# Stratford Partnership for Youth & Families

Connecticut Distributers Inc.
Tuesday, February 9, 2016
Minutes

**In Attendance:** Jocelyn Ault, Darin Bershefsky, Darrin Bosco, Samuel Branyan, Malcolm Brown, Nina Chanana, Doreen Chiccarello, Brianni Davillier, Kristen Doerr, Paul DosSantos, Lucretia Duwel, Anna Gasinski, Michelle Genuario, Patty Hines, Raquel Juarez, Denise Keegan, Sherri Kelley, Sean Kennedy, Nicholas Macisco, Olivia Mastroluca, James Olsen, Amelia Overby, Prez Palmer, Kristi Peña, Ed Rawls, Pam Robertson, Susan Rubinsky, Nicholas Satta, Ty Sims, Michael St. Lawrence, Bill Steidl, Shannon Tripodi, Tammy Trojanowski

**Call to Order**
Sean Kennedy called the meeting to order at 6:08 p.m.

**Approval of January 12, 2016 Meeting Minutes**
Darrin Bosco made a motion to approve the January 12, 2016 meeting minutes. Sherri Kelly seconded the motion. It passed unanimously.

**Stratford Partnership Branding**
Marketing Consultant Susan Rubinsky presented members with potential Coalition website templates from Squarespace. After previewing the samples, the majority of Coalition members favored the first template previewed. To further discuss and make decisions on the webpage layout and navigation, there will be a Webpage Meeting with Susan Rubinsky on Thursday, February 18, 2016 at Birdseye Municipal Complex, Room 110 at 4:00 p.m. All Coalition members are encouraged to attend.

**Wayne's Walk – Uber Collaboration**
Darin Bershefsky, President of the Wayne's Walk Foundation, introduced a new and innovative partnership with Uber to provide safe rides for Stratford residents. The Safe Rides pilot program will run through the month of February. Every Friday, Saturday and Sunday between 6:00 p.m. - 2:00 a.m., Stratford resident who chose to use Uber within Town lines after drinking, can get a free ride using the Wayne's Walk option. Each Uber user can use the option and have up to 2 free rides per month.

**MEDALS Awards**
Raquel Juarez announced that the Youth Committee is now accepting nominations for the 2016 **M**aking **E**xtraordinary **D**ifferences **A**nd **L**eading **S**tratford (**MEDALS**) Awards. To make a nomination, individuals may simply submit a paragraph or two about why they think the individual, business or organization makes a positive impact on the quality of life in Stratford and demonstrates leadership. All nomination letters must be received by Monday, March 28, 2016.

**Community Discussion on Opioid and Heroin Use**
A Community Discussion on Connecticut's Opioid Addiction Crisis will take place on Thursday, March 3, 2016 at 7:00 p.m. at R.D. Scinto Auditorium, 1 Corporate Drive, Shelton, CT. This event is hosted by State Representatives Laura Hoydick, Ben McGorty, Jason Perillo, J.P. Sredzinski and State Senator Kevin Kelly. A community discussion will be held along with a panel of speakers.

The Coalition participated in a discussion concerning the opioid and heroin data and information presented. Members voiced their reactions, as well as, additional information that should be collected. The PowerPoint slides of the presentation are attached.

**Community Updates**

- School Assets Committee continues their outreach and has been able to present to Stratford PTA presidents. They have been invited to present to individual school PTO's
- The next Freshman Forum Planning meeting is on Thursday, February 25, 2016 at 6:00 p.m.
- Stratford Conservation Department introduces **ECOS** (Environmental Clean Up Of Stratford); ECOS is looking for middle and high school students to join ECOS and help protect, preserve, and enhance the natural resources of Stratford through coordinated debris removal and conservation efforts. For more information and to join ECOS, contact Christina Senft-Batoh by e-mail: cbatoh@townofstratford.com or by phone: 203-385-4006.
- 25 participants completed the Mental Health First Aid Training offered by Stratford Community Services in January.
- Milford will be opening two Medical Marijuana dispensaries, which as projected to be open and serving patients by early summer.
- Free SAT Prep program with Ellis Ratner for juniors who will be taking the SATs in March is on Tuesday, February 16, 2016 at 7:00 p.m. at Stratford Library, Lovell Room.
- Annual "What R U Doing after High School?" is on Saturday, March 19, 2016 from 10:00 a.m. to 3:00 p.m. at Stratford Library, Lovell Room.
- Have too much stuff? "Conquer The Clutter" will be available starting March 14, 2016 every second and fourth Monday of the month at 7:00 p.m. at Birdseye Municipal Complex. Register by March 1, 2016 to Doreen by phone: 203-209-5924.
- South End Community Center, in collaboration with Stratford Library, invites you to join their Black History Month Essay Contest on Saturday, February 20, 2016 at 11:00 a.m. at Stratford Library, Lovell Room.

