

CSAW

Community for Substance Abuse Wellness

Moapa Valley



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Community Resource Panel

OLSHACS; 7:00 PM

January 31, 2007

1. Welcome by Bruce Whitney.
 - ✓ Welcome and pass around sign in sheet for names, addresses, email, etc
 - ✓ Introduction of the Board of Directors.
 - ✓ Introduce CSAW, its concept, purposes and objectives. Three years ago we had a situation in our family where a child needed substance abuse treatment. As we looked through the valley we felt that there was a need for substance abuse resources and there were very few available here. As we visited with people in the valley we found that nearly everyone we talked to had someone in their immediate family who was affected by some kind of substance or alcohol abuse. In February, 2004 we formed a committee that was later named CSAW to try to increase awareness, education, and prevention, bring treatment and other resources to provide help for family and individuals who are faced with substance or alcohol abuse problems.
2. Partnering Parents and Youth Program by Nancy Perkins. We began work on this program about a year ago. We were contacted by the Overton court to develop a program to help educate youth. The program has been developed where youth and parents would come together for a 4 hour program that is available quarterly. (The next scheduled one is March 3) The course involves pre and post tests, presentations on signs and symptoms, a presentation by the coroner's office, presentations by addicts and a mother who lost a son to addiction telling how use, abuse and addiction has affected their lives and the lives of their families, a presentation by a Metro officer, and presentation of information about additional programs if needed. We felt this program could help youth make the decision to stop using and abusing. To date the court has chosen not to use the program because of privacy issues with youth, but it is still out there and available for any individual or group who feels it could help youth and parents.
3. 15 Minute Program by Tamara Woods. This is a program that involves the high school students. This program is intended to bring home to students the cause and affects of drug and alcohol abuse. It is a realistic recreation of a motor vehicle accident that involves drunk drivers. It is an extremely impactful program that will happen on March 16, 2007 at Moapa Valley High School. It is so real and so intense that students feel like the event has occurred. It consists of a recreation of a motor vehicle accident that has a deceased victim. It involves MADD, Metro, Coroner's Office, school personnel, EMS personnel and many other volunteers to bring this program to the valley. It starts at 7:00 AM at MVHS and it will make a tremendous impact on

everyone involved. It will educate kids, parents and community members about impaired driving and the affects it leaves on survivors of these incidents. Students at the high school will not be told about it prior to the program and will think that an actual accident with casualties has occurred. This information is not to leave this room so that the program can work as it is intended.

4. CSAW web page as a resource to community members by Pam Toulouse. A year and a half ago Pam joined the board and she was good with computer skills so Bruce Whitney asked her to develop a web page. It is found at mvcsaw.com. It contains the mission statement, purpose, goals, and objectives of CSAW, the meetings that are available, agendas and minutes of the monthly meetings (first Wednesday of every month at 7:00 PM at OLSHACS), articles of interest, links to other sources of information, and names with contact information for board members. We welcome your input and suggestions of other things you would like to see on the web site, information that you are aware of that would appropriately be displayed here, helpful links to sites of additional information and anything else that you would like the community to be able to see.

5. Parameters for open discussion including format, time constraints by Ken Paul.

- ✓ Ken's role acted as facilitator. He kept time, recognized those who wished to contribute and kept us speaking to the purpose of the meeting.
- ✓ Items for discussion. It was suggested that we speak to "I see _____ as a need in the valley" or "I would like to see _____ happen in the valley." This is to be a brainstorming session focused on directions CSAW can take, needs that can be addressed, and programs or areas community members would like to see come to the valley.
- ✓ Items not for discussion. Tonight was never intended to be a forum for debate, nor is there time to work solutions all the way through. Rather give us ideas that we can explore as a board to see if programs, education, information, and some forms of treatment can be brought to the valley.

6. Open discussion (30 minutes with Ken Paul acting as facilitator)

A question was raised as to the focus of CSAW. Is the focus on adolescents, children or adults? The answer was we want to focus on all members of the community and to provide services for all age groups.

To pursue many of the funds available from government agencies and corporations, there must be needs assessment completed. Have we done this assessment and if we have not, this is the first step we need to do to be able to pursue grants and other funds.

There is a problem with writing grants for a small population like in this valley. There is a behavioral needs coalition in Las Vegas that is being developed in Las Vegas to address this specific issue. By being part of this coalition you become the funding source to fund projects. Should CSAW contact this coalition and/or try to align ourselves with it? (Bob Paisano from STAR and on the reservation)

People who are struggling with addition need a route to some local success stories and stories outside the area. Did someone else really make it? What worked for them? How did they get sober and maintain sobriety? The internet is a natural place to look for this route. Could CSAW provide some of these kinds of services on our web site? (Sgt. Dailey)

Do we have the resources to drug screen and is that screening affordable? Many times addicts or parents who suspect there is a problem in their families don't know where to go for drug testing and then can't afford it if it is available. It was responded that both medical

facilities in the valley do provide drug screening, but there is a fee for this service. Is there a way to fund testing if the persons involved can't afford to drug test? Are there tests from the pharmacy that are available to be used in the home? A response came that currently Quest will do drug testing for \$15. Could a grant be sought to help bring affordable or no cost drug testing for those who truly can not afford it?

