



**Advisory Board Meeting Minutes**

*Healthy kids*

*Healthy families*

Date: 3/11/2010

Time: 8:45 am

*Healthy communities*

**Attendees:**

Name	Sector	Name	Sector	Name	Sector
<b>Karen Main</b>	Public Health	<b>Jake Smith</b>	Education/Zumbrota Council	<b>Evan Carpenter</b>	Youth
<b>Greg Schoener</b>	Social Services	<b>Dave Borgen</b>	Community Ed & Rec.	<b>Janet Adams</b>	Courts & Corrections
<b>Scott McNurlin</b>	Law Enforcement	<b>Pam Horlitz</b>	Healthcare	<b>Stan Slessor</b>	Education
<b>Gary Elg</b>	Faith	<b>Meg Walch</b>	Parent	<b>Tim Sletten</b>	Law Enforcement
<b>Bob Glasenapp</b>	Public Health	<b>Scott Arneson</b>	State/Government Agency	<b>Cherie Johnson</b>	Education
<b>Bucky Lindow</b>	Education/Cannon Falls Council	<b>Roseanne Grosso</b>	Media	<b>Tom Danielson</b>	Law Enforcement/Prairie Island Tribal Community
<b>Joanne Pohl</b>	CHI Director	<b>Stacy Larson</b>	Coordinator/ Project Manager	<b>Julie Hatch</b>	Chemical Health Specialist

**Meeting Kick-Off**

The meeting was called to order by Joanne Pohl.

Joanne welcomed the new members of our Advisory Board:

- Tom Danielson, Prairie Island Police Department
- Jeff Evert, Kenyon-Wanamingo School District
- Lois Wipperling, Red Wing Senior Center
- Dan Rechtzigel, Chair Kenyon-Wanamingo CHI Council

An individual introduction of all members present was conducted for the new members.

Joanne opened the meeting by speaking briefly about our current 6-10 year grant application process. It was mentioned that the DFC (Drug Free Communities) grant funding has been pulled back and that we are hoping that they maintain the current levels of funding. It is hoped that SAMHSA cuts down on the # of awardees instead of cutting back the dollars that are awarded to each.

The December Advisory Board minutes and agenda were reviewed by all members. Motion to approve was made by Meg Walch (Parent) and seconded by Cherie Johnson (Education). All approved, motion passed.

## Local Council Updates

### **Red Wing: Presented by Dave Borgen**

- 🗨️ Red Wing Prom
  - Dave explained the changes to the prom format this year. Grand March will be held at the Red Wing High School, and then all of the kids will gather at Mississippi National for the dinner and dance. The Red Wing council has created letters and business cards which will go out to local retailers throughout the county promoting a chemical free event. It was noted that the cards include all of the local council names so that they can be used throughout the county. The RW Council met yesterday and had several students attend to discuss the upcoming prom event.
  - The RW Council will also be doing TDP's (Breathalyzer tests) at Mississippi National. Each student that takes the test will get their name in for a prize drawing. The CHI Council has also agreed to provide a donation to the prom committee to put towards prizes for the evening.
  - It was noted by Tim and Dave that at yesterday's meeting, open discussion was conducted with the students that were in attendance. Their perception of chemical use in the community among youth is that it has improved this year.
- 🗨️ Reviewing Graduation letters which are planned to be sent out to families of graduating seniors encouraging them to hold chemical free parties. They are planning to include a comment in the letter regarding our local Social Host ordinance.
- 🗨️ Yearend Dance. The Red Wing CHI council is looking to partner with the SOAR group to sponsor and support the yearend dance which is an event that was previously hosted by the Target group. This is an outdoor event that includes various activities such as a dunk tank, jump stations, music and various activities.
- 🗨️ RW Council is looking to work with local establishments that failed the compliance checks. One establishment, Liberty's, wrote a letter to Joanne and Tim in response to the compliance violation letter. The owner of Liberty's stated that he sees the importance of the on-line training but was interested in supplemental sessions for him and/or employees. Stacy will be contacting the owner to set up a meeting.
  - Julie asked if we were looking at sending congratulation letters for those establishments that pass the checks. Tim mentioned that this was previously done and will be done in the future.

