

Substance Abuse Committee
September 9, 2019
Meeting Minutes

Jason welcomed everyone to the meeting.

Vaping in the News:

- Jason introduced us to the newest vaping tool – a watch that looks like a smart watch and operates as a watch is also used as a vaping tool. It can be purchased online or at local tobacco shops. The website Jason used to purchase the watch did ask for an ID to prove age.
- Death from vaping are filling the news feeds. Five individuals have died from respiratory issues as a result of vaping. Any kind of vaping puts you at risk for developing respiratory illness that can be masked as flu. Vitamin E oil has been blamed for some of the cause of difficulty breathing. CDC has come out with a statement to stop vaping. There have been cases of bad supplies of vaping products. If an individual does not know its source in purchasing supplies, they do not know what they are buying.

Jason attended national tobacco and other health needs conference and learned that this is an issue across the country with the state of Minnesota being somewhat ahead of the game in the prevention work that is currently happening. Members of congress are keeping an eye on this issue and have been encouraging the CDC to move quickly to develop a plan of action. One area that is strongly being looked at is how the various flavors attract kids to try vaping, advertising that targets kids and the side effects of vaping.

Overview of Opportunities:

Policy:

T21: Jason met with the assistant superintendent from Moorhead Public Schools. They are on board to pass policies to educate youth about tobacco use. There will be an educational component as part of the program. Youth will be trained on the issue and will then be supported in their advocate with policy makers to pass a T21. A few policy makers would be invited at a time, do a brief presentation on vaping and then the students would take over and talk about what they see with peers and then ask the policy maker to support the restrictions and move towards passing a T21 law.

Flavor Restriction: Hoping to restrict the sale of flavors in stores where you have to be 18 to enter. If passed the restriction to purchase flavored vapes would be 21. Jason is looking to engage various partners including the African American community, Latino community and the LGBT community. Nicole will talk with the Dilworth-Glyndon-Felton school district staff about joining the work. Jill said that Hawley would be on board to work on the project with students.

Systems:

This is a list compiled that was put together as part of Jason's meeting with committee members.

- Develop a school policy on what to do with youth caught vaping at school.
- Need an alternative to citations/suspensions
 - Suspension leads to intensified use/drug culture
 - Education class – help them understand the dangers that come with vaping.
 - Jason is looking into a curriculum that is being used in the Wadena schools. There is a possibility that Nicole could do an educational class in the rural parts of the county. Someone would need to be identified for the Moorhead schools. Aspen currently does a class for offenders that are identified by the courts or Restorative Justice program.
- Need for more positive SRO/student interaction
- Cessation class on campus: Jason is looking at possibly using grant funds to send individuals to the Mayo clinic to attend the certification tobacco cessation training which is a more intense training on facilitating a cessation group that several attended this summer.
- Treatment option should be looked at. Equity is important to consider – all youth who need treatment get the same treatment.
- Essentia has developed a video with an accompany teacher guide. West Fargo is using it as part of the student's first incident. Kasi will send out to the group.
- Jason is hoping to get things moving in the next few months.

Education

Stanford Tobacco Toolkit: The Moorhead Superintendent's office has approved to move forward to help teachers use the curriculum. Moorhead school is working on which grades the toolkit will be used. It will be used as part of the grade 10 Health class but there may be an option of using in with eight and ninth grade. There is a high need for something to be done in the middle school. Data is showing that there is a high number of students entering into the 6th grade that are trying vaping. Definite change in usage between 5th and 6th grade. As part of the toolkit there are posters that could be placed in various locations in the school. Currently there is a backlog in ordering them due to wanting to get them into all of the high schools. Next step may include meeting with the health teachers on using the curriculum and identifying others who would be interested in using the curriculum. Jason would need two hours of the health teachers time to familiarize them with the curriculum. A Healthy School Summit is being planned for the area. The plan is to get the curriculum to show at the event. It will be a full day event but teachers could attend just the Stanford Toolkit component of the summit.

Peer Education

Possible curriculum:

- Taking Down Tobacco is an online course. It helps students advocate to peers, talking to students younger than the presenter. Scott Masten has some students that may be interested in working on this and on the policy work. Jason is talking with college programs to identify some college students who would be willing to talk to high school

students. NDSU Master Health Program have a few students who are interested in working with the curriculum.

- Know the Truth is willing to come and do a presentation
- Lunch and Learn at Family Service Center in November. Jason will send Carolyn some dates he is available.

Not in My House – Kasi Eisenzimmer

- Statewide campaign to address a social host ordinance but it is also being used for vaping.
- Message stickers are being developed and will be placed on popcorn bags at school events
- Identify groups to help with placing the stickers
- It can also be used to educate citizens, businesses, etc.
- Overarching goal is to change community norms
- Pledge signing is part of the campaign. Parents sign a pledge to provide a safe place for their child to thrive.
- Plan is for year one to get more education out to schools, parents, and those attending school events. Campaign blitzes will occur at Homecoming and Snowball. Year two will be to recruit community members, local businesses, colleges, etc. to help move the message forward into the community. May think about using a window cling for the parent pledge instead of yard sign.
- The products are free to use and are applicable to be used on a number of different products.
- Jill shared that her program emphasizes parents talking to their kids about alcohol use. The first assessment showed that 40% of students in Hawley school district stated that their parents did not talk with them about using alcohol. The program provided resources for parents to know how to talk to their kids through creating conversation cards. A recent data collection showed a 60% increase in students saying that parent are talking with them about alcohol use.

Next meeting: Monday, October 7th 10:00 am Room 2, Family Service Center