**Plusses / Wishes**

| Plusses | Wishes |
|---|---|
| • Meeting room<br>• PowerPoint visuals<br>• Time of meeting | • Here more from youth<br>• Periscope meeting |

**Adjournment**
The meeting was adjourned at 7:33 p.m.

Respectfully submitted,

James Olsen

Stratford Partnership for Youth and Families

# COMMUNITY DISCUSSION ON OPIOID AND HEROIN USE

February 9, 2015 SPYF Meeting

Community Conversation on
Opioid and Heroin Use convened by State Legislators

Thursday March 3, 2016 at *7:00 p.m.*
*at R.D. Scinto Auditorium,*
*1 Corporate Drive, Shelton, CT*

Stratford Partnership for Youth and Families

| US 2014 Deaths from Overdose | |
|---|---|
| 47,055 | Any Drug |
| 18,893 | Rx Opioid |
| 10,574 | Heroin |

# 2012 Overdose Deaths

| Age | Sex | Race | City of Residency | City of Death | Cause |
|---|---|---|---|---|---|
| 26 | F | White, Hispanic | | Stratford | Multiple Drug |
| 32 | M | White | Stratford | Stratford | Multiple Drug |
| 43 | M | Black | Stratford | West Haven | Cocaine |
| 51 | M | White | Stratford | Bridgeport | Methadone |

# 2013 Overdose Deaths

| Age | Sex | Race | City of Residency | City of Death | Cause |
|---|---|---|---|---|---|
| 26 | M | White | Stratford | Bridgeport | Heroin |
| 26 | F | White | Stratford | Bridgeport | Heroin |
| 30 | M | White | Stamford | Stratford (Beach) | PCP |
| 33 | M | White | Stratford | Bridgeport | Methadone |
| 40 | F | White | Stratford | Stratford | Heroin/Alcohol |
| 51 | F | Black | Stratford | Stratford | Cocaine/Fentanyl |
| 51 | M | White | Stratford | Stratford | Cocaine/Fentanyl/ Alcohol |
| 55 | F | White | Stratford | Stratford | Oxy/Other |
| 64 | M | White | Wellesley | Stratford | Cocaine |

*Office of the Chief Medical Examiner, CT

# 2014 Overdose Deaths

| Age | Sex | Race | City of Residency | City of Death | Cause |
|---|---|---|---|---|---|
| 22 | F | White | Stratford | Bridgeport | Heroin |
| 27 | M | White | Bridgeport | Stratford | Methadone/Alcohol |
| 44 | M | White | Stratford | Stratford | Heroin/Alcohol/ Benzo |
| 49 | M | White | Stratford | Stratford | Heroin/Cocaine |
| 54 | M | White | Stratford | Stratford | Cocaine/Fentanyl/ Alcohol |
| 65 | M | White | Stratford | Stratford | Oxy/Cocaine |

*Office of the Chief Medical Examiner, CT

# 2015 Overdose Deaths (Jan-June)

| Age | Sex | Race | City of Residency | City of Death | Cause |
|---|---|---|---|---|---|
| 23 | M | White | Stratford | Bridgeport | Heroin |
| 24 | M | White | Stratford | Hartford | Heroin |
| 31 | M | White | Stratford | Stratford | Methadone/ Benzo(Xanax) |
| 49 | M | White | Stratford | Naugatuck | Cocaine/ Morphine/ Opioid |
| 57 | M | Other | Stratford | Norwich | Cocaine/ Alcohol |

