

# 2019 ANNUAL REPORT

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## STOUGHTON OASIS COALITION

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# A WORD FROM THE COODINATOR

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It's quite an accomplishment for the Town of Stoughton to celebrate 15 years of focus on the health of children and families through the OASIS coalition. Since 2004 OASIS has evolved from a small committed group of individuals from the Youth Commission, Schools, Police, Clergy, Courts, DA's Office and Treatment agencies and grown to a coalition of over 80 local individuals representing the municipality, local and regional organizations, parents and more. We continue to actively participate in regional initiatives including the Norfolk District Attorney's Coalition Leaders group, The Massachusetts Prevention Alliance and the Massachusetts Opiate Prevention Collaborative (MOAPC) with Bay State Community Services in Quincy. In addition, we manage a regional Substance Abuse Prevention Collaborative (SAPC) grant to address underage drinking that includes our neighboring communities of Canton, Holbrook and Walpole.

Over the years we have collaborated to develop sustainable strategies and policies to grow the health of our community and reduce the risk factors that put our youth at risk for alcohol and other drug use. As a result we have seen significant reductions in alcohol and other drug use locally. Yet, we still we have much work to do together.

There are many challenges that our adolescents face that can increase their risks to use alcohol and other drugs. Some of these challenges have been with us for a long time and some are emerging, like the legalization of marijuana and surge in vaping use. OASIS continues to monitor these changes in the environment as well as our local data in order to adjust our strategies as necessary.

This year we focused on new strategies to address vaping; through local policy work, programming, professional development and educational material development. As 2019 was a "Youth Health Survey year", we implemented, analyzed and presented our survey findings in multiple settings to encourage our partners to use the data in their own planning as well as updating our own prevention plans. Another major focus was the development and planning for the launch of a positive community norms media campaign at Stoughton High. This campaign will launch in January 2020 with an intial focus on vaping prevention. Positive community norms campaigns are intended to reduce youth misperceptions that "everyone" is involved in a behavior (like vaping) as these misperceptions are a proven risk factor for drug and alcohol use. Campaign messages are focused on the majority of students who are making healthier choices (i.e. MOST SHS students DO NOT VAPE!). There is a significant amount of planning and research that goes into implementing this type of strategy.

This year we are again greatful to the leadership of Senator Walter Timilty who fought for local prevention earmark dollars. As a result of his advocacy, as well as the support from Representative Lou Kafka and Representative Bill Galvin, OASIS received \$30k to address adolescent substance abuse prevention in 2019/2020.

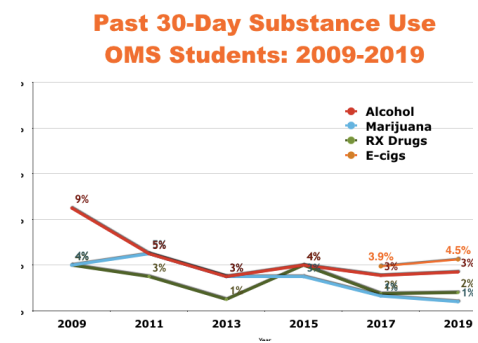
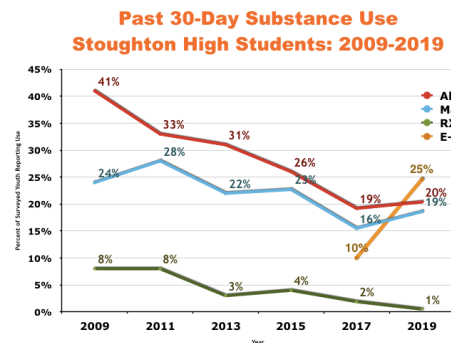
Sincerely,

*Stephanie M. Patton, MPH*  
*Prevention Coordinator*

# 2019 Goals

## 10-year reduction in Alcohol, Marijuana and Prescription Drug Use among SHS and OMS Students

REDUCED  
ALCOHOL &  
OTHER DRUG  
USE AMONG  
STOUGHTON  
YOUTH

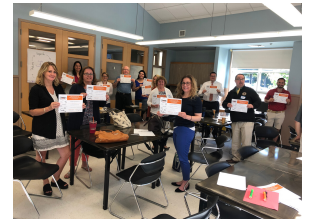


Over the past 10 years, Stoughton has seen reductions in "current" (measured by past 30 days) alcohol, marijuana and prescription drug abuse. Unfortunately, electronic cigarette use was on the rise in Stoughton.

This issue was one of the focuses of our 2019 prevention work.

