



September 2025 Youth Wellness and Prevention Collaborative Annual Meeting Notes 9/16/25

Meeting started at 10:11am

Thank you:

- AmeriHealth
- Mayor

Introductions:

- Mary
- Stephanie
- Emma
- Mike Quigly
- Chris Stetson
- Bri Hess

Introductions from everyone in the crowd

High Fives

- **CelebratED**
 - Great event
 - Manchester proud hosted
 - 550 backpacks
 - 118 haircuts, 20 hairstylists
 - Books from book mobile
 - Many vendors in attendance
- **My Turn**
 - Mural
 - on WMUR

- Youth interns shared their talent and passion
- Reimagine the park, where they displayed their art and wanted to impact the future
- Art gallery at the chamber
- ***Easter seals***
 - 30,000 sqt foot gammon academy
 - Providing specialized education services
 - Beautiful facility
- ***West HS***
 - 130,000 dollars in modern fitness equipment
 - Modern weight room
 - Benefiting student, faculty, athletes
- ***Bless this home***
 - Non profit
 - New warehouse
 - Helps NH women come out of restorative care with furniture and decor
 - helping 96 families this year
- ***What is the YW&PC?***
 - Launched in Jan 2024
 - Secured partnership for success grant (amoskeag and makin it happen)
 - Youth services orgs helping ages 8-18
 - Making sure we're connected in the community
 - Limiting barriers for youth and fellow providers
 - Implenting the Botvin lifeskills

Emma shared our mission for YW&PC

- Not just a collaborative, its a movement

Emma played the YW&PC promo video

- We asked members why the YWPC is important to the community and their orgs

Our History

- Where did the YW&PC start?
- Winter spring of 24
- Gathered partners
- Saw the need
- Kickoff meeting
- Strategic plan using SAMSHA framework model

Summer and fall 24

- Goals
- Annual highlights meeting

Community goals

- Emma shared goal 1
- Emma shared goal 2

So far this year...

- Build strategic plan
- Phase 2 - support, enhancing access, reduce barriers
- Annual showcase
- Professional development - member benefit - 2 days
- Botvin lifeskills caregiver workshop
- Botvin lifeskills youth program for middle, high and elementary students

Emma gave brief overview of Botvin Lifeskills

Emma shared the stats of Botvin

- We chose to use Botvin because of the outcomes

Emma shared the program evaluations for the highschool

- From highschool
- Work with third party data analyst
- Compiles data into easy to read graphic
- Measures certain elements
- Change in awareness, risk perception, etc.
- All skills outlined in curriculum
- Increase in positive change
- Change in risk perception decreased
- Rest of them all increased, which is good news
- Keep in mind the barriers with the curriculum
- Students cannot input surveys themselves in their phones, it had to be manually added, so there is room for error there
- Other challenges, some didn't complete the Botvin training, so pre test but no post test

- Smaller group for HS
- This is the data we expected

Middle school

- Same barriers
- Larger groups
- Positive changes
- All skills are intertwined to achieve the goal of substance misuse, etc.

Elementary

- Smaller group
- Manually inputted surveys
- Took longer for these kids to answer the questions

Questions: what is refusal skills

- How to say no to drugs
- How to not fall into peer pressure
- Adult support
- Education on the risks of substances

Question: What is change of awareness

- Self awareness
- Awareness of using substances
- Skill building for regulating emotions

Question: Why don't elementary kids have self control?

- Its all a little different for the age groups
- They don't have that skill yet

Now time for Stephanie to come up

- Botvin grant opportunity
- Boys and girls club dropped the grant
- We need someone to take over this grant
- We need elementary school programs to take over
- There is funding available
- Nobody responded

What Amoskeag wants to do

- Hire educators who get trained in elementary school in Botvin life skills
- They will go to elementary youth serving orgs and possibly school district
- Is this okay with everyone? - a little different than the original intent of the grant, as amoskeag would be training instead of community orgs
- Are there programs in the community willing to commit to letting this person train elementary students

Brainstorming from the group followed this conversation

Could boys and girls club do this now?

What about faith based?

Afterschool programs?

School district is a maybe, there is permission, just need to find the right avenue on a school-by-school basis

Emma discusses Raising Resilience

- Not just for parents
- All caregivers
- Giveaway -> match giftcards --> sign up by the end of the day
- We want to offer it to staff as well

Moving into year 3

- Continue professional development at not cost for partner orgs
- Anyone from your org can come to these PD days
- Opportunities for community building
- Stay tuned for an adventure
- Continue Botvin for youth and caregivers
- Member spotlights
- Outstanding members will get spots on social media, and a podcast spotlight
- We want to amplify what you are already doing in the community
- Newly designed prevention portal
 - Exclusive for members
 - Landing zone for all things YWPC
 - Toolkits, flyers, access to materials
 - SharePoint site for shared resources
 - All YW&PC events will live on this site

- Archives of presentation

October will be a working session for YWPC

- How to utilize the SharePoint
- Bring information on what to upload to this portal
- Info from your org that you would like to advertise
- Intake forms, materials

Emma showed the members what the site looks like...exclusive sneak peek!

YWPC Branding

- New emblem
- On all materials
- Guidelines on how to use this emblem
- Call to action: be ready to work on the portal and download the materials you will use

Message from Mayor Ruais

Reminder about action items

We are at 77 Sundial Ave, not usually at this space. Third Tuesday of every month

Meeting concluded at 11:03 am