

**2018 Crime Prevention  
(Alliance for Substance Abuse Prevention)  
Committee Minutes**

**January - December**



**Winona County Alliance for Substance Abuse Prevention & Crime Prevention Committee**  
**January 22, 2018: 2:30 – 4:00 pm at Pleasant Valley Church**

**ATTENDANCE**

<b>Board of Directors:</b>			
<b>*Bolted names were present</b>			
<b>Attendance:</b>	<b>Board Member:</b>	<b>Proxy:</b>	<b>Sector:</b>
Present	<b>Travis Volkman</b>		Chair
-	Helen Bagshaw		Health
-	Karin Sonneman	Rebecca Church	Government
Present	Ron Ganrude	<b>Jeff Mueller</b>	Law Enforcement
Present	<b>Linda King</b>		Business
-	Mark Anderson	Chai Lee	Schools
Present	Joe McKonkey	<b>Brian Sauter</b>	Faith
-	<i>Position available</i>		Parent
Present	<b>Beth Moe</b>	Brian Voerding	Civic/Volunteer
Present	<b>Jenna McMillan</b>		Substance Abuse Treatment
-	Darci Roesler		Youth Serving Organization
-	<i>Position available</i>		Media
Present	<b>Payton Borchardt</b>		Youth
Present	<b>Janneke Sobeck</b>	<i>(non-voting)</i>	Program Director
Present	<b>Phil Huerta</b>	<i>(non-voting)</i>	Program Coordinator

<b>Coalition Members and Guests:</b>	
<b>Name:</b>	<b>Organization:</b>
Kate Hansen	Winona Partners for Prevention
Alison Marco	ASAP Secretary
Carin Hyter	Winona County Drug Court
Karla Eppler	Winona Area Ambulance
Deb McComb	Winona County Services
Tressa Reuter	Hiawatha Valley Mental Health Center
Marie Kovcesi	Winona County Commissioner
Amy Koehler	WSU Nursing
Anna Bollis	WSU Nursing
Holly Berling	WSU Nursing
Hannah Peterson	WSU Nursing
Megan Erickson	WSU Nursing

## MINUTES

### Consent Agenda

January Agenda- Approved

December Minutes- Approved

### Directors/ Officers Insurance Quote

Paulet the regional coordinator said that we need to talk to the Winona Agency about taking ASAP and what the cost would be.

### Epiphany Community Services

Deacon talked to ASAP about our annual evaluation report for 2016-2017 year.

The following was discussed:

Areas of Success:

- A reduction in 30 – day prescription drug use and 30 – day marijuana use was demonstrated in the community, while promising, the contribution to this outcome by the coalition cannot be demonstrated at this time.

Areas of Improvement:

- The coalition demonstrated a decrease in the number of environmental strategies used and an increase in activities targeting the more generic problem of General ATOD.
- Transitioned to a more supportive role in the community but efforts should be made to ensure that the support is focused on specific issues, that is necessary to establish contribution to outcomes. 60% targeted – 40% general.
- There are promising reductions in targeted substances, better alignment of actions to these outcomes is necessary to demonstrate to coalition's contribution to them.

Recommendations:

- The coalition should do continue to diversify its strategy use and concentrate on implementing environmental strategies.
- Focus its efforts on implementing community changes that target coalition priorities as established in the coalition's logic model.
- Both community changes and environmental strategies are the foundations for creating long term community changes. The coalition should keep track of its community actions so there is a record of them whether change occurs or not.
- The coalition should continue to target its efforts. As of this year, the coalition's efforts are 41.5 % focused on general ATOD.
- Balance of the use of data resources necessary to collect data and intended return on data collection investment. There should also be a focus on the use of secondary data to determine impact of the coalition's contribution to outcomes.

### Sustainability

ASAP discussed the questions of where we, as a coalition, are today and where we want to be 3 years from now. As of today, we have determined that we have a great coordinator, community, volunteers, action teams and the format that those teams use. Phil has made a sustainability plan for the coalition. In the plan e has laid out key activities to sustain and the estimated costs

of those activities if the coalition was to lose the DFC grant in the future. Next he listed out all of the sources and strategies that the coalition has and will continue to use. Lastly, he created a timeline with the action teams to what they are going to be working on and when it will be happening.

**Action Team Updates**

-The CARA Grant has been submitted and will know in May if we get it.

**Program Team:** Finishing details on the Appreciation Event- February 26<sup>th</sup> 2018, at the Historical Society in Winona. They also have been talking about partnering up with realtors and funeral home about prescription drugs safety. Tabling at the Wellness Expo

**Education/Training Team:** Tabling at the Wellness Expo- looking for volunteers. Hidden in Plain Site will be featured at Miller Ingenuity.

**Media/Outreach Team:** Flyers for all events are made and the Annual Report Draft is done and being reviewed.

**Data/Evaluation Team:** Going forward with student survey from marijuana campaign.

**Upcoming Events:**

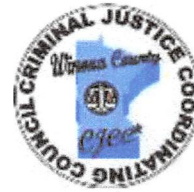
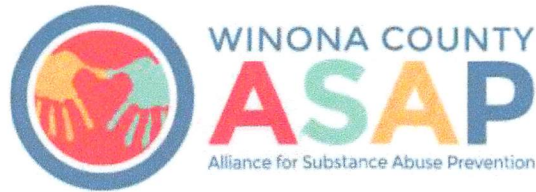
- Wellness Expo – Hidden in plain Site- February 24<sup>th</sup>, 2018, 9:00am- 1:00pm at Winona Senior High School
- Appreciation Event – February 26<sup>th</sup>, 2018, 5:00pm – 6:30pm at Winona Historical Society
- Hidden in Plain Site – February 27<sup>th</sup>, 28<sup>th</sup>, and March 1<sup>st</sup>, 11:00am- 1:00pm at Miller Ingenuity

**Next Meeting: February 26<sup>th</sup> 2018 at Pleasant Valley Church**

Respectfully submitted,

Alison Marco, Board Secretary





**Winona County Alliance for Substance Abuse Prevention & Crime Prevention Committee**  
**February 26, 2018: 2:30 – 4:00 pm at Pleasant Valley Church**

**ATTENDANCE**

<b>Board of Directors:</b>			
<b>*Bolded names were present</b>			
<b>Attendance:</b>	<b>Board Member:</b>	<b>Proxy:</b>	<b>Sector:</b>
-	Travis Volkman		CJCC liaison
<b>Present</b>	<b>Helen Bagshaw</b>		Health – Vice-Chair
-	Karin Sonneman	Rebecca Church	Government
-	Ron Ganrude	Jeff Mueller	Law Enforcement
<b>Present</b>	<b>Linda King</b>		Business
-	Mark Anderson	Chai Lee	Schools
-	Joe McConkey	Brian Sauter	Faith
-	<i>Position available</i>		Parent
<b>Present</b>	<b>Beth Moe</b>	Brian Voerding	Civic/Volunteer - Chair
<b>Present</b>	<b>Jenna McMillan</b>		Substance Abuse Treatment
-	Darci Roesler		Youth Serving Organization
-	<i>Position available</i>		Media
<b>Present</b>	<b>Payton Borchardt</b>		Youth
<b>Present</b>	<b>Janneke Sobeck</b>	<i>(non-voting)</i>	Program Director
<b>Present</b>	<b>Phil Huerta</b>	<i>(non-voting)</i>	Program Coordinator

<b>Coalition Members and Guests:</b>	
<b>Name:</b>	<b>Organization:</b>
Kate Hansen	Winona Partners for Prevention
Stacy Cottrell	Miller Mentoring
Carin Hyter	Winona County Drug Court
Karla Eppler	Winona Area Ambulance
Deb McComb	Winona County Services
Tressa Reuter	Hiawatha Valley Mental Health Center
Marie Kovcesi	Winona County Commissioner
Paulette Clark	Regional Prevention Coordinator
Heather Sharkey	Winona County Intern
Cesar Sandaral	Student

## MINUTES

### Consent Agenda

Quorum not present.

Need to vote on January and February minutes, and financial updates

February agenda- by consensus

Several items were added to the agenda and discussed ahead of the Action Team Updates – see below.

### Directors/ Officers Insurance Quote

According to Paulette Clark, most DFC coalitions in the state use their fiscal agent's status for D&O insurance, rather than purchasing their own. Beth has not had a chance to talk with Jan Brosnahan (CFO at fiscal agent Winona Health) to see if this is possible. WH already does provide us with event liability riders. Address again in March.

### Recap of National Leadership Forum

Janneke and Phil attended the conference in Washington, DC. They met with our legislative representatives' (Tim Walz, Amy Klobuchar and Tina Smith) staff. There were many good workshops; each person shared one key finding with the group. Janneke attended a workshop about a community that had trauma-informed response between law enforcement and schools. Phil attended a workshop about youth engagement with a series of questions to help adults engage students more. He will try to get a hold of the slides and questions to run through the activity at next month's Board meeting.

### Epiphany Community Services

Erin, Director of Training at ECS, presented on the 7 Environmental Strategies.

PowerPoint slides can be downloaded on our website, hyperlink:

<http://www.winonacountyasap.org/board-meetings/>

### Misc. updates:

- Samantha Wagner from the ALC has been talking with members of ASAP, Friends of the Drug Court and Restorative Justice to develop a support group for students who are struggling, either with their own issues or issues they are having or seeing with their parents. This will be updated.
- Brein Maki is developing an event surrounding opioid use, for people in Lewiston and has asked for our assistance. Phil will reach out to her.
- Deb McComb and Heather Markey shared information about Kratom, an opioid-like drug relatively new to this area. It has not at this point been classified as a controlled substance. Heather also shared information from the Public Law Center (which has issued information that Kratom often is infected with salmonella). There are also some groups that are looking into making it mandatory for organizations such as Royal Tobacco to ID all customers as they come in the door, since all products sold there are adult-only (18+).
- Marie Kovsecki shared information from the CDC and the state. CDC issues included: budget reductions to the organization (in 2010, there was a prevention fund developed; it has been reduced significantly since 2012, and President Trump's budget has removed it; in 2012, Minnesota received \$87 million from this fund; in 2017, it was \$17 million). State issues included: Minnesota Results First (through the office of MMB), which is theory- and results-based, focused on juvenile justice and substance abuse prevention (including Project Northland, developed in conjunction with Hazelden, for grades 9-12, to delay onset of drug use or reduce the prevalence; St. Charles and Austin are using this model); upcoming legislation, including "Penny a Pill," a tax paid by pharmaceutical companies for each opioid pill prescribed in the state (estimated to raise \$20 million/year and to be earmarked for treatment and overdose

prevention) – expanding Narcan use with emergency responders – Board of Pharmacy developing medical profiles.

**Action Team Updates:**

**Program Team:** 2<sup>nd</sup> Appreciation Event is tonight at 5:30. Planning next Rx Drug Take-Back Day.

**Education/Training Team:** Recently tabled at Chili Cook Off and Frozen River Film Festival Volunteer Fair. Update to come.

