5C Coalition Meeting Minutes from 3/20/2019

Present: Adam Sadewasser (Substance Abuse Prevention), Ben Miene (Youth), Gabe McGeough (Youth), Abby Schellhorn (Youth), Riley Moreland (Youth), Riley Whitney (Youth), Maire Powell (Youth), Brady Bern (Youth), Amanda Becker (Youth), Quynci Swales (Youth), Rachael Hach (School), Ashley Powers (Youth), Jesse Brever (Youth), Jackie McGeough (School), Mya Nelson (Youth), Patti Mittelstadt (Substance Abuse Prevention), Julie Doeppke (Business), Tracy Yelden (Faith), Kari Harbaugh (Parent), Jennifer Kimber (Substance Abuse Prevention)

The meeting began at 11:30am and everyone went around the room to introduce themselves. The SODA group updated 5C on their successful event for Kick Butts Day (cigarette container to hold donations of shoes). Adam Sadewasser gave a presentation on tobacco outlets and their products. He highlighted the location of tobacco products in the store and which items tend to be purchased in store (cigarettes and chew) and online (e-cigarettes).

The topic led to a discussion on vaping. Nicotine addiction posters were available and passed around to the group (also available to others with interest). The group discussed various factors of vaping, including the full newspaper ad for Juuls, needed activities to show health effects of addiction (straw/breathing demonstration), quitline posters in bathrooms with Juul/vaping information near it, how schools have different policies regarding vaping and what is the chain of command to make a report, discussed the need for stricter consequences at home and school for those who vape, more information needs to be shared with school personnel about vaping, a dental assistant mentioned vaping was bad for teeth (might be an angle to use to get youth to stop/prevent use), and the need to explain addictive properties of vaping.

The group brainstormed a list to possibly pursue to address youth vaping:
- Create a radio ad/PSA about addiction/dental drawbacks (stations to record for include 92.3, 93.3, 104.7, and 100.1)
- Posters in bathrooms
- Radio interview
- Survey to see how many youth are vaping in each school

The coalition also discussed Hay Days in Monona in June. 5C will have Hidden In Plain Sight at the event, with the possibility of impaired driving go-cart and escape room. SODA will reach out to their members and see if there is interest in assisting. The 5C Board will notify SODA if the go-cart and escape room are doable in the space provided.

An open 5C Board position was discussed, and Julie Doeppke nominated Kari Harbaugh for Vice President. All present were in favor, therefore the full 5C Board stands with Julie Doeppke, Kari Harbaugh, Rachael Hach, and Tracy Yelden.

The group also discussed designing and creating additional escape rooms with various topics. SODA will look into alcohol and vaping, Starmont Leadership Team will talk with their members.
and see if there is interest in assisting. Both groups will set meetings and 5C will assist with the creation (Adam, Tracy, or Julie will be assisting).

With the remaining meeting time, the group discussed strategies regarding education on social hosting. Those strategies included flyers in grocery bags; more information about what a social host is and the fine; information posted in newspapers and gas stations; prom flyers in flower and dress shops, pizza boxes; announcing from the DJ at prom (with scripts) and the grand march (messaging by voice or paper handouts); utilize Instagram to post messages; need to target youth and parents; need stories of real life situations to really hit home; and to replay the mannequin challenge video about youth decisions and alcohol.

Lastly, Jennifer shared a recent survey, still being collected, which highlighted adult use data from the community. The survey covered a five county area and a copy of the results are attached. The survey is still open for anyone wanting to provide feedback.

Meeting adjourned at 12:35pm.

