



# C.O.A.S.T.\* Connections

The Newsletter of Greater New Bedford C.O.A.S.T. (AKA The Greater New Bedford Health & Human Service Coalition)

[www.geocities.com/gnbhhs](http://www.geocities.com/gnbhhs)

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## PROJECT PROMOTES DRUG FREE LIFESTYLE

### “Membership Has Its Benefits”

(From Carl Alves, Drug Free New Bedford Student Assistance Program, and [www.DrugFreeNB.org](http://www.DrugFreeNB.org))



According to the Massachusetts Department of Public Health 1338 injection drug users from Greater New Bedford were admitted into state funded treatment during 2004. That is about two and a half times the state average. If our community wants to reduce that number we must find new solutions.

Carl Alves (Program Director of Drug Free New Bedford) has been working in the field for the past 15 years, during which time he has seen countless numbers of desperate individuals and families searching for relief from the grips of addiction. He estimates that over 90% of those clients began using drugs and alcohol when they were middle school age. Most of the clients that he has worked with that have found recovery have done so when they reached their mid-thirties. If only we had been able to reach them sooner, perhaps those years would not have been wasted.

The answer to drug abuse begins at home. It has been shown that parents are the single biggest deterrent to substance

abuse in their children. First, parents need to talk to their kids about drugs and set clear boundaries and expectations of non-use. Unfortunately, sometimes that is not enough.

Carl has worked with families from all economic, educational, and ethnic backgrounds and the one thing that he has found is that substance abuse does not discriminate it can effect any family at any time. No one is immune and when affected the pain brought to a family is indescribable. Shame and denial often blocks opportunities for change and recovery.

Part of what we need to do as a community is to elevate the conversation about this issue and create more access to treatment and prevention. Think about tobacco for instance, it is very common to discuss tobacco addiction; people are very open about trying to kick the habit. Social policies have been developed to create smoke free environments and our community is healthier for it. Those same principles and lessons learned can be used to overcome other alcohol and other drug abuse.

There is a new project called the Drug Free Student Assistance Program (See [DrugFreeNB.org](http://DrugFreeNB.org)) that will provide assistance to families

first to talk to their kids about drugs. In the event that there is a problem, the program will provide professional support so that families can get the help they need. This kind of innovative approach creates real support for all families of school age students in the City.

Membership has its benefits for students. Beyond the obvious reason of promoting a drug free lifestyle, members will enjoy a host of incentives and benefits such as discounts to stores, gift certificates, drawings and many other promotional programs that will be offered to members in good standing over the year. The growing list of participating local businesses includes Flagship Cinemas, Jalapeno's Mexican Grill, Honey Dew Donuts, Carabiner's Indoor Climbing, New Chuck's China Inn, OCEANS 18 Indoor Blacklight Mini Golf, Caddy Shacks, PaRaffas, Ashley Ford, Cyd's Creative Kitchen, Lickety Splits, Sun Days Tanning, Lonny Toonz and Sunkissed Tanning.

All families with children in grades 6-12 are urged to consider getting involved in the program. It is free to New Bedford residents. For information call **508-979-1580**, or on the web at [www.drugfreenb.org](http://www.drugfreenb.org). Please call today. ♥

# COALITION/COMMITTEE MINUTES & REPORTS



## GNB COAST General Meeting. 12/7/06, 9:00, Coastline Elderly Services

**Attendees:** Kelly Adams, Maria Alves, Camille Anderson, Jocelyn Andrade, Judith Coykendall, Alicia Davila, Jean DeCoffe, Katie Dutille Dos Santos, Joe Gumlak, Pauline Macedo, Sarah B. Manuels, Jim Merchant, Kelly Nevins, Ron O'Connor, Melissa Owens, Marcia Picard, Dan Riding, Lorraine Rosa (via internet), Brad Sell, Tim Velho, Karen Vernen

### **Quarterly In-Depth Networking Meetings**

are held today, March, June, and September. Members may display brochures and information on the resource table in the Saxon Hall, as well as give brief presentations about their agencies and/or programs:

- **Home of Hope for Women** is gearing up to financially assist adopting area families. Call Maria, **508-996-0546**
- **Girl Scouts** has programs for teen girls and at UMass. Call Marcia, **800-242-0925, x41**
- **Department of Human Services** is outreaching to the elderly and persons with disabilities with one time aid up to \$500 for specific circumstances, such as utility shut off, through the Council on Aging. Upcoming events for seniors include Christmas Dinner and information on transportation, scams, the flu pandemic and the exercise bureau. Pauline translates form for Portuguese speaking elders. Contact Pauline at **508-961-3135**.
- **Southeast Center for Healthy Communities** consists of 6 DPH funded centers. Focus includes substance abuse prevention and youth development with coalitions in SE MA. They are working to reach all 69 towns. Their Substance Abuse Prevention and Youth

Development Network last met on 11/19/06, sharing evidence based prevention and best practices, and will continue to meet in 2007. There will be a follow up on Social Norms and the Law. Call Katy at **508-583-2250**.

