



Minutes 1-17-24

1. Welcome and Introductions
 - a. Joanie Hedrick began the meeting by welcoming everyone and thanking them for joining. This meeting took place at the Gladstone Community Center. Introductions were made with 42 in attendance.
2. Review Minutes
 - a. Attendees reviewed the minutes from December 13th. Tom Mayfield provided the first motion and Ashley Halter provided the second; the motion passed.
3. Financial Report
 - a. Tom Mayfield provided the financial report. In January 2023, the Northland Coalition bank account had a balance of \$23,814.55. As of the meeting date, the Northland Coalition bank account had a balance of \$24,313.43. This is a difference of +\$498.88.
4. Advocacy Update
 - a. Emily Barnes provided an advocacy update. Now that the Legislative Session is in progress, these updates will be given monthly. House Bills of note include:
 - i. [HB1403](#): The offense of delivery of a controlled substance is a class A felony if the 24 controlled substance being delivered or distributed is marketed to minors and: 25 (1) Combined with a beverage or candy product; 26 (2) Marketed or packaged to appear similar to a beverage or candy product; or 27 (3) Modified by flavor or coloring.
 - ii. [1484](#): T21, tobacco licensing, pre-emption language, age to sell products.
 - iii. [1781](#) This would “create provisions relating to intoxicating cannabinoids.” Essentially, this would target THC isomers. 14 other states have acted on isomers, and it would be amazing to see Missouri hop on the band wagon.
 - iv. [1843](#): Adds tobacco products and vapor products to the Drug-Free Schools Act
 - v. [1996](#): Modifies provisions relating to drug offenses involving persons under the age of twenty-two years old.
 - vi. [1997](#): Requires public institutions of higher education to have opioid overdose rescue kits available for public use on campus.
 - vii. [2123](#): Establishes reporting requirements for school districts and the department of elementary and secondary education when a pupil commits suicide.
 - viii. [2157](#): Establishes standards to promote the safety of minors using the internet and social media (Josh Hurlbert)
 - ix. [2213](#): Adds tianeptine to the list of Schedule I controlled substances.
 - x. [2252](#): Excused absence for mental health appointment (Filed by representative in Kansas City, Jackson County)
 - xi. [SB761](#): This act provides that a child may be excused from attendance at school if the child is unable to attend school due to mental or behavioral health concerns, provided that the school receives documentation from a mental health professional. This act is identical to SB122 (2023).

- b. Sherri Miller also provided information on the following bills:
 - i. [SB 984](#): Regulates substances such as Delta 8 & 10
 - ii. [SB 762](#): Requires 988, nonemergency police department #, Crisis text line on back of student ID cards.
 - iii. [HB 2268](#): All passengers with new drivers must be alcohol and drug free.
 - iv. [HB 2186](#): All public higher ed institutions must allow individuals to possess and use marijuana on campus for medical purposes.
- c. Emily shared information on an upcoming webinar opportunity, advocacy training, and Leap Into Prevention Day. Details can be found under item 9.

5. In-service

- a. This month's in-service was provided by Jake Pollard, North Kansas City Lead Coordinator with the FullCircle Program. FullCircle is a staff facilitated support group for those 13-26 years of age struggling with a variety of substance use and mental health issues. They provide a place for youth who are in recovery and need support. The program is not treatment, does not replace treatment, and is not therapy. Participants are in the program for an average of 2-2 ½ years before graduating. Those who enter the program are assessed to ensure FullCircle is able to provide appropriate services. Referrals are made when thought necessary. Each week, four events are held. Monday and Thursday are support group nights and Friday and Saturday are sober functions. The weekend activities exist to aid teens in forming relationships with their peers based on honesty, love for their fellow man and service to others. Both the support group and weekend activities help provide a safe place for young people to grow and overcome their unique challenges. In addition to youth support groups, FullCircle offers parent support groups. These meetings address the specific needs of parents of troubled teens and provide the resources and guidance parents need to be a part of the solution. In 2015 FullCircle established an office in South Kansas City and has recently opened services in North Kansas City. Their NKC location is temporarily housed at Platte Woods United Methodist Church. Following Jake's presentation, attendees were provided the opportunity to ask questions; those included participation requirements, cost, insurance reimbursement, staff credentials, comparison to 12-step, and funding. A summary of the answers is as follows:
 - i. The program sees youth in all stages of sobriety. Some show up with only one day sober, others may be six months sober. They do not turn anyone away. This is a free program to attend, therefore, there is no insurance reimbursement. The only cost associated with FullCircle is the Friday and Saturday events. Even then, the two-day cost is minimal. FullCircle also never hits capacity. Participation is usually 30-40 young people at a time.
 - ii. Lead staff recently went through the SPF Application for Prevention Success Training (SAPST) to become credentialed prevention specialists. They are also Peer Specialists.
 - iii. FullCircle is essentially a 12-step program but, with permission from 12-step, was slightly modified to relate to teens and their lived experiences thus far.
 - iv. Funding for FullCircle primarily comes from grants and donations.