Another issue that was brought up was that many times parents don't know their rights in respect to intervening in their children's lives. One of CSAW's areas of focus is education. Could CSAW find and disseminate information for parents about what their rights are as far as intervening in their child's life if they feel there is a problem (can they drug test, how, can they search rooms and backpacks, etc)

If you suspect that someone is selling drugs, what do we do? How do we investigate situations without having retribution? Is there a place where the information of what to do is found? It was mentioned that in some places there is a "tattle line" where people can call and anonymously give information about suspect activity. Is there a place like that available to members of our community? Who do we call? How do we remain anonymous?

Is there some online training that can be made available for community members who can not come to meetings? A response was made that there is interactive video through University of Nevada Cooperative Extension that can set online training up with the intent that videos and other materials can be found and used or developed. CSAW should look into that to set it up.

A question was asked about drug awareness and signs and symptoms for specific drugs for parents to know what to look for. Is there information that can be made available to parents? A response was made that there is a presentation that Bruce and Sherrie Whitney use in a parent/leader awareness class. Perhaps that is one of the things that could be made available with an online interactive program.

12 Step Meetings are a great need in the valley. The LDS Church has several robust programs in operation, but there are people in the community who do not want to attend meetings in a church—any church. Could we look into the feasibility of starting more 12 Step meetings in the community in addition to the NA and AA meetings that currently meet at the Overton Library on different days and times to augment availability of meetings in the valley?

Juvenile probation suggests that we need programs prior to court intervention. If there is a fear or suspicion that substance abuse is happening parents need to remain empowered throughout. Any programs like the Parent Youth Partnering program would be wisely used prior to court involvement so that children receive help and parents remain in control of the process.

Suicide is a major problem with addiction. Suicide issues need to be addressed with a help line and information. A lot of kids have parents who are addicts and alcoholics. We need support for those children so the pattern does not continue.

Early intervention, recognition and treatment can all be tied together. It is a small matter to set up links for information. Suicide could also be a warning sign that there is a drug problem that has been undetected. The web sites could provide a lot of support and education. A variety of different programs for kids who are afraid to say much are needed in the community and in the schools.

Education is needed--parental, early education programs that include substance and alcohol abuse, and help for kids who have substance and alcohol abuse in their families with parents. Programs within the schools and bringing programs to the school would be useful and is needed. Let kids know who they can safely go talk to.

Help at the schools, from school district perspective, is reactive. After kids are caught they are referred to law enforcement and drug programs. It is after the fact. CPS does get involved, but their hands are tied and often make things worse. Because of legal constraints schools are limited in what they can do and what they must do. If school personnel suspect a

problem in the home, they are absolutely required to involve CPS. CPS will get involved and start investigating, but their hands are also tied so it alerts parents that others are aware of the problems in their home. Parents become defensive and the kids get in trouble. Al-anon programs and things of that nature can not be tied to school. Schools can bring in programs and educational presentations through DARE and STATUS.

Develop an Al-Anon program for kids of all ages. These need to be done through the community and can not legally be tied to the schools.

Direct Response Programs to alleviate the problem of calling CPS directly.

Are there programs that can be brought to schools? These presentations are more effective because kids see and hear it from someone close to their own age or from someone who is new and viewed as an expert. These programs are more effective than parents and/or teachers talking about it.

National Assoc for Children of Alcoholics work with kids. Should CSAW contact them for information and possible programs?

Spend more time in health classes on substance abuse issues.

Choices is a place in Las Vegas that courts use and they might be able to provide us with help, programs, presentations and information.

How do we support even the very small children?

In the community we need to be proactive rather than reactive. Usually when CSAW is contacted it is reactive. We need to take a more proactive stance. More articles in the paper and other sources about use, abuse and addiction issues gets information out to parents and kids before they use. Develop proactive programs. The Governor of Nevada just released some funds targeting meth users in rural areas. We need to identify that source.

We need a treatment situation to deal with addiction as a disease. By the time a court or layman recognizes a problem they are an addict. There must be education and treatment. There are more people that die from the disease than live with it. We have a problem and we need to admit it. As a community and as individuals and families we need to admit there is a problem and then do something about it.

We have a problem with addiction in the schools. At Op School we now have a breathalyzer that is used when kids come to school. One piece of education that needs to take place deals with the 22 and 23 year old individuals who are buying and supplying alcohol for kids under age.

A grant writing class will be offered the end of March by the University of Nevada Cooperative Extension Office. It will either be two evenings one week or it will be a Friday evening/Saturday class. Anyone who wants to learn how to write grants should take this class. It is free and will be here in the valley. Interested individuals need to let the Extension Office know and sign up.

7. Conclusion by Jared Overton.

- ✓ Thank those in attendance for being there and participation
- ✓ We invite all present to serve on the board or as a resource person. Board members have a passion for helping those suffering and if you have a passion or feel to help we invite you to join us.
- ✓ We have a real need for revenue and we have attained non profit status. Individuals are welcome to make donations or make the board aware of grants and monies available. We would appreciate anyone who has knowledge of grants or grant writing sharing that skill and information with us.
- ✓ A summary of this evening's discussion will be posted on our web site within a few days and we will be happy to email anyone present a copy if we have your address. If you do

not have access to a computer, leave us a physical address and we'll gladly mail you a copy.

29 individuals were in attendance plus the 8 Board of Directors