



Alliance for Healthy Communities

July 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.

- 3:30 **Introductions and Announcements** Ken McManus, AHC Director
- ◇ AHC Monthly Topic Calendar: August 4 meeting will be led by Ron Ramspott (McManus will be OOT) and feature a presentation by Ms. Spring Schmidt, Public Health Manager, St. Louis County Department of Public Health. Topic: *Substance Abuse, Sexting and Social Media*.
 - ◇ Community Event Calendar: no announcements made. Please check ahc-stl.org for updates.
- 3:40 ***Substance Abuse, Internet Porn and Adolescence*** Stephanie Ehmke, L.P.C. provided an excellent presentation that detailed the important similarities in substance abuse and internet pornography involvement. Among the important points made: Because the underlying neurology of various addictions manipulates similar dopamine pathways, internet porn addiction, a.k.a. arousal addiction, is a significant risk for adolescents, especially when involvement with pornography and substance abuse co-occurs over prolonged time periods. Ms. Ehmke's power point presentation is available at ahc-stl.org on the important documents page.
- 4:20 ***AHC Community Resource Assessment- survey update*** Will Winter, Ph.D.
Will Winter reported that our online resources survey has garnered upwards of 50 responses. Will asked for two volunteers to assist him in sorting the data collected. Will further asserted that the coalition will need to discuss what forms and uses the resource compilation might take to best serve AHC's purposes.
- 4:30 ***Strategic Prevention Framework- How This Thing Works*** Ken McManus, AHC Director facilitated a brief overview and discussion of the first two components of the Strategic Prevention Framework: Assessment and Capacity Building. Among important points made: (1) Assessment is an *ongoing process* of gathering data that enables AHC to adequately understand the community it serves and targeted health challenges as these challenges are expressed within our community. (2) Partner recruitment is the primary means of capacity building for AHC's work. A brief power point presentation used for this discussion is available at ahc-stl.org on the important documents page.
- 5:00 **Adjourn– THANK YOU** for your attendance, participation and support!

Next Meeting: August 4, 2015
Topic: Sexting, Substance Abuse and Social Media
Spring Schmidt, Public Health Manager
St. Louis County Department of Public Health

For More Information Contact
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