



Alliance for Healthy Communities

April 7, 2015 Meeting Minutes

3:30–5 PM, Parkway ISC

AHC 1st Tuesdays

12657 Fee Fee Rd.
Rm A
St. Louis, MO 63146



Alliance Vision: To create a community empowered to make positive choices through knowledge, skills and resources.

Alliance Mission: Engage the community to reduce youth substance abuse and risks of suicide by raising awareness and changing community norms.

Attendance: Rod Campbell (Bridgeway Behavioral Health), Pat Gray (parent), Sandy Baker (parent), Pat Barry (parent), Katie Barry (parent), Elizabeth Makulec (KUTO), Marvi Foltz (St. Timothy’s Episcopal Church), Kim Dressel (Wren Hollow Elementary), JJ Meyer (parent), Will Winter (University of MO- St. Louis), Ronale Bauman (parent), Bruce Butler (parent), Clay Butler (student), Stephanie Ehmke (The Crossing), Sheree Waterhouse (Manchester P.D.), Kate Norlie (parent), Jane Ferrari (parent), Amy Weiland (The Crossroads Program), Amanda Herbse (student), Nick Mills (student), Pat Mawhinney (parent), Earl Barge (Chesterfield Alliance for Positive Youth), Mimi Holder (Parkway Southwest Middle School), Lori Krueger (NCADA), Patty Shure (parent), Sam Minton (student), Jill Butler (parent), Katie Shelton (parent), Skip Eder (parent), Jan Rottermich (parent), Bryan Quick (Preferred Family Healthcare), David McVey (Mercy Clinic), Ken Eigenberg (parent), Owen Eigenberg (student), Casey Lambert (St. Louis County Police), Sandra Weber (parent), Ken McManus (AHC Director)

A Prom Gone Very Wrong Alex B. shared the moving story of his Prom nightmare, as well as the larger challenges of his history of drug use and progress in recovery. Without question, Alex’s story illustrates the need for AHC and other regional groups to act to raise community awareness of the realities of the risks youth face, especially during prom and graduation season- one night, one episode. clearly ruins lives.

AHC’s Safe and Sober Prom/Graduation promotion plans: Jim Meyer and Ken McManus outlined the plans for AHC’s collaboration with area high schools for promoting awareness of safe and sober prom and graduation celebrations. The plans include five components:

- ◆ 3 lawn signs, 2 for prom, one for graduation, that read “SAFE SOBER PROM NIGHT”, “SAFE SOBER PROM NIGHT- DO IT RIGHT”, SOBER GRAD (with graphics)”
- ◆ Marquee message: PROMise to be Safe and Sober!; Celebrate Sober- Protect Your Success! (graduation)
- ◆ Connect 5/Alert Now messages: “Keep 2015 Prom Safe- Prohibit Underage Drinking”, “Protect Your graduate’s Success- Prohibit Underage Drinking”
- ◆ Principal’s letter to parents: AHC will offer area high school principals a draft letter briefing articulating recent statistics about the risks and tragedies associable with prom and graduation season and asking parents to prohibit underage drinking, monitor their child’s whereabouts, partner with other parents to assure alcohol-free parties and be available to provide your child safe transportation home without penalty.
- ◆ Law enforcement strategies: AHC and area police are collaborating to provide alcohol retailer compliance checks and neighborhood saturation patrols.

Announcements

ACT MO Mini-Grant Update– *Stand Up 9!*

Ron Ramspott

- ◆ 83 Parkway 9th grade students completed a day and one half training and team building program. Each team is now implementing an awareness raising, social norms project in their school community.

Parkway SADF Night at the Ball Game- April 29, 2015

Ron Ramspott

- ◆ \$29 tickets for AHC members. Available through Ron Ramspott: 314-415-7034 or ramspott@parkwayschools.net

For More Information Contact

Ken McManus, AHC Director

kmcmanus@parkwayschools.net

314-415-7015

Next Meeting: May 5, 2015



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Announcements (cont.)

