



Nexus Coalition for Drug Prevention
A Drug-Free Community Coalition
www.ncdp.rocks

Community collaboration striving to build a healthy, substance free environment for youth

Friends of Navajo County Anti-Drug Coalition, Inc. (EIN 26-0468100)

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Substance Abuse MAPP Subcommittee Meeting Agenda

Drug Free Coalition Agenda Tue, Dec 14, 2021 11:00 am -12:00 pm via ZOOM:

<https://us02web.zoom.us/j/87264913537?pwd=aWhKMfM0ERvTWNLLeE5vYW0rREFwdz09>

Nexus Coalition Primary Purposes: 1. Strengthen Collaboration Among Community Entities & 2. Reduce Substance Use Among Youth

1. **Vicky Solomon Executive Director Facilitating: THANK YOU for attending!** (DFC) Drug Free Coalition
2. **WELCOME Everyone! WELCOME NEW NEXUS HIRE(s): *Becky Belnap & Stacey Heath***
3. Quick introductions of attendees and what agency you are from. We will go back around later for your announcements and updates.
4. **Attendance:** Vicky Solomon—NCDP, Cheyenne Layton—NCDP, Randy Moffitt – Drug intelligence officer HIDTA, Alysia Heward – CASA Coordinator Navajo County, Donna Porras –Navajo County, Mallorie Ovah – Mental Health and Substance Abuse Coordinator Health dept in Holbrook, Lucy Hamblin – NCDP, Sydney Fox – Public Health Analyst CDC/HIDTA, Mike Simpson—Phoenix Dreams Center possible New Board Member for NCDP, Linda Teague—Navajo County Health Dept. , Stacey Heath—NCDP, Paula Kaye Martin – Changepoint, Ralph Engler--NAMI WMAZ, William Ricci- Navajo County Health Dept. Community Outreach, Anthony Lopez—Navajo County Opioid Response
5. Announcements and Nexus Updates:
 - AZ Youth Survey 2022 coming up! NEED HELP recruiting schools! 8th, 10th 12th grades. ONE class period to take it electronically or paper.
RE: <https://www.azcjc.gov/Programs/Statistical-Analysis-Center/Arizona-Youth-Survey>
THERE IS AN AWESOME PPT you can pull up and review RECRUITMENT VIDEO is awesome you can use, REGISTER your school link
 - ANYONE Christmas shopping with Amazon?? For any Amazon orders you can use this option to help donate to NCDP: smile.amazon.com and put “Friends of Navajo County” as the recipient! (NO extra cost to you!!)
 - Nexus continues to work with SACLAZ -Substance Abuse Coalition Leaders of AZ
 - RESOURCES:
www.ncdp.rocks
 - <https://ncdp.rocks/resources/talknowaz-videos-parent-testimonies/>
 - <https://talknowaz.com/>
 - <https://saclaz.org/>
 - <https://naloxoneaz.com/>
 - <https://thenewmeth.com/>
 - **Sylvia Turley** – Updates on Activities & goals **Cheyenne** – Updates on Activities & goals
 - **Botvin @ GWA, Joe City, and BRJH. MPOWRD at NAA starting in Feb.**
 - **Lucy** – Update on upcoming Parenting Classes- Love & Logic Classes Virtual and in person if desired: lahncdp@gmail.com Parent Support Group online, please inquire within.
 - **Collaborating w/ Linda Kor for Joe City. Love and Logic starting January-March. Finished her masters, yesterday was her graduation!! Woohoo!**
 - **Stacey** – Why are you passionate about working for Nexus?
 - **Loves getting to see all the changes within the youth and make a difference for them in their lives.**

Topic to discuss Lead- Vicky: This month topic will be Suicide/Trauma/Stress-What's going on IN NAVAJO COUNTY??!! How can you HELP? Allison Hephner Community Project Management Services AH@cpmsaz.com

Notes on Presentation:

- Navajo County 23 Overdose Deaths in 2020
 - 2021 had a 45% increase in the number of self-injuries admitted to hospital in both adults and children
 - Allison Hephner has created several sources for mental health/stress relief and trauma understanding
 - “There is hope beyond hurt”
 - Trauma facts but NOT fate: Those w/ Trauma are 4x more likely to become an alcoholic, 4x more likely to develop a STD, 4x more likely to inject drugs, 3x more likely to use antidepressants, 3x more likely to be absent from work, 15 times more likely to commit suicide, 2.5x more likely to smoke tobacco, 3x more likely to have job problems, and 3x more likely to experience depression.
 - Randy Moffitt—everyone involved must deal with trauma, including first responders, family members etc. Trauma has an effect on everyone.
 - Alysia Heward—feel like we are all in a brain fog since the pandemic, feels the effects of pandemic trauma
 - Sydney Fox—we all have real personal reasons for being in this line of work. We all want to help make the world a better place. Substance Use & Mental Health go hand in hand.
 - Linda Teague—youth and adult mental health “first aid” needs to be well known like CPR
6. Go around the room for any ANNOUNCEMENTS or UPDATES for your organization

Paula Kaye Martin—Changepoint: Looking for staff, no date yet but after new year they will have an open house and she will do presentations on what they do

Alysia Heward—CASA Navajo County: 11 volunteers for Navajo County, over 100 cases, needs more volunteers to advocate in Court for these children, monthly family resiliency meeting happens on the third Wednesday of the month at 11 am and everyone is welcome.

Linda Teague—Navajo County Health Dept: continue to train and hand out Naloxone, has handed out over 1,000 doses of Naloxone, expanding pharm reduction, they have fentanyl testing strips, people can go get some free and confidentially. Peer Support Module w/ Allison Hephner to help individual get into and stay in recovery

William Ricci—Outreach Navajo County Health Dept: becoming a bridge for what the county offers for services

Mallorie Ovah—Health Dept in Holbrook: Waiting for new boss to start, holding off on plans until then. Interested in support groups that are starting

Mike Simpson—White Mountain Dream Center: New 40-acre parcel so they can provide food and shelter to homeless and trafficking victims

Randy Moffitt—HIDTA: Working with Sherriff Clouse to get the OD map up and running for Navajo County

Sydney Fox—CDC/HIDTA: OD Map expansion for all 15 counties, working on getting meth toolkits out, will send out a link/document, closely working with medical examiners

Ralph Engler—NAMI WMAZ: Family support group in person on the 2nd and 4th Tuesdays of the month @ 6pm, go to website and you can find the calendars for the two big chapters, new 988 phone number for suicide HELP will go into effect in July 2022.

7. ***WE HAVE FREE NARCAN & Training - 82% of overdoses happen in the HOME**

* “When You Are Ready” Brochures and Resource Guides

Thank you for everything you do for our community! Your support is greatly appreciated!

THANK YOU FOR YOUR TIME IN ATTENDING! Next Meeting Jan 11th 11am-12pm same Zoom link

Dates for Drug Free Coalition Meeting – 2nd TUES of EACH MONTH excluding June/July (No meetings)