

Substance Abuse Coalition of Kanabec County

Better Choices | Better Life



Substance Abuse Coalition
of Kanabec County

TUESDAY, December, 2016 (8:00 a.m. - 10:00 a.m.)
Kanabec County Jail Training Room - 100 S. Vine Street, Mora

Coalition Mission: *The Substance Abuse Coalition of Kanabec County promotes healthy choices in the community through prevention and collaborative partnerships for the reduction of alcohol, tobacco and other drug abuse among youth and residents.*

<p>Present</p>	<p>The meeting was held at the Kanabec County Jail Training Room.</p> <p>Amber Aasen (Schools - Olgilvie), Nick Bakke (School - Mora), Michele Bollenbeck (Other Organization), Sarah Ellstrom (Schools – Mora), Alex Gerhardson (Law Enforcement), Marlin Harris (Faith), Cara Keinanen (Youth-Serving), Kari Moe (Youth-Serving), Bob Jensen (School), Brittany Krippner (Other Organization), Lenore Martens (Volunteers - Schools), Barbara McFadden (Co-Chair: Justice and Corrections), Patti Miller (SACK Coordinator), Sandy Molin (Other Organization), Les Nielsen (Local Government), Michelle Presley (Other Organization), Katie Raverty (Youth-Serving), Brian Smith (Law Enforcement), Brent Thompson (Healthcare), Jenilee Telander (Regional Prevention Coordinator), Jamie Welton (Other Organization), Joy Wuestenhagen (SACK Assistant) and Deb Wright (Healthcare)</p>
<p>Introductions & Announcements</p>	<p><u>RBST Training</u></p> <ul style="list-style-type: none"> • At the November 21st and 22nd RBST training there were approximately 20 people attending. • Mora City Council meets December 6, to possibly mirror the county ordinance with regard to RBST training. City requires training for new servers within 90 days of hire. County requires training every year. Would like to work the City Council and Michele Bollenbeck will take the lead in that undertaking. Training involves checking identification to make sure they are valid, what to do if invalid, the criteria is for intoxicated persons, illegal service to already intoxicated patrons. • Will be providing to Mille Lacs County training in early January. • Actively looking for a coalition member to teach RBST by attending the “Train the Trainer” training. If interested in attending the training, please contact Patti Miller. Patti Miller will be attending the training. <p><u>Community Forum – Tuesday, November 29th</u></p> <ul style="list-style-type: none"> • At least 150 community members attended the forum. The speakers were Barbara McFadden, Sheriff Brian Smith, Brent Thompson, Alex Gerhardson, Jenilee Telander and other key speakers that included personal testimonies from Minnesota Teen Challenge. Great resource tables were available for everyone. • A big thanks the SACK Work Group, OWN It! students, ATI students, Minnesota Teen Challenge and the key speakers for with organizing and working at the forum. • There will be a discussion for feedback and how to keep momentum moving forward. • An article will be published in Kanabec Times regarding the forum, SACK, resources available with regard to substance abuse. • Kettle River – Calvary Lutheran Church will be holding conference with 15 pastors and would like to invite some of the key speakers to their conference for discussion. • Thank you OWN It! and ATI – the young help tremendously with the forum and greeting the point out. It is noticeable that having the youth join in on the community forums carries a lot of weight with the community and substance abuse issues. Donations will be provided to both youth groups to each of the groups would like to provide funding for sustainability

