

State Prevention Advisory Board (SPAB)/ Alabama Epidemiological Outcomes  
Workgroup (AEOW) Combined Meeting  
October 5, 2012  
Comer Memorial Library, Sylacauga, AL

**Attendees**

Beverly Johnson  
Catina James  
CMSgt. David Peterson  
Jessica White  
Jim Toney  
Judge Maura Culberson  
Kathy Goodwin  
Kelly Price  
  
Kristina Kapp  
Lauren Blanding  
Marcie Thompson  
Meg Shelnett  
Meredith Currie  
Richard Bonds  
Ruby Garrison  
Sandor Cheka  
Susan Short  
Susie Kingry  
Vandlyn Pierre

**Agency**

Department of Mental Health  
Department of Mental Health  
Alabama National Guard Counterdrug  
Alethia House  
State Department of Education  
Elmore County Juvenile Court  
Quest Recovery  
North Clearinghouse/ Agency for Substance Abuse  
Prevention  
Recovery Coalition Alabama  
Department of Mental Health  
NWAMHC  
SWAMH  
UAB/ TASC Prevention  
CRMHC  
Big Lots  
Addiction Coalition  
Covington County Children's Policy Council  
SpectraCare  
South Clearinghouse/ Drug Education Council, Inc.

**Welcome/ Introductions**

The meeting opened at 10:13AM by CMSgt. David Peterson, who welcomed all of those in attendance at the quarterly SPAB and AEOW quarterly combined meeting. He briefly introduces the guest speaker for the meeting, Cpl. Scott Beckham with the Tallassee Police Department who will be giving a presentation to the group on "It's Party Time."

**It's Party Time**

Cpl. Scott Beckham introduces himself to attendees, and makes it aware that he is with the Tallassee Police Department as well as a school resource officer. He has been teaching the "It's Party Time" program for the past three years. The program was initiated because substance abuse prevention programs such as DARE were not having productivity in the school system besides providing a t-shirt to students. SRO in Georgia was a starting point for the program, so that kids could have something hands-on versus a point presentation. Cpl. Beckham states that the role players in these prevention programs are the schools, parents, and the law enforcement. With the "It's Party Time" program, a pre-test is given to students (he reviews the questions with attendees). When playing the game, you have a lifestyle worksheet, and are divided into six different groups. The classroom sessions last for one hour with duration of seven weeks. An allocation of

\$3,000/month in savings, and \$3,000/pay check is provided for students. Cpl. Beckham explains the various housing arrangements of the prevention program. A minimum of \$300 for fun/leisure activities is required for a month in the program. There is a hand book as well as a power point so that the students can practice their social skills. Various scenarios are provided, but they all dealing with real-life situations.

Cpl. Beckham reads some of the statistics available from the outcome of “It’s Party Time. Before the prevention program, 20% of students said that no, addiction is not curable; 80% said yes. After going through the program, 90% said that addiction is curable. 98% wanted to take the curriculum again. During the 5<sup>th</sup> week of the program is where contact is made with a parent(s) through a parental questionnaire form (Cpl. Beckham reviewed some of the questions from the form). A pamphlet is provided along with the DVD, all which the children are able to keep. This DVD is one hour long with six important questions answered throughout. The goal is to leave a positive learning environment for both the child(ren) and parent. Cpl. Beckham says that you never know what audience the DVD will reach. 92% said that after watching the DVD, their confidence increased about talking on the subject of drugs and alcohol.

Lou Columbo is the co-creator of the game integrated with “It’s Party Time.” Cpl. Beckham says that he tries to go into the school system at least once a year, but the program is not always guaranteed to be in the schools. The age group for the program is 6<sup>th</sup> grade and above, but with his experience he finds that the 9<sup>th</sup> grade student population was not that useful in learning from the program. The one hour classroom sessions are usually provided on Thursdays. Developers of the program will come to your local area to conduct the eight-hour training, which is free of charge. DVD’s are \$1,295. Cpl. Beckham’s police truck design is similar to the DARE program design, and includes dog participation. He thanks attendees for their time, and leaves his business card for those individuals interested.

Before moving on with the agenda, CMSgt. David Peterson asks all attendees to briefly introduce themselves to the group.

### **SPF-SIG Updates**

Beverly Johnson welcomes all of those in attendance and personally thanks Richard Bonds with the Cheaha Mental Health Center for hosting the meeting. She states that revisions have been made and submitted for the strategic plan for the SPF-SIG process, but there has not been any contact made as of yet from the project officer regarding the plan’s approval. As of date, she has only received notification of requirements for the quarterly report submission of the process. Beverly also thanks Judge Culberson for inviting Cpl. Scott Beckham to speak about “It’s Party Time.” She says that SPAB and AEW members may want to consider having a school resource officer on the advisory board (SPAB). Judge Culberson chimes in to state that there is a resource association in the Birmingham area to contact for individual’s who would qualify for the recommendation.

Jim Toney with the State Department of Education discusses the Children's Trust Fund and SRO's, and how important it is for Alabamians to be an advocate for the two. He believes that the ASAP grant should be approved by legislature. Beverly concludes this portion of the meeting by notifying members that hopefully by next week, she will hear some type of information from the project officer relative to Alabama's SPF-SIG, in which she will be able to release the request for proposal (RFP). She hopes for approval since there has been a service planning conference call scheduled with the Center for the Application of Prevention Technologies (CAPT) representatives. Beverly thanks all SPAB and AEOW members for their work and dedication in the process thus far.

