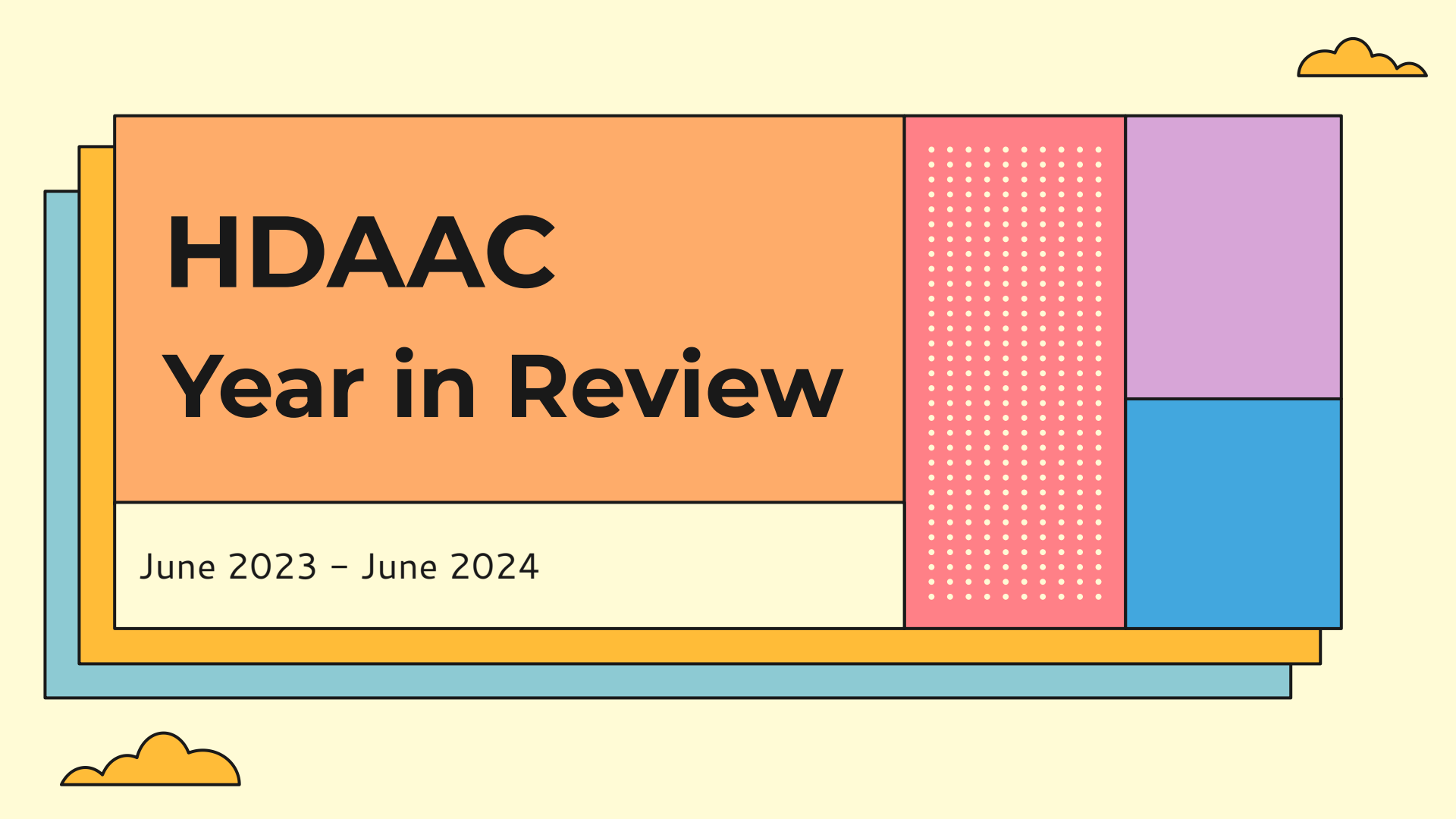




HDAAC

Year in Review

June 2023 – June 2024

The BIG numbers!

10

Coalition Meetings

Online and in person monthly

10

Sub-Committee Meetings

Steering, Communications, Policy, and Data/Eval

22

Community Event

All community/youth events we hosted or partnered on

16

Coalition Members

Active members, meeting members; (3 youth)



Highlights!

