

## **5C Coalition Meeting Minutes**

**(12/15, 5C Office, 11:30am)**

Present: Tracy Kregel, Jen White, Merry French, Ashley Havenstrite, Jenny Rose, Nikki Pope, & Julie Doeppke.

1. Red Ribbon Week
  - a. Thank you to volunteers who delivered RRW sponsor certificates
  - b. Library displays with substance use information were available
  - c. 5C reimbursed Clayton Ridge and MFL MarMac for RRW supplies
2. Clayton County Foundation for the Future Grant
  - a. Radio ads – Julie will reach out to Jackie to see if the students would like to record, Tracy will send Julie sample scripts.
  - b. Day on the Hill – February Youth Day – Save the date! 2/24/22, when AC4C send the info packet out, Tracy will forward on to 5C and school groups. 5C will have a 16 passenger van available to carpool participants to Des Moines.
  - c. Report due 3/1/22
3. Hidden In Plain Sight discussion
  - a. The group discussed a basketball game or wrestling tournament where many people would have the opportunity to see the exhibit. Julie was going to see if January 23<sup>rd</sup> at MFL basketball tournament was a possibility. Julie was going to ask if Theresa could check on the wrestling tournament on January 7<sup>th</sup>-9<sup>th</sup>. Possible volunteers include Julie Doeppke, Jenny Rose, Theresa Eberhardt, and the Elkader Police Department. Will send confirmation out to the group when more info is available.
4. End of year thank you – Tracy will write up a thank you letter and send to Julie to send out.
5. Agency Grant Briefs
  - a. Tobacco – Ashley: a capacity assessment will be shared with the 5C group, cessation toolkits have been shared with employers, Clayton Ridge is actively participating in My Life, My Quit where every student who is caught vaping is referred to these materials, Clayton Ridge also would like additional vape detectors (many schools still do), Ashley completed a vaping presentation with Clayton Ridge 6<sup>th</sup> graders. The 6<sup>th</sup> graders showed interest in attending Day on the Hill event in February.
  - b. Stimulants/Opioids – John: SA 101 (behavioral health equity training available), need additional trainings in Clayton County (possibly look into lunch and learns sponsored by 5C), conducted a training with MercyOne Elkader.
  - c. Integrated Provider Network – Jenny: assessment needs to be approved by IDPH, logic models are coming for the coalition to develop under grant priorities (gambling, alcohol, & marijuana), a lunch and learn is needed for info sharing on problem gambling, GenX education for prescription drugs.
  - d. Peer Recovery & Peer Coaching Services – Merry: waiting on info from State to know next steps, and Adam has been working with the alternative school
  - e. Inspiring Lives Program – Jen: discussed mental health in northeast Iowa (does not serve Delaware County), the program is community based, shared information on ACT – Community Treatment which brings services to a clients home, also

have sub-acute unit when a client doesn't meet hospital requirements but does need help, also shared info on Elevate – a crisis service.

**The next 5C Coalition meeting is January 26<sup>th</sup> at 11:30am at the 5C Office.**

## 2021 Past Projects/Events:

- CCFF grant submitted for 5C 2021 projects (Day on the Hill 2022, Red Ribbon Week, radio PSAs)
- 1/28 & 1/29 Basketball games, 1/30 wrestling meet, stickers with drug facts
- Purchased items with Foundation Grant for updating Hidden In Plain Sight Exhibit
- 2/17 – 5C Coalition Meeting (7 attendees)
- 2/24 DDAC rents HIPS trailer for educational video
- 2/25 – Virtual Day on the Hill on Substance Use, hosted by AC4C (statewide coalition), 5C provides pizza for MFL students (15 attendees)
- 3/4 - Annual Coalition Meeting (10 attendees)
- 3/10 & 3/11 – AC4C Virtual Retreat
- 3/11 – Hidden In Plain Sight & Marijuana Escape Room at Central P/T Conferences (2-7) (33 adults, 7 kids)
- 3/13 – Ladies Day Out (Elkader) – 300 5C promo items for grab bags
- 3/17 – Coalition Meeting (8 attendees)
- 4/6 – Movie Theater Night for Families, Partnered with CPPC (36 attendees)
- 4/7 – 15 water bottles for the Recovery Connect support group
- 4/14 Alcohol Escape Room is finished and ready to go!
- 4/14 - CCFF grant 2020 report submitted
- 4/14 – CCFF grant 2021 received (DOTH, radio ads, RRW)
- 4/15 – Central Marijuana Talk (7 students)
- 4/19 – Driving Simulator at MFL MarMac Health Classes (70 attendees)
- 4/19 – Color contest deadline for child abuse prevention month
- 4/21 – Driving Simulator at MFL MarMac High School Fun Day (40 attendees)
- 4/21 – 5C Coalition Meeting (8 attendees)
- 4/22 – Driving Simulator and Alcohol & Marijuana Escape Room to Central Health Classes (30 students)
- 6/12 – Monona Hay Days – Driving Simulator and Go-Cart with Fatal Vision Goggles (approx. 75 participants)
- 6/12 – Monona Hay Days – 5K Directional Signs (approx. 20 participants)
- 6/16 – 5C Coalition Meeting (8 attendees)
- 7/3 – K9 Run – 5C Directional Signs (60 participants)
- 8/5-8 – Clayton County Fair Booth (approx. 200 participants)
- 8/14 – Guttenberg Family Pool Party – Co-Sponsored with CPPC (11 participants)
- 8/19 - Monona Family Pool Party – Co-Sponsored with CPPC (135 participants)
- 8/30 - Hidden In Plain Sight rental to Kevin Woods (Western School) – (# participants)
- 9/8 – Hidden In Plain Sight rental to ERASE Coalition, Winneshiek County (32 participants)
- 9/15 – 5C Coalition Meeting (8 participants)
- 10/2 – Driving Simulator at McGregor (cancelled)
- 10/12 – Red Ribbon Week Proclamation Signing (12 participants)
- 10/14 – High School Youth Retreat (cancelled)
- 10/28 – Middle School Youth Retreat (cancelled)
- 10/23-10/31 - Library displays at Monona, Guttenberg, Garnavillo, Edgewood and Strawberry Point
- 10/31 - 17 Red Ribbon Week Sponsors
- 12/15 – 5C Coalition Meeting (8 participants)

