



CSAW

Community for Substance Abuse Wellness

Moapa Valley

PO Box 568 Logandale, Nv. 89021 phone: 702-398-3444

email: csaw@mvdsl.com web: www.mvdsl.com/~csaw

BOA

BOARD OF DIRECTORS MEETING

DATE: November 2, 2005 @ 7:00 pm (WEDNESDAY)

**LOCATION: OLSHACS - 3011 N. MOAPA VALLEY BLVD.
LOGANDALE, NV.**

Minutes

Board Members Present:

Bruce Whitney
Sherrie Whitney
Ruth Kolhoss

Pam Toulouse

Board Members Excused:

Tamara Woods is receiving the Hero with a Heart Award in Las Vegas tonight.
Mary Ciscerella is working tonight.

1. **The meeting was called to order** by Bruce Whitney.
The opening prayer was offered by Bruce Whitney.
One Day at a Time was read by Ruth Kolhoss.
2. **There were no new people present and no introductions.**
3. **Administrative Action:**
 - a) It was moved by Sherrie Whitney and seconded by Ruth Kolhoss to adopt the agenda. It was unanimously approved by the board.
 - b) It was moved by Ruth Kolhoss and seconded by Pam Toulouse to approve the minutes of the October 5, 2005 meeting. It was unanimously approved by the board.
4. **Old Business:**
 - a) Member reports
There were no reports on previous activities.
 - b) Bruce got with Mary Ciscerella and got the incorporation papers signed. They will be mailed tomorrow.
5. **New Business:**
 - a) **Awareness, Education and Prevention:**

Tamara has two articles into the local newspaper that have not yet been printed. We will follow up on those. We need to write and submit an article on dusting.

School programs

STATUS Club at Moapa Valley High School is up and running. They have met three times, have elected officers and the sponsored Red Ribbon Week. Students had tables set up in the halls before school, during lunch and after school. Many students signed the pledges not to use alcohol or illegal substances and many of them wore the red ribbons that were available. Many of the faculty and staff also wore red ribbons for the week. The STATUS Club wants to be involved on the float in the Veteran's Day Parade.

We will ask Kim Hudrlik to make contact with the Middle School to see if they want to be involved in the Veteran's Day Parade.

The 15 Minute presentation is being worked on by Tamara Woods. Since she is not here tonight, we will have her make her presentation at the next board meeting.

We still would like to do some kind of survey with the high school and middle school to get data relevant to the valley and use/abuse with students. We need to come up with appropriate questions, a delivery method that students will utilize, and a way of collating the data. It was suggested that we use scantron sheets where there is no writing, no names and students would just respond with "a", "b", "c", "d" or "e" for the answers. Sherrie Whitney's AP Statistics class at the high school deals with college level statistics. They are currently working on experiment design and how to do a statistically sound survey. She will work with those students to see their ideas and designs for generating a survey that students will respond to.

Community presentations

We haven't heard anything about another presentation by Sean Larimer. They are most likely having trouble getting it set up because of the detention center personnel having to work overtime and donate their time to bring him out here. We will continue to follow up with Cappalappa Family Services.

The Veteran's Day Parade is a week from this Friday. MVHS Status Club wants to be involved and Sherrie will check with the advisor, Robin Fulmer, to see if they are going to make signs for the float. Ruth Kolhoss will pick up penny candy to be thrown from the float. We will meet at Lyon Middle School at 8:00 AM with the float. Bruce has wood to build a new seesaw. Sherrie will talk to Mrs. Fulmer and see if the STATUS Club will make banners with the current web site and phone number to hang from the float.

There is an announcer's table that tells what is in the parade. We need to submit what we want the announcer to say. We need to have them announce the new web site and any other information we want presented.

Pam Toulouse brought her laptop and we worked on revising and editing the brochure that she has developed. We also viewed the web site. Many people prefer to use the Internet for research. It was determined that the site needs to have details and more information rather than less information. There are links embedded in the information to get more information. We may want to list additional web sites at the end of the document so those wanting more information can pursue it. It was suggested that we put monthly articles that we write on the web site like the ones that we send to the newspaper. It would be a good place to put lengthy information. For example, on the brochure there is a paragraph about disease

concept. On the web site that can be expanded with pages of information presented. The new address is mvcsaw.com

The web site and brochure are awesome!

b) Recovery:

Support group reports

AA is meeting again on Tuesdays at 6:30 PM at the Overton Library.

The LDS 12-Step meetings are going well meeting on Tuesdays at 7:00 PM at the Stake Center and on Thursdays at 7:00 PM at the Moapa Chapel.

NA groups are also meeting in the valley.

We are trying to get the Alanon groups going again and start a 12 step group for teenagers. Alanon was formerly held on Tuesday evenings. Pam Toulouse has volunteered to help with the Alanon groups. We need to get Tamara and Pam together to try and start this group up and going again, find a time and a night that works and get access to the OLSHACS building. Once a time and night have been chosen we will start advertising in the newspaper.

Counseling/court program:

Judge Waite has asked that we put together a 3-4 week program for kids that are referred from the courts. He wants it to be once a week for the 3 or 4 weeks and repeat it once a quarter. He wants it to be attention getting and even deal with the shocking realities of alcohol and drug use, abuse and addiction. In developing these one hour programs we could pull from the 15 Minute Program with Tamara Woods, bring in some materials from the Coroner's Office, have Mary Ciscerella bring some of the presentations that she has developed, have Bruce & Sherrie Whitney do their signs and symptoms of drug abuse, have Pam Toulouse talk about her son's death, have some people who have had problems with drugs come and present their stories, use Steve Hymas come and speak from the point of view of a parole officer. We need a board member to head this program up. It was suggested that we approach Nancy Perkins and ask her to take this program. Pam has offered to be the assistant for the program.

c) Financial:

Tamara was not present so we will have the financial report next meeting.

6. Next meeting date:

The next meeting is set for December 7, 2005 at 7:00 PM.

7. Adjourn.

Sherrie Whitney moved the meeting be adjourned. The motion was seconded by Bruce Whitney and the board passed the motion unanimously

MISSION STATEMENT

Develop an attitude of a "SUBSTANCE ABUSE FREE COMMUNITY" within the greater Moapa Valley area by providing substance abuse programs and resources for the community in awareness, education and recovery.