



AUGUST ASAP BOARD MEETING MINUTES

8/23/23 Coalition Board Meeting Notes

Prepared by: Deb McClellan

Attendance: Rebecca Church, Jeff Mueller, Andrea Northam, Christie Ransom, Helen Bagshaw, Katie Illes, Nathan Warneke, Ted Barthel, Jon Spinillo, Becky Wisted

Staff: Amber Ziegler, Deb McClellan

Other: Vanessa Southworth, Phil Huerta

1. Welcome
2. Consent Agenda – not included, will send out separately and request a remote board vote
3. Presentation: Youth Partnership Program (slides attached)
4. Opioid Settlement: Jeff reported that community meetings are planned for input and meetings with ASAP for how we can be included. Amber is coordinating youth listening sessions with the AmeriCorps representative. Phil mentioned that we have a list of allowable uses for the funds that we should review prior to meetings with the county.
5. Financial Update: With 5 weeks left of this fiscal year we are roughly \$10k short of our match. Lewiston Crossings should be pursued in the coming weeks, look at the Chamber value for in-kind, and review previous years matches.
6. Committee Updates:
 - a. Alcohol: a poll went out to find the best time for meeting.
 - b. Tobacco: Helen has had conversations with other communities reporting solutions for Vape Boxes in schools for Dakota county. She would like to readdress the flavor bans again.
 - c. Youth – see attached presentation.
7. Meeting with School Administration:
 - a. Upcoming DEI meeting with Kristy O'Brien
 - b. Lewiston Altura schools
 - c. Vaping Suspension Alternative meeting with Bridges Health to deliver the INDEPTH curriculum. WAPS meeting TBD

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8. Marijuana discussion: Christie reported her discussions with employers. Most have a zero tolerance on and off premises. She is also having conversations with City Council members. Nathan said the schools are gearing up, but expect “murky waters”. Ted reported that HVMHC is treating marijuana like alcohol and other drugs. Phil suggested revamping the Vaping Myths PowerPoint to Cannabis and is willing to assist. Phil will send out a save the date flyer for trainings that RPC’s are conducting.

9. Events and Outreach:

- a. Outdoor Movie 9/16/23 at 7:00 at The Y
- b. Miss MN 9/22/23 football game
- c. Teen night at The Y 10/28/22
- d. Chamber Streets and Treats 10/28/23

SEPTEMBER PCN COMMITTEE MINUTES

Location: Acoustic Café

Date: September 13, 2023

Time: 8:00AM

POSITIVE COMMUNITY

NORMS SUBCOMMITTEE

Meeting Minutes

I. Welcome

II. Pilot Testing Review

a) We had lots of people funnel through for Rally Day! Several parents and students filled out the

pilot testing forms. Some people didn’t want to fill out the pilot testing form.

b) We decided that the top five messages we will include in the campaign (Blue Goose, Don’t Be

the One – Vape Goose, Bright Future – Alcohol Bear, Join the Crowd and WSHS Variety Data).

Posters need to be reviewed once more by our group before they are sent to WMS for their review. We need to ask WMS about size, quantity, and message approval before printing.

III. Timeline Review

IV. School Roll Out!

a) Date/Time

i) Amber and Helen table at the Middle School monthly. Here are the upcoming dates:

(1) Tuesday, October 24 th 11:15am – 1:00pm

(2) Tuesday, November 21 st 11:15am – 1:00pm

(3) Tuesday, December 5 th 11:15am – 1:00pm

ii) We agreed that the PCN campaign can be the theme on the above stated tabling dates.

iii) We will start with five posters and candy at tabling. We will ask the students what their top three swag items are with the campaign message. We plan to have the swag available for students in November. We will have draft images of what the swag would look like at the October meeting. Swag item ideas: lanyards, cups, water bottles, stickers, key chains. Rebecca suggested we ask Fanatics if they would donate or give a discount (Christy has a connection).

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b) We agreed that our campaign will be in the above format rather than an all-school assembly or class presentations. We will have the posters at the tabling event each month as the THEME of the year, that will be our “presentation.” We should have two sets of posters (or more). One set for tabling, and one (or multiple) sets to hang around the school this fall.

V. Adjourn

a) Next Meeting: 8:00AM, October 25, 2023 @ Acoustic Café

SEPTEMBER TOBACCO COMMITTEE MINUTES

Wednesday September 20 th at 1.00 p.m.

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

1. Welcome and Introductions: Amber Katie Helen and Pat.

2. Advocacy Tracking:

3. Winona Area Public Schools (WAPS) and WSU students Bridges are meeting again with school

admin and teachers on Sept 27th to develop a plan for education and classes about vaping cessation <https://bridgeshealthwinona.com/> INDEPTH from ALA will be the program used.