- **Communities Mobilizing for Changes on Alcohol (Seven Hills)** focuses community wide on the issue of underage drinking. They had a 2-day Substance Abuse Task Force training on strategies to reduce underage drinking. The multi-agency group discusses underage drinking, tobacco and other drugs. Their next meeting is **1/3/07** at the New Bedford Police Station. Jocelyn also communicates with neighborhood associations, PTOs and the police about the underage drinking problem. A campaign is in progress with messages for adults and youth to change their behavior. This month they will do "sticker shock", and the consequences of drinking around the holidays, with adult modeling of good behavior. Call Jocelyn, **508-990-8280**.

- **RAPPP** received a MA Service Alliance Grant, are increasing their community service projects, and connect teens with community grants. The Heart of Fatherhood Award program

honored all fathers from the area through children's essays. Some 328 people attended. December plans include children caroling at nursing homes and bringing cheer this holiday season. Call Tim at **508-994-0548**.

- **Department of Public Health** – Governor elect Deval Patrick and Liet. Governor elect Tim Murray have upcoming events and forums hosted at [www.patrickmurraytransition.org](http://www.patrickmurraytransition.org). It's a good opportunity to tell Coalition concerns, get our message out and look for strategies. Volunteers are sought from GNB C.O.A.S.T. to attend an upcoming forum.
- **Shannon Anti-Gang Grant** – The New Bedford YMCA is working with Treatment on Demand to implement a street out reach worker program to foster healthy relationships with youth and provide them with positive alternatives to gang life. GNB C.O.A.S.T. may want to have Paul Lopes of the YMCA at the table to tell us what they're doing, acknowledge the work and have representation at our group.
- **Healthnet Plan** – Kelly Nevins spoke about Commonwealth Care. As manager of community relations, she is looking to build relationships and

partnerships in the non-profit community. They have small pockets of funding for sponsoring events. She will be setting up meetings with non-profits to find out more about each organization

- **Men's Health Partnership** is doing early detection messages and screenings to prevent prostate cancer. (See announcement of upcoming screenings in "Did you Know That..." in this issue.) Contact Jim Merchant, **888-557-9994**.
- **New Bedford Mayor's Crusade Against Cancer** brings messages of early detection of cancer, preventive screenings and referrals for immediate follow up procedures to the citizens of GNB. "Protecting Those Who Protect Us" Program brings life saving messages on early detection of many cancers to area police and fire departments, emergency medical technicians - all those who protect the lives and welfare of the citizens in our surrounding towns. Nearly 100 came to the screenings at the October kick-off for police and the public. The Program is expanding geographically, and will go to churches, as well.

**Website/Resource Directory** will soon be available, and have listings of issues, contact information, etc., with space to add information or to put updates. The website version will allow users to click on an issue to see which organizations address each. It will have cross references. Organizations will have passwords to go online and post their news, so the

community can be kept up to date. Videos may be posted on U2 sites and linked to the Coalition website, to keep our band width low. There will also be a link to 211. Lorraine is going through the 2003 version and updating. It will need to be constantly updated and increasing, which can be a responsibility for the new people working for the coalition. A press conference can be held once the website is ready for release.

**Infrastructure** – New staff will need to have a location. Community donated space such as a kiosk at St. Luke's hospital was suggested, where pamphlets can be kept, and workings having a limited knowledge can man the kiosk. They can receive training from each organization. The Coalition will make a detailed job description for a smart, professional, diligent contracted undergraduate freshman or sophomore to grow with us and work through their college career. When they get a job upon graduation, they may become Coalition members. A masters level intern could supervise. There is plenty of money for a youth summit, mini grants, interns, events, etc.

**Financial Management** changes move ahead. The Community Foundation can look at our increased funding and minigrant program. The use of a debit card for Coalition expenses was also discussed. Carl is getting the financial information ready for the changes in management with the goal of the end of January. A subcommittee will be needed to facilitate activities. The new fiscal agency will monitor the accounts and maintain

accountability. The Coalition is asked to forward ideas of services that should be provided by the agent.