### **Cannon Falls: Presented by Bucky Lindow**

- 🗨️ CF CHI sponsored the first annual Martin Luther King Day walk which occurred on 1/18/09. The event started with a short presentation in the auditorium. Statistics were presented by two high school students. Everyone then went to the CF Field House for the walk and then the Heart of David presentation was given in the auditorium. There was very good feedback from members who attended the event. Pictures and press releases were presented on a display board.
  - Purpose of walk was to celebrate the kids in the community that have stayed Chemical Free.
  - Heart of David program. The organizations founders are parents who lost a 23 year old son in an alcohol related accident. They displayed the car at the school and also present their story.
- 🗨️ Annual Mini-Golf event – CHI sponsored a hole at this event in January.
- 🗨️ Working on Prom letters and business cards which will be handed out to local retailers throughout the county promoting a chemical free event.
- 🗨️ Reviewing Graduation letters which are planned to be sent out to families of graduating seniors encouraging them to hold chemical free parties.

**Goodhue: Presented by Stacy Larson**

- 👁️ Daddy/Daughter Dance is being planned in partnership with the HOPE Coalition. This event is planned for May 3<sup>rd</sup>.
- 👁️ Looking at ways to partner with the local FCCLA student group and collaborate on local events.
- 👁️ Participate in the distribution of the prom letter and business cards to local retailers.

**Zumbrota: Presented by Jake Smith**

- 👁️ Zumbrota CHI Council sponsored the 1st annual Pizza Party/Game event at the local church on February 21, 2010. The local SADD team participated as mentors in the activities. The event targeted the middle school age kids and was a success! Pictures and flyers were presented on a display board.
- 👁️ Planning CHI Summer Softball Madness Event for June. A flyer for this event was handed out at the Pizza/Game Day event and will also be advertised in the summer events calendar.
- 👁️ Gene Leifeld & Stacy Larson are planning to attend the Zumbrota Rotary meeting on April 6<sup>th</sup> and present information on the local CHI Group.
- 👁️ Looking to partner with the other councils on the Prom letters and business cards which will be handed out to local retailers throughout the county promoting a chemical free event.
- 👁️ Looking at doing Graduation letters which are planned to be sent out to families of graduating seniors encouraging them to hold chemical free parties.

**Kenyon/Wanamingo Council: Presented by Stacy Larson**

- 👁️ Council has voted in Dan Rehtzigel as council chair and Lee Sjolander as vice chair.
  - Dan is a high school teacher and County Commissioner.
  - Lee is the Chief of Police in Kenyon.
- 👁️ Nancy Benrud has been voted in as Council Treasurer. Nancy works for the Security State Bank of Wanamingo. She is spearheading the effort to transfer their account from the county to a local account.
- 👁️ The Council welcomed 2 new members in February.
  - John Simonson who is the Mayor of Wanamingo
  - Jim Davis who is the Director of Nursing at the Hastings Detox Center
- 👁️ The council is working with the local Community Ed group on co-sponsoring a first annual Sweet Heart Dance. This event is scheduled for May 8<sup>th</sup>. This event is open to kids as young as age 1 through 5<sup>th</sup> grade.
- 👁️ There was a display set up at the meeting that included all the council member names and their sector representation. The K-W council members include:

Name	Sector/ Organization	Name	Sector/ Organization	Name	Sector/ Organization
Jeff Evert	Education, School Superintendent	Barb Starch, RN, DON	Director of Nursing at Kenyon Sunset Home	Kris Kincaid	Community Education
Carmen Nesseth	Faith Community, Youth Director	Van Bakko	Al-anon Group	Nancy Benrud	Business – Security State Bank of Wanamingo
Dan Rehtzigel	Goodhue County & KW School	Missy Sviggum	Parent Representative	Lee Sjolander	Law Enforcement
Jim Davis	Healthcare	John Simonson	City Government		

