

Leelanau County Substance Abuse Prevention Coalition

February 4, 2022 – 9:00 a.m.

Leelanau County Government Center and virtually via Zoom

<https://youtu.be/bsijjPTBLsE>

The meeting called to order at 9:03 a.m. by Chairman Rushton.

Introductions were made.

Present in Person: Chairman Debra Rushton, Gwenne Allgaier, Chet Janik, Mike Borkovich, Sharon Vreeland, Gail Carlson, April Missias, Rebekah TenBrink, Audrey Sharp, Judge Marian Kromkowski, Keltie Palmer, Glen Lake Community Schools.

Present via Zoom: John Boonstra, Tricia Denton, Dave Freeman, Timothy Hudson, Jolanda Murphy, and Lauren Reed (Coordinator, Grand Traverse County Drug Free Coalition).

Review and Approval of December Minutes:

Allgaier noted she wants to be up to speed on Teams – we will be addressing that.

Motion by Allgaier to approve the December 3, 2021, meeting minutes as presented.

Seconded by Janik.

Discussion – none.

Ayes – 17

No – 0

MOTION CARRIED.

Announcements/Updates from Members:

- Janik provided an update on the opiate lawsuit that Leelanau County had joined; Leelanau was one of the first counties to join the opiate lawsuit. It was a federal case, which many other units of government across the nation later joined. We submitted all our costs and there is a tentative settlement. Leelanau may receive up to \$430,000.00, minus 35% legal fees over 18 years. The first payment could come as early as this year. More comments followed on the suit. Janik added our efforts were worth it.

Janik added, besides the financial issues, a lot of good came from it. Chairman Rushton said when we brought that before the County Board, the Board felt it was a worthwhile cause. We went ahead with it, and as Janik stated, a lot of good has come out of the conversation and process that has helped large and small communities alike. She wanted to thank the County Board in having the wherewithal to hold firm in holding these companies accountable. It will be an advantage for this Board to have a little funding from those who created the problem. Discussion followed on the funding distribution.

- Denton thanked everyone for the opportunity to present on the Blue Bench Project; she did get some interest after her presentation. She is hopeful that Vreeland might have an update for us on the project moving forward soon. Vreeland said she was approached as to whether the LCFCC (Leelanau County Family Coordinating Council) could take on some leadership in that

project. She did not receive an overwhelming response from the Executive Committee about that; However, her work with Up North Prevention might be able to promote it in some way.

- Vreeland said with regard to the Substance Free Coalition, their Phase Three of the opioid campaign is going well. For advertisements in streaming TV, they are receiving a 98% completion rate, and just under a 1% engagement rate with internet ads. They have ads on billboards, and all throughout the bus depots in Traverse City and Kalkaska; a bus that serves Leelanau and Grand Traverse Counties has an ad, and they have posters in businesses in bathrooms throughout the region, and social media. The messaging is alternatives to opioid use in pain management. They will begin drafting a campaign around root causes and stigmas soon, related to substance use disorder. Judge Kromkowski asked and Vreeland affirmed they are able to boost the ads on Facebook.

Coalition Update – Prevention Network Mini Grant:

TenBrink said she, Sharp, and Vreeland had worked together on the application for the mini grant, awarded by the Prevention Network (*Note: SAMHSA is administering the Substance Abuse COVID Supplemental Block Grants to the states; MDHHS-OROSC is administering on the state level, and Prevention Network is administering this grant*). The maximum amount that could be awarded was \$50,000.00, which they were awarded. She said they want to conduct an epidemiological study for the County, which also included staff time for organization. TenBrink described how the recently awarded grant will allow the Coalition to figure out next steps. Janik asked and TenBrink provided an overview on the Prevention Network organization – they are based out of Lansing, and in support of capacity building in coalitions. She and Sharp will be meeting with the director monthly. The Network also provides workshops amongst all Michigan Coalitions that want to join, to educate and inform. Vreeland said a lot of the counties that Up North Prevention serves qualify for funding. Discussion followed on the funding, and Sharp confirmed it is a federally funded group.

