



Rochester City Council

Community Development Committee

MEETING MINUTES

Elaine Lauterborn, Chairperson

Donna Bogan, Vice Chairperson

Tom Abbott

Jeremy Hutchinson

James Gray

Meeting Date:	Monday, May 14, 2018	
Members Present:	Donna Bogan James Gray Jeremy Hutchinson Elaine Lauterborn	Members Absent: Tom Abbot
Guests/Staff:	Julian Long, Community Development Coordinator Barbara Holstein, Rochester Youth Reach, SOS Recovery Center, Bridging the Gaps John Burns, SOS Recovery Center Julie Perron, Bridging the Gaps Lisa Stanley, Police Commissioner, Bridging the Gaps Sustainability Committee Jeff Donald, COAST Hannah Lavoie, Rochester Youth Spirit Corrine Potter, Rochester Youth Spirit Amy Grondin, Rochester Youth Spirit	

Councilor Lauterborn called the meeting to order at 7:00 p.m. Motion was made by Councilor Bogan and seconded by Councilor Hutchinson to approve the March 12, 2018 minutes. The minutes were approved unanimously.

PUBLIC INPUT

Mr. Burns apologized for missing the April 17th public meeting due to a conflicting prior commitment. Mr. Burns expressed disappointment that SOS Recovery Center was not selected for CDBG funding in FY 2018-2019. He discussed that SOS Recovery operates on a shoestring budget and expects a significant increase in clients due to the closure of the Rochester Community Recovery Center that had been operated by Frisbie Memorial Hospital. He also mentioned that state funding available may be reduced for SOS Recovery Center in the near future.

Councilor Lauterborn expressed the committee's support and gratitude for SOS Recovery Center and its services but explained that CDBG funding is limited that unfortunately not all applicants can receive grant awards. Councilor Gray added that the city has supported the Rochester Community Recovery Center in the past through non-CDBG funds.

ROCHESTER YOUTH SPIRIT – Cheer Practice Space Request	<p>Ms. Grondin explained that Rochester Youth Spirit is an organization formed by former cheerleaders to provide a competitive, rec-level cheerleading program for Rochester youth. The program does three competitions per year. Ms. Grondin mentioned that all of the adult program leaders are former high-level competitive cheerleaders and cheer instructors and that Rochester Youth Spirit is a member of the Greater Rochester Chamber of Commerce.</p> <p>Rochester Youth Spirit is seeking gymnasium and practice space for the program but has been encountering roadblocks in obtaining adequate access to space. Ms. Grondin stated that Rochester Middle School has allowed the organization access to some space, but given the size of the program and number of students, more space is needed. Ms. Lavoie added that the program has helped many youth to not only develop athletic skills but also important social developmental skills. Ms. Lavoie also stated that indoor practice space is needed as outdoor space is too dangerous for the youth.</p> <p>Councilor Gray explained that City Council has control over the Rochester Recreation Department but that the School Board has authority over the schools. Councilor Gray asked if Rochester Youth Spirit has talked to the Recreation Department, and Ms. Grondin replied that they have but the Recreation Department is concerned about the space that would be required for the practice mats. Councilor Gray suggested that Rochester Youth Spirit approach the district superintendent to discuss possible space at the schools; Mr. Long said he would provide an email introduction to Superintendent Hopkins. Councilor Lauterborn also said that the committee would discuss the space issue with the Rochester Recreation Department Director Chris Bowlen.</p>
TRI-CITY VOLUNTEER DRIVER PROGRAM	<p>Mr. Donald handed out TriLink Community Transportation Directory pamphlets to the committee members. The directory helps community members become familiar with the various transportation options available in the region. Mr. Donald explained that there is an Exeter group that organizes free community transportation provided by volunteer drivers using their own vehicles and that COAST is exploring the possibility of operating a similar program in the tri-city region of Rochester, Somersworth, and Dover. A community advisory committee has</p>

been formed of members from all three cities, including various social service agencies and the public housing authorities.

