

## **CFA Minutes – February 4, 2014**

Meeting held in the JH Library. Guest speaker was Mark Calder from Life Center.

In attendance: Nancy Israeli, Janice Farynick, Wendy DeSchutter, Dianne Breitstone, Kerith Freidberg, Florie Marion, Ana Shammah, Mary Hooks, Mr. Matuk and @19 audience members

### **Speaker – Mark Calder from Life Center**

- “Start the Conversation” -- over 200 kids died last year from overdoses across LI.
- A few years ago, prescription drugs became generic and much easier and cheaper to get.
- In 2012 the “Istop” registry of prescription drugs dispensary was started to eliminate “Doctor Shopping” (going to different doctors to fill prescriptions).
- When kids take 1 or 2 Vicodin a day, they move up to 5 or 6 and then move to heroin as their tolerances increase.
- Most importantly, parents need to start a conversation with children.
- On Thursday 3/27 from 7:00 – 8:30 at the CSH Library, representatives from Life Center will speak. Parents and students are welcome. Chris Homer will be the Mediator and Steve Chassman, LCSW, CASAC and Steven Pinto, LMHC, Director of Operations at Life Center will be the speakers. Also, Dr. Thomas Jan will speak. Dr. Jan will talk about the cerebral cortex and how it doesn’t develop until @25 years of age. As a result, drugs can really effect brain development for this part of the brain.
- Dr. Chassman will talk about the “Disease Model of Drug/Alcohol/Addiction”. Some people are predisposed to drug addiction. Dopamine, which is the chemical that supports the pleasure part of the brain...some people have lower levels of this chemical.
- Need to discuss it openly and alleviate “shame” about it. Once conversation starts, they can talk about where to go.
- Insurance companies are not keen on in-patient treatment. They want to see out-patient fail first.
- There is a symposium called “The Fall-in”. It focuses on kids who have overcome addiction. The panel is focused on information regarding substance abuse education. Instilling fear doesn’t always get results.

### **President’s Report (N. Israeli)**

- By-laws will be posted on the CFA website so everyone can review them and they can be approved at the next meeting.
- *Yankee Doodle Circus* is coming to the school on Sunday, March 2 at the Fieldhouse at 1:00 and 4:00. Tickets are on-sale online at [GetCircusTickets.com](http://GetCircusTickets.com). \$14.75 a ticket for one adult and 2 children (under the age of 14). Tickets at the door are \$18.00 per adult and \$6.00 for kids. It should be a great event! Part of the proceeds will go towards helping to fund an art glass showcase at the High School.

### **Principal’s Report (Mr. Matuk)**

- There’s a need for another social worker in the high school. Currently, there is one social worker for 1,000 students. Guidance counselors work with students and parents throughout the year for academics and scheduling. They also handle college applications. Robin Aconi is the social worker at the high school. She meets with groups, individuals and special education. She has a referral service for drug/alcohol problems. We have two psychologists who handle mandated counseling and on a formal basis as requested by parents. Also students who see outside counselors can see them.
- The school meets weekly, i.e., nurse, Dr. Brown, Ms. Aconi, Mr. Matuk etc. to discuss students who are on the “radar” for addiction problems. Many times names come up over and over. Laurie Conlon, a guidance counselor, has a “Berevment Group”. We could have so many more groups but we don’t have the faculty.
- There is a Substance Abuse program for 7<sup>th</sup> graders. Gym teachers and guidance counselors meet with them.
- We could do a better job. 8<sup>th</sup> grade is when the “groups” really form. He is looking into a day trip to Caumsett and having students break up into groups of 15 with kids that are not friends. He wants to mix them up and have them do different activities. The idea is that they may be more inclined to have lunch with someone they normally wouldn’t include.
- Looking into “Challenge Day” and breaking down barriers.. “If you knew who I am”. Goal is to make them feel they’re not alone. This will help them stay away from dangerous behaviors.

- The information tells us the cycle is: alcohol, marijuana, and prescription drugs.

### **VP Committees (W. DeSchutter)**

- Literary Luncheon is on Wednesday, 3/26. Invitations will be sent out the week after vacation. Need raffle baskets asap. Please bring them to Connie Goldman's house. The speaker is Josh Marshall, an award winning journalist and blogger. It will be held at the Huntington Country Club.

### **JH Report**

- Trying to make plans for Saturday 3/15. Maybe a "film" type of an event.
- Will confirm with Mr. Monastero to the 8<sup>th</sup> grade cap/gown measurements.