

**Partnership for a Healthier Alexandria
Substance Abuse Prevention Task Force
(MH/SA Work Group Members in Attendance)
Meeting Minutes
Lee Center, Conference Room 4
Wednesday, May 16, 2007
4:00 p.m.**

Task Force Members Present:

- Cate Alexander, Chair, Substance Abuse Prevention Task Force; Private Citizen/T.C. Williams PTSA
- Tricia Bassing, Prevention Team Supervisor, Community Services Board; Secretary, Substance Abuse Education and Violence Prevention Advisory Committee
- Mary Riley, Chair, Community Services Board; Member, Public Health Advisory Commission; Co-Chair, Mental Health / Substance Abuse Work Group
- Christina Theokas, Monitoring and Evaluation Analyst, ACPS
- Mary Flynt, Prevention Education, ACPS
- Deborah Warren, Division Director, Child, Family and Prevention Services, Alexandria Community Services Board
- Rick Leichtweis, Senior Director, Inova Kellar Center
- Amina Uwwais, Community Services Board, Peer Advisor; Youth Representative
- Shaniqua Thomas, Community Services Board, Peer Advisor; Youth Representative
- Rose Berler, Chair, School Health Advisory Board
- Cathy Coone-McCrary, Private Citizen
- Bill Cleveland, Former Vice Mayor/Private Citizen
- Joe Dunn, Private Citizen
- Carrie Cannon, Program Director, Alexandria/ Arlington CASA Program, SCAN of Northern Virginia
- Dave Cheney, Chair, Substance Abuse Education and Violence Prevention Advisory Committee
- Maggie Reynolds-Messervy, Director, Alexandria Alcohol Safety Action Program (ASAP)
- Cara Pennel, Health Planner, Alexandria Health Department

Tribute to Cara Pennel

The group made a presentation to Cara Pennel, who has staffed the Partnership since its inception. They commended her for her exceptional work on behalf of the Mental Health/Substance Abuse Prevention Work Group and its two Task Forces, noting the tremendous amount of work she has done to get the

Partnership off the ground. Cara will be returning to Texas for a new position. The group noted that she will be sorely missed and presented her with a framed tribute.

Anti-Stigma Campaign

- Mary Riley provided a status update on the mental health Anti-Stigma Campaign. Handouts included: fold-over card, flyer for the Pete Earley event, *draft* handout for the Pete Earley event (“Stigma: Language Matters” and “What You Can Do About Stigma & the System”), and school resource grid identifying mental health / substance abuse prevention CSB and ACPS staff resources. The Pete Earley event will take place at Minnie Howard on Wednesday, May 30 at 6:45 p.m.

Overview of Developmental Assets Survey (2006) – Christina Theokas

- Handout – Developmental Assets: A Profile of Alexandria Youth
 - Christina presented an overview of substance abuse and mental health-related data from the 2006 Development Assets survey (see handout for details).
 - Comments/Discussion:
 - Cate noted, that when examining slide #7 “High Risk Behavior Patterns,” to realize that these behaviors have specific definitions and are not indicative of involvement in the behavior. For example, the 19% indicated for alcohol means that a student 1) drank three or more times in the last 30 days or 2) was intoxicated in the last 2 weeks.
 - Youth representatives thought the alcohol/drug use would be higher – numbers may be under-reported.
 - Mental health-related items seem alarmingly high.
 - These data, in addition to the upcoming YRBSS survey data, provide a great opportunity for the Substance Abuse Prevention Coalition to come together and focus efforts based on existing research and community needs and resources.
 - Developmental Assets Survey results are posted on the ACPS website at: <http://www.acps.k12.va.us/mes/reports/index.php>.
 - Cate asked for volunteers to create a need statement. The following volunteered: Christina Theokas, Joe Dunn, Carrie Cannon, Mary Riley and Tricia Bassing.

