

**MINUTES OF THE
CRANBURY TOWNSHIP
MUNICIPAL ALLIANCE COMMITTEE ON
DRUG ABUSE AND ALCOHOLISM**

February 20, 2024

TIME AND PLACE OF MEETING

The scheduled meeting of the Cranbury Township Municipal Alliance Committee was held on February 20, 2024 in the Township Committee Meeting Room, in Cranbury Township at 3:30 pm.

REORGANIZATION MEETING: Secretary called for nominations for Chairperson for 2024. Nomination was made by Sasha Weinstein for Joann Charwin to serve as Chairperson for 2024. Second nomination for Joann Charwin was made by Chief Mike Owens. All Members responded in Aye for Joann Charwin as Chairperson to the Municipal Alliance for 2024.

Nomination for Vice Chairperson: Joann Charwin made nomination for Sasha Weinstein as Vice Chairperson for 2024. Second nomination for Sasha Weinstein was made by Chief Mike Owens. All Members responded in Aye for the nomination of Sasha Weinstein as Vice Chairperson to the Municipal Alliance for 2024.

STATEMENT OF ADEQUATE NOTICE

Pursuant to the Sunshine Law, adequate notice in accordance with the Open Public Meetings Act (N.J. S. A. 10:4-6) was filed on January 5, 2024, of this meeting's date, time and place, the agenda was posted on the Township bulletin board, sent to any requesting personal notice, and filed with the Municipal Clerk.

CALL TO ORDER

Chairperson, Joann Charwin called the meeting to order at 3:30 pm.

ROLL CALL

Answering present to the roll call: Joann Charwin, Anjali Joshi, Sasha Weinstein, Dr. Jen Diszler, Ria Benerofe Chief Mike Owens. Alternate 1, Erika Shulman and Alternate 2, Manish Kumar. Members, Andrea Kaplan and Diane Stanley were absent. Liaison, Eman El-Badawi was not present.

Joann introduced new Alternate 2 Member, Manish Kumar. He gave brief background on himself and stated he is looking forward to working with the Board.

MINUTES

Joann asked for Motion to approve November 21, 2023 Minutes. Motion to approve by Ria Benerofe to approve, Motion seconded by Dr. Jen Diszler. All answered in Aye in approval of the November Minutes.

STUDENT REPRESENTATIVES REPORT

One of the Student Reps reported Jamfest is upcoming on Friday, February 23rd. He also reported Cranbury School participated in the PSA Challenge. Joann explained there was a public service presentation contest and Cranbury School Students participated in creating a short video to be presented to the contest holder. Joann shared the video to the Board.

POLICE REPORT

Mike Owens reported the LEAD Officer, Katie Walling-Gant has been working with the 6th graders and is close to graduating the program soon. Police Department is beginning to plan for National Night Out and Health and Wellness Fair Events.

LIAISON REPORT

Not present at meeting.

BUDGET

Joann provided a copy of 2023 budget for reference and went over some programs and where and how the funds were used for them. The 2024 budget will remain the same. No additional funds were requested to add to the budget for 2024.

NON-MEMBERS IN ATTENDANCE

None

OLD BUSINESS

Accomplishments for 2023 - Joann will ask Liaison if she (Joann) can give an overview of Municipal Alliance accomplishments in 2023 to the Township Committee at a future meeting.

Teen Mental Health First Aid – This program will begin in April for PHS Sophomores.

4th Grade Folder Contest-Partnership for a Drug Free NJ – Joann shared examples of the folder art submission by 4th Graders.

T-Shirt Quilt-Drug Free Fair & Health and Wellness Fair Shirts – Joann passed around a photo of what the quilt will look like when done.

Meeting Dates for 2024 – Meeting dates will remain as the 3rd Tuesday each month, excluding July and August, where the Board does not meet. Meeting time will remain as 3:30 p.m.

NEW BUSINESS

Goals for 2024 - Joann gave general ideas for goals for 2024.

3rd Grade Folder Contest-Partnership for a Drug Free NJ – Joann shared a flyer for a coloring and activity book for 3rd graders sponsored by PSE&G and a Partnership for a Drug Free NJ. Since the Cranbury students participated last year, Joann asked the Members if they would be interested in the students participating again. Dr. Diszler asked Erika Shulman, Health Teacher her thoughts on having her students participate. Ms. Shulman was interested in having students participate.