### **Mental Health First Aid**

Beverly Johnson introduces this portion of the meeting by notifying attendees that some of the SPF-SIG team members were in a two-day training for the Mental Health First Aid (MHFA) course on September 27-28, 2012. She thought that it was a good idea for Richard Bonds to bring the subject matter before the advisory board, and AEOW and coalition members. Richard states that MHFA was created in Australia in 2001 and came to the United States in 2008; here in the U.S. we have CPR and regular first aid courses, but not MHFA. He names the sponsors of the course, which include Betty Kitchener; Anthony Jorm; Claire Kelly; Maryland Department of Health and Mental Hygiene; Missouri Department of Mental Health; and the National Council for Community Behavioral Healthcare.

MHFA is defined as "the help offered to a person developing a mental health problem or experiencing a mental health crisis. The first aid is given until appropriate treatment and support are received or until the crisis resolves." Richard says that this type of first aid is much like CPR but without a manikin and the band-aid. He states "you are there to get the person in crisis to calm down and seek support." The preferred way to conduct the training is over a two-day period or for four hours spread over two weeks. Richard informs attendees that there are certified trainers in Central, AL; South, AL; and in the Huntsville, AL area. He discusses the five sections of the training which include depression, anxiety disorders, psychosis, substance use disorders, and eating disorders. At the end of the training, each individual is certified as a first aid giver. Richard explains that potential audiences could be anybody that is interested; SRO's and school counselors are great groups for the training.

Within the MHFA training, you introduce a person-centered language and the person-centered concept. There have been four published trials and a qualitative study done in Australia. Richard asks those SPF-SIG management team members to share their opinions and experience with the group. Beverly Johnson says that "it's essential for individuals that work day-to-day in the mental health field (ex: PTA, counselors, athletic personnel). Sometimes kids don't feel comfortable talking to the parent, and since a significant amount of time is spent with school personnel, it's important that they receive this type of training." Since the start of the program, Richard states that there are 2100+ certified instructors; South Carolina and Hawaii are the only two states without certified trainers. By 2020, MHFA will be as common as CPR and first aid.

For more information go to [MentalHealthFirstAid.org](http://MentalHealthFirstAid.org) OR contact [info@mentalhealthfirstaid.org](mailto:info@mentalhealthfirstaid.org) or 202-684-7457.

For information about MHFA in your area, contact Richard Bonds at [richard.bonds3574@gmail.com](mailto:richard.bonds3574@gmail.com) or by phone at 205-937-1946. Sandor Cheka asks Richard if he is interested in the MHFA training at the ASADS conference in Tuscaloosa in March. CMSgt. David Peterson asks about conducting the training at the Counselor's Association conference. Ruby Garrison says that the training needs to be presented with HR personnel.

### **Information Session: 411**

Lauren Blanding thanks everyone for their participation in National Recovery Month which was held in September 2012. All of the activities and events were a huge success because of the work and dedication brought forth by those in attendance and those who were not able to make it. We are all looking forward to making 2013 National Recovery Month bigger and better for the state of Alabama. She informs everyone that Kristina Kapp with the Recovery Coalition Alabama was amongst the group, so she asks Kristina to have a few words. Kristina speaks about how she was a representative with Jeff Shackelford from the Department of Mental Health on various news stations speaking on the importance of recovery. She stated that the experience was truly awesome, and it was imperative that the message was relayed as some people lack knowledge or have a fear to speak about substance abuse and mental health issues. Concluding Kristina's discussion Lauren showed attendees news clips highlighting the statewide efforts put forth during the month. These included a clip from NBC13 news in Birmingham, AL and an interview from Recovery Sunday with Sheila Raye Charles with WSFA news in Montgomery, AL.

### **New Business**

CMSgt. David Peterson discusses with the group that the 25<sup>th</sup> National Prevention Network (NPN) conference in Pittsburgh, PA was great; there were many people in attendance, with dynamic speakers and exhibitors. He also mentions that President Obama has declared October as National Prevention Education Month. He asks if there will be any red ribbon events going on within the state, and there are a few attendees to raise their hands with responses. Beverly Johnson chimes in to say that October is Bullying Prevention Month as well. Lauren Blanding gives a report from Louis Zook with the Office of the Attorney General in his absence. The report reads "The recent Drug Enforcement Agency (DEA) Prescription Drug Take-Back event was held Saturday September 29<sup>th</sup>- with 48 law enforcement agencies hosting 68 collection sites. This is very close to the participation numbers from last April. The total weight has not been collected yet, but early reports indicated that this should be a success. In addition, there is a separate stand alone event in Madison County on October 13, 2012 that should also do well." Susan Short with Covington County Children's Policy Council informs attendees that they will be having a prescription take-back day on October 18, 2012 and November 21, 2012. CMSgt. Peterson makes a statement of how location is a big deal for events such as these, and that relying on free media is not always a good idea. Richard Bonds reports that National Night Out that was held in August in Sylacauga, AL was a huge success; there were over 1,500 that attended the event. CMSgt. also reports that a tobacco-free task force in the Montgomery area is being headed up by the state. His last

comment reflects National Drug facts week sponsored by National Institute on Drug Abuse (NIDA) that is being held on January 28, 2013-February 3, 2013; there will be various activities and information displayed on their website.

**Agency Spotlight**

Lauren Blanding displays the amazing work that the Addiction Coalition put forth during Recovery Month. She explains that one of the things the agency was able to do was provide at least two recovery stories on their website each day during the month of September. Executive Director, Sandor Cheka, comes in to say that the Addiction Coalition had a total of 60 stories that were provided on their website, facebook page, and twitter account. They were also able to get four proclamations done in the area for the City of Birmingham, Chelsea, Mountain Brook, and Vestavia. Susan Short commends the coalition on their work, and explains how hard it is to get someone to talk about the substance abuse and more so mental health recovery.

A suggestion is made for those in attendance to view the Office of Juvenile Justice monthly bulletin online at [www.OJJDP.gov](http://www.OJJDP.gov). The meeting is adjourned at 11:53AM.