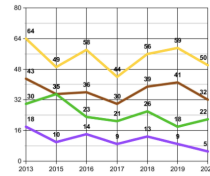


Our work in
the schools
& in the
community!



**PARENT
SOCIAL NORMS
CAMPAIGN MESSAGES**



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



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



ANNUAL REPORT

What is CLOSE?

CLOSE Community is the Coalition of Longmeadow Organizing Substance Education for the Community & is led by caring volunteers including parents, educators, health care providers, grandparents, students, police officers, clergy, business owners & 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.

**Take our
Parent
Survey!**

www.surveymonkey.com/r/2020CLOSEParentSurvey



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 <https://www.facebook.com/Longmeadow-Safe-Homes-Network-102784377825228/>

2019-2020: In the Schools



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.

Health Curriculum grades 3-9 with emphasis on enhancing physical, mental and emotional well being of all students and making healthy choices. Use of "High

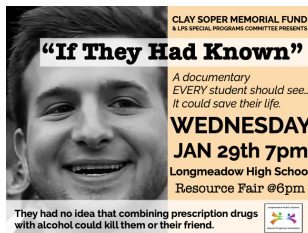
Status Peers" in 8th Grade Health Classes, Recovery Panels in Senior Wellness (formerly called PE) and inclusion of substance use prevention lessons in all Wellness classes grades 9-12.



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 Long Meddowe 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.



Co-hosted Town Hall Meeting with LPS Special Programs Committee: "If They Had Known" featuring a resource fair with local social service agencies, an expert panel discussion, and a free Narcan training, the film was also shown in each 12th grade PE class.

Join one of our subcommittees!



Email

info@closecommunity.org



Community Movie Night featuring the film *Beautiful Boy* followed by a group discussion. During remote learning, we partnered with Health/Wellness classes at LHS and developed the film montage, "What I did During Covid-19" to share what pro-social activities youth and their peers were doing to overcome the challenges of the pandemic.



Capitol Hill Day: On February 5th, a group of CLOSE Community members including 7 student leaders from LHS' Students Against Negative Decisions (STAND) visited with Congressman Richie Neal, Senator Elizabeth Warren and Senator Ed Markey's Offices in Washington DC as part of the Community Anti-Drug Coalitions of America (CADCA) 30th Annual National Leadership Forum. Students, CLOSE Board Members, and LPS Wellness Teachers all spoke passionately about the value of investing in primary substance prevention.



Coming soon: Online 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" will be available on our Youtube page and featured on LCTV.

Parent Survey: CLOSE is implementing its second Parent 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 Parent Survey helps support continued discussions to strengthen the well-being of youth in Longmeadow. You may use the following link to complete the survey online:



SurveyMonkey www.surveymonkey.com/r/2020CLOSEParentSurvey

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. This year's data was collected in the early stages of the remote learning transition at the middle schools and LHS, so it may alter what information we collected by virtue of who filled out the survey, and when they completed it. In some data charts below comparisons are made to statewide data reported in the Massachusetts Youth Risk Behavior Survey, noted as MA YRBS.



DATA



KNOWLEDGE



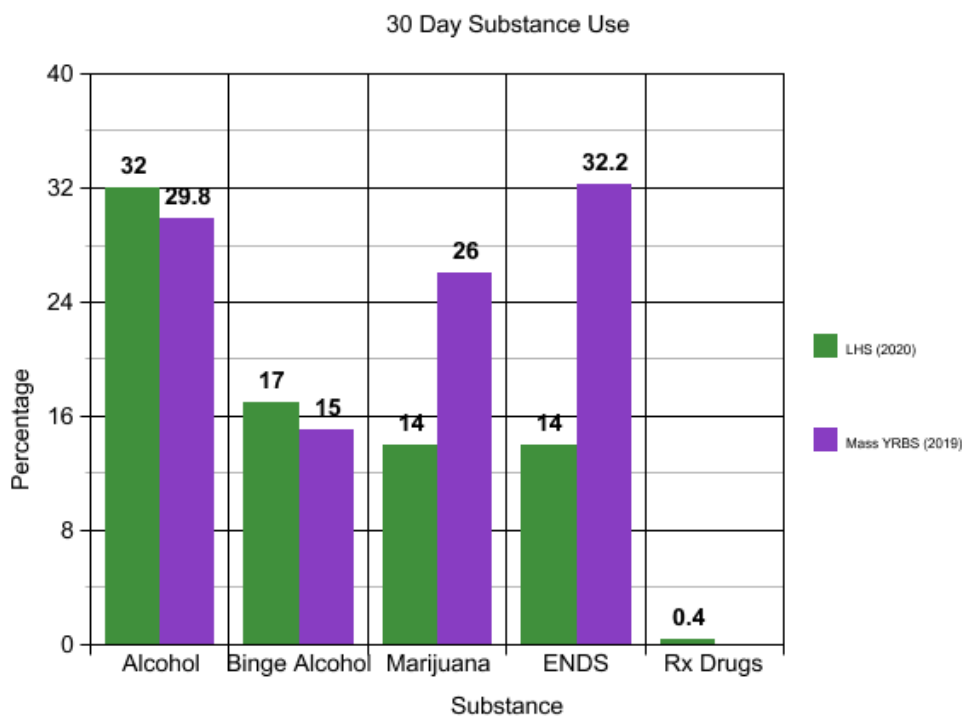
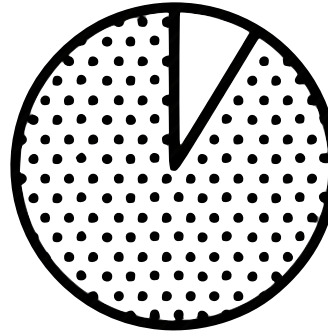
ACTION

