

Crime Prevention Committee

2016 Minutes



Winona County Alliance for Substance Abuse Prevention & Crime Prevention Committee

2:30pm January 25 - Live Well Winona

Attendees

Jeff Apse
Lori Ortega
Phil Huerta
Janneke Soback
Beth Moe
Gerry Krage

Karin Sonneman
Katie Lehmann
Kevin O'Laughlin
Michelle Darst
Sarah Anderson
Julie Walch

Deacon Dzierzawski
Darci Roesler
Bridget Klinger
Helen Bagshaw
Gale Lannig

Action Team Updates

Media & Outreach: Met twice. Meetings have included 8-10 youth and some adults with great energy and excitement. Group has served like a focus group to brainstorm website and social media content and tone. Planning some activities for National Alcohol & Drug Fact Week (1/25 – 1/31). Phil wants to involve Cotter and the ALC. Youth are planning a flash mob at the Senior High and State of Using documentary viewing this week.

Programs & Strategies: Met once. Planning spring activities. Parents Who Host (PWH) campaign and Town Hall meetings are the top priority and will be conducted April thru May. Next meeting is 1/27 at Family & Children's Center from 4-5pm.

If you'd like to join an Action Team or receive email updates please contact Phil at phil.huerta@winonacountyasap.org

Additional Funding Opportunities

Town Hall Meetings: Applied for a small stipend to host 2 Town Hall meetings this year. The first one will be to help launch PWH campaign.

MN Planning & Implementation Grant: This grant offers funding for programs and media, focusing on last 30 day use of alcohol per the Minnesota Student Survey. Discussion held around possible fiscal agent, including Live Well Winona, Winona Health, the schools, the City of Winona, and Winona County, none of which thought they could commit to that role. P&I grant would require a separate coordinator. Decision reached not to apply.

AAA Grant: \$500 mini-grant to assist with pre-prom mock crash event. This event is currently done through lots of volunteer efforts. No grant deadline. Phil will get more information. Statewide Health Improvement Program (SHIP) funds were mentioned as a possible funding source, along with Star grant.

Reach Software Update

Janneke and Phil have been trained on the evaluation software to capture the work of the coalition. One important area for all coalition members to be aware of is the **Key Events, defined below**. Please report any Key Events that you note in the community to Phil or Janneke for capturing.

“Anything external to the coalition's work that affects substance use outcomes or environment. Things that happen in the community that have the potential to affect the coalition's outcomes that are not in control by the coalition, i.e. a dramatic event such as a drug related death or an entity receiving funding to address similar issues of that of the coalition or a change in community leadership.”

Community Assessment

Minnesota Student Survey (data used for our baseline and application) is done every three years. DFC grant requires data to be collected every two years. We will work with our evaluator to create a survey, and have our contact from MDH analyze the results (in-kind). WSU Health Promotion class may be able to help with the assessment.

Epiphany Community Services (ECS)

Deacon attended our coalition meeting after spending the day with Phil learning more about our efforts and vision. ECS is the coalition evaluator, not the grant evaluator. They help us make course corrections and assist us in telling our outcome story to investors (such as DFC or other grants/donors).

We evaluate to:

1. Improve our efforts and our organization
2. Coordinate our efforts
3. Be accountable and hold others accountable
4. Be sustainable
5. Celebrate our successes

ECS has developed a DRAFT logic model based on our application, which will be a living document. It details the path we are taking. We are the context experts of our community. This will be enhanced at the National Coalition Academy training in late February when Phil and Helen attend.

National Coalition Academy covers:

Week 1 – (Feb 29-Mar 3) Community assessment and logic model

Week 2 – (April 25-28) Action plan evaluation

Week 3 – (June 27-30) Policy and sustainability

Any coalition member is welcome to attend the National Coalition with Phil in Sacramento, CA during Week 2 & 3 at little to no cost. Please email phil.huerta@winonacountyasap.org if interested.

Open Discussion

Agreed to invite Ruth Charles to next meeting to provide a brief Adverse Childhood Experiences (ACEs) training. Trauma experienced at an early age can cause a child's brain to change, leading to poor health and lifestyle choices later in life.

Helen is going to a MNCASA safe dates training this week and report back.

There is a trafficking task force starting up in Winona.

Loretta Fredricks will speak to the Rotary Club in February on human trafficking.

There is an initiative in Karin's office for trafficking.

Healing Retreats are offered in Winona for young adults who have lost a loved one.

CJCC outreach event held for community members to meet with and hear from elected officials.

Law Day coming up in April with involve a mock case regarding prescription drug use.

Winona Partners for Prevention is a similar effort to ASAP at WSU.

Blanding ACE group will host listening sessions to discuss the future of Winona with a broad representation of the community.

Actions

Phil to invite Ruth Charles to February meeting for ACEs training.

Phil will follow up on the AAA grant for more details.

Official adoption of the bylaws at the next meeting.

Next Meeting

Monday, February 15th, 2016 at 2:30pm.

Karin will check on availability at the County to host.



Winona County Alliance for Substance Abuse Prevention & Crime Prevention Committee
2:30pm February 22 - County Office Building

Attendees

Annamarie Nelson
Beth Moe
Darci Roesler
Don Cratchy
Gerry Krage
Helen Bagshaw

Janneke Sobeck
Joy Griesbach
Kalene Engel
Karin Sonneman
Jeff Apse
Mary Olson

Missy Thesing
Ron Ganrude
Travis Volkman
Phil Huerta
Sharna Miller

Board of Directors Term

Discussed discrepancy between BOD terms in the bylaws (up to 6 years) and open-ended in the CIAs. Agreed on making terms open-ended with an annual discussion to evaluate commitment and participation.

Bylaws

Based on above discussion, it was agreed to amend the bylaws and send an updated copy for review with the minutes from today. An official voting to adopt the bylaws will take place at the next meeting.

Subcommittees

Action teams have been meeting to plan a town hall meeting/community conversation, thanks to a \$500 stipend through SAMHSA. Considering hosting two events, one for underage drinking and one for prescription drugs. Tentative timeline is April in order to promote the national Take Back Day at the end of the month. Discussed importance of avoiding the Engage Winona community conversations on April 19th when selecting our dates. Suggestion was made to consider hosting one event in Lewiston and one in Winona, and encourage teachers to offer extra credit for attending.

Plans also include a news conference to launch the Parents Who Host campaign. PWH intro kits and various other materials have already been ordered.

Boys and Girls Club of Rochester created a powerful video on drug use that Karin will be receiving. Karin will also see if we can use the new Mobile Teens Room, which is an interactive educational activity for parents to help them learn about what to look for in their teenager's bedroom.

Dateline had an episode set in Woodbury when a young girl died from drug use. Good resource to add to the ASAP website. Discussed the shock from several coalition members to hear LSD is in our schools.

Website should be live by Saturday in time for the Wellness Expo.

Brief brainstorm of panelists included WSU Professor Keith (last name?) who has a history of drug abuse, Heather Kimmerle who spoke at a previous town hall meeting, and the desire for a young person's story.

Considerations to keep in mind are to do the PR stuff up front before the community discussions, to be clear WHAT we are kicking off, and to discuss alternative activities to using. Suggestion was made to table at parent teacher conferences. Lewiston gets approximately 95% of parents attending the first conference of the year. Also connect with SHRM to reach employees (harder to reach parents working 2nd and 3rd shift).

WSU student Sharna volunteered to help create content for the social media platforms, including putting together a post planner.

5 students will be assisting at the Wellness Expo on February 27th at the Winona Middle School. If you'd like to join an Action Team or receive email updates please contact Phil at phil.huerta@winonacountyasap.org

Data Collection Events/Focus Groups

To recruit coalition members and learn what's going on. Conduct Facebook polls, possibly a Survey Monkey for Saturday, or simple pen and paper survey. Try to use WSU student groups for peer to peer focus groups. Should get the 2016 Minnesota Student Survey results by the end of the school year. Charter Schools don't do the MSS – possibly have a conversation with them about the importance of the survey and why it might be valuable for them to do. SUMN.org is a good data site. ECS requested a brief survey from our coalition to determine which data indicators to start with. Biggest problems our group identified were prescription drug sharing, prescription drug theft, and promotion of excess drug use.

Open Discussion

Financial update to be given at each meeting to ensure proper monitoring of our DFC budget. Winona Health (fiscal agent) and Deb McClellan are reconciling all expenses each month and requesting reimbursement. WH will conduct their normal auditing procedures, which will cover our DFC grant. WH is offering a presentation on February 29th from 12-1pm in the BA Miller Auditorium. It will include a drug court success story. Targeted toward Healthcare professionals, but if our coalition is interested you can contact Tori Pierce at WH to RSVP.

“Key Events” to be recorded in the Reach evaluation software are defined as:

“Anything external to the coalition's work that affects substance use outcomes or environment. Things that happen in the community that have the potential to affect the coalition's outcomes that are not in control by the coalition, i.e. a dramatic event such as a drug related death or an entity receiving funding to address similar issues of that of the coalition or a change in community leadership.”

Phil has an intern lined up through SMU that can put in a few hours before a full summer internship. She is very interested in prevention and event planning.

Paper Tigers documentary on youth substance use will be showing at Frozen River Film Festival this weekend, along with a brief presentation from Ruth Charles on Adverse Childhood Experiences.

Darties (day parties) are becoming an issue among youth. This day drinking takes place during the weekday.

Youth have confided that some liquor stores are consistently not carding. We have a lot of liquor licenses in Winona County!

Large alcohol signs in the community are openly promoting to all ages.

We need to focus on all students (even younger kids). Members in counseling and treatment and seeing first use at very early ages. It takes a village to educate and inform. We need to find unusual places to promote our message.

Actions

Karin to share drug use video with staff and determine appropriateness for community conversation.

