



**Substance Misuse and Mental Health Alliance  
Community Awareness Task Force  
Meeting Minutes – Thursday, February 1, 2018  
3:00-4:00 PM  
Abrams Public Health Center Room 3102**

**In Attendance**

Andrea Garcia, *Pima County Health Department*  
Chris Stead, *Pima Community Access Program*  
Debbie Krueger, *Connections*  
Ernesta Limon, *Pima County Health Department*  
Gertha Sicobo, *Pima Council on Aging*  
Greg Taylor, *Cenpatico IC/HealthNet*  
Jamel Givens, *Child & Family Resources*  
Jill Lanning, *Dependable Home Health*  
Karla Avalos, *City of Tucson Mayor's Office*  
Kathy Konecay, *Pima County Library*

Lee Klasen, *Pima County Health Department*  
Linda Leatherman, *Pima County CSET*  
Margaret Higgins, *The Haven*  
Margie Mortimer, *Community Member*  
Nicholas Cogdall, *Pima County Health Department*  
Paula Mandel, *Pima County Health Department*  
Raul Munos, *Pima County Health Department*  
Susan Arnold, *Hope, Inc.*  
Susan Towne, *Pima County Juvenile Court Center*  
Valerie Marcum, *Dependable Home Health*

**Introductions & Agenda**

Raul welcomed everyone in attendance and provided the group with an overview of the Substance Misuse and Mental Health Alliance task forces and introduced Nicholas as a representative from the Healthy Pima initiative.

Karla and Linda introduced themselves as the co-leads for the Community Awareness Taskforce and thanked everyone in attendance.

A round-robin of introductions was done.

**Group Discussion**

The group reviewed the action plan documents provided. The action plan identifies activities to be carried out by the Community Awareness Task Force as part of the broader Substance Misuse and Mental Health Alliance.

**Action Plan Review**

Karla and Linda provided an overview of the 2018 activities, objectives, and strategies developed by the Community Awareness Taskforce.

Questions were asked about the scope of the work and whether the focus would be on prescription drugs and illicit drugs, or just prescription drugs. Raul noted that while the current climate is focused on prescription opioids, the action plan goals are broad and can adapt to the needs of the community.

Paula commented on the need to understand the underlying causes and behaviors that result in substance misuse.

Poster boards with the action plan strategies were placed at the front of the room. Group members were asked to place post-it notes under the action plan strategies to identify:

1. **Activities or strategies their organization is currently doing**
2. **Activities or strategies they would like to work on with the group on**
3. **Activities or strategies missing from the action plan**



**Goal 1:** To reduce access to and dependence on prescription medications and illicit substances in Pima County.

**Objective 1:** By 2018, increase the use of proper disposal methods for prescription medications in Pima County.

Strategy 1: Place permanent Rx drug drop boxes in every law enforcement station/substation and identify additional DEA approved sites for placement opportunities.

- **Margaret Higgins, The Haven:** The Haven's whole program of services is geared toward reducing dependence on substances whether legal or illegal.

Strategy 2: Increase community awareness of Rx drug drop box locations.

- **Karla Avalos, City of Tucson:** Informing constituents of services available to them
- **Gertha Sicobo, BeMedSmart Program**
- **Margaret Higgins, The Haven:** Increase access to services by clients in need.

Strategy 3: Implement Rx drug take-back events.

- **Susan Towne, PCJCC**
- **Margaret Higgins, The Haven:** Increase access to services by clients in need.

Strategy 4: Increase community awareness of safe Rx drug storage options.

- **Ernestina Limon, Pima County Health Department**
- **Susan Towne, Pima County Juvenile Court Center:** Increase community awareness to safe storage.
- **Kathy Konecay, Pima County Library:** Library can provide community gathering spaces for RX take-back events. Library will provide associated publicity for said events.
- **Susan Towne, Pima County Juvenile Court Center:** Facilitate Rx360 1x/month to parents of 1<sup>st</sup> time juvenile offenders of a substance abuse referral.
- **Margie Mortimer, Community Member:** Community conversations - town hall format with youth and their families.
- **Susan Arnold, Hope Inc.**
- **Jamal Givens, Child & Family Resources:** Dissemination of Rx bags and Deterra bags to families to properly dispose of and monitor their prescription on the south side of town.
- **Chris Stead, Pima Community Access Program**
- **Gertha Sicobo, BeMedSmart Program:** Providing all noted resources and performing all noted activities for older adults, 55+
- **Jill Lanning, Dependable Home Health**
- **Margaret Higgins, The Haven:** Increase access to services by clients in need.



