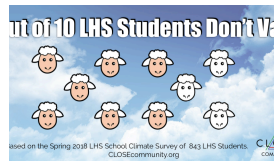
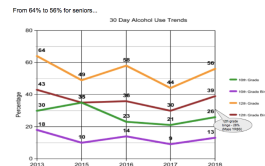


Our work in
the schools
& in the
community!



**STUDENT-DRIVEN
SOCIAL NORMS
CAMPAIGN MESSAGES**



**THIS YEAR'S DATA
PROTECTIVE AND
RISK FACTORS**



**THE SAFE HOMES
NETWORK
PARENTS CAN HELP!**

ANNUAL REPORT



What is CLOSe?

In recent years, Longmeadow has seen increased community collaboration to reduce the risks to our youth resulting from substance use. CLOSe Community is the Coalition of Longmeadow Organizing Substance Education in our Community. The CLOSe Community Coalition is comprised of caring volunteers including parents, educators, health care

We are
representatives
from 12 key
community
sectors!



providers, grandparents, students, police officers, clergy, business owners and civic volunteers. CLOSE Community, in collaboration with the Longmeadow Public Schools, would like to share with you some of our findings, efforts and progress related to youth substance use in Longmeadow.

2017-2018: In the Schools

- Acquisition of the Massachusetts Youth Opioid Prevention grant enabled the Botvin LifeSkills Program to be implemented for 4th and 5th grade students in all elementary schools. This evidence-based program was well received by our students.
- A Project HERE grant that we were awarded this summer that will allow us to extend Botvin Lifeskills substance use prevention lessons to the middle school.
<https://www.mass.gov/project-here-substance-use-prevention-education>
- Implementation of lessons in elementary schools on medication safety, tobacco/nicotine prevention, and safeguarding the health of their developing brains/bodies (Poisons in the Home, Medication Safety, Tar Wars, What is a Drug?).
- Ongoing development of Social Emotional Learning initiatives district wide, such as Responsive Classroom, Peacemakers, middle school advisory programs and staff training on identification of student substance use and trends.
- Increased access to school-based behavioral health support at all schools with the hiring of additional licensed clinical social work staff.
- Introduction of Social Norms campaign at LHS, developed with input from school climate surveys/student volunteers. Campaign will continue this year.

*Join one of our
subcommittees!*

**TAKE
ACTION**

**THE
OPIOID
CRISIS**

**MARKETING
& OUTREACH**



Email

info@closecommunity.org

Botvin LifeSkills Training Middle School Program



Ongoing: Health Curriculum grades 6-9 with emphasis on enhancing physical, mental and emotional well being of all students. Use of "High Status Peers" in 8th Grade Health Classes, Recovery Panels in Senior Wellness (formerly called PE) and inclusion of substance use prevention lessons in all Wellness classes grades 9-12.



Coming soon: Improbable Players on October 10th, a performance and training for all 11th and 12th graders by a theater group made up of people in recovery from substance use disorders, followed by smaller breakout sessions.



SBIRT (Screening, Brief Intervention, and Referral to Treatment) for 7th and 9th grade students, an opportunity to have a conversation with a school nurse about substance use, reinforcing healthy decision making.



In the community: Parent training and education: Right Under Your Nose mock bedroom display at Longmeadow Days, free Narcan trainings at multiple locations in the community, community-based forums presenting up-to-date information on local substance use trends and community-based resources.



Coming soon: Motivational Interviewing Training for Parents of Teens: "A Taste of Motivational Interviewing with John Brelsford, PHD: A Different Way to Talk with Your Teen About Difficult Subjects" **Sunday, Sept. 23rd, 5-8pm** in Longmeadow High School's Business Technology Center. *A light dinner will be served! Visit our website at closecommunity.org to register. A second training will be scheduled for parents on the waiting list if registration fills up.

Parent Focus Group: *Monday, October 1st, 7pm at LHS in the Business Technology Center, hosted by Paul McNeil, our CLOSE*

Community Coordinator. The focus group will give parents the opportunity to confidentially share their perceptions of:

1. how youth obtain alcohol, marijuana, & ENDS in community;



2. when and where young people are using alcohol and marijuana;
3. parent concerns regarding youth behaviors;
4. the risks and penalties for using alcohol, marijuana, ENDS & Rx drugs, and
5. what kinds of messages young people get from their parents about alcohol & related issues.