Karin to look into Mobile Teens Room to see if we can use it.

Phil to add Dateline episode to ASAP website.

Travis, Beth, and Helen (THM) volunteered to help with event planning. Rebecca Church was also recommended as a potential panelist.

Beth will discuss press conference with Brian Voerding.

Sharna will help create a social media post planner.

Phil to share financial update at each coalition and Board meeting going forward.

Phil will create a summary document of what each coalition member should be cognizant of (track time spent on coalition or prevention efforts, notify staff of key events, share resources, etc).

Phil to update bylaws. Vote to adopt them will take place at March meeting.

Next Meeting

Monday, March 21st, 2016 at 2:30pm, County office Building Conference Room B



WINONA COUNTY
ASAP
Alliance for Substance Abuse Prevention



Winona County Alliance for Substance Abuse Prevention & Crime Prevention Committee
2:30pm March 22 - County Office Building

Attendees

Beth Moe

Darci Roesler

Janneke Sobeck

Jeff Apse

Mary Olson

Ron Ganrude

Travis Volkman

Phil Huerta

Jenna McMillan

Julie Walch

Linda King

Lori Ortega

Rebecca Church

Guests in attendance for part of the meeting: Dr. Ruth Charles, Amanda Schmidt

WSU Program Planning Recap

Program Planning class under Peter Sternberg has been looking into Winona's ability to host another drop box and help raise awareness of the existing one at the LEC. The students presented their findings at the State Capitol and met with Senator Jeremy Miller, who wants to better understand current policies for pharmacies hosting drop boxes. Coalition suggested connecting with Gene Pelowski. Research/data should be collected and brought to Jeremy and Gene in June. Beth is interested in being involved.

ACEs Study Presentation

Dr. Ruth Charles presented on Adverse Childhood Experiences. She encouraged moving from asking "why did you do that?" about negative behaviors to instead being trauma-informed by considering "what happened to you to make you behave this way?" In the early 90s, public health research was done with 17,000 people. It was discovered that if you endure an adverse childhood experience such as neglect or abuse during childhood, it increases your likelihood of physical, mental, and behavioral issues later in life. ACEs can lead to disrupted neurodevelopment, leading to social, emotional, and cognitive impairment, leading to the adoption of health-risk behaviors, leading to disease, disability, and social problems, leading to early death. The memory of our experiences is stored in our body, and changes the wiring of the brain. Stressed brains can't learn. The documentary "Paper Tigers" will be shown on March 23, 2016 from 4-6pm at the Winona Middle School. This documentary tells the story of how one school changed its culture and took a trauma-informed approach to its students. Over half of Minnesota adults have one ACE, and 60% have 2. Resiliency is possible. Communities can do things to nurture resilience by offering and promoting the following: 1) community, culture, and spirituality; 2) attachment, belonging, and relationships; 3) individual capability. While people may not be responsible for the experiences they endured in their youth, they ARE responsible for what they do after. "A rising tide lifts all boats" – change is up to us, and we need to help people take control of their lives by changing how we approach things.

National Coalition Academy Training Update

Phil and Helen attended the NCA training in Sacramento, CA. They did a community assessment and identified hot spots on a community map of where local conditions occur. They conducted a problem analysis with underage drinking by asking "why is this a problem?," followed by "why here?" They then created a logic model draft of why we're doing what we're doing. The DFC grant doesn't fund programs, it funds outcomes. Data was identified as a challenge to substantiate the logical model. Data is required in

order to take a picture of local conditions. Next step for week 2 of NCA is to identify strategies for local conditions. A University of Minnesota trainer could possibly come train some of our high school kids to lead focus groups as a data source. Coalitions mobilize people to be visual, valuable, and vocal. The next NCA is April 25-28 (with a travel day on either end). The focus area will be strategies and action planning. Phil and another coalition member will take the completed logic model/roadmap to this training.

Bylaws

Board voted to adopt the revised bylaws.

DFC Grant Financial Update

Phil shared a financial update. Expenses incurred thus far total \$27,968.10, with \$89,401.40 remaining for this year. Project period is September 2016 to September 2017.

Open Discussion

Rebecca Church shared that Karin has the video described at the previous coalition meeting and shared it via email. Karin is waiting to hear back on the mobile teen room. Karin attended the viewing of Paper Tigers at the Frozen River Film Festival.

The news conference idea has been redirected to a more personal approach with the media. We were encouraged to highlight personal stories, possibly drug course participants from OUR community. Winonacountyasap.org website is live. The logo was modified slightly to be more mobile responsive. Phil put together an orientation packet for new members and to be used as a conversation piece. It includes a fact card, mission statement, statistics on substance abuse, talking points, a flow chart of the action teams, a list of board meetings for the year, and the volunteer time sheet.

Suggestion was made to revisit the action plan next month to help us stay accountable to our goals.

Actions

- WSU Program Planning class to continue research/data collection on drop box policies.
- Phil, Beth, and anyone else that is interested will meet with Senator Miller and Senator Pelowski in June to discuss WSU class findings on drop box policies for pharmacies.
- Complete logic model draft before April NCA training.
- Respond to Phil by April 1st if you are interested in attending the April NCA training in Sacramento, CA (total time away is April 24-29).
- Phil to add Karin's viewing of Paper Tigers to Reach.
- Review action plan at next meeting.

Next Meeting

Monday, April 18th, 2016 at 2:30pm. New location – Family & Children's Center, 601 Franklin Street



WINONA COUNTY
ASAP
Alliance for Substance Abuse Prevention



Winona County Alliance for Substance Abuse Prevention & Crime Prevention Committee

2:30pm April 18 - County Office Building

Attendees

Beth Moe	Phil Huerta	Rebecca Church
Darci Roesler	Jenna McMillan	Bree Maki
Janneke Sobek	Linda King	Bridget Klinger
Travis Volkman	Gale Lanning	Don Cratchy
Karin Sonneman	Helen Bagshaw	Katie Lehmann
Karla Eppler	Sarah Anderson	

March Minutes

Explanation of Criminal Justice Coordinating Council's involvement with ASAP was given. The CJCC has five sub-committees; the Crime Prevention committee is currently contributing to the work that ASAP is doing as their primary focus. This will be reevaluated in October at the CJCC strategic planning meeting.

Requested edit to the minutes for Senator Gene Pelowski's title.

Minutes approved.

Community Talk Recap

Roughly 130 attendees. The speakers were very impressive and content was well rounded. A pre-survey indicated that 26 out of 55 respondents did not have their prescription medications locked up at home. A post-survey indicated that 33 out of 34 respondents learned something about addiction, 30 out of 34 respondents learned something about prescription drugs, and 34 out of 34 respondents would use the information they heard to talk with friends or family. Attendees primarily heard of the event through the newspaper and word of mouth. Suggestion to use Minnesota Student Survey data from Winona County next time to illustrate the severity of this issue within our community. Front page article in the Winona Daily News was great exposure and a good conversation starter. Video recording will be available soon. Some pictures were taken in the photo booth but not shared with ASAP. If a photo booth is used at future events, it should tie in with a purpose (eg a picture with a written commitment to help raise awareness, or to tell two people about ASAP). We were somewhat preaching to the choir with this first event; reach out to Probation Officers and Restorative Justice next time. Also important not to glamorize this topic. Phil will be kicking off the Education & Training committee and is looking for volunteers. Topics include education of existing supports and systems (eg drug court and diversion programs), Adverse Childhood Experiences (ACEs), and parent trainings.

Tyler and Jeff will be speaking at the Lewiston student assembly on May 4th, right before prom. Katy Smith recently presented to school staff in Lewiston on ACEs.

Action Plan Review

To be revisited periodically to ensure we stay on track. We are not falling behind on any large projects. A few things in our action plan will need to be pushed back (eg compliance checks in the fall which can be tied in with a community talk on alcohol – work with campus coalition on that talk). Suggestion was made to involve the WSU RE Initiative, which focuses on gender-based violence.

Winona Partners for Prevention is a WSU coalition that address marijuana use and underage drinking. WP4P is still prioritizing their strategies. There may be potential to partner with them in the fall. Caution on not losing sight of our community-wide focus with that partnership.

Parents Who Host (PWH) campaign is the next big project, and volunteers are needed to help plan. Meetings will be every other Wednesday from 4-5pm at Pleasant Valley Church, starting on April 20th. Several communities in Wisconsin are doing the PWH campaign, and it's very visible. Buffalo County is sending letters with stickers home to parents. Suggestion to follow up with coordinators about their PWH campaign ideas. We need a multi-faceted approach to reach people in different areas (Facebook, WSHS marquis, yard signs, newspaper stories, radio interviews, featuring stories that don't make it into the paper). There is also a PWH planner we can use to select the right strategies for our community. The campaign will run April to May.

HECAT training is a support for educators. Riverway has expressed interest, and may take advantage of this training in summer.

Logic Model

Current version was reviewed. Additional data sources are needed (eg suspensions/expulsions for use or possession, minor consumptions, Stephanie Nuttall's underage consumption project, mobile crisis response team, counseling centers, hospital/EMS). We'll have new Minnesota Student Survey data available this summer.

Suggestion was made to add the year and data source for each piece of data in the logic model. Depending on what our data shows, we can revise the substances that we address. Right now we focus on alcohol use and prescription drug misuse, but this could change.

NCA Week 2

Phil and Janneke will attend the next National Coalition Academy training. They will use the logic model to help identify strategies. They will do intervention mapping, data and logic model work, and learn more about evaluation.

CADCA 4C Project

CADCA is a national advocacy group for DFC grantees and future DFC funding. They are looking for partner communities for a pilot study that will involve collaboration between an existing DFC coalition and an existing college campus coalition. Winona is an ideal candidate because of ASAP and WP4P. This project will not involve additional requirements or reporting; instead it will offer additional assistance and support. WP4P doesn't think they can commit with their current workload but is open to partnering with ASAP on a less formal/structured basis.