Events & Projects
throughout the year!

5 Youth Trainings

- Grades: 5th–12th
- Topics: Risk & Protective Factors; Refusal Skills; Substances; and Diversity, Equity, and Inclusion (DEI)
- Trainings: Thinkfast Interactive auditorium presentation, Jr. Police Academy, DEI Leadership



4 Classes/Clubs Engaged

- Green Bandana Project w/ HHS Beautiful Minds
- RAMS GSA "Crafter-noon"
- Ms. Mill's Service Learning Class (HHS) presentation and projects
- Ms. Frost's Global Citizens Class (HHS) presentation



5 Events at the Schools

- HHS Football Game (tabled)
- HHS Service Learning Celebration (partnered)
- HHS Drunk Driving Simulator (partnered)
- HPS Art Saves Lives (tabled)
- RAMS 8th Grade Community Service Day (activities)



6 Events in the Community

- Business Meet & Greet (meeting)
- 300th Parade (marched)
- Walk/Bike to School Day (tabled)
- 3 Pride Events (attended picnic & flag raising; tabled at celebration)



3 Projects (co-)Hosted

- Haunted House (w/ HYFS and Parks & Rec)
- Narcan Training (w/ HPD & HFD)
- Mental Health Month Business Partnership (w/ HYFS)



CADCA

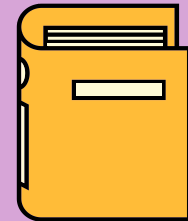
- 2 Coalition Members Attended CADCA's Annual Leadership Conference
- Coordinator attended 2 CADCA conferences & the National Coalition Academy
- HDAAC graduated from the NCA





Data Collected

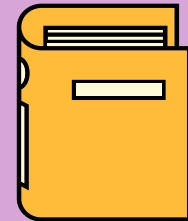
- Partnered with the schools to access the 2023 MetroWest Adolescent Health Survey (MWAHS) data for the High School and Middle School
- Conducted youth focus groups at HHS & RAMS
- Collected 135 responses to the 2024 Parent Survey
- Worked with an evaluator from the Education Development Center (EDC) to help create surveys, collect the data, write reports of the findings, and analyze it all





Resources Created

- Mental Health Resources Palm Card
- Prom Educational Brochure
- Youth Resources in Holliston One-Pager
- About HDAAC Flyer
- About Youth Action Team (YAT) Flyer



Prom and graduation are almost here; have you talked with your teen about your expectations when it comes to alcohol and drugs?



Prom and graduation celebrations are big events, and most teens have a fun, safe time. Be aware that many students may feel pressure or will take part in risky behaviors. Ongoing discussions of family beliefs and values are part of setting the stage for the best and safest time. Listening to and respecting your teen's point of view can also help support them during these events and exciting times in their life!

Resources

Download the "Talk, They Hear You," App One-Pager (Front Only) | PDF | 568 KB)

Use These 5 Goals When Talking to Kids about Alcohol and Other Drugs

8 Tips for a Safe Prom & Graduation – (thestandproject.org)

*DEA Fentanyl (dea.gov)

Fentanyl Facts (cdc.gov)

Prom & Graduation
Tips for Parents
and Caregivers.

Is it worth it?

Social Host Liability Law

- Massachusetts' legal drinking age is 21. "Social host liability" means you can be held financially and/or civilly responsible if your guest harms, injures, or kills another person after having consumed alcohol at your home.
- Parents who give permission for their underage child to drink alcohol could also be civilly liable.
- Anyone who furnishes alcohol to a minor risks a fine of up to \$2,000 and a one-year jail sentence.

Contact Us

Parents / Caregivers

Do not hesitate to call!

Holliston Youth & Family Services
(508) 429-0620

Holliston Police Department
(508) 429-1212

Holliston Drug and Alcohol
Awareness Coalition (HDAAC)
(508) 429-0620



Talk.
They Hear You!



www.HDAAC.org

"The night you danced like you knew our lives would never be the same." Taylor Swift - "Long Live"

Talk With Your Teen

- Personal safety and a safe prom/graduation is everyone's priority.
- Teens crave clear and consistent limits and want to know expectations and consequences; this is a big stress relief for them.
- You are the strongest influence on your teen. Talk with them early and often this prom and graduation season about the dangers of drinking, drugs, and peer pressure.
- Give teens the opportunity to share their thoughts with open-ended questions - jumpstart with "What are you excited about?" Is anything causing you stress? Are you feeling pressure about prom/graduation? What myths have you heard about prom/graduation parties? When you think of prom/graduation, what peer pressure comes to mind? It is also good to share your thoughts as well as how you might manage different situations.
- Talk with other parents/caregivers - most are not okay with parties that involve alcohol or drugs.
- Binge drinking is a set up for teens to make bad decisions and to lose control when it comes to sexual behavior, criminal mischief, violent behavior, or using illicit drugs.

