



**South Shore Community Partners in Prevention (CHNA 23)
Wednesday, June 10, 2020
8:55 A.M. to 10:00 A.M.
Zoom Meeting**

Meeting called to order by Mike Jackman, SSCPP Chair. He alerted all that the meeting is being recorded.

Recording may found on our website [here](#).

Election of Steering Committee & Officers: Bios for steering committee members and officers were sent out electronically prior to the meeting.

The following 11 members are interested in renewing for the July 1, 2020 – June, 30, 2021 term: Kathleen Considine, Nancy DeLuca, Maureen Doherty, Tina Dwyer, George Gorgizian, Elizabeth Haughn, Mike Jackman, Siobhan McKay, Jim O’Neil, Deb Schopperle, and Susan West. Vicky Butler, Program Coordinator for Plymouth County Outreach is interesting in joining the steering committee for the FY2021 term.

The slate was approved as presented unanimously by all in attendance.

Our bylaws allow for up to 15 members on our steering committee. We have three open slots. The floor was opened for new nominations. None were heard. The steering committee meets the first Thursday of the month from 1 – 3PM and over the summer for a planning retreat.

SSCPP Steering Committee Members for 2020-2021:

Vicky	Butler
Kathleen	Considine
Nancy	DeLuca
Maureen	Doherty
Tina	Dwyer
George	Gorgizian
Elizabeth	Haughn
Mike	Jackman
Siobhan	McKay
Jim	O’Neil

CHNA 23: South Shore Community Partners in Prevention

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

Deb	Schopperle
Susan	West

Election of Officers

Chair, Vice Chair and Treasurer are willing to continue their roles for another year.

The floor was opened for new officer nominations. None were heard.

All in attendance voted unanimously to elect the slate of officers as presented.

Officers for 2020-2021:

Mike	Jackman	Chair
Deb	Schopperle	Vice Chair
George	Gorgizian	Treasurer

Presentation: COVID-19 & Mental Health Forums

MA State Representative Kathleen LaNatra

Links to mental health forums during COVID-19:

https://www.youtube.com/results?search_query=rep.+lanatra+mental+health+forum;

<https://www.pactv.org/pactv/regional>

- Mike introduced Rep. LaNatra. She is a State Representative for the 12th Plymouth District and she is serving in her first term.
- Shared her experience and inspiration including the challenges we are all facing of working from home, managing responsibilities, and balancing family.
- Rep. LaNatra shared that she has a special place in her heart for Elder Affairs and frequently visits and volunteers at senior centers in the district. When pandemic hit, she was particularly concerned about seniors and isolation. As a result, she established a weekly mental health forum in partnership with PACTV. The first forum included a panel of local experts dealing with the topics of suicide, domestic violence, and addiction. Since then, there have been several more forums on a variety of topics with local experts including: mental health and stigma, grief and young people, burnout in the healthcare field, anxiety, mindfulness, PTSD for veterans and healthcare workers. Hope to be able to continue the series.

Presentation: Teens, Tweens, and Quarantine

Jon Mattleman

Jonmattleman@gmail.com

www.jonmattleman.com – can see other trainings Jon offers on his website

twitter.com/jonmattleman

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www.chna23.org

twitter.com/soshoreprev

- Mike introduced Jon. He is a mental health counselor and a presenter among many other things. His “Teens, Tweens & Quarantine” presentation is great for anyone working with youth.
- Jon shared some slides and an overview of his presentation (usually about 35 minutes in length). In this coronavirus era, mental health is more important than ever. When there is a catastrophe, depression and anxiety skyrocket and so it is extremely important to talk about this during COVID-19.
- Shared about the teen brain. Our brains develop until the age of 25. During the teen years, we have the least amount of control in life and as a result, it is extremely stressful. Teens understand risk, but are more drawn to the social reward.
- The virus has a timeline, but we do not know what it is. This is very anxiety-producing.
- Talked about teen behavior, worries and “can’t” vs “won’t” behavior.
- Also talked about how the virus affects adults and as a result, teens. Need self-care for every member of household.
- Discussed the types of anxiety. Anxiety competes and almost always wins. There is no timeline for trauma either. Shared the best and worst things to say to teens and tweens experiencing anxiety. Depression goes hand and hand with anxiety.
- Jon shared he would be happy to work with CHNA members to share trainings. Opened for Q&A.

The floor was opened for announcements. Mike encouraged members to send any announcements to Kim, SSCPP Coordinator at chna23@gmail.com. Please also check out our Facebook page: www.facebook.com/chna23

Mike shared our SSCPP grants are rolling and more information can be found on our website: www.chna23.org/funding. The next grant deadline is July 15th. This past year, we gave out \$136,000 in grants to the community. We look forward to hearing back from grant recipients in the coming year.

Next Meeting: September 9th. Please keep an eye on e-mail for details on if we will continue to meet via Zoom or in person this fall. Send announcements to Kim and we will continue to share over the summer.

Have a great summer!

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