

## Substance Misuse Prevention Oversight and Advisory Council December Meeting Minutes

<b>Mtg. Facilitator:</b> Melanie Sheehan, Dr. Levine, and Secretary French <b>Mtg. Recorder:</b> Nicole Rau Mitiguy <b>Mtg. Time Keeper:</b> Nicole Rau Mitiguy <b>Where:</b> Waterbury State Office Complex, Cherry Conference Room
<b>Date:</b> 1/27/2020
<b>Start Time:</b> 1:00 pm
<b>End Time:</b> 3:00 pm

### Council Attendees

Mark those present with an "X"

Name		Organization and Role	Name		Organization and Role
X	Mark Levine, MD	Health Department, Co-Chair	X	Skylar Dryden	Youth Representative
X	Melanie Sheehan	Mt. Ascutney Hospital and Health Center, Co-Chair		Peter Espenshade	Recovery Vermont
X	Daniel French	Agency of Education, Executive Committee Member	X	Courtney Farrell	Lund
X	Chris Herrick	Dept. of Public Safety, Executive Committee Member	X	Clay Gilbert	Rutland Mental Health, Evergreen Recovery Center
	David Allaire	City of Rutland	X	Cindy Hayford	Deerfield Valley Community Partnership
X	Amy Brewer	Northwestern Medical Center		Roger Marcoux	Lamoille County Sherriff Department
X	Rebecca Brookes	Upstream Social Marketing	X	Maryann Morris	The Collaborative
x	Moses Delane	Youth Representative		Christina Nolan	U.S. Attorney
X	Kimberley Diamond	Big Brother Big Sister	X	Eileen Peltier	Downstreet Housing
X	John Searles, Ph.D.	Retired, Dept. of Health	X	Tim Trevithick	Champlain Valley Union High School
X	Stephen Von Sitas	Regional Treatment Court	X	Auburn Watersong	Agency of Human Services
X	Skyler Genest	Dept. of Liquor and Lottery			

### Non-Council Attendees

Name		Organization	Name		Organization
X	Sara Chesbrough	Dept of Health	X	Joanna Watterson	Public
X	Jen Hicks	Dept. of Health	X	John Earle	Public
X	Nicole Rau Mitiguy	Dept. of Health	X	Jill Sudhoff-Guerin	VT Medical Society
X	Kristen Murray	Dept. of Health	X	Rhonda Williams	Dept of Health

X	Kelly Dougherty	Dept. of Health	X	Ann Gilbert	Central VT New Directions Coalition
X	Lori Tatsapaugh Uerz	Dept. of Health	X	Holly Morehouse	Vermont Afterschool
X	Daisy Berbeco	Dept. of Mental Health	X	Mara Iverson	Outright Vermont

#	Time Allotted (Optional)	Type of Topic	Agenda Item (Topic/Objective)	Notes
1	1:00-1:20	<input checked="" type="checkbox"/> Inform <input checked="" type="checkbox"/> Discussion <input checked="" type="checkbox"/> Decision	Welcome, Introductions, and December minute review	<ul style="list-style-type: none"> <li>December minutes were approved by the Council.</li> </ul>
2	1:20-1:30	<input type="checkbox"/> Inform <input checked="" type="checkbox"/> Discussion <input checked="" type="checkbox"/> Decision	Department of Mental Health Representation	<ul style="list-style-type: none"> <li>Following the request from Council members in the December meeting to add a mental health representative to the Council, the Executive Committee discussed and proposed the following:             <ul style="list-style-type: none"> <li>Adding an additional member to the Council who has experience in the mental health field with specific consideration and experience with co-occurring mental health and substance use disorders, youth and feelings of isolation and self-harm, and adverse childhood experiences (ACEs). This member does not need to come from the Department of Mental Health, but must have experience in the selected topics from a mental health and prevention lens.</li> </ul> </li> <li>The Council agreed to this role being added to the Council. The Executive Committee will appoint a member to fill this role, using the same procedure used to fill all positions appointed by the Executive Committee.</li> </ul>
3	1:30-2:30	<input checked="" type="checkbox"/> Inform <input checked="" type="checkbox"/> Discussion <input type="checkbox"/> Decision	Youth Risk Behavior Survey (YRBS) Update – Presentation from Department of Health, Public Health Statistics	<ul style="list-style-type: none"> <li>High school YRBS data was released in early January. Middle school data is expected to be available by late February, and school district data available by end of March. There is a delay in middle school data as the Department of Health is waiting for data from CDC.</li> <li>67/68 schools participated in the survey.</li> <li>Generally, 1 out of 6 students do not believe they matter to their community, with students who are LGBTQ, females, and students of color reporting they do not believe they matter to their community at higher rates.</li> <li>LGBTQ students and students of color are also more likely to report that they slept away from their home and are less likely to eat dinner with their family 4 or more times a week than their peers.</li> <li>LGBTQ students and students of color report feeling less engaged with their school community than their peers.             <ul style="list-style-type: none"> <li>Female students are less likely to report that school has clear rules and consequences.</li> <li>Male students are less likely to report having an adult in school with whom they can talk.</li> </ul> </li> <li>Females, white non-Hispanic, and LGBTQ students are more likely to have consumed alcohol in the last 30 days.             <ul style="list-style-type: none"> <li>15% of all high school students reported binge drinking in the last 30 days. Binge drinking did not reflect the same disparities as any alcohol consumption, though LGBTQ students were more likely to have engaged in binge drinking in the last 30 days.</li> <li>Fewer students than previous YRBS reports indicate that their parents perceive alcohol use is wrong. More data will be needed to see if this is a trend.</li> </ul> </li> <li>There is an increase in the number of students and frequency of electronic vapor products (EVPs) being used, which has contributed to the increase in consumption of tobacco products in the last 30 days.</li> </ul>

