

REGION II

Behavioral Health Board

Subcommittee: Prevention

Date/Time of Meeting: 1/05/21 10:00 AM

Location of Meeting: 413 Main Street, Kamiah Idaho

website: www.riibhb.idahopublichealth.com

Zoom link: <https://us02web.zoom.us/j/81646742897>

Attendees:

x	Sharlene Johnson		Teresa Shackelford		Kathy Connerly		Karlie Smith
	Jim Rehder		Debi Dockins		Terry Cochran		Lana Shuerman
	Carol Moerle		Doug Steele		Tami Jeffords	x	Debbie Evans
	Amber Peace		Kiri Brown	x	Zlata Myr		
X	Darrel Keim		Kathi Howard	x	Caitlyn Rusche		

Agenda

Meeting Minutes

Discussion/Outcomes

Meeting Called to Order, Roll Call:

10:00 am

Approval of last meeting minutes (Action Item)

No previous minutes since December was not an official meeting.

Topics to Discuss:

- ❖ Action Plan Updates
- ❖ Unexpended funds/Sub Awards Discussion
- ❖ Year 3 Action Planning
- ❖ Spring Break Sicker Shock Participation
- ❖ Webinar Series Schedule
- ❖ Tall Cop Webinar

There will be approximately \$25,000 in unexpended funds due to strategies not implemented because of COVID. The PH Fiscal is not in favor of offering sub-awards to coalitions and prevention providers. Ideas were brainstormed:

- *offer a virtual positive social norm class to help our coalitions and prevention providers develop good positive social norm campaigns. I would use Jeff Linkinbach from the Montana Institute.
- *turn our already designed media campaigns into bus cling/wraps
- *help sponsor annual Juvenile Justice youth conference in Region 2
- *purchase digital signs to enhance communication on our more rural communities with poor internet, no billboards, etc
- *have our youth coalitions plan larger alternative activities that we would direct pay for instead of a sub-award
- *sponsor graduation parties through Youth Advisory boards
- *expand sticker shock to include beer and wine, not just hard alcohol

Sharlene will research these ideas and bring back more information to the February meeting.

Discussion was held on what to include in next years action plan now that leeway has been given to develop a comprehensive strategic plan with less restriction on mandates, the group brainstormed the following new additions:

- *expand sticker shock to include beer and wine, not just hard alcohol

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- *sponsor the media campaigns developed during the social norms training
- *develop a prevention app-have a youth contest for development
- *pilot the winning app in region 2
- *contest for youth development of a short prevention video ad, would be used on tik tok/snapchat/IG with targeted paid social media ads
- *Mental Health First Aid for Youth trainings
- *QPR Train the Trainer
- *lighting in problem areas in communities
- *Learning labs-to help with lost learning from COVID
- *help support school counseling somehow (take advantage of programs needing practicums and fast track programs)
- *Community Townhalls
- *Brochures on underage drinking and methamphetamines
- *There was discussion on if there was any real time data available on how COVID is affecting mental health and substance misuse in our youth, and whether we could develop/pilot a phone texting survey in region 2 around it.

Spring Break sticker shock participation was discussed. Sharlene will follow up with region 2 youth groups for assistance.

Our Community Dialogue for Health Prevention Series starts this month and scheduled as follows:

January 25th-Marijuana Concentrates

Marijuana today is not what it was “back in the day”. Today’s marijuana is similar to the early 1900’s tobacco, an old product being marketed in a new way.

This 1-hour webinar will discuss the trends of Marijuana, specifically relating to concentrates and their significant potency increases.

February 9th – Vaping and E-Cigs

Vaping has become an extremely popular trend, especially among youth. Even with a lot of the new regulations in place recently. Many new vaping devices can be extremely difficult to identify and notice.

This 1-hour webinar will provide you with the history of vaping, how E-Cigarettes work, the difference in devices, as well as the negative impacts they could pose on the user’s health.

February 23rd – Media Influence on Youth

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Youth can be extremely impressionable, especially by big name influencers and brands. Not all brands and influencers have a positive impact on youth though and promote delinquency and substance abuse. It is also common to keep substance abuse on the down low from those who oppose it.

This 1-hour webinar will discuss the current media influencers including clothing, music, and the lingo.

March 9th- Diversion Safes and Stash Containers

The methods of keeping use and abuse concealed from the public is constantly evolving and become increasingly discrete.

This 1-hour webinar will discuss varying types of stash containers and diversion safes.

March 23rd – Prescription and Over the Counter Medication Abuse

Prescription and Over the Counter Medication abuse is a drastically growing trend among both youth and adults. They are easy to acquire, use, and conceal when compared to most “street” drugs.

This 1-hour webinar will break down the most abused types of medications and the possible effects they could have on the user.

April 6th - Alcohol Trends and Youth

Alcohol has been around for generations and is one of the most widely abused substances by youth under 21. Many of the current trends around alcohol today is that the beverage itself is more potent, flavorful, and overall dangerous.

This 1-hour webinar will explain the most common ways alcohol is abused and how dangerous this abuse can truly be. From binge drinking, to alcopops, to combining alcohol with other substances alcohol abuse continues to be a rising problem with youth.

April 13th – Illicit and Semi-Illicit Substance Abuse

Drug abuse is constantly evolving and is extremely difficult for researchers and scientists to keep up with. From plant-based substances to lab created synthetics the world of substance abuse is massive.

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This 1-hour webinar will cover newer substances of abuse and the possible effects and dangers they could pose to users and responders.

May 11th – Drug & Alcohol Trends – First Responder Alerts

First responders are expected to assist in any situation regardless of the dangers involved. When it comes to substance abuse the dangers can be much more severe as well as more difficult to identify before it's too late.

This 1-hour webinar will discuss many of the common signs and symptoms associated with overdoses as well as the use of Narcan and some red flags to look for on the scene of the “unknown medical” call.

May 25th – Drug & Alcohol Trends – Rural Pros and Cons

Drugs and alcohol are everywhere, even our small rural communities. Being in such a rural area poses a unique set of pros and cons in all aspects of substance abuse in a huge variety of professionals; mental health providers, medical staff, law enforcement, first responders, court, and legal staff, as well as schools and youth-based programs.

This 1-hour webinar will be set up as an open forum that will be open to conversations and input from the viewers. The struggles and benefits of working in a rural area will be discussed as well as some tips and tricks that have been used to combat substance abuse with limited staff and resources.

Free POST Credits are available through Nez Perce County Sherriff Office.

Tall Cop Hidden in Plain Sight webinars scheduled for February 17th. One for Law Enforcement, and the other for general community and coalitions. Free POST credits will also be offered for the LEA participants.

Next Meeting

Date/Time: Feb 2 10:00 am

Meeting Adjourned

Time Meeting Adjourned: 11:01 am