

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

March 21, 2023

TIME AND PLACE OF MEETING

The scheduled meeting of the Cranbury Township Municipal Alliance Committee was held on March 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.

ROLL CALL

Present to the roll call by Secretary Warnebold: Joann Charwin, Liz Grimaldi, Robyn Skeete, Sasha Weinstein, Anjali Joshi, Dr. Jennifer Diszler and Andrea Kaplan were present. Mike Owens, Ria Benerofe and Erin Santise were absent. Liaison, Eman El-Badawi was in attendance. Student Representative, Chloe Yang was in attendance.

MINUTES

Liz Grimaldi motioned to approve the February Minutes. Motion was seconded by Robyn Skeete. All in favor to approve February Minutes.

NON-MEMBERS IN ATTENDANCE

None

STUDENT REPRESENTATIVES REPORT

Joann asked Chloe if she had anything to report on upcoming Jamfest which will be the kickoff event for Cranbury Township's 125 anniversary. Chloe did not have details on planning yet and may have more information to report at April's meeting. Dr. Diszler reported the dance will be on Friday evening of April 21st, there will be photos posted from previous graduating classes. Tickets for the dance will be available on Eventbrite online ticketing service and prices are \$25. Food and entertainment will be donated. In addition, Dr. Diszler also shared, on Sunday will be Community Day which will include many events such as, tours of the school and Town Hall, food, carnival activities. There will be a Hall of Memories created. These events will be from 10 am to 3 pm. An opening ceremony will be held in the auditorium. There are no entrance fees for Sunday. Closing ceremony will include presenting a gift to the school. Joann thanked Dr. Diszler and Chloe for their input.

Joann shared she is collecting tee shirts from past Drug Free/Health and Wellness Fairs to display at the Municipal Alliance table during the Cranbury's 125th Anniversary on Community Day, Sunday, April 30th. She is

still missing Drug Free Fair shirts for 1998 and 2003. Joann asked for volunteers to help work the table. She will have literature on substance abuse to hand out and a craft for the children.

National Drugs and Alcohol Facts Week, March 20th through 26 – Joann shared that Chloe Yang created a 30 second, recorded public service announcement. Chloe described the announcement is focused on effects drugs have on your brain and teeth. She will forward to Joann who will look it over then send it to Ms. Girello to approve for showing to the students.

POLICE REPORT

Chief Owens was unable to attend the meeting, however Joann shared the State Police helicopter and drug impaired driving simulator will be at this year's Health and Wellness Fair.

LIAISON REPORT

Liaison, Eman El Badawi had nothing to report to the Board at this time.

BUDGET

2023 Budget was passed around to members. Joann wanted new members to look it over to see what it looks like and to describe funding in the different categories and how they are used.

OLD BUSINESS

What Parents Need to Know About Opioids-Guidance for Conversations; Joann discussed 3 different webinars with 3 different speakers which she attended. First Speaker is Dr. Omar Abubaker, DMD, PhD Professor and Chairman, Department of Oral & Maxillofacial Surgery – Virginia Commonwealth University School of Dentistry. Joann reached out to him about offering a program for parents. He can do virtual for \$1,500.00. Funds for that program would come out of Parent Outreach line.

Dr. Diszler shared that the PTO will be sponsoring a Cyber Safety Parent Workshop on April 11th.

Joann asked for additional comments regarding the program offered by Dr. Abubaker. All Members agreed to have him present his parent program. Joann then asked Secretary for roll call vote for expenditure of \$1,500.00 to have Dr. Abubaker present his parent program.

Roll Call Vote:

| | |
|-----------------------|-----------------------|
| Andrea Kaplan – Aye | Robyn Skeete - Aye |
| Anjali Joshi – Aye | Sasha Weinstein - Aye |
| Liz Grimaldi – Aye | Joann Charwin – Aye |
| Dr. Jen Diszler – Aye | |

All were in favor of the expenditure of \$1,500.00 for Dr. Abubaker's services to provide his parent program. Joann will reach out to Dr. Abubaker to set up time and date for his program and will let Dr. Diszler know so she can send out a notice to the parents.

Joann shared the second speaker was Dr. Ona Fofah, MD, Professor and Interim Chair, Department of Pediatrics- Rutgers NJ Medical School Neonatal Opioid Withdrawal Syndrome. She felt that he would need a specific audience for his presentation.