DFC Grant Financial Update

Phil shared a financial update. Expenses incurred thus far total roughly \$40,000, with about \$78,000 remaining for this year. Project period is September 2016 to September 2017. We intend to use all the money allocated to us this year. Additional expense areas discussed were supporting Lewiston schools more, entering the Steamboat Days and Lewiston parades with give-aways, and hosting a booth at the County Fair (possibly sharing with CJCC).

Open Discussion

Noted that old ASAP content still exists on Live Well Winona's website through the search function. Coalition/volunteer orientation packet is available at <http://www.winonacountyasap.org/resources/for-volunteers/>

Discussion around coalition sector representatives and possibility of trying a different day and time for meetings to increase attendance. Annual conversation with sector representatives regarding coalition expectations may affect the willingness to remain involved.

Suggestion made to offer teleconferencing for meetings.

Hold a drug court presentation next time we do a community talk to show the depth of participants' struggles and emphasize that there are also a lot of slip ups that happen.

Get on the speaker circuit with our message – Chamber, Rotary, CJCC, Kiwanis, Elks, Learning Club, AAUW, American League of Women Voters, Retired Teachers, political groups, Township Officers meeting in October.

Actions

- Contact Phil if you are interested in being part of the Education & Training Committee that will be kicking off soon.
- Contact Phil if you are interested in helping plan the PWH campaign.
- Contact Buffalo County, Port Edwards, and Stevens Point coordinators working on PWH campaign for ideas.
- Karin will check with Stephanie Nuttall on her underage consumption numbers.
- Add the year and data source for each piece of data in the logic model.
- Look into the Steamboat Days and Lewiston parades, and tabling at the County Fair (possibly with CJCC).
- Janneke to remove old ASAP content from Live Well Winona website.
- Revisit action plan a few times per year.
- Include introductions on agenda.
- Ask about interest for teleconferencing of coalition meetings.
- Establish speaker circuit schedule.

Next Meeting

Monday, May 16th at 2:30pm



WINONA COUNTY
ASAP
Alliance for Substance Abuse Prevention



Winona County Alliance for Substance Abuse Prevention & Crime Prevention Committee

2:30pm May 16 – Family and Children’s Center

Attendees

Beth Moe	Phil Huerta	Stephen West
Darci Roesler	Jenna McMillan	Marie Kovacs
Janneke Sobeck	Linda King	Brian Sauter
Travis Volkman	Lori Ortega	Cindy Amberg
Holly Courtenay	Helen Bagshaw	Katie Lehmann
Karla Eppler	Sarah Anderson	

April Minutes

Minutes approved.

National Coalition Academy Week #2 Review

Phil and Janneke attended. Worked on action plan and logic model. We need more specifics in our data, there are too many gaps right now (waiting on 2016 Minnesota Student Survey, available May 25th from WSHS). Good for networking. Phil is looking to find out who would like to attend Week #3, contact him if you are interested by June 1st.

Discussion of Vision Statement

We want to answer the question, “What does the finish line look like? Beth and Lori would like to help with the vision statement.

National Drug Take Back Day Review

240lbs of prescription drugs were collected and there were 25 volunteers. Ideas for next time: partner with Meals on Wheels, advertise it as a drive-thru, and give handouts to clinic patients.

Parents Who Host Campaign Update

About 20 parents have pledged. Yard signs are going up around town. Press release in newspaper. Do “Sticker Shock” operation in liquor stores around graduation time. One idea is to get a personal story of someone affected. Discussed making this an annual thing around this time or start earlier to include prom season. Suggestions: Talk to PTA/PTSA, high school HOPE group, booster club in school, & newsletter.

Financial Update

Phil shared financial update. We have spent **\$41,390.90 YTD**, and have **\$75,978.60** remaining. Our match is currently at **45,412.26**.

DFC Grant Progress Review

Big thing this summer is creating work groups and to start planning for fall. This summer we will look at survey data and then possibly re-evaluate our action plan. Need new action plan by September-draft is done.

Open Discussion

Share survey results of Minnesota Student Survey with the community because many think that it is not a problem here.

Marie discussed youth council. She is waiting to hear back on the grant applications, this will consist of a group of 15-20 year old students learning about how they can impact the government. Marie also discussed the Stepping Up initiative.

The Newsletter was sent out, let Phil know if you were not on the email list. Suggestions were to send it to principals and the school board.

Possible partnership and event suggestions: Winona Aquatic Center, table at Farmer's Market, booth at County Fair, Toward Zero Deaths (TZD) task force, and talk at school board.

Actions

- Notify Phil by June 1st if you'd like to attend NCA Week #3
- Beth and Lori helping with the vision statement
- Please sign the [Parent Pledge](#) and encourage others too
- Let Phil know if you did not receive the newsletter

Next Meeting

June 20th, 2016 at 2:30pm



WINONA COUNTY
ASAP
Alliance for Substance Abuse Prevention



Winona County Alliance for Substance Abuse Prevention & Crime Prevention Committee

2:30 pm June 20 – Family & Children’s Center

Attendees:

Beth Moe	Phil Huerta	Rebecca Church
Darci Roesler	Jenna McMillan	Diana Cyert
Janneke Sobeck	Linda King	Diane Hanke
Kate Hansen	Danielle Swedberg	
Lori Ortega	Helen Bagshaw	
Mary Olson	Sarah Anderson	

May Minutes:

Not enough board members present, vote will happen via email.

Financial Update & Carry over Deadline:

Coming up we have expenses for travel and conferences. We are about \$300 short on our match, and the concern right now is meeting the required 100% match (via in-kind donations, volunteer time, meeting space) of actual federal dollars spent. Need to try to get creative: support what other coalition members are doing, document partnering with other local groups, and documenting Winona Health workers volunteer time talking about ASAP at county fair. Volunteers learning basics about prevention at [Substance Abuse Prevention Skills Training in Bemidji, MN \(Aug 15-18\)](#) (with a full or partial scholarship) would be big match if some individuals were interested in going. Please let Phil know if you are interested in attending this training. Carryover deadline is July 30th, we can carry over 10% of this year’s budget to accomplish existing goals and objectives. Meeting with financial agent coming up soon.

DFC Grant Progress:

No major concerns at this time. County Fair is coming up, and we are looking for volunteers to work at the table with us. We will have a driving simulator with beer goggles, trivia/prize wheel, and demonstrations. There is a lot to do this fall: (1) [Project Alert](#) Need to talk to teachers soon, talk to other schools, **can we match teachers time?** Suggestion to see if students can do it during study hall so it doesn’t take up class time. (2) [HECAT](#) in high schools, ALERT in middle schools, maybe do in the homeroom once a week. Can we have teachers do this/learn about it in training over the summer? (3) [Red Ribbon Campaign](#), want to have student led activities in high schools and middle schools.

Mission & Vision Statement:

We realized last meeting that we have a mission, but not a vision statement. A Mission is the main goal and reason. A Vision is the dream, how things would look if issue was perfectly addressed. Vision proposed has three parts. Suggestion shared to change mission to include “*an alcohol- and drug-free*” or “*substance abuse-free*” or incorporate ATOD (alcohol, tobacco, and other drugs) somehow. Updated version will be brought to next meeting.

Action Team Updates:

- **Data and Evaluation**

Want to ask the coalition these questions after viewing the 2016 Minnesota Student Survey results: “What’s the biggest thing that surprised you?” “What are some positives?” “What are some negatives?” Alcohol is still a major issue. We need to update logic models with Winona and Lewiston Data. We believe education around marijuana is not strong in community. Asked for people interested in helping to build new strategic plan for community and schools. It was shared that people want more fun things to do in Winona, and to ask students for help.

- **Parents Who Host**

Accomplishments: Sticker Shock Operation went through 1,400 stickers in 5 liquor stores, city & county proclamations signed, multiple articles posted, 23 parents signed pledge online. Next year improvements: more time, start earlier, network more, more businesses and rental property owners, pledge cards in school, ads with graduation gowns or prom attire, banners at sport venues, window clings on coolers at Kwik Trip or similar locations with coolers.

- **Education & Training**

Talked about several trainings opportunities: (1) [40 Developmental Assets](#) – historically in Winona Post, published by Jon Rislove, we will see if we can bring this up again to connect with community. (2) [HECAT](#) – Health Education Curriculum Analysis tool, teacher time constraints is a challenge. (3) Amy Carrison (from SMUMN) - see if she could come in and give a presentation around her research, possibly offer training over lunch hour or reach out to Winona Health to help with a lunch talk. Next meeting is not yet planned.

MN Legislative Update Regarding Prescription Drug Drop Boxes:

Pharmacies can now take prescription pills back (voluntarily)! Need to check with bigger pharmacies about corporate requirements. Want to see what Lacrosse County Task Force is doing. Is there anything we can do in return to help support them? Implementing drop boxes is changing the physical design of Winona County, so it’s possible we could be able to fund them in pharmacies. Funds could be covered during both this and next year’s budget.

National Coalition Academy Week 3:

Brian Sauter and Phil Huerta are going. Topics include policy, advocacy, and sustainability. We will begin to develop a sustainability plan, and should communicate about this regularly! **Development subcommittee will take on this project along with any other interested individuals.**

New Business:

- **New Sector Representative**

Darci Roesler from Family and Children’s Center is a new Board of Director, serving as the Youth Serving Organization sector representative, vote was done electronically.

- **National Youth Leadership Initiative**

Phil Huerta and Sarah Anderson are taking 4 high schoolers (3 from Winona and 1 from Lewiston) for a youth leadership training in Las Vegas from July 17-22. Afterwards, each high schooler will help with at least one coalition project (e.g. Red Ribbon campaign, action plan).