Healthy Choices

MOST LHS students make healthy choices pertaining to substance use MOST of the time. In our 2020 survey, when LHS students were asked about use in the past 30 days (an indicator of

regular, current use):

- 68% had not used alcohol
- 86% had not used an e-cigarette
- 86% had not used marijuana
- 83% had not binge drank
- Over 99% had not misused Rx medications (opiates, sedatives or stimulants)



2020 LHS School Climate Survey

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

Progress and Protective Factors

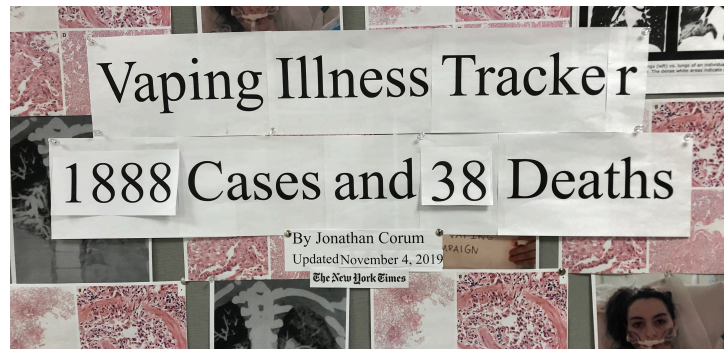
2020 LHS students report:

- Strong connections with caring adults (90% report at least one LHS staff member they connect with; 85% feel they are treated with respect by staff)
- A sense of belonging with peer group (89% of students report there are students at LHS "with whom I fit in")
- Students who reported that their parents thought it was wrong/very wrong for them to use substances and whose parents had clear rules had significantly lower use rates than their peers.

Vaping sees a 50% decrease in 1 year

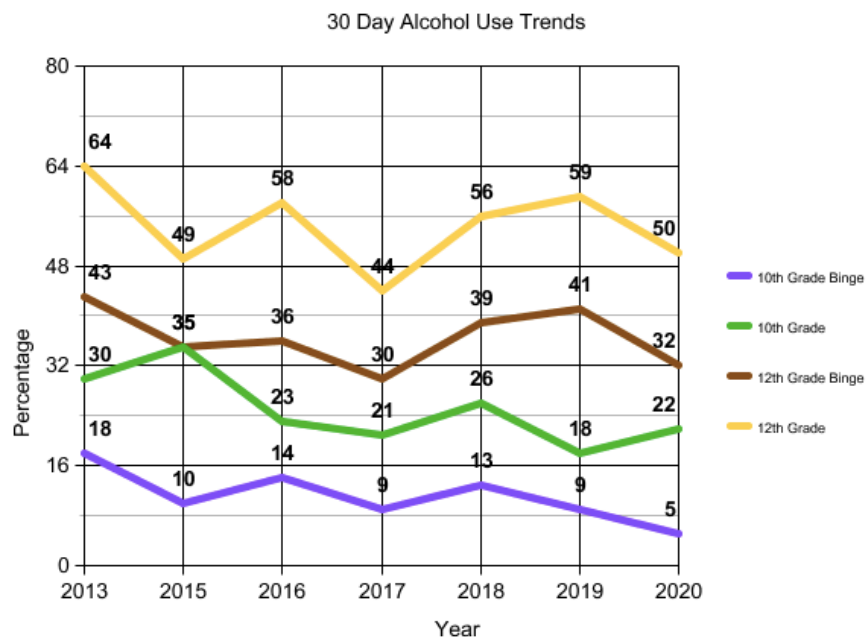
From 28.5% of LHS students reporting vaping in the last 30 days to 14%. Here's what helped...

