

HOWELL MUNICIPAL ALLIANCE, MEETING MINUTES

MEETING: 2-16-21, 12:30 pm **ZOOM MEETING**

(agenda and Zoom log in information emailed to committee members 2-10-21 ahead of meeting)

NEXT MEETING: 3-16-21, 12:30 pm, town hall or Zoom (3rd Tues. of month)

1. **APPROVE MINUTES FROM PRIOR MEETING:** Approved by John Alliano, seconded by Jeanna Ribon (minutes for approval were emailed to committee members 2-10-21 ahead of meeting)
2. Attendees: Brief introductions (name and organization), if in-person meeting
3. Alliance member voting (see funds requests, if any; member votes are counted on separate tally sheet):
 - Please attend meetings where votes are required so we achieve a quorum
 - Co-chairperson voting: only nomination received is Marni Elson-Victor (votes recorded in separate document); 13 present to vote, 12 yes, 0 no, 1 abstained (to clerk's office for record and website posting)
4. Alliance finances/budgets:
 - Fundraised account balance as of 2-10-21 is \$12,555.40, no change since last meeting
5. Alliance members/guests:
 - 2021 code of conduct forms due to clerk's office ASAP (were mailed and emailed to members)
 - Howell Police Department personnel can't participate in Zoom, but continue to offer support of Alliance programs and collaborate closely away from meetings
 - Prevention-related updates
 - **2021 Alliance goals: 1. community awareness, 2. parent involvement, 3. programs**
 - **Each member's goal/task: What is your goal for the Alliance in 2021? What Alliance programs/projects will you contribute to implementing in 2021 as your task to complete? What updates do you have on your programs/projects?**
 - See previous meetings' minutes on member-specific goals and programs/projects shared
 - Jeanna Ribon, Howell K-8 SAC: LEAD program going with SROs, preparing for National Drug and Alcohol Facts Week at end of March; looking into virtual presenter options along with Julie Adkins, Howell High School SAC, and Christa Riddle; middle schools' Diversity Club has first meeting 2-16-21
 - Marni Elson-Victor: 2-27-21 Youth Mental Health First Aid has registrants
 - Jose Orozco: shared that he is committee chair in Monmouth County
 - John Alliano, Optimist Club: 4-26-21 golf outing; having virtual meetings
 - Dan Stinger: first Alliance meeting; running for NJ State Senate in our district
 - Julie Adkins, Howell High School SAC: getting acclimated; coordinating with Jeanna Ribon and Christa Riddle
 - Ken Pecoraro, CPC Behavioral Healthcare: podcasts for CPC, to send Christa Riddle link to share on social media; nothing new at CPC
 - Jonathan Mazza, High Focus Centers: still busy at High Focus; resources available to share
 - Frank Masone: his organization offers an Oxford House sponsorship of first month's rent; to email Christa Riddle his organization's website for more information
 - Suzanne Brennan, Howell Township Public Defender: Kindness Rocks project outline and flyer draft (see notes below); Howell Township Municipal Court and Judge Clark have court program offering assistance and help resources; attended NJ State Stigma-Free virtual meeting

