

**Substance Abuse Prevention Coalition of Warren County**

**Monthly Meeting Minutes**

**Date**: March 2, 2023

**Time**: 8:00-10:30 am

# In Attendance

Shelley Brown, Steve Brady, Vikki Stickelman, Donna Davis, Sonya Studdard, Roy Lutz, Abby Wallace, Brian Roltan, Jody Smith, Tim Beverly, Carissa Piper, Sarah Phillips, Abby H., Corina A., Vicki, Josephine Sorvine, Tracy Funke, Hannah Ingram, Samantha Bolton, Jackie Hunter, Heather Warner, Lynn Payne, Joel Jacobs, Robert Peeler, Monica Thomas, Katie Wolf, Miranda Lamb, Lauren Roush, Charrise Marnocha, Zach McDaniel, Lori Phelps, Anna Burrage, Gloria Kinney, Stephanie Duell, Doug Gilham, Jennifer Landry, Caitlyn Wagonfield, Cathy Feinauer, Michele Robinette, Nichole Richardson, Samantha Gray, Mary Ann Detmer, Amber Spaeth, Heather Moore, Robert Wendling, Brian Russ, Holly Wooldridge, Arla Tannehill, Steve Thompson, Victoria Billman, Carol Hoelle, Kim Sellers, Tommy Koopman, Melissa Niemeyer, Tamra Pruitt, Mary Wells, Britney Rhodes, Erica Norton, Jessica Cortez, Briana Martin

# Mission Statement

# Partners working collaboratively to prevent the misuse of alcohol, tobacco and other drugs by youth and adults in Warren County and to build healthy communities by increasing protective factors, reducing risk factors and sharing resources.