Attached Items:

1. 5C Board March Minutes
2. Coalition Recorded Activities for February
3. Iowa Partnerships for Success (IPFS) Update
4. Community Survey from Helping Services for Youth and Family
5C Board Meeting 3/4/2019

Present: Rachael Hach, Julie Doeppke, Tracy Yelden, Merry French

- Board Mtg - 1st Tuesday of every month at 4:30pm.
- HIPS updates
  - Jesup is set (March 4th) ($300, invoiced)
  - West Delaware and Maq. Valley ($200, invoiced)
  - March 18th Waukon (set up – Tracy reach out to set up partner)
  - Austin Zuercher interested but no firm date (for Beckman)
  - June 8th – Tracy respond Rogeta Halverson email for Hay Days
  - Howard, Allamakee, Winneshiek, Clayton counties for HIPS contract, through Guttenberg Hospital – TBD (finished by June 2019)

- 5C Teams (Tracy reach out and ask for clarification)
- Day on the Hill 2020 – February 10th
- 5C Budget: January Ending Balance $8942.18 ($1000 set aside for Driving Simulator)
- DFC Budget reviewed as end of January, Match done as of end of December
- CCG Budget reviewed, action plan adjusted, mid-year report technical difficulties (Merry working on the bugs)

- Post Prom Request:
  - Clayton Ridge (Board approves $25 gift cards to Walmart x3, with promotional bag)
  - Starmont, Central, MFL, Ed-Co (Board approves $25/school Walmart gift cards, with promotional bags)

- Theater Ad – 5C responsible for April’s Ad

- Town Hall Meeting (Merry following up on progress)
  - Social Host – Greg Grever
  - Drug Trends & Vaping – Sheriff’s Office
  - Smart Approaches to Marijuana (Ben Cortez)

- STOP ACT Grant
  - Possible Budget Items: Coalition Coordinator, Survey Costs for Core Measures
  - Draft Deadline: March 11th to Board and Merry

- McElroy Trust – Merry will look at and get back to Board within a couple days if the coalition can use SASCC’s 501c3 status

- Carryover funds for this DFC fiscal year - contract progress
  - Develop a request for bid for services for coalition coordinator (review with Board and Merry) – finalized contract by 3/29
  - Contract $25/hr 496 hours ($12,400) April through September services
  - Newspaper ad will be covered by DFC funds not to exceed $750.

- DFC Updates
  - Reference check and discussion of latest interviews
  - DFC Year 5 Budget – Merry explained 18% and 306 hours for Year 5.
  - Name by Date on DFC duties (Position, hours, tasks) given monthly.
  - Board approved reassigning funds for Adam request from Merry (up to 150 hours to support the DFC grant and coalition projects)

- Tracy is resigning as Secretary effective immediately. (Julie did not accept the resignation, effective 3/15)
<table>
<thead>
<tr>
<th>Date</th>
<th>Description</th>
<th>Local Condition</th>
<th>Strategy</th>
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<tbody>
<tr>
<td>2/27/2019</td>
<td>IPFS Coordinator administered pre-test for LifeSkills at Central Community School to ensure fidelity was maintained. 32 students completed the test.</td>
<td>Youth do not have adequate refusal skills</td>
<td>Enhancing Skills</td>
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<tr>
<td>2/27/2019</td>
<td>Provided 14 “What Do You Throw Away When You Drink” media campaign posters to students at Central Community School.</td>
<td>Youth are at risk of being negatively influenced at a young age</td>
<td>Providing Information</td>
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<td>2/15/2019</td>
<td>&quot;Those Who Host&quot; campaign played at the Elkader movie theater to link underage parties to the local social host ordinance the coalition is pursuing.</td>
<td>Adults provide alcohol at locations for underage parties</td>
<td>Providing Information</td>
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<td>2/13/2019</td>
<td>IPFS Coordinator attended 5C Coalition Executive Board Meeting to report on IPFS activities, including action plan progress and other items related to IPFS strategies. Resources generated includes member’s time.</td>
<td>Adults provide alcohol at locations for underage parties</td>
<td>Providing Information</td>
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<td>2/13/2019</td>
<td>IPFS Coordinator met with prevention coordinator from another agency to share processes and resources for substance abuse training for law enforcement, including those specifically targeting underage drinking.</td>
<td>No consistent message about substance use</td>
<td>Providing Support</td>
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<td>2/6/2019</td>
<td>IPFS Coordinator performed personal outreach to an area youth to engage participation in upcoming social host team meetings and initiatives. This person’s voice and commitment, as well as potential to engage other youth, is seen as a positive addition to coalition capacity.</td>
<td>Adults provide alcohol at locations for underage parties</td>
<td>Providing Information</td>
</tr>
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Not included above is Day on the Hill Event – 14 attended from 5C and MFL MarMac SODA on 2/28/2019.

