



# South Shore Community Partners in Prevention

## South Shore Community Partners in Prevention (CHNA 23)

Wednesday, December 11, 2019

8:45 A.M. to 10:15 A.M

BID Plymouth, Medical Office Building

Plymouth, MA 02360

Minutes

### In attendance:

<u>First Name</u>	<u>Last Name</u>	<u>Organization</u>	<u>E-mail</u>
Kim	Allen	United Way of Greater Plymouth County	chna23@gmail.com
Shannon	Barry	SSCAC Head Start	sebarry@sscac.org
Betsy	Botch	SS Early Education Head Start	ebotsch@sscac.org
Jen	Cantwell	United Way	Jennifer.cantwell@ccbrockton.org
Janice	Fender	Reach Inc.	jfender@reachinc.net
George	Gorgizian	PSDC	gGorgizian@PCSdma.org
Sean	Haplin	Plymouth Public Schools	shalpin@plymouth.k12.ma.us
Mike	Jackman	Congressman Keating's Office, SSCPP Chair	michael.jackman@mail.house.gov
Malissa	Kenney	Healthy Plymouth	wmakenney@msn.com
Marilew	Lis	OCS	mlis@ocesma.org
Brandy	Litt	BMC MA HEAL	brandy.litt@BMC.org
Siobhan	McKay	Plymouth DDS	siobhan.mckay@state.ma.us
Jim	O'Neil	Bridgewater Patient Advocacy Services	bridgewaterpatientadvocacy@gmail.com
Derek	Paiva	Old Colony YMCA	dpaiva@oldcolonyymca.org
Merielle	Paul	High Point	mpaul@hptc.org
Erin	Presutti	Children's Melanoma Prevention Foundation	erin@melanomaprevention.org
Deb	Schopperle	BID Plymouth	dschopperle@bidplymouth.org
Susan	Spiller	Old Colony Y	sspiller@oldcolonyymca.org
Jeff	Stone	Community Food Packaging	Jstone100@gmail.com
Amy	Sylvia	SSRAC- Road to Healing	amy.sswrc@hptc.org
Rhiannon	Thai	CSHS @ Plymouth Public Schools	rthai@plymouth.k12.ma.us

### CHNA 23: South Shore Community Partners in Prevention

Serving the communities of Carver, Duxbury, Halifax, Hanover, Hanson, Kingston, Marshfield, Pembroke, Plymouth, Plympton, and Rockland

Gwen	Watzhorn	Plymouth Public Schools	gwatzhorn@plymouth.k12.ma.us
Liz	Weiner	OCES	Eweiner@ocesma.org
Lauren	White	Health Imperatives Plymouth WIC	lwhite@healthimperatives.org

Meeting called to order by Mike Jackman, SSCPP Chair at 8:55 a.m. All were welcomed and gave self- introductions. Minutes from our November meeting were approved and accepted as is.

Mike encouraged attendees to check out the SSCPP resource table. SSCPP’s website includes an electronic calendar and we welcome any upcoming events to add to it! Send to [chna23@gmail.com](mailto:chna23@gmail.com) with the subject line “Calendar”.

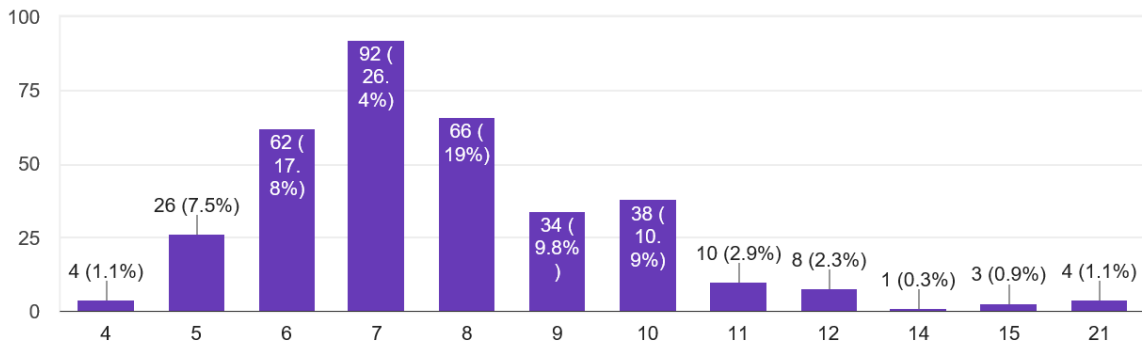
**Mini Grant Outcomes Report: Old Colony YMCA- Plymouth Camper Support Program**

Derek Paiva, Vice President reported.

