



Alliance for Healthy Communities

November 3, 2015 meeting minutes

3:30 to 5 PM, Parkway ISC

AHC General Mtgs.
1st Tuesday/mo.
3:30 to 5pm
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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 for suicide by raising awareness and changing community norms.

Attendance: **Kim Dressel*** (Wren Hollow Elementary), **Theresa Henry*** (Washington University Medical Center), **Megan Schacht** (St. Louis County Family Court), **Ron Ramspott*** (PSD Coordinator Health and P.E.), **Jim Meyer** (Abbott Labs), **Lori Krueger*** (NCADA), **Capt. Kevin Scott** (Ballwin P.D.), **Earl Barge** (CAPY), **Marvin Folz** (St. Timothy's Episcopal Church), **Ruthie Andrews** (Cairn Counseling), **Sgt. Anica Jankowski** *(MOARMNG), **Det. Casey Lambert** (St. Louis County P.D.), **Amy Weiland***, (The CrossRoads Program), **Keith Street, D.C.** (St. Louis County Dept. of Public Health), **Carissa van den Berk-Clark*** (St. Louis University), **Ken McManus***, (AHC Director) **indicates participation in post-meeting work session.*

3:40 **Pain Management Without Drugs**

Ruthie Andrews, L.P.C.

Ms. Andrews provided a fast paced presentation that detailed many aspects of pain management in a cultural context in which pain management is too often equated with pain elimination and a heavy reliance on medications, particularly opiate medications. Some main points of her presentation included:

- Americans consume 98% of prescriptions world wide, as much as 80% of which are for pain management.
- *Pain reduction* or management is not about *pain elimination*.
- Non-reliance on medications involves sustained *lifestyle and attitudinal* changes that maximize the body's built-in pain sensory-management (analgesia) system, including
 - Effective stress management, regular movement/activity, consistent, adequate sleep
 - Learning to "work with" vs. "fighting" pain
 - Dietary vigilance and weight management: e.g., Intake reduction of sugars, carbs and fat
 - Alternative interventions e.g., relaxation, meditation, self-hypnosis, acupuncture, massage and bio-feedback
 - Increased intake of vitamins C, B-3 and B-6 as boosters for endorphin production (natural opiates integral to internal analgesia system)
- Opiate medications cause the limbic system of the brain to become overactive, resulting in opioid induced hyperalgesia- over sensitivity to pain as a function of chronic opiate interference with normal pain reception. The common response to opioid induced hyperalgesia is increased opiate consumption.

With permission from Ms. Andrews, this presentation was video-recorded and the recording will be available at ahc-stl.org.

4:30 **AHC Activity Planning: Prescription Medication Abuse**

Sgt. Anica Jankowski.

This work session lasted until 7pm and enhanced the focus of previous work regarding action planning for AHC's priority of impacting prescription medication abuse. Specifically, the work group targeted strategies that can influence local household management of medications, including sustaining activities already in place. Strategies targeted included (a) expanding partnerships and methods through which household safety information can be disseminated, (b) increasing capacities of parents and other stakeholders to identify signs of youth prescription medicine abuse, (c) promotion of disposal and storage strategies, e.g. DeTerra disposal bags, 24-hour drop-box locations and take-back events and medication lock boxes and (d) increase AHC capacities for participation in local, regional and state level advocacy for medication related legislation.

5:00 **Adjourn- THANK YOU FOR YOUR ATTENDANCE AND SUPPORT**

Next Meeting: December 1, 2015
Topic: Affluence and Affluenza,
The Challenges of Work Hard - Play Hard