

Massac County Drug Awareness Coalition
MINUTES

Tuesday, February 18, 2020
6:30 pm, Metropolis City Council Chambers

Present: Holly Windhorst (Director), Sabrina Beck (Exec. Committee), Steve Johnson (Exec. Committee), Chief Harry Masse (Law Enforcement), Marilyn Barfield (Civic), David Bowman (Law Enforcement), Ricky Griffey (Law Enforcement), Thelma Hunter (Substance Abuse Org).

Holly Windhorst called the meeting to order at 6:34 p.m. and welcomed all to the meeting.

1. **Approval of Minutes:** The January 15, 2020, minutes were approved unanimously with a motion by Steve Johnson and a second by Marilyn Barfield.
2. **Executive Committee (EC):**
 - a. Project Coordinator-Interviews are complete; in process of hiring.
 - b. Policies & Procedures have been approved for financial mgmt and personnel.
 - c. Business Official-Randall Rushing, CPA, has been hired as our Business Official.
 - d. Office Space-Other office spaces have been considered that may be a better fit for 2 employees to work. Especially any spaces that would come with potential free or reduced rent to help with our non-federal match goals. As we are a non-profit; any assistance would be a tax benefit for owners.
 - e. Jones Building-After February, MCDAC may go with a month-to-month lease.
 - f. In-kind Forms-Holly has available forms that can be used to track work done for MCDAC purposes (other than attending meetings, which we will use the sign in sheet to track) must be documented in order to be used as an in-kind match. In Illinois work done by volunteers can be credited at \$26 per hour; unless work is done in a professional capacity, then the professional rate will apply.
3. **Treasurer's Report:** Account balance as of January 31, 2020, is \$13,246.02. January income was \$530.46 and expenses were \$2,768.77. See attached Treasurer's Report for details.
4. **CADCA (Community Anti-Drug Coalitions of America):** Holly and Sabrina traveled to National Harbor, MD, and Washington, D.C. to attend the CADCA National Leadership Forum. The forum is 3 days of training and 1 day on Capitol Hill.

Holly shared her experiences. She had the opportunity to meet with the Director of DFC Grant, Helen Hernandez, with the ONDCP, as well as, other grant recipients including DFC recipients in Illinois. There is an organized group of DFC recipients that meet, share experiences and provide support. There is one other DFC recipient in so. Illinois (Red Bud). Holly also learned that as of October 2020, the DFC will no longer be managed by SAMHSA; it will be managed by the CDC National Center for Injury Control and Prevention. It is hopeful that this will create positive changes in function, website use, and communication.

Session: The Impact of Marijuana Legalization in CA, CO, OR, and WA. Statistics from these states who have had legalized marijuana for a while are not hopeful. Use of heroin and meth have gone up and so have admissions for heroin which does not support that the legalization of marijuana is the cure to these other addictions. ER visits are seeing hyperemesis (nausea and vomiting) from marijuana; which can be stopped by not smoking marijuana. What to look for – advertising campaigns, billboards, requests to donate to coalitions. We will need to create strong educational programs and campaigns. It was also noted that there is currently not a limit on the amount of THC in edibles and that it may take 5 years to study the effects and enact limits. We will monitor the perception of marijuana harm in our youth surveys.

Sustaining DFC after DFC funding ends After year 5, we must reapply for years 6-10 and may not be awarded. We must find ways to sustain the coalition efforts beyond federal funding.

Capitol Hill Day Holly and Sabrina had an opportunity to meet with the staff of Senators Dick Durbin and Tammy Duckworth, together with a group of other Illinois DFC recipients. Youth were also present to share their concerns, mostly about vaping, from their level, and the importance of education and programming. They also had an opportunity to meet directly with US Congressman Shimkus and his staff, including Chase Clanahan who is from Metropolis. Holly shared the accomplishments and challenges that MCDAC has and were able to express gratitude for the continued support for drug prevention programs.

Sabrina shared her experiences. Sabrina thanked MCDAC for the opportunity to attend this leadership forum and was excited about what she learned in the training sessions.

Gen Z Marketing: Engaging the Next Generation Millennials are getting older; Gen Z population is growing and growing (age 19 and under). The main point Sabrina shared is “know your community/culture”. What works for one community may not work for another. Use youth to help determine what works; get their buy in/ownership and they will be more effective.

Connecting the Dots: Preventing Underage Drinking and Associated Drug MisUse The data collected and presented shows that youth who use alcohol can be at an increased risk for other drug misuse. The main point Sabrina shared is that there is a choice – that is the choice to not use at all.

Empowering Youth with Brain Science: 4 Neuroscientific Lessons to Increase Resiliency - Brain Science as prevention. This presentation provided information that is “designed to empower the audience by providing a deeper understanding of the adolescent brain, its evolution, its development, and how it works, with a particular emphasis on what makes it robust and what makes it fragile.” Main points were the “4 things everyone should know about the brain: 1. We have two brains, not one; 2. They develop at different rates; 3. Brain development is like programming a computer, and 4. Some things can compromise that programming.” Presented by: Dr. Ruben Baler, NIDA. Sabrina was excited to share this presentation about the brain as it was done in an interactive simple way to explain about the brain development concept and encourages youth to “think” about their “thinking.”

Create a Website in 15 Minutes MCDAC has a website but does not have a webmaster. It is a useful tool as online presence is essential in promoting a message. This prompted discussion for the need to utilize our website more frequently to share information and possible ways to involve youth to assist.

5. **Fundraising:** Increase fundraising will be required to meet the match for items that cannot be obtained with time or donation. We will be calling for a Fundraising Committee and a Fundraising Chairperson to lead us towards our goal. We currently raise funds with our annual Golf Scramble and our Trivia Night. Steve will check in to a date for 2020 and report back. Anyone wanting to chair this committee, please contact Holly. Also, share any of your fundraising ideas. Holly has prepared a donation request letter for businesses; she has sent one to Legence Bank, and plans to start contacting other businesses and organizations.
6. **Youth Advisory Council (MCHS):** Previous activities were messages on sidewalk at the high school. Holly has a meeting scheduled with Molly to review items in the DFC Action Plan, the YAC Sponsor at Massac County High School. We are still needing sponsors at Joppa and the Jr. High. Also, the CGTI leadership camp registration deadline is May and we will need students to commit to attend over the summer.
7. **Truth & Consequences:** This event at the junior high has been scheduled for May 12, 2020, from 8:30 am to 10:30 am. Last year, Dr. Walters presented information about Vaping. Do we want to repeat?
8. **Public Comments:**
 - a. **DUI Checks** – This is an item in our DFC Action Plan. After discussion, Chief Masse said he would check with the state to see when/if they plan these checks. There are costs of overtime, equipment, video, associated with these events and if done, MCDAC would like to support as these can be used to meet our non-federal match.
 - b. **Red Ribbon Week 2020 Theme** announced by National Family Partnership – “Be happy. Be Brave. Be Drug Free.” Steve reported that the Elk’s also do something for RRW and that it might be good to coordinate this year. Janet Krueger coordinates for the Elk’s and Sabrina said she would contact her. The proposed dates for the 2020 RRW celebration is October 26-30.
 - c. **Driver’s Education Class** – Chief Masse shared that one of his officers speaks to the driver’s ed classes about what to do when you get pulled over. They can also include information about driving under the influence of alcohol as a drug prevention tool.

Motion to adjourn was made at 8:00 pm by Chief Masse, seconded by Steve J., and passed unanimously.

The next monthly meeting is scheduled for Wednesday, March 18, 2020, at 8:00 a.m. at Metropolis City Hall.