**Van Buren County SAFE Coalition**

**December Meeting Minutes**

**Location: VBCH Community Services Center**

**Tuesday, December16, 2014**

**2:00 pm**

Meeting called to order by Melissa Daugherty at 2:00 p.m.

**Members Present:** Heidi Bainbridge – DFC Coalition Director, Ray Brownsworth – Healthcare Professional, Julie Chapuis – Schools, Melissa Daugherty – Youth Serving Organization, Susan Frey – Civic Group, Lee McIntosh – Law Enforcement, Kris Rankin – Parent, Tammy Wetjen-Kesterson – Other Organization

**October Minutes approved by:** Susan Frey **Second:** Julie Chapuis

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| **Topic:** DFC Update– In Packets * Melissa shared that the DFC Update is in everyone’s packet and it is the one that is emailed to everyone.

**ACTION STEP:**None |
| **Topic:** YLC Update * Melissa shared that the Van Buren High School YLC group had decorated a tree for the Festival of Trees with donated decorations and hung lights on the tree in the Keosauqua City Park. She said the different groups are planning activities for National Drug Facts Week in January and Kick Butts Day in March. She said that they are doing a lot of planning right now and not a lot of activities. Melissa shared that they have been running concession stands for VBHS Games as well as a fund raiser for the group.
* Heidi shared that the VBHS YLC kids will be having a holiday Secret Santa party tomorrow.
* Heidi shared that she and Melissa were invited to do a presentation for the IDPH - ISTEP Community Partnership Conference Call. This is a call that occurs monthly with the groups in Iowa who received grant funds from IDPH to work with youth. They spoke about the YLC group and how the coalition gets kids involved in the youth chapter, how it is organized and how meetings are organized. She said it was a unique honor for them. She shared it was exciting to share about the success Van Buren County has seen with its YLC Chapter and share how to have a successful youth chapter with other groups across Iowa.