- **County Fair**

Looking for volunteers, activities are in the works, we will have car simulator, drunk goggles, and other fun activities. Available time slots for helping out are:

Saturday, July 9: 4:00 pm – 9:00 pm

Sunday, July 10: 12:00 pm – 6:00 pm

Please let [Phil](#) know if want to help!

- **Improv**

Organization that trains youth to do skits and prompt action-oriented discussions in community. Tom Koplitz came to Winona to give an informative presentation last week, this is a great possible strategy for next year's action plan.

Open Discussion:

- Helen is attending the "Green Dot" train-the-trainer type training next week.
- Suggestion: have speakers (that have gone through drug court) talk in school before homecoming or other times to share their personal stories in a classroom setting or assembly so students are more comfortable asking and discussing. Then, have facilitated discussion in classroom(s).
- Upcoming event: Sober Fest - July 16th in Kasson, MN.
- Upcoming event: Recovery's Got Talent - August 12th 6:30pm at Recovery is Happening in Rochester, MN.
- Winona Partners For Prevention in collaboration with the County Attorney's Office is exploring reimplementing the Community Responsibility Council component of the Adult Misdemeanor Diversion Program. All are welcome to attend the Campus Committee Response Subcommittee (OF WP4P) on Wednesday July 6th at 9am in IWC 145 at WSU. For more information and to let us know you'll be attending please contact, Kelsey Solum, WP4P GA at wp4prevention@winona.edu
- October is Domestic Violence Awareness Month with purple ribbons. Women's Resource Center does stuff for this, October is also Anti-Bullying Month.
- 3rd week in October is National Collegiate Alcohol Awareness Week.
- Whitewater County Coalition lost their funding, is there potential to help them?

Actions:

- **Janneke** – Coordinate voting to approve meeting minutes via email
- **Jan & BOD** – Decide carryover amount and coordinate request (Due July 30th)
- **Phil** – Find out if DFC funds be used to sponsor events
- **Education/Training, Phil, Janneke** – Initiate Project Alert conversation with middle school health teachers and principal (e.g. Rachel Stein, Brad)
- **Students** – Begin planning Red Ribbon campaign in schools (After NYLI)
- **Lori, Beth, Phil, Janneke** – Revise mission and vision statement based on feedback gathered
- **Phil** – Get permission to share MSS school district data
- **Beth, Danielle, Linda, Mary, Jenna, Janneke, Rebecca, students** – Start new year action plan
- **LOOKING FOR VOLUNTEERS** – Help initiate drop box conversation with pharmacies
- **LOOKING FOR VOLUNTEERS** – County fair tabling

Next Meeting:

Monday, July 18th at 2:30pm at the Family & Children's Center.



WINONA COUNTY
ASAP
Alliance for Substance Abuse Prevention



Winona County Alliance for Substance Abuse Prevention & Crime Prevention Committee
July 18, 2016 2:30 – 4:00 pm at the Family & Children’s Center

Attendees:

Beth Moe	Travis Volkman	Brady Malecha
Darci Roesler	Jenna McMillan	Brian Sauter
Janneke Sobeck	Linda King	Karin Sonneman
Deb McClellan	Danielle Swedberg	
Lori Ortega	Helen Bagshaw	
Mary Olson	Ron Ganrude	

1. **Call to order:** 2:31 p.m. Travis presiding.
2. **Approval of May 2016 minutes:** Previous e-vote approval documented.
3. **Approval of June 2016 minutes:** Quorum present. Motion passed and minutes approved.
4. **Budget Approval and Carryover Request:** Deb explained the current numbers on the budget document and accounting processes report. It is reconciled through June, 2016. Waiting for W.H. to update to current date. Showing 10% carryover in budget (\$11,737). April/May matching: time allocated from volunteer hours was plentiful from all areas that support ASAP. See financial document for details.
5. **Match Tracker:** Janneke reminded the group to record and track our volunteer minutes and any time used towards anything related to ASAP business and mission. Examples included research, representing ASAP at functions like the fair, committee work, and doing subcommittee projects, meetings, website, etc. Match tracker document shown.
6. **National Coalition Week #3 review:** Brian reported on his trip and stressed sustainability. Some ideas and recommendations include the fact that organization sustainability critical on volunteering. Big question—are volunteer’s needs being met? Are volunteer’s passions and skills being used appropriately and to the fullest extent? Policy making question includes what is the enforcement of policies? Other questions to ask---people care about ASAP, but would the community know if ASAP were suddenly gone? Hence, utilize the passions and the work of the volunteers to continue to make ASAP important and recognizable. Value volunteers as they do ASAP-related tasks and volunteering. Lots of good information from the third (and last) meeting of the year.
7. **Education and Training Committee Update from Linda King:** Committee objective is to create training schedule for 2016-17 school year relative to our mission. Group is working on clarifying and defining what is needed, and what would be most practical and effective training. Looking at age differences in grade distribution at schools, and seeing best ways to give information to schools. Good resources for information distribution and training would be health teachers. Need to see how much time can be spent in schools, who to target, and how to reach parents. Lots of questions to ask. Committee is positive.

8. **Coalition capacity building brainstorming:** See attachment for more information.

9. **Action Plan Brainstorming:** See attachment for more information.

Discussion held where members suggested providing “black and white information” to community members and students that show harsh consequences of bad choices---including collateral damage from using drugs and getting caught. Levels of charges from drug use are serious especially for newer drugs like “dab.” Also, more explanation needs to be surrounding the health dangers from using.

10. **Mission/vision statements:** Beth Moe and Lori Ortega -- Vision and mission cleaned up and implemented suggestions to create a cohesive and understandable statement. Motion to accept, Helen Bagshaw. Motion second by Mary. No discussion. Motion approved and mission and vision now complete.

11. **Project FINE:** Translating materials through Project Fine was presented by Janneke. Certain materials can be translated into Spanish and Hmong.

12. **ASAP Recognition Event:** Organizations have events that recognize community partners and volunteer efforts. This was thought to be a good idea for ASAP. Phil will send out a survey monkey to those that volunteered to be on this committee and for days to meet.

Open discussion:

Helen Bagshaw shared websites that she likes related to CADCA and addiction policy and facts. She will send these out via email to the group.

Brady shared an opportunity to go to a conference at the University of Maryland related to equity and diversity for drug/alcohol awareness programming. Discussion directed to Phil for consideration.

Drawing for gift certificate by Janneke. Lori Ortega winner.

Meeting adjourned at 3:50 p.m.

Minutes respectfully submitted by Lori Ortega



WINONA COUNTY
ASAP
Alliance for Substance Abuse Prevention



Winona County Alliance for Substance Abuse Prevention & Crime Prevention Committee
August 15, 2016: 2:30 – 4:00 pm at the Family & Children’s Center

Attendees:

Jeanine Black
Jeff Mueller
Darci Roesler
Janneke Sobeck
Phil Huerta

Travis Volkman
Jenna McMillan
Linda King
Danielle Swedberg

Helen Bagshaw
Jenny Slabaugh
Wendy Haake
Karin Sonneman

1. **Call to order:** 2:35 p.m. Travis presiding.
2. **Approval of July 2016 minutes:** Quorum not present. E-vote?
3. **Match Tracking (Travis):** Reinforced the importance of documenting everyone’s time spent on activities related to the coalition’s work including those things outside of regular meetings. Our current federal grant requires a 1:1 match – the \$ that we spend, we also need to raise equal \$ amount in volunteer time, meeting space, and donations. Janneke also described how to fill out the Match Tracker Card, and provided some examples.
4. **Strategic Prevention Framework (SPF) (Phil):** Presented on the SPF model to help coalition understand the steps involved in creating data-driven, community-level change. The SPF model should be in our though process at all meetings and decision-making. The SPF is dynamic, so we will need to revisit steps repeatedly, and we can work on some steps simultaneously. In each step, we need to consider Cultural Competence & Sustainability. You can see more on our [website](#).
5. **Financial Update (Phil):** Recently submitted and received a federal reimbursement on July 29 in the amount of \$6,302.32 for June expenditures. Our credit card statements have not yet arrived for July expenses, but tracked higher amounts in the Travel and Other categories as a result of the recent trip to Las Vegas, NV for the National Youth Leadership Initiative. Phil Huerta plotted out reasonable expenses for August and September, and we have approximately \$6,000 of unspent funds in Year 1. This is largely due to hiring a Program Coordinator in late November (2015) after the grant period started in September (2015), as illustrated by the remaining amounts the Personnel and Fringe Benefits categories. You can see more on the attached Financial Update sheet.
6. **Action Plan Workgroup Update (Danielle Swedberg):** A small workgroup met on August 9, 2016 to decide on changes and updates to the Year 2 Action Plan for Board approval. Two students who attend the National Youth Leadership Initiative presented on the Youth Action Project they developed at the training, and the team discussed the strategies and activities to focus on based on findings from the 7/18/16 Board meeting brainstorming session and Year 2 federally approved budget.

