

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

September 20, 2022

TIME AND PLACE OF MEETING

The scheduled meeting of the Cranbury Township Municipal Alliance Committee was held on September 20, 2022 in the Township Committee Meeting Room, in Cranbury Township at 3:30 pm.

CALL TO ORDER

Chairperson, Joann Charwin called the meeting to order at 3:35 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.

ROLL CALL

Answering present to the Roll Call were, Joann Charwin, Chief, Mike Owens, Robyn Skeete, Anjali Joshi, Sasha Weinstein, Elizabeth Grimaldi and Andrea Kaplan. Member, Erin Santise was absent. Liaison, Evelyn Spann was present.

MINUTES

Joann asked for Motion to Accept the June Minutes. Motion was made by Chief Owens to accept. Motion was seconded by Anjali Joshi. All attending Members in favor.

Joann introduced two new Members to the Board; Andrea Kaplan and Elizabeth Grimaldi. Ms. Grimaldi is the Supervisor of Curriculum at the Cranbury School and Andrea Kaplan teaches 6th grade class. Ms. Grimaldi thanked the Municipal Alliance for their dedication to the Board.

NON-MEMBERS IN ATTENDANCE

None

STUDENT REPRESENTATIVES REPORT

New Student Representatives, Nathan Christopher and Chloe Yang attended the meeting and were introduced by Joann Charwin. She asked them to share what they enjoy about being an 8th grader. Joann outlined the mission of the Municipal Alliance Board and described the importance of the student's input, including acting as a liaison for the school students.

POLICE REPORT

Chief Owens welcomed the student representatives and shared it was nice to have new members. Greg Pfremmer will do L.E.A.D Program again this year in the school. Mike is encouraging Sgt. Pfremmer to initiate new and more diverse programs for the students.

It was a busy spring and summer with traffic enforcement. Chief Owens then ended his report. Joann expressed condolences on the passing of Officer, Todd Galla on behalf of the Board.

LIAISON REPORT

Ms. Spann reported the Township Committee is now holding in person meetings. Joann inquired if all boards are required to continue with in-person meetings also. Evelyn will check with the Committee. Joann will follow up with Liaison Spann to see outcome. Ms. Spann asked if any Members had questions for her to bring to next Committee Meeting on October 3rd. Township Committee supports the Municipal Alliance Board.

Evelyn commented on the 8th grade orientation picnic. The students had the opportunity to socialize, which is positive for the incoming students. She also gave a shout out to Sasha Weinstein, PTO President for all her dedication and hard work in making the picnic a success.

BUDGET

Board went over balances in the budget. Current balance of all line items totaled \$12,428.87. Joann wants to make time for October's meeting to discuss 2023 budget.

OLD BUSINESS

Princeton H.S. Orientation - Joann reported it was successful and everyone enjoyed the event. Lots of socializing was observed among the incoming and current students.

Cranbury Day – Municipal Alliance provided stress balls and magnets. Joann thanked Anjali, Sasha and Robyn for their assistance on that day. She shared there were a lot of visitors to the table.

Art in The Park – Municipal Alliance provided apple cider and donuts. There was a good turnout for the event.

NEW BUSINESS

Fall Programs – Joann shared there is a Speaker, Dr. Matt Ballace who is a neuropsychologist that provides education and awareness in person and virtually to older residents on possible negative effects of prescription medications and cannabis use. Sasha Weinstein shared what she knew of him to Joann. They thought he could be a great speaker for the senior population in town.

Another idea Joann suggested was to provide an in-person presentation for the Golden Age Neighbors at their luncheon at the United Methodist Church in November. Fees for Dr. Ballace are; \$1,000 for virtual presentations and \$2,000 for in-person presentations. Some Members pointed out that they would like to reach out to additional senior groups.

Sasha mentioned Lisa Merino, who lives at Renaissance, Monroe stopped by the Municipal Alliance table on Cranbury Day and they discussed she was looking through programs for her senior groups. They discussed different ideas on working together with the Municipal Alliance for senior programs.

Joann suggested holding an event with a speaker at the new library next year and invite all adult communities in Monroe as well as here in Cranbury. Joann asked for the Board's thoughts on reaching out to a wider audience in the Spring at the library as opposed to this fall with a smaller target group. Mike thought next Spring would be better. Ms. Grimaldi asked if the neuropsychologist is the only option for the seniors. Joann thinks Dr. Ballace's programs seem to be very targeted and a good fit for the senior community.

Joann opened up suggestions from the other Members. She asked Sasha Weinstein to let Dr. Bellace know he may be asked to do a possible late spring presentation with larger group.

