

# Ingham Substance Abuse Prevention Coalition

**ISAP Meeting Minutes  
November 13, 2008  
LPD South Precinct  
11:30 am to 1:30 pm**

**Members Present:**

Becky Allen, Michigan State University

Angela Austin, Community Coalition for Youth

Judy Booker, Emanuel's Temple Church

Harriett Dean, EISD/PPS

Tiffany Doolittle, Public Health Nursing, ICHD

Micki Fuhrman, EISD/PPS

Marie Hansen, Community Member

Don Iacobellis, Pfizer Pharmaceuticals

Dawn Kepler, Community Coalition for Youth

Sara Lurie, EISD/PPS

Pat McKinley, EISD/PPS

Sharon McWilliams, Lansing School District

Ralph Monsma, DHS/BJJ

Michelle Nicholson, Ingham ISD and Birth to Five Committee

Amy Moore, Ingham County Health Department

Officer Scott Sexton, East Lansing Police Department

Mike Tobias, Cristo Rey Community Center

Lieutenant Eric Trojanowicz, Ingham County Sheriff's Office

Karen Waters, Cristo Rey Community Center

Pat Wheeler, NCA/LRA

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**Next Meeting: Thursday, December 4, 2008**

**I. Call to Order:**

**11:45 am**

Chairperson Marie Hansen called the meeting to order at 11:45 am and had each person introduce him or herself. Marie stated that she would continue to act as ISAP Chairperson until January of 2009, at which time the new Chair will take over. She will continue to volunteer with the coalition, moving forward. Marie stated that Sharon McWilliams (Lansing School District) has accepted the nomination for Chairperson Elect, to become Chair effective January 1, 2009.

**II. Approval of October 2008 Minutes**

Marie asked for a motion that the October 2008 ISAP meeting minutes be approved as submitted. Dawn Kepler moved they be approved and Amy Moore seconded. The motion was unanimously accepted.

**III. "House Calls" Tobacco Addiction Reduction Program**

Tiffany Doolittle R.N., P.H.N. presented. Tiffany began by distributing copies of the House Calls: A Tobacco Use Treatment Project for Pregnant and Parenting Women power point handouts and tri-fold brochures. She stated that the program was created out of need, as Ingham County has not engaged women in stop smoking

services in the past. House Calls is offered to families already participating in Ingham County Health Department health services. Funding is through the American Legacy Foundation. Tiffany showed ISAP members a prototype of the gift bag that is given to participating women. It includes post-its, bath products, Mentos, breath savers, swizzle sticks (to substitute for a cigarette when experiencing cravings), and a “Thank you for not smoking” sign. Participating women are surveyed about their smoking behavior and program participation. Michigan State University (MSU) is collecting the data. Tiffany then demonstrated the Pico carbon monoxide test instrument that is offered for program participant’s use. She explained that a reading of “6” and under on the instrument indicates normal levels of carbon monoxide. Any reading above that gives an instant feedback with a red flashing light. Pat Wheeler asked the time period for carbon monoxide to get to a normal level after the participant stops smoking, and Tiffany replied that it takes about two days. Angela Austin helped demonstrate the test instrument. Tiffany stated that women are given a \$20.00 incentive when they join the program and an additional \$20.00 when their reading remains under “6”. Tiffany explained that visiting nurses make this program educational rather than punitive for the participant. She stated that babies born to mothers who smoked during pregnancy have been identified with symptoms of oppositional defiance disorder and attention deficit disorder. The fetus of a smoking mother gets less blood flow because of restricted arteries. This is discussed with participants. Sharon McWilliams asked if stressors are discussed with program participants and Tiffany replied that they are. She stated that approximately 80% of women who stop smoking during pregnancy go back to it once the baby is born. The program starts with a motivational interview and triggers are discussed throughout. The program is comprised of 9 home visits. Amy Moore stated that the program helps to relieve shame. It is conducted in the privacy of the participant’s home and the visiting nurse acts as a confident friend. Marie stated that it would be good to seek donations from community donors for at least the participant gift bag once the program ends. Tiffany stated that parenting women are eligible for this program for 3 months. She has been conducting visits for three weeks and has a caseload of thirty women.

