



(established in 1988)

102 W. MARKET STREET, SUITE 205
BLUFFTON, IN 46714

CITIZENS AGAINST DRUG ABUSE

October 8, 2015

4-H Community Building

In attendance: Betsy Collier (Council On Aging, WOW), Carl Cook (Helping Hands Crisis Pregnancy Center), Angie Dial (Family Centered Service – Teen Court), Molly Hoag (Wells County Extension Service), Brian McClish (Ossian Police Department), Mark Misch (Norwell High School), Roger Sherer (Purdue Extension), Greg Werich (Probation), Tim Wilson (Norwell Middle School)

Guest: Carl Steffen (Reformers Unanimous)

Welcome, Introduction and Call to Order: The meeting was called to order at 11:35 by President Molly Hoag. An introduction of attendees was made.

Guest Speaker: Carl Steffen made a presentation on RU (Reformers Unanimous). RU is based out of Rockford, IL where they provide (100 bed/men and 40 bed/women) in-house services. The faith-based program has been in existence for 20 years and has an 85% recovery rate. In the 8-month program, participants are expected to work 40 hours/week and follow a very disciplined set of guidelines. The RU Chapter in Wells County is only about 4 weeks old. The faith-based support group meets on Friday evenings at Grace Baptist Church from 7:00-9:00 with fellowship time after for whoever wants to stay. The meetings also feature recovered addicts sharing about their addiction as well as dvd's of testimony. A packet of information was distributed ... please share with others.

Grant Program Reports: Mark Misch presented a program report for Random Student Drug Testing at Norwell High School (student population of 770). The report was a summary of the first year of student drug testing at Norwell. There were 140 students randomly tested throughout the 2015-2016 school year (5 students each week); there were no positive results for drugs. They currently test for amphetamines, benzodiazepines, cocaine, opiates, methamphetamines and THC; they do not test for nicotine. Two students were also tested due to reasonable suspicion; both of those tests came back positive for marijuana. Communication with the parents can be difficult and time consuming. Norwell currently calls each parent to inform them they were tested on that given day; they also conduct follow up calls to the parents to report results.

Tim Wilson presented a program report for Random Student Drug Testing at Norwell Middle School (student population of 580). There were 52 students randomly tested throughout the 2015-2016 school year (2 students each week); there were no positive results for drugs. Two students were also tested for reasonable suspicion. Middle school parents have provided positive feedback about the program. The school reported that the program promotes the health and safety of students; can provide access to treatment programs when necessary; and testing helps to undermine peer pressure (when a student enjoys a sport or activity, the possibility of being tested give them another excuse to say no). Both schools use ASL for a testing company.

Presentation of Minutes: Minutes from the September 10, 2015 meeting were presented and approved, with the correction of the meeting date from June 11 to September 10 in the header. A motion was made by Greg Werich and seconded by Mark Misch; unanimously passed.

New Members: none

Treasurer' Report: Molly reported that CADA recently received a LiGHT grant in the amount of \$387 for expenses incurred for the presentation, Today's Addict. That money has been deposited into the CADA checking account. Another grant from LiGHT has been requested for expenses related to the upcoming school speaker in the amount of \$317; this will be deposited in the CADA checking account as well.

The CADA checks are no longer valid. IAB provided 8 checks to use for the time being; but with the recent and upcoming presentations, these will be used up quickly. A motion was made by Greg Werich and seconded by Mark Misch to spend up to \$20 for checks; unanimously passed.

It was reported that \$187 was posted into the Drug Free Community Fund account in September.

Unfinished Business: Today's Addict: An Insider's Look at Prescription Drug Abuse took place on October 7. Rodrigo Garcia (a nurse anesthetist) and his wife Claudia talked about the ease in becoming addicted (his own addiction began with an injury and a doctor prescribed pain killer) and how the brain so quickly becomes dependent and so slowly transforms back during the recovery process. He stressed that the 28-day detox is not long enough to fix the receptors in the brain. The Garcia's have recently opened a treatment center for professionals (Parkdale) in South Bend. House of Hope hosted the Garcias for dinner; Mayor Ellis opened the program by introducing Rodrigo and Alicia Hill closed the program by thanking Rodrigo and his wife and talked a bit about LiGHT and CADA. There were 19 people in attendance. Survey results are attached.

