

Navajo County Coalition Against Drug Abuse

A Coalition of Concerned Navajo County Residents Joined Together to:

- EDUCATE the Community on the substance abuse crisis
- REHABILITATE those who have fallen into the addiction
- ENFORCE laws pertaining to the spread of substance abuse in our communities



Steering Committee Meeting Agenda

July 14, 2010

1. In Attendance: Gil Alvidrez, Greg Cardita, Kirk Grugel, Sylvia Ortiz, Carolyn Holliday, Pat Hollins, Bud Miltenberger, Chris Rodencal, Lauren Hosie, Ken Hosie, Melissa Graves, Debe Campbell
2. ***Thanks to Bud for bringing bagels!!!!***
3. Guest: Recap on JLA IV: Gil Alvidrez—expanded this year to Show Low and Whiteriver. Blended programming with White Mountain Nature Center (WMNC) and Blue Ridge Youth Center for outdoor leadership development and junior ranger certification. There has been discussion of combining some programs next year where all 3 groups do some things simultaneously, such as parent component, ropes course, etc. The weak link has been the post academy follow-up with kids. This year WMNC trail and bird habitat projects will be used for graduates and as an avenue for monitoring. The parent component was added last year. Greg Cardita, ME, participated as speaker on BRUSD/WUSD parent day and observed that the parents took something away from the presentations and appeared surprised at what they learned. Chris Rodencal noted lack of data collection in program. Data is collected through pre- and post-academy assessments. But she points out that follow up from year 1, 2 & 3 graduates is lacking. She suggests quarterly re-enforcement with qualitative data, which also will allow for tweaking the programs. (see <http://www.emcdda.europa.eu/publications/perk/resources/step2b/theory>). Judge Holliday asked about target kids. Gil explained selection is through teacher recommendations or kids at risk or needing a nudge toward self-esteem to become confident leaders. (gmalvidrez@hotmail.com)
4. Guests: Open Spaces Yoga Center, to discuss prospect of Yoga For Recovery: Lauren & Ken Hosie, Melissa Graves—“Yoga treats the biology and psychology of an addict.” Lauren has taught 15 years; Ken is SART Addiction, Mental Health Recovery and REAZ qualified and worked with NARBAH in Flagstaff. Melissa is a yoga flow instructor who would be involved in this teaching and has deep interest in this population. “Lifting the physical body can lift the emotional body; like a moving medication; can help build resiliency as a practitioner becomes more familiar with and able to adjust their mental awareness. Purpose of yoga focus/control of the mind. Applications seen for integration with Drug Court. Noted Hosies delivered a brief yoga intro to BRUSD JLA kids....on DrugNet last week, among the 3 peer leaders speaking, that yoga session was mentioned as one of the highlights. (yogalauren@frontiernet.net, 928-367-4636, www.openspacesyoga.com)
5. Director’s Report
 - a. AZ Supreme Court Juvenile Justice Grant—director’s salary & expenses ½ time
 - b. WMWC—June \$1,500
 - c. JLA Fundraising—\$24,950
 - i. MCAT, Mary Jeanne Munroe, Summit Healthcare, Elizabeth Clark, Knights of Columbus, May & McEachen, Cellular 1, Friends of CASA, WMWC, Cornerstone Church, Show Low USD, Whiteriver USD, Show Low Youth Recreation & Sports, Hon-dah, Northland Youth Coalition, NC Superintendent of Schools, Yellow Jacket Youth Center, White Mountain Nature Center, Blue Ridge Unified Schools
6. Oct. 6: Summit IV, Youth & Parent Conference—see first committee report, attached—next committee meeting, July 22, 11:30-1:30, including lunch, Summit Healthcare Conference Room 4. Kirk, Chris & Pat volunteered to join the committee. Input from Barbara Bruce & Chris Rodencal—don’t want to exclude adults and previous attendees. Proposal to mandate 18 drug court participants, invite probationers & their parents. Chris noted a little knowledge is bad and “scared straight” does not work, too many scary things on agenda will deter

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attendance. Pat Hollins recommended finding a balance and having interactive sessions for youth, drawing from some JLA activities like artist in recovery Richard Gorman, Stomp Dancing skills by Rasheed Hollins, (yoga for youth & parent stress?). Further clarification from Debe: concept is a youth-parent conference with a joint opening session and breaking adults and youth into 2 different, simultaneous tracks. Point is to address youth market with UAD topic and draw more youth participation for future (youth participation is coalition's weak link. Judge Holliday did not want to use Robin Stamp for opening but rather use amphitheatre for his presentation with rotation of students.

7. Medical Examiner's Report: Greg Cardita—Since our May meeting, 8 drug/alcohol related deaths (4 Rx drug, 4 alcohol & driving, including a Joe City 25yo with 7 passengers, July 4, killed herself and 4yo; one who died from ingesting 2 large bottles of Listerine). 48 cases to date: 4-5% natural causes, 48% or 23 drug & alcohol related [compared to 40% this time last year], a couple of suicides & suicide murders. One suicide mental health & drug related. "Seeing an upward spike across the nation in drug & alcohol deaths, related to economy, stress, etc." Greg projects 50% year end preventable death stats for NavCo.
8. Programs
 - a. June 12: 2nd Annual Summit Healthfair
 - b. June 7-18 & July 5-15: JLA BRUSD, WUSD & SLUSD
 - c. Aug 5: NavCo Network Team, Rx Drugs
 - d. UAD Town Halls—postpone to spring, pre-prom, pre-graduation; reduce number of locations to 4
9. Business from the floor
 - a. Vicky Helland is retuning to Phoenix for Community Bridges. Sylvia Ortiz will replace her on the committee.
 - b. Chris Rodencal & Summit Healthcare will organize a Community Forum on Mental Health in September, inviting 30-50 to converse on filling in the community gaps in behavioral health. Summit had 1,500 emergency department admits for behavioral/mental health issues last year (mostly dual diagnosis). CCC is cutting back services further. If patients are not on ACCHEs, they no longer have access to CCC, Pineview, etc. They now come to ER and can't be sent to CCC or Bridges. A whole segment of the White Mountain population is not being served and is on the streets as a result. Summit's Social Services Dept. is well staffed because it does all the crisis interventions. Community behavioral health groups are not connected, nor working together. Hospital will fund limited services or donate space for pro bono providers. Need to take advantage of pastoral counseling. Support absent post in-patient care off the mountain. Child abuse in ER on the rise. Numbers escalated last 2 months, ie 2 mo old with 15 fractures; lot of family stress issues.
10. Next Meeting Aug 11, 2010, Show Low Municipal Court Conference Room
 - Sept 8
 - Oct 13
 - Nov 10
 - Dec 8