**Media/Outreach Team:** Promoted upcoming events. Need to grow team base.

**Data/Evaluation Team:** Phil met with superintendents to discuss student survey and MOU.

**Youth/Student Team:** Unable to meet because of weather-related school closures on meetings days.

**Upcoming Events:**

- Hidden in Plain Sight – February 27-March 1, 11 am- 1 pm at Miller Ingenuity

**Next Meeting: March 19, 2018, 2:30-4:00 p.m. at Pleasant Valley Church**

Respectfully submitted,

Beth Moe, ASAP Board Chair

Phil Huerta, ASAP Coordinator





**Winona County Alliance for Substance Abuse Prevention & Crime Prevention Committee**  
**March 19, 2018: 2:30 – 4:00 pm at Pleasant Valley Church**

**ATTENDANCE**

<b>Board of Directors:</b>			
<b>*Bolted names were present</b>			
<b>Attendance:</b>	<b>Board Member:</b>	<b>Proxy:</b>	<b>Sector:</b>
Present	<b>Travis Volkman</b>		CJCC liaison
Present	<b>Helen Bagshaw</b>		Health – Vice-Chair
-	Karin Sonneman	Rebecca Church	Government
-	Ron Ganrude	Jeff Mueller	Law Enforcement
-	Linda King		Business
Present	<b>Mark Anderson</b>	Chai Lee	Schools
Present	Joe McConkey	<b>Brian Sauter</b>	Faith
-	<i>Position available</i>		Parent
-	Beth Moe	Brian Voerding	Civic/Volunteer - Chair
Present	<b>Jenna McMillan</b>		Substance Abuse Treatment
-	Darci Roesler		Youth Serving Organization
-	<i>Position available</i>		Media
Present	<b>Payton Borchardt</b>		Youth
Present	<b>Janneke Sobeck</b>	<i>(non-voting)</i>	Program Director
Present	<b>Phil Huerta</b>	<i>(non-voting)</i>	Program Coordinator

<b>Coalition Members and Guests:</b>	
<b>Name:</b>	<b>Organization:</b>
Alison Marco	<b>Secretary</b>
Kate Hansen	Winona Partners for Prevention
Carin Hyter	Winona County Drug Court
Bridget Klinger	Winona Police Department
Paulette Clark	Regional Prevention Coordinator
Aaron Perleberg	Keller Williams Realty

## MINUTES

### Consent Agenda

Quorum not present.

Need to vote on January and February minutes, and financial updates.

#### **Board will vote to approve electronically.**

We currently have approximately \$15,000 towards our in-kind match. Concern was expressed for the status and progress of our match requirement. Board will revisit this in the summer months after a few large events and campaigns have taken place.

### Directors/ Officers Insurance Quote

Beth Moe was not present to provide update. Board will revisit in April.

### Epiphany Community Services (ECS)

For our monthly sustainability conversation and in the spirit of March Madness we revisited our own brackets (i.e. logic models). Erin, Director of Training at ECS, presented on what logic models are the Board discussed ways to update the data on our logic models.

PowerPoint slides can be downloaded on our website, hyperlink:

<http://www.winonacountyasap.org/board-meetings/>

#### **Logic Models are:**

- Simplified pictures of a program
- Shows logical relationships
- The core of program planning, evaluation, and management and communication

#### **Logical Models are for:**

- Aligning interventions with intended outcomes
- Setting priorities
- Creating an outcome- based evaluation
- Interpreting evaluation
- Allocating resources
- Engaging strategies

#### **Steps of Logical Models:**

- Conduct problem
- Choose best format or layout
- Add related data to elements
- Map Intervention
- Critique the result to ensure it is community friendly

#### **Designs of Logical Models:**

They are different based on the purpose, type, complexity or agency.

The different types include:

- Fishbone Diagram

- Basic Program
- Root Causes/ local conditions

ASAP uses the root causes/local conditions logical model. It starts with the problem statement as the What? Then the root cause as the Why? Followed by the local conditions focusing on Why Here (in the community). All of these questions end with interventions.

**Interventions include:**

- Providing Information
  - Building Skills
  - Provide Support
  - Enhancing Access/ Reducing Barriers
  - Changing Consequences
  - Changing Physical Design
  - Modifying Policies
- \*All of these might now be used but should use as many as possible\*

**Reviewing ASAP Logical Models**

Concerns or questions that were talked about:

- Having the latest data from 2017
- Having data for focus groups
- Number of fake ID's and failed compliance checks in Winona County
- Places of high activities such as Garvin Heights
- Wording in the descriptions
- Why focusing on data of 6<sup>th</sup> graders?
- Not a lot of local norms for marijuana and prescription use for Winona
- Collecting data related to prescriptions and realtors

**Action Items**

Helen getting ER and overdose numbers.  
 Bridget getting number of active liquor licensees.  
 Janneke asking Stephanie N. about juvenile citation numbers from her graduate project.  
 Aaron looking into MLS and Dept. of Labor numbers around prescription drugs and open houses.  
 Phil will get Rx disposal location cards to Deb McComb

**Other discussion points**

Principal Mark Anderson shared that there are 2 weeks of drug education in 6<sup>th</sup> grade with a few days of review in the following years.  
 Phil will create a bullet list sheet of what each Action Team does and send out for people to help recruit.  
 Janneke will do the April 4 radio interview at Leighton Broadcasting.

**Action Team Updates:**

**Program Team:** Planning Buzz Kill Campaign to highlight Responsible Beverage Server Training, Sticker Shock Operation by students, sending out letters to parents with safe party tips, and encouraging party

patrols through the use of Crimestoppers anonymous tip site. Also, planning Take Back Day on April 28 at Walgreens from 10 am – 2 pm and social host ordinance conversations in Lewiston, MN.

**Training Team:** Hidden in Plain Sight at Miller was a success and had a different audience than usual. Planning to solidify upcoming venues at the county fair and public library.

**Outreach Team:** No major update. We need to recruit more individuals to help with Project FINE outreach and working with the media.

**Evaluation Team:** 2017 Annual Report is completed and available. A few copies were at the meeting, and the digital version can be viewed on our homepage.

**Teens Against Drug Abuse:** Planning Sticker Shock Operation, and have a few dates picked out. Team will go to businesses on April 2 to ask to participate.

**Next Meeting: April 16<sup>th</sup>, 2018, 2:30pm at Pleasant Valley Church**

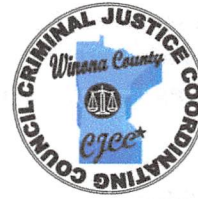
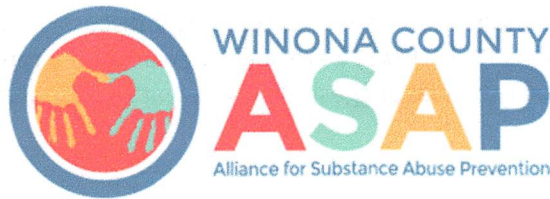
**Upcoming Events:**

- National Prescription Take Back Day Saturday, April 28<sup>th</sup> 10:00 am- 2:00 pm at Walgreens Parking Lot

Respectfully submitted,

Alison Marco, ASAP Secretary





**Winona County Alliance for Substance Abuse Prevention & Crime Prevention Committee**  
**April 16, 2018: 2:30 – 4:00 pm at Pleasant Valley Church**

**ATTENDANCE**

<b>Board of Directors:</b>			
<b>*Bolded names were present</b>			
<b>Attendance:</b>	<b>Board Member:</b>	<b>Proxy:</b>	<b>Sector:</b>
-	Travis Volkman		CJCC liaison
<b>Present</b>	<b>Helen Bagshaw</b>		Health – Vice-Chair
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-	<b>Ron Ganrude</b>	<b>Jeff Mueller</b>	Law Enforcement
<b>Present</b>	<b>Linda King</b>		Business
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-	<i>Position available</i>		Parent
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-	<b>Darci Roesler</b>		Youth Serving Organization
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<b>Present</b>	<b>Phil Huerta</b>	<i>(non-voting)</i>	Program Coordinator

<b>Coalition Members and Guests:</b>	
<b>Name:</b>	<b>Organization:</b>
Stacy Cottrell	Miller Mentoring
Karla Eppler	Winona Area Ambulance
Deb McComb	Winona County Services

**MINUTES**

**Consent Agenda**

January and February minutes approved via e-mail.  
 March minutes and April agenda – approved by consensus

**Directors/ Officers Insurance Quote**

Beth is still e-mailing back and forth with Jan Brosnahan from Winona Health (fiscal agent) about this. Beth will contact Garry Watts at Winona Agency to further discuss this. Add to May agenda.

**Fill Parent and Media Sector Roles**



We still need representatives from the Media and Parent Sectors. After discussion, Greg Taylor (Leighton Broadcasting) and Tesla Mitchell (Winona Daily News) were suggested as Media representatives. Helen Bagshaw will ask Greg Taylor. Lisa Hawkinson was suggested as a Parent representative. Brian Sauter will ask her.

### **“Stop the Spiral” Video**

Helen Bagshaw shared a 4-minute video about how quickly youth can become addicted to various drugs. It's from a site called [www.stopthespiral.com](http://www.stopthespiral.com). It was a moving video. According to the site, and Helen's research, the top cause of death of people under 50 in the US is now by overdose.

### **BUZZKILL Campaign**

Phil and Darci shared information about this campaign. The slogan is “Serve Under 21 and the Party's Over.” It's to remind people that it is illegal to provide alcohol to people under the legal age of 21. ASAP will provide information throughout the county about this, as well as highlighting activities with safe alternatives. Campaign activities include:

- \* A parent pledge;
- Party patrols (where people can provide anonymous tips to Crimestoppers – Jeff M. will find out where e-mail tips go; phone tips go to Dispatch);
- After-prom parties – WSHS, YMCA (Lewiston-Altura), bowling alley (Rushford);
- “Sticker Shock” – Hy-Vee, Midtown;
- Responsible Beverage Server Training. Bridget K. does this twice a month. April 16 training was at 1 and 5 p.m. in Lewiston.

Letters will be sent to parents in the WAPS and Lewiston-Altura school districts.

Helen suggested people add something about the campaign in their e-mails for a week. Phil will send something out.

### **Epiphany Community Services/Review Logic Models:**

We reviewed the logic models for alcohol data, with information provided by ECS. They recently combed through the student data from the survey that was sent out, as well as the 2016 Minnesota Student Survey. There is clarification needed on the Winona Health data about overdoses; the question was about overdoses age 18 and under – it showed a large spike over the past few years. There is also clarification whether the data shows that alcohol or other drugs were the primary admitting cause. Karla E. and Helen B. will ask for clarification.

The survey we presented was brand-new (completed April 12) and will be re-examined. Currently, it is for internal purposes only. The most recent averages males/females together instead of breaking out by gender. Payton reported that students thought questions were intrusive and survey took too long. ECS said MSS survey (done on paper) is 164 questions and takes an entire class period to complete. The EPS/ASAP survey (done online) has 27 questions and took an average of 11 minutes to complete.

We will continue to look at the data going forward.

### **Permanent Drop Box Update:**

We have spoken with Terry Full, manager of Parkview Pharmacy at Winona Health, who has gotten a quote for a dropbox. We have offered to pay for it for three months. There needs to be more clarification on the actual cost of the disposal, how often WH thinks it might be filled, etc. Janneke sent

an online comment to request WH to do strong internal PR throughout the campus (providers, nurses, patients, LWM residents, etc.) to use the drop box, rather than throughout the entire community, due to cost of the disposal. Until further clarification, this discussion was tabled. It will be added to the May meeting agenda.

