

Massac County Drug Awareness Coalition

Monthly Coalition Meeting

Wednesday, June 26, 2024, 8:00 a.m.

Metropolis City Hall

MINUTES

1. Welcome

- a. In-person: Robbin McDaniel (Exec Committee), Nicholas Peebles (Social Work), Rick Neighbors (Community Member), Josh Stratemeyer (Government Sector Rep), Lakin Atkinson (Guardian Family Services), Holly Windhorst (Director), Jasmine Robinson (Prevention Coordinator), Jordan Strong (Recovery Coordinator), Evon Croft (Recovery Corps Coordinator), Lasha Vincent (RecoveryCorps Navigator), Amanda Davis (RecoveryCorps Navigator)
- b. Zoom: Tor Neal (Arrowleaf), Sydney Shelton (S7HD Health Educator), Katie Unthank (Egyptian Health/ROSC), Dave Park (Kiwanis), Stacy Kirkham (Massac County Mental Health), Beverly Holland (ROSC Region 5 TA)

2. Approve Old Minutes: No changes needed. Amanda Davis made a motion to approve the minutes, and Robbin McDaniel seconded. All in favor, none opposed, Motion carried.

3. Executive Committee Report: Met June 10th, nothing to report.

4. Fundraising/Sustainability

- a. Grant Updates: We submitted the DFC grant in April and will not hear anything until August 30th. The ROSC Grant was approved, and we are still waiting on the contract, which should come soon. The ROSC Grant wants to scale back on the direct service being offered, such as peer services and the free laundry day supplies. We will have to find different streams to fund these if we wish to continue.
- b. Golf Tournament - May 31: We had fewer teams than normal, but we were still very successful. We spent more for the fundraiser due to renting more carts from an outside source, which did work well as the country club only has 6 to rent. Thank you to the Executive Committee and all the hole

sponsors, teams, and volunteers who made it possible.

- c. Super 5K - June 6: We definitely raised more money at the 5K than any other fundraiser. We had 135 runners and a lot of t-shirt sponsors. Thank you to United Way for helping with the transition of this event to MCDAC, especially Caroline Jones. We also thank Bittersweet Designs for allowing us to get all the shirts at cost. Thank you to all the runners, sponsors, and volunteers who came out and made the first MCDAC 5K a success.

5. Prevention - Jasmine

- a. Truth & Consequences Pre & Post Test Data- On May 10th we held our truth and consequences event and wanted to highlight the data we received from that. From the Pre to Post percentage correct there was a 7-point increase overall for those that participated which is great. We also found that one question needed reworded due to misunderstandings: "List 3 agencies in your community that could be involved with youth and/or their families who use drugs." This question is meant to ask about those who help individuals like police, MCDAC, and mental health, but instead we have received answers like Cloud 9, Thrive, and Smoke Shop. We also had great survey responses from the teachers about our presentations. The parents found that the event had great information and ran smoothly, and the community partners loved the event and had suggestions for more ideas.
- b. Cebrin Goodman Teen Institute: July 14-18, Holly and Jasmine are taking 7 or 8 students to Eastern Illinois University for CGTI, a youth-driven conference meant solely for youth. We are still working out the transportation side of things, but we are really excited about this event.
- c. Teacher Folders: We got this idea from Graves County ASAP of giving all the teachers a folder with as much information as possible. We have included so far a list of important numbers, a packet for coaches, Tips for teens, commonly misused medications, mental health information, how to create crisis plans, a 988 magnet and card, an Illinois Helpline card, and a letter from the director to bridge communication between teachers and MCDAC. This folder will be to reach teachers as they cannot come to the meetings and to open the communication to hear what they need, see, or experience with the youth they teach.
- d. Drug-Endangered Children Alliance: The Alliance will be meeting for a

Lunch and Learn on July 25th to start the conversation of what each agency does, what they can share, and how to surround these children with resources to increase protective factors and decrease the risk factors for future drug use.

- e. Upcoming Events - will need volunteers: From August 1st to school starts, there will be several community events where MCDAC will be tabling. Harrah's School Supply Drive and Pencils Prayers, and Praise have yet to set their dates, but we believe will be August 1st or 8th. The Police Department's Pool Bash is August 10th and we hope to set up a table there as well as the National Night Out on August 6th.

6. Recovery - Jordan

- a. Faces & Voices Conference Recap: The Recovery Leadership Summit was held June 2-5 in Denver Colorado. Faces and Voices of Recovery a National Organization that has been around for over 23 years and are leaders in innovative recovery initiatives. Lots of great information and new ideas with the biggest takeaway from Recovery Research Institute concerning the dip in overall well-being discovered for people in recovery around the 1-2 year mark, a global phenomenon found through a 40 year research project. Peer Support is really important during this time to help encourage continued motivation in recovery. The research showed an average of 15 years in recovery before people get to the quality of life as the general population, but if people are involved in peer support this is decreased to only 5 years to make it to the same quality of life as the general population.
- b. Laundry Event Sponsorships : Changes in ROSC grant have led to the need to find separate funding to pay for the actual event (Quarters for machines, laundry detergent, and dryer sheets). We have had sponsorships from the Ministerial Alliance, Pastor Charles Tate from Brookport Church of God, and St. Matthew Lutheran Church in Paducah had reached out to have us speak about the laundry events at one of their temple talks before service. They are collecting laundry detergent the entire month of June to donate.
- c. Recovery Walk/Picnic - September 28: This event will combine the three events we held for the first time last year, which were all successful in their own right individually. We hope that it will increase attendance. This will be

a resource event, recovery walk, and picnic all in one.

- d. Resource Center - Lasha: Increase in participants and referrals from other organizations over the last month. A few people in long term treatment making progress on completing, have had good contact with them and family members to support and stay in touch.
7. Public Comment/Other
- a. State's Attorney: Josh Stratemeyer expressed his gratitude to MCDAC and the services that are being able to be provided to the court system. They have called multiple times, and an MCDAC Recovery Navigator has been able to come to talk to individuals to connect them with services or find them a bed at a rehab rather quickly. They are still seeing a lot of arrests for meth but fentanyl is also becoming a growing problem as well as overdoses. He also suggested having a listening session with teachers during an in-service day to learn more about what they are seeing.
 - b. Massac County Mental Health has restructured some of its services. In place of SAGE, it now has a Youth program with a male and female counselor and can serve up to 25 youth. The program is fluid and flexible regarding when it needs to meet. They are also now providing Intensive Outpatient Services. They have their DUI program back up and running.

The meeting Adjourned at 8:47 am Wednesday, June 26, 2024,

Next meeting: Wednesday, July 24, 2024, 8:00 a.m., Metropolis City Hall

*Note the date change due to CGTI.