

# **Minutes of the Bernards Township Municipal Alliance /Youth Services Commission**

**January 7, 2020**

## **Mayoral-Appointed Members Attending**

Joan Harris, Chair, Township Committee Representative  
Kaitlin Cartoccio, Vice Chair, Health Department Representative  
Jennifer Korn, BOE Representative  
MJ Postal, Senior Citizen Representative  
Cathy Phillips, Substance Abuse Representative  
Amy Stern, William Annin Middle School SAC, School Representative  
Alex Timoney, Student Representative  
Audrey West, Student Representative  
Ellen Houlihan, Civic Group Representative

## **Other Attendees**

Lucy Forgione, Bernards Township Health Department  
Monica Sprague, Youth Services Commission

## **Members Not Attending**

Swapna Uradi, PTO Representative  
Tracy Baldassare, Bernards Township Police Department  
Cindy Fleischer, Citizen Representative

## **Call to Order**

Joan Harris called the meeting to order at 6:05 PM. All attendees stood for the Pledge of Allegiance.

## **Mission Statement**

The Mission Statement was read 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.

Three goals of the Alliance: ESP!

1. To **Educate** about the damaging effects of alcohol, tobacco and other drugs,
2. To **Support** events & programs that provide healthy alternatives to substance abuse, and
3. To create community wide **Presence** in the identification of problems and in designing effective measurable solutions.

### **Staff Comment**

Kaitlin reminded everyone that the meetings are on the first Tuesday after the first Monday of the month. It will never be on the first day of the month.

### **Minutes Approval**

Tabled until next meeting – no quorum

### **Reports**

#### **Somerset County Alliance Coordinator**

- No new updates.
- The quarterly meetings for the County Municipal Alliance are being set.
- Grants to be submitted to the State are being worked on collectively.
- The second budget reports are due on Friday, January 10, 2020

#### **Youth Services Commission**

- Offering Professional Development : The Impact of Violence and Trauma on our Youth
- Friday, January 24, 2020, 9:00am-11:30am
- Free, open to the public
- Community forum, with updates to the model and new approach and ideas regarding the dealing with the effects of violence on the kids
- Tryng to open up a dialogue
- Recent violence in Frankln and Hillsborough making this program timely and much needed

#### **Community Program Coordinator**

- Waiting for a vaping grant as well as a grant for the Municipal Alliance.
- Mental Health Training in November had 27 attendees, including the entire guidance staff from Delbarton
- Working with Kristin Fox, Ridge HS, to organize mental health first aid training with all the health teachers at WAMS and RIDGE HS.
- This training would be broken into three chunks, adding an extra hour for sensitive subjects that can often come up in a health class.
- No other public training will be offered until the fall of 2020.

### **Agenda Items**

#### **1. Welcome New Members**

- Jennifer Korn, BOE Representative
- Ellen Houlihan, Civic Representative

- Catherine Santaiti, PTO Representative

## 2. **Nominations**

- Tabled – no quorum

## 3. **Year in review**

- Kaitlin handed out a detail and picture filled flyer of all the wonderful things accomplished by the Municipal Alliance in 2019. The flyer will be posted on the website.

## 4. **Grant Coordinator Update**

- RAAD – Working on rebranding, has stalled but they are still working on it. The Youth Advisory Council (YAC) applications have been opened up. Sophmores to Seniors can apply. The RAAD kids attended the Lindsay Meyer Teen Institute (LMTI) Prom. According to all it was a wonderful time.
- RISE – working on getting music played in the 7<sup>th</sup> grade holding area at WAMS . They have a iPod Touch to play the music and to set p a playlist. Hoping for a pilot week in January.

## 5. **Upcoming Events – Save the Date**

- Screenagers- Showing at the Ridge PAC on Thursday, January 23, 2020 Presentation to follow: Not Just For Likes, by Olamide Margarucci. Flyers to go up early next week, 150 tickets sold to date. For next presentation will try to use the barcode scanner on flyers so people can scan and sign up when they see the flyers.
- The Fentanyl Factor – Showing at the Ridge PAC March 31, 2020. Partnering with the Somerset Hills Municipal Alliance and the Safe Community Coalition.

## 6. **Subcommittees Update**

- RHS Booth – Make it more interactive. Bring in Director of the Somerset County Mental Health Board. At a meeting told a story about a school in Somerset County where the SACs put up a sign up sheet for kids to talk about anxiety, 40 kids signed up. Calling it the “Anxiety Club” now. Ridge students mentioned that the SACs at Ridge sent out e-mails to students with opportunities to sign up for different groups in google docs regarding health and wellness issues.
- Twilight Challenge – Sunday June 7, 2020. Link is live for sign ups. Any suggestions for improvements or other ideas are welcome. No swag bags this year, just a drawstring with a flyer about the Municipal Alliance. There was too much stuff. Perhaps we will offer a bag check.
- Mental Health - Met with Meg Misbitski from Somerset County Stigma Free to work with us on the Suicide Prevention Program Q.P.R.(Question, Persuade, Refer). There is also the program – How to Talk to Peers About Mental Health (Kids). 40 minute program that would be a good fit in the Ridge HS health classes.
- There is also a program where two people from the Richard Hall Center will come present and speak about their experiences. We would need to create a sub-committee to organize an event at Ross

Farm. It would include a musical act in combination with the presenters from Richard Hall. It could be dubbed a "Wellness Fest". Ross Farm would handle the music and any farm logistics. The sub-committee would handle the publicity and presenters or food trucks etc.

**Local Events/Municipal Alliance Member Comment**

Ellen Houlihan handed out information about the American Foundation of Suicide Prevention and their flyer Suicide Stops Here.

**Adjournment - 7:14 pm**

Motion            1-Alex Timoney  
                         2-MJ Postal

Respectfully Submitted,  
Jen Korn  
*BOE Representative*