



## **ASAP Minutes**

**Prepared by Deb McClellan**

**05/24/2023**

### **1. Welcome and Introductions**

- a. Attendance: Katie Illes, Deb McClellan, Jeff Mueller, Becky Wisted, Jon Spinillo, Ted Barthel, Rebecca Church, Phil Huerta

### **2. Consent Agenda**

- a. Minutes packet not included in email, posted on website.
  - i. Motion to approve by Becky.
  - ii. Second by Jon.
  - iii. Motion passed.
- b. Committee Highlights
  - i. Alcohol committee – compliance checks, student cancelled so will need to reschedule.
  - ii. PCN – Middle school launch late fall or early winter. Timeline is set for next steps. Carin and Jackie excited for MI in June.
  - iii. Tobacco committee did not meet.
  - iv. Youth Council – Student project discussion, external THC scans done at 5 shops.

### **3. Positive Community Norms Practice**

- a. Rebecca presented on the 7<sup>th</sup> Principle: Passion

### **4. Opioid Settlement Updates**

- a. Jeff shared update. Winona County looking at having Joy Labs to facilitate listening sessions, being sure to include agencies and individuals who can offer input on how settlement funding should be utilized. Tentative date is July 10<sup>th</sup>.

### **5. Financial Updates**

- a. Deb shared update of the financial position and match position. Phil asked if the Underage Drinking Event funds from SAMHSA could be used for the Regional Youth Leadership Summit in July. We will have to check the grant.

### **6. Marijuana Updates**

- a. Phil gave an update on 5 external scans completed by students and summary provided by Helen who completed a couple internal scans. We would like to have scans done by next meeting. Contact Phil to get access to the sign-up sheet. Rebecca suggested ASAP provide education to the community. Deb suggested doing a “Community Talk” similar to one we did in 2016 at the East Rec. Phil suggested sharing: 1 Marijuana is still illegal for minors under 21, 2 marijuana harms on youth development, 3 info about edibles because other legal states saw spikes in poison control calls, and 4 info about impaired

driving because other legal states saw spikes in that. Ted shared a link about marijuana from the state: <https://cannabis.state.mn.us/>

## **7. School Updates**

- a. Phil shared a recap from National Prevention Week, was a great outreach opportunity before school ends. Estimated 550 students participated. Completed 5<sup>th</sup> Grade “Letters to Seniors” with English Teachers Mrs. Haugen and Mr. Beske. WMS Student Council led Trivia & Treats themselves with help from club advisor, Lisa Mullen.
- b. Phil and Deb shared updates after meeting with Nathan Warneke, Brittany Ignatius, and Mitch Auman at the WAPS District Office about a vaping suspension alternative and student survey for next year. Deb suggested seeing if WSU Nursing program would be interested in partnering to help facilitate a month 4-hour class for high school students. There is interest, but Jen Timm, nursing professor, is reviewing materials and discussing implementation with her colleagues next. WAPS has agreed to help with implementing a substance use specific survey in February 2024, and will review a draft from us in October-November 2023. This will satisfy our data reporting requirements per the CDC.

## **8. Events and Outreach (Phil)**

- a. Teen Data Party Pilot: Completed with students yesterday. Mariyah did an amazing job presenting and the students gave great feedback. Students suggested this presentation for incoming 9<sup>th</sup> Graders with help from the LINK Leaders.
- b. Youth Internship Program Update: Reports on each of the intern’s projects - Mariyah, Jaxson and Carlos. Phil shared Mariyah’s reflection slides from presenting on May 12<sup>th</sup> and is waiting to hear from Jaxson how his presentation went on Tuesday. In the fall we should move our meetings to 4:00pm so students can attend.
- c. Planning for ASAP Appreciation BBQ: Possible dates shared: July 27<sup>th</sup> or August 3<sup>rd</sup>. Most of the group in attendance today indicated August 3<sup>rd</sup> works best. Phil will look into venue availability for that date first, then ask other half of Board about 8/3.
- d. Teen Night June 3<sup>rd</sup> 6-9pm – Volunteers are needed. Contact Becky. See flier enclosed.
- e. Regional Youth Leadership Summit July 25<sup>th</sup> 10am-3:30pm in Winona. Seeking any Board Member to help as Adult Advisor or carpool Winona students from Lake Lodge to Levee Park. Contact Phil is interested. See flier enclosed.

