

ASAP Board Meeting July 27, 2022

Start 10:33 AM

**In Attendance:** Board Members: Rebecca Church, Kylie Davison, Deb McClellan, Adalyn Quant, Katie Illies, Becky Wisted, Helen Bagshaw, Ted Barthel and Jon Spinillo.

**Guests:** Annette Freiheit WSHS Superintendent, Nathan Warneke, WSHS School Assistant Principal and Kim Bemis, SAAMN.

Becky motioned to accept the June Coalition Minutes. Jon seconded. All in favor. No objection.

### **Committee Updates:**

No meetings in June for Alcohol Committee and Youth Engagement Committee

- Tobacco Committee Update. Next Tobacco Zoom meeting will be Wednesday 8/7 at 1pm.
- Advocacy Tracking: dates to sign up for 'letter to editor' - Helen July, Kelsey August, Phil September, tabling opportunities, presentations, and meeting with Commissioners this fall sign up for a couple of hours
- Policy Efforts on Flavored Winona County Restriction: Resolution and Postcard to share. A spoon full of sugar helps the Nicotine go down....!
- In April, FDA issued two proposed rules: [Tobacco Product Standard for Menthol in Cigarettes](#) and [Tobacco Product Standard for Characterizing Flavors in Cigars](#). FDA is [extending the comment period](#) for these two proposed rules from 60 days to 90 days. Submit comments on these proposed rules through Aug. 2, 2022.
- Tobacco Signage and Awareness: Window clings and information about T21 and purchase of tobacco products <https://www.ansrmn.org/issues-resources/tobacco-21/>
- 2022 November Youth Art Contest: ASAP contest needs a catch phrase like "Vaping Does Not Help with my Mental Health ----- Does"
- Newsletter by Association for Nonsmokers: <https://www.ansrmn.org/tobacco-news/>
- Check this web page out from the American Lung Assoc - Great ideas to create tobacco free environments in Winona County <https://lethallure.org/>
- Juul off the US market? <https://www.fda.gov/news-events/press-announcements/fda-denies-authorization-market-juul-products>

**Guest Speaker:** Kim Bemis from SAMMN (Smart Approaches to Marijuana-Minnesota) and Gobi Support, Inc. with a legislative session update. See slide of edible dosing chart below. Some highlights of his presentation include As of July 1, 2022, edibles containing small amounts of hemp-derived THC are legal in Minnesota. Under the law, Minnesotans can buy food and beverages that contain up to 5 milligrams of THC per serving, with a limit of 50 milligrams per package. This law allows adults 21 and over to possess and consume hemp-based edibles and beverages that contain up to five milligrams of total combined THC – such as delta-9, delta-8, and delta-10 – per serving, with individual packages limited to 50mg.

What does this mean for our youth who are under 21 years as there are few long lasting marijuana studies on adolescence and what can we do as a community?

Meet with Local elected officials regarding marijuana ordinances and licenses, restrict locations that sell marijuana near to schools, stricter laws on processing hemp, restrict advertising and coupon promotions on marijuana, educate community on dangers of overdosing of marijuana on teens and young children. Kim to provide handout and information sheet to share with community.



# Edibles Dosing Chart

THC per dose	What to expect	Who's it for?
1 - 2.5 mg	Mild relief of pain, stress, anxiety, and other symptoms Improved focus and creativity	First-time consumers Microdosers
2.5 - 15 mg	Stronger symptom relief Euphoria May impair coordination and alter perception	Patients with persistent problems Restless sleepers Social butterflies
15 - 30 mg	Strong euphoria Unaccustomed consumers may experience negative effects May impair coordination and alter perception	Well-seasoned consumers Medical patients with developed tolerances Experienced consumers seeking to sustain sleep
30 - 50 mg	Very strong euphoria in unaccustomed customers Likely to impair coordination and alter perception	Consumers who have poor GI absorption of cannabinoids People with significant tolerance to THC
50 - 100 mg	Highly likely to impair coordination and alter perception Can cause negative side effects such as rapid heart rate, nausea, and pain	For experienced THC individuals only Patients with cancer, inflammatory disorders, or conditions that necessitate high doses



Please note everybody processes cannabis differently and could have a different edibles experience. Always start low and slow and follow packaging guidance. **Visit [Leafly.com](https://www.leafly.com) for more resources**



As of July 1<sup>st</sup>, MN law now allows edibles of THC (Delta-9 and Delta-8) up to.

- 5 mg per serving
- 50 mg per package

Compared to smoking/vaping, the acute effects of edibles...

- later onset of effects
- longer-lasting effects

As of August 1<sup>st</sup>, MN Medical Marijuana program now allows edible after consultation with a doctor.

**Edibles dosing chart** Leafly

THC per dose	What to expect	Who's it for?
1 - 2.5 mg	Mild relief of pain, stress, anxiety and other symptoms. Improved focus and creativity.	First-time consumers. Microdoses.
5 mg	Stronger symptom relief. Euphoria. May impact coordination and alter perception.	Recreational consumers. Patients with persistent symptoms. Bedtime sleepers.
10 mg	Strong euphoria. May impact coordination and alter perception. Note: consumers may experience negative effects.	High tolerance THC consumers. Self-medicational and medical.
20 mg	Very strong euphoria. Likely to impact coordination and alter perception.	Consumers with significant THC tolerance. Patients with a decreased GI absorption.
50 - 100 mg	Extremely impaired coordination and perception. Can cause unpleasant side effects including nausea, dizziness, and rapid heart rate.	Experienced high tolerance THC consumers. Patients living with chronic, inflammatory disorders, or conditions that necessitate high doses.