Fully charge phones for safety and selfies!

Prom and graduation are to be celebrated! Most students make healthy lifestyle choices throughout their school experience which includes these very events. Encourage accountability and safety through the "buddy-system" to support healthy and fun celebrations.

Trusting your teen is key! Part of giving trust is discussing pre- and post-prom/graduation party plans. Let your teen know they can call or text anytime for any reason - you can discuss details later. Have a code, emoji, or word they can share to ask for help especially if they are in an unsafe situation. You and your teen can think ahead, plan for potentially tricky situations, and determine ways that can keep them, their friends, and all kids safe.

"Making memories with you is my favorite thing to do!" unknown

Be Aware! Potentially Deadly Consequences...

Right now, the dangerous and alarming presence of the powerful synthetic opioid **fentanyl** is being mixed with almost every street drug - including marijuana, cocaine, and pills made to look like Adderall or other prescription medicine.

More deaths of Americans under age 50 are related to fentanyl - more than any other cause of death including heart disease, cancer, homicide, suicide, and other accidents. (*OEA, 2023)

Fentanyl's extreme potency makes drugs cheaper, more powerful, more addictive, and more dangerous, even deadly. Please talk to your teens! The risk is REAL!

Talk with your teen;
help them
have a memorable,
safe night!



Source: DEA, www.DEA.gov



Mental Health Awareness



Holliston Youth and Family Services



The Holliston Drug & Alcohol Awareness Coalition

Join us in raising awareness, breaking down stigma, and fostering a supportive community around mental health. Together we can make a positive difference in each other's lives.

HYFS provides free mental health counseling, resources, and support for Holliston residents. If you or someone you know is struggling with stress, anxiety, depression, or other mental health concerns, remember that you are not alone. We are committed to supporting you at every step of your journey - reach out today.



Scan to visit our website
Socials: @hyfs-1746
Call 508-429-0620



Scan to visit our website
Facebook: @HDAACoalition
Instagram: @HollistonDAAC



HOLLISTON COMMUNITY ACTION FUND
(508) 429-0620
HollistonCommunityAction.org



24-Hour Crisis Support
(800) 640-5432
Advocates.org



Services and Assistance with:
Addiction, counseling, shelter,
finances, health care, housing,
mental health, and more.

(508) 872-4853
SMOC.org



988lifeline.org/

Care Solace

Care Solace navigates the mental health care system to find available providers matched to specific needs - so you don't have to.

(888) 515-0595
Caresolace.com/Holliston



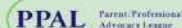
(508) 429-5392
hollistonpantryshelf.org



Support line for domestic violence, food, health, clothing, and more.
mass211.org

Voices Against Violence

Free and confidential services to victims of sexual and domestic violence
1-800-593-1125
508-626-8686



(866) 815-8122
info@ppal.net
ppal.net

YOUTH RESOURCES IN HOLLISTON



check out more
resources by
scanning this code!

Holliston Drug & Alcohol Awareness Coalition (HDAAC) Youth Action Team (YAT)



If you are a Holliston
High School student
who's passionate
about leadership,
teambuilding, and working
towards a substance-free &
healthier Holliston, join us!

Youth & Family Services



Provides:

- mental health resources
- confidential counseling
- court diversion
- crisis intervention, consultation
- referral services to children, adolescents and parents

School Counselors

If you or a friend is
struggling, please visit your
school's counselor page to
find your counselor and set
up a meeting with them.



Select school -> student services -> school counselors



HDAAC

The Holliston Drug & Alcohol Awareness Coalition

Our Mission

The Holliston Drug & Alcohol Awareness Coalition (HDAAC) strives to foster communication, collaboration, opportunities, and support for the people of Holliston. The coalition has a collective responsibility to protect the youth of this town from substance misuse, provide resources for all who are struggling, and spread education on any and all hardships facing the town.