#### **IV. Family Matters Workgroup Report: Capital Area United Way 2-1-1 Resource System**

Michelle Nicholson presented. She explained that Family Matters workgroup members determined that “we should use a Resource Guide that is already in place but have a mechanism that allows users to determine the resources they should contact based on their level of need.” Karen Waters explained that the two resulting objectives in the 2009 Implementation Plan are:

- Information Dissemination: Distribute information about the 211 system. *Increase in the number of 2-1-1 information requests using 2008 as a baseline.*
- Community Mobilization: (1) Family Matters Workgroup will select or develop resource guide for families. Develop flow chart for levels of risk matched to programs. *Increase in the number of parents who attend classes or participate in education activities using 07-08 as a baseline.*

(Milestones are in italics.)

Michelle brought up the 2-1-1 system on the computer and walked ISAP members through its use. She explained that when a clinician or caseworker is finding any type of service for a client, they can add a word and find what is available in Central Michigan. Michelle used the word “food”, and demonstrated how this led to a list of food pantries, etc. She stated that Suzanne Eman-Jaineg from Capital Area United Way had attended our last Family Matters Workgroup meeting and explained the background of 2-1-1 to workgroup members. In Central Michigan, 2-1-1 serves Clinton, Eaton, Hillsdale, Ingham and Jackson Counties, and is actually housed in Jackson. The center receives about 1500 calls per month. Suzanne Eman-Jaineg also provided Family Matters Workgroup members with the Taxonomy Index of Human Services used by 2-1-1 operators. This is a list of terms that the computerized system is programmed with and helps to arrive at needed services in the most expedient manner possible. Eman-Jaineg stated that clinicians can also do a printout of the service/services needed by the client. Michelle gave ISAP members the 2-1-1 website:

CentralMichigan211.org. She then pulled up the page titled “Get Help, Give Help” for those who want to volunteer services. Becky Allen asked if Diversion Programs are a part of 2-1-1 and Michelle stated that they are not. Becky also asked if the same type of presentation that Michelle was doing could be done for MSU. Karen stated that Ralph Monsma had recommended that Family Matters Workgroup members facilitate trainings in navigating the 2-1-1 system as one of our next steps. She added that Dawn Kepler recommended that workgroup members compare resources in the 2-1-1 system to those listed in the Capital Area Community Services, Inc. Directory and ensure that both are accurate. Michelle stated that one of today’s goals was to encourage ISAP members to ensure that information for their own organizations was listed correctly in the system.

Harriett Dean identified all six of the ISAP workgroups for new members and stated that she would send them information about each.

## **V. FACE and “Switch it Up” Programs**

Amy Moore presented. Amy stated that youth are learning to do public service announcements (PSAs) through the Switch it Up Program. Comcast has placed some of these PSAs on their cable station. About one third of cable advertisement space is local. Amy stated that this has been a great experience for the youth and she would like to keep it going. She stated that the youth also design FACE static advertisements. Amy then gave a power point demonstration of some of these including ”Sober Chilling” and “Sober Clubbing.” December is the deadline for submission of the static ads. Amy stated that the youth also create cool websites. She stated that the “Switch it Up” Program is an opportunity for youth to participate in healthy activities while doing what they are already doing. Amy emphasized that peer promotion is effective, as demonstrated by the Courageous Persuaders Video Competition. She stated that youth are engaged in media now but their messages are unrefined. This is where these programs come in. Sharon stated that this is a good example of social norming. Micki Fuhrman asked if some of the advertisements being developed could be added to the Alcohol Awareness Poster Contest at the Lansing Mall. Marie Hansen asked Amy what was needed from ISAP to help make this happen. Amy stated that she could help with training in these programs in conjunction with Alcohol Awareness activities. She stated that this is an opportunity to do something hip and fun and to maximize effectiveness. Sara Lurie stated that we have a lot of media needs right now, such as featuring the Domino Effect Program and 0-1-2 Program messages on the Luginut Stadium Scoreboard. She reminded ISAP members that \$25,000.00 in SPF/SIG funding will soon be available to the Coalition.

