

**MINUTES OF THE
CRANBURY TOWNSHIP
MUNICIPAL ALLIANCE COMMITTEE ON
DRUG ABUSE AND ALCOHOLISM**

February 21, 2023

TIME AND PLACE OF MEETING

The scheduled meeting of the Cranbury Township Municipal Alliance Committee was held on February 21, 2023 in the Township Committee Meeting Room, in Cranbury Township at 3:30 pm.

STATEMENT OF ADEQUATE NOTICE

Pursuant to the Sunshine Law, adequate notice in accordance with the Open Public Meetings Act (N.J. S. A. 10:4-6) was filed on January 7, 2023, of this meeting's date, time and place, the agenda was posted on the Township bulletin board, sent to any requesting personal notice, and filed with the Municipal Clerk.

CALL TO ORDER

Chairperson, Joann Charwin called meeting to order at 3:30 pm.

Joann introduced a future new Alternate Member to the Municipal Alliance, Dr. Jennifer Diszler. She will be sworn in sometime in the beginning of March.

ROLL CALL

Present to the roll call by Secretary Warnebold: `Joann Charwin, Liz Grimaldi, Chief Mike Owens, Robyn Skeete, Sasha Weinstein, Maria Benerofe. Andrea Kaplan, Anjali Joshi, Erin Santise were absent. Liaison, Eman El-Badawi was in attendance as were Student Representatives, Chloe Yang and Nathan Christopher.

MINUTES

Maria Benerofe motioned to approve the January Minutes. Motion was seconded by Liz Grimaldi. All in favor of approval.

NON-MEMBERS IN ATTENDANCE

Dr. Jennifer Diszler was in attendance as she is in the process of becoming a future Alternate on the Municipal Alliance.

STUDENT REPRESENTATIVES REPORT

Joann asked the reps if they had anything to report. Having nothing to report, Joann asked them to report on upcoming events.

Jamfest - Dr. Diszler shared that a Jamfest event is planned for April 21st. Joann reminded Sasha to make arrangements between her and Penny Ftikas in advance for pick-up and delivery of gaming tables and other equipment from Police Department to the school.

National Drugs and Alcohol Facts Week – Joann went over activities from last years' event. She presented the suggestion to the Student Representatives to come up with different, creative ideas for activities during the week and to invite the student body to come up with activity ideas.

Joann also shared information on a flyer advertising a contest for students to create a 30 second public service announcement video. Winner of the contest would win \$1,000.00 and have their video put on social media. She suggested maybe the students could team up to create a video during National Drugs and Alcohol Facts Week as an activity. The contest is available for 5th through 8th grade students and is only for New Jersey students. Further discussion between Joann, the Student Reps and Dr. Diszler on legalities and content were discussed. Dr. Diszler pointed out concerns regarding parents having their children in videos on social media. Chloe asked if there was a limit of entries per school. Chloe offered to speak to Student Council to see if they would be interested in the contest. Joann suggested a focus on messages for peer to peer support relating to substance abuse. Sasha suggested an idea of the student video could be information on Adderall use. Students in college are using that now to help them stay up to get through difficult work assignments.

Maria asked where monetary winnings would go. Joann referred to the brochure which didn't specify. Dr. Diszler suggested a sign-off slip for parents would need to be provided in order for a child's video to be put out on social media in the event one of the Cranbury School's submissions won. She also told the Student Representatives that she would otherwise have no issue with some of the grades creating videos for the contest.

Joann shared another brochure titled, "Playbook for Parents of Pre-teens." It is a guide for parents to take actions to protect kids' health both physically and mentally. It helps parents of pre-teens 7th thru 12 to help take actions to safeguard their health and well-being. It is from Drugfree.org, a national organization. She asked Dr. Diszler if she would like to look the website over to see if it would be appropriate to send a write up letter along with the link to parents during Drug and Alcohol Facts Week. Dr. Diszler has heard of this organization agrees it is a good resource and is happy to use it. She would like to use other resources from the Municipal Alliance to help parents. She would be happy to share materials.

Joann shared that she found another webinar titled; What Parents Need to Know about Opioids Guidance for Conversations and put it on the Municipal Alliance Facebook page. Joann obtained it late so she didn't have time to give it to Dr. Diszler to advertise it. She forwarded to Sasha who communicated to the High School parents. High School has an informal parent to parent page on Facebook. Joann shared another flyer titled; Youth Mental Health First Aid Training. Training is available free through the Mayor's Wellness Campaign. It is training for school staff, adults, parents, grandparents, aunts, uncles, municipal employees to show them how to recognize mental health signs and symptoms. Program is virtual and 6.5 hours. Anyone with questions can speak to Member, Maria Benerofe for more details as she teaches the program at Penn Medicine. There is a fee for that program, through Penn Medicine. Middlesex Mayor's Wellness program is offering the training free of charge. Question was asked if Mercer County residents could also go through that same committee to have the class fee waived. Discussion of other mental health programs that are becoming available. Sasha asked if Penn Med could provide that class for Princeton High staff members. Maria is not trained for adult program however, she believes Penn Med has been to some schools already for staff training. Maria "Ria" stated the class for general public costs \$49.00 to attend.

