

## MEETING MINUTES

Meeting Name:	Fairfax Prevention Coalition
Meeting Date:	October 11, 2023
Meeting Time:	1:00pm-3:00pm
Venue:	Virtual
Attendees:	Anis Saccoh (WHPP), Jacob Berenbroick (NCS), Ellen Volo (Opioid and Substance Use Task Force Coordinator), Kim Linkel (CADCA), Yuri Coronado Prieto (WHPP), Angela Bates (CSB Communications), Marla Zometsky (NCS), Jennifer Feltes (Health Department), Olga Carillo (NCS), Toiya Godfrey (NCS), Zubair Saeed (NCS), Raymond Paden (WHPP), Paul Woods (NCS), Ashely Summers (Dominion Hospital), Marvin Quintero (NVFS), Patricia Moreno (Anthem HealthKeepers Plus), Berkeley Gerstner (WHPP), Katie Scipione (WHPP), Samantha Andrews (CADCA), Terry Walters (community), Brian Anderson (CSB), Carrie Cannon (Health Promotion Coordinator, Health Department), Linda Watkins (INOVA, Injury Prevention Coordinator), Parham Jaberri (Health Department), Caro Cadena (School Health), Gelareh Bassiry (Arise and Flourish), Lindsey Henderson (CSB), Betty Djawdan (Arise and Flourish), Lori Naveda (FPC Coordinator/WHPP)

### Meeting Notes:

2022-2023 Fairfax County Youth Survey Presentation, Marla Zometsky, NCS

Youth Survey Information: <https://www.fairfaxcounty.gov/data/youth-survey>

Youth Survey Results: <https://www.fairfaxcounty.gov/data/youth-survey-results>

What you should know about the Youth Survey:

- Annual survey that is comprehensive, anonymous, and voluntary.
- Given to 6th, 8th, 10th, and 12th grade students.

Why we administer the Fairfax County Youth Survey:

- The survey provides data to county, school, and community-based organizations to assess youth strengths and needs, develop programs and services, monitor trends, measure community indicators, and guide countywide planning prevention efforts.

Partnerships:

- The survey is a partnership and coordinated effort with the Department of Management and Budget (DMB), the FCPS Student Safety and Wellness Office and multiple agencies within the Fairfax County government, NCS, CSB, HD, etc.

2022-2023 Youth Survey Participation:

- 39,198 students in 6<sup>th</sup>, 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> grades participated in the electronic survey. 6<sup>th</sup> graders take a modified survey.
- Available in 8 languages.

#### Survey Highlights: Mental Health:

- 29% of students felt sad or hopeless, a decrease from 38% in 2021.
- 23% felt stressed more/all of the time, a decrease from 30% in 2021.
- 11% considered attempting suicide, a decrease from 16% in 2021.
- 4% attempted suicide, a decrease from 6% in 2021.
- There is a downward trend compared to the past 2021 data.
- Disparities are still present based on gender, sexual orientation, and gender identity.

#### Survey Highlights: Substance Use

- 92% of Fairfax County youth reported no alcohol use in the past month.
- 90% of Fairfax County youth reported no other substance use in the past month.
- Rates of substance use are trending down, the percentage of students reporting the use of substances have generally declined over the past ten years.
- Fairfax County youth reported lower rates of use than those reported nationally for most substances assessed on the survey.

#### Survey Highlights: Substance Use and Mental Health:

- One in four Fairfax County youth who reported substance use (24.6%) also reported they had seriously considered suicide in the past year (vs. 9% of those who did not report the experience).

#### Survey Highlights: Abuse at Home as Risk Factors

- 27% of Fairfax County youth who reported emotional or physical abuse at home reported that they had seriously considered suicide in the past year (vs. 6% of those who did not report the experience).
- 25% of Fairfax County youth who reported emotional or physical abuse at home reported that they had used alcohol, tobacco, and substances in the past month (vs. 10% of those who did not report the experience).

#### Survey Highlights: Assets

- School: Teachers notice good job, opportunity to talk to teacher one-on-one, feel safe at school, school communicated with parents when student does well.
- Community: Availability of extracurricular activities, adults disapprove of marijuana use, adults in community to talk to, neighbors notice good job.
- Family: Availability of extracurricular activities, adults disapprove of marijuana use, adults in community to talk to, neighbors notice good job.
- Individual: Regular participation in extracurricular activities, volunteer regularly, follow rules, think through possible results before making a decision, accept responsibility for actions and mistakes, do their best even for jobs they dislike.