**Tobacco:** Quitline information and giveaway items are available at the SASCC office. Kick Butts Day is March 20th and the MFL SODA group is planning an event for students.
1. **IPFS STRATEGY UPDATES / GRANT DELIVERABLES**

1. **IPFS Media Campaign**
   - Distributed 14 posters to Central Elkader

2. **Apply Appropriate Penalties to Minors in Possession**
   - 22 walk-throughs were completed by Tim Engelhardt in Q1
   - Walk-throughs are being completed in Guttenberg, but not being documented. This was addressed, with officers encouraged to document & report results.
   - Results of law enforcement survey completed Q1:
     - When officers encounter underage youth drinking alcohol (10 responses):
       - 90% refer to Juvenile Court Services
       - 10% take alcohol, issue citation & contact parents
     - 90 days from law taking effect, officers are aware of law (6 responses):
       - 50% Yes
       - 50% No
     - After 90 days from law change taking effect, officers found out about change in law from (2 responses):
       - Other officers
       - Law updates provided by state and employer
     - Do you receive training or review existing or new laws on alcohol use in your department? (10 responses)
       - 70% Yes
       - 30% No
     - Are you aware of the social host law? (10 responses)
       - 100% Yes
On a scale of 1-5, with 5 being the highest, do you feel knowledgeable about the process for handling juvenile law violations? (10 responses)

- 0% - 1 (0 responses)
- 0% - 2 (0 responses)
- 20% - 3 (2 responses)
- 60% - 4 (6 responses)
- 20% - 5 (2 responses)

7 officers indicated that they are interested in training topics offered by 5C

4 officers indicated that they would like to know more about 5C initiatives/attend a meeting

3. Social Host:

- Results of post-educational event survey completed Q1:
  - 62% of attendees responded to electronic survey
  - Weighted average of knowledge prior to attending event: 2.71
  - Weighted average of knowledge after attending event: 4.46
  - 90% of respondents responded “Yes” when asked if they believe Clayton County needs its own social host ordinance
  - Capacity-building questions were included at the end of the survey. Three youth respondents are interested in attending future 5C meetings and one youth respondent expressed interest in being part of 5C’s social host subcommittee.

  - Revised social host opinion poll
  - Updated Substance Abuse Services for Clayton County (SASCC) social host brochure
  - Updated 30-second social host theater ad
  - Social host theater ad began running at Elkader Theater on 2/15 and will run through March
  - Contacted youth interested in participating on 5C social host team and confirmed interest
  - Prepared social host opinion polls & brochures for table display at Central Elkader Parent-Teacher Conferences March 5th & 7th; no polls completed & no brochures distributed

4. LifeSkills:

- Two sessions of LifeSkills were completed at Starmont during Q1 for a total of 47 students. Results of pre-and-post-testing are as follows:
  - Starmont Session #1:
    - Overall Knowledge ↑ 12.95%
    - Anti-Drug Knowledge ↓ 4.35%
    - Anti-Drinking Attitudes ↓ 3.50%
    - Drug Refusal Skills ↓ 0.98%
  - Starmont Session #2:
    - Overall Knowledge ↑ 17.79%
    - Anti-Drug Knowledge ↓ 18.45%
    - Anti-Drinking Attitudes ↑ 17.65%
Drug Refusal Skills ↓ 26.67%
- A signed MOU has been received from Central Elkader to provide LifeSkills for the 2018-19 school year
- IPFS Coordinator completed the first pre-test for 30 students at Central on 2/27.
- IPFS Coordinator audited one session of the LifeSkills curriculum, “Making Decisions,” on 3/11 to ensure fidelity was maintained.

5. Enforce Impaired Driving
- Two saturation patrols were completed during Q1, with no citations or warnings given for underage alcohol possession.

