



**Winona County Alliance for Substance Abuse Prevention & Crime Prevention Committee**  
**November 20, 2017: 2:30 – 4:00 pm at Pleasant Valley Church**

**ATTENDANCE**

<b>Board of Directors:</b>			
<b>*Bolded names were present</b>			
<b>Attendance:</b>	<b>Board Member:</b>	<b>Proxy:</b>	<b>Sector:</b>
-	Travis Volkman		Chair
<b>Present</b>	<b>Helen Bagshaw</b>		Health
<b>Present</b>	<b>Karin Sonneman</b>	Rebecca Church	Government
-	Ron Ganrude	Jeff Mueller	Law Enforcement
<b>Present</b>	<b>Linda King</b>		Business
<b>Present</b>	Mark Anderson	<b>Chai Lee</b>	Schools
<b>Present</b>	Joe McKonkey	<b>Brian Sauter</b>	Faith
-	<i>Position available</i>		Parent
<b>Present</b>	<b>Beth Moe</b>	Brian Voerding	Civic/Volunteer
<b>Present</b>	<b>Jenna McMillan</b>		Substance Abuse Treatment
-	Darci Roesler		Youth Serving Organization
-	<i>Position available</i>		Media
-	Payton Borchardt		Youth
<b>Present</b>	<b>Janneke Sobeck</b>	<i>(non-voting)</i>	Program Director
<b>Present</b>	<b>Phil Huerta</b>	<i>(non-voting)</i>	Program Coordinator

<b>Coalition Member and Guest Attendance:</b>	
<b>Name:</b>	<b>Organization:</b>
<b>Kate Hansen</b>	Winona Partners for Prevention
<b>Bridget Klinger</b>	Winona Police Department
<b>Alison Marco</b>	ASAP Secretary
<b>Carin Hyter</b>	Winona County Drug Court
<b>Teri Henderson</b>	Winona County Juvenile Corrections
<b>Deb McComb</b>	Winona County Services
<b>Nic Moe</b>	Guest

## MINUTES

### Consent Agenda

Consent agenda was approved. Two items were moved to discussion: need for a Parent Sector rep, and an upcoming event from the Program/Strategies team.

### Directors and Officers Insurance:

We currently do not have D&O Insurance. There has been discussion if it is needed. Beth and Phil have been working with Winona Health (fiscal agent) and Winona Agency. We currently have Winona Health take out liability waivers for events. Jenna motioned and Linda seconded to continue moving ahead to determine whether we need the insurance. They will bring back information, including cost, to the next Board meeting.

Action Team Updates: Were approved under the consent agenda. See updates linked at the bottom of the meetings page on the ASAP website.

### Stop Medicine Abuse:

Helen shared a video to the board about concerns of cough medicine, in particular one ingredient - Dextromethorphan (DXM) - and how it is being abused by youth. DXM is an active ingredient in most OTC cough medicines and is one of the most widely used cough suppressant ingredient in the United States. Medicines that contain it can be safe and effective when used correctly, but when abused in higher than recommended doses, it can produce side effects, including nausea/vomiting, abdominal pain, confusion, drowsiness, dizziness, double or blurred vision, slurred speech, rapid heartbeat, impaired physical coordination, numbness of fingers and toes, and disorientation.

What parents should look for:

- \* Look for bottles in your medicine cabinet for the StopMedicineAbuse.org icon to see if it contains DXM.
- \* There are more than 1,000 medicines that contain DXM and can come in the form of liquids, capsules, gel caps, lozenges, and tablets.
- \* When looking for warning signs, listen for slang terms like “skittling”, “triple C’s”, or “robotripping.” Also look for empty bottles or packages in your children’s backpacks or trash.

What can parents do?

- Parents can monitor their medicine cabinets and their teen’s activities and also talk to their teens about OTC medicine abuse.
- Parents can also share what they have learned with others.

### Sustainability Conversation:

The board talked with Deacon about the resources we have and what other resources we need and how to sustain them. An ad hoc committee will be convened to discuss further sustainability, including what we do that is mission-critical, what we could do if we had no additional resources after the 5-year grant cycle, and what potential other resources are available. The group will report back at a future meeting.

Resources include human, social, and material. In year 2 of our 5 year grant we had more than \$110,000 material resources and \$125,000 in additional matching resources. The board began to develop a list of possible organizations that we could ask for grants once our 5-year grant is up. Deacon suggested that we begin talking now about the future with potential funders.

### Parent Sector

There is an opening for this section. The qualifications are that they must be a parent, they are involved in the community, and that they are interested in the work of the coalition. Several names were mentioned, with board members offering to talk with them.

### Upcoming Recognition Event:

The Programs and Strategies team is planning the 2<sup>nd</sup> annual recognition event, where the annual report will be shared and community partners will be recognized. Due to federal holidays in both January and February (making the board meetings get pushed back a week), and the timing of the completion of the annual report, the date for this is still be considered. It will be possibly held in February.

### Annual Report Information

The board talked about capturing everything that we did this past year. The events that we produced or were involved in include: National Prescription Take Back Day, 'Tween Nite, Community Talks, Hidden in Plain Sight exhibits, Cultural Humility training, Responsible Beverage Servers' Training, a new prescription dropbox at the Law Enforcement Center, and Law Day.

### Nic Moe (similar work in another community):

Nic is Beth Moe's son who lives in Austin, Texas. He has been associated with a similar organization (through the organization he worked with called Children's Optimal Health), called the Youth Substance Abuse Prevention Coalition of Travis County. He and his colleagues worked with local school districts by surveying and mapping results, looking for patterns such as characteristics, demographics, etc. One of the events this coalition hosted was a Public Service Announcement (PSA) contest among groups of students, including those from a recovery high school. They then held a community summit with the groups of students. The audience consisted of not only students, but adults (including decision-makers, elected officials, etc.) He said it was very powerful for the youth to share their stories with people who could really make a difference through policy changes, etc. One idea was having "sober tents" at community festivals, where youth (and others) could attend the events and have fun without the pressure of having alcohol and other substances available.

### Addiction 101:

This presentation was moved to the next agenda, due to time constraints.

### Next Meeting:

Monday, December 18<sup>th</sup>, 2:30p.m., Pleasant Valley Church

### Items for Future Discussion:

- 2018 Legislative Session – talk with local legislators about legislation not allowing minors to purchase OTC medications that include DMX?
- Sustainability Conversations – ongoing. Ad hoc committee will produce information about potential grant sources.
- Addiction 101 – moved to future agenda
- Recognition event – to be scheduled

### Note Future Meeting Dates:

The January and February board meetings will be held the 4<sup>th</sup> Tuesday of those months, since Martin Luther King, Jr. Day and Presidents' Day fall on our regularly scheduled meeting dates.

Respectfully submitted,

Alison Marco, Board Secretary