**Revitalization Process** – Questions need to be answered by the membership: What is your idea for revitalization of the coalition? Is there something that has weighed on your heart that you would like to see modified, changed or added on? Subcommittee: What are you doing, what are your plans, and how can GNB COAST help? Send answers to Lorraine at [mcaprosa@yahoo.com](mailto:mcaprosa@yahoo.com). Subcommittees would also like input on their events and ideas.

#### **Subcommittee Reports: Health Access:**

- **Maternal and Infant Mental Health Project** - New Bedford has the highest rate of smoking among pregnant women. The Health Access Committee is working on perinatal and postpartum depression using a DPH campaign called the Maternal and Infant Mental Health Project.
- **Demonstration Grant** - Partners for Clean Air received a demonstration grant from the Mass Tobacco Control Program, and will begin planning from January-June 2007. Katy will facilitate and evaluation is onboard for the entire grant period. The Health Access Committee is working on perinatal and postpartum depression, using a DPH campaign. By June they will have an evidence based ecological model of environmental strategies, and will develop four projects. Information and

planning will take place at meetings will be held monthly, February through May, through coalition input, by email or phone.

- **A 6 month educational piece** will also be done to neighborhood groups and PTOs to educate parents about the connection between tobacco use and all other drugs, according to YRBS local data. An emphasis will be placed on the use of blunt wraps to smoke marijuana and the sale of cheap single sale cigars to our youth. The topic of banning “blunt wraps” was brought up as a possible topic, once critical mass is built. The topic of banning “blunt wraps” was brought up as a possible topic, once critical mass is built. They are doing a smoke free multi housing guide also.

- **The UMass Dartmouth American Cancer Society** has expressed a problem of kids smoking right outside the dorm. They would like to make every entrance smoke free, based on surveys of what students have said about needing a buffer zone. Other suggestions may be

emailed to [mcaprosa@yahoo.com](mailto:mcaprosa@yahoo.com), to post on the website. Contact Judith at **508-995-3026, x231**.

**Advocates for Youth** – Chairperson Jocelyn Andrade has sent a letter to the prospective membership and is awaiting their input on their best times and days for meetings. She will select the best date and time by January 1.

**Co-chair Persons:** Dan Riding, **508-994-0885, x3157**  
Tim Velho, **508-994-0548**

**Next Meeting:** **1/4/07**, 9:00, Coastline Elderly Services.

#### **Staff Tasks:**

- ☐ Update the current Resource Directory
- ☐ Monthly Newsletter publication
- ☐ Update mail list and list serve with new members; remove any who have missed 4 meetings.
- ☐ Upload minutes and meeting dates on website, send email and hard copies, new web features, and tasks to membership, with a reminder on the weekend before the next Coalition meeting.
- ☐ Continue to update resource directory at [www.geocities.com/gnbhhsc](http://www.geocities.com/gnbhhsc)

#### **Coalition Member Tasks:**

- ☐ Send your ideas to Tim: What is your idea for revitalization of the coalition?, Is there something that has weighted on your heart that you would like to see changed or modified?
- ☐ Contact Kathy Stephanie at the Mayor’s Office to attend next meeting. (Tim and Dan)
- ☐ Contact Lorraine at [mcaprosa@yahoo.com](mailto:mcaprosa@yahoo.com) to submit an article or announcements for the next C.O.A.S.T. Connections newsletter
- ☐ Submit DV Committee summaries and Health Access Committee minutes to Lorraine (Jacqui, Judith)
- ☐ Check the resource directory at [www.geocities.com/gnbhhsc](http://www.geocities.com/gnbhhsc) for accuracy. Send corrections or updates to Lorraine.
- ☐ Send Lorraine a brief description of yourself/ agency, including website, for posting on [www.geocities.com/gnbhhsc](http://www.geocities.com/gnbhhsc), and sharing as received, with the Coalition listserve.
- ☐ Send events and meeting information to Lorraine for inclusion in the Calendar section of [www.geocities.com/gnbhhsc](http://www.geocities.com/gnbhhsc), and for sharing with the Coalition.

## ***Did You Know That...?***

### **COALITION/COMMITTEE ANNOUNCEMENTS**

**The Advocates for Youth Committee** is a group of individuals concerned with issues regarding the future of New Bedford youth. An opportunity for anyone supporting youth to come together and work collectively. This is an effort for youth

organizations to collaborate, share activities, publicize youth events, minimize duplication of services, support each other and as a group strengthen the service delivery for our youth. A setting for everyone to bring to light the great work that is being done on a daily basis. Call Jocelyn, **508-990-8280, x219**.