### **New CHI Student-Led Organization at Cannon Falls High School**

On February 10, 2010 the kick off meeting for the new Cannon Falls Students for a Drug Free Life (SFDFL) group was conducted. The CHI Student representative, Evan Carpenter, spearheaded this effort and will be the leader of this group. There were 9 attendees at this meeting. Evan presented the mission and goals of the group, as well as, supporting information and statistics. At this meeting they also brainstormed on ways that they can promote chemical health. Their second meeting was conducted on March 10<sup>th</sup> where they had 4 new students and 2 from the February meeting. The students that attended the March meeting were energetic and had great interest! Next meeting is scheduled for April 14<sup>th</sup>.

Evan mentioned that they would look to work with the Elementary kids to mentor them and send a positive message. Stan asked if they were working with the Elementary teachers on this. Evan mentioned that they weren't yet; however, their next step would be to work with teachers and administration. Stan congratulated Evan and complimented him on his efforts!

### **Tobacco Diversion Program Kick-Off**

Tim announced that the program went live on February 19<sup>th</sup> and is active. A kick-off meeting was held at the Law Enforcement center in partnership between Law Enforcement and the Financial Crimes Division. They also had a presentation by Julie Woodruff who will be the trainer of the TDP. Her presentation was very effective and informative!

Tim stressed to the group and school employees the importance of the program and holding the kids accountable for their actions. Tim mentioned that we had a youth faith representative at our Red Wing council meeting who asked about the process for referral. He said that he works closely with the kids and is cautious about their relationship when it comes to referrals vs. reporting. It was mentioned that school attendance is mandatory so if a kid is caught with Tobacco it is acceptable to turn them over to the police as a violator. There is a general concern with relationships and reporting violators vs. referrals in areas of healthcare and/or within the faith sector. Tim stressed the importance of when a minor is caught with tobacco; they need to be reported to the police department. If a kid admits that they smoke/uses tobacco without being caught or is asking for help, that is when they should be referred. There is a \$100 cost if there is a violation, no cost if it is a referral. Need to enforce violators. Tim mentioned that if a minor refuses to go, it is up to the judge on how to proceed.

Jake asked when the classes were offered. Tim said that it depends on attendees but it was hoped to hold the classes quarterly. Dave confirmed with Tim that they were looking to hold the classes throughout the county at different sites.

Gary asked if there was a narrative explaining the program. Julie mentioned that the schools want an overview/summary of program as well. Stan mentioned that he is doing a presentation to the school board on Monday. Cherie said that she had a presentation that she previously used as well.

Joanne asked if this is something that could be used in the tribal community. Tom mentioned that Tim probably sees more of the kids; however, this is something that could work there as well, in addition to, the current process with the tribal council.

Greg thanked Tim for bringing this up. In the past, kids smoking and using tobacco has been overlooked, however, now there is a process that is in place to use!

Tim thanked everyone for their help and support of this program. Tim stressed the importance of consistency, this is key! This is a great example of an idea coming from the CHI Council. It started in discussion with Beth Borgen at the Red Wing Council meeting.

### **Embedding Prevention in Parent Education**

Joanne mentioned that we have been working with the different sectors on embedding prevention practices into current processes. We are not changing behavior until we change the environment! This is true for both youth and adult behavior. Bob Glasenapp presented ways that Mental Health is embedding prevention practices into their current Parent Education courses. Bob, Stacy and Julie met last week to discuss the Chemical Awareness seminar.

Bob passed out flyers to the group on the parenting classes. Today they offer parenting classes twice a year, once in the spring, once in the fall. The spring classes are scheduled for Monday evenings, 7-8:30 p.m. starting April 26<sup>th</sup> thru June 14<sup>th</sup>. There are 7 classes and they will be held at the Red Wing High School. The parenting classes are funded by the Family Services Collaborative. Some of the classes included are as follows:

- 🌀 Anger Management
- 🌀 Domestic Abuse Treatment
- 🌀 DWI Classes (Offered bi-monthly and includes ages 18 and older)
- 🌀 General Parenting (Discipline, Love/Logic, etc.)

