

FARMINGTON BOARD OF SELECTMEN
Tuesday, June 14, 2022

The conduct of the meeting will include remote access by telephonic, video, and electronic means. The public may attend in person or by viewing the live stream at <http://mtbluetv.org/program-live-stream-farmington-selectmen.html> or Facebook at <https://www.facebook.com/MBTV11/> or by calling 778-5874

Chairman Matthew Smith called the meeting to order at 6:30 P.M. with the following members present: Stephan Bunker, Joshua Bell, Scott Landry, and Byron Staples. Town Manager Christian Waller, Executive Assistant Nancy Martin, Parks & Recreation Director Matthew Foster, Healthy Community Coalition Executive Director Leeanna Lavoie, Healthy Community Coalition Program and Planning Coordinator Jason Labbe, Board of Appeals and Board of Assessment Review Member Dennis O’Neil, Budget Committee Member Judith Murphy, Budget Committee and Planning Board Member Lloyd Smith, MBTV Camera Operator Lilli Clark, and members of the press and public were also present. Members of the media and public participated remotely.

ITEM 1: Pledge of Allegiance to the Flag

ITEM 2: To hold a Public Hearing for the following application for a marijuana business permit/license:

- **Michael MacNeil**
537 Whittier Road / R05-17-B
Adult Use Manufacturing Facility

Chairman Smith opened the Public Hearing under Item 2 at 6:31 P.M.

Michael MacNeil explained his need for an adult-use manufacturing license. His interest is only in a packaging room so that he can buy and sell. The packaging room will have cameras, a table, and a vault. Joshua Bell asked if the cameras reached the back. Mr. MacNeil stated yes, they did. He installed nineteen cameras and is required to hold their video for forty-five days. In response to Scott Landry’s inquiry, Mr. MacNeil confirmed this license is in addition to his “Big Mike’s” license.

Chairman Smith closed the Public Hearing under Item 2 at 6:34 P.M.

Scott Landry moved to approve the application of Michael MacNeil R05-17-B for an Adult Use Manufacturing Facility permit/license; Joshua Bell seconded.

VOTE AFFIRMATIVE 5 MOTION CARRIED

ITEM 3: To Allow Healthy Community Coalition Program and Planning Coordinator Jason Labbe to address the Board. RE: Mental Health Data and Grant Overview

Healthy Community Coalition Executive Director Leeanna Lavoie and Program and Planning Coordinator Jason Labbe provided an overview of youth mental health data.

The Following Data comes from the PowerPoint presentation by Jason Labbe:

National Youth Data During COVID-19:

- 37% of high school students reported they experienced poor mental health
- 44% reported feeling persistently sad or hopeless in the last year
- 55% reported experiencing emotional abuse by a parent or other adult at home (swearing, insulting, or putting down)
- 11% experienced physical abuse by a parent or another adult at home (hitting, beating, kicking, or physically hurting)
- 29% reported a parent or other adult at home lost a job
- Lesbian, gay, bisexual, and female youth reported greater levels of poor mental health and emotional abuse by a parent or caregiver.

Data for Franklin County Middle School and High School youth:

- 8.6% of middle school students drank alcohol in the last 30 days
- 25.2% of high school students drank alcohol in the last 30 days
- 8.6% of middle school students used marijuana in the last 30 days
- 25.8% of high school students used marijuana in the last 30 days
- 2.6% of middle school students smoked cigarettes in the last 30 days
- 9.1% of high school students smoked cigarettes in the last 30 days
- 9.6% of middle school students vaped electronic cigarettes in the last 30 days
- 30.1% of high school students vaped electronic cigarettes in the last 30 days
- 33.1% of middle school students felt hopeless for two or more weeks
- 35.0% of high school students felt hopeless for two or more weeks
- 53.4% of middle school students have been bullied
- 23.9% of high school students have been bullied

School Connectedness Data (Sense of being cared for, supported, and belonging in school)

- Youth who felt connected to adults and peers at school were significantly less likely than those who did not to report persistent feelings of sadness or hopelessness (35% vs. 53%); seriously considered attempting suicide (14% vs. 26%); or attempted suicide (6% vs. 12%)
- During the pandemic, fewer than half (47%) of youth reported feeling close to people at school.

