



Annapolis Substance Abuse Prevention

February 15, 2022 | *Virtual Meeting Agenda*
12:00-1:30pm

Click to Join Zoom Meeting Link:

<https://us02web.zoom.us/j/81544604837?pwd=WXNHZDU3RnJZeVgrakRuQU00cURwdz09>

1. **Welcome & Introductions-** All virtual continued; will be reassessed each month, stay on the lookout for announcements. *Total Attendance = 15*

Angel Traynor (Serenity Sista's Inc.), Leslie Beers (Co-Coordinator for ASAP & SoCo), Mindi Garrett (DOH Coalitions Coordinator), Judy Buddensick (CEO Frances Marketing), Justin Noel (OMPP Coordinator), Loise Taliferro (DOH Prevention Supervisor & SFP), Aileen Proctor (Cpt. Edwards, "Your Life Matters"), Brandon Gosnell (OEM, OD Free), Pastor Jerry Colbert (John Wesley UMC), Katie Wargo (NLASA & WASP Coordinator), Denise Williams (NLASA Outreach), Sgt. Clement Adegbehingbe (APD), MK Sebrowski (OEM), Danya Blair (Volunteer & Community Member), Nancy Beers (Retired Special Education Teacher, Community Member)

2. **Capacity Building in the 12 Sectors (DFC)-** *Application is now open, ASAP is applying for the 3rd time and are strongly encouraged that this year we will have success; meetings have taken place as we plan our process. Big factor of focus is SUSTAINABILITY PLAN which requires strong capacity:*

- a. **12 sectors & Coalition Involvement Agreements (CIA) update– youth, parents, schools, civic volunteer groups,** *are the only sectors left to find representation for, most challenging being youth and schools; many shared ideas– PTA President list, SADD Chapters, Student Body Government, contact smolchan@aacps.org to discuss being able to give AACPS students credited volunteer hours to use on transcripts as incentive for participation; Loise has a Key School contact that may be helpful with student volunteers*

3. **Updates from APD-** *Sgt. Clement is new to his position, no current updates to share; in-service training is coming up at end of February/beginning of March; this may affect our use of the education room to hold out meetings*

4. **Strategies-** Mindi Garrett

- a. **Restaurant Partnership** (in development) "Community Alliance"; Compliance Check Acknowledgment Letter is complete (want Liquor Board cooperation with asap@PreventSubstanceMisuse.org www.PreventSubstanceMisuse.org)

signatures) *-no compliance checks have been done yet this fiscal year due to a hiring freeze (no cadets to use), the letter has started going out in other areas of the county, hopefully Annapolis soon. Use an article to the Capital Gazette or Bay Weekly to help promote this partnership along with other strategies and general coalition awareness*

b. TIPS training & Distribution of folders from ASAP to establishments.

i. TIPS Trainings scheduled for 2/22 at Federal House Bar & Grille and 2/26 at Annapolis Moose Lodge *-partner a Narcan training on at the end*

ii. Finally have all the printed material needed for the blue Alcohol Retailer Guide Folders; starting distribution this month. *-put Narcan flyer in folder as well*

c. New Materials- Marijuana/Vaping Flyer (see attached, at bottom) *-ready to be printed and distributed*

5. Recent Events

a. H2O Clubhouse South visit on 2/10- *successful visit; the youth were asked to write on a piece of paper, either anonymously or with their name, to tell us how they've been feeling since being back in the classroom, what kind of changes they would like to see, or just anything they wanted to talk more about or get off their chest and we got some very heartfelt, honest responses. We want to turn this into a regular activity with the youth when we visit-not only is it good to get heavy feelings off our chest and onto paper, it gives us an idea of what they are needing-at the end of the day, we work for them. They are the future. They are who we want to protect and help succeed.*

6. Volunteer Opportunities

a. ~~_____ Harm reduction kit assembly Mondays 9-12~~

b. ~~_____ Syringe returns to DOH~~

c. **Outreach Volunteers** - distribute Alcohol Retailer folders, email Leslie if interested in helping

7. Upcoming Events-

a. **SOS update-** *On 2/24 Central MS Parent's Night then 2/25 Central MS Assembly (will be presenting in the original format, a great opportunity for others to come watch and see how it runs); on 3/15 6:30-7:30pm @ Arundel Christian Church, coalitions are giving a parent's presentation surround SOS topics covered with students*

8. Blog Posts- Mindi Garrett- *Idea to get youth's perspective in a blog post; arrange a project type-idea with youth of H2O Clubhouse to put together a piece that is all about them-their ideas, concerns, things they'd like to see changed, what needs to get done to help their future be brighter, etc.*

***Next meeting March 15th 2022**

*****Permission granted to use the Office of Emergency Management basement bunker!
Use the entrance to the right (OEM door) & take the elevator down to the lower level.
See you all there!!***

As always, we will still have the Zoom meeting room open at meeting time.

**~~Look out for an email announcement regarding the
status of in-person meetings for next month!!~~**

Join Zoom Meeting

*****link is the same every month*****

<https://us02web.zoom.us/j/81544604837?pwd=WXNHZDU3RnJZeVgrakRuQU00cURwdz09>

Meeting ID: 815 4460 4837

Password: 871522

ASAP

MARIJUANA, VAPING, AND MENTAL HEALTH

68% of young adults (18-25) in Anne Arundel County who reported using marijuana said they did it to reduce anxiety, depression, or stress.

Vaping Facts

(E-cigarettes, vape pens, mods, hookahs)

- All e-cigarettes have nicotine, even those labeled as "zero nicotine".
- One JUUL pod contains as much nicotine as a full pack of cigarettes.
- E-vapor has heavy metals like lead, tin, and nickel that cause damage deep in the lungs.
- Chemical flavorings in vape products cause diseases like "popcorn lung".

Marijuana Facts

(Cannabis, weed, pot, hashish,)

- Marijuana is addictive. The chance of becoming addicted is highest for those under age 25.
- Marijuana poisoning can cause vomiting, and psychotic episodes.
- Marijuana can be laced with other drugs, including deadly fentanyl.
- Edibles take longer to feel the effects, making overdose more likely.

42% of young adults in Anne Arundel County NEVER used marijuana.

Have you ever felt pressured to try vaping or marijuana? Here are some healthy ways to deal with stress and refusal:

STRESS MANAGEMENT



Exercise/ sports



Ask for help

Talk about it



Read a book



Journaling



Listen to music



Think positive



REFUSAL SKILLS



Give a reason

Use humor



Strength in numbers

Walk away



Learn more from the Anne Arundel County Substance Misuse Prevention Coalitions at www.PreventSubstanceMisuse.org
System Training, Education, and Prevention Services: 410-222-6724

FACT SOURCES:

- Maryland Young Adult Survey on Alcohol and Other Drugs 2020
- www.CDC.gov "Health Effects of Marijuana", "Quick Facts on the Risks of E-Cigarettes".