

BMAC: Bloomfield Municipal Alliance Committee



Minutes for Bloomfield Municipal Alliance Quarterly Meeting

This October 3, 2022 regular (quarterly) meeting of the Bloomfield Municipal Alliance is called to order. Public Notice of this meeting in compliance with the Open Public Meetings Act was given by public notice appearing in *The Bloomfield Life* and posted on the public bulletin board in the Municipal Building and Health Department website. Public comments on matters of public health or any item on the Agenda shall be called by the chair prior. Individual comment will be limited to five minutes per person. Citizens who desire to address the alliance with more detailed comments are asked to do so in writing, one week in advance to allow the committee to become familiar with the subject. The public shall not be recognized at other times than those called for herein.

I. Roll Call

Christopher Jennings	Present
Carol Manning	Present
Frank Grauso	Present
Judy Fischman	Present
Paula Peikes (Chair)	Present
Sarah Cruz	Absent
Shakira Drones	Present
Dina Pressel (Coordinator)	Present
Michael Scurman	Present

II. Vote passed to approve previous meeting minutes from June 27, 2022 meeting.

III. Discussed budgets for FY 2023, including new DMHAS Youth Leadership Grant

DEDR Grant Year: 7/1/22 - 6/30/23
 DEDR Award: \$13,500.00

ACTIVITY	DEDR AWARD BUDGET	CUMULATIVE DEDR EXPENSES			DEDR BALANCE AVAILABLE
		PERSONNEL/ TWP EMPLOYEE	CONSULTANT	OTHER DIRECT COST	
Alliance Coordination	\$2,000.00	\$0.00	\$0.00	\$0.00	\$2,000.00
Summer Prevention/Enrichment	\$3,500.00	\$0.00	\$0.00	\$0.00	\$3,500.00
Mental Health Programming	\$8,000.00	\$0.00	\$0.00	\$0.00	\$8,000.00
DARE	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
		\$0.00	\$0.00	\$0.00	\$0.00
		\$0.00	\$0.00	\$0.00	\$0.00
		\$0.00	\$0.00	\$0.00	\$0.00
		\$0.00	\$0.00	\$0.00	\$0.00
		\$0.00	\$0.00	\$0.00	\$0.00
		\$0.00	\$0.00	\$0.00	\$0.00
	\$ 13,500.00	\$0.00	\$0.00	\$0.00	\$13,500.00

DMHAS Grant Year: 7/1/22 - 3/30/23 - 3 Quarters
 DMHAS Award: \$8,086.35

DMHAS Youth Leadership AWARD BUDGET					
ACTIVITY	DMHAS AWARD BUDGET	CUMULATIVE DMHAS EXPENSES			DMHAS BALANCE AVAILABLE
		PERSONNEL/ TWP EMPLOYEE	CONSULTANT	OTHER DIRECT COST	
Alliance Coordination	\$400.00	\$0.00	\$0.00	\$0.00	\$400.00
Lindsey Meyer Teen Institute: Youth Mental Health	\$6,500.00	\$0.00	\$0.00	\$0.00	\$6,500.00
Lindsey Meyer Teen Institute Program: Cannabis Education	\$1,186.35	\$0.00	\$0.00	\$0.00	\$1,186.35
		\$0.00	\$0.00	\$0.00	\$0.00
		\$0.00	\$0.00	\$0.00	\$0.00
		\$0.00	\$0.00	\$0.00	\$0.00
		\$0.00	\$0.00	\$0.00	\$0.00
		\$0.00	\$0.00	\$0.00	\$0.00
		\$0.00	\$0.00	\$0.00	\$0.00
		\$0.00	\$0.00	\$0.00	\$0.00
	\$ 8,086.35	\$0.00	\$0.00	\$0.00	\$8,086.35