Mr. Donald stated that COAST is able to cover the costs for the program for its first year but will need support from the three communities for future years. He anticipates annual costs of \$5,000 to \$10,000 per year to maintain the program.

Councilor Lauterborn asked if the tri-city volunteer driver program will provide services in addition to what are already in the TripLink Community Transportation Directory. Mr. Donald said that it will provide additional services not already provided by other organizations or programs. Councilor Hutchinson asked what the program costs are spent on as the drivers are volunteers. Mr. Donald replied that funding covers administrative expenses, insurance coverage, background checks, defensive driver training, mileage reimbursements, and other such costs.

Councilor Lauterborn asked how the program is being funded in its first year. Mr. Donald replied that federal funding is supporting the program's first year and that, after the first year, the cities' funding will be used as continuing matching funds for federal grants. The program is planned to begin October 1, 2018.

Ms. Holstein stated that many of the region's hospitals and social service agencies are reporting that many residents are experiencing difficulties in obtaining transportation.

**BRIDGING THE GAPS -
Updates**

Ms. Perron explained that Bridging the Gaps is a community coalition focused on youth substance misuse prevention using evidence-based prevention methodology. Currently, Bridging the Gaps is supported by a federal grant that runs through the end of the 2018 federal year, and the coalition coordinator position is paid via the grant and housed within the Rochester Police Department. Ms. Perron said that the coalition's data shows that youth use of substances has dropped over the years and that youth's perception of the risk of using substance has gone up over the years.

Ms. Perron presented a proposal for a Rochester Teen Empowerment Center that would provide a safe, welcoming space for Rochester youth as a deterrent to substance use. Such a space would also provide space for interns to work for Bridging the Gaps.

	<p>Councilor Lauterborn asked if there is not already a teen drop-in center. Councilor Bogan said that there was the Rochester Youth Reach facility on Wakefield Street and closed quickly. Ms. Holstein explained that the Wakefield Street facility was specifically aimed at homeless youth and did not receive many visits due to youth's fears of being reported to the Division of Children, Youth, and Families. There were also safety concerns regarding the Wakefield Street facility.</p> <p>Ms. Stanley praised Ms. Perron's skills and talents as coalition coordinator and said, if there was adequate space for Bridging the Gaps, Ms. Perron would be able to recruit many qualified interns from the University of New Hampshire. Councilor Bogan asked if there isn't space at the Community Center. Mr. Long suggested the former office for the School Department's Families in Transition Coordinator at the Community Center.</p> <p>Ms. Stanley stated that Bridging the Gaps is speaking with the Rochester Housing Authority regarding whether the Roberge Center would be available now that the Rochester Community Recovery Center is closing. Ms. Stanley thinks Bridging the Gaps might be able to get the building space for a discount but not for free. She stressed the cost savings for the Rochester community of investing in prevention efforts versus the costliness of later recovery efforts.</p> <p>Councilor Lauterborn asked when funding for the program ends. Ms. Perron replied that the grant ends in September 2018 but that funding for her salary is covered through 2019. Mr. Long also mentioned that there is another federal grant application for which Bridging the Gaps has applied but that it would cover only a small portion of Ms. Perron's salary.</p>
<p>FY 2018-2019 CDBG ANNUAL ACTION PLAN - Updates</p>	<p>Mr. Long stated that the FY 2018-2019 CDBG grant allocation from the U.S. Department of Housing and Urban Development will be \$290,637. Councilor Lauterborn expressed concerns about the large amount allocated to Tri-City Co-op (\$8,685.05), which was not anticipated to be so high when the committee voted on contingency plans. Councilor Hutchinson suggested splitting the extra public service agency funds between Tri-City Co-op and SOS Recovery Center.</p>