World Mental Health Day October 10th – Joann shared she had discussed an idea with Erin Santise to have a table with information on mental health at Teddy's Restaurant from 11 am to 1:00 pm. There could also be a therapy dog in attendance and they could hand out magnets with a mental health message. Joann asked Board their thoughts. All Members thought it was a good idea. Evelyn asked if the Board would supply coffee to those who came to the table. Board agreed and discussed a small budget for providing coffee. Mike Owens suggested spending up to \$70.00.

Elizabeth Grimaldi asked if they could live-stream the event. Evelyn wasn't sure if Cranbury could live-stream a town-wide event and offered to look into it. Joann mentioned to Ms. Grimaldi that Municipal Alliance does have a Face Book page with currently 400 followers. Sasha asked about utilizing Instagram to promote Mental Health Day. Joann suggested using just Face Book since they have many followers. They can post mental health messages on there.

Mike Owens explained the legalities of the Town using social media, including the Township's responsibility and cost of archiving all records related to Town Hall and its offices which includes all OPRA's (Open Public Records Requests), postings, comments, paperwork. Joann wasn't sure if Municipal Alliance falls under those same requirements. She will look into it.

Joann asked for motion to spend \$70.00 for providing coffee on Mental Health Day. Chief Owens motioned to budget \$70.00 for coffee. Elizabeth Grimaldi seconded the motion. All Members were in favor, Aye.

Red Ribbon Week – October 23 – 31 – Joann asked the student reps for their input on which types of items to give out to the students during that week. Nathan shared last year's students liked what was given out. Joann shared several gifts that could be given to the students including, temperature changing cups, adhesive ribbons that say "Celebrate Life", pencils and "Living Drug Free Pledge" certificates. Joann opened up discussion for a budget for the items. She would also like the Student Representatives to choose which ones they wish to hand out. Joann asked for motion to spend \$400.00 on hand outs to the students for Red Ribbon Week. Mike Owens asked if it could be raised to \$500.00. Elizabeth Grimaldi motioned to spend \$500.00 for hand-outs. Motion was seconded by Joann Charwin.

ONGOING BUSINESS

Joann shared an email message by PHS Principal about a high school student who put a message on the school's Google account regarding suicide. The message was reported to the Princeton Police and the student is being treated. It was reiterated how important boards such as the Municipal Alliance are so valuable and important in these times as they can provide support and resources for those in distress.

Ideas for different mental health programs and workshops to be provided in the school were discussed along with related costs.

Anjali shared information on a woman she knows of who specializes in school related workshop programs on mental health. Joann asked if she may be interested in attending a Municipal Alliance Meeting. Anjali shared that the woman travels a lot and is currently staying in Canada, but maybe could attend a meeting in the future when she is back in the Cranbury area.

Robyn Skeete shared her ideas about hosting a therapeutic gardening program for the community possibly at the new library. She has learned that using nature in mental health therapy can be greatly beneficial. Joann agrees that creative arts therapy could be very valuable. Board discussed having a gardening program available at the library, however more information needs to be provided. Robyn shared she and her Advisor would be

running the program. Elizabeth Grimaldi shared the Cranbury School currently has a garden club, and would be excited if Robyn could maybe also implement a partnership with the school for the students.

At 4:50 Robyn Skeete excused herself from the meeting.

Joann presented the idea of equestrian therapy as was outlined by Erin Santise at the June meeting. Disadvantage to that type of program is it doesn't reach a larger group as it is more individual-based. She then discussed the last idea of mailing out 988 magnets to all the residents.

Joann and Sasha Weinstein discussed a program titled, Teen Mental Health First Aid training. It is a training program to teach high school students how to recognize possible signs of mental health distress. Joann said it is available only for 10th, 11th and 12th grade students. Cost to provide this program is \$7,500 - \$8,000. Joann then asked for a motion to pursue offering this program in this year's budget. Motion to pursue was made by Sasha Weinstein. Motion was Seconded by Mike Owens.

Andrea Kaplan said she would rather see money go towards mailing out the 988 magnets instead of spending \$500.00 on gifts for Red Ribbon Week. Joann suggested setting aside \$400.00 for Red Ribbon Week handouts instead of \$500.00 and putting the extra money into the mailing. She then asked for motion to accept. Motion was made by Andrea Kaplan to lower the handout limit to \$400.00 and use more towards the mailing. Motion was Seconded by Elizabeth Grimaldi. All Members voted with approval on the Motion.

PUBLIC COMMENT

None

ADJOURNMENT OF THE MEETING

Joann asked for a Motion to adjourn meeting. Motion was made by Andrea Kaplan to end the meeting at 5:00 pm. Motion was seconded by Mike Owens. All 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 4 pages, constitutes a true and correct copy of the minutes of the meeting held on September 20, 2022.

Kathy Warnebold, Secretary

Approved Minutes September 20, 2022