

# Substance Abuse Coalition of Kanabec County

**Better Choices | Better Life**



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of Kanabec County

TUESDAY, November 1, 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><b>Present</b></p>	<p>The meeting was held at the Kanabec County Jail Training Room.</p> <p>Sarah Ellstrom (Schools – Mora), Cara Keinanen (Youth-Serving), Sandy Juettner (SACK Communications Consultant/Business), Lenore Martens (Volunteers - Schools), Barbara McFadden (Co-Chair: Justice and Corrections), Patti Miller (SACK Coordinator), (2) youth representatives from Mora’s Above the Influence (MATI), Doris Mork (Other Organization) Les Nielsen (Local Government), Lucille Schultz (Volunteer), Brian Smith (Law Enforcement) Judy Soderstrom (Faith), Brent Thompson (Healthcare), Jenilee Telander (Regional Prevention Coordinator), Mickey VanVleet (Local Government), Char Weidendorf (Other Organization), Jamie Welton (Hazelden/Prevention), Joy Wuestenhagen (SACK Assistant) and Deb Wright (Healthcare)</p>
<p><b>Introductions &amp; Announcements</b></p>	<p><u>Recap National Drug Take Back Day</u></p> <ul style="list-style-type: none"> <li>Take Back Day was held on October 22<sup>nd</sup> at Coborn’s in Mora. Patti Miller, Alex Gerhardson (KCSO DTF Agent) and Joe Capello from DEA collected over 25 pounds of unused medication. The total collected from the drop box and take back was 140 pounds.</li> </ul> <p><u>Recap SACK Movie &amp; WE Scare Hunger</u></p> <ul style="list-style-type: none"> <li>On October 22<sup>nd</sup> SACK and Paradise Theatre presented Storks free to the public. Those attending were asked to bring a non-perishable item for “We Scare Hunger” food drive for the local food shelves. There were 150 people that attended the movie. The donations along with items collected from the Kanabec County Courthouse, Sheriff’s Office, the Highway Department and the Public Health Building will be donated to the Mora, Ogilvie and Mora High School food shelves.</li> </ul> <p><u>ATI Updates/Activities</u></p> <ul style="list-style-type: none"> <li>WE Scare Hunger food drive. The coffee shop gave incentives of a free hot chocolate or a t-shirt to anyone who made a donation.</li> <li>The week of October 24<sup>th</sup>, school celebrated Red Ribbon week. Last week was anti-bullying week the youth placed anti-bullying signs throughout the school.</li> <li>There was Trivia in morning announcements and the winning class got granola bars, stress stars, coupons to ala cart.</li> <li>The senior students created paper chain to write reasons why to stay drug free with positive behaviors.</li> <li>There was a “Chalk the Walk” where the youth wrote positive messages on the sidewalks.</li> <li>Alex Gerhardson of the Drug Task Force gave a drug presentation to the youth.</li> </ul>