	<i>Motion was made by Councilor Gray and seconded by Councilor Hutchison to amend the adopted FY 2018-2019 CDBG annual action plan to provide an additional \$1,000 in public service agency funds to Cross Roads House, \$3,685.05 to Tri-City Co-op, and \$5,000 to SOS Recovery Center. The motion passed unanimously.</i>
PROGRAM REPORT – Current CDBG Projects, Continuing CDBG Projects, JOB Loan Program Report, Non-CDBG Grants	Mr. Long provided a brief overview of CDBG related activities, including a lead poisoning prevention workshop held on May 11th. Councilor Bogan praised the workshop and its presentation of information and suggested that a similar presentation be provided to a joint meeting between the Rochester City Council and Rochester School Department. Councilor Bogan also mentioned that the state lead poisoning prevention agency will be invited to the upcoming Wings and Wheels event to provide information and lead testing.
WORKFORCE HOUSING CHARRETTE	Mr. Long stated that the charrette dates will be September 26th and September 28th, held at the Rochester Performing Arts Center. Mr. Long also stated that there is now a Facebook page for the charrette and that publicity for the charrette will be ramping up within the next few months.
OTHER BUSINESS	Councilor Hutchinson mentioned that the Tri-City Homelessness Task Force will be meeting next on June 7th at 6 p.m. in Somersworth.

The meeting was adjourned at 9:24 p.m.

Next Meeting – Monday, June 11, 2018 at 7:00 p.m. in Isinglass Conference Room in the City Hall Annex (33 Wakefield Street)

Topics –Projects Program Report, Workforce Housing Charrette

The State of Substance Misuse Prevention in Rochester: Many Professionals Provide Evidence-Based Programs to Serve the Community

National Prevention Week is May 13-19, 2018

Bridging the Gaps, Rochester's Substance Misuse Prevention Coalition, together with its many sector collaborators throughout the City of Rochester, is working this month to raise awareness of the numerous evidence-based prevention programs and services that are available to the residents of our community. Community Coalitions, more than any other entity, are poised to connect multiple sectors within their region, including businesses, parents, youth, media, law enforcement, schools, faith organizations, health providers, social service agencies, and the government. By acting in concert through a coalition, all of the partners gain a more complete understanding of the community's problems. Together, the partners organize and develop plans and programs to coordinate their prevention efforts. The result is a comprehensive, community-wide approach to substance misuse and its related challenges.

National Prevention Week is held each year during the third week of May—near

the start of summer, an important time for school, communities, and prevention professionals to re-focus on prevention. Adolescents and full-time college students most often use substances for the first time during June or July, according to the SAMHSA National Survey on Drug Use and Health (NSDUH) data on adolescents – 2012 and NSDUH data

risk factor for youth substance use, and an opportunity to develop or strengthen the community, school, and family bonds that protect young people from substance use.

Bridging the Gaps (BTG) has been working in the Rochester community since 2008, funded by a 10-year na-

Empowerment, and the goal of creating a strong, healthy, resilient community. Julie Perron is the organization's coordinator. She specializes in behavioral science, experiential learning, program management, and fundraising. "I am thrilled to be at the forefront of Rochester's Prevention efforts, and to work with such a wonderful group of professionals to bring resources to youth and their families. It's great fun to see kids learn to set goals, communicate respectfully with one another, engage in issues that are important to them, and work on and take pride in projects that benefit their community," Nicole Rodler is the Rochester Police Department's Juvenile Court Diversion and Teen Drug Court Coordinator, and president of BTG's Advisory Board. "I am active with and believe in the mission of Bridging the Gaps because I feel that early prevention and intervention are imperative. If you can change an adolescent mind to not be swayed by negative peer pressure and to pursue positive healthy relationships with their peers and community, then you have made a huge difference in the world!"

“It's great fun to see kids learn to set goals, communicate respectfully with one another, engage in issues that are important to them, and work on and take pride in projects that benefit their community.”

on full-time college students – 2015. The timing of National Prevention Week provides an opportunity for schools and organizations to host prevention-themed events before the school year ends, raising awareness about this important issue among students and their families. These are key periods of social transitions, a

tional "Drug Free Communities" grant. The City of Rochester has housed the coalition, under the supervision of the Rochester Police Department, and has administered the grant for the past four years. BTG's Advisory Board is made up of strong, hard-working leaders who are passionate about Prevention, Youth

PREVENTION by the Numbers...