## Increased number of community partnerships; Provided 10+ Prevention and Leadership Trainings; Surveyed over 1500 Stoughton Middle and High School Students

INCREASED  
COMMUNITY  
CAPACITY TO  
ADDRESS  
ADOLESCENT  
SUBSTANCE  
ABUSE



An ongoing focus for OASIS has been to ensure that the coalition is using current local data to identify emerging needs and ongoing concerns. In "odd years", like 2019, OASIS collaborates with the Stoughton Public Schools to conduct a Youth Health Survey for all 6-12 grade students. In order to ensure long-term, collaborative and sustainable strategies, OASIS provides prevention and leadership trainings for our Stoughton partners. This builds a broad and diverse prevention infrastructure that can meet the many different needs of our youth and families. In addition OASIS provides educational workshops, materials, social media and cable offerings for the education of parents and community members.

## Mission

The mission of the OASIS Coalition is: To work collaboratively to reduce youth substance abuse by: reinforcing healthy community norms; decreasing youth access to alcohol, tobacco and other drugs; and creating sustainable policy changes that will support healthy youth choices.

# Local Risk and Protective Factors

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In order to focus on improving the health and wellness of Stoughton Youth, OASIS focuses on addressing a number of factors that can either provide youth some protection from using alcohol and other drugs, or put them at increased risk.

These risk and protective factors are based in prevention research and have been identified in Stoughton through youth surveys, focus groups and key informant interviews.

These risk and protective factors include:

- Increase community connections and bonding
- Address community laws and policies that are permissive of substance use
- Reduce youth access to alcohol and other drugs
- Increase family management skills
- Reduce misperceptions about peer alcohol and other drug use

In addition, OASIS continues to focus on building the local prevention infrastructure and leadership development. This work is the foundation of all of our collaborations, our ability to implement effective strategies and keep momentum for long-term, lasting change.

The Big Picture Logic Model on the next page illustrates the relationship between many of our strategies and the above mentioned risk and protective factors.

## Core Principles

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OASIS is guided by the following core principles that are based on the Science of the Positive and were developed through consensus of the coalition.

Be Positive: We are U-Knighted to grow a healthier Stoughton.

Be Present: We use current data to assess our needs and to support our youth.

Be Preceptive: We value diverse perspectives.

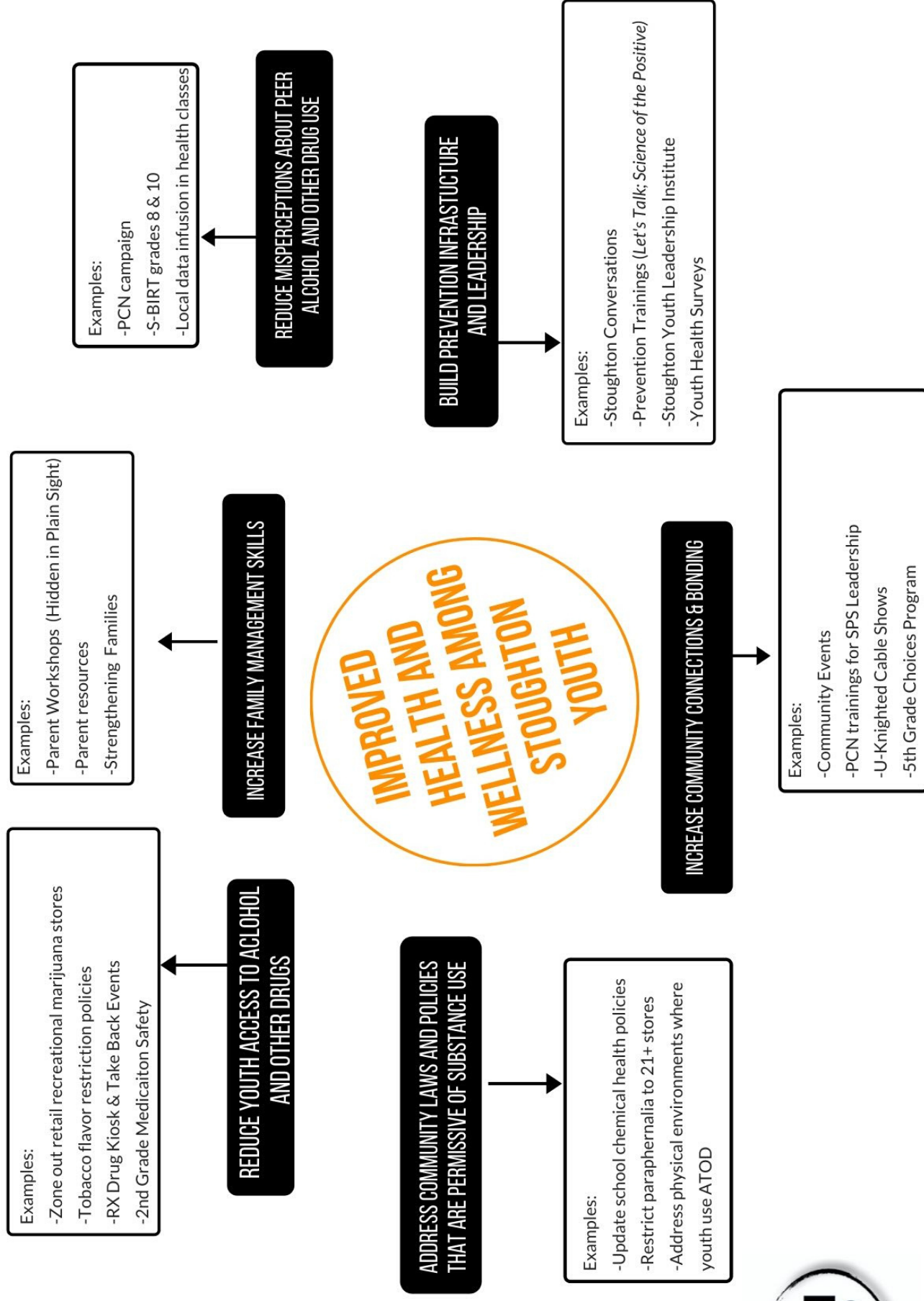
Be Purposeful: We are committed to accomplishing our mission.

