

Minutes of the Bernards Township Municipal Alliance /Youth Services Commission  
March 3, 2020

**Mayoral-Appointed Members Attending**

Kaitlin Cartoccio, Vice Chair, Health Department Representative  
Monica Sprague, Youth Services Commission  
Jennifer Korn, BOE Representative  
Amy Stern, William Annin Middle School SAC, School Representative  
MJ Postal, Senior Citizen Representative  
Cathy Phillips, Substance Abuse Representative  
Audrey West, Student Representative  
Ellen Houlihan, Civic Group Representative  
Johnny Graves, Clergy  
Catherine Santaiti, PTO  
Laurie Albee, Community Representative

**Other Attendees**

Lucy Forgione, Bernards Township Health Department  
Chloe Kavanagh, RURIOT Presenter, Medical Student at Robert Wood Johnson  
Todd Edelstein, Member of the Public

**Members Not Attending**

Tracy Baldassare, Bernards Township Police Department  
Joan Harris, Chair, Township Committee Representative  
Swapna Uradi, PTO Representative  
Alex Timoney, Student Representative  
Jennifer Sorenson, Somerset County Alliance Coordinator  
Cindy Fleischer, Citizen Representative (BRMA)  
Violet Sharpe, RAAD  
Abigail Philips, RAAD

**Call to Order**

Kaitlyn Cartoccio called the meeting to order at 6:01 PM. All attendees stood for the Pledge of Allegiance.

**Mission Statement**

The Mission Statement was read by Kaitlin Cartoccio. 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.

### **Public Comment**

Todd Edelstein commented that the public comment should be later in the meeting because it is hard to comment on topics that have not been introduced yet.

### **Minutes Approval**

Feb. 4, 2020

Motion1: Jen Korn

Seconded: Johnny Graves

### **Reports**

#### **Somerset County Alliance Coordinator (read by Kaitlin Cartoccio)**

Current Grant Year:

- 3<sup>rd</sup> Quarter report is due Thursday, April 9. As a reminder, do not submit encumbered purchases on your report – only ask for reimbursement for things that your town has paid for already.
- Our next networking meeting will be March 26 at 6pm at Warren Street (1<sup>st</sup> floor conference room). All MAC members are invited to attend, please RSVP by Thursday.
- The county's stigma free website is now live:  
<https://www.co.somerset.nj.us/government/human-services/stigma-free-2645> . If you have stigma-free events you would like published on this website, please forward them to Meg Isbitski at [isbitski@co.somerset.nj.us](mailto:isbitski@co.somerset.nj.us) .
- The NJPN conference scholarships for Municipal Alliance are still available – please see prior e-mail regarding this.

Next Grant year:

- GCADA staff has reviewed the plans for FY21 and came back with a list of corrections, which have been communicated to each group.

#### **Youth Services Commission**

- Annual Spring Forum will be held on Friday , April 3, 2020 at the Somerville Elks from 8:30-12:30. The subject is LGBTQ+ Youth Health Disparities, presented by Philip T. McCabe. \$40.00 fee, Breakfast is included.
- Monica mentioned that time was flying and the 2<sup>nd</sup> Quarter Report will be due soon, in preparation for the Freeholders to make the budgets up for next year.

### **Community Program Coordinator**

- Results are in for the take vape away grant applications. Ridge HS received \$7000.00 for RHS. Thanks to every one involved, Nick, Karen Hudock, Kaitlin, (please add names that I didn't get).
- The original application was for Don't Get Vaped In Training in health classes. There is also the Vaping Me Crazy Presentation by Michael Deleon.
- The award has come later than anticipated, hopefully we can still do the presentation this spring.
- Youth Mental Health first aid is training 45 Bernards Township School Staff Members. This will include one one hour of professional development on how to answer the hard questions in any class regarding an array of topics (suicide, sexuality, etc.)

