

# **BOE Social Emotional Health & Wellness Committee Minutes**

**Friday, April 22, 2022, 9:30am**

**BOE Conference Room**

**3 Primrose St., Newtown, CT 06470**

**Present:** Janet Kuzma (chair), Jennifer Larkin (member), Deborra Zukowski (member), Dr. Lorrie Rodrigue (superintendent), Anne Dalton (Health and Wellness Coordinator) and two members of the public.

## **CALL TO ORDER**

The meeting was called to order at 9:33 by Ms. Kuzma.

## **PUBLIC PARTICIPATION**

None.

## **OLD BUSINESS**

### **1. Community Partnerships – Health Department**

The Health Department and the Lion's Club are working in concert on a town-wide program to help prevent diabetes and cardiovascular disease. This effort includes a "Know Your Numbers" campaign and the 5210 program, discussed last meeting, for children.

### **2. Newtown Prevention Council Vaping Initiative**

As mentioned last month, Ms. Dalton is coordinating with the Newtown Prevention Council on the town-wide anti-vaping campaign. As part of that Tricia Dahl, a senior Research Assistant at Yale School of Medicine and expert on adolescent vaping, will be visiting NHS Health I classes to speak with the students. More information about the Yale School of Medicine anti-vaping effort is included in Appendix A.

## **NEW BUSINESS**

### **1. Internet Safety Informational Session**

Newtown Middle School, Head O'Meadow, and Sandy Hook joined together to host Richard Guerry's "Public & Permanent: Motivate Responsible Use of Technology & Prevent Digital Abuse!" program. Ms. Dalton reported that the message was excellent and the passion evident. A recording of the program is available for a short time. Any parents/guardians who missed the event can contact their PTA for more information.

Ms. Kuzma mentioned that she has a contact with a former Naugatuck police officer who focused on internet safety awareness.

There was a recent issue at Reed concerning social media. Parent's were notified. Such events, when they become apparent, get reported to school leadership and handled according to district guidelines.

Ms. Dalton will also talk with Officer Chapman about a discussion he might host concerning how to be a good internet citizen.

### **2. Newtown High School – Mini Health Fair**

There will be a mini health fair in the Newtown High School lobby on May 25. The theme will be 5210, i.e., 5 servings of fruits and vegetables, no more than 2 hours of screen time, at least 1 hour of physical exercise, and 0 sugary drinks per day. Representatives from Whitsons, the Newtown Community Center, and Parks & Rec will be joining.

### **3. Approve minutes from January 28, 2022**

Ms. Larkin moved to approve the minutes of March 25, 2022. Ms. Zukowski seconded. The motion passed unanimously.

### **SUPERINTENDENT UPDATE**

Ms. Dalton has been continuing her work creating a worksheet the contains Social Emotional Programs, Personnel, Practices, and Partners. This worksheet is now available via the district website. [It can be accessed by clicking the “Social Emotional Health Supports” Resources link on the Health and Wellness Department’s web page: <https://www.newtown.k12.ct.us/HealthandWellness>.] Ms. Dalton is also now a member of PEAC’s Community Partnership Workgroup.

### **PUBLIC PARTICIPATION**

Don Ramsey, 3 Prospect Drive, shared a concern that children may model poor internet behavior of adults. He asked if it might make sense to provide an Internet behavior/bullying program for parents so they can better model safe and kind use of the internet at home.

Kate McGrady, 26 Philo Curtis Rd., mentioned that human traffickers often use social media and the internet to groom and prey on children. She said that the Dept. of Children and Families can provide training. She will provide the name of a contact.

### **ADJOURNMENT**

Ms. Larkin moved to adjourn the meeting at 10:10 am, seconded by Ms. Zukowski. Motion passed unanimously.


APPENDIX A



If you're interested or  
would like more information,  
please call or text the  
T.R.Y. staff at (203) 361-4267

[www.YaleStopVaping.com](http://www.YaleStopVaping.com)

T.R.Y.  
to



Tobacco Research in Youth  
Yale University School of Medicine

[www.YaleStopVaping.com](http://www.YaleStopVaping.com)



Having a hard time quitting vaping?  
Yale has a study that may help you!  
You can earn up to \$436.  
All appointments are remote!  
For more info text "QUIT VAPE" to  
(203)361-4267  
[www.YaleQuitVaping.com](http://www.YaleQuitVaping.com)

HIC#2000028318

Since you currently vape and would like to quit vaping\*, you are invited to participate in a 4-week quit nicotine study examining quit nicotine counseling and incentives for not vaping or using nicotine. This program is part of a research project funded by the American Heart Association and being conducted by researchers at Yale University.

