



July 2025 Youth Wellness and Prevention Collaborative Meeting Notes

Welcome new faces to MIH!

High Fives

- Manchester Pride
 - o 500 people
 - o Hosted by True Collaborative
- Phish Concert
 - o Community service by members
 - o 90k visitors, millions of dollars
- Mark Stabbins community center
 - o Home for non-profits
 - o For stronger families and brighter communities
- Joel Elliot
 - o Manchester student, national champion
 - o Age 14, Manchester Memorial School
 - o National champion for long jump
- OYS, Webster House and MyTurn for committing to the Botvin Lifeskills

Today's Agenda

- Botvin – grant opportunity
- Raising Resilience
- Follow up tool kit
- Enhancing Access and Reducing barriers
- Mandt Training

Update on the BOTVIN life skills from Amoskeag health

- For elementary school students
- Looking for other elementary school organizations to take over the Botvin LifeSkills from the Boys and Girls Club
- Designed for grades 3 – 6

- 8-10 sessions for each grade level
- 30-45 minutes long per session
- High interactive and focus on topics such as:
 - o Decision making and problem solving
 - o Managing emotions and stress
 - o Self esteem and goal setting
 - o Communication and social skills
 - o Understanding the risk of tobacco, alcohol and other substances
- Funds allow for staff can be trained and implement the program
- Classes can be flexible
- You can partner with another organization and have the session there
- Funding may be able to be split up between organizations to meet the requirements of the project, if one organization doesn't think they can meet the 90-student delivery
- Funding can also include materials, instructor guides, incentives, staff salary for time spent working on the program, office supplies, attendance at national prevention conferences
- Please email ecarrara@amoskeaghealth.com if interested

Raising Resilience

- Offering additional dates, not just this week
- Free childcare, dinner provided
- BOTVIN parenting program
- Caregiver, not just for parents
- Grades 5-9
- Open to all of our partners and staff, not just their clients/members
- Do not need to attend every session
 - o Just come when you can
- Gift card incentives
 - o Walmart or Uber
- Translator for Spanish speakers? -- Tim Brown
- Greater Manchester or Manchester focus?
 - o They just need to work or live here
 - o Once we reach our goal, we can go outside of the Manchester region

Toolkit updates

- Shared file through teams or SharePoint
- To share resources, information, online portal, bulletins, shared calendars, social media templates

Action Plan

- Goal:
 - o Reduce substance use and misuse amongst youth and overtime reduce use among adults
 - o Done so far:
 - Information
 - Skills
 - Support
 - o Next:
 - Enhance access, reduce barriers
 - Change consequences
 - Physical design
 - Modify/change policies

Do we remember our subgroups?

- No, let's stay in the groups we are in right now (At tables)
- Please sign up for a group you are interested in, so we can assign subgroups next

Subgroups

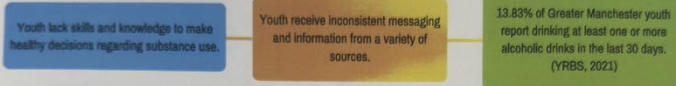
- Action Plan
- Goal: enhance access and reduce barriers
 - o Come up with activities, who is responsible and by when to complete this goal
- ***Some topics that came up***
 - o Making sure our marketing of substance prevention and initiatives are not overwhelming or off putting
 - o The bus systems can bring students to services, trainings, and other prevention activities
 - However, they aren't and don't want to take the bus. Why?
 - Not cool, doesn't go late enough, scared and don't understand the system

- How can we fix this?
 - Marketing
 - Later bus routes
 - Buddy systems
 - Trainings for bus drivers

Photos:

STRATEGIC ACTION PLAN

COLLABORATIVE BUILD



GOAL #2: REDUCE YOUTH SUBSTANCE USE AND MISUSE: REDUCE SUBSTANCE USE AND MISUSE AMONG YOUTH AND, OVER TIME, REDUCE SUBSTANCE USE AND MISUSE AMONG ADULTS BY ADDRESSING THE FACTORS IN THE COMMUNITY THAT INCREASE THE RISK OF SUBSTANCE USE AND MISUSE AND PROMOTING THE FACTORS THAT MINIMIZE THE RISKS OF SUBSTANCE USE AND MISUSE.