**Upcoming Events:**

- Engage Winona one-year anniversary – Monday, April 16, 4:30-6:30 p.m. – Winona County Historical Society
- Prescription Drug Take-Back Day – Saturday, April 28, 10 a.m.-2 p.m., Walgreen’s parking lot
- “Change the Outcome” – community conversation on opioid use and addiction, Monday, April 30, 6:30-8 p.m., Lewiston-Altura High School Gymnasium. Supported by Lewiston and Winona Police Departments, Winona County Sheriff’s Office, Winona County Attorney’s Office, ASAP, and Lewiston-Altura school district.
- Intercultural Development and Resilience Workshops – Thursday, May 24, 9:30 a.m.-11 a.m. (Learning to Work Across Differences) and 11:15 a.m. – 12:45 p.m. (Resilience in Leadership) – free (and free CEUs) – Winona County Historical Society
- Drug Court of Winona County Appreciation Event – Monday, May 21, 5-6:30 p.m. – Winona County Historical Society

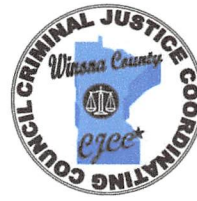
**Next Meeting: May 21, 2018, 2:30-4:00 p.m. at Pleasant Valley Church**

Respectfully submitted,

Beth Moe, ASAP Board Chair  
Phil Huerta, ASAP Coordinator



WINONA COUNTY  
**ASAP**  
 Alliance for Substance Abuse Prevention



**Winona County Alliance for Substance Abuse Prevention & Crime Prevention Committee**  
**May 21, 2018: 2:30 – 4:00 pm at Pleasant Valley Church**

**ATTENDANCE**

<b>Board of Directors:</b>			
<b>*Bolded names were present</b>			
<b>Attendance:</b>	<b>Board Member:</b>	<b>Proxy:</b>	<b>Sector:</b>
Present	<b>Travis Volkman</b>		CJCC liaison
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Present	<b>Beth Moe</b>	Brian Voerding	Civic/Volunteer - Chair
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<b>Coalition Members and Guests:</b>	
<b>Name:</b>	<b>Organization:</b>
<b>Kate Hansen</b>	Winona State University
<b>Alison Marco</b>	ASAP Board Secretary
<b>Jennifer Kimball-Olson</b>	Nehemiah Family Services
<b>Rosalea Botka</b>	LCPN Intern
<b>Judi Zabel</b>	LCPN Coordinator
<b>Greg Taylor</b>	Leighton Broadcasting
<b>Aaron Perleberg</b>	Edina Realty

**MINUTES**

**Consent Agenda: Passed**

- May Agenda
- April Minutes
- Financial update

## Juuling Video

Helen presented a video to the board introducing the issue of a new way of smoking called Juuling. Juuling a brand of e – cigarettes that is battery operated and works by heating a pod of e – liquid that contains nicotine and other chemicals. It is much smaller and harder to notice than vaping. It has become very popular among young people.

## Old Business

**Parent and Media Sectors:** Molly Dahl has agreed to fill the Parent Sector, and Greg Taylor the Media Sector. Phil will meet with each to fill out coalition involvement agreements (CIA's).

**Drop Box:** Motion was passed to give \$1,000 to both Goltz Pharmacy and Winona Health for disposing services of the materials from the drop boxes.

**Directors/ Office Insurance:** Beth informed the board that the coalition still has not gotten it yet but at this point may not need it.

## New Business

**SAMHSA Project Office Visit:** Wants to meet with coalition members on Friday, July 27<sup>th</sup>, 2018. Idea is to meet for breakfast that day. All interested people let Program Coordinator (Phil) know.

**DFC Grant Match Progress:** Phil has made a sheet of financial status for the coalition so far. Right now, the coalition has matched \$30,000 and are between \$40,000 and \$50,000 short of match. Board members figured out other matching costs that have not been accounted for yet. Matches that the coalition members came up with were Lewiston's after prom event, volunteer time for Blandin attendees and upcoming Culture/Resilience trainings, food and other donations from these events, as well as op-eds or press releases (in-kind media). New volunteer rate in Minnesota is \$27.58/hour.

**Student Survey Report:** The board went over each question from the survey and the measurements that were found with the data evaluators. All questions were addressed to the evaluator for clarifications. The board also talked about putting in context with survey talking about the positive results out of the survey instead of the negative and making specific points to make it more readable once released to the public. The media and data action team will look more into doing so.

**Strategic Planning:** The board talked about the mission statement and vision to determine if the wording still fits of what the coalition is about and wants.

**Overview of Process:** Suggestion by Program Coordinator of what to do over the next few months.

**May** - Evaluate last year progress and outcomes with Action Teams.

**June** - Review/update logic models using comments and latest data.

**July** - Discussion on Action Team Plan templates to ensure consistency.

**August** - Final review and vote of approval.

**Next Meeting: June 18<sup>th</sup>, 2018 at 2:30pm at Pleasant Valley Church**

Respectfully submitted,

Alison Marco, ASAP Board Secretary





WINONA COUNTY  
**ASAP**  
 Alliance for Substance Abuse Prevention



**Winona County Alliance for Substance Abuse Prevention & Crime Prevention Committee**  
**June 18, 2018: 2:30 – 4:00 pm at Pleasant Valley Church**

**ATTENDANCE**

<b>Board of Directors:</b>			
<b>*Bolded names were present</b>			
<b><u>Attendance:</u></b>	<b><u>Board Member:</u></b>	<b><u>Proxy:</u></b>	<b><u>Sector:</u></b>
Present	Travis Volkman		CJCC liaison
Present	Helen Bagshaw		Health – Vice-Chair
Present	Karin Sonneman	<b>Rebecca Church</b>	Government
Present	Ron Ganrude	<b>Jeff Mueller</b>	Law Enforcement
Present	Linda King	<b>Karla Eppler</b>	Business
-	Mark Anderson	Chai Lee	Schools
Present	Joe McConkey	<b>Brian Sauter</b>	Faith
Present	<b>Molly Dahl</b>		Parent
Present	<b>Beth Moe</b>	Brian Voerding	Civic/Volunteer - Chair
Present	<b>Jenna McMillan</b>		Substance Abuse Treatment
-	Darci Roesler		Youth Serving Organization
Present	<b>Greg Taylor</b>		Media
Present	<b>Payton Borchardt</b>		Youth
Present	<b>Janneke Sobeck</b>	<i>(non-voting)</i>	Program Director
Present	<b>Phil Huerta</b>	<i>(non-voting)</i>	Program Coordinator

<b>Coalition Members and Guests:</b>	
<b><u>Name:</u></b>	<b><u>Organization:</u></b>
Marie Kovcesi	Winona County Commissioner
Alison Marco	ASAP Board Secretary
Michelle Darst	Winona State University
Kayla Kearney	
Carin Hyter	Winona County Drug Court
Chris Meyer	
Taylor Dooley	Winona County Drug Court Intern

**Consent Agenda**

**June Agenda: Approved**

**May Minutes: Approved**

### **Strategic Planning**

The board went over the results from the survey with the team evaluator to talk about any red flags in the new data. The major red flag that was pointed out was the throughout all categories the actual use of them went down but the perception of use went up. With looking at the percentages shown by 8<sup>th</sup> graders the perception is higher than shown by 11<sup>th</sup> graders. This will need to be closely looked at every year as those 8<sup>th</sup> graders become older.

### **Sharing this Information:**

1. The results from this survey should be shown to the students and asked what should be known from the results and the take away points that then can be shared with the general public.
2. Asking questions to parents about what they know about prescription drugs during Hidden in Plain Sight exhibits and then having the information from the survey results given to them.
3. Having the data team go through the results from the survey and come up with talking points to share with community when asked.

### **Non-profit Leaders Roundtable "Rock Star Board" Training**

Some of board members attend a training and brought back 5 recommendations to help make the coalition stronger. These recommendations include:

1. Annual evaluations for staff
2. A survey for team members to ask how beneficial they feel to the coalition and what could help them achieve that.
3. Signing a confidentiality agreement
4. Developing a Government Team
5. Updating the job descriptions.

### **Old Business**

The media and parent sectors for the board have been filled but the school sector has been absent from board meeting. The Board would like to find a new school sector before the July visit.

Phil told the board that the offer with Goltz Pharmacy and Winona Health are still being discussed.

### **New Business**

The board discussed whether to keep our evaluator, Epiphany Community Services (ECS), or to discontinue the contract when up. The board went over options that were possible if the decision to discontinue with Epiphany was made. The options are to reach out to Winona State University to talk to professors and see if they would come on board and evaluate data. Another option is to find someone locally or have a training to help the board learn and understand and create its own evaluation team. A motion was passed to discontinue using ECS once the contract is up. The board must give Epiphany notice by August 1<sup>st</sup> and will be affected on the 31<sup>st</sup> of August.

**Next Meeting: July 16<sup>th</sup>, 2018 at 2:30pm at Pleasant Valley Church**

Respectfully submitted,

Alison Marco, ASAP Board Secretary

**Winona County Criminal Justice Coordinating Council**  
**Winona County Alliance for Substance Abuse Prevention/Crime Prevention Committee**

The coalition did not meet in July of 2018.

The next meeting of the committee is on August 20, 2018 from 2:30 – 4:00 p.m. at Pleasant Valley Church in Winona.



WINONA COUNTY  
**ASAP**  
 Alliance for Substance Abuse Prevention



**Winona County Alliance for Substance Abuse Prevention & Crime Prevention Committee**

**August 20, 2018: 2:30 – 4:00 pm at Pleasant Valley Church**

**ATTENDANCE**

<b>Board of Directors:</b>			
<b>*Bolded names were present</b>			
<b><u>Attendance:</u></b>	<b><u>Board Member:</u></b>	<b><u>Proxy:</u></b>	<b><u>Sector:</u></b>
-	Travis Volkman		CJCC liaison
<b>Present</b>	<b>Helen Bagshaw</b>		Health – Vice-Chair
-	Karin Sonneman	Rebecca Church	Government
<b>Present</b>	Ron Ganrude	<b>Jeff Mueller</b>	Law Enforcement
<b>Present</b>	Linda King	<b>Karla Eppler</b>	Business
<b>Present</b>	Mark Anderson	<b>Chai Lee</b>	Schools
-	Joe McConkey	Brian Sauter	Faith
<b>Present</b>	<b>Molly Dahl</b>		Parent
<b>Present</b>	<b>Beth Moe</b>	Brian Voerding	Civic/Volunteer - Chair
-	Jenna McMillan		Substance Abuse Treatment
<b>Present</b>	<b>Darci Roesler</b>		Youth Serving Organization
<b>Present</b>	<b>Greg Taylor</b>		Media
-	Payton Borchardt		Youth
<b>Present</b>	<b>Janneke Sobeck</b>	<i>(non-voting)</i>	Program Director
<b>Present</b>	<b>Phil Huerta</b>	<i>(non-voting)</i>	Program Coordinator

<b>Coalition Members and Guests:</b>	
<b><u>Name:</u></b>	<b><u>Organization:</u></b>
Stacy Cotrell	Miller Mentoring
Alison Marco	ASAP Board Secretary
Carin Hyter	Winona County Treatment Court

**Consent Agenda**

**August Meeting Agenda:** Approved

**June Meeting Minutes:** Approved

**Monthly Finance Update:**

Want to have a small financial narrative with bullets of past and upcoming expenses, as well as the status of our 1:1 match (volunteer time & in-kind donations). As of right now we have about \$18,000 remaining in this grant cycle which ends on 9/29/18. We are allowed to carryover \$10,500 into the next grant cycle. If we spend \$8,000 in the next month, we will need to be creative and document the same amount in match dollars.



## **Old Business**

**Rx Drop Boxes:** Goltz Pharmacy is having a meeting in September with the owner to discuss the idea. The drop box for Winona Health has been delivered and paid for.

**HIPS:** The team is asking businesses to host the exhibit such as at Fastenal, Peerless Chain, and the Society for Human Resource Management (SHRM). None are interested right now.

## **Conference Invitations**

**44<sup>th</sup> Annual Minnesota Prevention Program Sharing Conference:** October 25 & 26 in St. Cloud.

**Adopting Local Policy:** Webinar showing and discussion at Live Well Winona - September 25 & September 28 at 1:00pm – 2:00pm.

## **Grant Progress Reports**

**DFC Snapshots:** Reports the number of active members in the coalition and by sectors of the coalition. The numbers have shown that there are less parents involved out of the 12 sectors listed. Report also highlighted the number of activities by strategy types.

**ECS Semi-Annual (October 2017- March 2018):** Strategy use percentages: 76% Providing Information, and 12% Enhancing Skills. Resources Generated was \$ 23,210. Coalition efforts have been less specific to addressing a substance in the last year.

The coalition needs to become more specific in addressing substance(s) and diversify its strategy use to include changing local policy.

The Site Visit in July with the Grant Project Officer went well but it brought up the concern of the poor involvement from the school districts.

## **Marijuana Education Policy:**

Phil has been tracking articles about the marijuana movement and argument points. He has also been tracking where candidates stand on the issue. Information will be shared regularly at coalition meetings and online platforms (newsletter, website, social media).

## **Organizational Improvements**

**Evaluator:** A motion was passed to receive evaluation services Melissa Adolfsen. A contract will be obtained and language reviewed by the Executive Committee.

