



WINONA COUNTY  
**ASAP**  
Alliance for Substance Abuse Prevention



**Winona County Alliance for Substance Abuse Prevention & Crime Prevention Committee**  
**2:30pm March 22 - County Office Building**

**Attendees**

Beth Moe	Ron Ganrude	Linda King
Darci Roesler	Travis Volkman	Lori Ortega
Janneke Sobeck	Phil Huerta	Rebecca Church
Jeff Apse	Jenna McMillan	
Mary Olson	Julie Walch	

*Guests in attendance for part of the meeting: Dr. Ruth Charles, Amanda Schmidt*

**WSU Program Planning Recap**

Program Planning class under Peter Sternberg has been looking into Winona's ability to host another drop box and help raise awareness of the existing one at the LEC. The students presented their findings at the State Capitol and met with Senator Jeremy Miller, who wants to better understand current policies for pharmacies hosting drop boxes. Coalition suggested connecting with Senator Gene Pelowski. Research/data should be collected and brought to Senator Jeremy Miller and Senator Gene Pelowski in June. Beth is interested in being involved.

**ACEs Study Presentation**

Dr. Ruth Charles presented on Adverse Childhood Experiences. She encouraged moving from asking "why did you do that?" about negative behaviors to instead being trauma-informed by considering "what happened to you to make you behave this way?" In the early 90s, public health research was done with 17,000 people. It was discovered that if you endure an adverse childhood experience such as neglect or abuse during childhood, it increases your likelihood of physical, mental, and behavioral issues later in life. ACEs can lead to disrupted neurodevelopment, leading to social, emotional, and cognitive impairment, leading to the adoption of health-risk behaviors, leading to disease, disability, and social problems, leading to early death. The memory of our experiences is stored in our body, and changes the wiring of the brain. Stressed brains can't learn. The documentary "Paper Tigers" will be shown on March 23, 2016 from 4-6pm at the Winona Middle School. This documentary tells the story of how one school changed its culture and took a trauma-informed approach to its students. Over half of Minnesota adults have one ACE, and 60% have 2. Resiliency is possible. Communities can do things to nurture resilience by offering and promoting the following: 1) community, culture, and spirituality; 2) attachment, belonging, and relationships; 3) individual capability. While people may not be responsible for the experiences they endured in their youth, they ARE responsible for what they do after. "A rising tide lifts all boats" – change is up to us, and we need to help people take control of their lives by changing how we approach things.

**National Coalition Academy Training Update**

Phil and Helen attended the NCA training in Sacramento, CA. They did a community assessment and identified hot spots on a community map of where local conditions occur. They conducted a problem analysis with underage drinking by asking "why is this a problem?," followed by "why here?" They then created a logic model draft of why we're doing what we're doing. The DFC grant doesn't fund programs,

it funds outcomes. Data was identified as a challenge to substantiate the logical model. Data is required in order to take a picture of local conditions. Next step for week 2 of NCA is to identify strategies for local conditions. A University of Minnesota trainer could possibly come train some of our high school kids to lead focus groups as a data source. Coalitions mobilize people to be visual, valuable, and vocal. The next NCA is April 25-28 (with a travel day on either end). The focus area will be strategies and action planning. Phil and another coalition member will take the completed logic model/roadmap to this training.

### **Bylaws**

Board voted to adopt the revised bylaws.

### **DFC Grant Financial Update**

Phil shared a financial update. Expenses incurred thus far total \$27,968.10, with \$89,401.40 remaining for this year. Project period is September 2016 to September 2017.

### **Open Discussion**

Rebecca Church shared that Karin has the video described at the previous coalition meeting and shared it via email. Karin is waiting to hear back on the mobile teen room. Karin attended the viewing of Paper Tigers at the Frozen River Film Festival.

The news conference idea has been redirected to a more personal approach with the media. We were encouraged to highlight personal stories, possibly drug course participants from OUR community. Winonacountyasap.org website is live. The logo was modified slightly to be more mobile responsive. Phil put together an orientation packet for new members and to be used as a conversation piece. It includes a fact card, mission statement, statistics on substance abuse, talking points, a flow chart of the action teams, a list of board meetings for the year, and the volunteer time sheet.

Suggestion was made to revisit the action plan next month to help us stay accountable to our goals.

### **Actions**

- WSU Program Planning class to continue research/data collection on drop box policies.
- Phil, Beth, and anyone else that is interested will meet with Senator Miller and Senator Pelowski in June to discuss WSU class findings on drop box policies for pharmacies.
- Complete logic model draft before April NCA training.
- Respond to Phil by April 1<sup>st</sup> if you are interested in attending the April NCA training in Sacramento, CA (total time away is April 24-29).
- Phil to add Karin's viewing of Paper Tigers to Reach.
- Review action plan at next meeting.

### **Next Meeting**

Monday, April 18<sup>th</sup>, 2016 at 2:30pm. New location – Family & Children's Center, 601 Franklin Street