- The Old Colony YMCA Plymouth branch sees 500 kids a day and 400 kids every summer at Camp Clark. About half of the kids attend for free or at a reduced fee.
- Summer camp begins in June and about 100 of the 400 kids are on IEPs. Have mental health counselors at camp to help with mental health issues. The overall goal is to help all children realize the full benefit of the camp experience.
- Utilized an excellent Licensed Mental Health Clinician that was able to assist any campers in need. She helped connect families to Interface, role model de-escalation, and review behavioral plans daily. This program helps to make the transition back to school fluid.
- Part of the grant went to the “Chill Zone” for kids to take a break with sensory activities.
- Key partners were Sean Haplin (Plymouth Schools) and Jen Pinto (BID Plymouth). Sean shared his and Jen’s key takeaways. Both were impressed by the collaboration and the level of data analysis done. The wrap-around services to get families connected was very important as well.
- Derek shared some data on campers’ ages and interventions offered.

**Camper Age Group**

348 responses

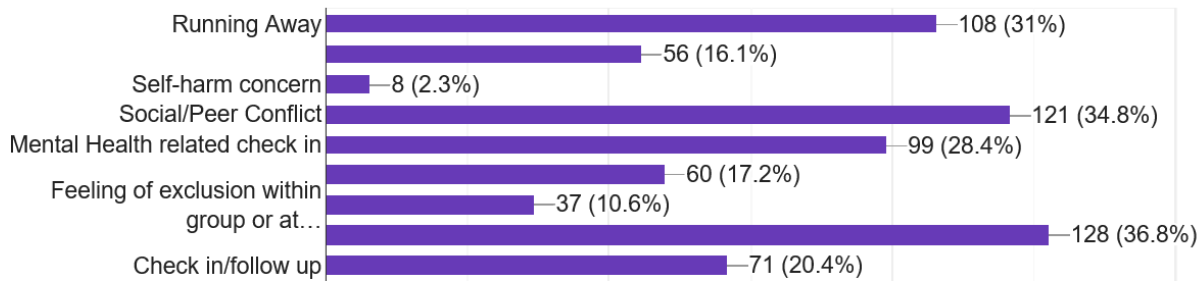


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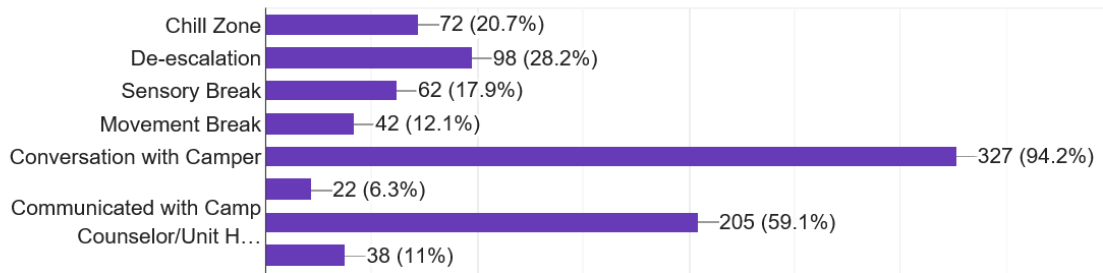
## Presenting Issue/Behavior Addressed (check all that apply)

348 responses



## Action/Intervention Took (check all that apply)

347 responses



Mike shared the **2019 SSCPP Behavioral Health Awardees**. He thanked all 6 of the great applications received. The awards were given to BID Plymouth and the Old Colony YMCA. More detail on the grants can be seen in the press release on our website here: <http://chna23.org/latest-news/>. Grant recipients shared briefly about their programs.

The next mini grants deadline for SSCPP is January 15<sup>th</sup>. Grant applications can be found on the SSCPP website and submissions are accepted quarterly.

### **Presentation: Mindful Awareness**

Katie Medlar, Instructor

Calmer Choice

- Katie shared an overview of Calmer Choice, an agency based on the Cape. More information can be found on their website here: <https://calmerchoice.org/> Teach mindfulness skills to children and are expanding to the Plymouth area and looking to grow their reach.
- Katie led a guided meditation and shared about mindful posture. The opposite of mindfulness is mind-lessness

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- We live 80 – 90% of our lives on autopilot. When we are on autopilot, we are less happy and more reactive. It is important to be present, notice what is happening, and have a response.
- Calmer Choice offers mindfulness at a young age as a prevention method. Go into classrooms and serve children ages 4 and up. Also offer parent and child classes.
- Katie shared some mindful breathing techniques.
  - 7-11 breath: When we are in a stress response mode, there is a breath that can kick us into relaxation. Breathe in 7 seconds through nose and breathe out 11 seconds through mouth.
  - “One minute count”: relax by counting your total number of exhales in 1 minute.
- When mind is wandering (e.g. driving, washing dishes) practice mindfulness by trying to bring your mind back to what you are doing at that moment.
- Opened to audience Q&A.

**MA HEAL Study:** Mike introduced Brady Litt, our contact for Plymouth, and shared a bit about the MA HEAL study. SSCPP is the Plymouth coalition for the study. The overall goal of the 5 year grant is to reduce overdose deaths by 40% by 2024. Harbor Health is the medical partner. More information can be found here: <https://www.bmc.org/addiction/reducing-opioid-deaths-ma-communities>

Opened the floor for agency announcements.

Next meeting is scheduled for January 8<sup>th</sup>.

Adjourned at 9:58am.

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