### 5C List of Activities/Initiatives 2021

Activities (Ready to Go)	Description	Timeline/Notes	Who's Lead
Hidden In Plain Sight Exhibit	for adults only, hands on learning experience to identify drug related items in a mock bedroom - mobile, able to take anywhere	Market to Home Health	
Marijuana Escape Room	for youth, marijuana themed learning experience where youth work through clues to find keys to "escape" the game - mobile, able to take anywhere	Pair with Hidden In Plain Sight exhibit	
Driving Simulator	For youth and adults, shows impaired and distracted driving – mobile, able to take anywhere	Pair with alcohol/marijuana goggles Health class	
Quit Kits & referral cards	Vaping info, quit info, evaluation contacts, referral cards		Need to distribute to schools and youth groups
Popcorn Bag Stickers	Labels with drug facts, put on popcorn bags for concession stands	Share recent data Suicide prevention	Need copies printed and ready to go
Red Ribbon Week	Purchase Items for Schools	October	
	Banners to Car Dealerships	October	
	PSAs	Record – September, Play - October	Jenny Rose
	Proclamation Signing	October	
	Packet to Schools	October	
Post Prom Sponsors/Items	Clayton Ridge, Central, Ed-Co, MFL MarMac, Starmont	April	
Fundraisers	Swim Nights	June/July/August – free will donation	
	Pop Cans/Redemption	Ongoing – discussed trailer open to community and asking County Fair Board about collecting cans from Fair	
	RRW Sponsors	August-September	
Day on the Hill	For youth, day at the capitol, talk to legislators, learn about drug and alcohol use	February	

Mannequin Challenge “Party Your Life Away”	Shared in April before prom and graduation season	April/May	
Peer Education	Teens telling teens marketing – marijuana based	Materials from Jen Stolka (AC4C), radio advertisements	
Parent Education	Parents telling parents marketing – marijuana based Mobile Mamas – tech education for parents	Materials from Jen Stolka (AC4C) Resource Fair, P/T Conf	
Suicide Prevention	NEIBH QPR Training		
Other Escape Rooms	alcohol, tobacco, and Rx drugs themed rooms need to be developed yet	Focus on Alcohol – puzzle plan from DDAC (Jen Stolka)	
Radio Advertisements			
Meth Education	Montana Meth Project	Look at resources and determine if good for our county	
Adult Alcohol Education	“Think Before You Drink” campaign	Helping Services	
Awareness Days/Months	National Kick Butts Day – March		
	Prescription Take Back Day	April 24 <sup>th</sup> - Monona	
	Alcohol Awareness Month - April		
	Drug and Alcohol Facts Week - May		
	National Suicide Prevention Month - September		
	Medicine Abuse Awareness Month - October		
	Great American Smokeout - November		
	Impaired Driving Prevention Month - December		
General Resource	Your Life Iowa	Brochures/tear offs – Jenny Rose	
City Council/Board of Supervisors Updates		5C Board, Jenny Rose offered to help	
Alcohol Compliance Check Certificates			Jenny Rose
Mock Car Crash/Every Fifteen Minutes Program			
Poverty Simulation Support			
Community speakers/Iowa safe schools			