

**MEDINA COUNTY DRUG ABUSE COMMISSION (MCDAC) MEETING MINUTES**  
**MONDAY, MARCH 5, 2007**

▪ **ATTENDANCE**

• Members Present:

James Bigam – Commissioners’ Representative  
Evelyn Czyz – Townships’ Alternate Representative  
Jack Higgins – School Districts’ Alternate Representative  
Roger Ingraham – Commissioners’ Alternate Representative  
Michael Jervis – Villages’ Representative

Rosemary Lempke – Commissioners’ Alternate Representative  
Cliff Nowak – Brunswick Alternate Representative  
Gary Oliver – Wadsworth Alternate Representative  
Kent Patterson – Police Chiefs’ Representative  
Jeff Vogel – Townships’ Representative

• Guests Present:

Carolyn Collins – Wadsworth City Schools  
Cathy Lasher – Medina City Schools  
Brian Nowak – MCDAC Director

Rebecca Rack – Brunswick Police  
Peggy Reeves – Medina County Career Center

• Absent:

Tom Acklin – Police Chiefs’ Alternate Representative  
Laura Dean – Medina Representative  
Antony Kibogo – Commissioners’ Alternate Representative

William Koran – School Districts’ Representative  
Wally Schaedel – Medina Alternate Representative  
Ellen Stark – Wadsworth Representative

▪ **CALL TO ORDER**

Vice Chair Kent Patterson called the meeting to order at 6:02 p.m. The meeting was held in the lower level conference room of the Professional Services Building.

▪ **NEW MEMBERS**

Gary Oliver (Wadsworth Alternate Representative) and Rosemary Lempke (Commissioners’ Alternate Representative) introduced themselves. Grantees who were present also introduced themselves.

▪ **EXECUTIVE DIRECTOR’S REPORT/PRESENTATION**

Brian Nowak made a presentation so that commission members could better understand grants, goals and objectives. Tonight’s presentation concerned the seven school districts and career center grants. A copy of the presentation is attached.

The schools are being funded primarily for prevention and education. The career center moves toward counseling and treatment. Prevention and education stops when assessment and counseling begins. There is one treatment program. Supporting schools and community are: FACT (Family Assistance Coalition Team) Brunswick Police, FACT Spencer Police/Oaks Family Care serving Lodi and Black River School District, Medina County Sheriff’s Office whose officers and DARE officers are in the schools, and Share Cluster who do education and training in the community. The Juvenile Court is the only program that MCDAC funds that is only treatment. The Wadsworth Center for Older Adults and the HANDS Foundation works with seniors regarding education, referrals for medication mismanagement, alcohol and drug problems, and educating caregivers. Medina County Drug Task Force and Wadsworth Medway submit a grant. Brunswick Medway doesn’t submit a grant; their funding is a percentage of the anti-drug levy monies.

Mr. Nowak said that protective factors should be increased so that risk factors are reduced. Risk factors include: chaotic home environment; ineffective parenting; failure in school performance; poor social coping skills; and, approval of drug use (perception that drug use is the “norm”). As programs are funded, cutting-edge prevention programs are treating the individual and also stepping into and making an impact in the community; this is seen very clearly in the tobacco grant that treats individuals and encourages legislative changes. Protective factors include: strong and positive family bonds; parental monitoring; success in school performance; strong community bonds (including strong school bonds); and, conventional norms (drugs are not seen as normal behavior).

The targeted students that are served are: universal (reach all of the students); selected (more at-risk students); and indicated (the student has a problem). All of the programs use prevention strategies that include: information; development of skills; correction of false beliefs; behavioral skills training; and, testing in real life environment. School programs

include: Red Ribbon Week; Peer leadership; HUDDLE/SHUDDLE; SADD; life skills training; and, PANDA. Mr. Nowak gave the history of Red Ribbon Week. Enrique Camarena was a police officer who joined the Drug Enforcement Agency. His mother was opposed to his job, but he told her that while he was only one person, he wanted to make a difference. On February 7, 1985, he was on his way to have lunch with his wife. At the time, he was investigating a Mexican cartel that was known to have ties to the government, police, and army. On his way to lunch, he was kidnapped by five men and a month later his tortured body was found in a shallow grave. In a matter of weeks, a representative from the government and a good friend of his started forming Camarena Clubs in the part of California where he had lived. Hundreds of the clubs were formed and the red satin ribbon was used. Three years later, the campaign became nationwide and Red Ribbon Week is celebrated in schools the last full week in October. The success of any prevention program is getting legislative leadership and a “push” from county leaders.

Peer leaders is big in Medina County; they are students that are drug/alcohol/tobacco free, undergo a screening and interview process, then teach and mentor younger students. HUDDLE (Helping Us Develop Dedication Leadership Enthusiasm) is a peer leadership program. SADD (Students Against Destructive Decisions) takes on various school projects. LifeSkills training helps to develop skills to resist social pressure, develop greater self-esteem and self-confidence, and increase their knowledge of immediate consequences of substance abuse. PANDA helps students resist peer pressure, improve decision making, build self-esteem, and promote personal development and refusal skills. Not only drug and alcohol can be addressed with these programs; helping children deal with sexuality (and abstinence), nutrition, and exercise are also addressed.

