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OCTOBER ASAP BOARD MEETING MINUTES

Prepared by Crystal Hegge and Vanessa Southworth - Supplemental edits by Amber Ziegler
10/25/2023

1. Welcome and Introductions

a. Attendance: Rebecca Church, Katie Illies, Helen Bagshaw, Amber Ziegler, Vanessa Southworth, Phil Huerta, Ted Barthel, Crystal Hegge, Jeff Mueller, Andrea Northam; Callum Doucette, Christie Ransom

2. Consent Agenda

a. Motion: Jeff Mueller

Second: Ted Barthel

Motion carries unanimously.

3. Coordinator updates

a. Continuing with Youth Gatherings. New youth center downtown. Amber facilitated a wellness activity.

Miller Mentoring gathering is happening in November in three half hour sessions. Youth internship applications opened on the 15th . They close on the 30th .

Lionheart will be presenting to the high school on November 14th .

b. Tabling – Routine tabling at lunches in Lewiston-Altura, Winona Senior High, Winona Middle. Once per month at each.

c. Art Contest – “Vaping doesn’t help my mental health but...” blank does was the theme for last year. If you have any ideas for a theme, please contact Amber.

4. Opioid Settlement Updates

a. Amber had a meeting with Karin Sonneman, Maureen Holte, Vanessa Southworth, Rebecca Church and the AmeriCorp person about the listening sessions for youth. This discussion is on pause until late winter.

b. ASAP was discussed during the adult listening sessions as a potential funding recipient to support prevention.

5. Alcohol Compliance Check MOU addendum – Amber, Jeff (Jay)

- a. 57 out of 76 licensed Winona establishments were checked.
 - b. 37 passes, 20 failed
 - c. These were courtesy checks, no one was penalized for non-compliance.
6. Financial Updates
- a. Total carryover funds are \$37,373.06
 - b. Match requirement was met. Vanessa will send out a new tracker for the new fiscal year after the end of this week.
 - c. Budget Vs. Actuals were over for director salary last month due to extra time during staff transition.
7. Committee Updates
- a. Alcohol Committee – No official chair for the Alcohol Committee, Coordinator subbing.
 - b. Tobacco Committee – Looking forward to doing education in schools instead of suspending students.
- Vaping boxes are funded by SHIP for 6 collection disposal boxes.
- c. PCN Committee – Had kick-off at middle school.
 - d. Youth Council – Youth council has not met yet. Will meet when interns are on-boarded.
8. Marijuana (THC) Updates
- a. Winona City Council is discussing ordinances. Aaron Ripinski will be running against Gene Pellowski and that may impact Winona City Council’s ability to make a decision.
 - b. There’s no cap on density for the population to cannabis shops. Local governments can take action if they want on density. Sign up for updates on the Office of Cannabis.
9. Events and Outreach
- a. Take Back Day - Becky & Amber : Saturday, October 28 th 10-1
 - b. Teen Night - Becky & Amber : Saturday, October 28 th , free for 5 th -8 th grade
 - c. Lion Heart - Amber : November 14th
 - d. Youth Council - Amber : will be starting up soon

Next scheduled Board Meeting: November 29th, 2023 | 4pm-5:30pm[HYBRID]

No December Board Meeting

Update from Phil: Kudos to Amber on her presentation at the Program Sharing Conference. At this conference was a presentation from St. Louis County about what they are doing with their settlement dollars. This is available via a recording. He also asked about the possibility of having a “train the trainer” session to provide responsible server training related to alcohol checks.

Motion to adjourn: Jon, seconded by Becky

NOVEMBER PCN COMMITTEE MINUTES

****PCN Committee did not meet in November. Following updates from ASAP Coordinator.***

Lion Heart update:

Roughly 840 students attended between the two assemblies.

Student and staff surveys made by Wilder were sent out and results are still pending. Around 50 surveys were completed directly after the presentation via projected QR code in the gymnasium.

Lion Heart added a major boost in media engagement.

Instagram: Reel has 727 plays. 14 new followers.

Facebook: Reel reached 111 people. Post made by Winona Area Public School, 69 likes 3 comments. ASAP tagged.

Overall spoken feedback by students and staff has been positive with comments with gratitude for the opportunity to engage in open conversation about mental health.

WMS PCN Campaign Update:

Helen and Amber tabled at Winona Middle School on 11/21/23. Tabling included handing out stickers, playing connect 4, and gathering input for PCN swag/prize items. This was done by printing out pictures/labels of items and taping them to the front manilla envelopes. Envelopes with pictures/labels on them were laid out on the table and students were asked to share their favorite items. "If all of these prizes were real and on the table right now, which is the first one you would grab?"

Options included: Water bottle, lanyard, stickers, silicone cups, pop socket, felt ear warmer headband, and a blank envelope with blank pieces of paper for students to write in other ideas. Students indicated their top choice(s) and then a small blank card was placed in that respective envelope to count the vote. This method was decided over the previously mentioned idea of having students put sticky notes on a displayed poster paper to eliminate students choosing items solely by seeing that other students had also chosen them. Water bottles were for sure the top voted item, exact totals haven't been counted yet.