Janik asked what is the end goal for the study? TenBrink said they want to target exactly where the hot points are in the County – is it opioids, marijuana, or alcohol? Yes, we have some anecdotal evidence; however, we do not have any evidence, such as surveys as to where the problems exist. There are probably different hot spots for different substances throughout the County. Chairman Rushton asked does this also encompass vaping? TenBrink affirmed – the groups they talked about – Group 2 (Research/Needs Assessment) will be working with the epidemiologist on what we want to find. She is excited. Janik asked will this be across the spectrum? TenBrink affirmed, saying it will be for all age groups. We want to know not just the substances being used but the age groups involved. Rushton remarked that is important, because we cannot do the same things for teens that we do for seniors. We will need these segregations in finding a path moving forward. Allgaier said when she was on the SUD (NMRE's Substance Use Disorder) board, alcohol was always the dominant issue across the region. Palmer said the biggest topic discussed at Glen Lake Community Schools is vaping, although she doesn't doubt the other problems exist. Chairman Rushton remarked with vaping there are all sorts of products they can put in the device, whether it is nicotine or THC. Palmer said they have a lot of kids trying to get away with (using) during (school hours). Rushton said it is readily

available, and easy to hide. Allgaier said the SUD figures are for people 20 and above who show up for treatment. Vreeland said if you want to seek additional funding, the data will be there after this study is completed. She remarked on a previously conducted study from Grand Traverse County.

Janik asked what is the timeline in terms of getting the study implemented, and obtaining the results? Sharp and TenBrink responded they are hoping to have the study completed by the end of the calendar year. The workplan has other goals and objectives they hope to achieve. We need to contract with the epidemiologist to figure out a timeframe. Janik said that was part of the proposal to contract with professionals. TenBrink affirmed.

Discuss Work Plan. TenBrink said the workplan they have developed is a working document. She will share the workplan with others after the meeting (attached). Chairman Rushton said you have a proposed plan for the Coalition to review and have a discussion onto make decisions on moving forward. Rushton thanked them for the work they have done to get us to this point. Do we want a preliminary discussion on what you have proposed today? TenBrink said during the last meeting, they had discussed on breaking out into three different work groups. The goal was to be a working coalition, that was actively out in the community, so our presence is known and seen, while also continuing to meet as a larger Coalition, we would break into the smaller groups and meet on a monthly basis.

TenBrink then reviewed the three groups from the **“Proposal For Work Groups”** – Community Engagement; Research and Needs Assessment; and Capacity Building and Education (attached).

TenBrink said they have developed a planning packet for each group. Missias asked do you have an idea of how you want to populate these groups? TenBrink said take one thing you can do well to bring to a group and choose that group. She gave the example that Sharp would be great for Group 2. Vreeland would be good for Group 3. Discussion followed. Janik said we can start this and still change it. Chairman Rushton said she would like to see the members select their groups. TenBrink said they created a framework with very specific guideposts for each group on which way they want to go. Rushton remarked we had done something similar a while ago. She would like the members to speak to us first and weigh in and reach out to us for feedback, then you will have the guidelines for those groups. Janik said we did send out an email a few weeks ago to pick a group and very few responded. Rushton said maybe members are a bit hesitant because they don't know what the groups look like. Discussion ensued.

Sharp said the idea is when you are in a large group, it can become difficult to take action. The idea behind these groups, is that we have three different groups focusing on three strategies of prevention to effect change. The Coalition meeting will be the reporting of the success of these three groups. Each of the three groups would meet monthly, and then all members would meet quarterly as a whole. They hope everyone will pick a group and then set a meeting date for those work groups. Sharp said she and TenBrink will be at each Work Group's first meeting to work through the goals, and the groups will then set what they want the rest of the year to look like. They want members to pick a group each person feels passionate about. That is the

expectation. Chairman Rushton said we don't have all our members here, so we need to get the information out so people know exactly what it is they are being asked to do. Kromkowski said she wants to work with the Community Engagement Group (Group 1). Rushton stressed she doesn't want to see us appointing people to certain boards; rather, people come forward with their choice. Denton said she would like the Education Group (Group 3); Palmer, Janik, and Boonstra, Group 1; Carlson, Group 2; Missias, Group 2 or 3. Janik said if anyone want to sit on more than one group they can. We can do a summary of this and send it out to everyone to get back by a certain date. He assumes you want the work groups to begin meeting fairly early.

TenBrink said Sharp has put together a workplan booklet for each group. She would like at least one work group meeting completed before the end of February. Janik said we can send out the documentation next week (Monday, February 7).