## **Adjournment**

- a. Rebecca motioned
- b. Jon seconded
- c. Motion passed 11:40am

Winona Family YMCA

# TEEN NIGHT!

Saturday, June 3 6-9pm

**FREE** event for teens in grades 5-9, but registration is required. **Registration closes 6/3 at 5pm.**

Parent/guardian must register teen online or in person at Member Services. Walk-ins will not be allowed in

Register online:  
[www.winonaymca.org](http://www.winonaymca.org)

Fun

Games

Snacks

Friends

Kickball

Volleyball

Dodgeball

Basketball

Teen Cycle Class

Human Gerbil Balls

Karaoke & Just Dance



**Known Locations: 10**

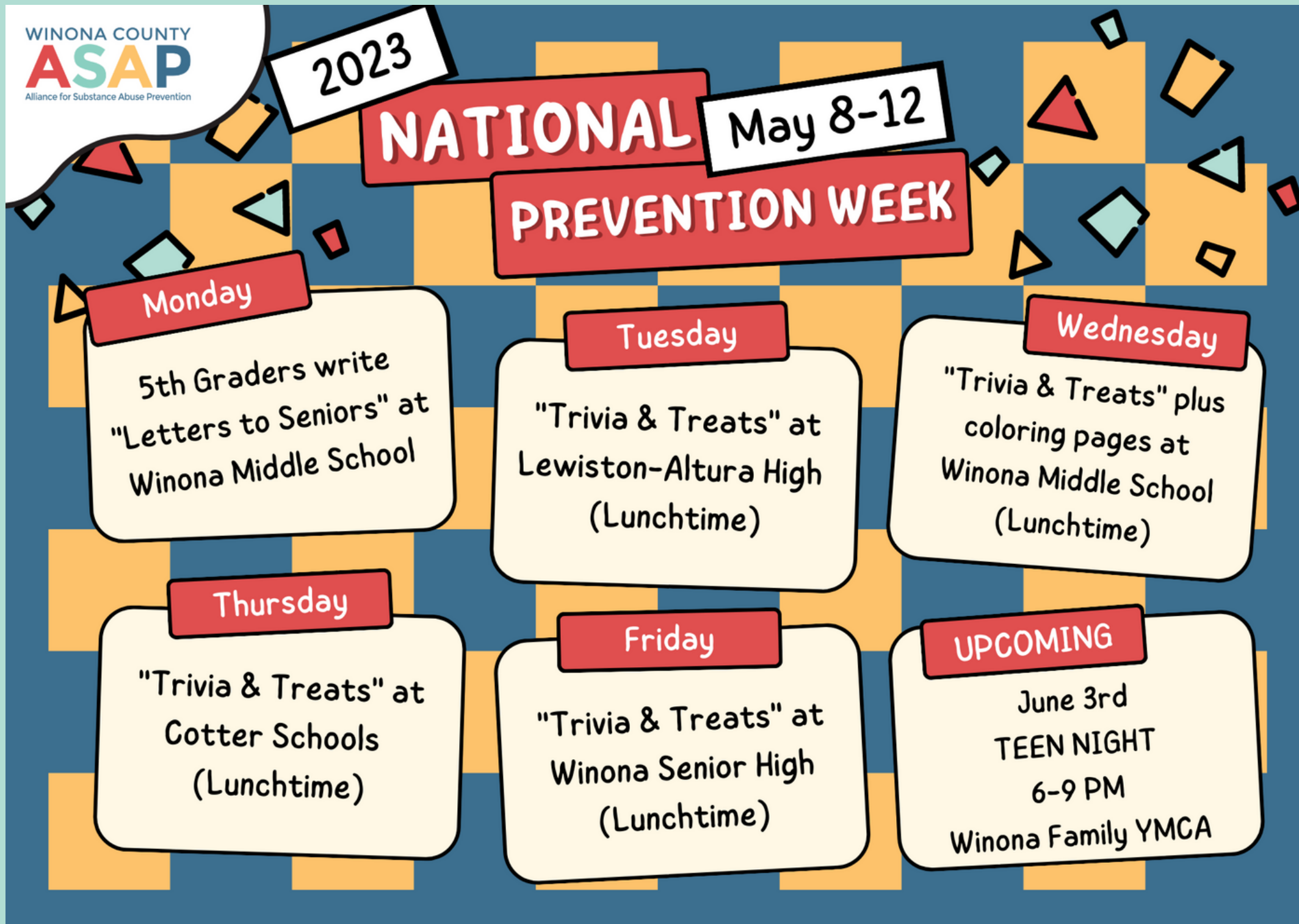
**External Completed: 5**

**Internal Completed: \_\_\_**

## **Summary:**

- Tobacco stores had more advertising present compared to non-tobacco, ex. Island City Vapor vs. Island City Brewery
- Several tobacco stores had Kratom ads
- Royal Tobacco had QR code on door to encourage people to contact legislators to NOT ban flavor products
- Bluff Country had cannabis sparkling water ad on door





