

Ingham Substance Abuse Prevention Coalition

ISAP Meeting Minutes
April 16, 2009
Capital Area Career Center, Room 606
8:30 am to 10:00 am

Members Present:

Mike Botke, Lansing Teen Court
Todd Bradley, Insight Recovery Center
Kathy Davis, Child and Family Services
Harriett Dean, EISD/PPS
Dawn Kepler, Prevention Network
Ralph Monsma, DHS/BJJ
Amy Moore, Ingham County Health Department
Amy Spaulding, St. Vincent Catholic Charities
Mike Tobias, Cristo Rey Community Center
Lt. Eric Trojanowicz, Ingham County Sheriff's Office
Karen Waters, Cristo Rey Community Center
Andrea Yokich, Ingham ISD

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Next Meeting: May 21, 2009 @ 8:30 am @ LPD South Precinct

I. Call to Order:

8:30 am

Harriett Dean, in Chairperson Sharon McWilliams stead, called the meeting to order at 8:30 am. Approval of March minutes was tabled until next month due to today's special presentation.

II. Welcome and Introductions:

Harriett introduced Andrea Yokich from the Ingham ISD and thanked her for hosting today's ISAP meeting. She welcomed Andrea and all of the Ingham County School Counselors attending the special presentation by Insight Recovery, Inc and Child and Family Services around substance abuse referral protocol. Andrea informed the counselors present that she attended one ISAP meeting as a new member and found it to be more than she thought. The March meeting presentation on protocol for substance abuse referrals, which will be continued today, prompted Andrea to volunteer the ISD as a host site and invite the counselors to attend. She asked Harriett to briefly describe the goals of the coalition. Harriett explained that ISAP is a multi-sectored county coalition, whose primary focus is making data driven decisions around alcohol and tobacco use, as well as capacity building and impacting the community environment around substance use. Regarding underage alcohol use, Harriett stated that our data indicates that social access routes are a problem (parents, older siblings, older friends, etc.). A lot of our initiatives focus on the message that it is unacceptable to serve alcohol to the under-aged. Harriett stated that we have several subcommittees and that one of them is the Media Committee where various messages about our goals are developed. She stated that ISAP takes a social norming approach to our goals. Harriett identified work with the Lansing Lugnuts and Thirsty Thursdays as one example of the coalition's work toward changing community norms around alcohol use.

III. Presentation: Protocol, referral and substance abuse treatment services in the county:

- Child and Family Services, Capital Area:

Kathy Davis and Jim Paparella of Child and Family Services, Capital Area (CFS) presented. Kathy distributed copies of tri-folds describing New Focus, a Program for Adolescents. Kathy stated that she and Jim had both worked in substance abuse services at Gateway Community Services and have now been at CFS for several years. She stated that CFS has grown in terms of referrals. Today, the majority of referrals are for high school students. This is funded through MidSouth Substance Abuse Commission (MSSAC). CFS is also a Medicaid provider through MSSAC. No person referred to CFS pays more than eight dollars per counseling session. Kathy described the New Focus Program. It is for adolescents ages 10 to 20 who are using alcohol and other drugs. The program treatment approach literally applies a new focus to counseling troubled youth. Known as Motivational Enhancement/Cognitive Behavioral Therapy, this new approach emphasizes the individual strengths of each adolescent, understands and works with resistance to change, and helps adolescents learn and apply new coping skills to replace destructive behaviors. It is modified from the adult model of the same type. The philosophy behind New Focus is motivational rather than confrontational therapy. Kathy stated that the referring person does not have to know if the youth actually has a substance abuse problem before the referral is made. Parents are not charged out of pocket co-pays for the first assessment. Demographic information about the youth is required from the referring parent. The youth can also be seen at their home or their school. Kathy stated that when a referral is made by a school staff person it is usually for a disciplinary reason. CFS has intensified services for the youth who might need them. Youth residential services are available through Karos Counseling Services in Bridgeport, MI, but the youth has to be motivated for this level of care. Kathy then turned the presentation over to Jim. He stated that the CFS counseling program “turned a corner” in 2003. At that time CFS received a federal grant to do creative and intensive outreach. The relationship with that funding source continues. CFS is now looking at the 18 to 24 year old client and is using a community-based approach. As this is an older age group, the client’s permission is required before speaking with their parents. The Global Assessment Individual Need (GAIN) instrument is used as an assessment tool for adolescent clients at CFS. The Juvenile Inventory Functioning (JIF) instrument is also used, but less often. The JIF is used when youth are referred from Lansing Teen Court for assessment. Youth identified as at risk to be involved with the court system and youth suspected of using alcohol and other drugs are assessed with the JIF instrument. Youth sometimes complete the JIF assessment themselves on the computer. Jim stated that kids tend to be more honest when they are on the computer. Andrea asked if it would be possible for school counselors to use the JIF instrument. Jim stated that there would be a cost to do so. He added that Kay Hodges developed the JIF instrument. Mike Botke stated that the JIF instrument works on a broad set of domains. He stated that it allows Lansing Teen Court, as a juvenile justice program, to address risk factors. Mike stated that youth who go through the Teen Court Program may have committed a crime, but he does not regard them as criminals. He added that Lansing Teen Court is interested in partnering with school counselors toward the goal of keeping kids in school. Amy Moore stated that she often sees parents who have no skills to motivate their youth toward healthy behaviors. She stated that she is interested in ideas for parents and asked if there is a good parent checklist. Kathy stated that parentstheantidrug.com is a website just for parents. She also identified Linda Ketchum, in attendance at today’s presentation. Linda is in charge of referrals and screenings for Lansing schools. Andrea stated that parents often seem to think that their youth is in need of residential treatment when they have a substance abuse issue. She asked if they should be sent to CFS for assessment when that is the case. Kathy stated that they could go to CFS or to Insight Recovery Center. Youth can also go to the Wayne County Juvenile Assessment Center, which is described on the Capital Coalition for Youth (CCY) website. Kathy stated that it is important not to spend parents’ money on a higher level of care than is needed for their child. Email addresses for Kathy and Jim are: kathy@childandfamily.org jim@childandfamily.org

