

## **Leelanau County Substance Abuse Prevention Coalition**

April 8, 2022 – 9:30 a.m.

*Leelanau County Government Center and virtually via Zoom*

<https://youtu.be/ZFrnR03so3Y>

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

### Roll Call –

Present in Person: Chairman Debra Rushton, Chet Janik, Mike Borkovich, Sharon Vreeland, Gail Carlson, April Missias, Rebekah TenBrink, Audrey Sharp, Judge Marian Kromkowski, Keltie Palmer, Glen Lake Community Schools; John Boonstra, Kip Belcher, Suzie Cline, Tricia Denton, Elena Zientek, Community member.

Present via Zoom: Scott Scholten; Timothy Hudson, Behavioral Consultant, U-M; Jolanda Murphy, Grand Traverse Band of Ottawa and Chippewa Indians, Public Safety; Linda Solem, SUD Specialist, Up North Prevention; David Freedman; Jamie Strickland, Benzie/Leelanau District Health Department.

Introductions were made; discussion on potentially attending a future meeting at a Tribal Meeting Room.

### Review and Approval of April 6, 2022, Meeting Agenda, and February 4, 2022, Minutes:

Discussion followed.

**Motion by Carlson to approve the February 4, 2022, meeting minutes as presented. Seconded by Denton and Borkovich.**

Discussion – none.

**Ayes – All**

**No – 0**

**MOTION CARRIED.**

### Michigan Prevention Network Grant Update:

Sharp said they have shared information in the past on the Prevention Network C3 grant the Coalition has received and they will be receiving reimbursement. The bulk of the funding will go towards the proposed epidemiological study which will be conducted by Grand Traverse County. Janik asked and Sharp responded an agreement has been drafted; discussion followed. TenBrink to follow up with Grand Traverse County, as a copy has not been received by Administration.

### Opiate Lawsuit Settlement Terms:

Janik said he thinks there will be a formal settlement fairly quickly; the stumbling block is between the states involved and the attorneys general. There is an agreement in Michigan; it appears that Leelanau County will get \$438,000.00, minus legal fees, which is almost \$16,000.00 per year for the next 18 years, and could start as early as this summer, once the final documents are signed. The units of government that were part of the original lawsuit will get a larger amount than any that signed on after the fact. More comments followed. Janik said what we are doing here will fall in line with what the funds can be used for.

### Member Updates:

Borkovich noted Congressman Jack Bergman will be visiting him this morning, so he will need to leave early. He said when they are talking about “gateway” drugs – alcohol, marijuana – it leads to people who are not happy with the gateways. You just don’t start out with heroin. He continued to comment at length about the types of drugs being distributed, and how Fentanyl is being added to many other drugs. He cited statistics from a document that he thought was okay to share with the public (copy not provided). He noted it is extremely valuable for his office to have the support from TNT (Traverse Narcotics Network). As many TNT leaders have said over the years, TNT is the “submarine swimming under the water”. He continued to comment on the toxicity of Fentanyl, where all the drugs are coming from, and how law enforcement is attacking this. He also cited substance by cases (document also not provided) and highlighted crystal meth, and other substances. He cautioned attendees, listen to the Michigan State Police on what they are saying on these trends. Kromkowski asked if the report was online. Belcher responded he didn’t know if it had been published. He will follow up.

Borkovich stated he has established a human trafficking task force, and spoke at length on the subject. Cline remarked that the State Police has educational trailers. Discussion ensued on the trailers.

[Borkovich left the meeting.]

Chairman Rushton asked, how do we get the information to the parents, and once parents have the information, how do we help them recognize using, then what are the next steps when they find out? Boonstra said as a licensed professional in prevention, terms like “gateway drugs” are old and not used any longer in the profession. Gateway Drug Theory (GDT) is an older theory. We talk about cross-sensitization, social environmental factors, and trauma – things like that – not GDT. If we come back at it with a fear-based approach with GDT, we will hurt our message; it’s not current information. The current GDT is old in prevention. He would suggest we educate ourselves on that. Certainly, people start with a lesser drug, but move up, but it is a lower percentage. GDT as it is, is no longer used by the National Institute of Health, the Drug Policy Alliance, and others. Rushton asked for the definition of a gateway drug. Boonstra responded GDT used to be that people started with a lower substance, which was often alcohol or tobacco, and then graduated up to higher levels. He added this is not what he sees, or what research has panned out. Research has found that people start out with what is accessible to them. If they are first time marijuana or alcohol users, he believes that less than 20% move onto to higher substances. That is why GDT is no longer a useable theory. There is cross-sensitization, trauma-based approaches, and socio-environmental factors that are looked at. Boonstra said he wants to be sensitive to the research out there and how we talk about that.