## Summary:

- Great outreach before school ends
- Students really enjoyed trivia
- Reached hundreds of students (550)





Report on National Prevention Week





Report on National Prevention Week



## **Suspension Alternative:**

- Been asked to help coordinate volunteer partners for an educational component (4 hours, monthly)
- Considering INDEPTH or Teen Intervene

## **School Survey:**

- Local survey ASAP is conducting per grant requirement
- WAPS leaders to review draft Oct-Nov 2023
- WSHS and WMS to implement in Feb 2024

# Teen Data Party

- Piloted with 5 students and 1 math teacher at WSHS
- Youth Intern, Mariyah did an outstanding job
- Suggested projected slides for additional visual aid
- Suggested "4 Corners" activity for smaller groups
- Bingo and Scratch Off Card biggest hits
- This presentation ideal for incoming 9th Graders and Link Leaders

# Youth Internship Program

- **Mariyah (WSHS-11th):**

- Presented to WMS 8th Grade Health Class on vaping myths and facts (See reflection)
- Helped with Trivia and Treats during National Prevention Week
- Participated in External THC store environmental scans
- Presented pilot of Teen Data Party
- Volunteering at June 3rd Teen Night

- **Jaxson (Cotter-8th):**

- Presented to Cotter 8th Grade Health Class on vaping harms (awaiting reflection)
- Helped with Trivia and Treats during National Prevention Week
- Participated in External THC store environmental scans

- **Carlos (LAHS-10th):**

- Helped with Trivia and Treats during National Prevention Week
- Participated in External THC store environmental scans



# ASAP Appreciation BBQ

- **Last year's date:** Thursday, July 21st
- **ASAP + YMCA Outdoor Movie:** Friday, August 25th 6-9pm
- **Possible Dates:**
  - Thursday, July 27th
  - Thursday, August 3rd

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Snacks

Friends

Kickball

Volleyball

Dodgeball

Basketball

Teen Cycle Class

Human Gerbil Balls

Karaoke & Just Dance





# REGISTER NOW FOR JULY 25TH

10AM-3:30 PM PLUS TRAVEL TIME

**DEADLINE TO SIGN  
UP JUNE 30TH,  
2023**



SCAN TO REGISTER

## REGIONAL YOUTH LEADERSHIP SUMMIT '23

LAKE LODGE RECREATION CENTER WINONA, MN

YOUTH-LED LEADERSHIP TRAINING & OUTDOOR  
ACTIVITIES

### ACTIVITIES INCLUDE:

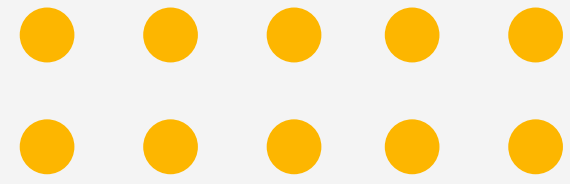
- CANOEING
- KAYAKING
- STAND UP PADDLE BOARDING
- YOUTH-LED LEADERSHIP TRAINING
- NETWORKING WITH OTHER STUDENT LEADERS IN THE REGION.
- 90 MIN. ENTERTAINING INTERPRETIVE BOAT TOUR OF THE MISSISSIPPI RIVER