Community Survey: CLOSE is implementing a Community Survey this fall! The purpose of the survey is to provide an opportunity for Longmeadow parents, educators and concerned adults to share their attitudes, perceptions and concerns regarding youth substance use and other health issues. The results of this anonymous survey will inform which environmental prevention strategies are best suited for our community. The Community Survey helps support continued discussions to strengthen the well-being of youth in Longmeadow. The survey will be mailed to every household in Longmeadow, or you may use the following link to complete the survey online: <https://www.surveymonkey.com/r/CLOSEcommunitysurvey2018>

Participants may enter a drawing to win a \$25 Gift Certificate to one of Longmeadow's 12 BEST restaurants!



Our LHS School Climate Survey shows...

Since 2013, over 90% of LHS students have participated in a School Climate survey each spring.

This survey enables us to identify emerging trends and to target our health curriculum and interventions to the needs and concerns of our students. In some data charts below

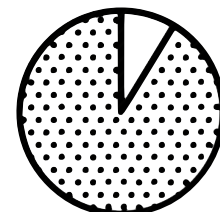
comparisons are made to statewide data reported in the Massachusetts Youth Risk Behavior Survey, noted as MA YRBS.



Healthy Choices

Most LHS students make healthy choices pertaining to substance use most of the time. In our 2018 survey, when LHS students were asked about use in the past 30 days (an indicator of regular, current use):

- 65% had not used alcohol
- 71% had not used nicotine
- 80% had not used marijuana
- 81% had not binge drank
- Over 98% had not misused Rx medications (opiates, sedatives or stimulants)



We share this data in our Social Norms Campaign, which highlights the positive choices being made by our youth!



Upcoming messages: 7 out of 10 LHS Students Don't Vape / 77% of LHS Students report that they do not drink regularly / 54% of LHS Students report that they have never tried alcohol / 7 out of 10 (67%) LHS Students choose exercise over using drugs and alcohol to relieve stress / 8 out of 10 (78%) LHS Students listen to music over using drugs and alcohol to relieve stress / 90% of LHS students report getting As and Bs in school.

Progress and Protective Factors

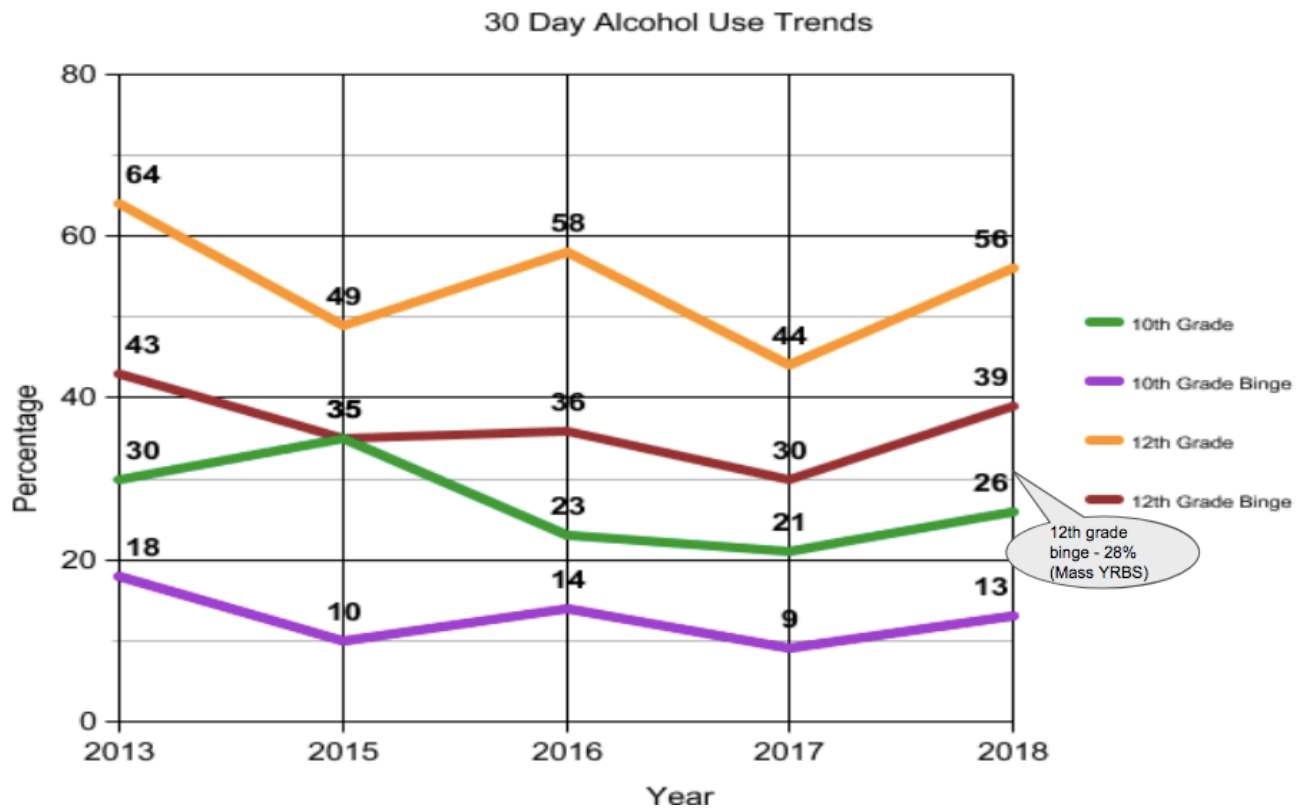
2018 LHS students report:

- Strong connections with caring adults (79% report at least one LHS staff member they connect with; 87% feel they are treated with respect by staff; 87% could go to a parent or caregiver with a problem)
- A sense of belonging with peer group (92% of students report there are students at LHS "with whom I fit in")
- Caring adults having conversations about substances and setting limits (Over 60% report parents having conversations about alcohol, marijuana and nicotine in the past year. 83% have clear rules around alcohol, 87% for marijuana and 93% for other drugs).
- Students who reported that their parents thought it was wrong/very wrong for them to use substances and whose parents had clear rules had much lower use rates than their peers.

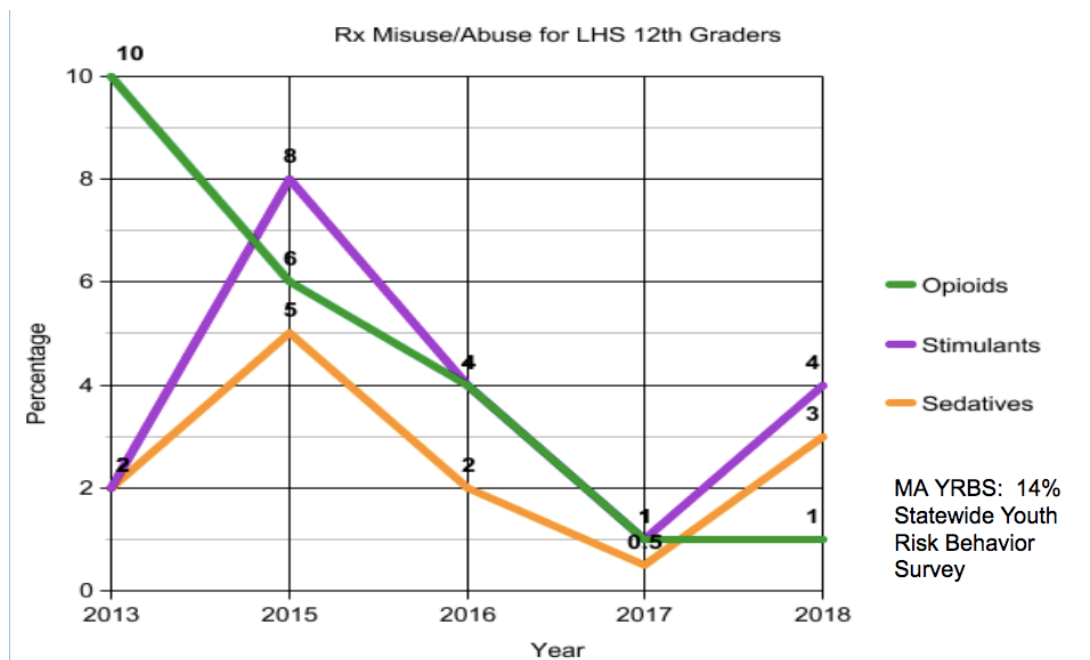


Alcohol use has decreased since 2013:

From 64% to 56% for seniors...



Prescription Pill Misuse has decreased dramatically since 2013:



Risk Factors and Areas of Concern



Mental Health: 29% of LHS Students report experiencing symptoms associated with an anxiety disorder in the past 12 months. 19% report symptoms associated with depression, 14% report symptoms associated with an eating disorder. Continuation of our Social Emotional Learning efforts, access to counselors and development of community resources is vital to addressing these needs.