Please Note: This graph is for educational purposes only. SAMMN does not recommend the use of edibles for ANY medical purposes without FDA approval.

<p><b>Manufacturers' requirements:</b></p> <ul style="list-style-type: none"> <li>• All products to be tested</li> <li>• Labels must contain             <ul style="list-style-type: none"> <li>• Name, address and phone of manufacturer and testing lab</li> <li>• Accurate statement of amount of cannabinoids</li> <li>• Statement that the product does not claim to diagnose, treat, cure, or prevent any disease and has not been evaluated or approved by the FDA</li> </ul> </li> <li>• Packaging and product must not bear the likeness or contain cartoon-like characteristics that appeals to children; be packaged in a way that resembles the trademarked, characteristic, or product-specialized packaging of any commercially available food product.</li> </ul>	<p><b>The current version of the Hemp-THC-Edibles bill does NOT have provisions for:</b></p> <ul style="list-style-type: none"> <li>• Taxes</li> <li>• Treatment</li> <li>• Prevention and education</li> <li>• Workplace testing</li> <li>• Highway safety</li> <li>• Funds for monitoring and enforcement</li> <li>• Where products can be sold – most states mandate THC products be sold exclusively at dispensaries. This means they are not available at stores alongside commercial tobacco products and candy, etc.</li> <li>• Does not have requirements related to:             <ul style="list-style-type: none"> <li>• package health warnings (except to keep away from children)</li> <li>• limits on number of dispensaries</li> <li>• location of dispensaries</li> <li>• Training of individuals who dispense product</li> </ul> </li> </ul>
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**Financial Update:**

With the addition of The Crossing Centers in-kind contribution, we have met the match for year seven. Please continue to update the tracker. Expenses are on track with the final two months remaining.

**Outreach and Advocacy:**

Report on Winona County Fair from Jon and Ted: Wonderful opportunity to have fun with kids and parents, also getting to know fellow board members and community supporters of ASAP

Report on Summer Leadership Camp Day and Ropes Challenge from Addy:

Day 2 of Summer Leadership Camp was a success with multiple students returning from the previous session. We attended The Montana State Institutes online session and spoke about what we learned from the session. The students attending the Mankato Leadership Event had the opportunity to do team building activities lead by MSU staff. Afterwards we attended two presentations about finding your why (presented by Addy and Nico) and being an upstander. They then were given the option to use the ropes course to build self-confidence and to bond with the other attendees.

Invitation to Hidden in Plain Sight (HIPS) and Vaping Backpack Presentations:

The Hidden in Plain Sight Exhibit is a mock teenage bedroom that provides awareness for parents, teachers and caregivers designed to educate on signs and symptoms of risky behaviors. The program and exhibit are to increase knowledge, it is not to diagnose or confirm a youth's involvement in drug misuse. The objective of the program is designed to increase knowledge of:

Possible hiding places that youth may use. Different types of local drugs and how they are used. Types of supplies and tools when using alcohol, tobacco, or drugs. Local resources. HIPS is not a scare tactic, but an opportunity to provide parents and caregivers with knowledge, skills, and confidence.

The backpack presentation is an easy portable exhibit in a backpack! The backpack provides the latest information, samples, and displays of local e-cigarettes, flavored tobacco products and vaping accessories. You can touch, smell, and see what an e-cigarette is, for example what's a loon snus delta 8 cigarillo and more! 24 million dollars a day is spent daily on tobacco marketing! Get information, handouts, and tips to educate yourself and youth from the ASAP backpack presentation.

Rotary lunchtime presentation on ASAP and Vaping with Nico Stern and Helen B on 7/20

Date for your calendar – Meet Miss Minnesota at the Winona Senior High School Football game on October 19<sup>th</sup> at 7pm, she will be tabling with ASAP all evening!

Report on National Conference on Tobacco and Health from Rebecca:

Highlights from NCTOH include: The need to advocate for flavored tobacco restriction including menthol in Winona County and not wait for FDA. Very empowering meeting tobacco prevention specialist and learning how we can share information and policy change from other communities. Connected with other organizations in Minnesota that can and want to assist us. Getting the youth involved is very important. It will take time, but even starting the conversations is very important.

Report on Montana Institute from Rebecca:

Highlights from Montana include – Positivity! It is very powerful to send the positive message out and use that as the campaign. A lot of times perception on what is happening is different than what is actually happening. It is important to engage younger students as well. It is important to show the campaign to the targeted audience to ensure they are receiving the message we are trying to send. ACES – New study with positive spin on ACES, ASAP to start a Positive Norm Campaign with information from the conference.

Interested in taking the ASAP lead on the Alcohol Committee?

Contact Phil: [coordinator@winonacountyasap.org](mailto:coordinator@winonacountyasap.org)

Interested in signing up for the Positive Norm Campaign Committee? More to come next month.

Teen night at the YMCA on Saturday October 15<sup>th</sup> – More details to come!