

**Minutes of the Bernards Township Municipal Alliance/Youth Services
Commission
January 8, 2019**

Mayoral-Appointed Members Attending

Joan Harris, Chair, Township Committee Representative
Kaitlin Cartoccio, Vice-Chair, Health Department Representative
Linda Wooldridge, BOE Representative
MJ Postal, Senior Citizen Representative
Amy Stem, William Annin Middle School SAC, School Representative
Alexandra Timoney, Student Representative
Audrey West, Student Representative
Katy Soulas, Civic Group Representative
Laurie Albee, Citizen Representative
Cathy Phillips, Substance Abuse Representative
Johnny Graves, Clergy Representative
Cindy Fleischer, Citizen Representative

Other Attendees

Lucy Forgione, Bernards Township Health Department
KateLynn Patronick, Youth Services Commission
Jamie Sutton, William Annin Middle School

Members Not Attending

Tracy Baldassare, Bernards Township Police Department
Zoe Pettit, Citizen Representative

Call to Order

Joan Harris called the meeting to order at 6:02 pm. All attendees stood for the Pledge of Allegiance.

Mission Statement

Welcome and reading of the Mission Statement by Joan Harris. The mission of the Bernards Township Municipal Alliance Against Substance Abuse is to provide consultation, programs, training, and resources to members of the Bernards Township community with the goal of preventing and reducing the use of alcohol, tobacco and other drugs.

Minute Approval

Linda Wooldridge made a motion to approve the minutes from December 4, 2018. Amy Stem seconded. The minutes were approved.

Reports

Somerset County Alliance Coordinator – The quarterly networking meeting is scheduled for January 30 at 6:30 pm and is open to all members. The topic is

evidence-based programs. Empower Somerset has trained 30 people to do Youth Mental Health First Aid. NAMI is presenting “In Our Own Voices” on March 18, 2019 for adults and school staff. The Municipal Alliance RFA for July 2019-June 2020 was submitted in December. Grant applications are waiting for County approval.

Youth Services Commission – KateLynn Patronick said that a program on Sexual Assault is scheduled for January 25 at 9 am. Phyllis Alongi from The Society for Prevention of Teen Suicide is presenting a program on February 8 at 9 am. Catholic Charities is doing family support services – this is free for all family members to attend. KateLynn observed the Peer Educators program at William Annin.

Community Programs Coordinator – Kaitlin Cartoccio submitted the first quarter budget report for the Youth Services grant and the RFA for the Municipal Alliance.

Welcome New Members

- Joan Harris – Township Committee member/Chair
- Cindy Fleischer – Citizen Representative
- Audrey West – Student Representative

Nominations/Subcommittee Chairs

- Linda Wooldridge nominated Kaitlin Cartoccio for Vice-Chair. Joan Harris seconded.
- Kaitlin Cartoccio nominated Linda Wooldridge for secretary. Joan Harris seconded,
- MJ Postal will be subcommittee chair for the RHS Booth. Joan Harris nominated Johnny Graves for co-chair.
- Joan Harris is subcommittee chair for Mental Health.
- Fundraising/Twilight Challenge was tabled.

2018 Year in Review

Kaitlin Cartoccio distributed a summary of events and programs from 2018, including:

- Crazy Stressed: Dr. Bradley
- Teen Talk
- Pathways to Mental Health Resource Fair
- B-Well Girls
- Twilight Challenge
- Empowerment Day at William Annin
- Suicide Prevention Week at Ridge
- Teen Volunteer Fair
- Municipal Alliance Football Game
- Mental Health First Aid training

- Student Stressor Survey
- Stigma Free – Bernards Township was designated Stigma Free on May 29, 2018.

Grant Coordinator Update

Youth Mental Health First Aid training was held in December. The January 17th training is full.

The RAAD students met with Stephanie Smith, Director of Counseling. They discussed a list of improvements at Ridge, including having Lifesaver Manuals from the American Society for Suicide Prevention available in the Guidance Department.

An SEL-themed in-service for WAMS teachers is scheduled for January 30. Topics include mental wellness, art therapy, mindfulness in the classroom, nutrition, and tai chi,

Vaping is still very common among Ridge students. The most popular device is the Juul. The RAAD vaping group is looking at doing posters with facts about vaping and videos for parents about vaping.

Peer Educators at William Annin – Ms. Stem reported that the students completed the kindness unit and are starting the drug and alcohol unit.

The *Angst* documentary screening will be held on January 24. It is recommended for ages 10 and above. There was discussion about offering incentives for students to attend (such as community service hours).

RHS Booth

A mindfulness booth is planned for February,

Fundraising/Twilight Challenge

Twilight Challenge fundraising will start in February.

Mental Health

Joan Harris asked the student representatives for help with planning the Stigma Free concert at Ross Farms. Ross Farms is partnering with the Municipal Alliance for this concert.

Adjournment

Linda Wooldridge made a motion to adjourn. Kaitlin Cartoccio seconded. The meeting was adjourned at 7:21 pm.

Respectfully submitted,
Linda Wooldridge