### **Agenda Items**

#### **1. RIOT (Rutgers Interdisciplinary Opioid Trainers) – Opioid Use Disorder and Medication Assisted Treatment**

- [https://rwjms.rutgers.edu/documents/departments/Psychiatry/Addiction%20Psychiatry/RIOT\\_Community\\_Presentation.pdf](https://rwjms.rutgers.edu/documents/departments/Psychiatry/Addiction%20Psychiatry/RIOT_Community_Presentation.pdf)
- This presentation was given by Chloe Kavanagh, a medical student at Robert Wood Johnson. Before the presentation we were asked to take a Pre-Survey on the website <https://rwjms.rutgers.edu/departments/psychiatry/divisions/division-of-addiction-psychiatry/riot>
- This was a very informative presentation addressing the opioid epidemic with information regarding Medication Assisted Treatment (MAT).

#### **2. Grant Coordinator Update**

- Twilight Challenge forms are ready. This year marks the 32<sup>nd</sup> Annual Race.
- There is a brochure and the sponsorship forms. All Municipal Alliance members are expected to get at least one \$100 sponsor.
- The race is Sunday June 7, 2020. Link is live for sign ups. New donation flyer, only handing out cinch bags. New t-shirt sponsor format: Bronze, Silver and Gold levels for sponsors. Logos must be formatted and handed in by Friday May 15<sup>th</sup>.
- REACH - (Ridge Education Action and Community Health) is RAADS rebranding. There is a new logo and a focus on mental health as well as alcohol, addiction and substance abuse. We are hoping the rebranding will fight against the stigma among student in the HS Community against RAAD

- Hoping to attract more students with the new focus.
- There will be a team building day on Sat. March 7<sup>th</sup> at Branchburg Sports Complex. Issy and Sam, the college members of REACH will be in attendance.
- LMTI letters were sent and resent to 8<sup>th</sup> grade students.
- 10 have responded to the information session where parents and students will learn about the camp.
- RISE –they have hung up posters with facts about Drugs, Alcohol, Vaping and Inhalants around the school. They are moving on to wellness next. The kids are enjoying the i-pad with music in the morning and have a long playlist with all appropriate songs.
- Vikng Yoga is being offered on 6 Tuesdays starting March 31 after school at WAMS. This is being offered by Chris Flanagan a certified instructor and teacher at WAMS.

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

- The Fentanyl Factor – Showing at the Ridge PAC March 31, 2020. Partnering with the Somerset Hills Municipal Alliance and the Safe Community Coalition. 15 minute documentary screening and Narcan Training. The Narcan training is limited to 30 people. Therefore they want to keep track of attendees through registration. You do not have to do the training to attend the screening.
- Not Just for the Likes – Presentation on effects of social media on mental health. Thursday, April 30 6-8:00pm at the Bernards Municipal Building. Presented by Olamide Margarucci. Ms. Margarucci would like to keep a head count through registrations. There is a flyer available. It was suggested that this would be good for parents of younger children to introduce them to the dangers of social media before they give their children phones.
- Support Without Stigma: For teens to learn to talk to their peers about mental health. Wednesday, April 15, at the Bernards Township Library, 7:00pm. This presentation will include Role Playing and speakers who have experienced mental health struggles.

### **4. Subcommittees Update**

- RHS Booth – the booth will showcase suicide prevention week and National School Counselor Week
- Twilight Challenge –Flyer is out
- Charter Day: May 16
- Mental Health - Stigma Free Concert Ross Farms, May 8<sup>th</sup>. Joan is meeting with Ross Farm next week.
- 

### **Local Events/Municipal Alliance Member Comment**

There was a motion to move the public comment to the end of the meeting. This was agreed to by all the attendants.

There was discussion about putting more focus on the danger of screen time for young kids. The obvious use of technology as a crutch to keep kids occupied, not bored or uncomfortable. Although consensus was that it is important to build the skills of learning that being uncomfortable is not always a bad thing, but a skill that builds resilience.

Kaitlin said we are trying to maintain a balance with all the needs we are trying to address.

**Adjournment – 7:35?**

Motion            1-Audrey West  
                         2-Laurie Albee

Respectfully Submitted,  
Jen Korn