V. Discussed Funding Opportunities

- **Summer Prevention/Enrichment** – Bloomfield Parks, Recreation & Cultural Affairs Summer Camp (Summer, 2022) -- PAID. Michael provided an update, and requested assistance with programming for next summer.
- **Assembly/speaker at High School & Middle School?**
It was suggested that different speakers present at the middle & high school, so the same student doesn't have a repetitive experience.
- **988 Suicide & Crisis Lifeline:** This is a newly established number (988) and website (988lifeline.org) is for people experiencing a mental health crisis to call or text. These printed materials will be distributed at all BMAC events and by the CARE unit to the community. Let Dina know if anyone is interested in these printed materials.
- **Community Events (Hooked On Fishing Not On Drugs, WISE, etc.)**
- **Youth Mental Health First Aid Training for Bloomfield High School & Middle School?**
Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

WHO SHOULD KNOW MENTAL HEALTH FIRST AID? • Teachers. • School Staff. • Coaches.
• Camp Counselors. • Youth Group Leaders. • Parents. • Adults who Work with Youth.

WHAT MENTAL HEALTH FIRST AID COVERS • Common signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD). • Common signs and symptoms of substance use challenges. • How to interact with a child or adolescent in crisis. • How to connect the youth with help. • Expanded content on trauma, substance use, self-care and the impact of social media and bullying.

Once 10% of Bloomfield High School staff are trained, **Teen Mental Health First Aid** training can be provided to students in grades 10-12.

Mr. Jennings reported there are approximately 150 high school staff members, so 15 would need to be trained in Youth Mental Health First Aid.

- **Cannabis Education Sessions for residents**
- **Other Initiatives?**

- VI. **Committee Membership** – Paula discussed changes in membership, with Karen Lore retiring and Jody Polidoro resigning. The committee voted and approved 2 new members (Francesca Viola, Social Work Supervisor – Police & CARE Unit & Elizabeth Dunlea, Middle School Crisis Counselor). One additional spot is open, to be filled by a religious leader in the community.
- VII. **Social Media Posts** – **PLEASE SHARE THEM WITH YOUR ACCOUNT!!!**
Judy discussed the process for sharing social media posts and encouraged all members to share interesting/helpful information within BMAC. Dina requested that all BMAC members share our social media posts as frequently as possible.

Setting Limits & Monitoring Behavior to Prevent Substance Use

Parents & guardians of teens:

https://drugfree.org/article/setting-limits-and-monitoring-behavior/?gclid=cj0kcqjw6_cybfdjarisabnuszpwxsgikvsrioghmlvj1nafr95ihrkfqfvvkpgm84nahvkmdvnyg8kaa0-ealw_wcb

BE THE ONE TO HELP SAVE A LIFE. WE ALL CAN TAKE ACTION TO PREVENT SUICIDE.

September is national Suicide Prevention Month.

<https://www.bethe1to.com>

International Overdose Awareness Day: 31st August

RECOGNISING & RESPONDING TO OPIOID OVERDOSE

FREE WEBINAR: People in recovery will share their journey from addiction to recovery in this webinar being held to highlight National Recovery Month. September 8, 2022 @ 11am.

Over-the-Counter CBD Products Often Mislabeled: Study

<https://drugfree.org/drug-and-alcohol-news/over-the-counter-cbd-products-often-mislabeled-study/>

Starting July 16, there's a new easy-to-remember National Suicide Prevention Lifeline - **988**.

Parents: How much do you know about the effects of alcohol/opiates/marijuana on your child? Try these quizzes & find out!

<http://www.parentchecknj.com/>

Young Adults: Listen to Yourself for Signs of Mental and Substance Use Disorders

Is your intuition telling you something is up? If you think you are having problems with mental health or substance use, listen to yourself. <https://www.youtube.com/watch?v=oUWAgEpHtdg>

VIII. Marijuana Legalization Discussion

Visit/meet with RISE Medical & Recreational Marijuana Dispensary Bloomfield and establish partnership with BMAC

- Called twice and haven't received any response.
- Gina (Human Services) has volunteered to contact RISE so a meeting can be scheduled.

BMAC... **Think Different** ...Think Prevention