Chairman Rushton said you have put a lot of thought and work into organizing these groups; she thanked TenBrink, Sharp, and Vreeland, adding she realizes it isn't easy. Janik concurred – you have put a lot of work in behind the scenes here. You came up with the idea last year, prepared a grant proposal, and that took a lot of work. He thanked the three for their efforts. He is sure the County Board will be grateful for their efforts. Rushton said historically, we have had a great group of people that want to see the program do what we expect it to do. Each one of us has their own reason for being a part of this.

Freedman said he would like to join Group 3; however, he has some information that is pertinent, and he would like to share that with Group 2, as they move forward. Janik said we have always talked about what is happening out there, so this will provide us with a blueprint moving forward; this is a major step. Allgaier said when she first read this, she felt overwhelmed. As she has listened today, it helps. Part of our job is to find people in the community who can be part of this and spreading out; we all know people. She is willing to teach. Chairman Rushton remarked that is a great point, in looking outside at our community; in Grand Traverse County, they have had some young people, some older people that have recovered. They bring so much to a coalition, because they have lived the experience. Sometimes we think we understand them, and we don't. We need to look into the community for a few special people who have "gone through the fire" and get some insight. There are people with vast experience in medical and law enforcement that have seen another side. Missias said Allgaier brings up a good point; sometimes we feel we have to do it all. We have a huge community, and it is job to find them. Janik said we talked about needing the data. Because of the dialog we had in December, Vreeland informed us of the grant opportunity. For us to do it, it would be overwhelming. Our job is to find the right resources and come up with the right ideas. He added it is great to have someone from the schools present. Covid has had an impact on participation.

Allgaier said do you know kids who have gone through treatment, or gotten off of some substance? Palmer responded, not that she is aware of, like a formal support effort. She has seen more of the anxiety and depression leading to substances abuse. She has been at Glen Lake for a year. With the majority of kids she works with, they have been focusing on

depression. She has worked with a handful of students who might be using; one has been interested in quitting (using). There needs to be some support there. A support group would be amazing to have. Allgaier said a peer group of kids that quit or want to quit... Janik noted Coalition member Claire Scerbak can speak to that, as she has personally experienced this with a family member and has worked with a number of groups and organizations.

Denton remarked she was 15 when she got into recovery. She has been continuously absent and has been involved formally and informally with ongoing groups. She has experience and current connections. TenBrink commented the peers need a facilitator.

TenBrink said with regard to the Coalition and the support work groups, she is reading a book about starfish, and how if you remove one of its arm ends, it can actually grow into another starfish. Similar to that, we will have tentacles going out and we will have advocacy throughout the region. It is very important to have representation of people that are experiencing it or have experienced it. The work groups are not limited to the people sitting here. As we grow, and gain traction in the things we do, especially the community engagement piece, people will become passionate about starting their own tentacles. TenBrink provided more comment; discussion followed.

Janik said John Elchert publisher of the *Leelanau Enterprise*, is more than willing to run forum pieces on the grant, your goals, and restructuring – it would be a great way to reach out to the community and generate interest. A forum piece could be followed by informational ads.

Chairman Rushton asked how are we going to measure our effectiveness going down the road? She doesn't expect an answer today. She would like to keep this on our radar.

Vreeland said one of the things we can employ after the epidemiological study is done, would be a logic model, take the data, figure out which actions are needed from that data, and then take action and then set measurable goals. Chairman Rushton asked how will we measure after setting those goals; it is very important that we measure our effectiveness.

Janik remarked on the next full Coalition meeting date – if we continue our trend, he would suggest April 8. Chairman Rushton said if we are asking about engaging monthly with the groups, then perhaps meet one more time in the next two months, and then restructure to a quarterly schedule? Discussion ensued. Janik said you will have more details about the study if the County Board approves the grant. Allgaier said if our assignment is to attach ourselves to a group, we can always move.

TenBrink said she and Sharp will email each group, and provide a Doodle Poll to set a meeting date. We will get things organized and started for each group. Janik said if we do meet back on April 8, he will reach out to see if we can meet on site in Peshawbestown. The Grand Traverse Band of Ottawa and Chippewa Indians is a gracious partner. It would be good to continue that partnership and continue meeting on alternate dates there.

Chairman Rushton said if they are comfortable with that, we could set a meeting date.

Discussion followed on the next group meeting – **April 8, 9:00 a.m. – meeting site to be announced.**

Member Comment:

None.

Next Steps/Adjournment:

Meeting adjourned to the call of the Chairman at 10:05 a.m.