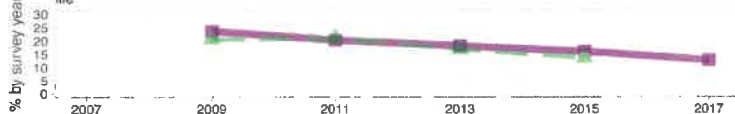
Over the past 8 years, both Drug and Alcohol use have Decreased.

Rochester (Spaulding and Burd Carlson): 2017 NH YRBS Preliminary Report (v1.2)

■ School ■ Region ▲ NH

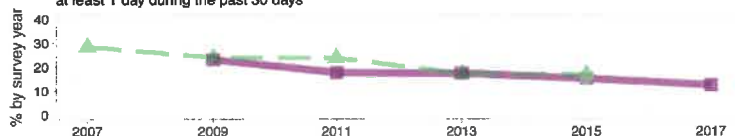
Drug Use – Behaviors

Percent of students who ever took prescription drugs without a doctor's prescription (such as Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) one or more times during their life



Alcohol Use – Behaviors

Percent of students who drank five or more drinks of alcohol in a row (within a couple of hours) on at least 1 day during the past 30 days



Data is collected by biannually using the Youth Risk Behavior Survey (YRBS) tool. In 2017, 75% of Rochester's H.S. population completed valid surveys.



ROCHESTER SCHOOL DISTRICT

Safe Schools
Healthy Students

FOCUSING ON STUDENT WELLNESS

We Are Working hard to Stay AHEAD of the Crisis!

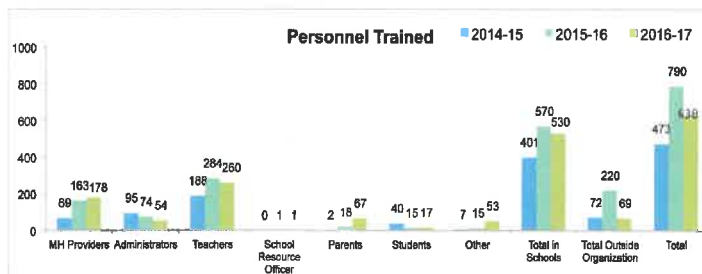
Find out MORE about the Rochester School District and our Safe Schools/Healthy Students Initiatives at www.RochesterSchools.com, or call 603-332-3678 FMI.

Connect With Us:



Our SAFE SCHOOLS - HEALTHY STUDENTS initiative is guided by these Five Elements:

1. Promoting Early Childhood social and emotional learning and development
2. Promoting mental, emotional, and behavioral health
3. Connecting Families, Schools, and Communities
4. Preventing behavioral health problems, including substance use
5. Creating safe and violence-free schools.



Number of Trainings and Personnel Trained by SS/HS grant funding.

The Rochester school personnel, including SAU personnel, benefited of 3,160.5 training hours and 20 community organizations have been trained for 1,416 hours. Source: Rochester, NH Safe Schools/Healthy Students 2017 Annual Report.

Another part of the police force dedicated to prevention is the team of School Resource Officers (SROs). SROs teach the "LEAD: Too Good for Drugs" curriculum in all 12 of Rochester's schools. Led by Sergeant Anthony Deluca at the Rochester Middle School, the program graduated 945 students last year. Teaching LEAD in the elementary schools is Officer Eric Ball, assisted by Community Engagement Officer Kyle Danie. At Spaulding High School, Officer Andrew Jackson is in charge of LEAD, as well as other restorative justice model programs. This team also works on community events throughout the year to engage with Rochester families promoting pro-social behaviors & activities, including monthly Teen Nights at the Recreation Center, Skate with A Cop at the Rochester Ice Area, Wings & Wheels at Skyhaven Airport, and National Night Out on the Rochester Common in August. (To learn more about the Drug Free Communities program and evidence-based prevention strategies, please visit <https://www.samhsa.gov/prevention>. Learn more about the ongoing initiatives of Bridging the Gaps Coalition at www.BridgingTheGapsNH.org).

