

5C Coalition Meeting Minutes

(9/15, 5C Office, 5pm)

Present: Tracy Kregel, Adam Sadewasser, Makenzie Olson, Ashley Havenstrite, Jen Stolka, Kari Harbaugh, & Julie Doeppke.

1. Youth Retreat Discussion

- a. October 14th – High School Youth, AEA Elkader, 9am-2:30pm
 - b. October 28th – Middle School Youth, AEA Elkader, 9am-2:30pm
 - c. Topics – Alcohol, Vaping, Marijuana; 30 mins on each topic
 - d. Breakouts for creating PSA, social media ad, flyer/poster, and video clip
 - e. Lunch/Breaks/Snacks provided
 - f. 20 students, 8 volunteers
 - g. 5C Volunteers
 - i. Tracy Kregel, Volunteer
 - ii. Nancy Yelden, Volunteer
 - iii. Patti Mittelstadt, Volunteer
 - iv. Ashley Havenstrite, Helping Services
 - v. Jon Vagts, Helping Services
 - vi. Makenzie Olson, Helping Services
 - vii. Jen Stolka, Helping Services (only 14th)
 - viii. Merry French, SASCC (only 28th)
 - ix. Theresa Eberhardt – maybe
 - x. Julie Doeppke, Volunteer
 - xi. Nikki Pope, Volunteer
 - h. Invite will be sent to all schools, will ask schools to bring their own devices for designing if possible, the group putting on the retreat will meet next week to review the details.
2. Red Ribbon Week
- a. Business sponsors letters have been sent out – deadline of Sept 30th, Julie has been depositing sponsorships as they come in.
 - b. Schools have been notified of their funds available to purchase supplies (5C reimburse)
 - c. Proclamation signing is October 12th at 10am at the Board of Supervisors office (along with the Tobacco Awareness Week Proclamation)
 - d. Optional items:
 - i. PSAs (script and recording) – Julie will lead, possibly doing a recording on October 14th
 - ii. Banners at car dealerships (x3) – Rachael at Starmont, Julie at Birdnow & Precision Dairy Equipment
 - iii. Library displays (kits available) – Adam will lead
 - iv. How can Businesses support RRW?
 1. Youth go to businesses, sign we support RRW
 2. Red food
 3. Red candies
3. Agency Grant Briefs

- a. Opioids update – 2 stigma trainings held in Clayton County with 15 attending, has other trainings available (opioid, stigma, psychosis, harm reduction, addiction – all IDPH trainings that Helping Services can provide, geared for adult audiences, 30-40 minutes)
 - b. IPN – Have completed the assessment and capacity steps, moving into planning. The grant will most likely address adult alcohol use and youth marijuana use. Meth is 0% reported for youth, and suicide is a serious concern (8th grade at 28% have thought about it); however, the state requires more documentation if the coalition were to choose suicide as a topic. The next meeting the coalition will discuss a logic model.
 - c. Tobacco – goals include increasing the number of nicotine free childcare centers (2 more), increasing the number of nicotine free businesses (8 more), notice to schools that Helping Services is a resource, October 4th is the event at EWALU, November 14th-20th is Tobacco Awareness Week (hope to have large employers have a cessation support competition), and need to complete a capacity assessment. They did to a virtual scavenger hunt at the county fair.
4. Hidden In Plain Sight needs to be updated soon
 5. Need to send a thank you to the Central FFA for helping load and unload the office during the flood threat
 6. The group decided with everything else going on in October, there will not be an October coalition meeting.

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, Winnebago County (32 participants)
- 9/15 – 5C Coalition Meeting (8 participants)
- 10/2 – Driving Simulator at McGregor (# participants)
- 10/12 – Red Ribbon Week Proclamation Signing (# participants)
- 10/14 – High School Youth Retreat (# participants)
- 10/28 – Middle School Youth Retreat (# participants)
- Library displays
- RRW banners
- PSAs
- Sponsorships
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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 th - 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			