



Alliance for Healthy Communities

October 4, 2016 meeting agenda

3:30 to 5 PM, Parkway ISC

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



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 Welcome and Introductions

3:35 Announcements

- **AHC's Community Resource List Now Available** As distributed with the meeting agenda, the AHC resource list is now available at our website, ahc-stl.org on the important documents page.
- **St. Louis College of Pharmacy PSA Contest**
- **UPDATES:**
 - **Fall Medication Take-Back event: Saturday, October 22, 10-2; locations TBD**
 - **2016 Topic Calendar**
 - **NCADA Calendar**

Lori Krueger, Regional Support Specialist

3:40 **Suicide: Dangerous Myths and Harsh Realities** Gary Behrman, Ph.D., Saint Louis University

Suicides among area youth continue to challenge our community- two Parkway alums in the past month. Local police departments report responding to a suicide related call every 2-3 days (all age groups).

Returning by AHC member request, Dr. Gary Behrman will share information about the dynamics of suicide and the challenges of suicide prevention. There are many myths, a.k.a wrong assumptions and stereotypes, that limit community understanding and response to at risk populations. These myths are often contradicted by the harsh realities of the wide scope of vulnerability and the continuing social stigma that too frequently stops people from seeking the help they need.

4:20 **Concussion Induced Depression- A Student's Experience** Claire Sharpe, PSH Senior

An individual's mental health status can be easily taken for granted and just as easily disrupted by an unexpected, yet "common" life event. In this case, Claire Sharpe, an outstanding senior at Parkway South High School, experienced a severe concussion while playing LaCrosse. While now fully recovered, Claire has decided to share her story as a way of raising community awareness about depression and how easily a person can find themselves in its grasp.

4:45 **AHC's 2017 Topic Calendar Planning** Ken McManus, AHC Director

Topics for AHC's 2017 meeting calendar will be reviewed with additional suggestions appreciated.

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

Next Meeting: November 1, 2016

Topic: Legislative Advocacy Skills and Strategies

Thomas McAulliffe, Missouri Foundation for Health