

## Holiday Health: How to Survive THRIVE this season

### Do you realize?

Held Tuesday, December 13<sup>th</sup>

6.30pm-8.30pm

### Aurora Theater & Popcorn Shop

#### Expenses:

Wegmans Gift Card - \$250 (Holland Account)

Thank you gifts for speakers – 6 @ \$50 each for framing/matting - \$300

(original artwork donated – in kind value = \$780)

Pacific Underground Catering - \$1322

Plastic cups for mocktails - \$25.09

Total Expenses: \$1897.09

(Budgeted amount approved by Steering Committee 12/5/22 - \$1922)

#### Income:

Sponsorships:

Mike & Amy Gates - \$100 (minus paypal fees - \$2.99 = \$97.01)

Merrill Lynch – Employee Matching gift - \$100 (pending)

Senator Gallivan - \$100

Grace in Community Church - \$100

50/50 Raffle - \$95

Total Income: \$492.01

#### ATTENDANCE: ~79 people

Includes volunteers, mini-health fair attendees and speakers.

Finger foods catered by Pacific Underground Catering.

Mocktails prepared by Luke & Mitchell Sterlace

Art Installation by BluBird Studio

Red Carpet photos by Elias Pelletreau

50/50 raffle managed by Youth Ambassador, Jeremy Gratien

Mini Health Fair tables: Rural Outreach Center (ROC), FOCUS Coalition, Alden SAC, Horizons Health Services, EC Prevention Council, ECDOH Opiate Task Force, Alcoholics Anonymous, Tobacco Free Communities, ITAC

## Youth Coalition Interactive Wall – Do you Realize?

What positive message do you wish you could give to your teenage self?

What is the one piece of advice you hope your teenager remembers?

What do you wish someone would say to you when you're feeling hopeless?

Finish the sentence:

Do you realize.....

(attendee's were asked to write messages on post it notes and add to the wall)

### DISCUSSION PANEL

Introduction clip on screen by Sarah Sterlace using "Do you realize?" song by Flaming Lips

Introduction by Alli Pelletreau (including playing the video "Numb" by Liv McNeil)

Discussion Panel MC: Steve Tasker

Speakers: Wendy Aplin, Colleen Babcock, Frank Scarpinato, Brittany Smorol, Mikayla Martin

Suggestions for MC on questions for the panel – these were loosely followed, based on time constraints, progress of the discussion etc.

Panel members gave individual introductions with their personal story and their "Why"

Discussion themes (allow each participant to respond if they want to)

1. The Holidays can be a stressful time for many people. What strategies can you recommend to promote health and well-being during this time of year, and to avoid unhealthy behaviors?
2. Promoting health and well-being to young people is particularly important. Do you have any tips about how to improve communication with our youth?
3. In our society, alcohol use has become almost synonymous with celebrations among adults. For someone who is struggling with alcohol abuse or addiction, this can make holiday events particularly difficult. Tobacco use is known to increase as stress increases, and marijuana or other drugs are sometimes used to "cope". What are your tips for someone who is trying to reduce use during holiday parties to navigate the temptation to use or overuse. And for those of us hosting, how can we be more supportive?
4. Young people are watching. As adults, parents, and the community - what is the best way to limit access of substances to youth at holiday get togethers, model safe and appropriate behavior about celebrating for kids (that is not substance focused)?
5. Peer pressure can be strong. For our youth, what are some useful refusal skills to have? What are some easy ways to say no?

Closing Remarks by Mark Sterlace

Evaluations received = 36



## It Takes a Community (ITAC) Coalition Holiday Health Event Survey December 13, 2022 RESULTS

Your feedback is critical to our success! Below is a series of statements regarding the holiday season and substance use. Please provide your anonymous feedback on each item. If you would like to add any additional feedback, please write it on the back of this sheet. **THANK YOU!**

### What is your age?

Under 18	17%
18-25	8%
26-34	6%
35-50	28%
51-64	28%
65+	14%

### In what primary capacity are you attending this event? (Check One)

Youth	17%	Religious/Fraternal Org	11%
Parent	49%	Law Enforcement	0%
Business	0%	Civic or Volunteer Group	0%
Media	3%	Healthcare Professional	6%
School	3%	State or Local Agency	3%
Youth-Serving Organization	9%		

Please rate each statement from Strongly Disagree to Strongly Agree.

Statement	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
It is common in our community for youth 18 years old or younger to drink alcohol during the holiday season.	3%	3%	18%	48%	27%
Substance use is a large part of holiday celebrations in our community.	3%	6%	19%	34%	38%
I personally know someone in our community who has difficulty with substance use issues around the holidays.	6%	6%	19%	38%	31%
Tonight, I learned new strategies to promote health and well-being during the holiday season.	0%	0%	18%	53%	29%
Tonight, I learned new strategies to promote health and well-being <b>specifically among youth</b> during the holiday season.	0%	0%	21%	53%	26%
I would recommend a future event on this topic to someone I know in our community.	0%	0%	18%	44%	38%