- Students Together Against Negative Decisions (STAND) implement a "Vaping Illness Tracker" prominently on LHS bulletin board to show the status of EVALI (e-cigarette/vaping product use-associated lung injury), while updating the numbers regularly.
- STAND leaders develop and share a Vaping Facts social marketing campaign at LHS that spans 2 months and is exposed to every student grades 9-12.

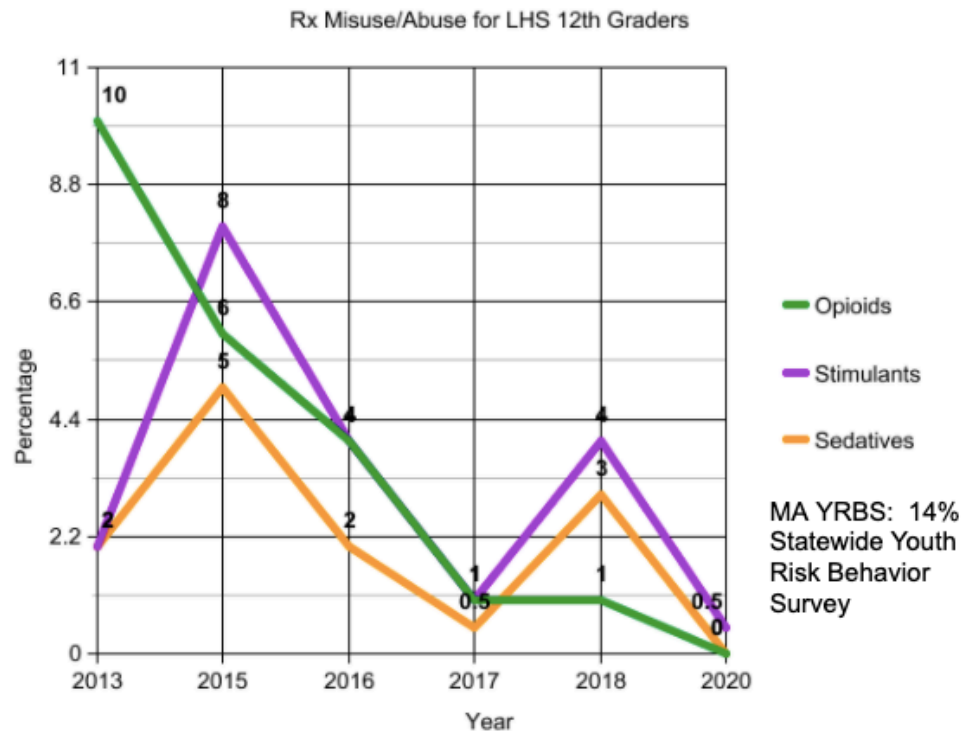


Alcohol use has decreased since 2013:

From 64% to 50% for seniors...



Prescription Pill Misuse has decreased dramatically since 2013:



Risk Factors and Areas of Concern



Mental Health: 36% of LHS Students report experiencing symptoms associated with an anxiety disorder in the past 12 months. 24% report symptoms associated with depression, 19% report symptoms associated with an eating disorder. CLOSE continues to support the district's Social Emotional Learning efforts, access to counselors and development of community resources as they are vital to addressing these needs.

