

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

March 15, 2022

TIME AND PLACE OF MEETING

The regular meeting of the Cranbury Township Municipal Alliance Committee was held by remote access, videoconferencing in response to Covid-19 and the updated Open Public Meeting Act guidelines on April 20, 2021, in the Town Hall Offices, located at 23A North Main Street, in Cranbury Township at 3:30 pm.

CALL TO ORDER

Chairperson, Joann Charwin called the meeting to order at 3:33 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 5, 2022, 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. Notification of remote access meetings, until further notice, was posted on the Township website on April 24, 2020 and sent to the Trenton Times, Home News and Cranbury Press on April 24, 2020.

ROLL CALL

Answering present to the Roll Call were, Joann Charwin, Kristine Fulton, Krista Monks, Robin Skeete. Alternate #1 Anjali Joshi was present as was Alternate #2 Sasha Weinstein. Erin Santise, Chief Mike Owens and Dr. Susan Genco were absent. Liaison, Evelyn Spann present and Student Representatives, Andrew Wong and Angela Wu were present.

MINUTES

Joann asked for Motion to Accept the February Minutes. Motion was made by Kristine Fulton to accept. Motion was seconded by Anjali Joshi. All Members were in favor, answering Aye.

NON-MEMBERS IN ATTENDANCE

None

STUDENT REPRESENTATIVES REPORT

Joann asked Student Representatives if they began planning for the April Jamfest. Andrew shared it is set for Thursday, April 7th, however the details haven't been discussed yet due to them working on the upcoming school dance. Joann asked if they had anything else to report. Andrew didn't have anything else to report for the meeting.

Joann announced Andrew and Angela will be doing a nine-minute presentation with slides to show and scripts to read during Drug and Alcohol Facts Week. She asked Angela and Andrew to do a practice presentation for the Municipal Alliance Board Members. Kristine Fulton confirmed their presentation will be done during health classes next week. Angela and Andrew will pre-record their presentation. Joann then shared the Zoom screen to show the Members slides Andrew and Angela will show for their presentation during National Drug and Alcohol Facts Week. Joann then introduced the Student Representatives and explained their presentation to the Board Members as a practice. Andrew and Angela took turns reading aloud the facts on e-cigarettes, cannabis and how they can be linked to future abuse of drugs and alcohol and detailed the impacts of substance abuse on

family relationships, school work and friendships. Andrew and Angela discussed fentanyl and how addictive and dangerous it is. They read statistics on cigarette smoking and vaping (which the nicotine strength can be up to 8 times stronger than in cigarettes), and how 68% of smokers have a desire to quit. In closing Angela and Andrew shared resource contact information for help in identifying and addressing the abuse. Joann thanked them for their demonstration presentation to the Board Members. Members and Ms. Spann also thanked Andrew and Angela for their involvement and dedication to educating the student body. Andrew thought the practice presentation was nice and felt good about it. Joann asked Member what they thought about the presentation. Kristine Fulton expressed how proud she was of Angela and Andrew. Ms. Joshi was proud of them as well. Ms. Joshi spoke a little about a movie she and her husband watched which seemed to glorify smoking and substance abuse. She expressed concern about that type of content creating the wrong impression on certain individuals who may be impressionable. Ms. Spann thought presentation was done in a good approach and liked how they separated medical and illicit drugs.

Joann suggested Angela and Andrew introduce themselves in the beginning of their presentation and Evelyn suggested they maybe have photos of themselves as the presenters on a slide in the beginning so students can see who is speaking. Joann thinks having a slide with their pictures and names in the beginning of the presentation is a good idea. Joann also suggested they give a brief overview and purpose of the Municipal Alliance and the work the Board does for the community.

Joann recently heard reports about 6 students who overdosed on fentanyl. Two students who did not use the drug and who tried to help the affected students by performing CPR on them became very ill just from coming into contact with them. Students were from West Point.

LIAISON REPORT

Ms. Spann reported the 2022 Township Budget was approved at the Township Committee Meeting held on March 14, 2022. Evelyn explained at the prior Township Committee meeting Joann Charwin represented Municipal Alliance and shared who the Municipal Alliance is and what activities they are involved in. Evelyn is very impressed and also shared with the Township Committee that during the covid pandemic, the Municipal Alliance continued to have activities and reach out to the students and community to promote positivity and offer resources for mental health and well-being. She felt that especially during covid, it was more important than ever to be out there in the community to offer support. Evelyn continued by saying she has a lot of respect and is very proud of the Municipal Alliance and what their purpose is. She is happy to be Liaison again.