Meeting with Community Anti-Drug Coalitions of America and Coalition Building Training Opportunities – Cate Alexander and Tricia Bassing

- Cate and Tricia met with Shannon Weatherly at CADCA to learn more about forming a substance abuse prevention coalition. See handout: CADCA Overview.
- They were provided with numerous resources and training opportunities. Resources include some of the following:
 - Handbook for Community Anti-Drug Coalitions (found at: http://www.coalitioninstitute.org/Coalition_Resources/CoalitionHandbook.pdf)
 - Assessment Primer: Analyzing the Community, Identifying Problems and Setting Goals (found at: http://www.coalitioninstitute.org/SPF_Elements/Assessment/AssessmentPrimer-final-08-09-2006.pdf)
 - Strategizers (list found at: <http://cadca.org/shopcart/ProductCatalog2007.pdf>)
- Alexandria's Substance Abuse Prevention Coalition is now a CADCA member and all members have full web access to resources. See handout: AYSAPC CADCA Member Info.
- There is a Drug-Free Communities grant that awards community substance abuse prevention coalitions up to \$100,000/year for five years through SAMHSA.
- Alexandria's Substance Abuse Prevention Coalition was also accepted into the National Coalition Academy. See handout: NCA Overview. This academy will provide training and technical assistance to two coalition members. Tricia will be attending all three, weeklong training sessions in Fort Indiantown Gap, PA and would like rotating coalition members to attend with her. Cate will attend one, so they need two more volunteers to attend the other training sessions. This training is free.
- The National Coalition Academy Mid-Year Training Institute will take place in Tucson, AZ. There are costs associated with this training. See <http://cadca.org/events/midyearinstitute/2007/>. Rick Leichtweis mentioned that someone from his staff might attend and be able to report back to our coalition.

Discuss: Coalition Partners / Members

- Drug Free Communities coalitions must include at least one member/representative from each of these 12 community sectors:
 - Youth (18 years or younger)
 - Have two youth representatives present today, Amina Uwwais and Shaniqua Thomas.

- Shaniqua and Amina think the other Peer Advisors should be involved with the coalition.
- Parents
 - Cate and Dave Cheney are parents representing public and private school students.
Cate noted that the most effective coalitions have very strong parental involvement.
 - Cate is working on getting more parents involved and encouraged other members to reach out.
 - It is important to get the parents whose kids are involved in these behaviors involved.
 - Bill Cleveland mentioned that parents could be recruited from the Parent Training Leadership Institute. The first 20-week session just ended. Tricia will contact Fay Slotnick at Hopkins House.
 - Cate is working on engaging the PTAs.
 - Tricia will reach out to Nancy McCormick.
- Business Community
 - Cara has contacted Ann Huston, Chamber of Commerce representative, about the business community and will follow-up to ask specifically about the insurance industry.
 - Rick Leichtweis will contact Optimum Choice and Kaiser Permanente. Mary Riley has contacted the City Manager's Office to get the City's Optimum Choice and Kaiser Permanente contacts to pass along to Rick.
 - State Farm has programs for underage drinking and drinking and driving. Mary Flynt will contact.
- Media
 - Cate is exploring media.
- Schools
 - Already represented by John Porter, Christina Theokas, Robin Wallin and Mary Flynt.
- Youth-serving organizations
 - Tricia Bassing, Deborah Warren, Mary Riley from CSB, Carrie Cannon from SCAN of Northern Virginia
- Law enforcement agencies
 - Tricia and Cate are setting up meetings with the Police Department and Sheriff's Office.
- Religious or fraternal organizations
 - Cathy Thompson, ALIVE! Inc. representative, has agree to serve on the coalition.
 - Cara will contact youth ministers that were involved in focus groups.
- Civic and volunteer groups
 - Mary Riley; Bill Cleveland; Cathy Coone-McCrary; Rose Berler; Dave Cheney, Tricia Bassing, Cate Alexander and

Mary Flynt from the Substance Abuse Education and Violence Prevention Advisory Committee

- Healthcare professionals
 - Rick Leichtweis, Inova Kellar Center, Inova Health System
- State, local, or tribal governmental agencies with expertise in the field of substance abuse
 - Tricia Bassing, Deborah Warren, Mary Riley from CSB; Maggie Reynolds-Messervy from Alexandria Alcohol Safety Action Program
- Other organizations involved in reducing substance abuse
 - Joe Dunn from National Alliance for Model State Drug Laws

Other Comments:

- Recruit adults in recovery. Tricia will reach out to adults in recovery.
- Bill Cleveland recommended inviting Nathan Carter, a local businessman in recovery.
- Need to diversify the membership of the coalition – JoAnn Maldonado, the Multicultural Services, DHS, and a member of the MH/SA Work Group, may be able to help.
- Rick sits on the Northern Virginia Ministry (NOVAM) Board and will mention the coalition to get them involved. He will also try to recruit more providers
- Northern Virginia Health Foundation has awarded its first round funding. Look into for funding next year.

Next meeting

Cate will be in touch to schedule the next meeting.