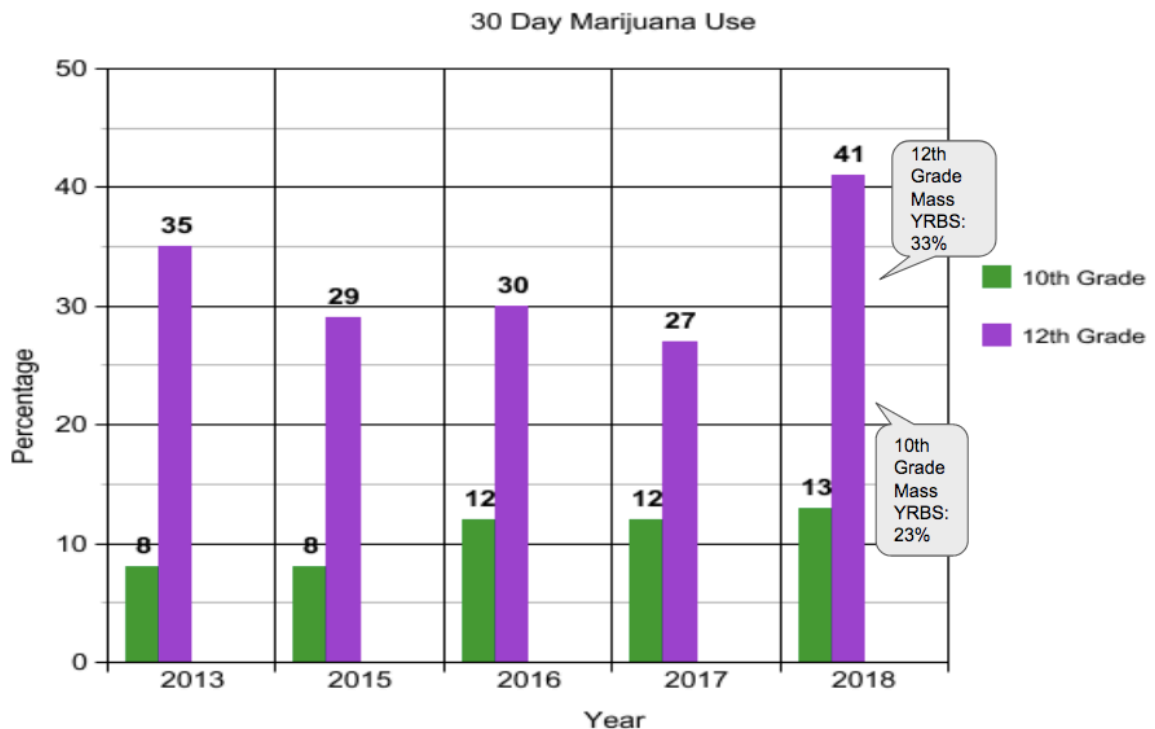
Vaping: While LHS student cigarette use remains low, the use of Electronic Nicotine Delivery Systems (ENDS) (such as the Juul or Pnix) has increased dramatically in keeping with a national trend. 46% of students felt there was no to slight risk of harm from ENDS use. 28% of LHS students report using ENDS in the past 30 days, and **9% report daily use of ENDS**. 85% or daily users also use marijuana regularly; and they were 4X more likely to be daily marijuana users.



Want to sign up as a SafeHome? The Longmeadow Safe Homes Network is a group of Longmeadow families committed to providing safe, healthy homes for our children. We provide a way for parents and other adults to agree on expectations for our children and their environments, to promise to maintain those expectations and to communicate that fact to other families in the community. How? Learn more at www.closecommunity.org/parents/safe-homes