And the third speaker is Dr. Kelly Moor, PsyD Director, Center for Psychological Services – Rutgers Graduate School of Applied and Professional Psychology. She specializes in ACES (adverse childhood experiences). Joann

will reach out to her to gather information and share with Board at next meeting. Dr. Moore's focus is on early childhood traumatic experiences with abuse, neglect, domestic violence and other negative experiences. Studies have shown that young people tend to be more at risk for substance abuse if they experience these childhood traumas. Joann shared a booklet titled "The Deepest Well" which discusses ACES. She has a telephone call planned with Dr. Moore to find out more about her program and will report at April's Board Meeting.

Teen Mental Health 1st Aid – Joann shared she received feedback from Fall presentation. She gave a handout of statistics for Members to look over to discuss at next meeting to see if Municipal Alliance wants to continue that program.

Sasha Weinstein excused herself at 4:04 pm.

NEW BUSINESS

Cranbury School 125th Anniversary – Joann collected tee shirts from almost every past Health and Wellness Fair. She asked for volunteers to man the table.

Joann shared a Third Grade "Life Choices" Activity Book provided by the Partnership for a Drug Free NJ and PSE&G. Joann provided Dr. Diszler a stack of the activity books to distribute at the school.

Liaison Eman El Badawi shared the Cranbury Recreation Department has a subcommittee working on creating a website for the Golden Agers. Joann asked if it will be tied to the Township website. Eman wasn't sure, as anything tied to the Township needs prior legal and Township Committee approval.

Student/Parent Drug Prevention Programs for the Spring – Joann spoke with Dr. Matt Bellace, Clinical Neuropsychologist, speaker and comedian about programs for the middle schoolers. He offers in person, interactive programs and discusses how to use emotions positively. His 1-hour program presentation fee is \$2,000.00 for students.

Joann shared he also offers a parent program that is 75 minutes during which he shares stories, the teenage brain and how it works and risk taking. His emphasis is for parents to be good role models and not to glamorize marijuana gummies and alcohol because of how these substances affect the young brain.

Joann discussed budget allotments for Parent and Student Programs and shared that Dr. Bellace offers hybrid programs (some in person, some virtual). Joann asked Board for thoughts on utilizing his programs.

Dr. Diszler asked Joann about student programs and if they are viewed/approved by parents first and how would that work? Discussion on value of parents viewing student programs before students see them. Joann shared Dr. Bellace has a website which shows he has an upcoming presentation at a school in Jackson which Joann is planning on attending. Dr. Diszler expressed high priority needs to be present always regarding respect for parents and appropriateness of Dr. Bellace's program presentations for students. Joann will report back after she attends his student presentation.

Wellness Program for Teachers – Penn Medicine would like to offer Mental Health First Aid training to parents and staff of Cranbury School and Princeton High School free of charge. Program is normally \$40.00 per person for a full day of training. Ria Benerofe would offer the adult Mental Health First Aid at Princeton HS for staff and parents. Ria also offers wellness days with staff, for example yoga and other programs. If anyone is interested, speak to Ria at next meeting.

Robyn Skeete attended the Mental Health First Aid Training program and she enjoyed the class and content of the program.

Programs for Senior Community Members – Joann announced she is working on collecting offerings of mental health programs for seniors and is interested in creating a survey for them to gather insight. Liz Grimaldi volunteered to assist Joann with the survey.

Narcan (Naloxone) Training - Joann shared that Ria Benerofe and Mayor's Wellness Committee can provide a presentation to staff and parents titled: **"Opioid Overdoses: How to Save Lives"** and details signs of a suspected overdose and how to properly administer Narcan in a safe and timely manner. Barbara Vaning, MHA, EMT Instructor will be providing the training.

ON-GOING BUSINESS

Health and Wellness Fair 2023 – Planning is proceeding with tee shirt contest to be announced in school on April 10th. Tee shirt art work entries deadline is April 24th.

PHS UPDATE

Joann asked Sasha for any updates at Princeton High School. Sasha reported the School Principal, Mr. Chmiel was abruptly removed from his position on Friday, March 17th. This was very upsetting to parents and the PTO is trying to see what had transpired for the abrupt removal. He was a respected and well-liked individual at the school. Large turnout of students and parents are anticipated at next PTO meeting.

DISCUSSION

Dr. Diszler shared there will be training at the school on April 11th and due to the busy school schedule, perhaps maybe planning more in advance of student and parent programs needs to be considered for future. Joann agreed and shared Dr. Bellace has some availability in May.

PUBLIC COMMENT

None.

ADJOURNMENT OF THE MEETING

As there was no additional comments or discussion, Joann asked for Motion to adjourn the meeting. Andrea Kaplan motioned to adjourn. Motion was seconded by Dr. Diszler. Meeting Adjourned at 4:35 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 March 21, 2023

Kathy Warnebold, Secretary

Approved Minutes April 18, 2023