7. **Year 2 Action Plan & Budget Vote:** Phil Huerta walked through the Year 2 Action Plan Executive Summary to describe the main activities and dollar amounts for each category such as Personnel, Travel, and Supplies. The Other category is almost doubled from Year 1 due to an increase in registration fees for several trainings, and planned funds for purchasing prescription drug drop boxes. Please review the attached Executive Summary and Detailed Spreadsheet, and contact Phil Huerta with any questions in preparation for voting to approve the Year 2 Action Plan & Budget.
8. **ECS Coalition Retreat (Phil):** Epiphany Community Services (ECS) is our evaluation consultant, and hosts an annual retreat for clients to learn from other coalitions in the U.S. on key topics. The 2-day event is held September 22-23 (Thursday & Friday) in Pittsburgh, PA and will teach on Sustainability, Mobilizing Youth, and Marijuana Strategies. **This is a key opportunity for us to learn how to do more around Marijuana, and we can pay for as many people to attend.** Please tell Phil Huerta by Monday, August 22, 2016 if you would like to go.
9. **ASAP Shirts (Phil):** Presented two t-shirt proofs with varying logos to decide on a design. Attendees voted in favor for Design 1 (see attachment). Shirts would be provided to coalition members at no cost. Please send a quick email to Phil Huerta if interested, and include your shirt size.
10. **Open discussion:**
- Travis will be taking Paternity Leave Sept-Oct, and asked for help chairing Board meetings (suggested Beth Moe). Janneke volunteered to chair if Beth is not available.
 - Janneke announced that she is expecting a baby in February 2017, but will still be able to fulfill the Program Director role and there is no need to report a role change to grant officers.
 - Attendees discussed an Apperception/Recognition event on Monday, October 17, 2016 after the Board meeting at the Historical Society, and several people are meeting Wednesday, 8/24 at 3:30 pm at Hiawatha Valley Mental Health Center to plan. Contact Phil Huerta if interested.
 - Jenna suggested using remaining funds to obtain speaker training
 - Wendy suggested using remaining funds to obtain promotion items (fair table supplies)
 - Jeanine suggested using remaining funds to obtain PSA's posters, etc.
 - Attendees suggested using remaining funds to pay early on contracts (ECS, PCN video)
 - Attendees suggested using remaining funds to pay for drop boxes & L.E. wages
 - Attendees suggested getting on next school board meeting agenda
 - Jenna shared upcoming forums in Olmstead County: Mayo High School on 11/10/16 from 7:00-8:30 pm, and John Marshall High School on 11/15/16 from 7:00-8:30 pm.
 - Phil shared upcoming webinars on Marijuana, first one on Thursday, 8/25/16 from 1:30-2:30 pm. This will be projected at Live Well Winona, all are welcome to attend.
 - Phil shared upcoming Substance Abuse Prevention Skills Training (SAPST) in Mankato, MN from 11/29 – 12/2. Up to 4 members can attend for free, email Phil Huerta if interested.
11. **Match Tracker Drawing:** Jenna McMillan won a \$5 gift card to Blooming Grounds.
12. **Adjournment:** 4:05 p.m.

Minutes by Phil Huerta.

Actions:

Travis – Contacting Andy to ask about videography

Janneke – Contacting Visit Winona to ask about videography

Karin – Contacting Lori at the Historical Society to ask about availability

Jenna – Contacting Randy to ask about speaker training

Next meeting:

September 19, 2016 at 2:30 pm at the Family & Children's Center



Winona County Alliance for Substance Abuse Prevention & Crime Prevention Committee
September 19, 2016: 2:30 – 4:00 pm at the Family & Children’s Center

Attendees:

Jeff Mueller	Helen Bagshaw	Tress Reuter
Darci Roesler	Jenny Slabaugh	Diane Hanke
Janneke Sobeck	Mary Olson	Danielle Swedberg
Phil Huerta	Beth Moe	Tyler Eldridge
Kate Hansen	Sarah Anderson	Deb McClellan
Jenna McMillan	Lori Ortega	Ruth Charles

1. **Call to order:** p.m. Janneke presiding.
2. **Approval of August 2016 minutes:** Quorum not present. Vote will be done via email.
3. **Match Tracking:** Reinforced the importance of documenting everyone’s time spent on activities related to the coalition’s work including coalition-related activities outside of regular meetings. Our current federal grant requires a 1:1 match.
4. **Financial Update:**
 - Still spending some money on shirts and travel
 - Carryover should be \$11,000
 - September 29th is end of fiscal/grant year
5. **Action Team Updates:**
 - **Data & Evaluation:** Getting county data tables at end of month, focus groups in schools at the beginning of Red Ribbon week in October (3 focus groups: marijuana, alcohol, Rx drugs), goal of 12 per focus group
 - **Media & Outreach:** Annual report to community given at recognition event on October 17th
 - **Programs & Strategies:** Tyler Eldridge talked at Community Talk in April 2016 at East End Rec Center, and had many parents approach him about what to do with kids in active use. He wants to organize a Community Talk to educate families on how to get help for Phase 4 Drug Court project. His mom and other moms he knows are willing help out. Looking to complete the project by the end of October.
 - Brainstorm: Forum for parents to learn and ask questions, possibly start a support group, maybe start by going to an Al-Anon meeting to see if any parents there are willing to help out or get more feedback, parent resource fair with discussion from different resources, the CJCC Fall Summit is on substance abuse prevention; possibly collaborate with them, do a focus group/survey with parents and see what they need.
 - Programs & Strategies may support Tyler’s project.

- **Education & Training:** Marijuana has been coming up often in discussion, specifically the significant use among students and their low perception of risk of harm. We want to teach about how to talk about marijuana. Today THC level is higher, kids think marijuana is medicine so it's okay, confusion around legality in some states and not others. As a coalition we should be educated so we can answer these questions. A 30 minute training was recommended to help community members address these questions. Suggestion made to put a link on high school website.
 - Register for CADCA training "What do we know about Marijuana?"
 - 1 minute videos, should take 30-45 minutes
 - Another drawing for gift certificate will be available for those that complete the training
 - Share articles and trainings for coalition members and community on our social media sites

6. Sector Representation:

- Revisit the sector representatives yearly to make sure people are still interested
- Business and school sector need new reps
 - Dr. West may take on the school sector rep
- Youth rep hasn't been to board meetings but has helped with projects
- Modifying coalition involvement agreements to include specifics related to sector
- Nobody should feel pressured, it is voluntary
- Maybe ask coaches, school nurses, counselors, recently retired school person (they have connections and time), Tori Todd in Lewiston may be a good person to ask for school sector
- Pass on specific ideas to Phil

7. Sustainability Plan:

- Should brainstorm 3-4 funding strategies
- What are key areas that need to be sustained
 - Coordinator position, monthly meetings, education so we can stay current
 - Can we start fundraising now and save it so we can use it after the grant is over
- Federal grant is guaranteed for 5 years despite legislative changes unless we do something wrong with spending funds
- Include membership in sustainability plan
- What unique role do we play in the community?
 - Advocacy, awareness, diverse community focus with the different sectors
- Talk about sustainability annually
- Is there a policy we want to champion? Ideas:
 - Social Host Ordinance policy
- At the local level some counties have gone dry from marijuana in areas where recreational marijuana is legal. Can we get something passed before marijuana becomes legal?
Any other ideas on sustainability please bring to Phil's attention

8. Open discussion:

- Midwest ACE Summit is going to be in Eagan, Nov 10-11
 - Looking to possibly form a team of people from Winona that want to go
- Bring in more education on drug trends to our meetings such as having Mark Dungy present
- Share consequences of drug felony offenses to students possibly at Red Ribbon Week
- Red Ribbon Week: Phil will ask how each sector can help when he holds individual meetings
- Stay ahead of trends: Even though we don't have Rx problem we should keep being proactive so it doesn't become a problem
- Kids are thinking it's okay to smoke marijuana but not cigarettes
- Forums in Rochester: Mayo High School on 11/10/16 from 7:00-8:30 pm, and John Marshall High School on 11/15/16 from 7:00-8:30 pm.
- Friday at 1:00 pm Kate is giving talk on Student Substance Use (Alcohol and Marijuana), geared toward faculty members. Let Kate or Phil know if you are interested in attending

9. **Match Tracker Drawing:** Deb McClellan won a \$5 gift card to Mugby Junction.

10. **Adjournment:** 4:50 p.m.

Minutes by Sarah Anderson and Phil Huerta.

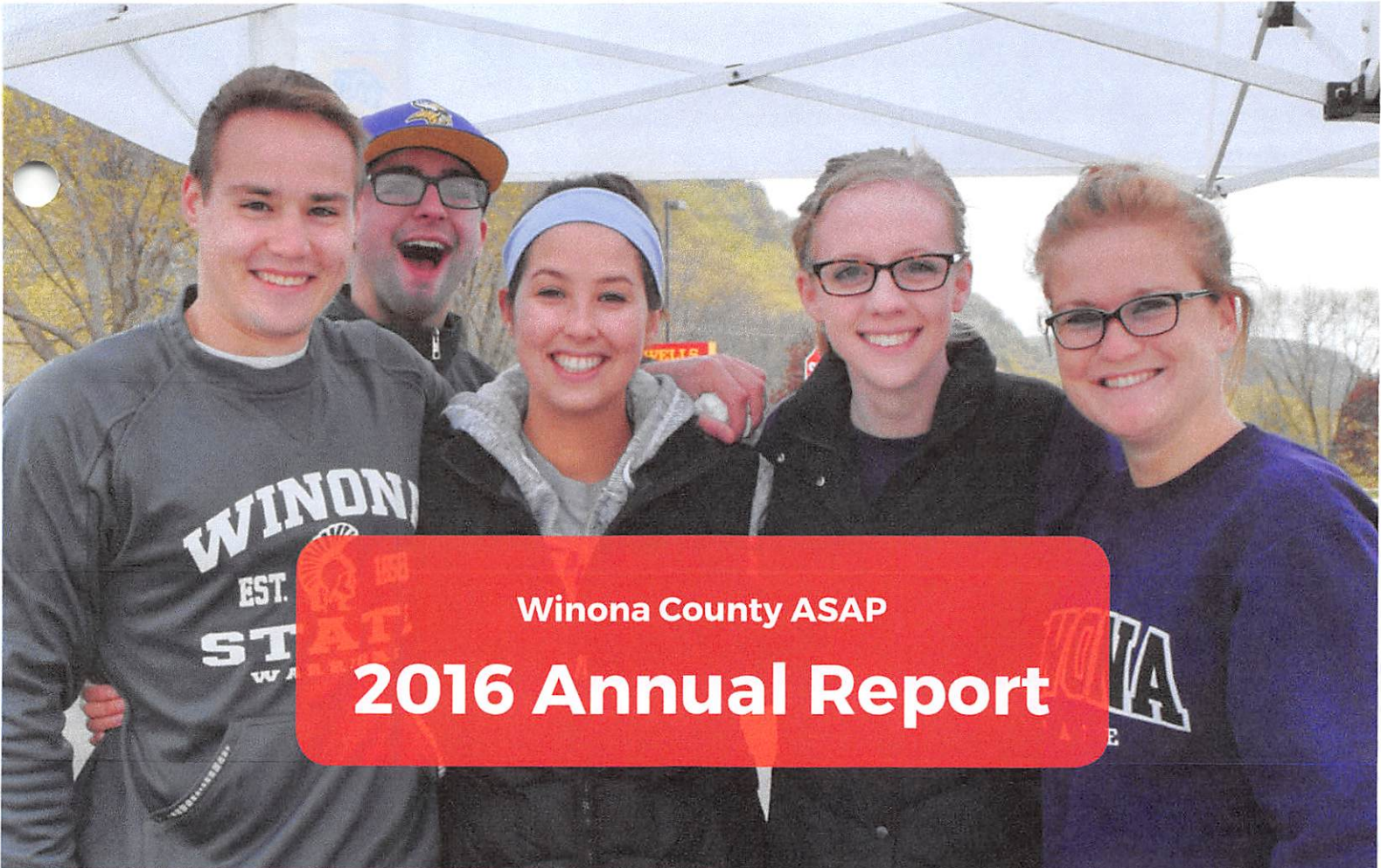
Actions:

- Janneke to conduct email vote to approve August minutes
- Fiscal agent to request \$11,000 rollover and wrap up first year's finances
- Phil to meet with all sector representatives and renew CIAs
- All coalition members encouraged to complete CADCA marijuana training
- Phil to complete sustainability plan
- Phil to inquire with DFC if we can fundraise now and save until after the grant is over
- Jeff to invite Mark Dungy or Nick Walch to speak at next coalition meeting on current drug trends

Next meeting:

Please note our new meeting location

October 17, 2016 at 2:30 pm at Winona Senior High School in Room 203



Winona County ASAP 2016 Annual Report

Vision

To be a community free from the negative consequences of alcohol and substance abuse.
To provide awareness and education for substance abuse prevention to the greater community.
To support and encourage youth toward healthy life goals, unhindered by the misuse and effects of alcohol and other drugs.

Mission

We work together to create a culture free from the misuse of alcohol, tobacco and other drugs for our youth through community-wide collaboration.

About Us

Over the last four years community volunteers have developed and implemented a community-wide preventative approach to reduce and prevent youth substance use. The coalition focuses on the reduction and prevention of alcohol and prescription drug use in the Winona Area Public Schools and Lewiston-Altura School Districts. In September of 2015, the Winona County Alliance for Substance Abuse Prevention coalition (Winona County ASAP) was awarded a 5-year federal grant of \$532,974 by the Drug-Free Communities (DFC) Support Program and the Substance Abuse Mental Health Services Administration (SAMHSA), requiring an equal match of in-kind volunteer time, space, and materials. The coalition is also a proud member of the Community Anti-Drug Coalitions of America (CADCA).



Board Members

Travis Volkman

- Board Chair

Jeff Apse

- School Sector

Helen Bagshaw

- Healthcare Sector

Ron Ganrude

- Law Enforcement Sector

Janell Linville

- Business Sector

Pastor Joe McConkey

- Religious Sector

Beth Forkner Moe

- Civic/Volunteer Sector

Mary Olson

- Substance Abuse
Organization Sector

Lori Ortega

- Parent Sector

Darci Roesler

- Youth-Serving
Organization Sector

Karin Sonneman

- Government Sector

Brian Voerding

- Media Sector

Staff

Janneke Sobeck

- Program Director

Phil Huerta

- Program Coordinator

Sarah Anderson

- Intern

Action Teams

Data and Evaluation

Education and Training

Media and Outreach

Programs and Strategies

Youth



ACCOMPLISHMENTS THIS YEAR



\$104,896

Value of in-kind
volunteer time
and resources

4

High school
students trained
in Prevention
Skills

13

Newspaper
Articles

*each one attended by Coordinator and a Coalition member

OUTCOMES



COMMUNITY TALK

April 12, 2016

120 community members attended the event to learn about the dangers of Substance Abuse. Panel members included law enforcement and probation officers, a substance abuse counselor, and participants in the Winona County Drug Court.



NATIONAL DRUG TAKE BACK DAY

April 30, 2016

240 pounds of prescription drugs were collected, to be safely and legally disposed of.



PARENTS WHO HOST LOSE THE MOST CAMPAIGN

April-May, 2016

Five liquor stores participated in "Project Sticker Shock" to raise awareness about the negative consequences of parents/adults providing alcohol to youth.

23 parents signed the pledge:

"I PLEDGE to encourage youth to be substance-free by:

- *Hosting only alcohol-, tobacco- and other drug-free parties for them*
- *Not allowing my child(ren) or their friends to consume alcohol, tobacco and other drugs on my property*
- *Discouraging my child(ren) from attending unsupervised parties"*

Get Involved

With your help, we will continue to grow our efforts in educating the community and supporting our youth by promoting a healthy drug-free culture.

1. Sign up for the Winona County ASAP newsletter
2. Join our mailing list to stay current on Winona County ASAP events, training and volunteer opportunities, and local accomplishments. Visit our website to sign up - www.winonacountyasap.org/
3. Attend our next Coalition Meeting. We meet on the third Monday of each month from 2:30 - 4:00 pm at the Winona Senior High School (901 Gilmore Avenue, Winona, MN 55987).

4. Join an Action Team. We have several teams that meet separately to work on projects. Use your strengths/interests to help make a positive difference! Email the Program Coordinator to learn more - phil.huerta@winonacountyasap.org

5. Make a Donation. Checks can be mailed to:
Winona County ASAP
619 Huff Street
Winona, MN 55987. Donations can also be made online at www.winonacountyasap.org/

Contact Us

507.474.2727

info@winonacountyasap.org
www.winonacountyasap.org/

LOCAL DATA

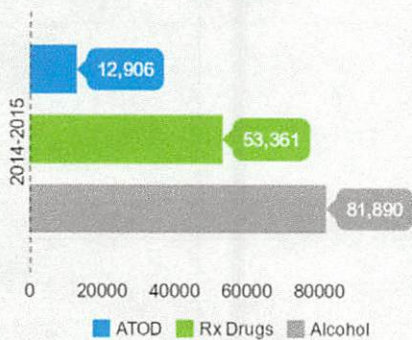
According to the 2016 Minnesota Student Survey (Winona County):

ALCOHOL				
Past 30 days use of alcohol	9th Grade		11th Grade	
	Male	Female	Male	Female
	15%	20%	25%	39%
Past 30 days binge drinking	9th Grade		11th Grade	
	Male	Female	Male	Female
	6%	7%	13%	21%
PRESCRIPTION DRUGS				
Past 30 days use of prescription drugs not prescribed to them	9th Grade		11th Grade	
	Male	Female	Male	Female
	3%	4%	6%	6%
Past 12 months use of pain relievers not prescribed to them	9th Grade		11th Grade	
	Male	Female	Male	Female
	3%	3%	9%	10%

2016 Successes



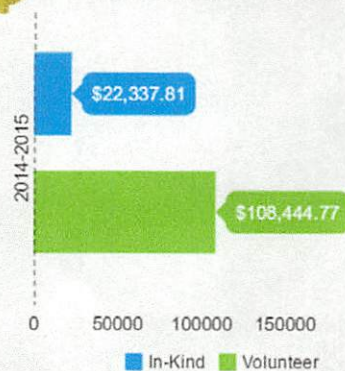
of People Reached Through Media



- Regular social media posts
- Newspaper and online articles
- Radio interviews



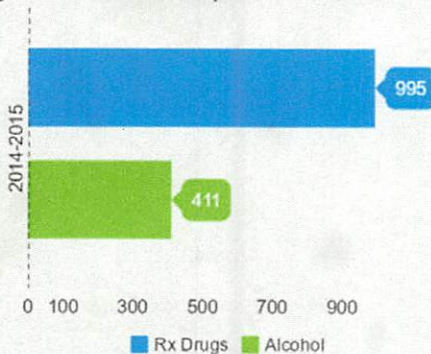
Resources Raised



- In-kind time for professional services
- Volunteer hours
- Space donated for coalition events



of People Served



- Community Talk Event
- 1st RxDrug Take Back Event
- Law Day for students



WINONA COUNTY
ASAP
 Alliance for Substance Abuse Prevention



Winona County Alliance for Substance Abuse Prevention & Crime Prevention Committee
October 17, 2016: 2:30 – 4:00 pm at the Winona Senior High School

Attendees:

Jeff Mueller	Deb McComb	Danielle Swedberg
Vanessa Hudson	Helen Bagshaw	Tressa Reuter
Karin Sonneman	Jenny Slabaugh	Sarah Anderson
Janneke Sobeck	Beth Moe	Allison Witt
Phil Huerta	Payton Borhardt	Kate Loken
Jenna McMillan	Linda King	Jordan Buerck
Anna Velikanova	Nick Walch	Deb McClellan

