

Raymond Coalition For Youth ~ Meeting Minutes
June 9, 2022 ~ 9:00 – 10:30 am
In Person at Raymond Baptist Church Basement



Present: 21

School	Fiona Coomey, RHS Jessica Caron, SAU 33 Pat Arsenault, LEAP
Health Care	Jillian Burns, Seacoast Mental Health Carrie Chooljian, Lamprey Health Care Kim Coronis - Breathe NH Carli Hughes, Lamprey Health Care
Substance Misuse Prevention Treatment Services Town/ Government Youth Serving	Patrice Baker, Pinetree Institute Nadine Lamontagne, Unite Us Alyssa White - Asst Librarian, Town of Raymond Pamela Turcotte - RCFY Finance Coordinator Pam Baker - RCFY Program Coordinator
Youth	Marissa McGlynn, Youth Action Kaylee McGlynn, Youth Action Alicia Call, Youth Action Jacci Reynolds, Youth Action
Law Enforcement Fire Department Volunteer/Community Member	Jeff Trahant, Juv Probation & Parole Mike Kilrain, RFD Cutler Brown - Volunteer RCFY BOD Paula Frenette - Resident
State/Federal	Eliza Zarka - Governor's Office

Welcomes, Introductions, Announcements were made.

RCFY BOD Chair, Pat Arsenault opened the meeting. Pam Baker introduced her Youth Action Students who participated in the Granite Youth Alliance Film Festival. The students then presented their videos which focused on Suicide and Mental Health. The films will be available on our YouTube site as well as a combined presentation of all the films presented when they are available. In the past the films were presents at the O'Neil Cinema in Epping. This year they were presented at a live feed at the Middle School Library. Youth, parents and interested parties were invited to view the full presentation.

The students then answered questions about their topics and what the Rapid Response Team for potential suicide is and how it can be used when their is someone crisis. The number of the Rapid Response Team is 988. It was mentioned that if you call from an area code that is not in NH you may get the response team in that State so try and use a 603 area code when calling.

Jessica Caron on SAU 33 mentioned that the school has called the team a number of times and always had great results in getting the help they needed for their students.

Pat then introduced Kim Coronis of Breathe NH who was speaking on their presentation "Vaping Unveiled". Breathe NH started to focus on vaping in 2018. They have always focused on respiratory health and lung issues. Cigarettes were their main focus until vaping started to be more prevalent in the marketplace. The required age to purchase vaping products is 21 but is still proving to be easy for under 21 youth to acquire them. The original intent for the e-cigarette was to help people quit smoking. The marketplace has changed with over 350 styles of vaping products and over 15,000 flavors to choose from.

The nicotine in most vape products is synthetic and addiction in younger people happens faster. It takes 7 seconds for nicotine to reach the brain and only lasts 30 minutes. For a toddler who ingest it takes less than ½ teaspoon of chemical to be fatal and all vaping products have a higher nicotine content than cigarettes. Lungs are still developing until early 20's so teen vapors are 5x more likely to get respiratory illnesses such as pneumonia or Covid 19.

Lung disease from vaping has resulted in over 2800 hospitalizations and 68 deaths since 2020. Smoking has shown us some of the long term health impacts but vaping has yet to be around long enough to know what the long term effects may be.

Resources available:

NH Department of Health & Human Services, Tobacco Prevention and Cessation Program (TPCP):

· **My Life My Quit™ (MLMQ):** <https://mylifemyquit.org/> - for NH youth ages 13-17

Resource tabs: Parents/Guardians, Educators, Health Care Professionals, Community Organizations
https://nh.mylifemyquit.org/Resource_pages/resources-educators

· **QuitNowNH:** <https://quitnownh.org/contact-us/> - for those 18 and over in NH

Pat then reviewed updates and volunteer opportunities through the Summer.

Summer series during the Summer Concert Series on Thursday evenings.

Unite Us Open Registration Session, June 16th

July 4th Parade - Marchers welcome.

July 8-10 Raymond Town Fair - help RCFY at the booth

Our Annual Prevention Summit will be October 21, 2022 at the Derryfield Country Club.

Reminder that there will be no July meeting.

Meeting ended at 10:30 AM

Thank you for joining us today, being an RCFY advocate, passing along the information learned today, and encouraging others to learn more and get involved.

Next Meeting August 11, September 8, October 13, November 10 **Dec 8, 2022**

Mission Statement:

The Raymond Coalition For Youth empowers the community to promote positive youth development and reduce youth substance use and suicide risk.

Promoting Positive Healthy Choices for our Youth!

www.rcfy.org