**LIMITED  
SPACE  
AVAILABLE**

**\$10**  
FOOD, BOAT TOUR  
TRANSPORTATION  
INCLUDED WITH FEE



FOR STUDENTS GOING INTO GRADES 9-12

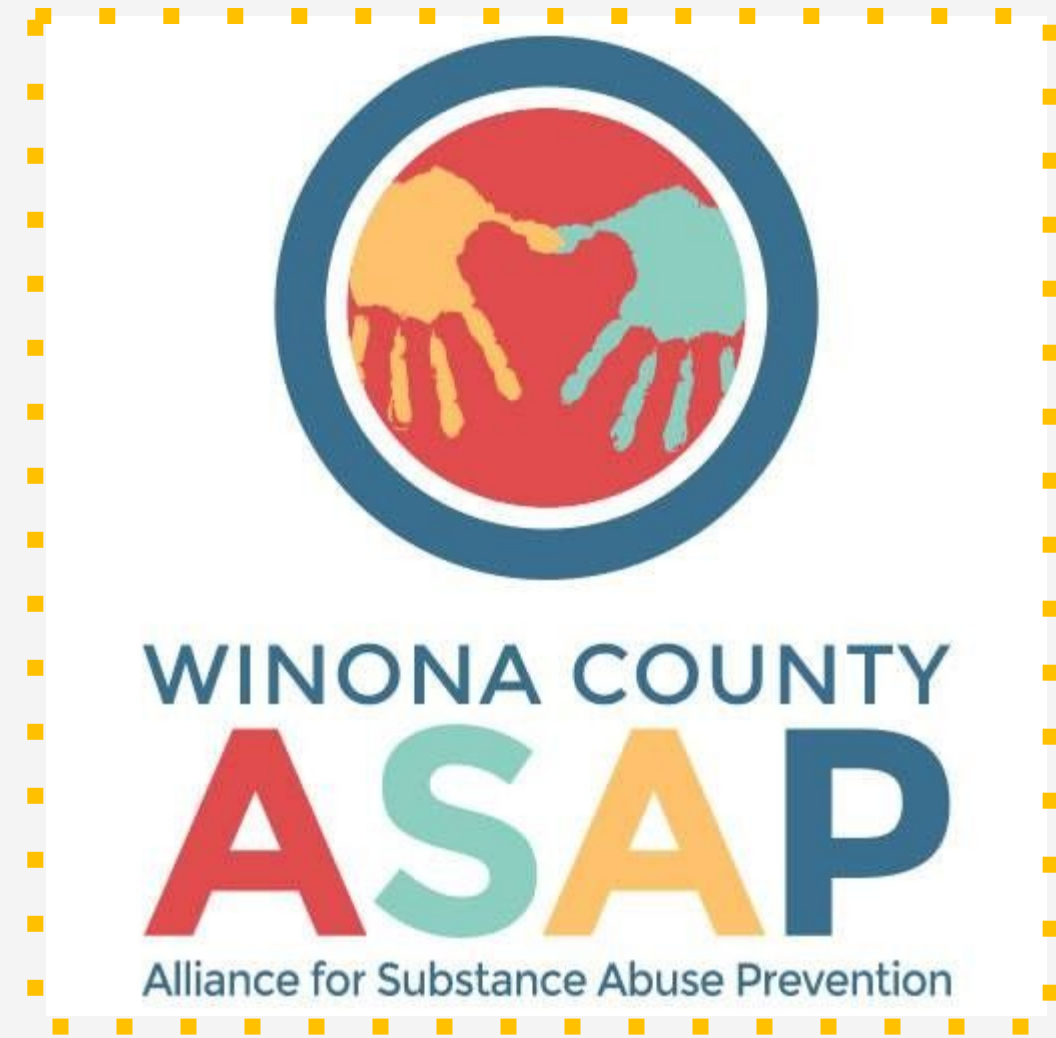
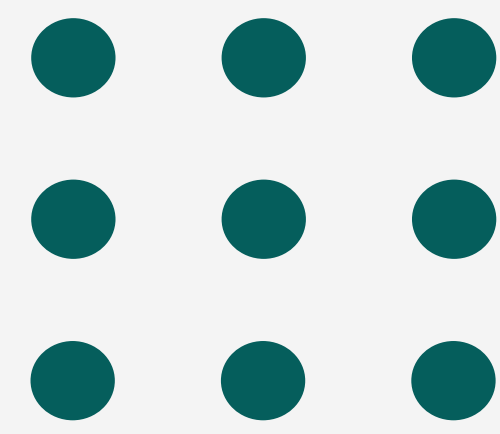


# 2023 Service

# Project

# Reflection

Mariyah  
Rumpca-Veronese





# What Was the Service Project?

My 2023 Service Project consisted of:

1. Creating a lesson plan/presentation to present to other students in my area
2. Presenting said lesson to middle school students in Mr. Burndt's 8th grade health class during their vaping/tobacco unit.

Link to Presentation used:

<https://docs.google.com/presentation/d/1ickVnr9HAnaSuN5c-u5v1TA4eKhUqLjWAdOvc3vZff8/edit?usp=sharing>

# What I learned...

**1**

Many young people are willing to talk about and express their feelings about vaping.

**2**

Many young people are educated on how the marketing of vaping is targeted towards young people.

**3**

Despite what many think, many middle school students dislike and do not plan to vape in the future.

**4**

Even when students choose not to vape, they are still negatively affected by it.

**5**

Fun and creative activities keep young people engaged for the whole presentation, even the lecture portion

**6**

Being personal with the students helps them be comfortable and share what they think and know about vaping.