## **VI. Alcohol Awareness Month**

Micki Fuhrman presented. She distributed copies of a handout that outlined potential activities for Alcohol Awareness month and those who might potentially be involved. These include: a Poster Contest, Safe Prom, an Essay Contest, a Talent Show, parents, the Luginuts, FACE PSAs, the faith-based community and Lansing schools. Micki stated that Safe Prom activities could potentially be extended to graduation. She stated that the Courageous Persuaders Program could be part of Alcohol Awareness activities and that the Lansing Schools could be involved through their Alcohol Reduction Grant. Micki stated that Officer Steve Whelen from the East Lansing Police Department had initiated the Essay contest at East Lansing High School last year. Mike Tobias stated that an initial committee was forming to plan a talent show. Marie Hansen asked if the Alcohol Awareness Month Planning Committee was still in place, and Micki replied that Detective First Lieutenant Tim Gill does most of that work. Mike Tobias stated that a list of all Alcohol Awareness activities will be promoted on MySpace and Facebook websites. Becky stated that MSU may be piloting a Brief Intervention Referral Program at Alcohol Awareness time. Amy stated that she had hoped that ISAP members would be leaders in promoting proven-effective strategies for Alcohol Awareness Month. Marie stated that ISAP is not at a research-based point yet and we may not be able to engage everyone in research-based

practices for Alcohol Awareness activities. She said that local schools need to engage the youth in some ways. Micki stated that if things go the way they are supposed to, the Alcohol Awareness activities are an adjunct. Amy stated that there should be some type of framing for the events. She stated that, for example, an essay contest may not be the best thing to offer East Lansing High School. Amy said she felt that communities need more guidance from the ISAP Coalition. Marie stated that we are not in charge of Alcohol Awareness activities, and that we should empower and nudge people toward different things that they can do. Amy stated that she wanted to be sure we are using our time wisely.

## **VII. Legislative Updates: Michigan Tobacco Reduction Resolution**

Mike Tobias passed around a sheet for ISAP members to write down their State Representatives and State Legislators. He stated that Representative Mark Meadows introduced a bill for keg tracking and another legislator introduced a bill to de-criminalize the Minor in Possession law. Mike stated that ISAP is looking at both of these issues and is also concerned about alcopops and alcoholic energy drinks. Mike stated that Michigan Liquor Control Commission will hold its public hearing on December 3, 2008. He encouraged ISAP members to attend, as well as contacting their state and local elected officials.

**Action:** Marie proposed that Sharon McWilliams be elected ISAP Chair Elect until January. Micki moved that Sharon be elected and Harriett seconded. The motion was unanimously accepted.

## **VIII. Update: Alcohol Screenings in Health Department Clinics**

Marie stated that local versions of on-line screening tools will be promoted on Alcohol Screening Day. Sara stated that she and Amy had attended a Health Clinic Management meeting. They gave attendees questionnaires regarding what type of training they might need for an alcohol screening. Amy stated that front line staffs at most clinics do not know how to intervene and make referrals for substance abuse cases.

## **IX. MidSouth Announcements**

Harriett stated that MidSouth will hold a training on: introduction to the Strategic Planning Framework/State Incentive Grant (SPF/SIG) process. The training will take place on Monday, November 24, 2008 at Hershey's Restaurant in East Lansing.

## **X. Other Announcements**

- Becky Allen stated that there will be a Social Norms Campaign on the Facebook website. Tee shirts will be given as incentives.
- Harriett Dean stated that ISAP has received funds from the Capital Region Community Foundation to help brand ourselves. ISAP will be working with Michigan State University's Advertising students with ISAP as a class project winter term 2009.

## **XI. Adjourn:**

**1:30 pm**