There are 28 individuals in MN acting as Indepth facilitators. Moorhead School uses Indepth program – Helen will contact the school. Indepth is a student program not a parent program.

Katie from Restorative Justice is at the next meeting. Invite Jolene - Principal from Winona Alternative LC.

4. Updates on disposal vape box. Request forwarded to County Administrator about bringing confiscated vapes from schools to hazardous waste unit in Winona. Environmental Services Supervisor Ross wants vaping devices to be brought in within a week of confiscation from students. He will modify request for disposal fee and service will be free. Hazardous Waste in Schools Vape Disposal Guide for Schools in Dakota County webpage. Overview of Dakota

County's School Vape Disposal Program - Video (10 minutes) Possible funding for 6 vape boxes

from Winona SHIP.

5. Consequences and problems for youth with new marijuana legislation – An ASAP perspective.

Winona Daily news reporter interviewed ASAP Board members Helen Carin and Christy and Program Coordinator Amber last week for feature in WDN

6. MN Juul settlement update from MNSFG. Keep this on the agenda as more develops.

7. Letters to Editor or/and newspaper article on vaping as school restarts.

Helen will send out previous letters to any ASAP members looking for ideas to write in. First letter on vaping sent and published in Winona Post 9/12/2023

8. Film idea? Delaney Ruston examines the impact of our digital age on teens decision making in

relation to substances such as vaping, alcohol and drugs.

<https://www.screenagersmovie.com/about-screenagers-under-the-influence>

9. YOUTH VOICES: Speaking Truth to Big Tobacco toolkit for teachers, coaches, mentors, and youth leaders

10. Member Sharing. Vaping Prevention and Quit Resources Top tips for Parents and Educators

[https://truthinitiative.org/research-resources/quitting-smoking-vaping/vaping-prevention-and-quit-resources-top-tips-](https://truthinitiative.org/research-resources/quitting-smoking-vaping/vaping-prevention-and-quit-resources-top-tips-parents?utm_source=Truth+Initiative+Mailing+List&utm_campaign=34e8ec0a9a-Newsletter_2023_09_21&utm_medium=email&utm_term=0_-34e8ec0a9a-%5BLIST_EMAIL_ID%5D)

[parents?utm_source=Truth+Initiative+Mailing+List&utm_campaign=34e8ec0a9a-Newsletter_2023_09_21&utm_medium=email&utm_term=0_-34e8ec0a9a-%5BLIST_EMAIL_ID%5D](https://truthinitiative.org/research-resources/quitting-smoking-vaping/vaping-prevention-and-quit-resources-top-tips-parents?utm_source=Truth+Initiative+Mailing+List&utm_campaign=34e8ec0a9a-Newsletter_2023_09_21&utm_medium=email&utm_term=0_-34e8ec0a9a-%5BLIST_EMAIL_ID%5D)

SEPTEMBER ALCOHOL COMMITTEE MINUTES

September 11th, 2023 | 10:30am – 11:30am

Location: Winona Family YMCA - HYBRID

<https://us06web.zoom.us/j/2197208214>

In attendance: Amber Ziegler, Jeff Mueller, Jay Rasmussen, Phil Huerta, Helen Bagshaw, Katie Illies (beginning)

Next Meeting is: October 9th 10:30am-11:30am - Location TBD

1. Substance Specific Education Sessions WMS/WSHS Fall

Co-presenter interest for alcohol

Carin, Ted, and Phil have presented in the past. If testimony was included, Carin may have contacts that are practiced in testimony sharing. Email Amber if there is any interest in co-facilitating a classroom presentation in the Middle or High School. Both Middle School and High School Health Teachers have reached out wanting to get a presentation or two done in their classrooms this fall.

b. Curriculum used in the past

Ripple Effect content and presentation materials are somewhere within the Shared Drive. Amber and Phil will try to track them down.

2. RBST (city) *This item will be kept on the agenda for the sake of updates but not anticipated action until staffing shortages are better resolved within LE.

a. Short LE staffing

b. Can this committee in any way be support keeping momentum for when opportunity presents LE Staff will be kept in the know about “Train the Trainer” opportunities

3. Alcohol Compliance Checks

a. Update on planning, including people/groups asked. Done with LE, posted - met with students, look in documents or continue seeing LE as helpful, educational supports since tickets aren't being administered.

