

Princeton Alcohol and Drug Alliance
Regular Meeting by videoconference
January 12, 2023
APPROVED Minutes

Open Meeting – Notice of this meeting was published on the municipal website.

Attendance:

- Susan Conlon (Princeton Public Library)
- George DiFerdinando (Board of Health)
- Sara Gardiner (Mercer Alliance)
- Diana Lygas (Princeton High School)
- Riva Levy (Corner House staff)
- Det. Jen Gering (Alliance Chair)
- Nikema Missouri (Stuart Country Day School)
- Sam Nelson (Corner House staff)
- Leighton Newlin (Princeton Council, audio only)
- Kennedy Peck (CHSB – Princeton High School)
- Michelle Simborski (Princeton High School)
- Jean Woodman (Corner House staff)

Guest: Abigail Kalmbach, Princeton resident.

- I. Call to Order: Ptl. Courtney Navas called the meeting to order at 12:11 PM.
- II. Introductions: Abby Kalmbach introduced herself. She has applied for appointment to the Alliance as a resident of Princeton. She also would like to open a cannabis dispensary and is interested in community education and prevention regarding cannabis.
- III. The Alliance thanked Ptl. Courtney Navas for her service as Alliance Chair 2021 and 2022. Ptl. Navas plans to retire in 2023, so the Princeton Police will name a new Alliance Chair at January's reorganization meeting.
- IV. The December 1, 2022 minutes were approved as written. Motion Diana Lygas, second Riva Levy, approved by voice vote without objection.
- V. Alliance Coordinator – No representative was available today.
- VI. School Representatives
 - a. Princeton High School: Michelle Simborski and Diana Lygas reported on the students' return following winter break.
 - b. Stuart Country Day School: Nikema Missouri reported on student wellness activities and the welcome observation that the school has little to no substance use. Stuart is planning a wellness center, so Nikema is visiting other schools to tour their spaces and get ideas.
 - c. The Alliance discussed opportunities for community education.
- VII. Princeton Public Library – Susan Conlon reported on the recent event at the library and the positive, affirming environment the students gave one another. The library has a light events schedule for January. Patron counts are increasing. The Library is also doing a strategic review.
- VIII. Princeton University – No representative was available today.

- IX. Princeton Council Liaison – Leighton Newlin stated no report from Council at this time.
- X. Law Enforcement – Det. Jen Gering reported 5 DWI arrests in December, which is not good, but better than past holiday seasons. Jen also reported one suspected adult (over age 30) overdose fatality, which the police reported to the County and State Overdose Mapping. Jen noted she is still the juvenile detective and is adding Safe Neighborhood responsibilities. She noted cases of impulsive decisions, but they do not appear to be fueled by drug and alcohol use. The Police Department is getting ready to hire 4 new officers when they graduate from the police academy.
- XI. Corner House Student Programs
- a. Kennedy Peck reported the Jeopardy night will be held next Friday at Mamaan. They have a goal of 100 participants. The Mental Health Committee has been offering a “Mental Health for Yourself” presentation for other students that emphasizes good sleep habits, hanging out with friends, being mindful, exercising, rather than turning to substances. They have presented to the PTO and are encouraging the schools to increase funding for guidance counselors.
 - b. Riva Levy expressed appreciation for Kennedy and Frankie’s work, noting how much more meaningful these messages are when they come peers. Riva expressed appreciation to Mamaan for offering use of its space without charge. The *a capella* night is an example of how much fun the students can have without substances. The trivia night is a new event. Open Mic night will be held in February at Small World Café. The TAG and GAIA students continue to present their workshops to younger students. Next week Thomas Folley from HiTops will give the student leaders a presentation on gender identity. Riva also highly recommends the library; it’s beautiful and offers so much to the community.
 - c. Riva Levy also reported the Alliance’s community presentation on mental health and substance use has been scheduled for April 12 at the PHS Arts Center auditorium. Abby Kalmbach, George DiFerdinando, Sam Nelson, Michelle Simborski, and Riva have formed a planning committee.
 - d. Sam Nelson reported that Denise Spivey and he have scheduled the Corner House Outreach students for a workshop with an Englishtown-based presenter on business etiquette and social graces. This helps the students build confidence. They hope to finish the course with a mock business luncheon so the Outreach students can demonstrate what they have learned. They are also planning to attend a 3-4 day retreat at Blairstown that will include discussion on how people use marijuana and why people might consider it.
- XII. Corner House Foundation – Tracy Kindelsperger announced the annual gala will be held Friday, April 28, at the Boathouse in Mercer County Park.
- XIII. Board of Health
- a. Dr. DiFerdinando reported the Board of Health is coming due for accreditation. The Board has been asked if there is any data on recreational cannabis use in underage

populations. George noted this is the least available data because there is no standard for collection. But he did note that emergency room visits increased 1800% among older adults in California. Adolescent data is anecdotal at this time. George also noted flu levels appear to have peaked for the 2022-2023 season, but flu shots are still good practice. Covid deaths and lung cancer deaths are occurring at the same rate in the United States at this time. That is, we are “down” but at a high baseline.

- b. Abby Kalmbach noted a recent study regarding cannabis use in adolescents in Illinois. <https://publications.sciences.ucf.edu/cannabis/index.php/Cannabis/article/view/124/86>
- XIV. Old Business – The April 12 community outreach event was discussed during the Corner House Student Programs report.
- XV. New Business
- a. Jen asked if Alliance members have observed use of mental health apps; the Alliance discussed their advantages and disadvantages.
 - b. Public Comment – No additional comment was offered.

The meeting was adjourned at 12:59 PM. Motion George DiFerdinando, second Diana Lygas, approved by voice vote without objection.

Next Meeting: Thursday, February 2, 2023, via Zoom.

Respectfully submitted,

Jean Woodman, Secretary to the PADA.

Minutes approved February 2, 2023