**ACTION STEP:**None |
| **Topic:** Partnership for Success Funds* A hand out was provided in everyone’s packets about this grant; this was presented to the school board. She shared that the grant staff since the last meeting wrote and applied for this grant with the approval of the Van Buren Community School District. She said that there are 20 identified counties in highest need of these funds to address underage and binge drinking. She said that Van Buren County is one of those counties. At a state meeting Kris found out that poverty rates are part of the formula that decided what counties are in need of the funds and that is likely why Van Buren County is eligible for the grant since the underage drinking rates are actually quite low in comparison to the other numbers in the state. Heidi shared that in writing the needs assessment the coalition staff included facts on poverty and free and reduced lunches since the underage drinking numbers are low. She said that since there are only 20 counties identified they will fund 12-15 counties. She said this grant is focused on underage drinking and underage binge drinking. She shared it will fund a full time staff and a part time supervisor and she and Kris will fill those positions if the coalition receives those funds. Heidi said that the coalition will find out if it received the grant on January 22, 2015 and the grant would begin on February 1, 2015. She said that it is a five year grant. She shared that the first year is just eight months running from February 1 – September 30, 2015 and the following four years will run October 1 – September 30. She said the first year is a smaller amount since it is just eight months, but the other four years are full amounts at approximately $87,000 for the work. Heidi said that it really makes good sense for the SAFE Coalition to apply for these dollars because the purpose of the grant is to do the strategic prevention framework. She said they want you to go through the assessment process, do some planning and implement and evaluate the issues from the assessment. Heidi said it is perfect timing for the coalition to receive the funds since it’s finishing up its 10th year of DFC Funding and it is time for the coalition to step back and look at where are we, what still needs to be addressed and how can the coalition address that work with the changes that have occurred in the past 10 years. She said these funds will allow the coalition to do some of that restructuring, reaching out to new partners, engaging new individuals and having conversations about how can the coalition continue to do what it has been doing to still have an impact on the youth of Van Buren County.
* Lee asked if it is a five year grant since the hand out has years two through nine on it. Heidi said yes it is a five year grant and that was a typo on the hand out.
* Heidi said the coalition staff will let the coalition members know whether or not the coalition receives the grant as soon as they find out.
* Lee asked what happens if the coalition does not receive these funds. Heidi shared that the coalition will continue on with Drug Free Communities through September 30th. She said the coalition continues to have sustainability conversations with different partners and entities in the community. She shared that she and Melissa met with Ashley Moyer from IHCC to talk about ideas and thoughts she might have about the coalition and how it can pull in some economic development and more conversations with Stacey at the Villages of Van Buren as to could the groups work together to bring in funding to the community for a larger prevention focused group. She said there are a lot of things on the table and the coalition staff is open to ideas and suggestions for future funding. Lee said his thought is changing the focus to work that helps and enhances the community as far as education and so on that does not just focus on youth but also young adults, older adults and so on. He said having the ideas for helping the community besides just alcohol and tobacco prevention. Heidi shared that when she says prevention she does not just mean substance abuse prevention, but as a big picture that provides more opportunities for families and parents. It would include healthy initiatives and opportunities to do things outdoors in the natural environment in Van Buren County. She said these are all prevention efforts that keep people from using substances, being overweight and unhealthy. When she says bigger prevention the staff are looking for a bigger picture that includes these things and partnering with economic development and tourism so that when people talk about bringing people in to see the Villages of Van Buren then they will see it as a great place to set up a business and a great place to stay and raise a family because they have great schools, health and wellness initiatives, and opportunities. She said what the staff have been looking at and talking about really is what Lee is talking about it – it is more things for families to see do and be a part of.
* Ray commented that most people moving to town look at many different reasons. He pointed out that the real objective needs to be health and safety of community members. He said there are a couple of approaches to accomplish the work. One of which is prevention (which has a negative connotation meaning something has happened and is being responded to) and the other being promotion of enjoying a healthy life style that includes the activities or positives of the community such as the trails and healthy outdoor activities in Van Buren County. Lee shared that his 28 year old son wants to move to Colorado so he can snow board and rock climb and Van Buren County cannot compete with that. Yet he wants to see the coalition expand its thoughts and think creatively about what kind of services and educational aspects it can address. Julie said that the coalition wants to promote a lifestyle that the community can offer that is unique to a rural area. Ray said part of it is the health and safety of the area and he shared a story about hiring a doctor who came from Chicago and a selling point for him was not having to lock his car and house and the slower pace and being able to have a life outside of working. He said part of it for him is if you were to tell the story of Van Buren County and the Villages Van Buren what story would you tell and if you do that being able to tell how the community has gotten to that point. He said it is about having the story to tell and the image that the community wants to portray and how do they get to it. Heidi said when the coalition applied for the Robert Wood Johnson Road Maps to Success prize some of the feedback that was provided to them had to do with that there was not enough cohesion or people brought together. She shared that structure needs to be built to provide a community minded prevention and support it financially. Lee said that could include the chamber of commerce and other entities. Melissa said it is about creating a base and then as a goal or plan is identified finding funding for that work instead of going out for funding and having them dictate what the coalition has to do. She said it is about creating the base of people who can then search for the funding that the coalition wants to bring in for work in the community. Lee said the other reality is that the response of the community is lacking as can be seen in the response to the participation survey. Heidi shared that the coalition needs to continue to consider ideas for who it needs to reach out to. She will be setting up a meeting with Stacey to talk to her about what her thoughts and ideas are post election. Melissa said she may have a different mindset then she had six months ago. She also said it all takes time and it is hard to bring it all together.

**ACTION STEP:** None |
| **Topic:** Iowa Safe and Supportive Schools Grant* Julie shared that the display case area has been prepared. She said the lockers have been removed and the case has been ordered. She said the case should be here sometime over Christmas Break. She said that they met with the kids yesterday and they have some very specific ideas about what they want to see in there. She shared that the locker letter campaign is getting ready to begin. She said they are getting post card size cards printed to share with the kids. Yesterday the kids gave the input that they would like it to have a picture of the staff on it with the caption “We Care About You”. She said they are trying to figure out when a good photo op time would be to get as many of the staff members together to take the picture. She said AEA is going to print those for them. She said they are making progress and will do some more training in April. She shared that from January through February people should see the work beginning to be done. Heidi asked how many kids are involved in this. Julie said that there are two students per grade level equaling twelve total.
* Melissa said that at the hospital they have started the conversation about displaying student’s art work in the halls. She shared that there is also a nice glass case in the lobby that they are going to move to put art work in that as well. She said Debbie is working on purchasing frames that will make it easy for them to hang the artwork in the halls and change it out as well. Julie said Courtney and Mary were both excited to display kid’s projects at the hospital.