Jay, Amber, and Jeff will be meeting this Friday to work on getting the next round of Alcohol Compliance Checks going. A compliance check with Port 507 was conducted August 26th with the result of 10 underage citations given. Article link [HERE](#). Jay and Amber will be working to confirm that staff working that night either did or did not participate in RBST.

Thoughts on raising awareness on the binge drinking that happens around Thanksgiving with college students returning to hometowns?

Helen shared come up to date information that is listed below.

SAMHSA Releases Report to Congress on Underage Drinking

Last week, the Substance Abuse and Mental Health Services Administration (SAMHSA) released its “Report to Congress on the Prevention and Reduction of Underage Drinking 2022”.

According to the report:

Alcohol is responsible for more than 3,900 deaths annually among Americans under 21 and shortens their lives by an average of 57 years.

Approximately 140,500 individuals of all ages in the U.S. die from alcohol-attributable causes each year, making excessive alcohol use the third leading preventable cause of death in the U.S.

Alcohol is the most widely used substance among U.S. youth aged 12-20.

The peak years of initiation of alcohol use are in grades 7-11 and 15.0 percent of high school students report using alcohol before the age of 13.

Approximately 3.4 million youth aged 12-20 reported past-month binge drinking in 2020. Seven hundred thousand of these youth engaged in binge drinking on 5 or more days in a 30-day period.

Past-month alcohol use is reported by 15.6 percent of males and 16.7 percent of females aged 12-20.

4.9% of 12–20-year-olds meet the criteria for alcohol use disorder.

Comprehensive underage drinking prevention and reduction efforts, including evidence-based prevention, intervention, treatment, and enforcement policies, programs and practices, implemented at multiple levels are effective in addressing underage drinking.

SAMHSA's full report and state reports are available here. State reports highlight policies, enforcement, programs, collaborations, and expenditures to prevent and reduce underage drinking in each state and the District of Columbia.

OCTOBER TOBACCO COMMITTEE MINUTES

Wednesday October 18 th at 1.00 p.m.

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

1. Welcome and Introductions: Pat, Nahe, Jon, Kelsey, Rebecca and Helen

2. Advocacy Tracking:

3. Update on Winona Area Public Schools (WAPS) and WSU students INDEPTH (American Lung

Association). INDEPTH program will start on WSHS on November 13-16 th 7:30 – 8:30 a.m. on four

consecutive mornings that week. The facilitators will be the Bridges WSU students assisted by Jen – Professor, Helen and Amber – ASAP. Meeting on November 2 nd to meet WSU students and

prep for classes. Need to address what is school policy is if students do not attend or miss a class

during the INDEPTH program. INDEPTH is a new, convenient alternative to suspension or citation for students caught using tobacco or vaping in school. The INDEPTH program helps schools and communities address the teen vaping problem in a more supportive way.

4. Updates on disposal of vapes collection box. Hazardous Waste in Schools Vape Disposal Guide for Schools in Dakota County. Information from Winona Hazardous Household Waste “The vaping device materials fee waiver approval has been placed on the Winona County Board agenda for November 14 th so schools will not be charged for bringing them into HHW facility. Arrangements should be made to bring vape devices in by the end of week when they are taken from student. The use of drop box (not vape collection box) are still not an accepted collection method due to fire risk.” More to come on this as we work together to properly dispose of vape products and support tobacco and vape-free schools in Winona.

5. Pat suggested that we take photos of discarded vapes as 99.9% will be flavored and could be information to share with legislators in the next session.

6. Funding for 6 vape boxes from Winona SHIP. SHIP have granted ASAP a grant for \$250 for vape collection boxes

7. Consequences and problems for youth with new marijuana legislation – An ASAP perspective.

Winona Daily news reporter interviewed ASAP Board members Helen Carin and Christy and Program Coordinator Amber last month for a feature in Winona Daily News. Marijuana will also be added to the Tobacco Committee work plan.

8. Juul settlement of \$60.5 Million Dollars awarded to Minnesota to be used in prevention. Keeping this on the agenda as more develops. Could funds be available to ASAP.

9. Letters to Editor or/and newspaper article on vaping as school continues. Pat to send slides on environmental issues on vapes from prevention conference this week. Helen could use this to write letter to the media.

10. YOUTH VOICES: Speaking Truth to Big Tobacco toolkit for teachers, coaches, mentors, and youth leaders. Whether you plan to talk with two or two hundred youth, we want to hear from you! Our goal is to capture and deliver as many Minnesota youth voices as possible between now and February 1st, 2024. Click on QR code – Great event idea for ASAP. This could be a project for ASAP Youth Interns and INDEPTH students.