The next pre-approved tabling date at the middle school is December 5th . I propose we move that to much later in the month to allow time to order items and have them available for December tabling (Thursday December 21st?). If we can get orders in by next week, I see that being a doable goal. Students were very excited about the ASAP/PCN swag items.

NOVEMBER TOBACCO COMMITTEE MINUTES

Wednesday November 15 th at 1.00 p.m.

Zoom Meeting <https://meet.google.com/zqq-cgxa-mjm>

1. Welcome and Introductions: Pat, Nahe, Jon, Amber and Helen
2. Update on the first 3 sessions of INDEPTH at the Winona Area Public Schools (WAPS) with facilitators from Bridges WSU. 8 students from WSHS were referred to the INDEPTH program that were caught vaping/tobacco products or in possession of vapes/tobacco products at school. This program is an alternative to suspension or citation for the school students. 5 WSU social worker students who are all certified INDEPTH facilitators, taught the program with compassion, humor, knowledge and shared their understanding of nicotine and tobacco addiction. 7 WSHS students passed and received certificates from the INDEPTH program. Dates are now being proposed for Dec, Jan and the following months for 2024 to continue the INDEPTH program in collaboration with WSU students, ASAP and the Winona Senior High School.
3. Updates on vape collection box. Fee waiver for disposal of vaping materials at schools was voted on and passed by the County Commissioners on Tuesday Nov 14th – Funding for 6 vape

- boxes from Winona SHIP approved. Next steps to meet with School Principal and team. Hopefully ASAP will have the vaping collection boxes in the schools by the end of the year.
4. Letters to Editor or/and newspaper article on vaping and the environment – Dec/Jan
 5. 2023 National Youth Tobacco survey - Drop in E-Cigarette Use Among High School Students Good News, But Over 2 Million Kids Still Vape – Problem Won't Be Solved Without Eliminating All Flavored E-Cigarettes
https://www.tobaccofreekids.org/press-releases/2023_11_02_nyts-drop-in-e-cigarette-use-is-good-news-but-over-2-million-kids-still-vape
 6. YOUTH VOICES: Speaking Truth to Big Tobacco toolkit for teachers, coaches, mentors, and youth This would be a great project for our new ASAP youth interns.
 7. November 7 th , 2023. Rochester Minn. The Olmsted County Board of Commissioners has passed a ban on smoking and vaping cannabis in public places. Winona next! See link for info... (KIMT)
 8. Member sharing Nahe is moving to Hawaii – Thank you for sharing your prevention resources, your encouragement and collaboration with ASAP and most important... your friendship! We will miss you! Clearing The Air: The Dual Toll of Vaping on Mind and Body - YouTube This is one of a 3-part vaping informational series co-hosted by 100 Rural Women and the American Lung Association. Part one, held in March of this year, focused on general information about vaping and how it is affecting our rural communities. Part two is centered around the physical and mental health impacts professionals are seeing because of long-term vape use. Part three, to be held in December, will highlight people and organizations doing important work in the movement to end vaping.

NOVEMBER ALCOHOL COMMITTEE MINUTES

Alcohol Committee Minutes

Monday | November 13th 2023 | 10:30am – 11:30am

Location: Winona Family YMCA - HYBRID

<https://us06web.zoom.us/j/86833410126>

In attendance: Jay Rasmussen, Jeff Mueller, Christie Ransom, Katie Illies, Helen Bagshaw, Amber Ziegler, Phil Huerta

Next Meeting is: Monday January 8th 10:30am-11:30am - Location Winona YMCA Conference Room (Hybrid)

No December Meeting

1. Towards Zero Deaths Coalition Collaboration: PCN messaging/car, impaired is impaired, collaborating with other law enforcement in TZD - Amber
Projects the alcohol committee has worked on or proposed in the past without execution will be brought to the TZD coalition meeting by Amber to see where efforts can be combined at the next meeting in January.
2. RBST, county wide training - yes or no? If yes, by when? - Jay/Jeff
Capacity building in Winona PD is moving in a positive direction. Hang tight for WPD Feb May Aug 2024. Jay plans to connect with Cleven Duncan to arrange train the trainers. Because of

this forward movement within Winona, we will hold off on opting for County wide collaboration at this time.

3. Solidify incentive promotion plan proposal for business compliance, training attendance, etc. - Christie, Group

The plan of action for this is still pending. To-dos - follow up with Monica Hennessy Mohan to strengthen the "Best Practice" program implementation and enforcement. Make positive press releases a part of standard procedure for Alcohol compliance checks. Inform businesses of positive incentives for routinely sending staff to RBST and being in compliance.

4. Media examples for holiday messaging - Group

After discussion, top selected messaging directions below