POLICE REPORT

Mike Owens shared the L.E.A.D. Program began in January and Detective Sgt. Pfremmer is teaching in the Cranbury School. Mike strongly supports Detective Sgt. Pfremmer as he is doing a great job of teaching program to the kids. Also, L.E.A.D. Conference will be held March 19th – March 21st in Atlantic City. Registration is no charge for law enforcement personnel at this time, however, Mike heard that registration fees may be waived for school personnel. He is not sure. This years' L.E.A.D. Conference is offering several great topics which will be helpful for law enforcement as well as educational personnel. Some course topics are: Cannabis, fentanyl and school threat assessment classes. Detective Sgt. Pfremmer will be attending. Mike may attend if he is able.

Joann shared that Middlesex County Sheriff's Office is offering a DARE Program this coming summer. It is a 2 week program from August 14 through August 25th and will be offered to 5, 6, 7, and 8th graders. Cost will be \$150.00 per child. Upon completion of the program, a party and gifts will be given to the students.

LIAISON REPORT

Eman had no news to share at this time. Joann asked about budget approval. Eman believes it was approved and reports no issues.

BUDGET

OLD BUSINESS

Teen Mental Health First Aid – Joann is waiting for results from survey to come out and will share with Members when it is available.

NEW BUSINESS

Cranbury School 125th Anniversary – Joann shared with the Members that she asked Dr. Diszler about setting up a table on the day of the anniversary celebration. She shared an idea about hanging up tee shirts from past Drug Free Fair and Health and Wellness Fair events for the community to see. Dr. Diszler shared the many programs that will be provided, noting the Jamfest will kick off the events. During April 24 through 28th, there will be school events such as Spirit Week type events. On Friday, April 28th there will be a dance for the adults and will be open to all associated with the school. Saturday, April 29th, there is a town-wide garage sale planned. On Sunday, there will be a community day event with a carnival and games and tours of the school. Cranbury Historic Society will be there to provide information on the history of Cranbury. A table will be set up with information geared toward mental health and many other programs to celebrate Cranbury's 125th anniversary will be going on.

Student/Parent Drug Prevention Programs for the Spring – Joann asked for ideas on programs for parents. Joann offered to reach out to the Cranbury School Health Teachers for ideas. Joann asked Mike Owens for input on ideas. Mike pointed out that cannabis was, in the past, a big topic for parents, however through legalization, it has seemed to cool down. Joann suggested to Sasha a plan to have a speaker for seniors on cannabis and opening up to a wider audience when it is scheduled. Sasha conceded it would be a good idea for educating adults on prescription cannabis use and children in the home.

Additional Ideas to Promote Mental Health and Well-being for the Community – Joann shared several pamphlets with the Members on Penn Med programs available and encouraged them to review the materials and see if any would be of interest to them to present to the community.

ON-GOING BUSINESS

Health and Wellness Fair 2023 – Joann announced will be held on Saturday, June 3rd and has already begun the initial planning of the event track. Joann shared that so far, a presentation of hydroponic growing and eating is being planned through the Robert Wood Johnson Barnabas Hospital Wellness on Wheels Van and a DJ will be hired. She asked for volunteers to help work on the Fair. Sasha volunteered. Joann asked the Student Representatives for ideas and to ask the Student Council what presentations they would like to see.

Search for 2nd Alternate Member – Joann requested that if any Members know of anyone who may be interested in volunteering for the Alliance, to please have them send in a Volunteer Form Request from the Cranbury Township website.

Joann asked Robyn Skeete about progress of plans for future community gardening program. Robyn is working with her Student Advisor on details of that program.

PHS UPDATE

Sasha shared concern over observations of some student interactions within the high school relating to friendships. It seems some students may have difficulty recognizing and ending toxic relationships. Sasha wonders what can be done to provide training to the students to understand and recognize a toxic relationship/friendship and cultivate healthy relationships/friendships. Dr. Diszler added that her school counselor provides friendship lessons to 3rd graders. It is important to learn how to recognize abusive friendships and when to be assertive towards toxic behavior. Liz shared idea for Health and Wellness Fair to utilize a graphic poster display on happiness chemicals in the brain and how to boost those chemicals naturally. All thought that was a good educational tool for the Wellness Fair.

DISCUSSION

Nothing further was discussed.

PUBLIC COMMENT

None.

ADJOURNMENT OF THE MEETING

As there was no additional comments or discussion, Joann asked for Motion to adjourn the meeting. Sasha Weinstein motioned to adjourn. Motion was seconded by Mike Owens. Meeting Adjourned at 4:29 pm.

CERTIFICATE OF SECRETARY

I, the undersigned, do hereby certify, that I am the duly appointed Secretary of the Cranbury Township Municipal Alliance Committee on Drug Abuse and Alcoholism and that this document, consisting of 4 pages constitutes a true and correct copy of the minutes of the meeting held on February 21, 2023

Kathy Warnebold, Secretary

Approved Minutes March 21, 2023