Molly asked that the water left over from the event be donated to the Wells County Health Fair on October 24, there were no objections.

The school speaker (Dustin Noonkeeper) has offered to speak at the 3 county schools on Monday, November 23. Molly will be in contact with the 3 schools to confirm. Dustin's son died 2 weeks after high school graduation; he was an athlete, good student and had many friends. He was at a friend's house when he took some pills that would end his life. Check out Dustin's website: Brady's Hope.

A draft of the new Community Comprehensive Plan was sent to CADA board members on Tuesday, October 6th. It is ready with the exception of several missing data points. The update for the current CCP is also ready once several more pieces of information are received. A motion was made by Greg Werich and seconded by Mark Misch allowing the 2 plans to be submitted upon completion; unanimously passed.

New Business: Invitations to the Northeast Regional Advisory Board of LCC Annual Meeting were distributed. This year, the event will take place during the day and offer training CEU's. Mark your calendar for Friday, November 13 from 10:30-1:30. Sgt Dan Mawhorr will speak about "Prescription Drugs to Heroin" and a speaker from The Bitter Pill (a program of the Attorney General's office) will provide a motivational speaker. The event cost is \$10 (includes lunch and 2 CEU's) and is due by October 28th. Nomination for awards (Program/Agency of the Year and Individual of the Year) are also due by October 28th. Please be thinking of the wonderful things people are doing to fight ATOD use in Wells County ... let's nominate!

Community Concerns/Trends: A sheet containing photos of edibles was passed around. Edibles are food, candy or beverage items that contain marijuana or marijuana oils. The items are marketed in colorful packaging and sometimes designed to look like popular name-brand items. This is especially appealing to children and young people.

A vape store has opened up on the corner of US224 and StRd 1 in Kingsland. It was noted that vape pens are treated as drug paraphernalia in some schools.

Red Ribbon week is scheduled for October 23-31. Sam's Watch, Brady's Hope and Overdose Lifeline, Inc are offering speakers to school to raise awareness among students regarding deadly synthetic drugs, prescription drugs and heroin.

Membership Sharing: The Wells County Health Fair is scheduled for Saturday, October 24 from 7:00-11:00 am at Lancaster School.

Family Centered Services is celebrating 25 years with an Open House on Tuesday, October 27 from 4:00-6:00 pm. CADA members are welcome to attend!

Please consider serving CADA in an officer capacity . . . nominations for President, Vice-President, Secretary, and Treasurer will be accepted at the November meeting.

Adjournment: The meeting was adjourned at 12:40 pm

Next meeting: Thursday November 12, 2015, at the 4-H Community Building

Submitted by: Angie Dial

Today's Addict:

An Insider Look at Rx Drug Abuse

October 7, 2015



1) Did the speaker provide (check all that apply):

(15) motivation

(14) information

(11) resources

2) Do you anticipate doing anything differently because of what you learned?

(2) no

(12) yes

what:

- Become involved in CADA
- Being more straight forward about addiction problems people may have
- Watch my grandchildren more closely
- Talk about addiction to my great-grandchildren
- Share the story
- Never give up on educating others and learning more
- Realizing addicts need professional help
- We need to get some type of speaker for the schools
- Use it for education for teens; act differently towards addicts
- Talk more to others about drugs and addiction

3) Would you like to see similar events held in the future?

(0) no

(14) yes

topics:

- Teens/families and addiction
- Presentations in school at all grade levels
- Topics to reach the school students
- Programs for school kids
- A variety of programs to help educate
- More frequent great programs like this to inform the community

COMMENTS:

Awesome!

Great information!

Speaker was great ... easy to listen to and good information!

(16 surveys returned/19 attendees)