# Meeting Notes

* Breakfast and networking provided by The Mindful Healing Center from 8:00-9:00 am
* Shelley Brown, Director, kicked off the March meeting by thanking The Mindful Healing Center for catering the breakfast, Faith Building Church for hosting the meeting this month, and volunteers from Target helping things to run smoothly
* Joel Jacobs, Faith Building Church and Faith-Based Committee Chair, led us in a prayer to begin the meeting.
* Steve Brady, chair, led us in an icebreaker discussion. We did a stress test. We all have stress, and we need to handle that stress in a productive way. Stress is different for everyone.
* Tracy Funke, member at large, read the coalition mission statement to remind us all of our “why”
* Katie Wolf, secretary, had everyone write what they hope to get out of today’s meeting and explained that upon exiting the meeting, they will either stick their note saying “yes” their expectations were met or “no” they were not met, so that if they were not met we know what to focus on next time.
* Michele Robinette, treasurer, went over the finances. She passed out budget sheets outlining expenses. Shelley noted that we will be beginning an adult focused committee which is outlined in the budget.
* Miranda Lamb, social media manager, gave an update on social media reach. Miranda passed out a QR code to have everyone look at volunteer events. We have doubled are shares on Facebook, widening our social media outreach. If coalition partners have upcoming events, send info to Miranda Lamb at Miranda.sapcwarren@gmail.com and she will share them on social media.
* Steve Brady, Chair, introduced the Honorable Judge Robert Peeler, who is our guest speaker for the meeting today. Judge Peeler has an impressive background in law enforcement and behavioral health, and is a United States Military Veteran.
* The Honorable Judge Peeler began by giving an overview of substance use disorders, He noted that we have tried to arrest and incarcerate our way out of the substance use problem, which has been ineffective, so we are moving in a different direction funded by and instigated by the jails and prisons. As part of that change, the court is now known as the Recovery Court, primarily focusing on the opioid epidemic. They utilize a treatment team approach, consisting of a well-rounded team of case managers, behavioral health professionals, and law enforcement working together. About 80% of the people Judge Peeler works with has a comorbid substance use disorder, demonstrating the wide range of this issue. People in the recovery court are people who have a substance use or mental health disorder, and who are being punished for the way they respond to those struggles. The Judge mentioned that he frequently deals with cocaine and alcohol, but it is a constantly moving target. Recently, methamphetamine has been a rising issue and it is pharmaceutical grade with no medication assisted treatment. Transportation has been noted as a huge barrier to receiving treatment.
* Monica Thomas from Recovery Court, spoke about what the court does and its 4 phases. When someone is released from jail, they come to the program for monitoring for the first 30 days. They attend a program orientation to go over expectations. The court has case management to help identify barriers and help remove those. After phase 1 and 2, they begin working with employment specialists to help find jobs, as the beginning is intended to be focused on treatment. They then get assessed out. They attend status review hearings twice a month. The phases are meant to be graduated, with more intense focus in the beginning phases and become less intense in later phases, while still maintaining certain expectations and meeting certain goals. They also have to do sober support meetings (AA, NA, etc.) as well as supportive efforts such as yoga and meditation to assist along the recovery journey. They utilize Life Skills curriculum and additional education.
* Melissa Niemeyer from Recovery Court, discussed co-occurring disorders. She helped create an integrated dual diagnosis system to be implemented within Clermont county. She now is the associate director for common 9something) in warren county. Many clients have co-occurring disorders, which are mental health disorders that are accompanied by substance use disorders. These are very common, and difficult to manage. A lot of times, people with cooccurring disorders have other negative outcomes that affect overall quality of life, such as psychiatric episodes, relationship difficulties, suicide, homelessness, poverty, and higher risk of contracting communicable disease. Not only does a mental health diagnosis exacerbate the substance use disorder, but the substance use can also make the mental health disorder worse. Many people also self-medicate as an attempt to address their mental health disorder. Sometimes, clients struggle with medication compliance for the medications used to treat their symptoms. Treatment available to treat co-occurring disorders is sometimes difficult to find, as usually providers tend to specialize in one area or the other. Sober living and recovery housing is getting better, but there is a gap in addressing clients with co-occurring disorders. Another barrier is that with lack of resources, people with co-occurring disorders often find themselves incarcerated for longer spans of time. Legal history can often be seen as a liability. We need the entire community support to address the challenges from a systematic approach.
* Shelley closed out the presentation from The Recovery Court and offered the floor to ask questions of Judge Peeler, Monica, and Melissa. We had a great discussion about the various barriers and motivators for individuals in recovery. The minimum time a client would be within the court is for 18 months. The participation in the court is voluntary, the incentive is the resources that are available, as well as the structure, and to get out and stay out of jail. It was noted again, from individuals who have been through the court, that the main barriers to recovery were transportation and housing. Another barrier identified is the gap after the available housing expires and they have to move and end up being back out there alone. There needs to be another step for after the process to support transition. Educating parents on mental health was mentioned as the #1 thing that could have helped prevent this path. Children and case management were mentioned as the biggest motivators or supports to stay on the right path. Yourself should also be the biggest motivator, do hard things to better yourself and your life. Children’s services has a representative on the treatment team at the court to help collaborate. Children’s services has a new program for pregnant women to get them off the street and help save the lives of their children. They are an integral part of the team. Relapses are not automatic failures nor do they kick them out of the court program, they work to address the relapse. Success is often measured through personal goals, one popular one is regaining the trust and respect of their families. We discussed kinship caregiving and the importance of boundaries without punishment.
* Katie Wolf, Talbert House Prevention Services for Clinton and Warren Counties, provided a Narcan training for individuals who wanted to stick around and participate. Narcan kits and Deterra bags for medication disposal were passed out to participants who wanted them. For additional Narcan trainings or overdose response kits, contact Katie at katie.wolf@talberthouse.org to schedule a training!
* Shelley Brown, Director, thanked everyone for coming to the meeting.
* The meeting was adjourned at 10:30 am. Additional time for networking and socialization was provided at the end of the meeting.

# Action Steps

* Like, follow, and share coalition social media pages to increase reach
* Each coalition member must volunteer for at least one event this year. Sign up to volunteer at prevention events using the events tab on the SAPC website, using the QR code passed out at today’s meeting, or by reaching out to Shelley.

# Next Meeting

April 6th | 8:45-10:30am

Warren County Administration Building

406 Justice Drive, Room 128, Lebanon, OH 45036