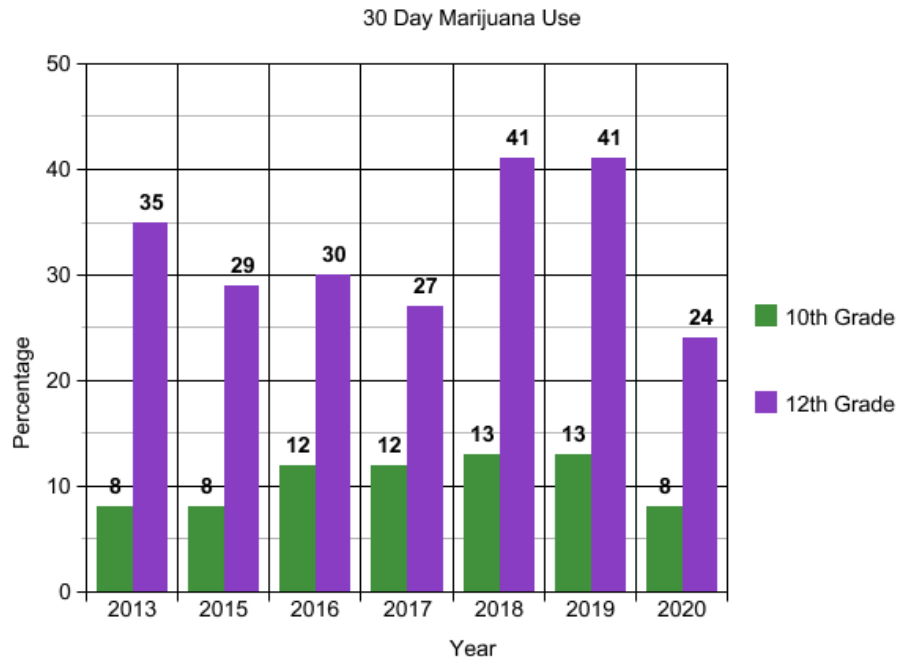


Vaping: While LHS student cigarette use remains low, the use of Electronic Nicotine Delivery Systems (ENDS) (such as the Juul or Pnix) has increased dramatically in keeping with a national trend. 20% of students felt there was no to slight risk of harm from ENDS use. 14% of LHS students report using ENDS in the past 30 days, and **5% report daily use of ENDS**. 77% of daily ENDS users also use marijuana regularly; and they were 4X more likely to be daily marijuana users.

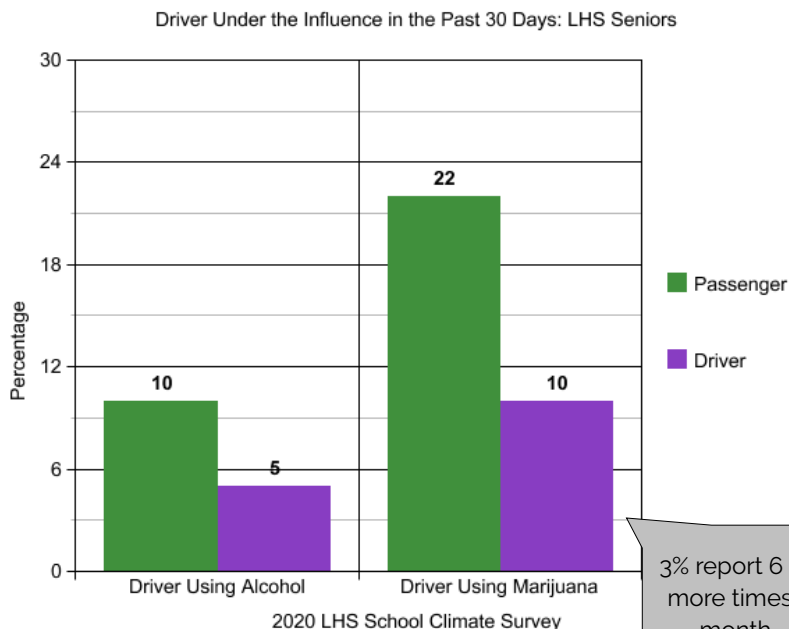


Marijuana: After a sharp increase in marijuana use from 2017-2018, we have seen a decrease in reported 30 day use the last 2 years. 4% of students report daily use. Students who reported marijuana use in the past 12 months noted the following: feeling tired, groggy or unmotivated (50%), coughing or breathing

problems (40%), spending too much money on it (35%) and procrastination (30%), problems remembering things (30%).



2020 LHS School Climate Survey



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.



Office Hours: CLOSE Community Coalition Coordinator, Paul McNeil, is available for office hours, *virtually*, Wednesday and Friday from 11-3pm



Get to know our Board Chair, Shelly! Shelly Warren has served as the Substance Use Response Coordinator at Longmeadow Public Schools since 2010, where she offers counseling support to students and their families, supports prevention and education efforts at multiple grade levels, and co-ordinates the Peer Leadership program at Longmeadow High School. Shelly earned her B.A. in History from UMass, Amherst and her M.S.W. from SUNY, Albany. She taught history, psychology and sociology at Longmeadow High School from 1992-2000, worked as a crisis counselor for Service Net in Northampton, MA from 2000-2002, and as an outreach clinician for Valley Psychiatric Services, Inc. in Springfield, MA from 2003-2010. She is passionate about fostering an inclusive, supportive community at LPS, one in which all students are valued and in which there is no stigma surrounding mental health and substance use disorders. She was a founding member of CLOSE Community. In her free time, she enjoys time with family, outdoor adventures, and playing tennis.



A special thanks to our 12 Community Sector Representatives!

Business – Bobby Barkett, The Kitchen

Civic/Volunteer Organizations – Candice Healy P'24/26, L.E.E.F.

Healthcare Professionals – Dr. Al McKee, Baystate Pain Management

Law Enforcement – Sgt. Carl Mazzaferro, Longmeadow Police Department

Media – Bryon Kozacza, Longmeadow Community Television

Parents – Chris Rich (Class '22/'28, Parent) and Katie Kroon Parent (Class of '21/'23, Parent)

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 – Jonah Barresi '22, Kayley Bone '22, Catherine Mulcahy '22, Srisha Athreya '22, Owen Dziergowski '21

Youth Serving Organizations – Sonia Wilk, Jewish Community Center



Connect with us!

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