	<ul style="list-style-type: none"> <li>• Unity Day was celebrated by hanging bullying signs and kindness posters.</li> <li>• November will consist of meetings, food drive and working with Trailview to bring in ATI students for mentoring.</li> </ul> <p><u>OWN IT – Updates/Activities</u></p> <ul style="list-style-type: none"> <li>• WE Scare Hunger drive was held Homecoming week at sporting events and coffee shop. There were 155 pounds of food were collected.</li> <li>• The elementary classes held a change drive for the WE Scare Hunger drive between elementary classes which raised almost \$400.</li> <li>• On November 14<sup>th</sup> during school conferences, there will be a bake sale from noon until 8.</li> <li>• Recently there was a planning meeting to brainstorm new activity ideas.</li> <li>• On December 2<sup>nd</sup> will be the first activity night.</li> <li>• There are currently approximately 45 OWN-It students participating in group including 9 executive council members.</li> </ul> <p><u>Alcohol Compliance Checks Recap</u></p> <ul style="list-style-type: none"> <li>• A compliance check was held the November 1<sup>st</sup> and all establishments passed.</li> <li>• There was one fail on the tobacco compliance checks.</li> </ul> <p><u>Responsible Beverage Server Training “(RBST)”</u></p> <ul style="list-style-type: none"> <li>• Special trainings are offered for new licensees. In order to offer additional training dates, it would be helpful to have more trainers for RBST.</li> <li>• The coalition is looking for volunteers to help with the training. If interested, please contact Patti Miller at 679-6321.</li> <li>• RBST will be held on November 21<sup>st</sup> 2 - 4 p.m. and November 22<sup>nd</sup> 5-7 p.m. It will be held at the Kanabec County Jail Training room.</li> <li>• There has been work to match the city and county ordinances with regard to RBST.</li> </ul>
<p><b>Presentation on Social Media</b></p>	<p><u>By ATI Student</u></p> <ul style="list-style-type: none"> <li>• There was a presentation from an ATI student on social media and how to use it. She explained how to navigate around on Twitter, Facebook and Instagram. She also had suggestions on how to make it more appealing to youth and getting more traffic on postings by SACK.</li> </ul>
<p><b>Discussion</b></p>	<p><u>Year 8 Action Plan – Date w/Evaluator</u></p> <ul style="list-style-type: none"> <li>• Deacon Dzierzawski, who is an evaluator from Epiphany Community Services, would like to attend a future coalition meeting and to discuss data collected regarding the coalition. The data discusses what has happened since year 7 and how the coalition should go forward for years 8, 9 and 10. It was decided that Deacon would be present at the January 3<sup>rd</sup> coalition meeting.</li> </ul> <p><u>Library Park</u></p> <ul style="list-style-type: none"> <li>• The coalition would like to create a Library Park Workgroup to discuss problems in the park. Coalition members were interested in being a member of the workgroup, If anyone would like to join the workgroup, please let Patti Miller know.</li> </ul> <p><u>Start with the Why</u></p> <ul style="list-style-type: none"> <li>• Patti Miller recently attended the 42<sup>nd</sup> Annual Minnesota’s Prevention Program Sharing Conference. During the conference there was a presentation on Why,</li> </ul>

	<p>How and Why? The presentation discusses:</p> <ul style="list-style-type: none"> <li>○ <i>Why – Your Purpose.</i> Your motivation? What do you believe.</li> <li>○ <i>How – Your Process.</i> Specific actions taken to realize your Why.</li> <li>○ <i>What – Your Result.</i> What do you do? The result of Why. Proof.</li> </ul> <ul style="list-style-type: none"> <li>• Coalition members were asked what was their “Why” in joining the coalition and “What” their result was from joining the coalition.</li> <li>• Jenilee Telander will provide a presentation of the <i>Start with Why</i> topic to coalition members at a future meeting.</li> </ul> <p><u>Mark Your Calendar!</u></p> <ul style="list-style-type: none"> <li>• <u>Youth &amp; Addiction Conference</u> - Coalition members were invited to attend a Youth &amp; Addiction Conference offered by the Hazelden Betty Ford Foundation on November 10th, 7 a.m. – 4 p.m. Please contact Patti Miller at 679-6321 for more information.</li> <li>• <u>Community Forum Workgroup Meeting</u> – Tuesday, November 15<sup>th</sup>, 10 a.m. – Public Health Conference room.</li> <li>• <u>Heroin &amp; Prescription Painkiller Community Action Forum</u> <ul style="list-style-type: none"> <li>○ This forum is free to attend and is being offered to the coalition members to learn what can be done with the right resources to address heroin and prescription drug abuse in Minnesota’s communities.</li> <li>○ It will be on November 18th, 8:30 a.m. - 3:30 p.m. Please contact Jamie Welton at <a href="mailto:jwtelton@hazeldenbettyford.org">jwtelton@hazeldenbettyford.org</a>. There is also a link on the SACK website.</li> </ul> </li> <li>• <u>Kanabec County Community Forum</u> – Use, Abuse &amp; Prevention of Opioids &amp; Heroin, 5 – 7:30 p.m. at Mora High School.</li> </ul>
<p><b>Meeting Evaluation &amp; Adjournment</b></p>	<p>Next month’s meeting: Tuesday, December 6, 2016, 8:00-10:00 a.m.</p>