

# ARCH Minutes

February 6, 2008

8:30 - 10:00 a.m., ESC Building

## **Attendees at Meeting:**

P. Littlewood* (TESD)	L. Boyle* (TEMS, parent)
J. Videlock* (TESD)	S. Arnold (CHS 9 <sup>th</sup> Gr., parent)
M. Tannenbaum* (co-chair, parent)	S. Jean (VFES, parent)
M. Murphy* (secretary, parent)	J. Lemco* (parent)
B. Lyon* (parent)	G. Campbell (parent)
N. Clegg* (The COAD Group)	R. Brown (parent)
P. Clark* (Treasurer, parent)	G. Friedberger, RN (Rehab After Work)
J. Braun* (parent)	
G. Mascioli* (HES, parent)	

\* Denotes active ARCH member

## **Welcome, Introductions**

M. Tannenbaum welcomed everyone and started introductions.

## **Secretary's Report**

M. Murphy briefly reviewed minutes from the previous meeting. All previous minutes are on the ARCH website. ([www.ARCHcares.org](http://www.ARCHcares.org))

## **Treasurer's Report**

P. Clark reviewed the account activity. There is \$6,894.71 in the ARCH account. There was a donation of \$100 received from Gaudenzia, and a donation of \$1,000 from Andrew Youman.

## **ARCH/CAPCO Collaboration:** Vote to show "interest to pursue."

A discussion began about the possible ARCH/CAPCO collaboration. It was mentioned that it would be a win/win situation. P. Clark talked to an Accountant and as long as the missions of both groups are the same, it appears as though there would be no problem with CAPCO being under the ARCH umbrella. Pat would need to consult further with the Accountant.

Discussion also was held about the wording of “parameters”, which was written in the “CAPCO/ARCH Alliance” document.

Other points mentioned:

- Funding would now be considered for a “bigger picture”, not just one event as CAPCO is now.
- ARCH is parent focused (with similar parent volunteers year to year); CAPCO is student focused (with new, energized parent volunteers every year).
- At CHS, there is a CAPCO Club where the focus is on getting the kids to decorate a room and to have “ownership”.

A vote was taken on whether or not to continue the process of discussing an ARCH/CAPCO Alliance. The vote was “yes”.

### **Publicity Update**

G. Mascioli reviewed the publicity efforts for the March 3<sup>rd</sup> Thom Stecher presentation at CHS. Flyers will be placed in the Middle School and Elementary School newsletters, and will be available for CHS parent meetings. A poster is being approved for placement on Bulletin Boards, Telephone Poles, etc. A Press Release will be sent to the media.

Gwenn will send the poster to the ARCH mailing list so everyone can help distribute, when available.

### **Social Norming Update**

J. Vidlock reviewed the status of the Social Norming Campaign. She received a “Memo of Understanding” and added some items. The campaign will be discussed at the February 25<sup>th</sup> School Board Meeting for approval. The T/E School District will contribute \$3,000. Great Valley School District will be paying for some of this as well. They will receive some training during the first day Actuality is here, but the 2<sup>nd</sup> day is strictly for T/E.

Site Dates for Actuality to visit will be in mid-April during Unity Rocks Week.

Joyce also discussed the possibility of picking up what the norm is around bullying. Thoughts are that we may want to explore the connection between the two behaviors (drinking and bullying).

### **DARE/VFMS Update**

The DARE Graduation for the 5<sup>th</sup> graders at Valley Forge Middle School was held on February 4<sup>th</sup>. VFMS graciously let ARCH have a table outside of the Auditorium. M. Murphy and S. Jean manned the table. N. Clegg from COAD gave ARCH various booklets and pamphlets to display to help parents of teenagers become aware of the dangers of alcohol and drug use and abuse. An ARCH pamphlet was given to parents entering the Auditorium. About 30 parents stopped by the booth afterwards to collect information or ask questions. We had flyers for the March 3<sup>rd</sup> Thom Stecher presentation and handed those out as well. This activity should continue in both the Middle Schools.

### **VFES Bake Sale**

As the 4<sup>th</sup> graders at Valley Forge Elementary do not need to have an additional bake sale this year, Sarah Jean asked if ARCH could take it over and the VFES PTO agreed. It will be held on Friday, February 22 at the VFES Pizza Bingo Night. Sarah will be organizing bakers. Gwenn will do a flyer for the table.

### **Safety Committee**

The T/E School District Safety Committee is working on Mass Communication via text message and cell phone.

### **COAD Update**

Chester County has asked COAD to identify organizations in the community that would in any way help in preventing drug and alcohol use and abuse. Nancy asked us to help identify any groups (church, sports, school, etc.) we know of.

### **Guest** – Gretchen Friedberger, RN (Rehab After Work)

Gretchen discussed her work with the University of Pennsylvania's Life Counseling Program, Rehab After Work. She sees many adolescents with ADHD and stated there is a strong correlation between ADHD and substance abuse. At her work, there is a clinical study for those with ADHD abuse where, if accepted into the study, study participants would enter a 16-week program. Study participants get paid \$25 per week and are about 13-18 years of age. Some study participants are placed on a drug called "Concerta" that is known for its ability not to cause abuse, while others are placed on a placebo. The study site is in Daylesford. It is free treatment. Those individuals that may be substance abusers may be diagnosed when they are already enrolled in the study; therefore they are assisted while in the study. Any questions, please contact Gretchen at 610-644-6464.

The group then discussed a Super Bowl Ad that emphasized how kids were seeing parent medicating themselves. The idea is that this is becoming the norm in our society and that kids are now thinking it is ok for them to self-medicate as well, when indeed, it is not.

Gretchen mentioned various drugs that she sees in her work that are abused. She stated that Prescription Drugs are being abused as is Cough Medicine.

This generated a discussion about future Townhall meetings with the focus on "Prescription Drug Abuse".

### **Other**

G. Campbell is a member of the Berwyn United Methodist Church. She announced that February is "Recovery Month" and on February 16<sup>th</sup>, they will be having a presentation and a movie, "Days of Wine and Roses". Also, the 24<sup>th</sup> of February is "Recovery Sunday" where someone speaks about their recovery to the group and is supported by those around them.

The next meeting will be held on Wednesday, March 5, 8:30 – 10:00 a.m. at the ESC.

The meeting concluded at 10:00 a.m.

Respectfully submitted,  
Michele Murphy