They are planning to do a session regarding Chemical Health awareness/safety on May 3<sup>rd</sup>. Dennis Nelson has committed to be the speaker. It is planned to embed CHI information and materials into this session. Tim asked if it would be a possibility that the media could tape the parenting classes. Scott said that this would be an option.

There will be a class on Internet Safety on Wednesday, June 2<sup>nd</sup> in the afternoon which professionals and contacts will be invited to. That night, the speaker will hold a class for the public.

Joanne mentioned another good example of embedding prevention practices. In the faith sector, three pastors (Gary Elg from First Presbyterian Church of RW, Phil Ruud from First English in CF and Tim Banks from Our Saviors in CF) attended a seminar on prevention and recovery in the faith based organizations.

### **Community-wide Survey Project**

#### **Community Survey**

Joanne gave a brief overview of the survey project. Around 950 surveys were sent out and we received 303 responses which is close to a 32% response rate. This was a successful process. Julie briefly reviewed the response summary. Following are some key points:

- 🌀 The percentage of Males that responded vs. Females was surprising. We had 67.7% response from males and only 32.3% of Females.
- 🌀 Majority of responses were from Caucasian decent. Which is not surprising as 97% of our county is Caucasian.
- 🌀 Largest % of responses came from homes without children. Stan mentioned that that coincides with the high amount of the older population that responded.
- 🌀 It also showed that a high % of individuals are not aware of what is happening in relation to chemical abuse in our community.
- 🌀 Alcohol, Tobacco and Marijuana along with Prescription Drug abuse is of highest concern of the community.

- For the 18-25 year old age group, Alcohol was the main concern. Meth was included as well, it was stated that people are scared of this and there has been much publicity regarding meth in the past. Current statistics show that meth is not as much of an issue now.
- For the 66 years and older category, Alcohol and Prescription Drug misuse is of greatest concern. Julie is currently working with various groups to get awareness out regarding prescription drug misuse and abuse. Tim and Julie talked about the Take it to the Box program which we are looking to pursue. Stacy and Julie met with Rice County to discuss this program and get more information. Julie also mentioned two of the activities that are listed in our DFC Grant application that address this issue. They are the “Take it to the Box” and “Not in My House” programs. The kids are stating that they are taking it from their parents and grandparents homes. Tim mentioned that the education and awareness on meth has been great, now if we can do the same for this hopefully it will make the same impact! Julie said that this was a big discussion out at the DFC conference in Washington D.C. They discussed ways that maybe the physicians can limit the pain medications to a smaller amount. Also talked about sharing of healthcare records. Currently these are not being shared amongst physicians, hospitals, clinics and specialists which heighten our risks. Janet mentioned that the drug companies should share the costs and fund education!

### **Youth Focus Groups**

In January, Julie conducted youth focus groups with each school with the exception of Kenyon-Wanamingo. These groups included a very diverse group of students, some who use, some who are in recovery, some who don't use at all. The feedback was eye opening, following are some key points:

- Alcohol is easy to get a hold of and students say that it is more affordable then going to a movie, driving, etc. They are also getting older siblings to buy for them.
- Marijuana is also easily accessible. There are a handful of sellers at the school at all times. Schools need to be stricter about Marijuana use.
- Tobacco is easy to get because of the lower legal age.

Some kids are saying that their parents don't care which is a key contributing factor!

### **Key Informant Interviews**

The CHI Staff conducted one-on-one key informant interviews with sector representatives this past January. Much of the feedback reflected the same top chemical concerns as our community wide surveys and youth focus group feedback. One of the concerns that were voiced through this process was the lack of local resources available for treatment. Currently individuals need to go to either Hastings or Rochester to seek treatment. Stan mentioned that it is likely that the local treatment resources are not going to change in the near future due to the financial constraints. It was said that we need to review and revise the current treatment model as there is a 70% recidivism rate for individuals in treatment. These individuals know the 12 steps, the issue is that these individuals are not going out into the community and gaining support help after care such as AA, CA, NA, etc. Greg stated that there is a meeting on Monday March 22 with the Regional Redesign Team to look at the model and do strategic planning. A key note was that Goodhue County pays around \$1,000,000 to the treatment program; therefore, they are getting push back from the Department of Human Services and the treatment facilities to change the model. Need to consider \$1 towards prevention vs. \$10 towards treatment.