1. **Call to order:** Beth presiding.
2. **Welcome and introductions**
3. **Approval of September 19, 2016 minutes:** Quorum not present. Vote will be done via email.
4. **Financial update & carryover approval:**
 - o Based on final YTD expenses accounted for in Year 1, we are carrying over more than 10% of approved budget, therefore will be submitting a formal carryover request
 - o Concerns for being able to spend carryover money: Will enough youth attend training, will teachers have time for HECAT, will we be able to purchase drop boxes in the next year while we wait for regulations to be approved, what will the survey we create capture (core measures)?
 - o **Need to vote on carryover proposal so fiscal agent can submit request by Oct 29 deadline.**
5. **Action Team Updates:**
 - o Youth team: Red Ribbon Week is happening Oct 23-31. Here are the activities planned:

Group	Activities
Winona Middle School 6th Grade Health Class	Hanging banners and posters around school, handing out bags of candy corn to all 5 th graders saying, “Drugs are corny”, and giving campaign stickers to all students
Family & Children’s Center	Coloring contest in children’s programs, and handing out fact cards

Winona Senior High School Student Council	Hanging posters, creating a montage, hosting assembly for juniors and seniors with presentation from Winona County Drug Court participant, and coordinating a Wear Red Day
Winona Senior High School W-Club	Sharing facts during morning announcements
Lewiston-Altura High School Student Council	Hosting student vs. faculty volleyball game and sharing facts during event, handing out wristbands, and giving away ASAP shirts with CO2 shirt-gun
Pleasant Valley Church MOVE Youth Group	Handing out red ribbons door-to-door with fact card about safe prescription drug disposal

- Data & Evaluation team
 - Conducting focus groups at the Winona Middle School on Thursday (10/27/31)
- Media and Outreach team
 - [Annual Report is now available online](#)
- Programs and Strategies team
 - Hosting Prescription Drug Take-Back Day on Saturday, 10/22 at Winona Health
 - Still need volunteers!
 - Upcoming: Planning a Parents Who Host Lose the Most Campaign event
- Education and Training team
 - CADCA Marijuana Course
 - Complete and print certificate for prize drawing
 - Should we organize a Community Talk on Marijuana in 2017?
 - “Who Am I?” Worksheet – challenge by Helen Bagshaw to continually learn

6. Drug Education:

- Drug Investigators Kate Loken and Nick Walch presented:
 - Alcohol is number one challenge, marijuana is second
 - Prescription Drug abuse is out there but hard to catch and investigate
 - Meth is everywhere, a growing concern, as well as needle use
 - Heroin is a nationwide problem but not yet very prevalent in Winona. La Crosse and Rochester have a large issue of heroin so it is just a matter of time
 - Marijuana found in many forms: e-cigs, cooking it, gel form, in candies
 - Winona does not have a needle exchange program
 - Meth and heroin are coming mostly from Mexico
 - Many users start with Marijuana
 - Senior Citizens will sell drugs for money
 - Some kids will use their medication as currency

7. Vision for Parents Who Host:

- This fall we want to do a new activity - What do we want people to get out of the PWH campaign? What do we want to educate the community on?
- Timing - maybe during the Holiday season
- Suggestions: Event with pedal carts for students and parents to drive with fatal vision goggles, window decals at Kwik Trip and other places not just liquor stores, a table or ads in front of Hy-Vee or Walmart, place stickers on top of newspapers, we want to advertise to more than just one type or group of person, ads or table tents at restaurants, parent/teacher conferences, more education, maybe get more info from emergency room on what they are seeing.
- Each Action Team tasked with looking at suggestions to bring back regarding what they can do

8. Business sector representative:

- Looking for a good business person to sit on this committee – maybe a person in HR from the Society of Human Resource Management (SHRM)? Possibly Sue Pronschinske, Barb, Ann Nelson, or Terry Klonecki (former Rotary President). Deb McClellan will talk to Terry.

9. Open discussion:

- Community Collaboration Summit on Wednesday, October 26th from 6:00-8:30pm with video messages from US-MN Senators, and panel discussion with Winona County Drug Court participants and family members
- Jenna McMillan – there is a new women’s home in Rochester, MN
- ASAP should provide more education on collateral consequences using an infographic with the help of WSU Students – Beth will talk with Andrea about this project
- National Prescription Drug Take-Back Day event on Saturday, October 22 from 10:00am-2:00pm in the Winona Health Parking Lot. Still looking for volunteers.

10. **Match tracker drawing:** Nick Walch won the Winona Sandwich Gift Card.

11. Adjournment:

Minutes by Sarah Anderson and Phil Huerta.

Actions:

- Board – e-vote on September minutes and formal carryover proposal
- Program team – begin planning PWH event/activity
- Everyone – complete “Who Am I” worksheet and check answers (attached)
- Deb McClellan – talk with Terry about filling business sector role
- Beth Moe – Talk with Andrea G. about collateral consequences infographic project

Next meeting:

Please note our new meeting location

November 21, 2016 at 2:30 pm at Winona Senior High School in Room 203



WINONA COUNTY
ASAP
Alliance for Substance Abuse Prevention



Winona County Alliance for Substance Abuse Prevention & Crime Prevention Committee
November 21, 2016: 2:30 – 4:00 pm at the Winona Senior High School

Attendees:

Kate Hansen	Beth Moe	Deb McClellan
Jeff Mueller	Payton Borchardt	Lori Ortega
Janneke Sobeck	Travis Volkman	Bridget Klinger
Phil Huerta	Terry Klonecki	Brady Malecha
Jenna McMillan	Sarah Anderson	Karla Epler
Deb McComb	Diane Hanke	
Helen Bagshaw	Darci Roesler	
Jenny Slabaugh	Stacy Cotrell	

1. **Call to order:** Travis Volkman presiding at 2:30 pm.
2. **Welcome and introductions**
3. **Approval of October 17, 2016 minutes:** Quorum present; minutes were approved.
4. **Financial update:**
 - o Fiscal agent (Winona Health - WH) just submitted the formal carryover request, total was \$16,367.75. We do not have the financial statements (credit card and WH general ledger) yet to complete the reimbursement request for October expenses, but the amount is around \$16,000.
5. **Action Team Updates:**
 - o **Youth team** (Payton Borchardt):
 - **Youth Action Project:** First meeting was 11/9/16 at Winona Senior High School during Guided Study Hall (1:00-1:45pm) with 2 students who attended the National Youth Leadership Initiative (NYLI), and 3 students from the National Honors Society. Shared what project was about and how it was decided on. Team will do a Community Mapping exercise on 11/23/16 and continue to meet every 2 weeks.
 - o **Data & Evaluation team** (Travis Volkman):
 - **Student survey:** Minnesota Student Survey done every 3 years, we started talking about developing our own to gather info and decided to identify the needs per each sector. Going to ask Wilkon County for advice; Deacon (Evaluator Consultant) recommended them.
 - **Meals on Wheels survey:** Looking at partnering with home delivered meal services on an Rx Drug Take-Back event. Decided on a key question and people to bring conversation to.
 - o **Media and Outreach team** (Beth Moe):
 - **Annual Report** is now available online
 - **Reviewed marketing matrix:** Updated lists with new individuals.
 - **Toward Zero Deaths (TZD) news conference:** Event is tomorrow morning at Winona Health Resource Library at 9:30 am. We reviewed the speech Phil prepared to talk about PWH.

- Rx Drug campaign stickers: Started brainstorming how to get educational messages out. Phil will ask Deacon (Evaluator Consultant) about evidence-based credibility of this campaign. We do not have clarity on whether or not a pharmacy can have a drop box right now. Without drop boxes, we could still educate people on not dumping pills in the environment.
- Programs and Strategies team (Darci Roesler):
 - PWH campaign activities: Talked about providing alternative activities during holidays such as hosting free or reduced price movie showing at local theater. If not possible, talked about giving out cheap board games with campaign messages. Also, may plan a mock trial during CJCC Law Day event and host parent event later in the day with personal story.
- Education and Training team (Helen Bagshaw):
 - Top Secret Project: Talked about bringing this to Winona during February parent teacher conferences. This is a simulation of a teen bedroom about identifying warnings signs of drug use, and then provides guidance on how to have conversations with kids. Jenna McMillan shared that Freeborn County has a free exhibit like this.
 - Chasing the Dragon: Talked about hosting a showing(s) of this documentary about the opioid epidemic around the community with solutions-focused discussions.
 - Marijuana Community Talk: Talked about organizing a community forum in the Spring educating about the perceptions around Marijuana.
 - Board activity: Every month the Training team will bring something to the group. This time Helen shared the SAMHSA app to learn about having conversations with kids. You can actually role play with the avatars. Really cool!

6. Asset Mapping Activity:

- Brady Malecha, Winona State University Student, did this activity for class and volunteered to walk through it with us to help us visualize key partners and assets. The activity will help us review our partnerships and identify new ones, and assist us in our sustainability conversations. This could take longer than the time allotted at our meeting so it was decided that each person will create their own map and bring it back to the next meeting. Brady explained the people and groups to draw out, and to write out a value, interest, and resources for each. Brady provided a picture example to work off of which is included in the minutes email. Please think of your network, map out key people related to the work we do, and bring it to the December meeting.

7. ACE Summit:

- Janneke Sobeck, Darci Roesler, and Kate Hansen attended.
- Follow-up meeting for community on Thursday, December 1, 2016 at 4:30 pm at Live Well Winona. They will discuss bringing ACE interface (train-the-trainer) to Winona which will cost \$10,000. This team is looking for community groups to pool money, including Winona ASAP.
- How many from our group would want to be a part of the training?
- Does the community have capacity to provide help after becoming better at identifying ACE's?
- Is anyone in Winona providing Trauma-informed care? Jennifer Monsos

8. Open Discussion:

- Parking: Meeting was moved to Winona Senior High to encourage more youth involvement and participation by School sector representative. Some said that parking situation would deter them from attending in the future. Mark Anderson and Marilee are unable to provide accommodations as parking stalls are now purchased by students and they're at capacity. We can continue to park

in Visitor stalls or on street. Despite the parking situation, we had a quorum at the meeting and attendance has not declined.