**A Day Away III: A Day at the Zoo** strategic plan report is now available online at [www.geocities.com/gnbhhsc/DayAwayIIIReport.doc](http://www.geocities.com/gnbhhsc/DayAwayIIIReport.doc).

**The Roots of Domestic/Sexual Violence are Sexism, Racism, Classism, etc. Oppression** draft report of the GNB Domestic Violence Committee is available online at

<http://www.geocities.com/gnbhhs/DVoppressionReport2006.pdf>

## MEMBERSHIP ANNOUNCEMENTS



**GETTING HEALTHY.  
STAYING HEALTHY.  
TOGETHER.**

**Men's Health Partnership Program** Free Health Screenings for men age 18 or older who do not have health insurance or are underinsured, will be held 1/9/07, 9:00-11:30am, at the Tru-Med Clinic on Nauset Street, New Bedford, and at the Family Med Center on Washington Street, Fairhaven, from 1:00-2:30pm. The program focuses on screening for heart disease, prostate health and diabetes. Services include appropriate lab work, a physical assessment, counseling and education. Included is a connection to local health care providers. Sponsored by the DPH and administered by the VNA of Cape Cod. Pre-

registration required. Please call **888-557-9994**.

**Champions for Healthy Kids Grant** grant program awards 50 grants of \$10,000 each to community-based groups that develop creative ways to help youth adopt a balanced diet and physically active lifestyle. Application deadline is 2/1/07. Contact Kim Blum at 847-329-9271 or see <http://www.generalmills.com/corporate/commitment/champions.aspx>

**SCHC Substance Abuse Prevention & Youth Development Network** meetings are scheduled for **2/6/07, 4/3/07**, 9:00-Noon, at the David H. Mulligan Center for Health Promotion, 942 West Chestnut St., Brockton. For information, please contact Katy at **508-583-2350, x221** or [kddossantos@hcsn.org](mailto:kddossantos@hcsn.org)

**Dog Bite Prevention Workshop for Kids and Families** – Fun and games to teach safety skills. Learn to be safe around a strange dog,

around dogs you know and around your own dog. A program of the City of New Bedford Office of Housing & Community Development. Dates are 1/20/07, 2/24/07, 3/24/07 and 4/21/07. Times and library locations are the same for all dates: Howland Green, 9:30am; Casa Da Saudade: 12:30pm; Main Branch, 3:00pm. Call Ruth Smiler for information at 508-996-1286 or email [ruth@mannersforlife.com](mailto:ruth@mannersforlife.com)

**Get ready for Kick Butts Day, 3/28/07** - The Campaign for Tobacco Free Kids leads the effort to involve youth in the anti-smoking effort, and to increase awareness about the dangers of smoking. To register your event and/or receive a free activity guide, CD Rom, and additional materials are available at [www.kickbuttsday.org](http://www.kickbuttsday.org). Includes recruiting new members to hosting a rally, what worked and what didn't, how to catch the media's attention, and how to have fun while getting your message out.

## GNB C.O.A.S.T. Calendar of Events: January-February 2007

<b>Jan. 4,</b> 9:00	<b>GNB C.O.A.S.T. General Meeting.</b>	Coastline Elderly Services, 1646 Purchase St., New Bedford, MA
<b>Jan. 10,</b> 9:15	<b>GNB C.O.A.S.T. Health Access Committee.</b>	GNB Community Health Center, 874 Purchase St., New Bedford
<b>Jan. 12,</b> 12:30-2:30	<b>GNB C.O.A.S.T. Domestic Violence Committee.</b> RSVP to Camille at <a href="mailto:canderson@ci.new-bedford.ma.us">canderson@ci.new-bedford.ma.us</a> .	South Coastal Counties Legal Services, 21 South Sixth St., New Bedford, MA
<b>Jan. 19,</b> 1:00	<b>GNB C.O.A.S.T. Steering Committee.</b>	RAPP Resource Center, 49 State St., Dartmouth, Pequot Bldg, Suite 105



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To submit an article, announcement or other information to C.O.A.S.T. Connections, please email Lorraine Rosa at [mcaproso@yahoo.com](mailto:mcaproso@yahoo.com) or Skype mrosanet by **1/15/07**. You may also access copies of this newsletter at [www.geocities.com/gnbhhsc](http://www.geocities.com/gnbhhsc).