Laurel S. Evans
Recording Secretary



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Congratulations!

Leelanau County Coalition for Substance Abuse Prevention

Rebekah TenBrink
8527 W. Government Center Dr.
Suttons Bay, MI 49682

Coalition Community Change (C3) Program has completed its review of your application, and Prevention Network is awarding you the mini- grant in the amount of \$50,000.00 on December 16, 2021.

Please reply immediately with the Account Name, Account Number, and Routing Number for your organization and attach a signed copy of the contract indicating understanding and agreement of how funds are to be used. This is formulated on standard federal grant stipulations.

Coalition Community Change funds allocated to your organization must be spent by March 5, 2023. All narrative and financial monthly reports, which is attached here for reference, are due monthly on the 5th of each month starting January 5, 2020. In addition, you have agreed to respond to Qualtrix surveys from Wayne State University for the purposes of evaluating this grant. Based on your project narrative, we will be creating an account for you to enter data on Michigan Prevention Data Systems (MPDS). Prevention Network's Program Coordinator will arrange a mini desk-audit and site visit 8-10 months following your award date. Your final report is due no later than March 5, 2023.

As a cost reimbursement grant, please submit reimbursement requests for approved project expenditures to myself at least monthly including description, line item, amount, date, and grantee ID 02LURH12.

With all questions and information, please contact the Program Coordinator at ruths@preventionnetwork.org.

On behalf of the Prevention Network board of directors and staff, congratulations and we look forward to supporting you on this project!

In Your Service,

Ruth Schwendinger
Coalition Community Change Program Coordinator (C3PCo)

The mission of Prevention Network is to help Michigan communities prevent underage alcohol use, youthful tobacco use, and other substance abuse.



Leelanau County Substance Abuse Prevention Coalition
 Prevention Network's Coalition Support and Community Change Project Grant
 Work Plan 2022

Item Number	Activity	Budget	Timeline												Comments
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
Goal #1: Conduct Epidemiological Study															
1.1	Identify epidemiologist to conduct study	\$25,000		x											
1.2	Create contract with epidemiologist			x											Set up payment plan
1.3	Conduct study in collaboration with subcommittee														
1.4	Publish results of study														
1.5	Synthesize results and create action plan with other subcommittees														
Goal #2: Build LCSAPC membership															
2.1	Identify and invite stakeholders	N/A	x			x			x			x		To be done quarterly ahead of each LCSAPC meeting	
2.2	Assign new members to subcommittees			x			x			x			x		
2.3	Create a plan for membership retention					x									
2.4	Execute plan for membership retention					x	x	x	x	x	x	x	x	x	
2.5															
Goal #3: Restructure LCSAPC to include three subcommittees – community-based processes, alternative activities, problem identification and referral strategies															

Proposal for Work Groups for LCSAPC

Group One: Community Engagement

This group will work to provide opportunities for the target population (as determined by the epidemiological study) to participate in safe and healthy activities that exclude substance use. These alternative strategies must be based on the community needs assessment and aimed at building skills that reduce risk or enhance protective factors.

Examples include: free social and recreational events, community drop-in centers, community service activities, youth, or adult leadership activities. Community connection and a safe environment to engage with others as one's authentic self which are excellent protective factors for all ages.

Group Two: Research and Needs Assessment

This group will assist in a professionally conducted county wide epidemiological study. This study will identify key focus areas of individuals and subgroups who exhibit biological, psychological, and or social risk factors for developing a substance use disorder or co-occurring disorder. Group two will report findings from epidemiological study and provide community needs assessment to aid in Group One's planning and implementation.

Group Three: Capacity Building & Education

Incorporate organization, strategic planning, interagency collaboration, community, or team building to enhance the efficiency and effectiveness of service implementation. Research and conduct training for local leaders, school professionals, and the community.

Examples of this strategy would be training a network of providers to implement peer recovery coaching services. OR providing an ACES training for school professionals and community leaders. Additionally, will locate resources and key collaborators to assist in the overall planning process.

Phased Group Building and Planning

Phase I: Update Strategic plan, and revise wording. When finished, as a coalition vote on revisions and implement new processes and procedures (if needed). (Due 1/30/22)

Phase II: Select groups 1-3. Invite community stakeholders to join group initiatives and present overarching themes and goals. (Due 2/28/22)

Phase III: Set dates for goals and TAKE ACTION! (TBD and will vary from group to group)