Chairman Rushton asked, for example – if you have someone using prescription pills, and they can no longer obtain that prescription, and they turn to the streets to get a fix – what you are saying is that they would choose any drug that would be available. Boonstra responded we are talking about hypotheticals; he is talking about researched approaches. You are dealing with a hypothetical, one person. When we talk about gateway drugs and GDT, we need to use what is

researched and what is the current language. Boonstra said he isn't prepared for that today; he is a licensed professional in prevention, and that is old terminology. If we talk about cross-sensitization, or the relationship between drugs and the brain and those kinds of things, that is the new, research-based information. Rushton said she had brought that example, because we have someone who had a son that had a tooth pulled, the medicine was prescribed, and then he eventually ended up on the street to find drugs to satisfy his cravings. Boonstra responded that fits under cross-sensitization.

Judge Kromkowski said for a future meeting, Boonstra could be prepared to present on the topic at length. Chairman Rushton concurred.

Belcher said with Rushton's scenario that she described, there is a direct correlation between prescription opioid medication consumption availability based on (inaudible) flip to semi-synthetic, nonprescribed street drugs, such as heroin. That is typically where it is at; most people don't seek out fentanyl; although there are some who do like being on that edge of life or death, and fentanyl provides that. There is a solid connection between difficulties removing yourself from prescribed opiates and then not having it available and seeking out that same drug in illegal form, such as heroin or fentanyl, that will provide that same sensation. Your philosophy is dead on. No matter where you stand on drug possession or consumption, your personal or professional feelings on that – we know there isn't much statistically to show on that. We do know that a lot of people are committing other forms of crime, are often under the influence of some sort of a drug, whether it is alcohol or something more advanced. It is very common for them to see some form of drug consumption. Many crimes occur in part because of the drug consumption.

Missias said within the TNT report, you talk about a percentage; is there a list of Leelanau County deaths, or other behaviors as larceny, to show those are drug-related? Belcher said there are statistics on county deaths compiled by the state. There is a pretty predictable correlation; it isn't in every instance. Drug consumption and possession often times does impact crimes. Missias asked when it was recorded, was there a secondary – such as under the influence of drugs – if that information was recorded.

Janik said here is the challenge; if someone is transported from Leelanau County and is declared dead at Munson in Grand Traverse County, that death is recorded in Grand Traverse County. Chairman Rushton remarked that is unfortunate. Janik noted Prosecuting Attorney Joe Hubbell had stated County residents will purchase drugs in Grand Traverse County, and then use them in Leelanau County. More comments followed. Missias noted the Research Group had studied statistics from the Benzie/Leelanau District Health Department, and she believes there were two (drug-related) deaths from Leelanau County. We hear a lot about how many deaths are attributable to drugs, but the stats are not being shown.

Hudson said in addition to working for U-M, he, too, is also an investigator for the ME's office, and they cover Leelanau County. He can forward a link to everyone on those stats (see attachments). If someone overdoses in Leelanau County, and they die at Munson, it does,

statistically get counted as a Grand Traverse County death. However – WMed, which covers the Leelanau County ME, they keep records for that and they have statistics that contain where the people actually resided. You are correct; last year, there were two overdose deaths recorded; the year before it was one. Janik asked to have the report forwarded to Administration. Chairman Rushton said it will give us a better idea on what is happening in Leelanau. Carlson asked, are we keeping data on drug-related crime data? Discussion ensued.

Chairman Rushton said does the person being arrested – do they have a right to refuse? Kromkowski responded it depends on what you are arrested for. If you are arrested for a driving offense, you have the right to refuse; however, it is noted and it is kind of used against you. If you are arrested for Domestic Violence, law enforcement cannot take you to the hospital to get tested without a court order. Discussion ensued. Cline gave an analogy of a recent case where the kids admitted they were drunk, but she doesn't know if that was recorded.

Discussion followed on updates and presentations.

