

Substance Abuse Committee

November 4, 2019

Meeting Minutes

Members in attendance: Jason McCoy, Rory Beil, McKenzie Pearson, Lakeland Mental Health; Leslie funk, Mobile Mental Health Crisis Response; Rosie Johnk , Vikingland Kiwanis; Beth Ashmore, Sanford Health; Craig Baker, Aspen; Angela Doll, Moorhead High School; Kasi Eisenzimmer, Essentia Health; Carolyn Strnad, Collaborative, Jill Ambuehl, HYPP; Scott Matheson, Moorhead High School; Megan Ramsey, Moorhead Middle School; Robert Fyre, Probation;

Jason welcomed everyone to the meeting and asked that we include in our introductions how we are associated with the work of vaping.

Mini-reports

- Student survey data is out. Statewide there was an increase in vaping use include a double increase reported by 8th grade students. 75% of high schooler do not feel that vaping is harmful. The perception of use is quite high. Some students do not answer the survey honestly. This has been reported in Moorhead and Hawley school districts The question on the survey asking if the student thought the parent would be unhappy if they found out the student was vaping was answered with a high percentage of yes answers.
- The social norm needs to change so that kids are seeing it from a cool or healthy alternative to cigarette and other drug use to one of it being a dangerous activity to be doing. Hawley is seeing less confiscation of vaping material which could be attributed to a decrease in vaping or students getting smarter about hiding it.
- Lunch and Learn on vaping on November 20th at noon. Contact Carolyn at coordinator@claycountycollaborative.org A second bag lunch event has been scheduled for January 20th.
- The Fargo Dome had to hire a security crew to do checks concert goers for vaping items. 42 individuals were asked to leave the concert because of vaping and not following directions to quit.
- Drug Free Community grant application will be led by Clay County Public Health in partnership with Moorhead Public Schools.
- Mobile Crisis Unite if fully staffed. They are seeing quite a bit of their clients using tobacco or vaping. They feel that there is no danger in using it unless you are using it incorrectly. Typically, it is the younger people and the older people using it.
- Aspen provides a course for those who have received a citation for vaping. Attendees when asked about the dangers of vaping feel it is safe unless you are using marijuana oils.
- Essentia has been working with a number of schools on the Cass County side. They will be doing presentations on vaping during the West Fargo teacher conferences next week.
- HYPP are doing some rounds on perception with youth groups.

Vaping in Moorhead Public Schools:

- 10 citations for vaping have been issued this year at the Middle school. A lot of the citations are repeat offenders
- Need a red ribbon activity that promote drug free messages and activities
- A school wide pledge to stay drug free was done at the middle school. Prevention messages on vaping and marijuana use were part of the build up the pledge.

Kayla, from the Restorative Justice program is looking at doing a prevention vaping group at the middle school. There will be a pre and post survey done to ensure quality. Right now, there is a school consequence and a legal consequence when caught vaping. The goal is to hold off on the citation and

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have the student attend the group. Parents would have to give permission for the student to attend. Typically, if it is the second or third citation the student goes through the court system and is placed on a probation and/or ordered to get a chemical evaluation completed. Most of the students they are dealing with have other issues such as self-medicated their mental health issues. Moorhead schools uses the harm reduction model which builds trust with the student and develops a relationship with them that help them through to becoming sober. The school has a peer mentoring group that does presentations to students on violence prevention, tobacco and substance abuse.

Vaping epidemic and the media: Here are the correct facts:

- Federal government is reporting 1888 cases of respiratory illness attributed to vaping.
- 33 deaths across the country. 3 deaths in MN. Ages 17 -75 years of age
- 14% of injuries are under the age of 14. 55% under the age of 25 years old.
- The CDC and Mayo are researching the deaths and illnesses. 20% of the injuries reported are not attributed to THC use.
- There is discussion on pulling some flavors off the market.
- Some teens are turning to smoking cigarettes as a safer way of getting the nicotine than vaping. We need to keep up the cessation discussion on both vaping and cigarettes.
- Best resources for accurate information include the <https://www.cdc.gov/tobacco/> <https://e-cigarettes.surgeongeneral.gov/> <https://truthinitiative.org/>

American Lung Association INDEPTH curriculum:

- can be used as an alternative to suspension; there is a counseling version of the curriculum; focused on building relationship with the student to work with them to develop better choices.
- NOT (Not on tobacco) is a youth cessation program. Concept is to train the SROs on INDEPTH so they can work with the kids instead of citations and then help them work through the NOT program. Jason will be meeting with the Cass/Clay SROs to gauge their interest in becoming trained on the curriculum.
- Moorhead and Hawley schools are reviewing curriculum to determine what will work best with their current health class curriculum. Jason met with a small group of health teachers to review curriculum/education ideas.

Next steps:

- Talk with students who want to help with policy work by meeting with policy makers to discuss T21 and vaping restrictions.
- Are there others who should be invited to be a part of the coalition? Invite them to our next meeting! We need a diverse group representing various communities and groups. That is what helped St. Paul pass their flavored restrictions.
- Drug Free Community grant application team will host a Town Hall meeting at 4pm on November 21st. The meeting will be held at Probstfield Learning Center in room #303, Use Door 3. Would it be helpful to bring that team and its work into the Substance Abuse Committee?
- December 4th Gene Nichols and Chris Turner will be speaking a flavored tobacco event. Location to be determined.
- What other events could this message be a part of?
- How can we get the message out in the most effective way?

Next meeting: Monday, December 2nd 10:00 am. Room 4