6. Youth Programming

- a. Jonathan Ridgeway provided an update on the Breathe Easier campaign. Breathe Easier focuses on five main facts about vaping that students lack knowledge in. These facts included vapes' impact on students' mental health, the toxins in vape cartridges, the risk for addiction, the harm to their environment, and resources to aid students who are trying to quit vaping. Students were "saturated" in these facts over the course of the campaign. On the first day of the campaign, students were welcomed into the school with a high-density poster campaign covering every wall of the public areas of the building. Students took a pre-evaluation about

their feelings towards the harms of vaping in their homeroom. Pre-assigned students were trained in basic vaping information by Beacon Mental Health staff. They took turns throughout the day to deliver announcements to the whole school covering these facts. On the second day of the campaign, students were handed a “Test Your Knowledge” card in homeroom and filled these cards out with facts gathered from the posters in the building. Students who filled those cards out and took their completed cards to lunch traded them in for a candy bar, a “Breathe Easier” sticker, and a resource information card. Student representatives also continued to deliver announcements throughout the day. On the third day of the campaign, students took a post-evaluation in their homeroom. The principal delivered a message thanking students for their participation as well as reminding students of the facts from throughout the campaign. Schools received an assortment of the posters for their own use. This campaign took place in all North Kansas City Middle Schools. Breathe Easier does not take away from any instructional time. For more information, please contact Jonathan Ridgeway at jonathanr@beaconmh.org.

- b. Sherri Miller provided information on classroom education provided by Beacon. Prevention programs include:
 - i. “My Life, My Choice” (Vaping)—Middle/High School
 - ii. “The High Cost of Getting High” (Alcohol, Tobacco, and Other Drugs)—Middle/High School
 - iii. “Mental Wellness Is A Muscle” (Mental Wellness)—Middle/High School
 - iv. “The Brain 101” (Brain Science/Alcohol, Tobacco, and Other Drugs)—6th Grade
 - v. “Tough Stuff Happens” (Adversity)—K-5
 - vi. “Flipping Your Lids” (Mental Wellness)—K-5
 1. For more information on these programs, please visit Rebecca’s [Calendly page](#).
- c. Taylor Cline provided an update on 988 resources. The 2024-2028 Missouri State Suicide Prevention Plan has been released. This is a statewide plan to help Missourians prevent and lower the risk of suicide in their families and community. Priorities include:
 - i. Raise public awareness about suicide risk and prevention.
 - ii. Support community-led efforts to promote suicide prevention, intervention, and postvention care (care of families, friends, and a community after a suicide).
 - iii. Help diverse groups and organizations create suicide prevention programs, systems, and policies.

The full plan can be found [here](#). Additionally, an updated Missouri Suicide Prevention and 988 Guide for Schools is expected to be released in March 2024. If you have any questions, please contact Taylor Cline at taylorc@beaconmh.org.

7. Coalition Highlights + Shout-Outs

- a. There were not any coalition highlights or shout-outs this month.

8. Upcoming Events

- a. **January 25th “I’m New Here: Northland Coalition Volunteer Orientation”** from **11:00am-12:00pm** via **Zoom**. This workshop is designed for those who are new, curious, or interested in participating in prevention coalitions. After a brief introduction to youth substance use, this workshop will explore the science of good prevention, a look at the factors that contribute to substance use and provide an overview of our local and regional prevention efforts to reduce youth substance use. If you’re interested, you can [register here](#).
- b. **February 20th Virtual Advocacy Training** from **10:00am-11:30am** via **Zoom**. This training will cover various aspects of advocacy include advocacy at the state level, Missouri’s legislative

process, building relationships with representatives, and how to talk to legislators. To register, [please click here](#).

- c. February 28th Leap Into Prevention Day in Jefferson City. This day will be an opportunity to speak with legislators about priority issues and concerns. Beacon Mental Health staff will provide support to those who attend, including preparing talking points, coordinating carpools, and hosting at the Capitol. To register, [please click here](#).
 - d. March 7th Northland Prevention Conference from 9:00am-2:30pm at Platte Wood United Methodist Church. This one-day event will include a continental breakfast, featured speaker, breakout sessions, lunch, a networking session, and a resource fair. For more information, or to register, [please click here](#).
9. Next Meeting – February 21st from 11:30am-1:00pm at the Gladstone Community Center
- a. Northland Prevention Conference Planning Meeting to follow.
 - b. Future general meetings: April 17th