

MINUTES: Healthy Carolinians of Macon County – Substance Abuse Task Force

DATE: December 18, 2008

PLACE: Health and Human Services Building

TIME: 3:00 – 5:00 PM

ATTENDEES: Breanna Almeida, Stephanie Almeida, Rhonda Blanton, Tony Corbin, Jennifer Garrett, Rikki Jay, Kathy McGaha, Michael O’Donnell, Patti Tiberi and Jennifer Turner-Lynn

FACILITATOR: Susan Johnson

TOPIC	DISCUSSION	ACTION	FOLLOW-UP
Welcome and Approval of Minutes	Kathy McGaha welcomed everyone to today’s meeting of the Substance Abuse Task Force. Ms. McGaha asked the task force members to review the minutes of the last meeting. Jennifer Garrett motioned for the approval of the minutes. Patti Tiberi 2 nd the motion, with a unanimous vote for approval.		
Strategic Framework Planning Process	► <i>See attached updated draft of the Strategic Prevention Framework Planning Process.</i>		
Assignments	Assignments were: <ul style="list-style-type: none">○ Rhonda Blanton will contact a local pharmacist and AMC’s pharmacist about attending the next SATF meeting.○ Rhonda Blanton will contact Amy Stewart about attending our next meeting and asking her to bring local data on underage drinking.		
End of Process	Susan Johnson thanked everyone for inviting her to facilitate the Strategic Framework Planning Process. She expressed her sincere gratitude for meeting the members of the task force and their time and effort for working towards prevention efforts for our community.		
Next Meeting	The next meeting of the Substance Abuse Task Force will be held on Thursday, February 19 th , from 2:00 PM – 4:00 PM in Meeting Rooms A/B at the Health and Human Services Building		

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Macon County Substance Abuse Prevention Strategic Plan

Priority Area 1: Prescription drug use (among the entire population).

- Data Sources:
 - YRBS usage rates:
 - MS lifetime: 2007 - 6.7% / 2005: 10.9%
 - HS lifetime: 2007: 26.2% / 2005: statistically close to 2007
 - Focus groups with youth regarding health (nothing else to do)
 - Individual conversations with youth by task force members
 - Investigations of physicians
 - Methadone data from state regarding deaths (from Medical examiner)
 - CDC research which supports perception of a safer drug and easier to conceal
 - Research from other states

Contributing Factor	Objective	Strategy and Activities	Action Steps	When will it be done?	Who's Responsible
Access	Gather additional data regarding youth access	Add a question regarding access to prescription drugs on the next YRBS survey			Kathy
Access.	Reduce access by targeting adults, parents, and grandparents	Attach information sheet to prescription bags at pharmacies and doctors	<p>Have pharmacist come speak to this group (next meeting- Rhonda to coordinate)</p> <p>Speak with multiple pharmacists – schedule meeting</p> <p>Gather information to include: Include Signs of overdose</p> <ol style="list-style-type: none"> i. What to do with meds when done <ol style="list-style-type: none"> 1. Include information regarding where in Macon County you can take meds ii. Locking up meds (be specific – use a jewelry lock, cable lock) iii. Terminology iv. Stats and explanation of the problem (Statistics regarding use, access) 		

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		Media – newspaper articles, radio, billboard	Research what resources already exist (bring to next meeting)		All
		Information dissemination through senior services, hospice, library, doctors (information in doctors office as well as asking doctors to provide a verbal warning), VA centers and veterans' groups			
		PSAs – youth developed and/or pre-existing PSAs			Stephanie (will work with youth so they take lead with input and guidance from adults)
		Create a list of partners willing to sign on			
		Prescription drug forum (will target multiple factors)			
Lower perceived risk than other drugs - "Safer drug"/easier to conceal use/less stigma than other drugs	Increase perception of risk (safer drug) among the community	Media Campaign (See Media and PSA strategies above)			
Combining drugs and alcohol	Increase perception of risk of combining prescription drugs with alcohol Increase perception of risk of	Media Campaign (See Media and PSA strategies above). Youth develop messages targeting other youth (cheerleaders to help disseminate information) See Media and PSA strategies above			

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	combining prescription drugs with alcohol				
- Self-medicating (due to lack of coping skills)	Increase coping skills	<p>Explore and expand prevention programming</p> <ul style="list-style-type: none"> a. REACH – programming at Union b. Explore use of prevention curricula available through Patti c. DARE program d. Look at current programs in schools as an avenue for bringing in programming e. Educate coaches so that they can share information with athletes (presentation to coaches) 	<p>Explore how best to get access to schools; Consider non-school based sites; Identify how prevention programming fits into existing school requirements</p> <p>Create a calendar of events (e.g., Alcohol Awareness Month, Red Ribbon Week, etc.)</p>		
		Expand Teen Institute in Western NC (Stephanie and Patti)			Patti and Stephanie

a. Longer term strategies discussed included: incentives for returning unused pills and providing people locks as a give-away (future grant for this?)

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Priority Area 2: Underage youth are consuming alcohol

Data Sources:

- YRBS (youth reports) – statistics including lifetime use; age of first use; 30 day use; 30 day binge; use on school property; source of alcohol (middle school data reveal they get it at store, however, from youth conversations, they get alcohol from 18-21 year olds)
 - 2007: High School – 15% - other way; 10% - give someone money to buy; 8% get from someone of age; 5.3% take from home; 3.7% parent purchase
- Youth conversations
- District court records (ask Amy Stewart)
- ALE agent

Contributing Factor	Objective	Strategy and Activities	Action Steps	When will it be done?	Who's Responsible
Access – get from parents, take from other kids' parents, siblings and older adults	Reduce access to alcohol by targeting parents	Lock it up (dual message with prescription drug use)	Compile and share statistics regarding use		
		Educate parents regarding liability (social host liability)			
		Increase parents' willingness to speak up regarding houses where alcohol is provided			
		Explore implementation of safe homes program	Reach out to PTO groups		Patti
	Decrease others' purchasing alcohol	Implement Shoulder tap program	Apply for grant		Stephanie
		Implement sticker shock campaign	Apply for grant		Stephanie
		Implement compliance check program	Apply for grant		Stephanie
Lack of Prevention Programming		See strategy under prescription drug plan			
Lack of Supervision	Increase parenting skills	Information dissemination to let people know about available parenting programs, and then	1. Gather information on existing programs		

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		consider increasing program if necessary			
		Implement psycho-educational seminars	Coordinate with Patti		

Priority 3. Lack of detox, treatment, recovery and supportive services for youth and adults as well as a lack of knowledge of available resources (among professionals and community members)

- The group would like to keep this issue as a small part of an overall plan, but that they would be lower priority than prescription drug use and underage drinking.
- Current action on this area was only to get a current list of available resources and then identify someone to keep list up-to-date