**Goal 2:** Encourage adoption of best practice guidelines by Pima County prescribers and pharmacists.

**Objective 2:** By 2018, encourage patients to take personal responsibility and advocate for their personal health.

Strategy 1: Improve awareness and access to resources for patients.

- Ernestina Limon, Pima County Health Department
- Gertha Sicobo, BeMedSmart Program
- Jill Lanning, Dependable Home Health
- (No name provided): increase awareness for identification of misuse and action to take. Improve resources available.
- Ernestina Limon, Pima County Health Department: Substance Misuse Program -1) utilizing information for mothers – having program coordinators come into session to improve awareness for mothers and give them resources.
- Debbie Krueger, Connections: Outreach and education with emergency department (TMC, TPD, CIT, MHST). Recognizing signs and symptoms of patients and providers with community resources to assist in recovery process. Continue to provide education on best practices. Communication with providers and doctors.
- Chris Stead, Pima Community Access Program

**Goal 4:** Increase awareness and education on the effects of substance misuse among residents of Pima County.

**Objective 1:** By 2018, increase awareness among Pima County residents of the risks associated with substance misuse.

Strategy 1: Implement mass media campaign and disseminate materials on associated risks.

- Kathy Konecay, Pima County Library: Library can dedicate space for public education materials at most of its 26 branches.
- Jamal Givens, Child & Family Resources: Community outreach- events, presentations, community introductions.
- Chris Stead, Pima Community Access Program
- Debbie Krueger, Connections: Provide outreach and education to reduce stigma with substance use.
- Margaret Higgins, The Haven: The Haven would like to again hire The Loft to show education firms about substance misuse.
- Jamal Givens, Child & Family Resources: Support sending out messages regarding substance abuse prevention.
- Lee Klase, Pima County Health Department
- Andrea Garcia, Pima County Health Department
- Gertha Sicobo, BeMedSmart Program
- Karla Avalos, City of Tucson
- Jamal Givens, Child & Family Resources: Offering Strengthening Families program to families with youth ages 10-14. Offering Thriving for Success, a substance abuse prevention program for youth ages 10-14. Information and dissemination of the harmful effects of substance abuse and misuse of marijuana, alcohol, and prescription drugs on the Southside of Tucson.
- Kathy Konecay, Pima County Library: Library staff assist the public in finding information in substance misuse and mental health topics.



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- **Debbie Krueger, Connections:** Outreach and education with emergency departments like TMC to start working towards all hospitals, TPD to provide training system on opioid epidemic signs and symptoms, naloxone, education on substance use disorders.
- **Andrea Garcia, Pima County Health Department**
- **Valeria Marcus, Dependable Home Health**
- **(No name provided):** Promoting the Rx360 toolkit and opioid misuse/abuse prevention
- **(No name provided):** Medication reconciliation the home. Education on medication disposal and proper use of narcotics. Assisting patients in gaining confidence to manage illness and medication use.
- **(No name provided):** Youth tobacco education presentations on six different topics for schools in Pima County.

Strategy 3: Implement evidence-based curriculums to educate community members about the risks of substance misuse.