Be Perfected: We seek and develop opportunities to grow and improve our work together.

Be Proactive: We anticipate and respond to issues with an eye on sustainability.

Be Passionate: We are advocates for positive community transformation.

# Stoughton OASIS Big Picture Logic Model





# Other 2019 Accomplishments

- Produced and hosted monthly U-Knighted for a Healthy Stoughton cable show with SMAC.
- Implemented 2nd grade Medication Safety workshop at all 5 elementary schools.
- Supported implementation of S-BIRT alcohol and drug screening for all 8th and 10th graders with materials and data.
- Implemented Youth Health Survey to all 6-12 grade students. Analyzed and presented data.
- Developed Parents Matter Curriculum and trained 4 Brazilian Parents as bi-lingual trainers.
- Provided *Let's Talk* training on using motivational interviewing and Science of the Positive to facilitate communication.
- Provided training in *7-Step Positive Community Norms Communication* model.
- Worked with Board of Health to pass CBD advisory. Developed informational materials for parents.
- Worked with Board of Health to update and pass new tobacco regulations including: restricting all flavored tobacco products (including mint, menthol and wintergreen) to 21+ establishments; restricting all paraphernalia to 21+ establishments; and clarifying tobacco licensing caps.
- Offered several Vaping Prevention Programs including: full SHS assembly; parent presentation at OMS; parent presentation at SHS; and multiple cable shows.
- Educated parents using *Hidden in Plain Sight* display at multiple occasions including: SHS and OMS parent teacher conferences; New England Community Center's night with the Brazilian Consulate; and Community Flu Shot Clinic.
- Piloted 5th Grade Choices program at the Dawe to better prepare students for the transition to middle school.
- Developed communication plan, messages and marketing materials for 2020 Positive Community Norms Campaign at Stoughton High. Campaign will launch in January 2020.
- Facilitated bi-monthly Stoughton Conversations leadership development series
- Presented Stoughton Coalition model at The Montana Summer Institute to coalitioners from across the Country.
- Provided weekly Stoughton Leadership Institute workshops to a cohort of 20+ Stoughton High Students.
- Developed and updated materials including: SYC Resource Card; CBD Advisory Facts for Parents; Positive Community Norms in Stoughton Overview; Vaping Quit Resources for Adolescents; 2019 Stoughton Youth Survey Key Findings Report; Hidden in Plain Sight materials and more.
- Provided Prescription Drug Take Back at Hazardous Waste Day.
- Awarded MA Promise Fellowship grant to host a full-time Americorps Fellow to implement Youth Leadership Institute (SLI) with Stoughton High Students. SLI participants are mentoring 8th grade students who have been identified as by the guidance department as in need of additional support.
- Lead community for MA DPH Bureau of Substance Abuse Services Substance Abuse Prevention Collaborative Grant, serving Stoughton, Holbrook, Walpole and Canton.
- Participant in Norfolk District Attorney's Coaliton Leaders group.
- Partner community for Bay State Community Services MA Opiate Prevention Collaborative Cluster Grant.

