

NH Governor's Youth Advisory Council On Substance Misuse and Prevention



GYAC Meeting Minutes
16 April 2022
11:00 a.m - 1:00 p.m

Present: Abigail Bone, Lyla Buxton, Kylie Cloutier, Grace Coughlin, Hailey Dubois, Loreley Godfrey, Dave Mara, Tim Lena, Jacob Lebroda, Bradley Matarazzo, Spencer Matarazzo, Maura McGowan, Autumn Pelletier, Luisa Pelletier, Kaiser Perry Elsa Rogers, Narayan Sajeev, Likhita Thiriveedi, Kaylee Troung, Eliza Zarka.

Call to Order: Elsa Rogers called the meeting to order at 11:02 a.m.

1. Welcome/Introductions, Approve March Meeting Minutes

- a. Bradley Matarazzo made a motion to approve the April 16, 2021 meeting minutes
Lyla Buxton seconded the motion. A roll call vote passed unanimously.

2. Recruitment Discussion

- a. Discussed how to share the new flier created and how to build the program within the northern parts of N.H. Also discussed creating a new and improved contact list to help with recruitment and outreach.

3. Discussion with Governor Sununu

- a. Discussion Topics
 - i. Run down of annual report
 - ii. Run down of what we have accomplished this year
 1. Discussed what we have learned from the presenters who came this year and how effective the presentations themselves were.
 - iii. Discussed recommendations
 1. Support for the National Suicide Hotline number on student IDs.

NH Governor's Youth Advisory Council On Substance Misuse and Prevention



2. Reach for a Social Media advertisement on the Governor's page.
3. Reach for better health education classes (regarding mental health, drug use prevention, and recovery) in order to bring learning to the next level and expand youth treatment options.
4. Reach to get feedback about what kind of health administration class would be most effective through student and teachers perspectives.

iv. Discussed Plans for the Future

1. Plan to run a booth at a 5k or some kind of event to raise local awareness. (Run for Recovery)
2. Gain interaction within the Northern area of N.H.

4. Discussion after meeting with Governor Sununu

- a. Find sponsors who are dedicated to substance misuse prevention.
 - i. ^^Palm cards
- b. Check in with alumni/college graduates.(Plans for a BBQ)

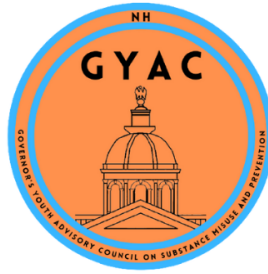
5. Presentation from Maura on N.H Teen Institute Summer Leadership Program

- a. Discussed a leadership opportunity for teens to get involved and connect with youth across N.H. The program offers workshops to help teens engage within their own communities and use their own personal powers to make a difference.

6. Social Media Updates

- a. Discussed creation of earth day post and how nature impacts mental health.

NH Governor's Youth Advisory Council On Substance Misuse and Prevention



- b. Discussed school dance post for May/June (Prom).
- c. Discussed the social media take back day with partnership and senior highlight post.

7. Updates from Eliza Zarka

- a. Seniors last meeting May 21st, reminder to be free on the third Saturday of every month. (plan ahead)

Adjournment: Autumn Pelletier made a motion to adjourn the meeting. Jacob Lebroda seconded the motion. A roll call vote passed unanimously. The meeting was adjourned at 12:58 p.m.

Next Meeting Date: May 21 2022 11:00 a.m-1:00 p.m

Location: New Hampshire State House
107 N Main St, Concord, NH 03303