- School sector rep: We discussed not having a School sector rep still, but Mark Anderson agreed and signed the MOU prior to minutes being completed. Congrats team!
- Winona Partners for Prevention meeting is on Monday, December 12, 2016 at 2:30 pm in Haake Hall at Winona State University.

9. **Match tracker drawing:** Please bring your individual time cards (if you grabbed one) to the next meeting to be entered into the drawing.

10. **Adjournment:** 3:55 pm.

Minutes by Phil Huerta.

Actions:

- Everyone – look at SAMHSA app
- Everyone – create a draft of your own asset map and bring to December meeting

Next meeting:

Please note our new meeting location

December 19, 2016 at 2:30 pm at Winona Senior High School in Room 203



WINONA COUNTY
ASAP
Alliance for Substance Abuse Prevention



Winona County Alliance for Substance Abuse Prevention & Crime Prevention Committee

December 19, 2016: 2:30 – 4:00 pm at the Winona Senior High School

Attendees:

Kattie Tibbs
Janneke Sobeck
Phil Huerta
Jenna McMillan
Rebecca Church
Erik Zeller
Linda King

Dan Thiner
Helen Bagshaw
Beth Moe
Payton Borchardt
Travis Volkman
Darci Roesler
Lori Ortega

Stacy Cottrell
Mark Anderson
Tressa Reuter
Deacon Dzierzawski
Phil Huerta

1. **Call to order:** Travis Volkman presiding.
2. **Welcome and introductions** (Travis):
3. **Approval of November 21, 2016 minutes:** Quorum present; minutes were approved.
4. **Financial update** (Phil):
 - Reimbursement requests sent for October (\$16,935) and November (\$1,593). Largest expenses consisted of contract payments to Epiphany Community Services and coalition travel related costs. The next planned trip with significant costs is in February – National Leadership Forum.
 - Budget Summary attached
5. **Action Team Updates:**
 - **Youth team** (Payton, Erik):
 - **Youth Action Project:** Students presented on the Community Map (copy attached) created to identify local hot spots, and decided to research the Garvin Heights Park and lookout. Youth team will start with a door-to-door campaign to interview residents living close to the park today (12/19/16) at 7:00 pm. Afterwards, other research methods will be explored with Deacon's help (from Epiphany Community Services). Coalition discussed that many of the hot spots identified were the same 20 years ago, and students would drink at the park even with law enforcement nearby. Interventions suggested include a park sign with positive messaging or greater patrolling. Phil reiterated that we will need to continue reassessing whether or not the coalition will move forward in addressing Marijuana use based on student findings and other data sources. Having specific local information is important in order to select effective strategies or interventions to implement. It was also shared that we could tie in efforts with the Winona Partners for Prevention graphic messages.
 - **Education and Training team** (Helen):
 - **Top Secret Project:** Helen and Phil booked exhibit for Wellness Expo, but the coordinator called back to say they could no longer attend because of a national conference. They were also busy during the Feb 16 and Feb 23 parent teacher conferences at WMS and WSHS.

- Team asked about other spring events to coordinate with. The Chili Feed Cook Off on Saturday February 11, 2017 at WMS was suggested. There are 2 rooms in the back of the Media Center to setup, or the Auditorium and classrooms across the hall.
- Chasing The Dragon: We are hosting a free showing at the Friendship Center (251 Main Street) on Wednesday, January 25, 2017 from 11:30 am – 1:30 pm. Students will be encouraged to attend through teachers providing credit. Linda King will help at event.
 - Marijuana Community Talk: Still on the agenda, but no updates.
- **Media and Outreach team** (Beth):
 - Infographic: Will begin working on this with Peter Stenberg's Health Promotion class during the Spring 2017 semester. Beth and Phil will present a Creative Brief to the class in February. This will educate on the collateral consequences of ATOD misuse.
 - Project FINE: This is a collaborative project to enhance translation and outreach services with Hispanic and/or Hmong populations. It will remain on the agenda to be completed by the end of grant year.
 - Positive Community Norm video: A hired videographer and students will primarily complete this project by May 2017 with guidance from the Media/Outreach team. It will highlight a positive aspect of the student body and raise awareness of perceived vs actual use. Coalition suggested it also be used as a recruitment tool. Possible avenues for greatest reach or distribution include first day at school (school-wide assembly), open block hours (Guided Study Hall [GSH] at WSHS or first hour at WMS), or Schoology. Mark Anderson shared that GSH has more strict allowances, and may not be accessible for showing the film. Schoology is a student learning system with open discussion blog capabilities, and parents will have access in the 4th quarter. Social media was also suggested to distribute.
 - Rx drug campaign stickers: Learned from Deacon (Epiphany Community Services) that tying the stickers into a broader campaign such as a Take-Back Day event is most effective. We would create and distribute stickers 1-2 months out from event at pharmacies to include with prescriptions. Coalition brought up many questions and concerns around overwhelming amount of material already handed out with prescriptions, and that stickers would be unnoticed. Coalition discussed idea of magnets that was suggested, as well as public service announcements (PSA) over the radio, and letters to the editor (opinion pieces). Magnets were very popular during discussion, and regular opinion pieces were strongly encouraged as many people read this. Beth agreed to write a letter to the editor after the New Year. Media Team will look into magnet costs and ASAP budget options. If the coalition decides to address Marijuana, we may put Rx drug activities into a maintenance mode and hold off on this activity.
 - Actively recruiting: Media consists of 3 individuals, and help is needed. Phil reached out to American Marketing Association students at WSU, as well as the Graphic Design professor. Kattie Tibbs can assist with building connections with graphic design students at WSU.
 - **Programs and Strategies team** (Darci):
 - Parents Who Host: Was planning to host a free movie showing during the students winter break at Winona 7 with campaign messaging, but our team originally chose a weekday that working parents couldn't attend and alternate dates would not fall into the intended time frame for purposes of the campaign. The team is moving forward in planning a spring event by partnering with the Criminal Justice Coordinating Council (CJCC) to create a mock trial during the Law Day event. The event is held at the Winona County Court House, but WSU also has mock trial rooms. It was previously suggested to organize an adult version with a local personal story after the student event to encourage more conversations.
 - **Data & Evaluation team** (Phil):
 - Home-delivered services: Phil talked with Meals on Wheels (MOW) (SEMCAC program) and Home Delivered Meals (HDM) (Winona Volunteer Services program) to partner on a

Take-Back Rx Drug initiative. Both services were interested and agreed to send out letters to their clients to introduce ASAP and direct requests for disposing of their Rx drugs. Letters will be sent after the New Year, and Data team will coordinate with law enforcement once demand is identified. It was strongly suggested by coalition and home delivered service providers to organize Take-Back events at congregate places such as assisted living homes.

- Hidden Valley was also suggested
- Actively recruiting: Data team consists of 4 individuals, but Peter Sternberg is willing to incorporate one of his classes into a Data team project.

6. **Progress review** (Phil, Everyone):

Reflections on the last year, and discussion on the coming year.

- What challenges have we faced in the last year, and how do we plan to address them?
 - Getting into schools, more specifically administration/decision making involvement
 - New leadership consistently coming
 - We can share more success and impact made in the public
 - Engage the community more with teams and Parents
 - Have Board and coalition members share more social media posts
 - Present at a Restorative Justice all-person meeting
 - More board members do in-person meetings
- What outcomes do we want to see in the coming year?
 - Move the dial on our logic models
 - Greatly enhance our visibility
- What opportunities are there in the coming year?
 - Addressing Marijuana
 - Expand youth base
 - Bring in speaker from another more experienced coalition
 - Ruth – social work intern
 - Recruit juvenile probation officer – how to communicate with parents
 - Beth – asking probation

6. **Asset Mapping follow-up** (Phil, Everyone):

No update, Sustainability subcommittee being tasked with this activity.

7. **Open discussion** (Everyone):

- Hope Harbor: Came up in discussion during November Board meeting. Hope Harbor is also interested in presenting on program and potential volunteer opportunities for clients. Coalition expressed interest, Phil will see about having them as a guest speaker.
- ACES Community Meeting: Next meeting is Thursday, January 12, 2017 at 4:30 pm at Central Elementary School.
- "Paper Tigers": Next free showing on Wednesday, January 25, 2017 at 7:00 pm at the Winona State University Science Laboratory Center (SLC) Auditorium.
- "Resiliency": Documentary will be shown at the Frozen River Film Festival (FRFF). Schedule is not yet available, please stay tuned for show times. Linda King suggested tabling at the event. Janneke suggested tabling at the FRFF Volunteer Fair on Saturday, February 18 from 1-4:00 pm.

8. **Match tracker drawing** (Travis): No update, meeting ran overtime.

10. **Adjournment**: 4:15 pm.

Minutes by Phil Huerta.

Actions:

- Training will look into TSP at Chili Cook Off at WMS
- Beth – will write opinion piece
- Kattie Tibbs – will help with graphic design student recruitment
- Phil – will talk with RJ about presenting at large meeting
- Dan Thiner – will identify an experienced coalition to be a guest speaker
- Phil – will talk to Ruth about a social work intern
- Beth – will help recruit a juvenile probation officer
- Lori – will help with Sustainability Team and Asset Mapping activity
- Phil – will ask Hope Harbor to be a guest speaker
- Janneke – will reach out to FRFF about tabling during “Resiliency” and Volunteer Fair

Next meeting:

Next meeting will be on **Monday, January 23, 2017 from 2:30 pm – 4:00 pm** because of Martin Luther King Jr. Day being held during our regular time. Meeting will be in **Room 203 at Winona Senior High School.**