**ACTION STEP:** None |
| **Topic:** Strategic Planning* Heidi explained that she wants to address this at this meeting, but does not want to get too detailed about it. She said this is because if the coalition receives the grant they will be doing this in depth in February. She asked that members present share what the problems are in the community and how they know they are the problems in the community. The following are the list of issues that were brought up: Access to healthy/non-processed foods; Transportation; Poverty Rates (why); Lack of Local Services; Chronic Disease (lack of adequate access/transportation to providers); Age of Community Members (older community); Division of the County by the River (extra driving to get around); Many County/Gravel Roads; Tax Base effects the ability of the county government to provide programs to address the factors being discussed; OTC/Prescription Medication Abuse; Alcohol/Underage Drinking; Tobacco; Marijuana; Teen Pregnancy/Single Parents; Public Education in Rural Districts (funding); Lack of Behavioral Health Services ; Lack of Mental Health Services; and Declining Population.
* Heidi said that this is a good list to start with and gets the coalition thinking all of the things that need to be thought about and how the coalition can address these issues. She said that as the coalition receives funds the coalition will be doing more strategic planning. She asked that members think of how the coalition knows that these are issues in the community and does the coalition have data that supports that these are issues in the county. Ray mentioned that the electronic medical records could allow for collection of some of this data. He added that they need to know what the coalition will need. Melissa said that the coalition staff has started that conversation with Chris. Heidi said that is the next part of the discussion: what data does the coalition want to try to get out of the hospital EPIC System. She said that she had started the list with numbers of people seen with drug over dose and number of ER visits with alcohol with the cause. She asked for members input, the following is the input: Mental Health numbers; Suicide Attempts (how: drug overdose, gun, etc.); Tobacco Rates at visits; Alcohol Rates at visits; What mental health service(s) are they being seen for; How many are being referred to out of county specialists for mental health services; number of referrals on to other services out of county; ER visits related to alcohol and drugs; Teen/Single Parent Pregnancies; Chronic Disease numbers; Single Parents in general; What percentage of the Van Buren County Population is being seen in county (IHA Data); and age ranges for all of them.
* During the conversation the question was asked if the coalition can get data on Van Buren residents from Jefferson County Hospital, Davis County Hospital and Lee County Hospital. Ray said yes they should be able to, but he is not sure if they will. He also said some of that data can be gotten from the state. He said 65% of the patients at the hospital/clinics are Van Buren County residents.
* During the conversation there was a discussion about a location for the hospital to use for mental health services. There were several suggestions: the old court house, the community services center, clinic space, the Good Samaritan house; and the building in Birmingham. Lee asked if this could be done at another hospital. Others pointed out that it would be hard because of transportation issues.

**ACTION STEP:** Continue to think of what the issues are in Van Buren County and find data to support that information.**By Whom:** All coalition members**By When:** January/February 2015 |
| **Topic:** Workgroup Time* Heidi said that the coalition will work on this at the meeting in January due to the time. She said that the whole meeting in January will be focused on work groups. So please come and participate in the work of the coalition.