**Directors and Officers Insurance:** A motion was passed to buy the insurance.

## **Operational Calendar:**

Will include:

- Review commitment of Board Members
- Review contracts
- Staff self-evaluations
- Board Member evaluations

Helen handed out evaluation forms to the board to fill out and bring back to the next meeting.

**Data and Evaluation Team Recap**

The team looked at latest student survey by sections and created a list of information to share by a few sectors in the community. Director and Coordinator will work with team to get more input from parents and schools. Some of the key methods shared for distributing information were graphics, press release, Facebook, and Schoology.

**Next Meeting:** Monday, September 17, 2018 at 2:30pm at Pleasant Valley Church

Respectfully submitted,

Alison Marco, ASAP Board Secretary

DRAFT

# 10 Steps to Adopting Local Policy for Youth Substance Use

Find answers and learn the process to implement a successful community level policy

**Attend this free, two session webinar!**

**Session #1: Tuesday 9/25/18 from 1:00-2:00**

Formative campaign stage: involves assessment, clarifying policy goals, framing your issue, and raising awareness.

**Session #2: Friday 9/28/18 from 1:00-2:00**

Covers steps for building community support for the policy and ensuring policy implementation.



# Minnesota Prevention PROGRAM SHARING CONFERENCE

**October 25 - 26, 2018**

**St. Cloud River's Edge Convention Center**

**The conference supports people and organizations to  
engage in addressing the root causes of substance abuse.**

**"I learned  
SO much!"**

**"Concrete, community  
based and positive!"**

**"Excellent!"**

**"Great info to bring  
home to our coalition!"**

**"Re-energizing!"**

**more details  
and  
registration at  
[www.mnprc.org](http://www.mnprc.org)**

Brought to you with funding provided by Minnesota Department of Human Services, Behavioral Health Division.





WINONA COUNTY  
**ASAP**  
 Alliance for Substance Abuse Prevention



**Winona County Alliance for Substance Abuse Prevention & Crime Prevention Committee**  
**September 17, 2018: 2:30 – 4:00 pm at Pleasant Valley Church**

**ATTENDANCE**

<b>Board of Directors:</b>			
<b>*Bolded names were present</b>			
<b>Attendance:</b>	<b>Board Member:</b>	<b>Proxy:</b>	<b>Sector:</b>
Present	<b>Travis Volkman</b>		CJCC liaison
-	Helen Bagshaw		Health – Vice-Chair
Present	<b>Karin Sonneman</b>	Rebecca Church	Government
Present	Ron Ganrude	<b>Jeff Mueller</b>	Law Enforcement
-	Linda King	Karla Eppler	Business
-	Mark Anderson	Chai Lee	Schools
Present	Joe McConkey	<b>Brian Sauter</b>	Faith
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Present	<b>Jenna McMillan</b>		Substance Abuse Treatment
-	Darci Roesler		Youth Serving Organization
Present	<b>Greg Taylor</b>		Media
Present	<b>Payton Borchardt</b>		Youth
Present	<b>Janneke Sobeck</b>	<i>(non-voting)</i>	Program Director
Present	<b>Phil Huerta</b>	<i>(non-voting)</i>	Program Coordinator

<b>Coalition Members and Guests:</b>	
<b>Name:</b>	<b>Organization:</b>
Alison Marco	ASAP Board Secretary
Carin Hyter	Winona County Treatment Court
Bridget Klinger	Winona Police Department
Andrea Herczeg	Community member
Jessica Pashck	Community member
Jenni Ready	Community member

**Consent Agenda**

September meeting agenda: Approved

August meeting minutes: Approved

**Financial Update**

Coordinator updated the board on where the coalition was at for the grant required in-kind match (1:1).

We plan to meet the requirement with this month’s remaining meetings and planned media releases.

For full breakdown and additional notes please see included spreadsheet below.

### **Old Business**

**Schools Sector Representative:** The board talked about inviting someone new from the school due to absences from our current representatives. The proxy has been to two meetings. Our current representative is committed to being involved but gives priority to student issues that arise during the school day when Board meetings are held. The board suggested and decided to seek any proxy from the schools who is able to attend all meetings.

**Directors and Officers Insurance:** Waiting for a new quote (Estimated \$700). Coordinator proposed purchase of a youth empowerment tool kit called "Youth 2 Youth" that contains more than 25 modules and a flash drive with lesson plans and power points. The Board discussed possibility of purchasing the kit instead of the insurance right now or both if we have enough match dollars to cover the expenses. The board approved purchasing both if match dollars recorded cover expenses.

**Compliance Checks:** In the past 2 months there were 14 total checks between bars and liquor stores. Out of those 14 only 2 of the bars failed. An article was published in the Winona Daily News: [https://www.winonadailynews.com/winona-county-asap-works-with-law-enforcement-to-curb-underage/article\\_9e32717a-4ab8-5346-903d-7661fe05a9c8.html](https://www.winonadailynews.com/winona-county-asap-works-with-law-enforcement-to-curb-underage/article_9e32717a-4ab8-5346-903d-7661fe05a9c8.html)

**New Evaluator Contract:** The new evaluator contract has been signed and will start on October 1. The new person will be attending the next Board Meeting on October 15. Please attend to extend a warm welcome to Melissa Adolfsen from EpiMachine!

### **Training Opportunities**

The 44<sup>th</sup> Annual Minnesota Prevention Program Sharing Conference will be held in St. Cloud on October 26<sup>th</sup> and 27<sup>th</sup>. Please email Coordinator if interested, [phil.huerta@winonacountyasap.org](mailto:phil.huerta@winonacountyasap.org).

Adopting Local Policy is a webinar training that will be viewed at Live Well Winona on the September 25<sup>th</sup> and 26<sup>th</sup> from 1pm-2pm.

### **Update: County-Wide Social Host Ordinance**

The board is looking at introducing a county-wide social host ordinance, and getting help from the new evaluator to gather supporting data. The language or wording of "host" needs to be reviewed and explained well so "not knowing" verses "knowing" is clearer. The Program/Strategy Action Team will steer this project, and those interested are asked to attend the upcoming Adopting Local Policy webinar showing to gather information and discuss next steps.

### **Update: League of Women Voter (LWV) Forums**

Phil and Helen attended the forum interviewing County Board candidates. Issues discussed included economic development, jail gaps and improvements, and foster care system needs. Prevention services were recognized as a needed solution to help with local issues mentioned. Forums are a great opportunity to simply introduce yourself and make candidates familiar with ASAP. See the included flyer below for upcoming forum events to attend. Take advantage of the time to ask candidates about health-related issues that matter to us (e.g. marijuana legalization and regulation).

### **Open Discussion**

**Student athletic/extracurricular eligibility:** Concern discussed that students are not seeing or experiencing the consequences for breaking substance free policies to participate in sports or clubs. Update shared that the new school resource officer plans to review student eligibility each Friday. Board discussed the current procedures – 1. It is a state statute for law enforcement to report an underage



consumption violation, 2. Sheriff's Office fills out school referral forms (not sure about other agencies - referral form includes space to indicate which school), 3. Parents are notified (but concern raised that parents may not report information to school), 4. School to review referrals from law enforcement and uphold eligibility policies. Board agreed to review this activity with new evaluator to monitor community action around changing consequences or incentives.

**Screenvision advertising:** Sheriff Deputy Jeff Mueller shared movie theater advertising proposal with rest of Board to consider partnership with Sheriff's Office and including campaign in next year's DFC budget. A suggestion was shared to also air these ads in the WSHS student made news clips. This will be added to next month's agenda to review, and the Executive Committee will discuss.

**HIPS at parent teacher conferences:** Group discussed plans for Hidden in Plain Sight exhibit to be at Winona Senior High School Conferences on October 1. Sample fact sheets of latest student survey results were shared and will be developed with help from WSU graphic design student(s). Thank you to those who helped! Infographic will be handed out at exhibit.

**Drop box at WH:** Winona Health has installed the new drop box that we help purchase. Press releases have been sent out multiple times by us and Winona Health.

**Backpack and E-Cigs:** An infographic created by Smoke Free Generation was passed around that illustrates the many examples of e-cigarette products. It was suggested that this be added to our HIPS exhibit by print handout or actual backpack with products. Education/Training Team will decide.

**Adding tobacco to our scope:** Information was passed around about MN Dept. of Health's new toolkit for schools to address e-cigarette use. An article was also passed around about the FDA announcing e-cigarette use an epidemic and their enforcement against 1,000+ companies who advertise to minors. Group will decide whether or not to add tobacco to scope with help from new evaluator.

**New offering:** Minnesota Adult & Teen Challenge has a new facility – Lakeside Academy. Check out their website (<https://www.mntc.org/programs/lakeside-academy/>) or contact Jenna McMillan, our Substance Abuse Treatment Provider Representative, [jenna.mcmillan@mntc.org](mailto:jenna.mcmillan@mntc.org) for more info.

**Dental offices:** Suggestion shared to work with local dental offices more because of the pain killers that they prescribe. There was a story shared of someone's experience with wisdom tooth surgery and high quantities of pills given out. Group agreed there could be more education distributed.

**Narcan parties:** Update shared about Narcan parties as a form of entertainment where people will intentionally overdose with friends and use reversal drug to bring a friend back to consciousness.

**Teacher appreciation:** Examples shared of showing appreciation to teachers, and it was suggested that our coalition do more to give small gestures of appreciation to teachers and volunteers.

**Next Meeting:** October 15, 2018 at 2:30pm at Pleasant Valley Church

Respectfully submitted,

Alison Marco, ASAP Board Secretary

**September-18**

ASAP BUDGET SUMMARY Cost Category	New Budget w/Carryover	October '17	November '17	December '17	January '18	February '18	March '18	April '18	May '18	June '18	July '18	Aug '18	Sept.18	Remaining
Personnel	54200.00	4590.96	4590.96	4382.28	4799.64	4173.60	4590.96	4382.28	4799.64	4469.81	4682.66	4500.00	4500.00	-262.79
Fringe Benefits	14688.20	973.28	1253.33	679.25	1185.51	1414.85	1184.47	1397.95	1684.67	1037.00	1030.18	1200.00	1200.00	447.71
Travel	16014.00	196.56	463.84	391.06	2742.85	2448.41	174.53	0.00	347.07	0.00	1886.76	200.00	1500.00	5662.92
Supplies	2950.00	19.87	125.40	0.00	0.00	288.83	116.14	50.00	11.68	32.18	382.17	50.00	100.00	1773.73
Contracts	17595.00	4659.00	10.00	2010.00	10.00	10.00	2135.00	10.00	2630.00	74.35	60.00	50.00	0.00	5936.65
Other	4640.05	1025.60	371.48	328.99	86.17	373.25	605.26	253.30	276.15	36.80	727.63	100.00	100.00	355.42
<b>TOTAL BUDGETED</b>	<b>110087.25</b>	<b>11465.27</b>	<b>6815.01</b>	<b>7791.58</b>	<b>8824.17</b>	<b>8708.94</b>	<b>8806.36</b>	<b>6093.53</b>	<b>9749.21</b>	<b>5650.13</b>	<b>8769.40</b>	<b>6100.00</b>	<b>7400.00</b>	<b>13913.64</b>

**TOTAL SPENT** 96173.61

**MATCH RECORDED** 92889 5810 1525 2656 2587 10784 12045 9959 21884 2734 5782 2778 14345

**Pending reimbursements:**  
Travel for the National Prevention Network Conference \$1,500

**Match update:**  
Plan to break even with a couple planned media releases, Board meeting, and 2 committee meetings

**Notes:**  
Year 3 approved amount: \$105,171  
Year 3 carryover amount allowed (10%): \$10,517

Carryover amount from last year: \$4,900		
Spent	Planned	Activity
789	1700	Event and tabling supplies
400	350	Positive community norm video production costs
500	500	Promotional items
	350	Campaign items
694	2000	Teacher adviser in Winona and Lewiston public school districts
<b>2383</b>	<b>4900</b>	

