

## Middletown Alliance March 15<sup>th</sup> Minutes

- I. **Welcome, Pledge, Introductions**
- II. **Minutes of January 18<sup>th</sup> meeting accepted by Peggy Bertorelli and John Maguire**
- III. **Old Business**
  - Alliance funded registration and bussing for middle school students from Bayshore, Thorne, and Thompson to attend the NJ Elks Path to Leadership conference on 2/6 at Ocean Place Resort in Long Branch
    - Presentation topics: social media, mental health, bullying, vaping, drug prevention, and suicide prevention
    - 49 students and 4 SAC chaperones attended
    - Feedback from Kristin Wessels, SAC: *"I wanted to reach out and thank you for funding that awesome opportunity for my leaders. Despite the obstacle the weather created, it truly was a beneficial and successful day. The kids had fun and learned a lot. (several even deleted Tik Tok before we left!!)"*
- IV. **New Business**
  - Conversation about changing Alliance meeting day and time
    - Group decided to keep meetings on Saturdays at 8:30 am
  - Alliance Leaders update
    - 5<sup>th</sup> grade cycle 2 Thompson: 110 students
    - Graduation 4/1, 4/2 from 5-7 pm
    - Alliance volunteers needed
  - Upcoming Parent Presentations in the Training Room at Town Hall
    - Current Drug Trends: Thursday, March 27<sup>th</sup> 7-8 PM
    - Social Media: Monday, April 14<sup>th</sup> 7-8 PM
    - Raising Resilient Kids: Thursday, May 22<sup>nd</sup> 7-8 PM
    - Alliance volunteers needed
  - Freeze Addiction Polar Plunge- March 23<sup>rd</sup> 10:30 AM Edgewater Beach Club in Sea Bright in honor of Dillon Rahim
    - Refreshments, door prizes, raffles, and opportunity for volunteer hours for students
  - Upcoming Narcan Training for Township employees April 30<sup>th</sup> from 10-11 AM
    - Contract with Monmouth County nurses to give the presentation- Alliance will supply information, Narcan, giveaways
    - Currently picking dates for Narcan Trainings open to school personnel and the public
    - Discussed having a Narcan training during an Alliance meeting
  - Monthly Public Service Announcements (PSAs) starting end of March
    - First topic will be vape/e-cigarette disposals
    - Additional topics discussed so far: 2NDFLOOR- New Jersey Youth and Young Adult Helpline, Bystander Intervention & Good Samaritan Law, and Signs of Overdose and how to use Narcan/Naloxone
  - Working with Middletown High School North and South SACs on prom initiative

- First planning meeting occurred on 3/10
  - Parent/student contract agreement with chance to win money incentive
  - Mayor/ Township Committee draw junior and senior winners, article in Middletown Matters/Minutes
- Vape Take Back campaign in April- "Spring Cleaning- Clean out your lungs!"
  - Working with Communications and our Middletown Recycling Center
  - Highlight that our recycling center takes vapes and batteries. Show residents where and how to recycle vapes along with quitting information
- Upcoming observances:
  - April is Alcohol Awareness Month
    - Will disseminate information on social media- "Tip Tuesdays"
  - May is Mental Health Awareness Month
    - Sent a program request to the NJ chapter of AFSP- American Foundation for Suicide Prevention for the in-person parent presentation "More Than Sad"
    - More Than Sad program description: 60-minute program that teaches parents how to recognize signs of depression and other mental health problems; initiate a conversation with their child about mental health and get help. This program focuses on parents and guardians of teens/youth.
    - Planning meeting on 3/28

#### V. Police updates

- Middletown Police Chief Craig Weber gave the following updates/stats:
  - Motor vehicle accidents are up
  - Domestic abuse is up
  - 14 DWIs to date this year

#### VI. 2025 Goals

- Senior Center
  - Mental health/ therapy dog events
- Increase parent attendance at events/presentations/meetings
  - Going to try and touch base with PTO/PTAs to share program flyers and other Alliance information.
    - 1. Friend request Facebook pages, attend their meetings
  - Also discussed attending parent stakeholder virtual focus groups; specifically, the MH/SEL group
- Programming in elementary schools through Wellspring
  - Planning meeting 4/25
- Plan a recovery event
  - Discussed having a speaker from AA, recovery/sober nights

#### VII. Additional Updates:

- MTPD Operational Readiness for Police Officers & First Responders Training- Alliance/OS \$ funded

- Crisis response, mental health response, OUD (opioid use disorder) and SUD (substance use disorder) response
- Had our first meeting on 1/16 to discuss. Planning next conversation after getting all finance information.
- Just released a new training with the same topics for specifically First responders. Once the police take the training/give feedback, will offer to EMS
- Wellness Wheels Uber Health Contract- Middletown Health Department
  - Utilizing Opioid Settlement funds
  - Transportation for residents who identify as having a SUD/at risk for an SUD to medical/mental health appointments.
    - List of pre-approved places
    - Handicapped accessible vehicles and trained drivers
  - Pilot around April/May once our dashboard is completed and have ride coordinator to take calls

**VIII. Questions/Concerns/Ideas?**

- Adults identifying with ADHD and using stimulants is increasing, pharmacies low on medications

**IX. Next Meeting: May 17, 2025**