At last night's Township Committee meeting, a new committee that presented is called EDAC (Economic Development Advisory Committee). What they said is they have a lot of graphic artists and design people who are willing to promote anything happening in Cranbury. EDAC offered to the Municipal Alliance assistance in planning events, so if Municipal Alliance needs any help, they are happy to lend their professional people.

Evelyn also shared at the Township Committee meeting that the Municipal Alliance has two member positions available. She is grateful to see both Alternate Members at this meeting because without them there wouldn't be a quorum today. Evelyn went on to say that because Municipal Alliance is funded by taxpayer dollars, they have to operate under Roberts Rules. They have to have a quorum in order to approve or move forward anything they do. She is also happy to have Guidance School Counselors, the Police Chief plus, the Chief School Administrator on the Board. Evelyn's position is the Municipal Alliance is a quiet underlying blanket that gives good education and information to students and community. What they do is very important to the Township, especially their work in providing information about cannabis. Their work is important and appreciated. Evelyn concluded her report by thanking Joann and all the Members for their work and volunteerism.

Joann thanked Evelyn for sharing and would like to take EDAC up on their offer for the upcoming Health and Wellness Fair.

POLICE REPORT

Chief Owens was not at the meeting therefore, no report was presented.

BUDGET

Budget was passed at March 14, 2022 Township Committee meeting.

OLD BUSINESS

None.

NEW BUSINESS

National Drugs and Alcohol Facts Week – In beginning of the meeting, Student Representatives, Andrew Wu and Angela Chen did a practice 9-minute presentation to the Municipal Alliance Members.

Speaker for Students and Parents on Vaping – Joann had meeting about the vaping program with Mrs. Waldron Dr. Genco, Krista Monks and Kristine Fulton. School is having the program from Robert Hackenson, on May 16th and 17th and he will provide 4 presentations. On Monday evening, he will present the parent vaping program. During the day he has different elementary programs. He will do bullying/respect for 3rd, 4th and 5th graders. On Tuesday May 17th, he will another program for 5th and 6th graders on vaping and 7th and 8th graders on vaping. Mrs. Waldron felt it would be important for 5th graders to be part of each presentation on Monday for bullying/respect and Tuesday on vaping. Joann was excited they have a date on calendar for that.

Speaker for on Talking to Parents About Helping Kids with Pandemic Stress (cont) – Joann shared there is money in budget for mental health support. The money was previously used for pro groups and chat groups. Municipal Alliance voted to move the money from those categories and decided to use the money for mental health support during the pandemic. In thinking about different areas where they could use the money, Joann spoke to Dr. Genco, Kristine and Krista about Dr. Eileen Kennedy-Moore, a resident of Cranbury. Dr. Kennedy-Moore has a practice in Princeton. She is a Psychologist and Author and has written many books about children and social-emotional intelligence. She offers a program called Parenting During Uncertain Times. It is a webinar program which focuses on strategies for parents in coping in practical ways to manage day to day challenges in a constant changing reality. Her program helps parents by teaching them strategies to help with children who are anxious, sad and lonely, uncooperative, glued to screens or squabbling with siblings while taking care of ourselves. Because it's done virtually, Dr. Genco thinks this would be a good idea because more parents may do the webinar.

Joann shared that Dr. Kennedy-Moore's fee is \$2,500.00 for a 1-hour presentation, which provides many resources for parents in addressing children's concerns, including reference books. Joann thinks Dr. Kennedy-Moore would be a great resource to utilize and reminded the members that there is \$10,000.00 set aside in the budget that could be utilized. Dr. Genco was thinking the school could create student workshops to present Dr. Kennedy-Moore's webinar over a 4-6 week period. Joann hasn't spoken to Dr. Kennedy-Moore yet but wanted to see what the members thought about paying to have a parent webinar and student workshops through Dr. Kennedy-Moore's program.

Ms. Weinstein added that Princeton High School had a mental health counselor provide several parent presentations and she noticed there was always a low attendance of parents. She feels maybe targeting younger parents of younger students might be more successful for example for elementary students. Joann

added that it would need to be very well advertised to catch the attention of as many parents as possible. She agreed with Ms. Weinstein's statement about focusing on younger parents for attendance.

Joann asked Krista Monks and Kristine Fulton if a presentation to parents would be a good idea with student workshops. Definitely something for parents, provide more info and support and resources for the student groups they would need to put a little more thought into it. Ms. Monks shared they use data from beginning of year to create small groups where they can provide intervention for students whether working with the individual, in a classroom or small groups. They send out their Counselor Corner Newsletter twice a month. They gather information based on feedback from parent community and target each newsletter for several months based on feedback in order to provide different resources for parents. The School Counselors target the age level appropriate topics.

Ms. Joshi suggested maybe recording presentations for parents who cannot attend the live webinar presentations. Joann asked the Committee for a roll call vote to retain Dr. Eileen Kennedy-Moore to provide a parent presentation entitled, "Parenting During Uncertain Times".