Why is Mental Health Important?

- Impacts every dimension of health/well-being (physical, social, emotional, spiritual, etc.) - Increases risk for chronic diseases such as heart disease, diabetes,

ITEM 3: To Allow Healthy Community Coalition Program and Planning Coordinator Jason Labbe to address the Board. RE: Mental Health Data and Grant Overview (continued)

and stroke; Chronic disease also increases the risk for mental illness

- Can lead to an increase in substance use
- Absent from school, lower grades, suspensions, decreased school involvement
- More than 50% of individuals will be diagnosed with a mental illness at some point in their lifetime

Stress

- Stress is a situation that triggers a particular biological response. When you perceive a threat or a significant challenge, chemicals, and hormones surge throughout your body
- There are different types of stress.
 - Acute (good) stress is a short-lived, small thing. It helps you get things done and will motivate us to do our best. (No implications on health).
 - Chronic (bad) stress is long-lived stress that takes over our lives. More people deal with this than they realize, and some might even view it as normal even though it is not. Chronic stress can lead to adverse health and chronic diseases if left untreated.

Causes of Mental illnesses

- There is no singular cause, but the following factors can contribute:
 - Early adverse life experiences, such as trauma or a history of abuse
 - Experiences related to other ongoing (chronic) medical conditions, such as cancer and diabetes
 - Biological factors or chemical imbalances in the brain
 - Use of alcohol or drugs
 - Having feelings of loneliness or isolation

Common Mental Health Conditions Among Teens

- Depression
- Anxiety (excessive worry)
- Behavior disorders (ADHD, ADD)
- Eating disorders

Adverse Childhood Experiences (ACES)

- Potentially traumatic events occur in childhood (0-17 years).
 - Experiencing violence, abuse, or neglect
 - Witnessing violence in the home or community
 - Having a family member attempt or die by suicide
- Also included are aspects of the child's environment that can undermine their sense of safety, stability, and bonding, such as growing up in a household with:
 - Substance abuse problems
 - Mental health problems
 - Instability due to parental separation or household members being in jail or prison

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Youth Mattering – Maine Data:

- The essence of Mattering is the belief that you are seen, heard, and valued. It's more than being included or fitting in – it's the feeling that you are contributing in a meaningful way. Others depend on you. Your absence would have an impact. Ideally, you feel you matter at home, work, school, and community. (Maine Resilience Building Network)
- Almost half of the youth feel they don't matter to their community
- Overwhelming number suffer from anxiety, depression, and feelings of hopelessness
- Mattering and community connectedness are protective factors that reduce the likelihood of poor mental health, suicide, and substance misuse. Cultivating and supporting a sense of mattering in people helps improve health outcomes, increased engagement, and build a strong workforce in Maine.

Detecting Youth Going Through Mental Health Challenges

- Removal from activities – lack of energy or motivation
- Poor personal hygiene/lack of personal care
- Isolation
- Eating/sleeping habits changes
- Substance abuse
- Declining grades

Recently the Healthy Community Coalition (HCC) received a \$43,000 grant from United Way targeting youth mental health through a Youth Mattering initiative. With this funding, the HCC will form an advisory task force with various members (youth, teachers, parents, law enforcement, school resource officers, etc.) to help inform their work. The goal of the HCC is to:

- Hire a part-time youth community health worker who will assist with program development and implementation
- Develop and implement an education program and well-being guide for adults and community members working with youth on recognizing signs and symptoms of a mental health challenge
- Partner with county organizations to provide health and wellness opportunities for all youth, particularly at-risk youth, and caregivers
- Pilot a youth wellness program at RSU 9 that encourages overall well-being and makes the connection between overall health and its impact on mental health
- Contract with the Maine Resilience Building Network to host community town hall meetings about Youth Mattering and provide training to teachers, coaches, businesses, parents, etc.
- Partner with school resource officers, teachers, and Jobs for Maine Graduates on engaging with at-risk youth to learn more about their needs and how they can connect to resources
- Created a youth mentoring program

ITEM 4: To Allow WWTP Superintendent Steve Millett to present a brief 2021 Year-End Review

As requested, Superintendent Steve Millett provided a 2021 year-end review to the Board.