				<ul style="list-style-type: none"> <li>• Fewer students also report a perception of their parents believing cannabis use is wrong. <ul style="list-style-type: none"> <li>○ Additionally there was a significant decrease amongst students smoking cannabis with a significant increase in students vaping or dabbing cannabis. The number of students using cannabis daily has also increased.</li> <li>○ It was noted that the THC content in cannabis has increased since 2009, and the concentration of THC in vaping or dabbing products can range from 30-90% THC. There is no research on the long-term effects of using high concentrations of THC.</li> <li>○ There is the perception that students understand the difference between dabbing and vaping. Dabbing uses a contrate of oil and can be consumed using “dab pens” or “dab rigs.”</li> <li>○ Overall, all substances but cigarettes seem to be perceived as normal by Vermont high school students, reducing the perception of harm.</li> </ul> </li> <li>• 2017 was the first year the data was disaggregated which has been helpful for schools and school districts to identify student populations for interventions. Use of the YRBS reports to inform interventions, policies, and programming varies across the state. Some schools and school districts have used additional surveys to gather more in-depth data to better understand underlying root causes and trends amongst the student body. It was noted that some schools are using <a href="#">Panorama Education</a> products to further collect data.</li> <li>• There was a question posed if any entities had examined the communities who were identified as trending lower in community connectedness by students. Through the disaggregated data, two communities in the same school district had identified has having very different levels of feeling connected to and valued by the community by students from those towns. Is there a potential to include an additional question or other survey to identify what about your community makes you feel connected, and do a theme analysis of those responses. From this data, a mapping project could take place to identify areas in the state with those services/aspects that help students feel connected to their community.</li> <li>• It was also noted that the state has lost a lot of capacity around Substance Abuse Professionals (SAPs) in schools; the need for SAPs outweighs the ability of the current number of SAPs in schools, which leaves some students who need SAP support without that support.</li> </ul>
4	2:30-2:45	<input checked="" type="checkbox"/> Inform <input checked="" type="checkbox"/> Discussion <input checked="" type="checkbox"/> Decision	Governor’s Priority: After School Engagement	<ul style="list-style-type: none"> <li>• Teenagers spend approximately 4% of their time at school, 16% with family, and 80% in what is deemed the 3<sup>rd</sup> Space (any time not with family or in school).</li> <li>• There are three reports that should be highlighted in examining afterschool work in Vermont, that were created by the Expanding Learning Opportunities Legislative Working Group: <ul style="list-style-type: none"> <li>○ <a href="#">Every Hour Counts</a>: maps all of the afterschool programs in Vermont, this information has been kept live on Vermont Afterschool, Inc.’s website</li> <li>○ <a href="#">Closing the Gap</a>: this information is similar to what is charged to the task force in current <a href="#">bill S335</a>. This report discusses how a universal afterschool program could happen in Vermont.</li> <li>○ All Learning Counts</li> </ul> </li> <li>• Of those 22,000 Vermont students who are not involved in afterschool activities, cost, transportation, and access were the top reasons they were not engaged. <ul style="list-style-type: none"> <li>○ Access in this context is both that students were not physically able to join because they were not able to get to the location, or the program was full, as well as not being able to afford the program because of a</li> </ul> </li> </ul>