**2517** Difference (Forfeited at end of cycle)

864	Need to spend to avoid formal carryover request		
	(Total spent - carryover spent, then subtract from Year 3 approved amount)	96,173 - 2,383 = 93,790	105,171 - 93,790 = 11,381
	(Then subtract carryover amount allowed, 10%)	11,381 - 10,517 = 864	





# LEAGUE OF WOMEN VOTERS® WINONA

## PUBLIC INVITATION TO THE VOTERS

### LWV WINONA 2018

### GENERAL CANDIDATE FORUMS:

Sept. 11, 6:30-7:30 p.m. - Winona County Commission Districts  
1, 2 & 5 at Winona City Hall, 207 Lafayette St., Winona MN

Sept. 12, 6:30-7:30 p.m. - City of Winona At-large Wards 2 & 4  
at Winona City Hall, 207 Lafayette St., Winona MN

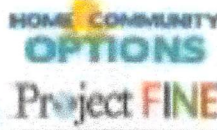
Sept. 18, 6:30-7:30 p.m. - MN Legislature House Districts 21B & 28A  
at Winona City Hall, 207 Lafayette St., Winona MN

Oct. 10, 6:30-7:30 p.m. - Winona Area Public Schools Referendum  
8:00-9:00 p.m. - Winona Area Public Schools At- Large Districts  
1 & 2 at Winona City Hall, 4th & 207 Lafayette St., Winona MN

Oct. 15, 6:30-7:30 p.m. - City of St. Charles Mayor & 2 At-large  
Council at Community Center, 830 Whitewater Ave. St. Charles, MN

Oct. 18, 6:30-7:30 p.m. - Winona County Officials: Attorney, Auditor/  
Treasure Recorder, Sheriff & Soil & Water Board District 1 & 2  
Statements at Winona City Hall, 207 Lafayette St., Winona MN

LWV moderated forums in Winona will be televised live  
on the government access cable channels for HBC and  
Charter. Candidates will respond to written questions from  
the public attending the event. LWV Winona Facebook page  
will have posted tapings a few days following the event.





# IS Big Tobacco IN YOUR KID'S backpack?

Tobacco products are designed to look like everyday items like candy and school supplies. Don't let the tobacco industry hook your kids for a lifetime of addiction.

MINNESOTANS FOR A  
**SMOKE-FREE  
GENERATION**



## \*\* = Tobacco Product

- 1) Camel Snus\*\*
- 2) Altoids gum
- 3) Camel Snus\*\*
- 4) Watermelon cigarillo\*\*
- 5) Fruit Roll-Ups
- 6) Berry-flavored cigar wraps\*\*
- 7) Fruit Roll-Ups

- 8) blu e-cigarette\*\*
- 9) JUUL\*\*
- 10) USB flash drive
- 11) Pen
- 12) Starbuzz e-cigarette\*\*
- 13) Pen
- 14) Starbuzz e-cigarette\*\*
- 15) blu e-cigarette\*\*

- 16) Pen
- 17) White-out
- 18) Suorin Drop e-cigarette\*\*
- 19) Phillies cigarillo\*\*
- 20) Highlighter
- 21) Swisher Sweets cigarillo\*\*
- 22) Highlighter
- 23) Highlighter





**Winona County Alliance for Substance Abuse Prevention & Crime Prevention Committee**  
**October 15, 2018: 2:30 – 4:00 pm at Pleasant Valley Church**

**ATTENDANCE**

<b>Board of Directors:</b>			
<b>*Bolded names were present</b>			
<b>Attendance:</b>	<b>Board Member:</b>	<b>Proxy:</b>	<b>Sector:</b>
-	Travis Volkman		CJCC liaison
<b>Present</b>	<b>Helen Bagshaw</b>		Health – Vice-Chair
<b>Present</b>	<b>Karin Sonneman</b>	Rebecca Church	Government
<b>Present</b>	Ron Ganrude	<b>Jeff Mueller</b>	Law Enforcement
-	Linda King	Karla Eppler	Business
-	Mark Anderson	Chai Lee	Schools
<b>Present</b>	<b>Brian Sauter</b>		Faith
<b>Present</b>	<b>Molly Dahl</b>		Parent
<b>Present</b>	<b>Beth Moe</b>	Brian Voerding	Civic/Volunteer - Chair
<b>Present</b>	<b>Jenna McMillan</b>		Substance Abuse Treatment
<b>Present</b>	Darci Roesler	<b>Craig Putz</b>	Youth Serving Organization
<b>Present</b>	<b>Greg Taylor</b>		Media
<b>Present</b>	<b>Payton Borchardt</b>		Youth
<b>Present</b>	<b>Janneke Sobeck</b>	<i>(non-voting)</i>	Program Director
<b>Present</b>	<b>Phil Huerta</b>	<i>(non-voting)</i>	Program Coordinator

<b>Coalition Members and Guests:</b>	
<b>Name:</b>	<b>Organization:</b>
<b>Bridget Klinger</b>	Winona Police Department
<b>Melissa Adolfson</b>	EpiMachine - Evaluator
<b>Heather Dionysius</b>	WSU Student

**Consent Agenda**

**October meeting agenda:** Approved

**September meeting minutes:** Approved

**Financial Update**

Coordinator provided a brief update on the year end totals for Year 3 of Drug-Free Community funding.

Total spent: \$100,175.50

Total in-kind match recorded: \$104,840.87

Carryover amount: \$9,911.75

See more in the Budget Summary enclosed.

### **Board and coalition member self-evaluations**

Helen Bagshaw reminded the Board and guests to complete the anonymous Coalition Survey as a self-evaluation and to provide the group with feedback for improvement. A summary of results will be provided at a future meeting by our independent evaluator – Melissa from EpiMachine. She will also be scheduling phone conversations with Board members to ask evaluation specific questions after Nov. 1.

Please complete the survey no later than November 9.

Link to access Coalition Survey: <https://goo.gl/forms/T6SszR4cX1YifS1V2>

### **Highlights and recommendations from Charlotte's (Project Officer) site visit**

We met all requirements for the funding we have received (Note: there is no option for "exceeds requirements"). Charlotte was very pleased with what we are doing. She did have some technical assistance recommendations:

- **Administration and Management:** The executive committee will train and work with the coalition leadership to take more responsibility for the development of the action plan, implementation and procedures over the next two-year period.
- **Assessment:** Coalition members should find additional data from their sectors using out-of-the-box thinking that involves assessing factors that may encourage non-substance use in the community. Potentially an emphasis on higher social capital or increasing positive social norms.
- **Capacity Building:** Individual sector member contact to review/update CIAs, review communication outreach from representative to other community members in that sector. Solicit information from each rep for each of the 7 strategies for each substance addressed.
- **Strategic Planning:** Active sector reps. to solicit information from community members for each of the 7 strategies. Reps. should also look for written and unwritten policies within their sector.
- **Implementation:** All sectors need to determine data sources available pertaining to their sector. Sector members need to communicate well with members of the community they represent.

### **Discuss/prioritize local conditions**

Melissa [evaluator] facilitated a discussion about 20 possible local conditions, hanging on the wall around the room, to gauge existing movement and community readiness to address each. Those in attendance then voted with small colored sticky dots to prioritize the local conditions and identify seven we want to address. Red dots were worth 3 points, and Green dots were worth 1 point. Images of the activity results are included below.

#### **The 7 local conditions that were prioritized are:**

Took alcohol from home  
Got alcohol from parents  
Got alcohol from parties  
Perceive low risk of harm from drinking  
Get marijuana from youth adults ages 18-25  
Perceive lost risk of harm from marijuana use  
Easy access to e-cigarettes

#### **Areas the group thinks we need more data collection include:**

E-cigarettes  
Place of last drink (bars, homes)  
School policies review



Perceived risk of harm of drinking alcohol  
eg legal (can be youth)  
Health  
social

Perceived risk of harm of drinking alcohol  
eg legal (can be youth)  
Health  
social  
10

Sort of or very easy to get e-Cigs 27  
Believe MOST students use tobacco (eg, chew) monthly or more often 7

Your friends would think it's not at all wrong or only a little bit wrong for you to smoke marijuana  
Community not concerned about recreational marijuana use in county 7

Believe MOST students use marijuana monthly or more often  
Perceive low or no risk from smoking marijuana 13

Got alcohol from parents 15  
Got alcohol at parties 12

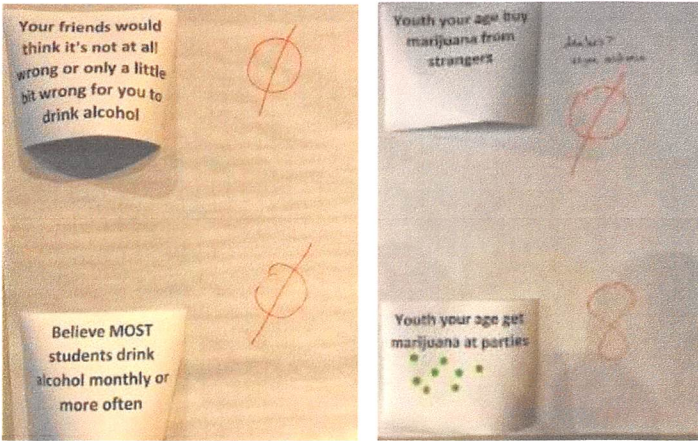
Youth your age get marijuana from friends under age 18 3  
Youth your age get marijuana from friends age 18 to 21 13

Can't talk with one or both parents about problems 6  
Low positive identity 1

Feel teachers and other adults at school care a little or not at all 6  
Feel adults in the community care a little or not at all 7

Low empowerment  
Low social competency 4

Got alcohol from other family members 1  
Took alcohol from home 16



**Next Meeting:** November 19, 2018 at 2:30pm at Pleasant Valley Church

Respectfully submitted,  
Phil Huerta, Program Coordinator

DRAFT



**October-18**

ASAP BUDGET SUMMARY Cost Category	New Budget w/Carryover	October '17	November '17	December '17	January '18	February '18	March '18	April '18	May '18	June '18	July '18	Aug '18	Sept.18	Remaining
Personnel	54200.00	4590.96	4590.96	4382.28	4799.64	4173.60	4590.96	4382.28	4799.64	4469.81	4682.66	4895.50	4256.96	-415.25
Fringe Benefits	14688.20	973.28	1253.33	679.25	1185.51	1414.85	1184.47	1397.95	1684.67	1037.00	1030.18	1409.91	1115.32	322.49
Travel	16014.00	196.56	463.84	391.06	2742.85	2448.41	174.53	0.00	347.07	0.00	1886.76	194.02	1532.43	5636.47
Supplies	2950.00	19.87	125.40	0.00	0.00	288.83	116.14	50.00	11.68	32.18	382.17	7.33	943.34	973.06
Contracts	17595.00	4659.00	10.00	2010.00	10.00	10.00	2135.00	10.00	2630.00	74.35	60.00	48.17	2805.00	3133.48
Other	4640.05	1025.60	371.48	328.99	86.17	373.25	605.26	253.30	276.15	36.80	727.63	99.23	194.68	261.51
<b>TOTAL BUDGETED</b>	<b>110087.25</b>	<b>11465.27</b>	<b>6815.01</b>	<b>7791.58</b>	<b>8824.17</b>	<b>8708.94</b>	<b>8806.36</b>	<b>6093.53</b>	<b>9749.21</b>	<b>5650.13</b>	<b>8769.40</b>	<b>6654.16</b>	<b>10847.73</b>	<b>9911.75</b>

**TOTAL SPENT** 100175.50

<b>MATCH RECORDED</b>	<b>104840.87</b>	<b>5810.73</b>	<b>1524.9</b>	<b>2656.23</b>	<b>2587.08</b>	<b>10784.27</b>	<b>12045.23</b>	<b>9958.58</b>	<b>21844.1</b>	<b>2733.55</b>	<b>5781.54</b>	<b>2778.2</b>	<b>26336.54</b>
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**Pending reimbursements:**  
D&O Insurance \$475