- Early 2021, the WWTP crew took the required courses to obtain eighteen continuing education credits and renewed wastewater certifications
- Superintendent Millett contracted Mike Rioux of Mobius Automation to set up a program at all the Town's Route 2 pump stations for loss communication with the Plant SCADA system that monitors them. Should a pump station lose radio communication with the Plant's SCADA system, we would not receive any monitoring information from that station. This alarm notifies plant personnel that contact has been lost and the station needs to be checked for problems and communication reestablished.
- They began compiling a complete parts and equipment inventory list for the WWTP and pump stations to determine what we have for equipment and what we have on hand for spare parts. This list will also give them something to work off when compiling an inventory of replacement parts to keep the Plant running.
- Superintendent Millett received a quote from Hayes Pump Company for a new Fairbanks Morse pump for the Return Activated Sludge system. The Town has three of these pumps online and no spare. The quote was \$12,385 for the pump alone; the motor would need to be purchased separately.
- In March, WWTP received a new Penn Valley disc pump to replace one of the three sludge-wasting pumps that went down. The pump we removed, Joe Hartigan rebuilt with parts he ordered, so now we have a spare for those three pumps. In total, we have nine Penn Valley disc pumps in use; in the future, another will be purchased to have a spare.
- Joe Hartigan completed constructing a second trailer-mounted 4-inch Gorman Rupp self-priming waste pump. This pump will be used in emergencies at the Route 2 pump stations and the Mill Street pump station in West Farmington. We now have two trailer-mounted 4-inch pumps and a portable generator we can use in an emergency.
- Quality Copy, Hallowell, Maine, scanned our old collection system maps and plant drawings and reprinted them on mylar sheets. Most of these maps and drawings originated in the 1960s and 1970s and were difficult to read due to fading. Quality Copy enhanced the faded sections making them easier to read. Five hundred thirty-eight (538) map-sized sheets were enhanced and printed on mylar for approximately \$3,700. They are durable and should last a very long time.
- A new 300 hp three-phase motor and VFD controller was installed for one of the Oxidation Ditch blowers. The two-stage 15/30 hp motor that ran this blower and the single-stage 30 hp with a VFD controller were less expensive and energy-efficient than a new two-stage motor.
- A condition of the Plant's State Discharge Permit requires that we inspect and repair the final effluent line discharging to the river. We hired the Ted Berry Company to video inspect the line. Other than a slight sag in the line, everything looked good. We hired BMD Diving Company (Rangeley, ME) to perform the

ITEM 4: To Allow WWTP Superintendent Steve Millett to present a brief 2021 Year-End Review (continued)

inspection section of the effluent line in the Sandy River. They discovered two Tide Flex Duckbill Diffusers at the end of the line were completely covered with sand and gravel. They worked for three days removing sand and gravel from the diffusers. We ordered a 12" pipe extension and two 8" 45-degree line sections to lift them off the river floor. BMD Diving Company installed these parts and used our existing duckbill diffusers on the top, placing them 18" off the river bed. The Tide Flex Duckbills need to be replaced as well. Superintendent placed the order and was told they would be on backorder for thirty weeks or more. When the parts arrive, BMD Diving Company will be hired to install them.

