

Local Alcohol and Drug Planning Committee Minutes October 26, 2011

Members Present: Lisa McCreddie, Michael O'Malley, Jody Parrott

Guests: Ed Burns-ARC, Tabitha Croy-OnTrack, Carol Law-On-Track, Rita Sullivan-OnTrack, Susie Wahl-OJD

BoC Lisason: Commissioner Don Skundrick

Staff: Maureen Graham, Michele Morales, Jim Shames, Carol Wedman

I. Introductions and Approval of Minutes

Mike called meeting to order at 4:05 p.m. Roundtable introductions were made.

II. Announcements

Carol introduced Susie Wahl and explained that she is applying for membership to the Committee. Mike reminded the committee to recruit members as there still are more vacancies.

Michele advised that Rita Sullivan was awarded the Annual Women of Achievement Award, sponsored by the Oregon Commission for Women Achievement. A copy of the press release announcing Rita's award was distributed. She thanked Rita for all she has done. Mike added that he has watched OnTrack grow over the years and has seen many successes coming from her organization.

III. OT Youth Summer Leadership Program

Carol Law, from OnTrack, shared that they had received a leadership grant to provide intensive training for 15-20 adolescents to build their skills and provide an opportunity for them to experience programs that at risk kids don't usually have an opportunity to experience. These youth range from 14-17 years of age. Invitations to participate were sent out to youth that were in prevention programs in middle school, successfully finished treatment programs, were involved with the Hearts with a Mission program, Juvenile Justice Program referrals, and various other programs, to include multicultural youth within Jackson County. This type of training increases their self-esteem and has been shown to also increase academic performance. The new skills acquired will enable them to mentor other kids within the schools.

Carol Law explained that the Youth Summer Leadership Program was an 8 week, twelve hours/week program. It included 4 hours of leadership training focusing on a foundation for success; character cause and effect, accountability, expanding the comfort zone, core and trust building. It also included 2 hours of life skills. They were asked to develop exercises using the skills they had learned in the leadership program; how to make an effective speech, experiential learning, etc.

Tabitha explained that for the life skills training portion of the program, community activities utilizing skills learned in the program were developed. The kids did a scavenger hunt with downtown Medford businesses and also produced healthy decisions commercials for products and locations within the downtown area.

Carol Law explained that the next component was a basic skills building, goal setting program designed to build basic life skills. It was developed by OnTrack. Students were given a "Wheel of Life" to evaluate where they are on scale of 1-10 and build up the areas that they were weak in. The students set goals to go into the schools and work with their peers and create healthy social groups. OnTrack staff is also present in the schools to help them achieve their goals.

The final piece was to perform 2.5 – 3 hours of community service each week that was performed at the Habitat ReStore and at the Family Nurturing Center.

Carol explained that the program was not centered around treatment or the identity but the positive nature of building new skills and confidence.

Tabitha shared that the students did a fund raiser car wash for the Cancer Relay for Life. They collected all of the tools, advertised for the event, and raised \$316.00. They also did several recreational activities. They named themselves the Leaders of Tomorrow.

Commissioner Skundrick asked about sustainability of the program and how long of a period the grant covered. Carol Law explained that the grant was only for the summer program. However, OnTrack staff has set-up meetings to meet with the kids and set-up assignments to keep the youth engaged. All of the youth that completed the summer program showed up for the first meeting. The second meeting is forthcoming. Meetings will continue throughout the year. Rita advised that this will live on as these kids become mentors in the schools.

Maureen inquired if it would be possible to ask these youth to attend an LADPC meeting and share what they feel the community can do to help kids stay off drugs. Lisa added that she'd like to also hear what they think is key in helping kids stay off of marijuana as this is in line with the current goals of the LADPC. Carol Law will look into it.