CATEGORY:

OBJECTIVE:

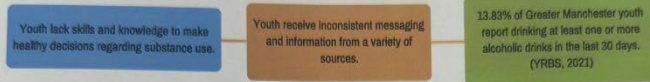
STRATEGY 4: ENHANCE ACCESS/REDUCE BARRIERS:

Activity	Who is responsible	By When?
Continue to offer activities for youth to educate them & not scare them, like youth forum, vaping awareness, learn from Oofstout youth world summit online		
Building an inclusive & supporting community, such as how to be a good friend through social group work		
- Providing opportunities for them to shine! - helping them build social skills		

- Take advantage of opportunities like MUAL & Upcoming Community Centre on Westside
- create a "how to" on how to ride the bus

STRATEGIC ACTION PLAN

COLLABORATIVE BUILD



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CATEGORY:

OBJECTIVE:

STRATEGY 4: ENHANCE ACCESS/REDUCE BARRIERS:

Activity	Who is responsible	By When?
Train YWPC members in 7 challenges program, Explore alternative locations	MHCGM / Uploaded to YWPC Toolkit for broad access	— # of folks trained by Oct./ Nov. 2025
Focus groups w/ youth on social media campaign (incentives !!!)	Emma / YWPC + Partner agencies (Maybe Anne too?)	By end of 2026?
Engaging student Athlete leaders	Partnering with Coaches at middle high + high school / college level	

Pitch to for Profit orgs. offering as a lunch and learn for staff

STRATEGIC ACTION PLAN

COLLABORATIVE BUILD

Youth lack skills and knowledge to make healthy decisions regarding substance use.

Youth receive inconsistent messaging and information from a variety of sources.

13.83% of Greater Manchester youth report drinking at least one or more alcoholic drinks in the last 30 days. (YRBS, 2021)

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CATEGORY:

OBJECTIVE:

STRATEGY 4: ENHANCE ACCESS/REDUCE BARRIERS:

Activity	Who is responsible	By When?
① Marketing Tools Where youth are at with Botvin program info but a campaign that sends positive message about sub. misuse prevention Locations/Partners: PTO's Little Leagues MPD Sports Clubs Visual Youth Sports w/ Parents + Youth Salvation Army	② Marketing Teams from Arden Health MIH others ?? Call a letter for approval Facilitators (Botvin): help identify tagline messaging from Botvin.	October 2020 - Collection Review/feedback for marketing messaging End of Year 2020 Marketing Assets created for use No Do Budget for Costs Marketing

Asset Ideas: Posters Social media
* Tag line from Botvin
Alcohol tobacco/Vaping Drugs
Prescription drugs Marijuana

Mandt Training

- What is it?
 - o De-escalation training
 - o Now from 9-3 instead of 8:30 – 5:30
 - o In person, and an optional online module
- Tuesday, August 19th
- Lunch, snacks and refreshments included
- FREE for YWPC members!

- 2 people from each organization can come!
- If you have more that are interested, let us know and we will work with you!

Upcoming:

- August
 - No meeting
 - Mandt training instead!
 - YWPC Promo Project
- September
 - Annual highlights meeting
 - Hosted by Amerihealth
- October
 - Gearing up for another year of collaboration

Promo video:

- Anne will ask you some questions, and we will be posting it on our social media to promote YWPC
 - What is one way your organization has benefited from being a part of the YWPC?
How has being a part of the YWPC made a difference for you or your organization?
- Members can either do it now or Anne can go to their organization.
- Please reach out to Anne to get a time scheduled for your video

Meeting concluded