**Match update:**  
Successfully recorded \$104,840.87 in match dollars, greater than total federal dollars spent.

**Notes:**  
Year 3 award amount: \$105,171  
Year 3 carryover amount allowed (10%): \$10,517  
  
Spent \$1,767.34 to reach the 10% carryover allowance  
\$670 Youth Empowerment Toolkit  
\$337.68 Excel images additional shirts  
\$601.76 4 imprint additional promo merchandise  
\$110.30 Insty-prints HIPS exhibit prints  
\$47.60 Digicopy poster board  
  
Year 3 ACTUAL carryover \$9,911.75  
Year 4 award amount: \$104,034

# PRESCRIPTION DRUG TAKE-BACK EVENT

**DON'T BE THE  
DEALER**



**2 / 3**

of teens who misused pain  
relievers say they got them from  
family and friends, including  
from the medicine cabinet

- Partnership for Drug-Free Kids -

**Saturday, October 27**

**10:00 am - 2:00 pm**

**Walgreens Parking Lot**

750 Mankato Ave. Winona, MN 55987

**80%**

of heroin users previously  
misused prescription painkillers

- MN Dose of Reality -

Instructions:

- No needles please
- Scratch out personal info
- Keep in original container

**Questions? Call 507-474-2727**



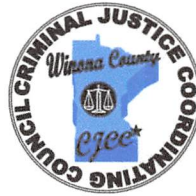
Winona County Alliance for  
Substance Abuse Prevention  
[www.winonacountyasap.org](http://www.winonacountyasap.org)







WINONA COUNTY  
**ASAP**  
 Alliance for Substance Abuse Prevention



**Winona County Alliance for Substance Abuse Prevention & Crime Prevention Committee**  
**November 19, 2018: 2:30 – 4:00 pm at Pleasant Valley Church**

**ATTENDANCE**

<b>Board of Directors:</b>			
<b>*Bolded names were present</b>			
<b>Attendance:</b>	<b>Board Member:</b>	<b>Proxy:</b>	<b>Sector:</b>
Present	<b>Travis Volkman</b>		CJCC liaison
-	Helen Bagshaw		Health – Vice-Chair
-	Karin Sonneman	Rebecca Church	Government
Present	Ron Ganrude	<b>Jeff Mueller</b>	Law Enforcement
Present	Linda King	<b>Karla Eppler</b>	Business
-	Mark Anderson	Chai Lee	Schools
Present	<b>Brian Sauter</b>		Faith
Present	<b>Molly Dahl</b>		Parent
Present	<b>Beth Moe</b>	Brian Voerding	Civic/Volunteer - Chair
Present	<b>Jenna McMillan</b>		Substance Abuse Treatment
Present	<b>Darci Roesler</b>	Craig Putz	Youth Serving Organization
-	Greg Taylor		Media
Present	<b>Payton Borchardt</b>		Youth
Present	<b>Janneke Sobeck</b>	<i>(non-voting)</i>	Program Director
Present	<b>Phil Huerta</b>	<i>(non-voting)</i>	Program Coordinator

<b>Coalition Members and Guests:</b>	
<b>Name:</b>	<b>Organization:</b>
Alison Marco	ASAP Secretary
Bridget Klinger	Winona Police Department
Stacy Cottrell	Miller Mentoring
Carin Hyter	Winona County Treatment Court
Audra Benson	Student
Kate Jenson	Winona Partners for Prevention (WP4P)
Jason Larsen	Big Brothers Big Sisters

**Consent Agenda**

**November Agenda:** Approved

**October Minutes:** Approved

**Financial Update**

Coordinator went over the financials of the coalition over the last month. Please see full update in the enclosed spreadsheet near the end of document.

Total spent: \$9,073.81

Match recorded: \$5,538.39

**Updates:**

**DFC Year 3 Successes**

Director provided an overview of Year 3 successes with the Drug-Free Communities funding.

- Partnered with Steve Rummier HOPE Network on Narcan training to reverse the effects of an opioid overdose;**
- Supported efforts by Law Enforcement including Responsible Beverage Server Training and compliance checks at local establishments that serve alcohol;**
- Upgraded secure prescription drug drop box at Winona County Law Enforcement Center**
- Assisted Winona Health in coordinating and purchasing drug drop box;**

**Prescription (Rx) Drug Take-Back Events**

7 events

817 pounds of prescription drugs collected

550 drop-offs

244 volunteer hours

**Intercultural Development & Resilience in Leadership Training**

85 participants

6 volunteers

**Hidden in Plain Sight (HIPS)**

507 people have seen the exhibit.

299 volunteer hours.

8 locations (some repeatedly): Winona Health, Winona County Fair, Winona Friendship Center, Miller Ingenuity, Way to Wellness, WSHS, Lewiston-Altura Intermediate, East End Rec Center.

**We ARE making a difference. Thank you all for your contributions!**

**Minnesota Prevention Alliance**

Phil Huerta is the new Chair of the Minnesota Prevention Alliance. MPA is a statewide collaborative that works on state level advocacy, policy influence, and youth engagement. The next MPA meeting is in St. Cloud on January 24<sup>th</sup> from 10am-3pm. All are invited to hear a guest presenter and plans for 2019.

**Program Sharing Conference**

Director and Coordinator attended workshops on tobacco, marijuana, and leadership. Many of the presentation slides were made available online and downloaded for future coalition use. You can get more detail and slides by contacting the Coordinator. Next year's conference will be in Duluth, MN!

**MN Youth Council Summit**

Director talked about the 2019 Youth Summit hosted by the Minnesota Alliance for Youth. They are looking for adult and youth presenters. Event will be held on March 30<sup>th</sup>. It is an 8-hour training.

**Regional Prevention Meeting**

Coordinator volunteered to host the 2nd Regional Prevention Meeting in Winona. The first ever was in Austin, MN. This will be held on Monday, December 10 from 9:30am-1:00pm at the Winona County Historical Society. County Attorney Karin Sonneman will briefly present on alcohol

strategies/ordinances. The agenda includes discussion on sustainability and youth engagement. Twelve other coalitions were invited, and ASAP members are invited to join and host as well.

**Old Business:**

**Coalition Survey**

Coordinator went over a summary of the coalition survey results provided by EpiMachine. Twelve people took the survey with 10 of those people being Board members. When asked about the challenges the coalition faces, the most common response was engagement with the community and schools. The two-page report is enclosed near the end of this document.

**FAQ on MSS Accuracy**

Director briefly went over nine question about the Minnesota Student Survey regarding how accurate it is and how to overcome criticism. The full FAQ is enclosed near the end of this document.

**Bylaw revisions**

Summary of changes:

Update with latest mission statement

Update wording of BOD duties with current, and ability to vote electronically

Update duties of Executive Committee

Update wording of committees

**Motion to pass:** Travis Volkman, Brian Sauter

**Motion passed by Board vote.**

**Job description revisions**

Proposed revisions elaborate and clarify position summary and duties with current understanding.

Current salaries will also be updated on documents.

**Motion to pass:** Brian Sauter, Jeff Mueller

**Motion passed by Board vote.**

**New Business:**

**Business Sector Representative**

Board Member Linda King has asked to resign. Proxy Karla Eppler is also switching employers so we need to recruit a new Business sector representative. Several individuals were suggested and will be contacted in this order – Janel (Beth Moe contact), Gerry Krage, BNI Networking Group.

**Elect one person for Executive Committee**

Board nominated Karla Eppler to join the Executive Committee. Karla accepted.

**Strategy Selection**

The Board went over the list (below) of prioritized local conditions and discussed the matrix of possible strategies for each. They ruled out any strategies that do not pertain directly to the youth such as the college specific curricula. Someone is going to talk to the schools about the curricula strategies that involve the schools and to try and find another representative for the School sector. The Board focused on the local condition of easy access to e-cigarettes, specifically discussing interest in the T21 Policy of raising the age that a person can buy cigarettes to 21. More information, possibly a guest speaker, is requested to make a decision on the T21 strategy. The full matrix of possible strategies is enclosed near the end of this document.

**The 7 local conditions that were prioritized are:**

Took alcohol from home

Got alcohol from parents  
Got alcohol from parties  
Perceive low risk of harm from drinking  
Get marijuana from youth adults ages 18-25  
Perceive lost risk of harm from marijuana use  
Easy access to e-cigarettes

**Next Meeting:** December 17, 2018 at 2:30pm at Pleasant Valley Church

Respectfully submitted,  
Alison Marco, ASAP Secretary

DRAFT



SUMMARY Cost Category	New Budget w/Carryover	October '18	November '18	December '18	January '19	February '19	March '19	April '19	May '19	June '19	July '19	August '19	September '19	Remaining
Personnel	55000.00	4256.96	4900.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	45843.04
Fringe Benefits	15015.00	1106.81	1400.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	12508.19
Travel	17546.00	575.04	550.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	16420.96
Supplies	2775.00	13.10	10.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	2751.90
Contracts	15570.00	2485.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	13085.00
Other	8088.00	636.90	100.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	7351.10
<b>TOTAL</b>	<b>113994.00</b>	<b>9073.81</b>	<b>6960.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>97960.19</b>

TOTAL SPENT	9073.81
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MATCH RECORDED	5538.39	5538.39												
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Date:  
November  
Financial  
Report  
(DFC Year 4)

<p><b>Pending Reimbursements:</b> Program Sharing Conference expenses D&amp;O Insurance broker fee</p> <p><b>Match Update:</b> New impression and in-kind amounts from media outlets</p> <p><b>Notes:</b> Last ECS invoice paid CADCA &amp; MPA dues paid</p>
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## Winona County ASAP Board Member and Coalition Member Self-Evaluation

A link to the self-evaluation survey was sent to members multiple times in October 2018. The survey was completed by 12 people, though not all respondents answered all questions. Ten of the twelve respondents said they are on the Board of Directors. One person only receives the newsletter. One person did not respond to the question about involvement, but answered later questions about participation in meetings.

### Member Knowledge and Beliefs

Members were asked to respond to a series of questions about their knowledge of ASAP's work, their satisfaction with participating, and their comfort representing ASAP in the community.

	Very	Somewhat	A little	Not at all
To what extent do you feel knowledgeable about ASAP's <b>Mission and Vision</b> ?	58%	33%	8%	0%
To what extent do you feel knowledgeable about ASAP's <b>campaigns</b> ?	50%	33%	17%	0%
To what extent do you feel knowledgeable about ASAP's <b>trainings</b> ?	42%	33%	25%	0%
*To what extent do you find participating in ASAP a <b>rewarding</b> experience?	45%	36%	18%	0%
To what extent do you feel <b>competent sharing information</b> about ASAP with others?	58%	8%	33%	0%

\*One person did not answer this question. When asked about their participation they said they only get the newsletter.

### Participation and Preparation

Among the eleven respondents who have attended Board meetings in the past year, five (45%) said they "always" feel prepared for meetings. Four (36%) said they feel prepared "most of the time" and two (18%) said they feel prepared "some of the time." Four people commented further about meeting preparation. All four provided comments indicating that emails, reminders, updates and resources are all provided by coalition staff in advance of meetings. Three of the four shared that any lack of preparation was due to their busy schedules.

Members were next asked whether they get the most value of coalition meetings, and asked to provide suggestions for improvement. Two of the six people who answered these questions simply replied "yes." One respondent felt that meetings are productive, and one said they are starting to understand the coalition's scope. Two people valued discussion among coalition members; one recommended encouraging members to speak up, and the other suggested allotting more time to meetings to really dig deeply into things.

When asked why they choose to serve as a Board or coalition member, respondents primarily spoke to believing in the mission of ASAP--working to better the health of youth and the community through substance abuse prevention. Three of the nine who answered also expressed confidence in the coalition's/Board's ability to achieve positive change. Two of the nine also noted that they were asked to be a part of the efforts. One person noted that it was important to the place they work.

