



Alliance for Healthy Communities

November 3, 2015 meeting agenda

3:30 to 5 PM, Parkway ISC

AHC General Mtgs.
1st Tuesday/mo.
3:30 to 5pm
12657 Fee Fee
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.

3:30 Introductions and Announcements

- Community Calendar
- AHC 2016 Topic Calendar
- ACT MO *Building a Healthy Missouri* State Prevention Conference, November 17-18, 2015, Lodge of the Four Seasons
- NCADA Program Announcements

3:40 Pain Management Without Drugs

Ruthie Andrews, L.P.C.

Western culture is one in which the first line of defense for pain management too often involves the use of opiate medications. There are other important pain management strategies about which community members ought to have knowledge. This presentation reviews cultural norms, the neurology of pain and important alternatives to dangerously addictive medications.

4:30 AHC Activity Planning: Prescription Medication Abuse

Sgt. Anica Jankowski.

In AHC's August 2015 meeting Sgt. Jankowski initiated the use of logic models as a means of gathering and organizing input from stakeholders in determining our coalition's next steps. This portion of the meeting will extend that input process, with specific emphasis on prescription medication abuse and the growing heroin epidemic. *For those interested and available, this planning process will continue beyond the 5pm adjournment as an extended work session until 7pm.*

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