News Updates: Member sharing

- o Date for your calendar - MNSFG – Day at the Capitol Tuesday March 5 th , 2024
- o The SHIP contact for Olmsted is “PH,” her email is: pahoua.moua@olmstedcounty.gov PH will also be presenting at Novembers POS call to share more info about her youth summit on November 15, at 2 p.m. Had great success with interacting with youth advocates.

Dunkin’ said in a lawsuit that a New York-based vape company that sells products under the brand ‘Vapin’ Donuts’ is infringing on its trademark - even selling disposal vapes

with flavors that are ‘identical to flavors Dunkin’ offers for its coffee products.’

- o The age at which people can buy cigarettes and tobacco in England should rise by one year every year so that eventually no-one can buy them, the prime minister says. Under the plan, the age of sale would rise from 18 every year so a child aged 14 today would never be allowed to buy tobacco.

- o FDA takes a major step toward removing menthol cigarettes and flavored cigars In a positive step toward removing menthol cigarettes and flavored cigars from the market, the FDA has sent the menthol and cigar rules to the White House Office of Management and Budget for final review. A swift review and finalization of these rules would be a public health victory for all. Menthol cigarette and flavored cigar use is more prevalent among young people and racial and ethnic minorities, and ending the sale of menthol cigarettes could benefit these groups who have been disproportionately targeted by the tobacco industry.

OCTOBER ALCOHOL COMMITTEE MINUTES

Monday | October 9th 2023 | 10:30am – 11:30am

Location: Winona Family YMCA - HYBRID

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

In attendance: Katie Illies, Jay Jay Rasmussen, Jeff Mueller, Phil Huerta, Amber Ziegler

Next Meeting is: Monday November 13th 10:30am-11:30am - Location Winona YMCA Conference Room (Hybrid)

1. Substance Specific Education Sessions WMS/WSHS Fall

Co-presenter interest for alcohol

b. Curriculum used in the past

Update: Ripple effect presentation found - "Health Class Presentation" 2021. Coordinator meeting with WSHS Health Educator this Wednesday 10/10/23 to plan presentation time.

UPDATE after meeting on 10/10/23: WSHS Kate Berstrom fully on-board, loves ASAP's mission and approach, would like ASAP in the classroom two back to back days (9am-12pm) to present and engage her students in learning/awareness of substances, especially binge drinking. Focus on consequences but also healthy coping strategies and the hope that comes with getting back on track to sobriety if a young person did experiment with substances.

Yes to lived experience/testimony sharing as a part of the presentation. Will be reaching out to Treatment Court for a speaker.

2. RBST (city) *This item will be kept on the agenda for the sake of updates but not anticipated action until staffing shortages are better resolved within LE. While the City of Winona builds capacity for trainings, it may be best to seek county wide collaboration to run trainings for server participants and train the trainer. Deputy Chief and Deputy Sheriff on-board with this idea.

3. Alcohol Compliance Checks

a. Update: We checked 26 different bars, restaurants, and gas stations last night and here are the results. 13 Passes, 11 Failures

1 did not have alcohol to sell (Kwik Trip at 268 West Sarnia, near WSU Campus) 1 was closed (Handy Corner)

11 failures were Signatures, Sinclair on Mankato Ave, East Side Bar, VFW, Sammy's, ZaZa's, 5th Street Liquor, El Patron, Discount Liquor, Mango's, Kwik Trip on Cottonwood Dr.

41 businesses checked so far in 2023. Final round of alcohol compliance checks happening 10/12/23. 16 on the roster for that day so far.

No businesses that have failed have reached to City Police to schedule training - even though they are instructed to at the time of failure.

ASAP Coordinator will be following up with failed businesses to make sure management knows

1) they failed 2) the expectations of scheduling a class 3) the pass/fail information is public 4) failing means they are more likely to be "re-checked".

Reconnect with Christie and Monica about Best Practice Program to explore incentives for those who pass... reduced licensing fees/positive publication if establishments attend the class and regularly pass compliance checks?

4. Identify our priority messages about underage drinking to the Winona Community.

a. Sharing the prevalence of it in our area.(MSS/County Data/National Data)

b. It's dangerous. (Health effects and safety risks)

c. It's preventable. (Limiting access and correcting misperceptions)

d. Alcohol is not needed to fit in or have fun. (Safe alternatives)

. . . .other input . . .

3 votes for "c.". 2 votes for "b.". 1 vote for "d". Voters were able to pick multiple.

These selections will guide ASAP Coordinator's social media posts, newsletters, restock of information to be handed out at community events, and other general community education messaging around preventing youth alcohol consumption.