- Evelyn O'Donnell, councilwoman: praised Alliance's efforts and offered support
 - **Next meeting preparation: organize a brief proposal/outline of your program plan and progress**
6. Alliance updates: (programs, events, resources, and initiatives)
- Trends in substance use/mental health and legislature: discuss
 - Project Medicine Drop: no updates
 - Howell Police Dept. stats: no updates
 - OD Mapping 2015-2020: still waiting for response from NJ Counterdrug Task Force on map completion for community launch with Howell Police Dept; task force has all of Howell's data
 - Howell Township Business Recovery Task Force: Christa Riddle meeting with task force to provide Howell business owners with mental health resources to address population's stress, anxiety, and depression during COVID-19 (per recommendation of Deputy Mayor Tommy Russo and task force)
 - Howell tobacco/smoking/vaping: plan to form Alliance sub-committee specific to revising Howell's tobacco/smoking/vaping ordinance; Christa Riddle selected as one of 50 participants statewide to receive first Don't Get Vaped In virtual training through Tobacco-Free for a Healthy NJ
 - Howell Alliance by-laws and ordinance: ordinance passed by council at 2-9-21 meeting, now out for public notice and final passing on agenda for 2-23-21 council meeting; by-laws will be revised once ordinance passes, trying to include electronic voting; Alliance members will vote on revised by-laws
 - Substance use/mental health trends and legislature: with marijuana legalization legislature still in the works, Alliance will focus on disseminating factual information about marijuana's risks, how it will remain illegal for those under 21, and how marijuana presents dangers for still-developing brain
 - Prevention Press: next issue will be in spring
 - Howell PAL: PAL reached out about grant PAL is applying for that can include the Alliance's opioid prevention initiatives (Christa Riddle provided our mapping data to PAL) and for Christa Riddle to present to PAL Youth Leadership on mental health strategies during COVID-19 and stigma-free at upcoming Zoom meeting on 2-17-21
 - Mental Health First Aid: virtual training option in place if social gathering restrictions impact scheduled trainings; Alliance will sponsor 1 training per quarter throughout 2021 (adult and youth component); first training 2-27-21, EventBrite registration link is below; emailed flyer to members, put out press release, and posted on social media; Howell Alliance and Marni Elson-Victor looking to implement Mental Health First Aid for Teens (10th-12 graders) in Howell High School
 - Howell High School-NJEA FAST Program: Howell Alliance's program "Mental Health Support for Teens During COVID-19" awarded \$5,850 from Freehold Regional High School District's grant; includes 6 virtual workshops 3-8-21 to 5-17-21 (45 minutes each, 15 minute Q&A at the end) for all district parents featuring a variety of educational and behavioral health experts from our Alliance, with topics such as loss of milestones, substance use trends, resiliency, trusted adults, safe dating, and peer support, with help/support resources available; part of grant is funding program coordination and part will go to the Alliance; flyer with Zoom registration links to follow and to be distributed through press releases, Freehold Regional High School District, and social media
 - Optimist Club partnership/annual essay and oratorical contest: 45 essays and 20 speeches submitted this year; 2-4-21 oratorical contest with 1 contestant at a time (11 total) due to social gathering restrictions; from Alliance, Christa Riddle and Jeanna Ribon served as judges and Alliance sponsored awards for winners; Alliance will partner with Optimist Club on other youth-oriented programs, such as bringing back HOT Kids/Teens and Howell High School Octagon Club (in partnership with Howell High School SADD possibly); Ron Sanasac, Jeanna Ribon, and Julie Adkins will collaborate on this project with Christa Riddle for planning and implementation
 - Kindness Rocks: Suzanne Brennan introduced project idea and will coordinate implementation along with sub-committee; separate Zoom meeting to discuss details; target is 100 rock box kits 1st year of implementation; first focus is community businesses, then expand to seniors and other organizations; means of spreading the Alliance's mission and stigma-free initiative; proposed project has Alliance fund and distribute rock painting kits and boxes with placement in participating businesses along with brochure on Alliance, stigma-free, and project

- ADHD awareness: contacted by community member to collaborate on ADHD awareness and co-occurring mental health and substance use disorders; stigma is also a concern; Christa Riddle asked her to join Alliance and perhaps facilitate presentations for us
 - Friends of the Howell Township Municipal Alliance Facebook page: 660+ followers, with posts and shares of posts reaching 100 to 1,500+ people; excellent content exposure and awareness
 - SurveyMonkey: teen vaping survey posted 1-25-21 and ends 2-25-21, will post results
7. Howell is a Monmouth County Stigma-Free community!
- What is Stigma-Free Monmouth County? <https://www.stigmfree-monmouth.org/>
 - Have your organization, agency, or school take the stigma-free pledge to get listed on the Monmouth County Is Stigma-Free website: <https://www.stigmfree-monmouth.org/toolkit/>;
 - How many member organizations have taken the stigma-free pledge? (Howell Township resolution) Howell Alliance , Howell K-8 School District, Howell High School, Land O' Pines School, Adelphia School, Griebing School, CPC Behavioral Health, High Focus Centers, Howell Optimist Club, TOTAL: 9
 - 2-3-21 State Stigma-Free Meeting: Suzanne Brennan attended; Christa Riddle attended briefly
 - 2-10-21 Howell High School SADD: Christa Riddle presented stigma-free during virtual meeting
8. Alliance volunteers at upcoming events!
- 2-27-21, 9 am to 3 pm, Youth Mental Health First Aid training pending virtual option if in-person cannot take place, update will be provided; register EventBrite: <https://www.eventbrite.com/e/youth-mental-health-first-aid-certificate-training-virtual-if-necessary-tickets-138155868923>
 - 3-8-21 to 5-17-21 (alternating Mondays), 6-6:45 pm, Freehold Regional High School District parent virtual workshop series, "Mental Health Support for Teens During COVID-19"
 - 3-22 to 3-28-21, National Drug & Alcohol Facts Week (virtual)
9. Meeting adjourned by John Alliano, seconded by Jose Orozco