*"I care about our kids futures and want to be proactive in supporting and educating teens and parents on the lasting effects of substance abuse."*

Among the seven respondents who shared what they want to contribute as a member in the coming year, most spoke to involvement and ideas in general. Six of the seven addressed involvement in terms of offering their time, participating in coalition activities, and providing support. Three people said they would continue to provide their ideas and viewpoints based on their community knowledge, sector knowledge, experience and expertise. One person specific interest in addressing smoking, vaping and marijuana use, and helping with the HIPS exhibit.

### ***Opportunities and Challenges***

Among the eight respondents who listed challenges the coalition will face in the coming year, six people spoke to engagement. Three people discussed youth engagement: getting more youth representatives on the coalition, gathering more information directly from youth, and reaching the highest-need youth. Two mentioned the need for more community engagement and support. One person listed reaching highest-need parents. Two respondents discussed approaches to engagement:

- "Campaigning for substance abuse prevention in a gracious and non threatening way."
- "Staying relevant, and addressing the greatest needs to an extent the community sees our work and knows what we do."

Two people named the challenge of sustainability, and keeping the momentum if/when DFC funding ends. One person listed underage e-Cig and JUUL use as a challenge, and one person cited the challenge of getting away from work to attend coalition meetings.

Finally, members were asked what they would like to see happen in the next year. Echoing the challenges described above, members expressed interest in:

- More exposure/public awareness
- More engagement, with youth and the broader community
- Campaigns that are modern and relevant

One person shared: "Would love to see more involvement from a couple of the sectors and from the larger community. Seems like we "preach to the choir" often. That's part of the challenge of any organization of this type."

## MINNESOTA STUDENT SURVEY DATA VALIDITY: FREQUENTLY ASKED QUESTIONS

### ***What is the Minnesota Student Survey (MSS)?***

The MSS is a census survey that includes questions about a wide variety of youth behaviors, perceptions, and risk and protective factors related to health, safety, and academics. The survey is a valuable planning and monitoring tool for school districts, county and state agencies. The MSS is a collaboration between Minnesota schools and the Minnesota Departments of Education, Health, Human Services, and Public Safety.

The 2013 MSS was administered in the first half of 2013 to public school students in grades 5, 8, 9 and 11, statewide. All public school districts in Minnesota were invited to participate. Of the 334 public operating districts, 280 agreed to participate (84 percent of public operating school districts). Public school student participation was voluntary and surveys were anonymous. Across the state, approximately 66 percent of fifth graders, 71 percent of eighth graders, 69 percent of ninth graders and 62 percent of eleventh graders participated in the 2013 MSS. Overall participation across the four grades was approximately 67 percent of total enrollment.

More information can be found at:

- <http://education.state.mn.us/MDE/StuSuc/SafeSch/MNStudentSurvey/>
- <http://www.health.state.mn.us/divs/chs/mss/>

### ***When is the MSS administered?***

The 2013 MSS was administered in the first half of 2013. Schools determine when specifically the survey is administered.

### ***How representative is the MSS?***

The MSS has had a historically high response rate—the school district participation rate was: 91% in 2007, 88% in 2010, and 84% in 2013). It is administered to students in the regular public elementary and secondary schools, charter schools, and tribal schools. It is also offered to students in all grade levels in alternative learning centers and to youth in juvenile correction facilities—though these data are reported separately. Even if data is not representative of all youth in the community, it can still provide a meaningful snapshot of what many people in the community are experiencing.

No data source is perfect. Ideally, multiple data sources will be used to paint an overall picture of what's happening in your community. For example, you can compare self-reported drug use among youth in your community to local narcotics arrest data and data on admissions to treatment among youth for drugs as their primary substance of abuse. Look for multiple sources of information that point to the same findings.



***Do students tell the truth?***

If there is a student conspiracy related to lying on the MSS, it would have to stretch across the state and across years. We see similar patterns of responses in each region, and over time. In addition, Minnesota findings are consistent with findings from national surveys such as the Youth Risk Behavior Survey and the Monitoring the Future survey. Further, surveys are omitted from the final data set if response patterns were frequently inconsistent or highly improbable.

From the 2010 Statewide MSS Trend Report: *Do Students Tell the Truth?*

“One question sometimes raised about student surveys is whether students' responses are honest and accurate. Researchers use a variety of data analysis techniques to examine the likely accuracy of surveys and these were applied to the student survey as well. Surveys with numerous inconsistencies or improbable answers were excluded from data analysis. In 2010, for example, 1.2 percent of all surveys were removed because of a pattern of inconsistent and/or improbable answers. Another 1.6 percent of surveys were not used because the question on gender was not answered.

The majority of students exhibit patterns of responses that are reasonable and consistent across similar questions. In addition, as results have demonstrated, percentages for many answers are consistent over time across the seven Minnesota Student Survey administrations studied for this report. Such similarities are likely to occur only if the survey responses reflect the actual perceptions of Minnesota's youth; it is extremely unlikely that these patterns could be replicated by chance over time. Furthermore, the survey findings are often consistent with findings in similar states and with national trend lines of increasing or decreasing behaviors.

This combination of individual response patterns, plausible relationships among answers, consistency over time within the state, and consistency with other research and with national studies all attest to the overall credibility of student responses.”

***Do students understand the questions?***

The Minnesota Student Survey includes questions from a variety of sources. Major sources include the Minnesota Adolescent Health Survey conducted by the University of Minnesota in the late 1980's, the Youth Risk Behavior Survey conducted every two years by CDC, the Monitoring the Future Survey, and the California Healthy Kids Survey. Questions taken from these surveys have benefitted from the extensive validity and reliability studies that have been conducted on these surveys. Another group of questions were created by the research team or by advisory committees, especially in situations where there were no or few model questions already available. We have not conducted rigorous content validity testing of the entire Minnesota Student Survey. We do periodically ask volunteer groups of youth to try out new versions of the survey and give us feedback on the questions.

***Can self-reported data be trusted?***

Actual substance use would be nearly impossible to measure. Compliance data varies greatly with enforcement, and under-represents actual cases. For example, school disciplinary incidents involving alcohol are way lower than self-reported rates of use. Further, data on alcohol sales do not tell us who is consuming the alcohol. The advantage of self-reported data is that it gives you the respondents' own views and beliefs directly.

The MSS is anonymous; no names or identifying code numbers were used, therefore answers cannot be traced to individuals, which has been shown to increase respondents' comfort answering honestly, but it also eliminates our ability to cross-check student responses with other sources of information.

***How can data on perceptions be used?***

Data on perceptions are measuring...perceptions. People are less likely to drink and drive if they perceive they'll get pulled over. From the MSS we know that students perceive that their peers are drinking more than they actually are, and from the research literature we know that youth drinking is influenced by social norms (including the idea that "everybody's doing it.") That's important information to know. However, it is important to distinguish between perceptions and behaviors because your approach to addressing them will likely be different.

***How is anonymity guaranteed?***

In the paper survey administration instructions provided to schools, survey administrators are reminded that the survey is to be anonymous, confidential, and private. To ensure privacy, administrators are advised:

- "Plan to take measures to space students apart so that individual responses cannot be viewed. The survey is anonymous."
- "At no time is personal information (name, identification number) asked in the survey. It is ESSENTIAL that student responses be confidential."
- "Students need to understand that no one will see their answers to any of the questions. For this reason, survey administrators SHOULD NOT OPEN any completed survey booklets."
- "Booklets should be collected, placed in the return envelope, and the envelope sealed in front of the students. Return envelopes have been included in the survey shipment."

***How can we use MSS data to evaluate the effectiveness of our prevention strategies if it's only administered every three years?***

The MSS was developed as a monitoring tool for the state. Administration of the survey is resource intensive for schools, and the findings do not change drastically from year to year. The survey is not intended to be used as a pre-post test, nor is it intended to replace evaluation data collection tools.

Local Condition	Potential Strategy	Types	Evidence of Effectiveness	Sectors/Settings
Took alcohol from home	Marketing campaign about locking up and monitoring	Provide information	Low evidence of effectiveness if done as stand-alone strategy	Media, schools, youth, youth-serving organizations, law enforcement
	HIPS display w/ alcohol cabinet	Provide information; build skills; provide support; physical design		Parents, schools
Got alcohol from parents	Parenting curriculum like Strengthening Families or Guiding Good Choices	Provide information; build skills; provide support; change policies if mandated	Strong evidence of effectiveness	Schools, community centers, family service agencies, faith-based settings
	Sticker Shock	Provide information; change physical design	No existing evidence of effectiveness	Businesses, media, youth
	Students present to adults – Advertising and Media Influence (Y2Y Module 3A-2)	Provide information		Parents, youth, youth-serving organizations, businesses
Got alcohol at parties	Enforce SHO in Winona	Change consequences; reduce access; provide information (if tied to marketing campaign)	Effective if enforced, and enforcement is promoted	Law enforcement, justice/courts, media
	Pass and enforce countywide SHO			
	Sticker Shock	Provide information; change physical design	No existing evidence of effectiveness	Businesses, media, youth
	After-prom event	Provide support; enhance access	Evidence for reducing impaired driving	Parents, schools
	ZAP	Change consequences; reduce access	Some evidence of effectiveness	Law enforcement
Perceive low risk from drinking	Brief motivational interviewing	Build skills; provide support; change policy (potentially)	Strong evidence of effectiveness	Schools, clinics, youth-serving organizations
	e-Checkup to Go (e-Chug)	Provide information; build skills; change policy (potentially)	Evidence of effectiveness for college population	Schools
	AlcoholEdu	Provide information; build skills; change policy (potentially)	Evidence of effectiveness for college population	Schools
	LifeSkills Training	Provide information; build skills; provide support	Strong evidence of effectiveness	Schools
	Project Northland	Provide information; build skills; provide support	Some evidence among rural Minnesota communities	Schools
	Marketing campaign on consequences/risks (lost eligibility)	Provide information: PSA w/Screenvision and school news groups	Low evidence of effectiveness if done as stand-alone strategy	Media, law enforcement, schools, youth serving organizations



	Increase + promote enforcement of school policies; increase collaboration between LE + schools	Message on back from, Homecoming, and Winterfest tickets		Schools, student:
	Students present to peers – 8 Things the Alcohol Industry Does Not Want You to Know (Y2Y Module 3A-1)	Provide information		Youth, schools
<b>Get marijuana from young adults ages 18-25</b>	Increase and promote enforcement	Change consequences; reduce access; provide information (if enforcement promoted)	Effective if enforced, and enforcement is promoted	Law enforcement, justice/courts, media
	Reduce access at parks (i.e., Garvin Heights lighting, gate, signage)	Change physical design		Local government, law enforcement, WSU
<b>Perceived low risk from marijuana use</b>	Brief motivational interviewing	Build skills; provide support; change policy (potentially)	Strong evidence of effectiveness	Schools, clinics, youth-serving organizations
	e-Checkup to Go (e-Toke)	Provide information; build skills; change policy (potentially)	Evidence of effectiveness for college population	Schools
	LifeSkills Training	Provide information; build skills; provide support	Strong evidence of effectiveness	Schools
	Marketing campaign on consequences/risks (video, lost eligibility)	Provide information	Low evidence of effectiveness if done as stand-alone strategy	Media
	4/20 Alternative events with fact cards and discounts	Provide support		Youth, businesses, youth-serving organizations, media
	Increase enforcement of school policies + promote (better collaboration between LE + schools)	Change consequences		Schools, law enforcement
<b>Easy access to e-Cigs</b>	<i>*May need more data collection</i>			
	Tobacco/nicotine 21 that covers e-Cigs	Change policy		Law enforcement, media, healthcare, treatment, youth
	Congratulate & Educate – Increase compliance checks + include e-Cigs	Change consequences; reduce access	Strong evidence of effectiveness	Businesses, law enforcement, media
	Counter Tobacco – Point-of-sale scavenger hunt	Reduce access		Businesses, youth, youth-serving organizations, media

### DFC Goal 1: Build Capacity

- HIPS: Encourage sector reps to bring mini-HIPS (backpack) to sectors; promote ASAP; build prevention capacity; sustainable and can cover any emerging substance. Also plug the “Talk Sooner” app.