IV. Overview of K2/Spice

Michele stated that there have been an increased number of smoke shops opening locally. She has been informed by counselors from SOU that students are purchasing a product known as K2/Spice from a smoke shop in Ashland. It is showing up more and more on campus. Susie added that Minute Markets are also selling this product. Michele advised that she would like to obtain information about how many smoke shops have opened up in the area. Commissioner Skundrick shared that the City of Medford's Business Licensing department would be a good place to obtain this information. Michele felt that the LADPC may wish to keep eye on this due to the fact that it is similar to marijuana in that when it is smoked it produces cannabis-like effects. She provided a handout containing information on the product. She explained that several compounds of this product have been banned but there are many other varieties still available. It is sold in Kool-aid type packaging and labeled, "Not for human consumption." An active Cannabinoid synthetic is sprayed on plant material so there is no control over the concentration of the synthetic Cannabinoid. She explained that it is cheap to manufacture and doesn't show up in toxicology labs. Some labs are beginning to test for it but it is very expensive. People are showing up in ERs as a result of its use, particularly with psychosis and anxiety. It typically resolves in 24 hours. Susie advised that the courts are randomly testing for it. Lisa inquired if the DEA is working to make these products illegal. Susie will forward correspondence to Lisa about what the DEA is doing in relation to this. Lisa stated that in the drug courts they are sanctioning and referring to it as "use".

Maureen asked if the LADPC could draft a letter to the Public Safety Coordinating Council to add an Agenda item about what law enforcement activity might be appropriate in relation to this. Committee members indicated support of this. Michele will draft a letter for a vote at the upcoming LADPC meeting.

V. Peer Mentor Training

Michele advised that approval from the state has been received to organize a peer recovery mentoring certification program. It requires 24 hours of curriculum and some hours delivering services to obtain certification. A & D will work with the state to identify trainers to come and provide three (3) days of training and invite the community to become recovery mentors. She added that it meets a goal for the LADPC. Maureen added that it is also a joint project item with the MHAC. Maureen advised that there are already peer specialists trained for mental health. Some of those folks will be trained in addictions recovery as well and will then be the cohorts to implement the program in the community. Michele said that the state does require peer specialist to be in recovery. Michele is thinking about opening the training up to all who wish to attend but they can only earn peer support certification if they are in recovery. Michele advised that the target date for this training is February.

VI. Goals Discussion/Development of Action Plan

There was some discussion around prioritizing the established goals. Lisa felt maybe working towards each of the goals is one possibility; marijuana, agency training, and prescription drugs. Mike would really like to work on the prevention piece for teens surrounding marijuana/opioids. Rita stated that the prescription drug issue may be harder as it involves getting doctors to change prescribing practices. Dr. Shames advised that he is currently working diligently with doctors to change prescribing practices as prescription drugs can produce fatalities. Maureen felt that working with all three of the established goals; marijuana; prescription drug abuse, and; prevention training and certification, and identifying two or three action items related to each goal, would be a good way to proceed. Michele will work to recruit action items from members, via email and ask Eric and Theresa to help with this effort and present at the next meeting. Maureen reiterated the need to track progress through the year. Rita posed the idea of creating a legislative sub-committee to help get some of these items into law and how important support of the LADPC is for this. Michele stated that she would also like to focus on more culture changing interventions. Mike reminded the committee to Email suggestions to Michele.

VII. Membership

Maureen asked Susie Wahl, applicant to the LADPC, if she'd like to ask any questions or share information with the committee. Susie shared that she had been with child welfare for 10 years, and is now in working in family court as a Community Family Court Coordinator. She shared that she is passionate about family court and sees it as a benefit to these families. She is interested in groups that are working to help the community fight addiction, passionate about child safety, and interested in poverty and the effect it has on families. As a quorum was not present, the committee could not vote to recommend Susie for membership at that time. However, all would like her to continue to attend.

Other:

All agreed to reschedule the November 23rd meeting, due to the holiday, for November 30th.

Action/Upcoming Agenda:

- Outcomes for VA SORCC programs presentation, Mike O'Malley
- Draft letter for PSCC Agenda Item: Law enforcement of K2/Spice sales, Michele Morales
- DEA correspondence relating to K2/Spice forwarded to Lisa, Susie Wahl

- Invitation to Bob Weiss/KOBI to present at an upcoming LADPC meeting, Michele Morales
- Goals discussion, All
- Recruit action items relating to 2012 LADPC goals, Michele Morales
- Research number of smoke shops opening locally, Michele Morales

Next Meeting

The next LADPC meeting will take place on Wednesday, November 30, 2011 4:00 p.m. - 5:30 p.m. and is currently scheduled in the Adams Room at the Medford Library.

Adjourn

The meeting was adjourned at 5:30 p.m

Respectfully submitted by

Carol Wedman, Administrative Support

Jackson County Health and Human Services