

## CCFW Meeting Minutes

**Date:** November 4, 2020  
**Location:** Zoom Virtual Meeting

**Time:** 3pm – 3:30 pm  
**Next Meeting:** December 2nd

**Facilitator:** Kelly Stevens  
**Recorder:** Kelly Stevens

**Attendees: Name**


Kathy Schnackenberg
Becky Robarge
Maggie Fronk
Bill Moon
Donna Nichols
Merry Rudinger
Kelly Stevens
Amber Danaher
Sue McNeil
Leah Breeyear

**Sector** Choose an item.

Schools
Youth Serving Organization
Healthcare
Youth Serving Organization
Parents
Healthcare
Substance Abuse Org
Substance Abuse Org
Healthcare
Healthcare

Topic	Discussion	Decisions/Actions to be Taken
<b>CCFW Updates</b>	<ul style="list-style-type: none"> <li>DEA Rx Take Back Day was held on Saturday 10/24. The 2 drop-off sites within the SGFCSD were at Wilton Town Hall and Moreau Emergency Squad. CCFW attended the Moreau EMS location which brought in 4 ½ boxes of medications as compared to 2 boxes last October. 40 individuals dropped off medications and were provided with a sealed bag containing a CCFW info card, 1 large Deterra bag, logo Post It notes, a logo pen and 5 Lock Your Liquor stickers with instructions.</li> </ul>	Contact Kelly Stevens at <a href="mailto:ccfw-coordinator@preventioncouncil.org">ccfw-coordinator@preventioncouncil.org</a>

	<ul style="list-style-type: none"> <li>As part of our goal to reduce youth alcohol use among 7<sup>th</sup> – 12<sup>th</sup> graders by 2.4% this year, the Coalition has created a Lock Your Liquor Sticker Campaign. See e-mail attachment for image.</li> </ul>	
<b>CCFW Youth Updates</b>	<ul style="list-style-type: none"> <li>Trunk or Treat 2020 was a huge success! 239 vehicles drove through our 26 trunk stations to receive treats. We approximate about 1,000 people in total (kids &amp; adults) attended the event. Check out our event photos on Facebook. Each vehicle driver was given a sealed bag containing a CCFW info card, 5 Lock Your Liquor stickers with instructions and a superhero logo ice pack. All trunk participants were given a CCFW logo grocery tote with logo promotional items, a CCFW Welcome Packet and snacks from Pine Knolls. A huge CCFW thank you to all of our participants, volunteers and sub-committee members.</li> </ul>	Contact Amber Danaher at <a href="mailto:ccfw-youth@preventioncouncil.org">ccfw-youth@preventioncouncil.org</a>
<b>Update from Wellspring – Maggie Fronk</b>	<ul style="list-style-type: none"> <li>They're breaking ground on a new Wellspring building in the coming weeks. No more "basement on Broadway", the new building will be just south of exit 13 on Rt. 9 in Malta. Check out the News 13 story with Mark Mullholland.</li> </ul>	<a href="https://wnyt.com/capital-region-comeback/saratoga-springs-domestic-violence-agency-wellspring-to-move-to-malta-and-expand-services/5903989/?cat=10114&amp;fbclid=IwAR3Kce77868sqATVNNz1QHj06CzMGlma5G9A-31-eD6mEt8795cbfEyPaBw">https://wnyt.com/capital-region-comeback/saratoga-springs-domestic-violence-agency-wellspring-to-move-to-malta-and-expand-services/5903989/?cat=10114&amp;fbclid=IwAR3Kce77868sqATVNNz1QHj06CzMGlma5G9A-31-eD6mEt8795cbfEyPaBw</a>
<b>Update from Big Brothers, Big Sisters of the Southern Adirondacks – Bill Moon</b>	<ul style="list-style-type: none"> <li>Bowl for Kids' Sake was held last weekend at King Pin's Alley in SGF. This year's event saw a decline in bowling teams due to the pandemic, though fund raising efforts came in better than expected. \$79,000 was raised over the weekend versus the \$126,000 raised last year over 2 weekends. If you would like a free Bowl for Kids' Sake t-shirt (complete with CCFW logo on the back), stop by the BBBS office at 14 W. Notre Dame St. in Glens Falls.</li> </ul>	<a href="http://www.bbbssadk.org/">http://www.bbbssadk.org/</a>
<b>Update from Moreau Community Center – Donna Nichols</b>	<ul style="list-style-type: none"> <li>The MCC Holiday Bazaar will take place from 9am – 3pm on Saturday November 14<sup>th</sup>. The bazaar will be held outside in a heated tent. The bazaar features holiday craft vendors, food and cheer! All CDC safety requirements will be in place. Wear your mask!</li> </ul>	<a href="https://moreaucommunitycenter.org/">https://moreaucommunitycenter.org/</a>