**Office of the Chief Medical Examiner, CT*

# 2015 Use of Narcan in Stratford

- Stratford EMS reported administering Narcan 62 times in 2015.
  - 20 people received more than 1 dose

# 2014 Stratford's Search Institute Survey Results

| Prescription Drugs* | MS | HS | Average |
|---|---|---|---|
| 30-day use | 3% | 6% | 5% |
| Perception of Harm | 87% | 87% | 87% |
| Perception of parental disapproval | 94% | 95% | 95% |
| Perception of peer disapproval | 84% | 81% | 82% |

*No data collected prior to 2014

# 2014 Stratford's Search Institute Survey Results

| Of those students who reported using RX drugs in the past 30-days (5%) | Yes (n=29) |
|---|---|
| **Gender** | |
| Male | 69% |
| Female | 28% |
| **Race/Ethnicity** | |
| Black | 7% |
| Hispanic/Latino | 35% |
| White | 17% |
| Multi-Racial | 28% |

| Of those students who reported using RX drugs in the past 30-days | Yes (n=29) |
|---|---|
| **Sad or Depressed** | |
| All of the time | 32% |
| Most of the time | 18% |
| Some of the time | 21% |
| Once in a while | 21% |
| Not at all | 7% |
| **Attempted Suicide** | |
| Yes, more than 2 times | 28% |
| Yes, twice | 28% |
| Yes, once | 17% |
| No | 28% |

*Stratford Search Institute's Profiles of Student Life: Attitudes and Behavior Survey, 2014*

# 2014 Stratford's Supplemental Student Survey

| Have you ever used... | Yes |
|---|---|
| prescription drugs not prescribed to you? | 9% |

| During the last 12 months, how many times have you... | Once or more |
|---|---|
| Been to a party where other kids you age were taking prescription drugs? | 21% |
| Taken prescription drugs with alcohol and/or drugs? | 8% |

| | Strongly or somewhat agree |
|---|---|
| It is OK to take someone else's prescription drugs | 5% |
| If I wanted to get prescription drugs they would be easy to get | 27% |

**Stratford Student Supplemental Survey, 2014*

# 2014 Stratford's Search Institute Survey Results

| During the last 12 months, have you... | Yes |
|---|---|
| Used heroin or other narcotics (like opium and morphine) once or more | 3% |

**National Institutes of Health– November 2014**

*The greatest increase in heroin use is seen in young adults aged 18-25.*

## Update on Opioids– Addressing Overlapping Heroin and Rx Opioid Problems

- Presented by Wilson M. Compton, M.D., M.P.E.– Deputy Director National Institute on Drug Abuse (NIDA)

## Key Point from Dr. Compton

- Overdoses are happening more and more due to mixing. Almost all include mixing with alcohol.
  - Combination of benzodiazepines (Valium, Xanax) with opioid is remarkably dangerous.
  - Fentanyl is a powerful synthetic opiate similar but more potent than morphine.
    - 80-100 X more potent than morphine
    - 25-40 X more potent than heroin

## Key Point from Dr. Compton

- Access:
  - ~200 million opiate prescriptions written
  - Price of heroin is 1/5 the price 20 years ago
  - Those obtaining opioid medications:
    - 53% obtain for free from family/friends
    - 14.6% bought/took from family/friends
    - 4.3% obtain from drug dealer/stranger

## Key Point from Dr. Compton

- In general, people are frightened by heroin, but not Rx opioids.
  - Rx opioid medication is the same class as heroin– meaning effects are no different when it reaches the brain and central nervous system.

# Strategies

- **Universal Prevention**
- Prescriber Education/ Safe Prescribing Practices
- Patient Education
- Prescription Monitoring Programs
- Medication Drop Box
- Safeguarding your medications
- Availability of Narcan (Naloxone)
- Realtor Education
- Medication-Assisted Treatment
- Treatment