- Track and monitor events at community parks (i.e., festivals at parks v. Alcohol such as Levee Park)
- Get more involved in big community events (i.e., "Lubeathon", National Night Out, Middle School Orientation, mandatory sports meeting)
- School policy review (WSHS, WMS, LAHS)
- Create banners, fact card, data displays--could tie to Goal 2 LCs
- Coalition posters and postcards for sector reps--branding coalition; sector rep liaisons
- Businesses offer deals to students for alternative events
- Quarterly meetings for all coalition members to receive info about a substance with action steps, and recruit more help
  - Marijuana
  - Vaping/e-cigs (ANSR or ALA can present)
  - Alcohol (Students can present "Advertising and Media Influence" (Y2Y Module 3A-2))
  - Brief motivational interviewing



WINONA COUNTY  
**ASAP**  
 Alliance for Substance Abuse Prevention



**Winona County Alliance for Substance Abuse Prevention & Crime Prevention Committee**  
**December 17, 2018: 2:30 – 4:00 pm at Pleasant Valley Church**

**ATTENDANCE**

<b>Board of Directors:</b>			
<b>*Bolded names were present</b>			
<b>Attendance:</b>	<b>Board Member:</b>	<b>Proxy:</b>	<b>Sector:</b>
-	Travis Volkman		CJCC liaison
<b>Present</b>	<b>Helen Bagshaw</b>		Health – Vice-Chair
<b>Present</b>	<b>Karin Sonneman</b>	Rebecca Church	Government
-	Ron Ganrude	Jeff Mueller	Law Enforcement
-	Linda King	Karla Eppler	Business
-	Mark Anderson	Chai Lee	Schools
-	Brian Sauter		Faith
<b>Present</b>	<b>Molly Dahl</b>		Parent
<b>Present</b>	<b>Beth Moe</b>	Brian Voerding	Civic/Volunteer - Chair
<b>Present</b>	<b>Jenna McMillan</b>		Substance Abuse Treatment
-	Darci Roesler	Craig Putz	Youth Serving Organization
<b>Present</b>	<b>Greg Taylor</b>		Media
<b>Present</b>	<b>Payton Borchardt</b>		Youth
<b>Present</b>	<b>Janneke Sobeck</b>	<i>(non-voting)</i>	Program Director
<b>Present</b>	<b>Phil Huerta</b>	<i>(non-voting)</i>	Program Coordinator

<b>Coalition Members and Guests:</b>	
<b>Name:</b>	<b>Organization:</b>
Stacy Cottrell	Miller Mentoring
Kathy Sublett	Recovery is Happening

**Consent Agenda**

**December Agenda:** Approved

**November Minutes:** Approved

**Financial Update**

Coordinator went over the financials of the coalition over the last month. Please see full update on the enclosed document.

Total spent: \$7,613.59

Match recorded: \$2,125

**Recovery is Happening (RIH)**

Kathy from RIH will briefly present at January’s meeting about her organization.



## Updates:

### **Regional Prevention Meeting**

Held last Monday, December 10 at History Center with other DFC coalitions and communities interested. Karin presented great information about alcohol policies. Steele County just presented the T21 case to their city council. Next meeting will talk more about youth engagement.

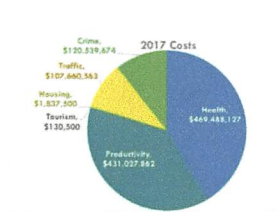
### **National Leadership Forum in D.C.**

Coordinator shared a few of the workshops that would be valuable to attend. This is the annual conference in Washington D.C. where we also meet our U.S. Senators and House of Reps. Conference is held February 4-7 and all travel, lodging, and food is covered by the grant. Please let Coordinator know if you are interested as soon as possible by emailing [phil.huerta@winonacountyasap.org](mailto:phil.huerta@winonacountyasap.org).

### **Marijuana update**

Coordinator recapped the latest ASAP newsletter which included a new article about the costs of marijuana legalization compared to tax revenue. Coordinator also quizzed the group on marijuana facts. Coordinator will bring some information about advocacy/lobbying to next meeting, and the Board will work on some talking points in January.

#### Article



***For every dollar gained in tax revenue, Coloradans spend approximately \$4.50 to mitigate the effects of legalization***

#### Facts

##### **Minnesota:**

- Has a [Medical Cannabis Program](#) with 10,000+ patients enrolled.
- Allows the use of [CBD](#) (cannabidiol, non-psychoactive ingredient) products.
- Has been a [decriminalized](#) state since 1976 so arrests are not made for possession of small amounts.
- Has an [Industrial Hemp Pilot Program](#) so hemp can be grown for industrial purposes.

Karin Sonneman indicated that the Minnesota County Attorney's Association plans to oppose legalization of recreational marijuana in the state; she also sent information to Gov.-Elect Tim Walz and Rep. Gene Pelowski. Coordinator shared the Minnesota Sheriff's Association is also opposing. Coordinator also shared an affiliate of [Smart Approaches to Marijuana](#) (SAM) is ramping up in Minnesota, called SAMMn. They created a handout, please see enclosed below.

#### **Old Business:**

##### **Business Sector Representative**

Beth is inviting Dave Steinquist to be our business sector rep, with Autumn Herber as a backup invite.

##### **School strategies (curricula)**

Stacy chatted briefly with Mark about the curricula spreadsheet. Curriculum is a process and costs money. It's also a conversation that Stacy can explore further with the Health teacher. The desire for more youth engagement was brought up. Coordinator shared that Mark Anderson would be OK with more presence at the school one day a week, but needs to know what we want.

### **Law enforcement strategies**

Coordinator showed a 15 second ad about vaping that Jeff Mueller received from Screenvision. This is still a strategy consideration. It is challenging to evaluate the success of a movie theater ad. Ideally, we would want a different message other than taking on big tobacco. Coordinator also suggested talking about alcohol and tobacco compliance checks together. Sheriff's Office is interested in Educate and Congratulate, but said a collaboration with city police is necessary.

### **New Business:**

#### **Vaping Backpack**

Helen Bagshaw presented a new display – Vaping Backpack – to provide information about vaping products, similar to the Hidden in Plain Sight exhibit. The backpack contains different types of e-cigarettes along with typical items in a teen's backpack to show the resemblance and discreetness. Board members are encouraged to borrow and share information with your sector. Janneke will present tomorrow during SHIP CLT meeting. Beth will invite Helen & Phil to present to Rotary in February. Janneke will work on an evaluation sheet to use with the backpack mini presentations. Tobacco products will be removed from backpack so it can be used in tobacco-free establishments.

#### **Tobacco/vaping updates**

Coordinator showed a short news clip from Good Morning America.

<https://abcnews.go.com/GMA/Wellness/video/vaping-skyrockets-kids-report-finds-59860856>



Molly Moilana is the co-chair of a statewide tobacco coalition, Minnesotans for a Smoke-Free Generation. They are working hard to pass a statewide Tobacco 21 bill. Bills have been introduced in both the House and Senate but they have not been able to secure a hearing or move legislation forward. They are hopeful they can make significant progress in the MN House this year but still have an uphill battle in the MN Senate. Passing more policies at the local level, especially in Greater MN, will help build momentum and hopefully spur the Legislature to take it seriously. On the other hand, they don't want cities/counties to vote down local T21 policies because that will set momentum back at the Capitol.

You can see their website:

<https://www.smokefreegenmn.org/about>

#### **T21 Initiative**

Discussion was held on whether to pursue a city vs county ordinance change. Executive Committee recommends focusing on city ordinance change because there would be more support and likelihood of it passing. One concern raised relates to the issue of the county handling tobacco licenses and if we should work on changing the county ordinance. Karin assured us that if the city law changed, the county could still handle licenses but the city would be responsible for enforcing since it is their jurisdiction. There was also discussion about reaching out to supporters. Beth is talking with Della to get support from the Chamber for T21. Winona Partners for Prevention (WP4P) was also brought as an ally (marijuana vaping at college). The Board will talk with other communities about what push back they received and how they worked around it.

**Next Meeting: January 14, 2019 at 2:30pm at Pleasant Valley Church**

**Please note the date change because of Martin Luther King Jr. Day during our regular scheduled time.**



SUMMARY Cost Category	New Budget w/Carryover	October '18	November '18	December '18	January '19	February '19	March '19	April '19	May '19	June '19	July '19	August '19	September '19	Remaining
Personnel	55000.00	4256.96	4703.66	5000.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	41039.38
Fringe Benefits	15015.00	1106.81	1222.95	1000.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	11685.24
Travel	17546.00	575.04	732.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	16238.96
Supplies	2775.00	13.10	23.12	25.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	2713.78
Contracts	15570.00	2485.00	110.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	12975.00
Other	8088.00	636.90	821.85	500.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	6129.25
<b>TOTAL</b>	<b>113994.00</b>	<b>9073.81</b>	<b>7613.59</b>	<b>6525.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>90781.60</b>

**TOTAL SPENT** 9073.81

**MATCH RECORDED** 7663.39 5538.39 2125

Date:  
December  
Financial  
Report  
(DFC Year 4)

**Pending Reimbursements:**  
Vaping Backpack display

**Match Update:**  
Nov 1 - Executive Committee met  
Nov 1 - Radio interview at Leighton Broadcasting  
Nov 8 - Data work group met to plan e-cigarette listening sessions  
Nov 19 - Board of Directors met  
Nov 28 - Press release, MPA

**Notes:**



# SAMMn

Smart Approaches to Marijuana Minnesota

## Mission

To educate the citizens of Minnesota on the research and science of marijuana usage with the scientific understanding of marijuana's harms and potential as medicine.

## Position

Our public health position is that current science does not support the commercialization and normalization of recreational marijuana use.

## Do you know?

### Allowing legalization increases the black market.

In fact, black market activity has increased, not decreased (2). In states that have tracked it, where recreational use is legal.

### Most support across the country is to prevent marijuana from being legalized for commercial and recreational purposes.

In fact, recreational legalization does not have widespread support. When polls ask separate questions about medical vs. recreational legalization, there is a minority of support for legalizing recreational use (7). Many states have defeated or disapproved bills to legalize and commercialize recreational marijuana, including Illinois, Connecticut, New Hampshire, Delaware, Oklahoma, and Rhode Island.

### States that have legalized recreational marijuana have increased opioid abuse.

In fact, some studies show that legalized recreational marijuana has decreased opioid mortality rates and prescribing rates (4,5). However, subsequent studies that controlled for flaws in these studies, have debunked these findings. The reports show the opposite trend, that recreational marijuana legalization actually increased opioid abuse (6,7).

### Driving while high on marijuana is very unsafe.

In fact, marijuana use impairs many functions needed for safe driving. States where recreational use is legal, such as Colorado and Washington, have seen twice as many drugged driving offenses (8).

### Commercializing marijuana increases public health costs beyond any economic benefits.

In fact, the negative social and health costs of marijuana use far outweigh any anticipated tax revenues from commercialization (9).

### Marijuana is addictive.

In fact, like all drugs, marijuana can lead to addiction. Research suggests that between nine and 30% of those who use marijuana may develop some degree of marijuana use disorder (2). Marijuana available today is more addictive and about four times stronger than "Woodstock weed" of the 1960's (2).

### Restricting recreational marijuana use to those ages 21 or older does not keep underage youth safe.

In fact, one in four 12th-graders reported they would try marijuana, or that their use would increase, if the drug were legalized. More youth than ever believe that marijuana is not harmful. Whereas drug use other than marijuana is on the decline among youth in the US, marijuana use has stayed level (3).

### People are not in prison for small-time marijuana use.

In fact, about half of federal and about 75 percent of state prisoners are admitted for a drug-related offense, and most of these incarcerations are for trafficking in drugs harder than marijuana (10).

### Marijuana harms a person's mental health.

In fact, marijuana can directly worsen symptoms of anxiety, depression, and schizophrenia. Marijuana use increases a person's risk for developing a serious mental illness (11).

For more information or to contact us, go to: [SAMMn.org](http://SAMMn.org)