				<p>lack of socioeconomic resources. With this in mind, access to extracurricular activities is a social justice issue.</p> <ul style="list-style-type: none"> <li>• Data has recently been updated to show that there is an increase in crime between 2:00-6:00 pm.</li> <li>• A crosstab analysis of 2017 YRBS data showed that those students were engaged in afterschool activities were reporting higher protective factors. Vermont Afterschool Inc. has provided trauma informed training to afterschool providers and have found that each training opportunity is quickly filled with requests for additional trainings.</li> <li>• Vermont Youth Project is a blend of the Iceland Model, Finland Model, and Vermont Prevention Model.</li> <li>• Finland’s school day is shorter, which means the 3<sup>rd</sup> space for youth is longer. <ul style="list-style-type: none"> <li>○ Engaging youth during afterschool time does not fall on schools alone. Finland has a workforce dedicated to providing services to complement and support schools during the 3<sup>rd</sup> space.</li> <li>○ One of the key aspects from Finland’s work that could be improved in Vermont is parents/guardians speaking to each other. In Vermont, the parent/guardian engagement with children around conversations of substance use and other health issues is high, but conversations between parent/guardians of other children is low. This engagement is key in changing the culture around afterschool engagement.</li> </ul> </li> <li>• Afterschool Vermont, Inc. has signed a 5-year MOU with an academic center in Iceland to support the work of the Vermont Youth Project which is currently engaged with six communities (Enosburg, Swanton, Richford, Rutland City, Fair Haven, and Chittenden East Supervisory Union). <ul style="list-style-type: none"> <li>○ These communities were chosen from the 12 who expressed interest based on their readiness and capacity.</li> </ul> </li> <li>• A key difficulty in this work, as we also see in substance use field, is workforce. Vermont Afterschool is working with CCV and UVM to create an academic field for afterschool work. Transportation is the second largest issue after workforce.</li> <li>• What can the SMPC do to support this work? <ul style="list-style-type: none"> <li>○ Make a recommendation for a comprehensive, multi-sector afterschool engagement that also includes substance misuse prevention work</li> <li>○ Educate partners that the work Vermont Afterschool oversees is one part of a larger puzzle to support youth in the 3<sup>rd</sup> space to engage in healthy activities and behaviors, and general youth development</li> <li>○ Explore how resources could be shared across smaller entities working on the same or similar projects, to help maximize limited dollars and capacity, with an example provided of the Vermont Prevention Network Grant as a potential model.</li> </ul> </li> <li>• An example of a successful partnership between afterschool engagement and substance misuse prevention is through the Deerfield Valley Coalition <ul style="list-style-type: none"> <li>○ This coalition put together a comprehensive substance misuse prevention plan which included afterschool work</li> <li>○ Working together on all pieces of the larger program which touches multiple sectors. This includes sitting on each other’s boards, and sharing physical space and staff, which helps to offset both administrative costs and staffing issues when only part-time staff can be provided through individual funding streams.</li> </ul> </li> <li>• An initial draft of recommendations from the SMPC on afterschool will be provided to the SMPC to edit, comment, and modify between this meeting and the next meeting in March.</li> </ul>
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5	2:45-3:00	<input checked="" type="checkbox"/> Inform <input type="checkbox"/> Discussion <input type="checkbox"/> Decision	Public Comment	<ul style="list-style-type: none"> <li>Mara Iverson from Outright Vermont, spoke of the need for LGBTQ youth in their higher rates of substance use and self-harm as seen in YRBS data. Through this, it is noted that often the question (either consciously or subconsciously) is raised of “Am I seen in this community? How am I seen in this community?” On this note, Mara asked SMPC members and other members of the public to join Outright in voicing concern to Fletcher Free Library over a potential event which would be damaging to transgender youth. The event was happening on January 27, 2020.</li> </ul>
6		<input checked="" type="checkbox"/> Inform <input checked="" type="checkbox"/> Discussion <input checked="" type="checkbox"/> Decision	Next Steps and Reminders	<ul style="list-style-type: none"> <li>The Chief Prevention Officer has not been appointed. It was asked to receive a copy of the posting of the position, but as it is an appointed position, there is not a public posting. Nicole Rau Mitiguy will explore how SMPC members can support the appointment of this position.</li> <li>Dr. Levine provided clarity on the discrepancy between the language around the electronic cigarette tax and how the funds are being utilized. He noted for the SMPC that while language in the statute might direct where funds may be used, the appropriations committees can make the decision on where the funds are used. This can happen in all bills which discuss funding as part of their language. <ul style="list-style-type: none"> <li>VTERB tried for four years to direct funding from the taxation of tobacco products to the Tobacco Control Program for prevention and cessation programming with no success.</li> </ul> </li> <li>Individuals who would like to be included on Vermont Association for Mental Health and Addiction Recovery’s (VAMHAR) legislative updates can sign up through <a href="#">VAMHAR’s website</a> or contact Nicole Rau Mitiguy to be connected. <ul style="list-style-type: none"> <li>VDH’s policy team has also volunteered to provide updates to the SMPC on the legislative session if requested.</li> </ul> </li> <li>The February 24, 2020 SMPC meeting is canceled.</li> </ul>

Action Item Log			
#	Action Item	Due Date	Staff Responsible
1	Add SMPC members to the SMPC Sharepoint site.	2/15/2020	Nicole Rau Mitiguy (NRM)
2	Share draft recommendations with the SMPC for comment, edits, and recommendations.	3/1/2020	Executive Committee NRM
3	Appoint a Mental Health member to the SMPC.	3/16/2020	Executive Committee
4	Identify if and how the SMPC can help support the appointment of the Chief Prevention Officer.	3/16/2020	NRM
5	Council members who would like to receive the per diem will reach out to Nicole Rau Mitiguy ( <a href="mailto:Nicole.rau@vermont.gov">Nicole.rau@vermont.gov</a> ) to receive the necessary forms	On going	Council Members and NRM
6	Send Intervention, Treatment, and Recovery (ITR) and Family Action Group sub-committees’ meeting minutes to SMPC	On going	NRM