AHC Monthly Topic Calendar

Ken McManus

- ◆ The AHC monthly meeting Topic Calendar was presented. The Topic Calendar is available on AHC's website (ahc-stl.org), AHC's Facebook page and will be distributed regularly in advance of AHC monthly meetings.

Community Event Calendar

Ken McManus

- ◆ In line with its mission to raise community awareness, AHC will maintain a calendar of regional events pertinent to substance abuse and suicide prevention. Trainings and agency fund raisers, etc. are all candidates for inclusion. It is requested that as AHC partners become aware of relevant events that the information be passed along to Ken McManus (kmcmanus@parkwayschools.net) for inclusion in the calendar. The calendar will be maintained on AHC's website and periodically posted on AHC's Facebook page.

PNH *The Bedroom Project* April 13, 6 - 8:30pm

Ken McManus

- ◆ Prevention involved students at Parkway North High School are collaborating with their school resource officer and Preferred Family Healthcare in the production of *The Bedroom Project*. Incorporating theater and education presentations, the program is offered for parents and others involved with youth and intends to provide information about sign and symptoms of youth drug use.

AHC Community Meeting *From Prescription to Addiction* April 28

Ken McManus

- ◆ AHC is holding a community meeting on April 28, from 7 - 8:30 pm in the Emerson Auditorium at St. Luke's Hospital. Entitled *From Prescription to Addiction*, the meeting will provide current information on the trends in youth abuse, addiction and overdose involving opiate medications and heroin as well as information about regional interventions and steps parents can take to reduce the risks for their children.

NCADA 50th Anniversary Symposium; *Complexities of Cannabis*

Lori Krueger

- ◆ *50th Anniversary Symposium*- April 23, 2015, St. Louis University Student Center, 8am - 5pm. More information at ncada-stl.org or at 314-962-3456 ext. 307
- ◆ *Complexities of Cannabis* May 1, 2015, 8:30 - 12noon, NCADA office, 9355 Olive Blvd., 63132. More information at ncada-stl.org or at 314-962-3456

AHC Community Resource Assessment

Will Winter, Ph.D.

Dr. Will Winter initiated a process of gathering AHC member input regarding the types of community resources, including specific agencies and individuals, that might be collaborative allies for AHC in its mission to raise awareness and impact community norms. Dr. Winter indicated that he will research the potential resources identified and present detailed information and a resource listing "model" in subsequent AHC meetings.

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kmcmanus@parkwayschools.net
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AHC Member Outreach Initiatives Easy-to-do actions AHC members can take to raise awareness of AHC, its mission and services. Ken McManus

Because AHC's ability to raise awareness and change community norm about youth substance abuse and risk for suicide is tied to its community presence, AHC affiliates are asked to take the following action on behalf of building AHC's community credibility.

1. "Like" AHC's FaceBook page - <https://www.facebook.com/pages/Alliance-for-Healthy-Communities/161254294035447>
2. "Share" AHC Facebook posts- include a personal message to your friends.
3. Ask 3 people (colleagues, friends) if they know about AHC. Be prepared to share our mission, a brochure and event information with them. Ask them to "Like" us on FaceBook.
4. Invite/bring a friend or colleague to an AHC general meeting (1st Tuesdays of each month, 3:30 - 5 pm, Parkway ISC).
5. Talk to your work place manager, your Pastor or Rabbi or your child's school principal about AHC. Ask them to have a link established on their website to AHC's website (ahc-stl.org).
6. Ask your work place manager, Pastor or Rabbi or administrators in your child's school, to distribute to distribute the medication drop-box location cards.
7. Ask your child's pediatrician and your physician to provide patients with medication drop-box location cards and a link from their website to AHC's website (ahc-stl.org).

By accomplishing even on or two of these tasks, AHC's community presence will be enhanced. If you could accomplish three or more of these tasks, imagine how many more people will learn about AHC and possibly join in our efforts to improve the health of our youth.

Adjourn– THANK YOU for your attendance, participation and support!

For More Information Contact
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kmcmamus@parkwayschools.net
314-415-7015

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