

# Substance Abuse Prevention | MINUTES

12-18-2017 | time 9am-10am | Meeting location The Bridge Community Church

Meeting called by	Substance Abuse Prevention Coalition	Rick Hollering, Nikki Malott, Marc Williamson, Lyndsey Rozzi, Ashley Packard, Krista Kruger, Kim Dunlap, Keven Bostic, Aaron Gross, Mike Osborn, Reynalda Martinez, Serenity Alter, Vicki Byrd, Rebecca McVay
Type of meeting	Quarterly meeting	
Facilitator	Rick Hollering	
Note taker	Nikki Malott	

## Action

9:06am

Introductions of everyone at the table, what brings you here, why do you want to help in this effort? Some answers were as followed:

RH & MW-

-Prevent Risky Behavior, make Logansport a place we can be proud of, hope to turn around the community, hospital hopes to be a resource for coalition, 99% of removals are drug related (CASA exists because of this), want to be a part of the change, want to make a difference, learn and see if they can be a resource, be part of the solution, help however they can, encourage people to be involved in Celebrate Recovery, do more than complain about the problem, kids are being transformed, we can make a difference.

Description of Youth Services Alliance, been working with schools, YMCA, etc. since 2000. We have built relationships with people in the community. We want to help prevent problems from starting by working with youth and the families in our community.

We need a Substance Abuse Prevention Coalition in our community. Money from grants seems to go to bigger communities because the state will see a bigger impact there because of numbers. We are not a bigger community so we have to work together to hit prevention. Conversations move to the biggest issues at the time (ex: heroin, meth, opiates). It can be overwhelming and we can only do so much.

YSA partners with IYI and they will bring speakers in and pay for the expense. They go by what we feel our biggest need is at the time. March is the next IYI café and it covers substance abuse. We would like to build something so big we would need McHale to host. We have to share resources and be a united message in this fight.

Albert Gay was brought in to talk on Prevention this year. He is a very knowledgeable person on prevention. Rick worked to reproduce some of his most important messages on prevention. He makes you think of prevention in a different way. Conversations always go to the worst

drugs; we need to start at the beginning. Quit putting band aids on the issues. We must build protective factors in our youth.

Everyone is in prevention. Every sector has a piece in building prevention. We need to reduce risk factors, build protective factors. We have to give youth power.

Prevention starts with gateway drugs. It doesn't start with meth, heroin, etc. Gateway drugs are alcohol, tobacco, and marijuana. Most impactful in our area is alcohol use. Opiates are getting a lot of attention, but the biggest problem is alcohol. We have to break the cycle.

Description of SPF as a planning system. We can't play the "whack a mole" once the issues are already there. We must take steps to get youth stepping in the right direction before it becomes a larger issue.

Prevention is about risk and protective factors. We need to reduce risk factors and change behaviors.

Data comes from INYS. All of our schools in the area partake in this survey. It is a measuring tool we use when applying for grants. Helps us spend our money wisely on the issues at hand.

By doing LifeSkills we are working on changing the "low risk of harm" and teach the children it is harmful to use alcohol at their age. It encourages them to make better choices.

Protective factors include bonding, have a youth coach, doing school activities.

Albert Gay reference used: Save a person from drowning, send in more and more reinforcements is not going to help solve the issue, we need to go upstream and see why they are falling in the water to begin with. Prevention, we are upstream trying to put in protective factors and lower risk factors to stop the problem before it starts. We have to work together, use unified messaging, get the community thinking in the way of prevention.

Measurable and data driven to find funding streams to help the problems.

Parents Who Host is a campaign to teach parents that illegality behind furnishing youth with alcohol. It is illegal, you can be prosecuted and fined.

INYS identified that youth is getting alcohol from parents and other family members.

Talk They Hear You promotes parental expectations. It is a campaign about talking to your kids about drinking, but can be so much more. We are displaying intentional messages. Helps with talking points. We can make this campaign bigger. We can talk about bullying, violence, etc. Parents can receive tips on how to start conversations and where to go once the conversations begin. Many parents are afraid of what they may hear. Talk they Hear You will help.

Substance Abuse Prevention Book will be in circulation in January. Full of resources, expose it to families that may need it. Work together and communicate unified messages. Change the culture to change the problem. Never hear positive is a new normal.

Table Discussion:

AG- 92 churches in Cass County, maybe send a half page bulletin insert, quick, easy, simple ways to get it seen.

LR- Should incorporate in writing prompts within schools and collect answers and report.

RM-Most kids that are involved in Big Brothers Big Sisters has some sort of “miss” in the home. Bigs are encouraged/required to cover certain topics. Maybe TTHY tips could be topics.

KK- Costumes stick with kids. They remember a costume, maybe have a “mascot” for Drug/Alcohol Free.

RM-Clubs empower students, have a mentor group within the school (Columbia used to have one) We can push information through those?

RH- We need to be more intentional with messages.

SA-Hopefully Health Department can help get a SADD club established at Pioneer.

RM-4-500 people are at Bowl for Kid’s Sake. People of all socioeconomic levels there. Maybe add something TTHY or Coalition related on the shirts that people will wear for years to come.

RM-Communication Networks, work together, maybe radio ads, or talk shows on local radio stations.

RH- ideas be sent to Nikki Malott at [nikki@ysainc.org](mailto:nikki@ysainc.org)

RH- March is substance abuse prevention month, IYI café, maybe do something big with it?

RH & MW-Time to think outside the box, we need to smash that box, invite others to be involved. Collaborate, share resources, this is the start of something big.

RH- Prevention Book-sponsors on back, people of all sectors behind us. Access range should be ages 12-20. We will be placing in lobbies of doctors’ offices. We need to get this in the hands of the people who need it. This will be available for release in January. Let us know if you can display or hand to those that will need it.

If your agency/business would like any of our prevention books, please email Nikki Malott to be added to our distribution list.

Next meeting will be in March. Email communications will continue until then.