TenBrink said for the Coalition update, they are sponsoring part of ASIST and Safe Talk; she has links for anyone interested in signing up. ASIST is Applied Suicide Intervention Skills Training; Safe Talk is a condensed version of that. It is a great class to educate you on the issue. It can make a huge difference to family members. If you are interested in signing up, please contact her for links.

TenBrink continued; prom is coming up, and normally the County schools do one big prom. However, this year Leland and Glen Lake are doing their own prom; Suttons Bay, Northport, and St. Mary are doing one (collective) prom. We have pledged \$500.00 for each school to assist them with their prom. She discussed details for the latter event. They also conducted a supervised time last year that went very well. Janik asked and TenBrink confirmed they also reached out to Traverse City West. Janik said we had helped sponsor these prom events in the past, in 2017 and 2018. The schools were very grateful for our support. More comments followed. It was also important to connect with TC West, because we have a lot of County students attending Traverse City Area Public Schools (TCAPS). Denton asked if they had reached out to Leelanau School; TenBrink said she did not, but will do so. Denton added they always hold a prom. Leelanau School is private, and is also a nonprofit.

#### Group Presentations –

Community Engagement. Vreeland said with the Liquor Tax Funding (LTF), the Northern Michigan Regional Entity (NMRE) has decided that any grant applications for the fiscal year beginning in October must be submitted by June 1. She is trying to get those applications organized for all. Their media campaign continues to be very strong; they are getting 10 to 12 new Facebook followers each month, with a 98% engagement rate for the online media. They have added checks to the boxes they are hoping people will choose. She is working with the coordinator of the Kalkaska Coalition. They are creating a series of targeted presentations about adverse childhood experiences. Their first presentation is geared specifically for law enforcement personnel. They will also begin meeting with inmates at the Kalkaska County Jail,

followed by general community presentations. Once those are available, they will be sent out. Vreeland then cited some stats.

Vreeland continued; the Child Death Review process – when a child dies, a group of local professionals is convened to determine what can be done to prevent future child deaths. They are talking about using that model to start adult death reviews for those experiencing homelessness, overdoses, and suicide, to figure out what is driving that.

Vreeland noted that Up North Prevention is printing stickers for pizza boxes to ask people not to do stupid things during prom season. Solem added the sticker campaign includes promoting a healthier drinking culture around Traverse City businesses; they will be educating staff, on what to look for, to keep the drinking in moderation. The campaign will begin the month of May, with the emphasis on when proms are held.

Missias said to piggyback on what Vreeland had said, Leelanau and Grand Traverse counties have begun a senior death review. They received a pilot grant to begin the process of facilitating that. It has been very interesting, and she believes a lot of use will come out of that.

Denton remarked the League of Women Voters (LOWV) hosted a new forum on community mental health; the recording will be available online with the League's website. It was featured on 9&10, and was one of the best forums the League has ever hosted. She urged members to check it out. More comments followed.

Denton continued; the Leelanau School staff will get trained in ASIST as well; she thanked TenBrink for creating awareness. The Blue Bench Project she had promoted earlier, is slowly building momentum; they have received donated materials, and Glen Lake Community Schools students are interested in creating the next bench. She added that MSUE is pleased to announce they will have an additional certified person to instruct archery, an excellent prevention activity.

Vreeland noted she is also in the process of going to the schools and get the MiPHY study.

Community Engagement (CE). TenBrink said last we talked here we discussed the three different groups and we all had a chance to meet for one or two sessions.

Boonstra provided a recap of the community engagement group's sessions, saying they had met a couple of times since the last full group session. The CE group has discussed collaborating with some of the existing groups, whether they are substance free, or promoting health factors. He said TenBrink heads up LIFT and helps with those teens at the Teen Center; through Family Court, Boonstra said he oversees a boys' group; there is one for girls, Voices and Choices. These are prevention groups done through the Liquor Tax Grant. They are trying not to recreate new groups, but rather collaborate with some of the existing area groups. They also discussed creating a resource guide on what is already happening and help promote some of those things, whether it is recovery, peer recovery, or substance-free groups or meetings. TenBrink said the

only other thing, they are creating a spreadsheet with all the resources; she will be sharing it with the whole group to assist in updating. They have all contributed their pieces, and for the larger Coalition, they will send it out for feedback. Boonstra said we each have our own different roles outside of this group. In his role through Family Court, he takes out young men for experiential groups, which has been ongoing over the last 12 years, and gets them engaged with healthy, experiential activities and includes engaging with adult mentors. Chairman Rushton remarked that as a commissioner, she has always supported that in the Family Court; it is very important. She commended Boonstra for the work he does. In many instances, the children do not have anything, or any adult they can look up to. TenBrink commented we live in a literal playground of great things to do, and those types of experiences aren't always available to our teens.