- **Susan Towne, Pima County Juvenile Court Center:** Implement curriculum to educate risks of substance abuse.
- **Chris Stead, Pima Community Access Program**
- **(No name provided):** education and schools.
- **Jamal Givens, Child & Family Resources**
- **Jamal Givens, Child & Family Resources:** Offering Strengthening Families program to families with youth ages 10-14. Offering Thriving for Success, a substance abuse prevention program for youth ages 10-14. Information and dissemination of the harmful effects of substance abuse and misuse of marijuana, alcohol, and prescription drugs on the Southside of Tucson.
- **Kathy Konecay, Pima County Library:** Library staff assist the public on finding information on substance misuse and mental health topics.
- **Debbie Krueger, Connections:** Outreach and education with emergency departments like TMC to start working towards all hospitals, TPD to provide training system on opioid epidemic signs and symptoms, naloxone, education on substance use disorders.
- **(No name provided):** Present to adults in Pima County.
- **Lee Klase, Pima County Health Department**

Strategy 4: Engage local anti-drug coalitions, organizations and other stakeholders to promote and disseminate public education materials on substance misuse.

- **Greg Taylor, Cenpatico IC/HealthNet:** Cenpatico funds 5 substance use prevention coalitions in Pima County – 1) AZ Youth Partnership abuse and prevention education coalition, 2) La Fonterra Center-Refugee integration service provider network, 3) Native American Advancement Foundation, 4) Pima Council on Aging-Be Med Smart, 5) SAAF – Youth Empowerment and LGBTQ Leadership.
- **Linda Leatherman, Pima County Health Department:** Extensive outreach to faith groups and nonprofit organizations working with 2<sup>nd</sup> Chance Committee, working with refugee community, outreach and information to community group.



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- **Valeria Marcus, Dependable Home Health**
- **Kathy Konecay, Pima County Library**
- **Ernestina Limon, Pima County Health Department**
- **Jamal Givens, Child & Family Resources**
- **Karla Avalos, City of Tucson:** Mayor's Office would like to bring awareness to community about opioid misuse resources. Aggressive educational campaign in schools in all grades.
- **Chris Stead, Pima Community Access Program**
- **Susan Towne, Pima County Juvenile Court Center:** Engage to promote education.
- **Gertha Sicobo, BeMedSmart Program**
- **(No name provided):** Promoting the Rx360 toolkit and opioid misuse/abuse prevention
- **(No name provided):** Partner with local youth coalitions who work on promoting tobacco prevention initiatives. Peer-to-peer education.
- **Lee Klase, Pima County Health Department**

**Objective 3:** By 2018, establish a Steering Committee to identify opportunities to improve provider capacity, accessibility, and treatment outcomes for substance misuse and mental health services in Pima County.

Strategy 2: Identify scope of current substance misuse and mental health challenges by reviewing existing data sets.

- **Chris Stead, Pima Community Access Program**
- **Margaret Higgins, The Haven:** The Haven has rented The Loft and shown videos to the Tucson community about the horrors of addiction to heroin and opioids. The Haven gives talks in the community about the effects of substance misuse.
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- **Kathy Konecay, Pima County Library:** Library staff assist the public on finding information on substance misuse and mental health topics.
- **Debbie Krueger, Connections**
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- **Andrea Garcia, Pima County Health Department**



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**Areas that are missing from the current plan:**

- **Margie Mortimer, Community Member:** County-wide youth leadership conference: Learning health living, peer-to-peer leadership
- **Karla Avalos, City of Tucson:** Intensive school education and presentations

**Next Steps**

The group will continue to review the action plan to: (1) identify if there are any additional activities that should be included in the plan and (2) identify any activities they would like to work on. This information can be e-mailed to the Healthy Pima team at: [HealthyPima@pima.gov](mailto:HealthyPima@pima.gov)

**February Task Force Meetings**

The Opioid Round Table Discussion on Thursday, February 22, 2018 from 10am-12pm will replace the February task force meetings. The Discussion will take place at Cenpatico, located at 333 E. Wetmore Rd. Please RSVP with Tania Long if you plan to attend: [TALONG@cenpatico.com](mailto:TALONG@cenpatico.com) . Check-in is on the 6th floor when you arrive.

Calendar invite will follow shortly.

**Next Meeting**

Date: Wednesday, March 14<sup>th</sup>

Time: 2-3pm

Location: Pima County Health Department: 3950 S. Country Club Rd.

Room: 3110

**Adjourn**