National Drugs and Alcohol Facts Week, March 18-24 – Ms. Girello at the school oversees the messages students prepare and share during the week. Joann asked student reps if they had anything to share about the event. One of the student reps shared they will show their 30 second video to the 6th, 7th and 8th graders. Dr. Diszler will look into putting messages on the school's information box board and will check with Ms. Girello for that week. Joann shared a flyer about parents talking with their children about alcohol and drug use and asked Dr. Diszler if it could be sent to parents. Joann asked Members for additional ideas for Drugs & Alcohol Facts Week.

National Night Out – Joann shared that she, Diane Stanley and Sasha Weinstein met with Officer Glennon to go over ideas for the event. Ideas included having a healthy food table and that the Board would provide funds towards the event. Joann shared they discussed maybe having one inflatable called, Vertical Rush and the liability insurance needed for it. People who provide the inflatable would need to have a couple of people to man it for safety. Chief Owens agreed to the inflatable at the event.

Joann also shared that Sasha, Diane and herself will reach out to some exhibitors from past Health and Wellness Fair events to see if they would be interested in participating, as well as Penn Med. There was additional discussion how they might be able to increase community attendance. A suggestion for an idea to ask older

students to perform at the event by singing and playing instruments may bring more of the community out. Dr. Diszler offered to ask the music teacher for assistance. Joann shared that she, Sasha and Diane will meet again late May/early June to continue planning and will check out South Brunswick's Night Out as they have a very large event each year. Ria shared South Brunswick has a health pavilion at their event. Joann asked Ria for suggestions on other events for Cranbury.

Penn Medicine Princeton Health Community Wellness Programs – Ria handed out a booklet outlining programs Penn Med offers. She gave brief overview of examples of what her programs at Penn Med offers, such as hiking, painting, crocheting and fishing. Penn Med is planning a hike in Cranbury this upcoming summer. Joann asked Erika Shulman to give a brief overview of what Cranbury School provides on substance abuse and prevention education. Erika shared they have a curriculum dedicated to providing education on alcohol, drug, tobacco and other drug use and its impacts on the brain and community.

Joann asked Members if they had questions for Erika Shulman. Ms. Shulman shared she will begin her next unit of abuse and wellness education, beginning middle of March. These classes are for the 6th, 7th and 8th grade classes. She also shared there is a varying depth of how involved the classes are, which depends on the grade level. Erika shared that Ms. Elliott explained that the students really enjoy videos and games during Health class. Joann asked Erika if she could have Ms. Elliott put together a list of videos and games that she would like the Board to consider purchasing for the students since they do not have the funds in their budget for these items.

Programs for 2024 – Joann shared last year she discussed a parent program with Dr. Kelly Moore, who is Director of the Graduate School of Applied Psychology at Rutgers University. Program title was: How to Teach Kids to Make Good Decisions. The program teaches how to recognize early signs and symptoms of mental distress and how to find help. Dr. Diszler shared the school district's goals for this year is to pilot parent academies. The school is planning to bring in speakers to teach and interact with the parents so they can learn about cybersecurity among other topics. Dr. Diszler shared the school is trying out those classes to see how they may work.

Joann asked the Members if they wish to have further discussion and also if anyone knows of good speakers for students to please let her know. Joann asked Mike if he is involved with or knows of any substance abuse programs with speakers. Mike shared a website, impactscommunity.org that he would refer to for speaker resources. Joann asked if he was aware of speakers that focus on vaping, opioid use or other drug use to please let her know.

DISCUSSION

No additional discussion.

PUBLIC COMMENT

None.

ADJOURNMENT OF THE MEETING

As there were no additional comments or discussion, Chairperson Charwin asked for Motion to adjourn the meeting. Motion was made by Dr. Jen Diszler and seconded by Chief Owens. All Members answered Aye. Meeting adjourned at 4:35 pm.

CERTIFICATE OF SECRETARY

I, the undersigned, do hereby certify, that I am the duly appointed Secretary of the Cranbury Township Municipal Alliance Committee on Drug Abuse and Alcoholism and that this document, consisting of 3 pages constitutes a true and correct copy of the minutes of the meeting held on February 20, 2024.

Jacqueline Bryant
Secretary

Approved Minutes, February 20, 2024