



Minutes 10-18-23

1. Welcome and Introductions
 - a. Joanie Hedrick began the meeting by welcoming everyone and thanking them for joining. This meeting took place at the Metropolitan Community College—Maple Woods Campus. Introductions were made with 36 in attendance.

2. In-Service
 - a. This month's in-service was provided by Michelle Lane, Sr. Director Community Health and Wellness at the North Kansas City Hospital. She is a licensed Nurse Practitioner and has 24 years of experience between the ER and community health education. Michelle has taken special interest in the science of sleep and happiness in which she has developed in-depth, science, and research-based presentations. For the October meeting, Michelle presented, "Sleep Is A Superpower. Period." This information packed presentation included research on the importance of sleep and brain restoration, the impact of caffeine on sleep, and the important bodily processes that are enhanced through adequate sleep. She also discussed supplements that can be used to aid in sleep and their effectiveness (or lack thereof). Michelle's takeaway message was this: sleep is not an optional lifestyle luxury; sleep is a non-negotiable necessity. She urged attendees to take sleep seriously. Defending your sleep isn't some sort of crystal-waving nonsense. It is a pragmatic response to good health. Having good sleep increases concentration, attention, decision-making, creativity, social skills, and health. Sleep reduces mood changes, stress, levels of anger, impulsivity, and the tendency to drink and take drugs. It's a superpower, use it. For more information, Michelle can be reached at michelle.lane@nkch.org.
 - b. Following the in-service, attendees took time to "Reflect and Connect". At their tables, they were given six questions to discuss. After 15 minutes, one person from each table shared their ideas, thoughts, and action steps.

3. Review Minutes
 - a. Attendees reviewed the minutes from September 20th. Jim Bishop provided the first motion and Dusty Sheiter provided the second; the motion passed.

4. Financial Report
 - a. Tom Mayfield provided the financial report. The Northland Coalition bank account balance is \$24,873.91. A bill was paid prior to the meeting in the amount of \$211.72.

5. TCMHS Rebrand
 - a. New name. Same programs, people, attention, and care. Tri-County Mental Health Services is now Beacon Mental Health! While they have a new look, they're still offering the same nationally recognized 24/7 crisis care, substance use and suicide prevention programs to communities in Clay, Platte, and Ray Counties. They have not changed ownership, staff, services, locations, or anything other than the name and logo. Why the name change? Their former name and logo would often get confused with other "Tri-County" entities around the

Mission: Through community involvement, leadership, and the sharing of resources, the Northland Coalition promotes and encourages the positive, healthy, and safe lifestyle decisions of our youth.

country, the former name and logo were 33+ years old and outdated, and the former name made people think the agency was part of county government, which they are not. As they continue to support the programs of the Northland Coalition, members will begin seeing emails coming from @beaconmh.org. Have no fear! These are still your trusted “Tri-County” Prevention Resource Center employees! Moving forward, the TCMHS logo is being replaced with the Beacon Logo. If you have any questions, please reach out to Emily Barnes at emilyb@beaconmh.org.

6. Advocacy Update

- a. Emily Barnes provided an advocacy update. Micro dispensary licenses were awarded at the beginning of October. 10 micro dispensary applications were approved in Clay County and 1 in Platte County. Laura and Emily attended the KC Tobacco Flavor Ban meeting on 10/12 hosted by the American Heart Association (AHA). AHA is gearing up for a campaign to ban all flavored tobacco (e-cigs too!) in the city of KC. They are building off the success of a push they made in 2021 and are having conversations now but will start the roll out of the campaign in May 2034. More information to come. The Missouri Prevention and Advocacy Leadership group will be hosting a “Leap Into Prevention” advocacy day in Jefferson City on February 28th. If you’re interested in attending, please let Emily know. She is also working to schedule a virtual advocacy training with the American Heart Association. Kevin Sabet with SAM (Smart Approaches to Marijuana) attended the first-ever Bipartisan Fentanyl Prevention Caucus briefing where he addressed members of Congress and staff on the dangers of drug legalization. The Caucus aims to find solutions to the fentanyl crisis through bipartisan policy. The Caucus Chairs were from CO, CA, and PA. [Also, back in July, MO legalized fentanyl test strips.](#)

7. Youth Programming

- a. Sherri Miller provided an update on youth prevention programming. The 2023 Northland Youth Leadership took place on October 10th (High School) and 11th (Middle School) at Platte Woods United Methodist Church. Nearly 500 students from local high schools and middle schools gathered for a full day of educational and interactive sessions, plenty of fun and good vibes, action planning, and even meeting new friends! The hosts, Leading To Change, had everyone in the room moving, laughing, and learning the lessons needed to lead the way to a better tomorrow. They had educational sessions on healthy relationships, the harm of drugs and alcohol on the teenage brain, safe driving, and digital citizenship. New this year were interactive sessions such as yoga, mindfulness, planting and gardening, and interpersonal relationship building to demonstrate healthy coping strategies. All students wrapped up the day by planning for a school-wide activity with their groups and presented to the entire summit their plans to go Beyond The Now. Sherri thanked everyone who was involved in making this the best summit yet and hope they can join the team next year to continue leading the charge towards empowering the leaders of tomorrow!

8. Coalition Highlights + Shout-Outs

- a. Kyria Hood announced she completed the Youth Mental Health First Aid instructors training and is now certified to teach the course. She also shared the Excelsior Springs Community Center will be offering a Narcan training on November 7th. This training will be provided by Epic. Platte County Health Department has Narcan available.
- b. Kathy Macken shared the Clay County Children’s Services Fund Impact report is now available. Copies were made available. She also shared that through conversations at SAFE, they were able to coordinate passing out Fentanyl postcards at the Homecoming parade.
- c. Marlo Howard shared the success of Kearney Holt-CAN’s Farmer’s Market booth. Coalition volunteers led community members in a Prevention Plinko trivia game and passed out Parent

Mission: Through community involvement, leadership, and the sharing of resources, the Northland Coalition promotes and encourages the positive, healthy, and safe lifestyle decisions of our youth.

Up materials. They partnered with the Clay County Public Health Department, who passed out 24 Narcan kits and connected with 64 people. Marlo also shared that CAN is very happy with their new Prevention Specialist, Jeanene Morris.

- d. Through the work of the Northland Coalition, Joanie Hedrick shared the Excelsior Springs Job Corp was headed of the game in addressing Fentanyl with their students. By the time their head office wanted them to address it, they had already been doing so for a couple of years. The front entrance of Job Corp has Narcan available.

9. Upcoming Events

- a. **October 28th**: DEA Take Back Day beginning at 10:00am. Please use [this link](#) to find a participating site near you. The Northland Coalition has Deterra drug disposal bags available.
- b. **November 1st**: Jr. Hope Squad
- c. **November 9th**: Synthetic Marijuana in Our Community: Understanding the Risks to Youth from 6:30pm-8:00pm at the First Baptist Church in Richmond (306 W. Main St., Richmond, MO 64085). To register, please visit the [Ray County Coalition website](#) or email Deborah Neel at deborahn@beaconmh.org.
- d. **November 13th and 14th**: Missouri State Prevention Conference in Columbia. Conference information can be [found here](#). If you are interested in attending, please fill out [this form](#) or contact Emily Barnes at emilyb@beaconmh.org.

10. The next meeting will take place on **December 13th** from **11:30am-1:00pm** at the **Metropolitan Community College—Maple Woods, Campus Center Building, Room 110**. Due to the State Prevention Conference, the Northland Coalition **will not** meet in January.