- Insight Recovery Center:

Todd Bradley presented. Todd stated that the referral process for Insight is very similar to that used by CFS. Insight staff complete a bio-psycho-social assessment and then refer the client to the proper level of care. Insight staff are very diverse. They all possess the minimum of a Masters degree and a CAC-M credential. Insight also employs college students in human services programs as interns. Todd stated that substance abuse counseling is a competitive business but that there is “enough dysfunction to go around.” He stated that when an entire family is in need of counseling they should seek services from CFS. Insight also uses a motivational type of counseling. Todd stated that Insight believes in teaching young people the motivation of time. They motivate the youth toward thinking about what it would be like not to use alcohol and drugs. Todd stated that a youth who is accustomed to dysfunction will attempt to re-create their dysfunctional home environment within counseling, until they are shown something different. He encouraged the school counselors present to teach youth the skills they used themselves to get through their own childhoods. Todd stated that some youth have to be taught just to sit still and focus. He stated that youth often come into counseling feeling angry and that their parents have told them not to be angry. Insight staff help the youth to determine their own reactions. One of the school counselors asked if Insight has a support program for parents. Todd replied that Insight believes that the parent has to be involved in their child’s counseling process. Parents need to hear that they are their child’s role model. He stated that they will not do an admission for an adolescent unless someone from the family is involved. Todd stated that intakes are completed over the phone at Insight. If the youth is indigent they are referred to the Care Coordination Center (CCC) at MSSAC. Insight will do an assessment for the youth without charge if they do not have the money for payment. Like CFS, Insight recognizes that the client may be experiencing co-occurring behaviors (depression, etc.). Todd stated that Insight has an Intensive Outpatient Program for adolescents that is held three days per week. Insight also offers day treatment or partial hospitalization. Todd mentioned Karos Counseling Services again, for the adolescent in need of residential services. He told counselors present that they could call Executive Director Fred Wigen for more information about Karos. Andrea described Lansing School District’s Sophomore Forum Day, which has been in place for 4 or 5 years. Both Todd and Mike Botke have given presentations at these events. Forum topics are varied and include everything from substance abuse prevention to suicide prevention to cybersex.

Group Breakout

ISAP Agenda:

I. New Business:

Two agenda items, 1.) Approval of March meeting minutes and 2.) 2010 Implementation Plan, were tabled until next month due to time constraints.

II. Legislative Updates:

- **Smoke Free Michigan Update**

Amy commended Representative Joan Bauer again for her support of this bill.

III. Old Business:

- **Keg Registration Bill**

Mike Tobias reported. Mike stated that he and other members of ISAP and other county coalitions would be attending the Regulatory Reform Hearing at Michigan Liquor Control Commission (MLCC) on April 22, 2009. The Regulatory Reform Committee will be considering House Bill 4565, which has to do with registration of beer kegs for off-premise use. Mike stated that Representative Mark Meadows will be supporting the bill. Mike encouraged ISAP members present to attend the hearing if they are able. Jim asked about current efforts to increase the sales tax on beer and the ISAP position on that. The coalition supports both keg tracking and an increase in beer tax. Mike stated that the Michigan Association of Substance Abuse Commissions (MASACA) recently completed a research paper on the effectiveness of raising the sales tax on beer. Jim added that Ralph Monsma has reported that the Department of Human Services (DHS) has received Skillman funding, designated for child welfare, to do the same.

- **Cadillac Club Update**

Mike reported. He stated that the Cadillac Club was able to keep its' doors open following a special hearing at MLCC this month. The Cadillac Club has had several problems with liquor control.

IV. Mid South Announcements:

There were no Mid South announcements at today's meeting.

V. Other Announcements:

- **Alcohol Awareness Month**

Mike announced that the two major Alcohol Awareness activities with which ISAP is involved are the youth talent show and a Lansing Lugnuts Game.

- The "Tri- County's Got Talent for Alcohol Awareness" Talent Show will take place this Saturday, April 18th, from 7:00 pm to 9:30 pm, at the Hannah Community Center in East Lansing. Mike stated that tickets will sell for \$3.00 at the door. He stated that he also had tickets with him. Mike stated that several talented youth from all over Ingham County will present various types of acts for the panel of local judges.
- The ISAP Community Norms Committee has been working closely with General Manager Pat Day and other representatives of the Lansing Lugnuts Class "A" Midwest League. On Friday, April 24th, special substance abuse prevention messages from the Domino Strategy Prevention Program will be featured on the Lugnuts Score Board at Oldsmobile Park. Mike stated that "Tri-County's Got Talent" contestants will also be invited to sing the national anthem at this game. He encouraged ISAP members present to attend.

Mike also announced that the first meeting of the Public Policy Panel to Identify Strategies that Will Reduce Underage Drinking by Lansing's 11 to 13 Year-old Youth will take place on Thursday, April 23rd.

VI. Adjourn: 10:45 am