6. Other Initiatives:
- Suicide Prevention
  - Worked with Epiphany Community Services (ECS) to update REACH system to capture suicide awareness/prevention activities
- Iowa Youth Survey
  - State results for 2018 have been released and are available here or at https://bit.ly/2UB707C. An article from the Des Moines Register that summarizes some highlights can be found here or at https://bit.ly/2HtGHg2
  - Other reports, including Clayton County results, will be available from April to June so check the Iowa Youth Survey website for updates
- FY19 Action Plan & Quarterly Report
  - Q1 Quarterly Report for September-December submitted 1/25/19
  - Data gaps for Q1 included:
    - Walk-throughs being done in Guttenberg, but not being documented; this was addressed
    - Need to identify places to do walk-throughs that might be attractive to our disparate population (11th graders). This needs to be addressed with 5C’s assistance.
  - Updates to FY19 report requirements include:
    - Populations: # served / # reached
    - Data Gaps
    - Innovative Stories
    - Disparate Populations: # planned to reach / # actually reached
    - Collaboration with County Board of Health
  - Updated Capacity Building Plans & Media Advocacy Plans to reflect FY Action Plan
- Sustainability Plan
  - LifeSkills & Social Host are two strategies chosen to be sustained by 5C post-grant
  - Plan was updated & expanded by IPFS Coordinator with assistance of 5C Executive Board; resubmitted to IPFS/IDPH 2/28/19
  - We will be required to review & update again in the spring, if not before
IPFS CLAS Standards Webinar, 2/1/19
Substance Abuse Prevention Skills Training (SAPST) Phase 1, Camp Dodge, Johnston, IA, March 6-7

3. COLLABORATION OPPORTUNITIES / INFO TO SHARE

- Upcoming training opportunities:
  - High in Plain Sight: Substance Abuse Prevention Training, Anamosa Iowa – April 30 (see attached flyer). $25 registration fee. I am planning to attend!
  - The Power of Words: Using Language to Reduce Stigma and Promote Engagement Across the Continuum. This is an IDPH webinar presented by Clare Jones (see attached flyer). No registration fee.
- Law enforcement training opportunities: This information was shared with me by Julie Furne, Certified Prevention Specialist at ASAC. Let’s discuss!
  - They do a 3-hour training block at least annually & include lunch
  - Subjects have included youth consumption laws/MIP vs. social host (county attorney); ACEs training (Leslie Mussman, my IPFS Capacity Coach, is certified to teach); Language of Poverty/Bridges Out of Poverty (excellent response - Jim Ott from Dubuque, formerly with AEA).
  - Also have enlisted training with MCTC - participants must do an eval, then can receive a certificate for CEUs (emerging drug trends, internet security)
  - Identity theft (available free through DOT)
  - They invite troopers, deputies, and local PDs
  - ALWAYS feed them and have lots of coffee!

4. 5C SUPPORT NEEDED!

- Identify potential locations for walk-throughs to reach disparate population (11th graders). Share with me so I can pass along to Tim and others.
- Fidelity Plan Review – all strategies
- Volunteers to help distribute Media Campaign materials
- JOIN US on the social host team – we’re picking up steam! 😊

Questions? Comments? Concerns? Let me know how I can help! You can reach me at 563.245.1546 or at pmittelstadt@sas4cc.com.
Highlights of adult use data from Community Survey:

https://tinyurl.com/y8z38zax

- 25% of adults have had 5 or more drinks of alcohol in a row, within a couple of hours in the past 30 days
- 10% of adults have driven a car or other motor vehicle while intoxicated in the past 12 months
- 7% of adults have lost $100-$2000+ while gambling in the past 12 months
- 20% of adults have felt so sad or hopeless almost every day for 2 weeks or more in a row that they stopped doing usual activities
- 6% of adults have contemplated suicide in the past 12 months
- 80% of adults say it would be easy or very easy to get marijuana in their community
- 60% of adults say it would be easy or very easy to get methamphetamine in their community
- 10% of adults say it is not against their values to allow teens to consume alcohol
- 7% of adults say they would buy alcohol for those under the age of 21
- 23% of adults say there is little to no risk in using a prescription medication that is not prescribed to them

As of 3/20/2019, 420 people have taken this survey in Allamakee, Clayton, Fayette, Howard and Winneshiek Counties.