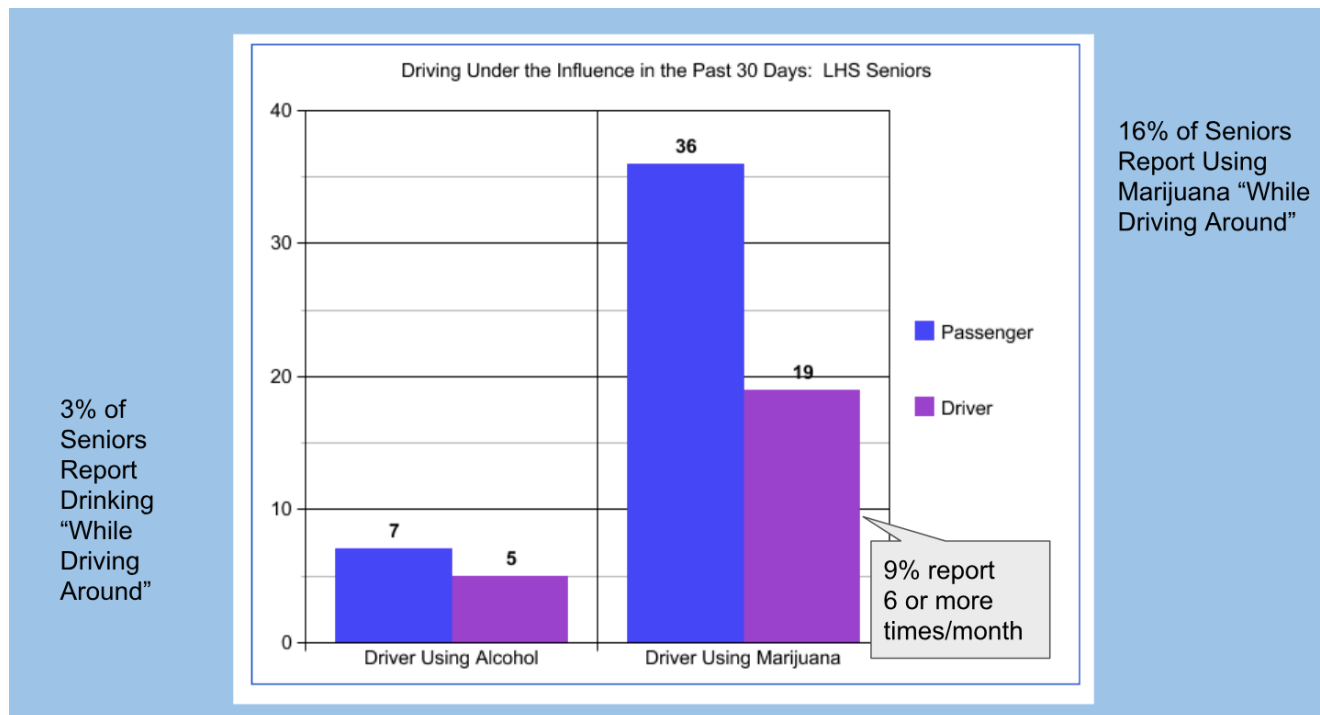


Marijuana: Had been declining since 2013, but has shown a sharp increase from 2017-2018. 4% of students report daily use. The majority of daily users started at age 14 or younger. Students who reported marijuana use in the past 12 months noted the following: feeling tired, groggy or unmotivated (34%), coughing or breathing problems (18%), spending too much money on it (17%) and procrastination (15%), problems remembering things (11%).



Driving Under the Influence

Since our survey started in 2013, LHS Students have exercised more caution than their counterparts throughout the state when it comes to driving impaired by alcohol. In 2018, we asked about driving under the influence of marijuana. Given that the risk of being involved in a fatal crash doubles with marijuana impaired driving, our results are very concerning. Ongoing collaboration with law enforcement, parents, educators and students is underway to identify strategies for reducing this risky behavior.



"There is no BAC for THC"



Office Hours: CLOSE Community Coalition Coordinator, Paul McNeil, is available for office hours Monday, Tuesday, Thursday, and Friday from 10am-12 noon.

A special thanks to our 12 Community Sector Representatives!

Business – Bobby Barkett, The Kitchen

Civic/Volunteer Organizations – Marjorie Morgan, Longmeadow Adult Center

Healthcare Professionals – Dr. Al McKee, Baystate Pain Management

Law Enforcement – Sgt. Carl Mazzaferro, Longmeadow Police Department

Media – Bryon Kozacza, Longmeadow Community Television

Parents – Patty Gill, LHS Student Class '20

Religious/Fraternal Organizations – Father CJ Waitekus, St. Mary's Parish

Schools – Sue Bertrand, Assistant Superintendent for Learning with LPS

State/Local/Tribal Government – Beverly Hirschhorn, Board of Health

Substance Abuse Organizations – Anne-Marie Anetzberger-Kroisi, Learn2Cope

Youth – Talia Helmus, Gabby Kro, Sarah Mulcahy, Lyssa Tyler, Kelsey Low, Lily Schneider

Youth Serving Organizations – Sonia Wilk, Jewish Community Center



Connect with us!

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