*\*Students must **voluntarily** want to quit vaping to participate in the program.*

### **If you are interested in participating:**

- ⇒ Please call us at (203) 361-4267 or go to **yalequitvaping.com** and we will review the program details and answer any questions you have.
- ⇒ You will be scheduled for a two hour appointment, done remotely via Zoom where we will answer any questions you have about the program prior to signing an assent form. You will also complete some initial assessments.
- ⇒ We will schedule a contactless visit where we will pick up a urine sample to test for nicotine (we don't test for drugs or alcohol).
- ⇒ If eligible, we will then set up a second contactless visit where we will drop off a tablet (Samsung Tab A) and all of the supplies you will need for the 4 week study (if you complete the study, the tablet is yours to keep).
- ⇒ Participation is voluntary and participants can withdraw at any time.

### **How does the program work?**

Once eligibility is determined, participants will pick a "Quit Day". Participants will receive one-on-one weekly Cognitive Behavioral Therapy (CBT) to help them learn how to quit and strategies to help deal with things like stress and withdrawal. Two of these sessions will be conducted prior to quit day to prepare them to quit vaping. There is also a

### **Benefits**

The benefit of participating in this research project is that it may help you quit vaping.

### **Treatment Alternatives**

If you do not want to join our program but still wants to quit vaping, we can provide referrals to other local cessation programs or information.

### **Confidentiality and Privacy**

Any identifying information will be confidential and will be disclosed only with your child's permission. Parents and teachers will not have access to any information collected. The research staff at the Yale School of Medicine are required to comply with HIPAA and to ensure the confidentiality of information. To further protect privacy we have obtained a Certificate of Confidentiality from NIH. With this certificate, the researchers cannot be forced to disclose identifying information, even by court subpoena.

The health information that will be collected as part of this project includes research, medical, and laboratory records. This information will only be used by or disclosed to:

- The US Dept. of Health and Human Services
- The members and staff of the Yale Institutional Review Board(s) who approved this study.
- The sponsor of the study, the American Heart Association.
- The Principal Investigator, Suchitra Krishnan-Sarin and all personnel on the research team.

Any personal information is confidential and will be stored in a secure location. Information may only be used / disclosed to parties on this list, to individuals who provide this information or their personal representative, or as required by law. Some examples of confidential information we may have to report includes any abuse or homicidal or suicidal behavior. This authorization to use and disclose health information will never expire unless and until you change your mind and revoke it.

Contingency Management (CM) component where participants are rewarded for submitting videos of nicotine saliva test results and/or abstaining from nicotine (12 CM timepoints over 4 weeks). There are also four follow-up appointments at 1, 3, 6, 12 months to see how your child is doing over longer periods of time. All components are done remotely.

### **Program Components**

⇒ **Vaping cessation counseling:** All participants will receive six weekly individual CBT sessions. Topics include: how to quit vaping, cope with stress and urges to vape, deal with peer pressure and avoid relapse to vaping; these sessions will be conducted remotely via Zoom.

⇒ **Contingency Management (CM):** All participants will receive incentives (payments via e-gift cards) for performing saliva tests on a self-recorded video and submitting the videos on time. In addition, participants will be randomized into 2 different groups: The *Control* group will be rewarded a flat amount for performing and submitting each of the 12 saliva nicotine tests; the *Active* group will be rewarded increasing amounts for providing saliva tests that are negative for nicotine (indicating the child has not vaped). If the child provides a saliva test that is positive for nicotine (indicating the child has vaped), the value of the payment will be reset to the original amount.

ACKNOWLEDGED BY THE YALE IRB 9/20/2021

### **Payments and Incentives**

Participants will be paid \$30 for the initial screening appointment. They will also receive \$5 for each of the individual weekly counseling sessions, as well as \$25 for each of the four follow up visits. Participants in the Active CM group can earn a maximum of \$276 if all saliva nicotine tests are negative and all videos are submitted on time. Participants in the Control group can earn a maximum of \$156 for submission of all saliva test videos on time.

Total maximum payment for the Active group = \$436.00

Total maximum payment for the Control group = \$316.00

#### **Questions about the program?**

Call or text Tom (203) 361-4267 or [thomas.liss@yale.edu](mailto:thomas.liss@yale.edu)

#### **Questions about rights as a research participant?**

Call the Human Investigation Committee (203)785-4688.

#### **The Principal Investigator for this study is:**

Suchitra Krishnan-Sarin, Ph.D. (203)974-7595.

HIC# 2000028718