	<ul style="list-style-type: none"> <li>The MCC bus continues to serve local residents and limited senior programming as well as Kids Corner programming continue at the Center.</li> </ul>	
<b>Update from South Glens Falls Schools – Kathy Schnackenberg</b>	<ul style="list-style-type: none"> <li>December 21<sup>st</sup> has been designated as a district-wide Virtual Social – Emotional Learning Day in South Glens Falls. The high school is looking for organizations to create 45-60 minute virtual presentations that can be presented to students in grades 9-12. Presentations and activities should be focused on Stress Reduction, Time Management, Emotional Wellness, Responsible Decision Making, etc.</li> </ul>	Contact Kathy for more information at <a href="mailto:schnackenbergk@sgfcsd.org">schnackenbergk@sgfcsd.org</a>
<b>Update from Reality Check - Merry Rudinger</b>	<ul style="list-style-type: none"> <li>November 19<sup>th</sup> is the Great American Smokeout - start your journey toward a <b>smoke-free</b> life. Resources are available at: <a href="https://www.cancer.org/healthy/stay-away-from-tobacco.html#:~:text=The%20American%20Cancer%20Society%27s%20Great%20American%20Smokeout%20is,planning%20in%20advance%20and%20quitting%20smoking%20that%20day">https://www.cancer.org/healthy/stay-away-from-tobacco.html#:~:text=The%20American%20Cancer%20Society%27s%20Great%20American%20Smokeout%20is,planning%20in%20advance%20and%20quitting%20smoking%20that%20day</a>.</li> <li>Please follow/like Clear Air in the Southern Adirondacks (CASA) on their updated Facebook page</li> </ul>	<a href="https://www.facebook.com/CASASWW">https://www.facebook.com/CASASWW</a>
<b>Update from AHI – Sue McNeil</b>	<ul style="list-style-type: none"> <li>Open health care enrollment for new applicants runs November 1<sup>st</sup> – January 31<sup>st</sup>. All current program memberships have been extended through the end of the year.</li> </ul>	
<b>Update from Planned Parenthood of Greater New York – Leah Breeyear</b>	<ul style="list-style-type: none"> <li>Leah has been working on providing Single session workshops for adults and high school youth. She’s provided outreach at several events with a total of reaching over 630 individuals and 155 folks over the course 2020 for workshops. Looking to expand virtual programs, let me know of folks are interested in sex education, I'm your person!</li> </ul>	Contact Leah for more information: <a href="mailto:leah.breeyear@ppgreaterny.org">leah.breeyear@ppgreaterny.org</a>  <a href="http://www.ppgreaterny.org">www.ppgreaterny.org</a>
<b>Update from Saratoga County Youth Bureau – Becky Robarge</b>	 <b>ctac</b> THE COMMUNITY TECHNICAL ASSISTANCE CENTER OF NEW YORK  <b>Register for a NEW CTAC Webinar!</b>	<a href="https://www.saratogacountyny.gov/departments/youth-bureau/">https://www.saratogacountyny.gov/departments/youth-bureau/</a>

# The Impact of Technology and Social Media on Youth Mental Health

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Monday, November 9th | 1-2 PM

Presented by: Susan Reynolds, M.Ed

**This webinar will offer providers the language and tools to help youth and teenage clients assess their relationship with technology in a way that is healthy and positive.**



Young people are growing up in the digital age. Their relationship with technology and screens is complex and multi-faceted. Technology and social media use have been linked to negative mental health effects in youth such as anxiety, depression, loneliness, and eating disorders. However, there are also positive associations such as staying socially

	<p>connected, civic engagement, sharing resources, and creating virtual communities and support systems.</p> <p>When addressing the effects of technology and social media on the mental health of young people, providers may want to talk about technology and social media in a way that is nuanced and reflects an understanding of how young people can both benefit from and be challenged by their complicated relationship with technology and social media.</p> <p>This webinar will <b>(1)</b> review the research on the relationship between technology, social media, and youth mental health, <b>(2)</b> offer providers the language and tools to help youth and teenage clients assess their relationship with technology in a way that is healthy and positive, and <b>(3)</b> address the impact of the COVID-19 pandemic on technology/social media use and mental health as in-person experiences such as education and socializing have shifted largely to a virtual setting.</p> <p style="text-align: center;"><a href="#">Click here to register!</a></p>	
<b>Next Meeting:</b>	<b>December 2nd 2020</b>	