**ACTION STEP:** Coalition members come prepared to work in work groups in January**By Whom:** All Coalition Members able to attend the meeting**By When:** January Coalition Meeting  |
| **Other Business:*** Heidi shared that the coalition is on the front cover of a national publication from CADCA for the OTC Literacy training the coalition held in October. She said that training has led to the Van Buren Community Elementary School implementing a new OTC Literacy curriculum for the 5th & 6th graders.
* Julie commented that there is a need for this type of curriculum in the middle and high school as well. She said there have been a couple of more serious concerns with this issue at the Middle/High School level this year. Heidi and Kris said that they do not know of any curriculum for that age group but they will check into it. Heidi shared that the coalition staff are also working on coming up with a handout for merchants to address what they need to keep an eye out for regarding kids buying a lot of certain OTC medications or chemicals to get high with. Lee shared that an older couple had someone break into their home and steal some prescription medication from them. Lee said people need to be securing prescription medications in their homes. Julie said a local student had been abusing her own prescription too. Heidi said she will check with CADCA because she knows this is a trending issue in the nation and CADCA is working to address it right now.
* Ray offered that a coalition member could attend a medical staff meeting to address this issue with the providers at the hospital. He said it would be good for them to be aware of it. He said they know about drug seeking behaviors, but it would be good for them to hear about the issue of this type of abuse being in the community. Heidi shared that she and Melissa had met with Kay a couple of weeks ago and shared with her along these lines the prescription monitoring program and reminding doctors of it and checking to make sure they are using it. She said it would be good to be able to go to a meeting and share the trends that the coalition is seeing. Tammy shared that the Benton County Coalition is working with a Pharmacy there to handout a two page (front and back) flier with prescriptions about keeping their prescriptions safe and letting them know about the drop box at the Sheriff’s Office for narcotic medications. She said she will email it to Heidi.
* Heidi shared that the coalition staff are talking with the local pharmacy about a drop box there. She said they are trying to figure out how all of that will work with the DEA changes. Ray offered that the hospital could possibly house a drop box as well. He said he would be willing to talk to people who know more about it. He said making sure it was secure would need to be addressed. Heidi said the whole issue is finding a secure locked place for it. Lee said the reserve officers would be willing to transport it to a disposal site. Melissa asked if Ginger had a lead on a disposal location in Lee County. Heidi said it did not work out it is only going to be used for Meth Labs. Tammy said one of the biggest issues in Benton County was people not wanting to put their pill bottles in the drop box so they were dumping just their pills in the box. Lee commented that sharps are an issue with burn sites. Ray asked if there is a biohazard disposal for needles in the county. People said no. Ray said that he has developed a program for that at another hospital and would be willing to set something like it up here. Tammy said one of the interesting things in Benton County was not just the narcotics but also blood pressure medications. She said kids are using these to fight the high blood pressure side effects of using synthetic drugs. She said with this information it is really important to make sure that people are appropriately disposing of all of their medication. Lee shared that a coworker had passed away and his wife asked Lee about drug disposal here and he shared with her that another one will not be held until April. He said he talked to Lee Pharmacy about it and let her know that they will to take some of the medications but not all. So he sees the value of having a place that people can take all meds to all of the time for disposal. He said it is an issue at the Sheriff’s office because of chain of command and other issues. He said he would not want to take medications to a burn site by himself. He said it would be best to have two people to handle it. He also commented that it would be best to have a situation where they do not have to log anything or do more with it than to take it to the disposal site. Ray asked if there are containers with gates like the mail boxes. Heidi shared that there is a coalition in Spencer, Iowa that is set up as a mail slot at the sheriff’s office that the meds go into the sheriff’s office and all you see on the outside is the pull handle for the box. Ray pointed out that another issue with safe disposal is the pollution of the water system with meds being flushed or dumped down the drain. Heidi said the pharmacy can do a mail back program where the pharmacy offers the envelope and customers can take it and use it to mail back the medication for disposal. Ray shared when his wife passed away eight years ago he had no options so he started flushing the medications. Heidi said it would be good to talk to Pedrick’s Funeral Home about providing their customers with information on medication disposal if they need it. Melissa shared home visiting nurses and Hospice care could also share this information with their patients. Heidi said she will set up a meeting with Larry at Lee’s Pharmacy to see what they are willing and able to do there. She shared that the state of Iowa is looking at doing an annual take back day as well. She said the disposal is an issue there still. Kris shared that HyVee in Fairfield is already registered to do the narcotic take backs and they might be a good resource for Lee’s Pharmacy. There was a discussion that Public Health, Center Village, the Hospital and the nursing home are all places needing disposal. Ray said he would talk to the University of Iowa Hospital about take back and return practices that they are aware of that would benefit the community. Heidi said the important part is an incineration location because the coalition could organize a transport to the site. Kris said if the coalition can find a disposal site then it could organize regular take back days with the Sheriff’s Reserve Officers. Lee agreed that the Reserve Officers would be willing to help with this. Ray said it would be a more practical way if it could be done once a quarter. Heidi said she would continue to check on this and work on it and will bring it back to the meeting next month. She said she would also let the health teacher at the high school know of any information or tools she finds to help them address OTC Safety in the classroom.
* Heidi passed out the new SAFE Coalition Newsletter
* Heidi passed out a booklet titled Why Scare Tactics in Drug Prevention Messaging DON’T Work. She said the coalition purchased these to share with coalition and community members to help them understand why scare tactics are not a good idea to use with children and teens when doing prevention work. She said a lot of times these are brought up as ways for the coalition to work and this is a way to help people understand that they are not effective.
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**Next Meeting:** Tuesday, January 20, 2015 at 2:00 pm at Van Buren County Hospital Community Services Center Conference Room.

**Meeting Adjourned:** At 3:25 p.m.

\*Meeting minutes are only a summary of the meeting. For a recording of the full dialogue of the meeting you may contact the coalition office.