- 3) *Insufficient parental knowledge* of risks and preventative/monitoring skills;
- 4) *Perceived lack of consistency in law and school enforcement*; and
- 5) *Easy access to and availability of* alcohol and marijuana.

The focus for the action plan is what we will be accomplishing in year 3. We looked at the 5 statements we have in order to achieve our overall goals. The decision was to keep every statement because each one was importance and benefited from one another. The statement that focused on the decreased aspirations of the youth directly correlated with our surveys. Where students tend to not think marijuana is harmful but they don't realize it could be getting in the way of their goals. The 4th goal we felt it might be best if we had the word "policy" in there along with "law" and "school enforcement".

4. Action Plan: see attachment

In reviewing the action plan, we felt dropping Objective 1.3 would be the best idea because we didn't include it in our phone surveys. Objective 2.1 we discussed adding the middle school into

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the mix. Something we could add into the action plan was to get some law enforcement into the schools and train the staff about marijuana. Try to get parents involved too, on D.A.R.E. night. We talked about taking pictures of the training, or tape it and send it out.

5. Enforcement:

Rather than expelling the students we talked about educating them through a video, or writing an apology letter. Students might reoffend when they use tobacco, which might be because of the lack of effectiveness of the policies in the schools.

6. CADCA:

Allie Burke will be attending the Prevention Day and Leadership Training will be held in Washington, DC next week.

7. Western Maine Addiction Task Force: Project Save ME

Meeting was held on Wednesday at 6pm. This was our third meeting attended and we held it in our office via the web. In our meeting we talked about the uprising of Heroin addiction and in hopes Project Save ME will get those people to come in and get help. Carter's goal is to reduce the people demanding the drugs. There were 14 volunteers willing to help out with Project Save ME.

8. Our next meeting will be Feb. 22 at 11am location TBD

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