Within the Rochester School District, there are many credentialed profession-

als providing prevention programs and services to Rochester's youth. These include two full-time Student Assistance Persons (SAPs), offering universal prevention activities to students, ranging from classroom education to fun, hands-on school-wide activities such as Red Ribbon Week, Kick Butts Day, and National Prevention Week substance misuse awareness activities. They also provide customized group meetings within the schools, covering a wide range of topics, including but not limited to: substance misuse/abuse, behavioral issues, social pressures, and relationship issues. Kaitlin Calculator is the SAP at Rochester Middle School. She organizes school-wide prevention in concert with school staff, and meets with students who need a bit of extra support. "I am passionate about providing a safe place with an open door policy, where I am accessible to students for both group and individual support." Nicole Dale is a masters-level licensed drug and alcohol counselor and the SAP for Spaulding High School. "Offering group and individual services within the school setting has proven to be a huge advantage, as it eliminates three large barriers to using outside counseling services: time, transportation, and cost of service." Nicole Bandera has been a social worker at Spaulding High School since 2003. She meets individually and in groups with students to assist them with navigating

life during the teen years and helping them to discover their spark.

Many of the prevention programs and professional trainings for school staff members have been funded since 2013 by the Safe Schools/Healthy Students (SSHS) Community Grant. The goals of this grant were to increase the number of children and youth who have access to behavioral health services, increase the

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It is the hope of everyone in the community that these vital strategies will be able to stay in place to assist the youth and families in Rochester.

supports for early childhood development, decrease the number of children who abuse substances, decrease the number of students exposed to violence, and improve overall school climate within the Rochester School District. This grant project was implemented under the direction of Michele Halligan-Foley (now Director of Career & Technical Education), and is now coordinated by

Melissa Cardin. One significant outcome of SSHS has been the compilation of the School Climate Survey each year, which gathers input from students, parents, and school staff to assess areas of strength and ways in which to improve the and efficacy and interactions of all persons vested in the district. Within the past 4 years, SSHS has also allowed the district to expand the quality and scope of teacher trainings, and to partner with area service agencies to ensure a more thorough continuum of care for students and their families. (Find out more about the SSHS initiatives and outcomes at <https://sites.google.com/a/sau54.org/safeschools/>).

Both Bridging the Gaps and Safe Schools/Healthy Students will be at the end of their programs' grant cycles by the Fall of 2018. In order to keep the quality of programs and services currently in place, these professionals are working diligently in attempts to secure future funding through a combination of state, federal, corporate and private sources. Evidence-based prevention strategies are the proactive solution to staying ahead of the substance misuse crisis. It is the hope of everyone in the community that these vital strategies will be able to stay in place to assist the youth and families in Rochester.

Bridging The Gaps ROCHESTER'S Substance Misuse PREVENTION Coalition

Prevention is a PROACTIVE Investment

Cost-benefit ratios for EARLY treatment and prevention programs range from 1:2 to 1:10

A \$1 investment yields \$2 - \$10 savings in health costs, criminal and juvenile justice costs, educational costs, and lost productivity.¹

What BRIDGING the Gaps DOES:

- Funds RMS Youth 2 Youth, an after-school youth empowerment program.
- Assists Spaulding H.S. & Bud Carlson Academy with EB activities, guest speakers, and Project Graduation.
- Creates prevention messaging for events & local news outlets.
- Builds capacity by funding attendance to state and national prevention trainings.



- Arranges and promotes community programs including "Drug Take-Back Days," "Caregivers of Youth Coffee Talk," "Impacts of Medicaid Expansion," and "National Night Out."

EARLY is BETTER!

FMI email Info.BTG@RochesterNH.net

Stay connected with us! or call (603) 330-7160

www.BridgingTheGapsNH.org



Our mission is to create a healthier Rochester, free of substance misuse and associated harms.



¹ National Research Council and Institute of Medicine. 2009. Preventing Mental, Emotional, and Behavioral Disorders Among Young People: Progress and Possibilities. Washington, DC: The National Academies Press. <https://doi.org/10.17226/12480>.