



**Substance Misuse and Mental Health Alliance
Community Awareness Task Force
Meeting Minutes – Wednesday, October 17, 2018
2:00-3:00 PM
Abrams Public Health Center Room 1104**

In Attendance

Andrea Garcia, Pima County Health Department	Margie Mortimer, Community Advocate
Charlotte Smith, Pima County Health Department	Mary Kinkade, Pima County Health Department
Debbie Krueger, Connections	Miranda Gali, La Frontera
Gertha Sicobo, Pima Council on Aging	Nic Cogdall, Pima County Health Department
Jamal Givens, Community Family Resources	Noel Valle, Pima County Health Department
Karla Avalos, City of Tucson Mayor's Office	Rachel Cummings, Pima County Health Department
Linda Leatherman, Pima Co. Comm. Dev. and Neighborhood Conserv.	Susan Towne, Pima County Juvenile Court

Welcome

Karla Avalos (City of Tucson Mayor's Office) and Linda Leatherman (Pima County Community Development and Neighborhood Conservation) welcomed everyone in attendance and introductions were done. The group was provided a copy of the agenda and given an opportunity to review the agenda items.

Action Plan Implementation Update

School Presentations

The group discussed the school that were being contacted for the RX 360 presentations. This includes updates on schools that have been contacted and ones that have already been presented to.

- Rachel and Charlotte, Pima County Health Department, stated that they presented at University High School as part of the school's health class. They noted that the students had some background knowledge but there were gaps in information related to proper disposal of medications. Charlotte encouraged the students to look into Dispose-A-Med and that the school is interested in having a second presentation;
 - There is interest in having an RX 360 presentation at Sabino High School;
- Jamal Givens, Community Family Resources, noted that Sunnyside School District is interested in having a presentation at both their middle and high schools. Jamal shared a copy of the proposal, recognizing that the plan is ambitious and that additional support may be needed to provide presentations to all of the classes.
- The group also noted that there is interest in Pinal County and that connections should be made with their schools/health department to assist with the RX 306 training.

The group discussed low attendance in the past when attempting to reach parents, particularly, parents of high schoolers, relative to elementary and middle school. To help engage parents, the group discussed using social media and targeted advertising to reach the parents. The group also discussed using movie nights as a means of recruiting and engaging with parents across all levels.

Deterra Bags

Charlotte and Rachel shared that Deterra Bags have been provided to several libraries around Pima County. Deterra Bags are a pouch that can be used to dispose of prescription medications including patches, liquids, and pills safely. The libraries include:

- 20 bags, Arivaca Branch Library: 17050 W Arivaca Rd, Arivaca, AZ 85601
- 20 bags, Murphy-Wilmot Library: 530 N Wilmot Rd, Tucson, AZ 85710
- 20 bags, Dewhirst-Catalina Library: 15631 N Oracle Rd #199, Catalina, AZ 85739
- 20 bags, Wheeler Taft Abbett Sr. Library: 7800 N Schisler Dr., Tucson AZ 85743
- 50 bags, Oro Valley Library: 1305 W Naranja Dr, Oro Valley, AZ 85737

For individuals that interested in receiving Deterra bags for distribution, please contact Raul Munoz, at

Raul.Munoz@pima.gov.



Wrecked Activity Training

Charlotte and Rachel lead the group in an activity as part of the RX 360 presentation called 'Wrecked', in which individuals participants are given a real world scenario that a student may experience (i.e. going to a party and being offered drugs), they then draw one of three cards ('Wrecked', 'Checked', and 'Check a Friend') at random. The goal of the exercise is to help students practice and apply different resistant strategies and explore the consequences of substance misuse. The participants then role play the situation based upon the card they draw:

- 'Wrecked', if an individual draws this card they must describe a situation in which they experience adverse consequences based upon the situation they were given (i.e. getting into a car accident following drinking and driving).
- 'Checked', if an individual draws this card, the individual can describe how they avoided a particular situation and had a positive outcome (i.e. utilizing positive social skills to resist taking drugs)
- 'Checked a Friend', if an individual draws this card they must describe how they could aid one of participants that was 'Wrecked' (i.e. picking up a friend that may have consumed alcohol so that they do not drink and drive).

The group in attendance broke into two groups and ran through one of the scenarios to help understand the how the activity works.

Action Plan Implementation

The group offered brief updates related to the action plan:

- The Dispose-A-Med flyer has been updated to include an up-to-date list of locations
- Saturday October 27th is the National Prescription Drug Take Back Day, 4 events are being hosted in Pima County:
 - Oro Valley P.D:
Fry's located at 10661 N Oracle Rd, Oro Valley 10 am - 2 pm
 - City of South Tucson and CPC:
South Tucson Police Department 1601 S 6th Ave 10 am - 2 pm
 - Town of Marana:
Target located at 3901 W. Ina Road in Marana, 10am-2pm. They will only accept pills.
 - Tucson:
Fry's located at 7050 E. 22nd St. 85710, 22nd and Kolb, 10am-2pm.
- One member of the group noted that they are in contact with the TUSD Mexican-American Student Services to develop an MOU to train staff on RX 36 and Marijuana 360 with a portion for both students and parents.
 - On November 1st, there will be a Marijuana 360 Training. There have been previous trainings for alcohol and there are plans for an RX 360 training but the time is TBD.

Updates

- Gertha Sicobo, Pima Council on Aging, shared that the PCOA will be facilitating their WISE (Wellness Initiative for Senior Education) Program. The program was piloted in both English and Spanish last year and is looking to start an English program again in February. The program will start being promoted in December. It is currently looking for 15-20 seniors in the Armory Park area that would be interested in a 6 week workshop, 2 hours a week



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- Topics include medication misuse, exercise, and commination with physicians to bring about behavioral change
- Nic Cogdall, Pima County Health Department, shared that the Community Health Needs Assessment process is currently underway and notified the group that there will be a community forum to help identify the health priorities for Pima County on November 30th from 9:00 – 11: 00 AM at the Abrams Public Health Center. An electronic survey will be sent out for those unable to attend.
- On November 8th, an RFP will be released from ADHS to support human services, opioids are among the primary areas.

Next Meeting

Date: Wednesday, November 28, 2018

Time: 2:00-3:00 PM

Location: Pima County Health Department: 3950 S. Country Club Rd. Tucson, AZ 85742

Room: 3110

Adjourn