Bucky asked if the above information will be shared with the schools. Stacy will be sharing some of the information to the local councils in their upcoming meetings. Joanne and Julie mentioned that the information will be compiled, given to the CHI Advisory Board, shared with the schools and then released to the public.

### **DFC Grant Planning Application for Years 6-10**

Joanne gave a quick introduction to our upcoming Grant planning and application process. The CHI Staff want to thank all the Advisory Board members who participated in this process! Julie reviewed key data from the grant application and mentioned that there is a copy available for each Advisory Board member to review if they wish.

Logic models for CHI initiatives were presented by Julie Hatch. Three logic models were created detailing information on our top three chemical concerns in Goodhue County which include Alcohol, Marijuana and Prescription Drug abuse. Julie reviewed the structure of the logic models and key points such as:

- **Age of Onset :** Alcohol =13.9 Years      Marijuana = 14.35 Years
  - It was noted that Prescription Drug abuse has drastically increased amongst the youth of our county and is a key issue with the elderly population.
- **Contributing Factors:** Chemicals are easily accessed and affordable.
- **Strategies:** Julie reviewed the 7 core strategies that are outlined by CADCA.
- **Environmental Changes/Activities/Plan for Prevention:** Julie talked about the Social Host ordinance which is a great example that touches the entire population!

The logic models will be distributed to all Advisory Board members as an attachment for review.

Janet commented that the youth who violate should be required to educate. We put the offenders through all of this training and it would be very effective to send these individuals out to conduct peer training and mentor. This should be a part of their probation. They could share their personal experiences and it could be a positive experience for the youth and the violators. Julie mentioned that we received feedback in the Youth Focus Groups and in our council meetings that the youth feel it would be an effective approach to hear from other youth that are in recovery. Stacy will bring this up to the local councils. This would be a great example of the “Ripple Effect”!

### **Focus on Prevention: Goodhue County Binge Drinking Stats**

Joanne spoke about the recent article that was published in the Red Wing Republican Eagle. The article states that Goodhue County was ranked 81 out of 85 counties in Minnesota when it comes to adult smoking, adult obesity, binge drinking, motor vehicle death, and teen birth and Chlamydia rates. Karen mentioned that these issues are all related. Various individuals need to work together throughout the county to improve our situation!

Tim reference what Evan said earlier about the student groups working with the younger population to teach them responsibilities and to educate them of the negative effects of chemical abuse. Hopefully we can reach that younger population and then the issues won't be as big in the future. Recidivism rate will be down by setting the stage and changing the attitudes.

### Other Business

- 🗣️ Janet Adams spoke regarding the new Care Clinic that is open to Goodhue County residents who do not have health insurance. A flyer was handed out to all CHI attendees. There is an Open House on March 26 from 3:00 – 6:00. Roseanne said that she could advertise this on her Radio Show on the 25<sup>th</sup> at 9:00.
- 🗣️ CHI Sunday/Week is planned for April 18 – 24. Stacy is currently working with Gary Elg and other faith leaders to prepare for the event. It is planned that we will incorporate Chemical Awareness into church sermons, Sunday School/Confirmation classes, Bible Studies and other faith related youth activities during the week. CHI will provide bulletin inserts and other materials to the faith organizations.

### Meeting Wrap-Up

- 🗣️ Meeting was Adjourned by Joanne Pohl

#### 🗣️ **Next Meeting:**

- Date: Thursday, June 10<sup>th</sup>, 2010
- Time: 8:45 – 11:00 am
- Goodhue County Court Services Building, Jury Assembly Room