#### Three to Succeed:

- The Fairfax County Youth survey shows that children and teens with three or more protective factors are more likely to: Manage stress, make better choices, and develop healthy habits.

- Protective factors include: Having parents or guardians who are available to help, participation in after-school activities, having adults in the community to talk to, etc.
- Youth who have three assets are less likely to engage in risky behavior than youth who have none.

#### **FPC Updates:**

- **Drug Take Back event:**

- October 28, 2023, 10:00am-2:00pm, 9 locations (District Police Stations, Tysons Emergency, Reston Hospital, Vienna Police Department)
- Disseminate [DTB flyers](#) to the community and local organizations (suggestions were: coffee shops, faith organizations, pharmacies, libraries, community centers, etc..)
- Contact Lori if you are interested in volunteering at any of the 9 sites, for any amount of time.

- **Partnership with George Mason University, Student Health Advisory Board (SHAB):**

- Partnering to raise awareness about safe disposal and opioid overdose and naloxone education. Will be providing REVIVE training on the campus in November 2023.
- Spread the word about our presence on campus.

- **REVIVE! Opioid Overdose and Naloxone Education Training:**

- WHPP provides [REVIVE virtual trainings](#) that are open enrollment in English and Spanish and can also offer customized trainings. The information provided is on recognizing signs and symptoms of an opioid overdose, how Naloxone works, the steps in administering Naloxone and at the conclusion of the training, attendees are dispensed the Narcan nasal spray at no cost if they reside in Fairfax County.

- **Alcohol:**

- Fun and Festive for Everyone flyer promotes alternatives to drinking and are available for dissemination. Find the flyer on the [FPC website](#).

- **Talk. They Hear You.**

- [Open enrollment presentations](#) are available through 2023.

- **Fairfax Prevention Coalition Website:**

- Please review the newly updated [website](#) and provide feedback on all parts of the site: the layout, resources, updates, etc. Can we add information? Any information is helpful.

- The FPC 2024 monthly meeting links will be sent in the next few weeks.

#### **Resource Sharing:**

- Angela Bates – The CSB supported the article below, published on the Fairfax County Government's News Center: [How to Dispose of Your Unused or Expired Medications | News Center \(fairfaxcounty.gov\)](#)
- Yuri Coronado Pietro (WHPP) – Youth Mental Health Awareness Day, May 3, 2024, James Lee Center, looking for partners/sponsors, please contact Yuri

- Marvin Quintero (NVFS) – Vienna Health Fair, Saturday, Nov 4th, 1:00pm-4:00pm, 344 Courthouse Rd, Vienna, VA 22180, (703) 938-8383. viennahealthfair@gmail.com, mquintero@nvfs.org, (571) 579-1985, covid vaccines, medical advisors, etc.
- Paul Woods (NCS) – Centreville Day - The 31st Annual Centreville Day celebration is October 14, 2023, from 10am to 4pm. The festival is located in Historic Centreville Park, 5714 Mt Gilead Road, in the heart of the Centreville Historic District.

Action Items:			
No.	Description:	Responsible party/parties:	Due by:
1.	<b>DEA Drug Takeback</b> Volunteer at a Drug Take Back site on 10/28, 10:00am-2:00pm. Please contact <a href="#">Lori</a> if interested.	All FPC members	October 24, 2023
2.	<b>DEA Drug Takeback</b> Disseminate DTB flyers around the community	All FPC members	ASAP
3.	<b>REVIVE!</b> Open enrollment trainings are available (English and Spanish). Continue to share this resource with all community members.	All FPC members	Ongoing
4.	<b>Talk. They Hear You.</b> Open enrollment presentation are available (English and Spanish). Continue to share this resource with community members.	All FPC members	Ongoing
5.	<b>Meeting minutes</b> Volunteer to take the minutes for an upcoming meeting	All FPC members	Ongoing

Other: Next FPC meeting is scheduled for **November 8<sup>th</sup> 1:00pm, virtually (Zoom)**