- Cleaning, sandblasting, and painting our #1 Secondary Clarifier were put out to bid. Marston Industrial (Fairfield, ME) offered the best bid at \$48,000. Two-thirds lower than any other company. The other companies were well over \$100,000. Marston Industrial completed the work in August. They did an excellent job and completed the work in under two weeks. Marston Industries will clean, sandblast, and paint the #2 Secondary Clarifier this summer. WWTP has had two primary clarifiers, both oxidation ditches, and one secondary clarifier sandblasted, cleaned, and painted to protect the concrete for another 15 to 20 years.
- June 2021 began the final six months of our current five-year discharge permit. From June 1st through September, the Plant needs to meet a 5.2lbs of total phosphorus weekly average discharge to the river. In 2019, we began trials with a chemical precipitant from Harcos Chemical HPAC 8323, which allows us to add this chemical to our system and precipitate the total phosphorus out of our effluent. WWTP ran a four-month trial from June to September 2020; both times, we successfully achieved the goal of discharging less than 5.2lbs per day of total phosphorus into the river. In 2021 we began being bound by our State Discharge Permit to meet these numbers. On average, we met less than 5.2 lbs. per day for the four months. During two weeks, we had higher than average rainfall, and the area schools and college came back into sessions; these factors contributed to an increase in our daily flow and increased pound discharge. WWTP has no control over these two factors.
- Nine maintenance holes on High Street between Broadway and South Street were rebuilt. An additional sixteen maintenance holes were rebuilt on Perkins, Lincoln, Fairbanks, Cascade Leisure Park, and Wilton Road.
- We purchased a new transfer switch for the plant generator, the one we had was forty years old and failing. We could no longer buy parts to repair it.
- We replaced the Magnetic Flow Meter (MAG Meter) on our Return Activated Sludge pump line. The previous one stopped working, and parts are no longer manufactured for it.
- In December 2021, Superintendent Millett applied for the WWTP's next five-year State of Maine Discharge permit. According to DEP, it could take two to three years before the Town receives a new permit. DEP is far behind processing permits.

Superintendent Millett answered the Board's questions.

ITEM 5: To Allow Police Chief Ken Charles to introduce two new officers

Chief Charles reported that both officers were attending training and could not attend the Board meeting.

ITEM 6: To Allow Police Chief Ken Charles to present a brief 2021 Year-End Review

Chief Charles provided a brief review of 2021. Of the five officers we lost, only one was due to retirement. We needed to stop the hemorrhaging; now, we need an infusion. We currently have thirteen sworn officers. We hired Officer Ethan Whitney (07/06/21) and Officer Matthew Brann 06/14/21). Officer Christoph Mutschin graduated from the Police Academy in December 2021, and Ethan Whitney graduated in May 2022. Chief Charles thanked the Town Manager, Board, and community for the “boys” pay raises. The Town hired Animal Control Officer Matt Billian. Officer Jesse Clements and Officer Ethan Boyd were promoted to Sergeant. The Town recently hired Officer Jon Parker and Ethan Bronson; both are at Law Enforcement Pre-service. A conditional offer was issued to a third applicant. All three officers will need field training and need to attend the Police Academy. It will be December 2022 before the three officers are independently on the road.

Officer Ryan Rosie celebrated his 10th Anniversary, and Deputy Chief Shane Cote celebrated his 25th anniversary.

Chief Charles reported the need for additional vehicles. We have thirteen sworn officers and eleven vehicles. Tomorrow is the last day to place bids; there are no vehicles to trade-in. Chief Charles discussed the need to update components (worn seatbelts, seats...) in existing vehicles and the need to outfit (radar, radios...) the individually assigned vehicles. The Town recycles whenever it is feasible.

Chief Charles briefly discussed the following topics:

- Drug issues have progressed; meth and cocaine are being sold with the highly addictive fentanyl in them
- Traffic issues; the area in front of Walgreens is an issue
- 2021 Drug Take-Back Program continues to be a success. 150 - 200 lbs. of unused prescription drugs were returned to police headquarters. And the take-back held at Meetinghouse Park was successful. The drugs will be turned over to DEA and incinerated.

Chief Charles answered the Board’s questions.