	<p>for those two groups.</p> <p><u>ATI Updates/Activities</u></p> <ul style="list-style-type: none"> • Youth helped with babysitting and setting up and taking down at the forum. • They also participated in the local food shelf drive. <p><u>OWN It! – Updates/Activities</u></p> <ul style="list-style-type: none"> • On Nov 14th OWN It! had a bake sale and raised about \$230.00 which will go towards buying for the "Gifts for kids" program. The youth are going shopping with the OWN It! executive council tomorrow to pick out the gifts. • Tom Cody from Top 20 for teens came to talk to our 6-12th graders about living "above the line." That evening after the first boy's home basketball game the students had its 5th quarter event with a Velcro wall, open gym and concessions. • OWN It! is having a winter coat drive the week of Dec 6th-9th where students who donate a coat get a free hot chocolate from the coffee shop. • Shop with a cop will be December 13th and four of students will be helping. • SACK Meet and Greet at the OWN It! coffee shop is December 20th -8:30 – 9:30 a.m. A light breakfast will be provided. Patti Miller will provide a flyer to coalition members. <p><u>Asset Training</u></p> <ul style="list-style-type: none"> • January 19th 9:00 a.m. – 12:00 pm. – Jail Training Room. Jenilee Telander and another RPC coordinator will provide training. The topic will cover everyone is an Asset Builder which includes 40 Developmental Assets. It will describe how external and internal assets affect our children and you can make a difference by building the 40 Developmental Assets. The more assets children have the less risky behaviors they will have. Patti Miller will provide a flyer to coalition members. <p><u>MN Medical Marijuana Update</u></p> <ul style="list-style-type: none"> • Post-Traumatic Stress Disorder ("PTD") is being added to the list of conditions covered by Minnesota's medical cannabis program, effective next August. A copy of the article was passed around to coalition members. The full article is on the SACK website. https://sackcoalition.org/minnesota-oks-using-medical-marijuana-for-ptsd/
<p>Presentation TEXT4LIFE</p>	<ul style="list-style-type: none"> • At our monthly coalition meeting, Brittany Hines, East Central Regional Prevention Coordinator for the txt4life program, gave coalition members an overview of the program. • txt4life is a free, confidential texting service operating in select areas of Minnesota. By texting the word "LIFE" to 61222, people are connected to trained counselors who can help with thoughts of suicide, give advice on how to help a friend who might be thinking of suicide, and offer supportive listening when texters go through traumatic events in their lives. • For more about txt4life go to: https://sackcoalition.org/youre-not-alone-txt4life-org/
<p>Minnesota Safe Ride – Sober Cab – Safe Road Coalition</p>	<ul style="list-style-type: none"> • Michelle Bollenbeck gave a presentation regarding Sober Cab/Safe Road Coalition and Towards Zero Deaths Safe Roads Coalition. The Regional toward Zero Deaths initiative aims to create a comprehensive approach to reduce traffic deaths and severe injuries in Minnesota on the local level. Agencies involved in the effort include community law enforcement, engineers, educators, emergency medical services, local policy makers and other traffic safety advocates. • ECWOT ("East Central Woman of Today") presented the coalition with a donation of \$250 which will be matched by Minnesota Safe Ride. • East Central Women of today meet every 3rd Monday of the month at the History Center and are looking for more members.
<p>Discussion</p>	<ul style="list-style-type: none"> • Forum Discussion. What is now the next step? • Should be commended as a group, that there were so many youth involved in the county, probably one of the counties that have the most youth attending. That the coalition has been able to keep involved.

	<ul style="list-style-type: none"> • The coalition and community have a lot to learn from the youth so it is important to keep them involved. Reach out to youth what do they want to see and what see changed. • The youth felt valued and had so many ideas taken from the forum • OWN-It! group loved the forum and will ask for feedback from they youth. • Feedback was not received because of missing survey page. • Community was not aware of how many resources available - would like to have access to the resources available regarding substance abuse. • We have a large amount of people in community who care even though we may not have the funding that other communities have available to them. • Would like to see a higher attendance – how do you reach out the community to get a bigger attendance. • Maybe provide a broader brush of topics – other drugs and alcohol. • Utilizing more media to get messages out about substance abuse, i.e., public television or taped messages, YouTube, create a CD for distribution of the presentation. • Like to see more education that opioids is the same as heroin make the correlation of both to public. • Maybe by bringing them in for one message, but providing information about other topics too, the community is receiving more information and messages. • Holding several schoolwide forums to get messages out. (Carlton County makes monthly presentations on different topics – to keep momentum going at coalition meetings, etc.) • Community members were asking at the forum when the next forum was going to be scheduled. • It is unfortunate that sometimes it takes a death or tragedy for there to be a greater attendance at community forums. • Keep continued forums so that it will build momentum in attendance at each additional forum. • Inform community of statewide and national publicizing of the problems. • Feedback from the Braham forum was that more healthcare should be involved at these community forums. • Coalition members feel that another forum should be planned after the holidays. • Maybe Brent Thompson can provide to Kirsten Faurie the medical make up of opioids/heroin for an upcoming article. <p><u>Looking ahead - Review Y8 Action Plan</u></p> <ul style="list-style-type: none"> • Review goals and objective plans of the coalition. • Increase community collaboration and involve more people in coalition – building recruitment. • Rebranding the coalition for sustainability . • Increase youth participation by 10% keep it growing. • Reduce youth substance of marijuana and chemical cannabis. • What is the school policy for chemical cannabis? • Prescription drug box – how to get more community use of the drop off box • What kind of strategies will be used to decrease youth substance abuse. • Members can get a copy of the action plan from Patti Miller.
<p>Upcoming Events</p>	<ul style="list-style-type: none"> • Tuesday, December 20th, 8:30 a.m. – Own It! Coffee Shop Open House - Light breakfast will be served and the OWN It! Student will have delicious coffee and cocoa available! Come meet and support our youth in Ogilvie. • Tuesday, January 3rd - Next Monthly SACK Meeting • Thursday, January 19th, 9 a.m. – 12 p.m., - 40 Developmental Assets Training - Presented by: Jenilee Telander & Kelly Felton Minnesota DHS Regional Prevention Coordinators • Tuesday, January 24th, Mark J. Lindquist motivational speaker “Reignite Your Passion”. Reservations required. - \$10 - Sponsored by Kanabec County Sheriff’s Office
<p>Meeting Evaluation & Adjournment</p>	<p>Next month’s meeting: Tuesday, January 3, 2017, 8:00-10:00 a.m.</p>

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