Secretary conducted roll call vote: Kristine Fulton, Robyn Skeete, Anjali Joshi, Sasha Weinstein, Joann Charwin, all approved the expenditure to retain Dr. Kennedy Moore to provide the parent presentation. There were no nays. Joann will follow up with Dr. Genco and Mrs. Waldron to get their input. After that Joann will reach out to Dr. Kennedy-Moore to see what her schedule looks like.

Additional Ideas to Promote Mental Health and Well-being for the Community – Joann shared a printout from Princeton Health Penn Medicine which outlined different programs on mental health. She asked the members for additional ideas to promote mental health and well-being in the community. Joann asked for a volunteer to contact Penn Medicine to inquire about their mental health program information, when they do presentations and if they could maybe provide a presentation in Cranbury. Robyn Skeete volunteered to contact Penn Medicine. Joann thanked her.

ONGOING BUSINESS

Joann made an announcement about the upcoming wind sculpture event titled; Art in the Park and will be on Sunday, April 3rd. There will be different organizations there to celebrate art in the park. Joann will be in attendance at the Municipal Alliance table in the afternoon. She extended an invitation to the Student Representatives to join her at the table and asked for a member to volunteer to sit at the table to give out information on mental health and wellbeing. Robyn Skeete volunteered to join Joann at the table.

Health and Wellness Fair – Joann announced the Health and Wellness Fair subcommittee had their first meeting yesterday with Anjali, Sasha and Bala Mukkamala and begun planning for this years' event. They looked at activities from the last Fair that they might want to add for this year. Joann said there were great ideas shared from the subcommittee.

Joann will be contacting all people who were there last year. Bala Mukkamala will contact some of the local farms to see if they would be interested in setting up a table. Anjali will contact different representatives from children's sports teams to see if they would be interested in coming. Anjali talked about possibility of having a showcase of student hobbies, which Joann thought was a great idea. Students could share with each other what they do to help them to distract and to have fun. They will figure out the best way to reach out to the students to see if there would be interest in presenting their hobby, maybe during a specific time and possibly having other students participate. Joann also shared she contacted the PTO who is going to sponsor the Peddle Powered Smoothies again. It was a big hit at the last Fair in 2019. Joann opened discussion on types of food to

have and has reached out to a crepe' cart vendor to see if they would attend the fair. She thinks that would work best as it would be a hand-held food and the crepe' cart offers different styles of crepes.

Joann shared screen again to show a brochure from a vendor who offers different alternative-style inflatables which do not require a lot of hands on, physical contact by the children. Some examples shown were a 9-hole golf course with 9 putting stations, a giant soccer darts inflatable and a dual slide. These are items which are mainly hands-free. Joann asked Members thoughts on those types of inflatables. Andrew Wu thought they were good, but pointed out that the giant soccer could be a little dangerous because the ball could rebound and hit someone. Angela Chen agreed on the possible danger aspect of kicking a soccer ball. Anjali liked the golf inflatable. Joann stressed the importance of being as hands-free as possible and suggested anti-bacterial wipes could be provided for the golf game.

Princeton High School Update - Sasha nothing new to report at this time. The PTO is working on creating programs for parents of incoming students for April. They are focusing on hosting in-person events for parents. The Princeton High School Administration is working hard on programs.

Recreational Cannabis Update – Joann viewed the recording of the March 14th Princeton Council Meeting. They didn't appear to address the cannabis subject. Joann announced they will be having their second monthly Council meeting on March 28th. Sasha wanted to share that she spoke with a physician who said it has been documented that in some instances, people in their 50's and 60's who take maintenance medications and use cannabis, can become seriously ill from the combination.

DISCUSSION

Joann made announcements on upcoming webinars; The Princeton Cannabis Task Force is having another meeting on April 21st at 1:30 pm. The New Jersey Cannabis Regulatory Commission is having a webinar on March 24th at 1:00 pm. These webinars will be available as recordings on their website for those who cannot attend on the actual day.

Joann asked if anyone had comments or questions. As there were no further questions or comments from the Members, Joann wanted to thank all the Members and shared her appreciation for all they do and for their time. She thanked Angela Chen and Andrew Wu for their participation as Student Representatives for the Cranbury School.

PUBLIC COMMENT

None.

ADJOURNMENT OF THE MEETING

Motion was made by Joann Charwin to adjourn the meeting at 4:47 pm. Motion was seconded by Kristine Fulton. All were in favor.

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 5 pages, constitutes a true and correct copy of the minutes of the meeting held on February 15, 2022.

Kathy Warnebold, Secretary

Approved Minutes March 15, 2022