Our Vision

We envision Holliston to be a strong, healthy, and inclusive town that puts an emphasis on youth and adults alike to change the social norms, expel stigmas, strengthen connections with one another, and minimize the impact of substance misuse in the community.

Youth Action Team

The YAT is a branch of the Holliston Drug & Alcohol Awareness Coalition comprised and lead by Holliston High School students who will be working to make positive change in their community. Reach out to learn more!

Get Involved!

✉ moreauz@holliston.k12.ma.us

📞 hdaac.org

📍 1750 Washington St.
Holliston, MA 01746

📅 Meetings are on Zoom from
6:30-7:30PM on the 2nd
Thursday of each month.

📞 508-429-0620

🌐 HDAACoalition

📱 HollistonDAAC



HDAAC

The Holliston Drug & Alcohol Awareness Coalition

YOUTH ACTION TEAM

Passionate about **leadership** and **making a difference** in Holliston? Look no further! Join our Youth Action Team to start making a **positive impact** in your school and community, while learning **leadership, teambuilding, and communication skills**!

You'll have opportunities to...

- ★ Build and practice leadership and communication skills.
- ★ Create campaigns and resources to bring awareness to topics like substance misuse, mental health, social justice, and more.
- ★ Plan fun substance-free events for the community.
- ★ Present to younger kids about substances and skill building.
- ★ Participate in teambuilding activities with the rest of the group.
- ★ Get to know other like-minded youth who share a passion for creating a healthier Holliston.

BONUS! THIS GROUP WILL BE A GREAT RESUME AND COLLEGE APPLICATION BUILDER!

JOIN TO MAKE A DIFFERENCE TODAY



Use this QR
code to
apply or
nominate
someone!

Meetings will be held every other week after
school from 3-4pm in room 301. Exact day TBD.



Media

Instagram & Facebook

- 1,100 followers
- 500 posts
- 10,000 reach
- 7,000 profile visits

Website

- 268 total users
- 358 sessions
- 699 views

Monthly Report

- Sent 11 times a year
- Over 100 recipients



What We Accomplished

1. Increase membership by 20%; increase youth participation by 10%.

FY23 active members: 19

FY24 active members: 39

Increase by 105%

FY23 active youth: 1

FY24 active youth: 5

Increase by 400%

2. Increase member capacity by 25%.

Trainings in FY23: 2 small workshops during coalition meetings

Trainings in FY24: 2 small workshops during coalition meetings + 1 coalition and leadership DEI training + 2 members attended a 4 day training

Increased





What we Accomplished

3. Create a comprehensive baseline assessment to identify local youth substance use (and collect our Core Measures).

We worked with EDC to utilize the **MWAHS** and got it approved by the grant to use for our collection of Core Measures.

4. Increase youth attendance at substance free activities by 10%.

Substance-free youth events HDAAC hosted or participated in FY23: 0
Substance-free youth events HDAAC hosted or participated in FY23: 15
Increased ∞





What we Accomplished

5. Decrease the number of parents of youth in grades 6–8 who identify as being concerned about talking to their child about alcohol by 2%.

Parent survey still out, TBD

6. Train 25 community leaders in alcohol prevention and youth brain development.

We did **not** complete this. However, we did train over 20 community leaders on DEI and one of our strategies was to train our Steering on DEI. Also, 2 of our coalition members went to CADCA where they attended workshops that educated on some of these topics.





What we Accomplished

7. Create a plan to implement an evidence based Marijuana prevention media campaign for Middle School Youth and their Parents.

Incomplete. This goal will continue onto next year's plan.

8. Train 100 middle school youth in the harms of marijuana, refusal skills, and healthy stress management skills.

We did **not** complete this. However, we trained around 400 high school students on the harms of marijuana during Thinkfast and we trained about 50 middle school students on refusal skills at the Jr. Police Academy. We also plan to keep this goal next year.





What we Accomplished

9. Conduct an environmental scan and report to determine hotspots in the community for marijuana use; create a plan to address the physical design to deter use.

We did **not** complete this. However, we did ask youth in the high school where substance use takes place in town during focus groups and we'll be looking at the data at the August Data/Eval Sub-Committee meeting.