TenBrink provided a short video on fentanyl ([https://s3.amazonaws.com/NHcelebvideos/NH+DOA+Short+Version.mp4?utm\\_source=website&utm\\_medium=lp&utm\\_campaign=fentanyl](https://s3.amazonaws.com/NHcelebvideos/NH+DOA+Short+Version.mp4?utm_source=website&utm_medium=lp&utm_campaign=fentanyl)). She remarked on the group, "Natural High" – the video is called "Dead on arrival."

Capacity Building and Education (CBE). TenBrink noted this group met yesterday and discussed a draft name change for the Coalition. As mentioned by Heather Pineda and a few other members, the term substance abuse is an outdated term. In addition, a mission statement, vision, and goals will be discussed and reviewed, as those all predate covid. They have a rough draft, and they will continue to work on it and forward the documentation on to members for review in May, compile the results and bring forward to the whole Coalition in June.

Research and Needs Assessment (RNA). Sharp said this group is responsible for the epidemiological study, which once completed, will be the driving force for the other two groups. They have discussed in the meetings organizing what we hope to achieve from the study, the demographics covered and topics, and what that information will be used for and shared. Those conducting the study are working on the scope of work, and hope to meet at the end of this month. She hopes it will be available by the next meeting date. TenBrink said they are working on the MiThrive Assessment, of the 31-county region of NW Michigan. She noted Vreeland has offered assistance in the MiPHY survey for each area school. This is new work to all of us doing this, and thanked Dave and Jane.

TenBrink touched on the three work groups, asking those who haven't signed up, that she will be contacting everyone.

#### Next Steps and Upcoming Events:

Janik said Friday, June 3 [*note – conflict with this date, revised date will be announced*] is the next potential meeting date; consensus to meet then at 9:30 a.m. TenBrink said they had recently met with the Traverse City Downtown Authority, which is promoting a healthier drinking culture. She and Sharp will be meeting with Traverse City Police Chief Jeffrey O'Brien and Gene. They thought it would be good to invite our local brewery/winery people. Janik commented Chairman Rushton had a good idea to have Boonstra present at the next meeting.

Member Comment:

Denton said she had just emailed Evans a link to the video to access (on page 7), and the LOWV forum to share with the whole Coalition. Janik thanked Hudson for his emailed update (located at end of notes). Vreeland noted that Saturday, April 30, is national drug take-back prescription day. Discussion ensued. Vreeland added there will also be a drop-off location at the Grand Traverse Mall from 10 a.m.-12 p.m. that same day.

Next Steps/Adjournment:

Meeting adjourned to the call of the Chairman at 10:46 a.m.

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Laurel S. Evans  
Recording Secretary

## ADDENDUM #1

Dead On Arrival Video: [Fentanyl Toolkit - Natural High](#) (Per Tricia Denton)

### Also from Tricia –

Topic: New Understanding, Thinking, and Action to Support Community Mental Health

Start Time: Apr 6, 2022 11:28 AM

Like physical health, mental health can be seen as a both a personal and community goal, one that has been significantly challenged by recent events such as the pandemic and now, the war in Ukraine. Efforts to ensure better mental health, more broadly, must be both preventative and supportive. Join this forum to hear about current work to improve the region's mental health system, with a special focus on two aspects of this system: a preventative effort that provides young children a promising start by supporting them and their families and an effort to establish a northern Michigan crisis intervention center.

Meeting Recording:

<https://us02web.zoom.us/rec/share/N1zeVoPLKf6ZYgBsS0HkBEFKcNjhjBVmK36RjplA-GSPAYou7rWuB2Xp6FSfVCGp.xQNbhvmvtjk70-gB>

and from Rebekah –

[https://s3.amazonaws.com/NHcelebvideos/NH+DOA+Short+Version.mp4?utm\\_source=website&utm\\_medium=lp&utm\\_campaign=fentanyl](https://s3.amazonaws.com/NHcelebvideos/NH+DOA+Short+Version.mp4?utm_source=website&utm_medium=lp&utm_campaign=fentanyl)