

## Otter Tail Family Services Collaborative

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*Working Together...*

*Serving Families*

*...Improving Lives*

## Chemical Health Work Group

### Meeting Minutes

Noon – 2:00 PM, Monday, October 12, 2009

Otter Tail Power Community Rooms – Fergus Falls

**Present:** Mary Matteson (FF Community Education-3); Bill Klein & Marsha Krenzel-Stetson (Lakeland Mental Health Center – 4); Angie Schreder & Courtney Rooney (Perham Schools- 95) Marion Kershner & Kristen Erickson (OTC Public Health-5); Pam Ness (Lakes Country Service Cooperative-4); Karmy Thompson (OTC Human Services); Lynn Halmrast (Regional ATOD Coordinator-120); Carole Zaring, Carol Donely and Glenn Moses (Productive Alternatives Detox Center – 5); and Jane Patrick (Collaborative Coordinator). Guest speaker: Jay Jaffee, Minnesota Department of Health.

1. Pam Ness welcomed the group and introductions were made.
2. A brief review was given of the Chemical Health Work Group and their recent decision to pursue strategies to address the issue of prescription drug abuse in Otter Tail County.
3. Jay Jaffee provided a presentation entitled Trends, Myths & Hot Topics. The presentation gave an overview of data, binge drinking, prescription and over-the-counter drug abuse, using small data sets and what works and what doesn't work in prevention. (For copies of the PowerPoint presentation, please contact Jane Patrick.)
4. Several key points were noted from the presentation:
  - Alcohol is still the #1 issue for substance abuse in youth, young adults and adults.
  - Other drug use, including prescription drug use, show small percentages and therefore does not provide an “alarming” trend.
  - When addressing issues such as prescription drug use, it is important to use raw data – actual numbers of people affected – for media purposes. For example: “58 students are currently using meth within our schools.”
  - Parents play a very important role in media. We need to encourage parents NOT to insist that prescriptions be given when there is not a true need.
  - Need to point out the small numbers to show that MOST people are not doing this behavior, despite the perception that “everyone is doing it.”

- Most prescriptions come with a long list of warning labels and side effects. Using this information for marketing purposes.
  - Connect with physicians to share information about the local trends and encourage them NOT to issue prescriptions unless it is truly necessary.
5. The group reviewed their plan for education and awareness of prescription drug use. Step 1: additional education and information for the Chemical Health Group to learn about trends and misperceptions – the group felt that today’s meeting with Mr. Jaffee was a good start to doing this; Step 2) develop a message for students depending on what is learned; NEW Step #3) educate local physicians on the work of the group and about the issues of prescription drug abuse locally; Step #4 (formerly #3) develop an educational component to educate parents – the group felt that Mr. Jaffee would be a good resource for educating both parents and the medical community about the issues of prescription drug abuse. They will explore the next steps in developing this opportunity at their next meeting.
  6. The meeting was adjourned by consensus. The next meeting of the Chemical Health Work Group will be held on Friday, November 13 from 1 – 3 at the Government Service Center in Fergus Falls.