All of the school districts conduct process evaluations on a form. They report who is being served, how many, how they’re delivered, and how staff is used to deliver services. There is a student assistance/prevention activities worksheet that shows the number of students, number of classrooms, and number of lessons. Outcome evaluation is different because they must answer what difference the program makes in the life of the participants, what specific parts of the program are most effective, which services create short-term change, and which services create long-term change. Some of the schools are performing pre- and post-evaluations to gauge outcome evaluation. Another gauge is focus groups – getting students together and asking what they benefited from. Pathways to Success, a Medina City School District program, consist of conditions (underage drinking), assumptions (keep students informed), inputs (resources and funding from the community), activities (programs and events), outputs (evaluation), and outcomes (both short- and long-range).

Impact evaluations identify what difference the program makes in the community, how participants have impacted the community at large, and if the program created systems change (altered the way business is done). SAMSHA (the federal overseer of both substance abuse and mental health services), has national outcome measurements that they review when they perform their pre- and post-tests: abstinence (is the person using now, in the last 30 days, has the use decreased), education, crime and criminal justice (traffic accidents, arrests), social connectedness (parental involvement), access/service capacity (how many people are served), retention (how much people remember about accurate information), and use of evidence-based practices.

Black River School District has a resource officer; half of the salary is paid by MCDAC. SADD students host an annual holiday breakfast and the community is invited. FACT Spencer Police and Oaks Family Care are programs involved in the Black River School District. FACT/Brunswick Police are involved in the Brunswick School District. Peer leadership is a big program, life skills training is their evidence-based program, they have staff trainings and parent/student athletic meetings, and are involved in “Be Under Your Own Influence” that comes from the National Institute of Drug Abuse. Research as shown that if students are given a positive message (both in school and in the community) that they can personally identify with, the use of alcohol and marijuana is reduced. Brunswick was chosen as one of the schools in a national study to see the effectiveness of where the message is delivered.

Buckeye School District has 36 HUDDLE students, 43 peacekeepers, a freshman mentoring program, 67 Project Care members, and 94 individual sessions by the prevention specialist, and there is a resource officer. The 36 HUDDLE students conduct 16 programs that affect hundreds of students. The Medina County Career Center has wonderful process outcomes. There were 334 individual counseling sessions (at half year), 8 group support sessions, 52 referrals, 375 staff consultations, 134 parent consultations, and 12 classroom presentations. The Career Center has approximately 1100 students and some students are more at-risk than those at other school districts. Cloverleaf School District shows 64 HUDDLE/SHUDDLE students (they make up 16 HUDDLE teams and 12 SHUDDLE teams), have made presentations to students and staff, SADD hosts a breakfast with Santa, and participates in Outward Bound Leadership (trains camp counselors to sixth graders) and the Fun Club (that reaches out to the entire community).

Highland School Districts highlights include 58 peer leaders, 20 camp counselors, and 44 SADD members. A DARE officer provides drug education. They host a BIONIC Night program, have Project Love Leadership, and host post prom. The BIONIC Night program is for seventh graders and their family and is a carnival/dance atmosphere that includes drug

and alcohol education. Medina School District has HUDDLE/SHUDDLE, PANDA, classroom prevention programming, student assistance program, and support services for at-risk students. Wadsworth School District has life skills instruction (similar to Brunswick's), asset development (helps students develop in all areas), peer-to-peer, HUDDLE, and an intervention specialist that works with students.

Carolyn Collins of the Wadsworth City Schools reported that the STF (Stay Tobacco Free) mentoring program was discontinued when the Tobacco Coalition monies were re-allocated. Therefore, they have trained freshmen, sophomore, and some juniors to give lessons. There is no money involved. Transportation is provided by the two principals. The Project Love students (eighth graders) are giving peer lessons to third graders; transportation funds come from a grant (\$850 this year).

Cathy Lasher of Medina City Schools said that the number of student leaders grows each year. There are 157 HUDDLE/SHUDDLE members this year that teach about 1200 fourth and fifth grade students. STF continued at their schools through the support of American Cancer Society. Jack Higgins noted that the Career Center students are not attending there because they are at-risk students; the staff is very student focused and there are specialized, high-tech programs. Because students are successful and feel better about themselves, substance abuse is lessened. There aren't peer-to-peer programs because they have only junior and senior students; however, they work with students regarding student relationships, tolerance, diversity, and peer-to-peer support.

▪ **REVIEW & APPROVAL OF MINUTES**

The minutes of February 5, 2007 were distributed to the Board in advance for review. Roger Ingraham moved to approve the minutes; the motion was seconded by James Bigam. Brian Nowak noted that "Brad" Jenks should be changed to "Michael" Jenks in the second full paragraph of page 2. There was no further discussion and the motion carried unanimously.

▪ **OLD BUSINESS**

▪ Adoption of Bylaws

James Bigam moved to approve the updated bylaws; Cliff Nowak seconded the motion. There was no discussion and the motion carried unanimously.

▪ **NEW BUSINESS**

There was no new business to discuss.

▪ **TUPCF TOBACCO UPDATE**

Brian Nowak invited everyone for the presentation of the award check for \$265,223 to Medina General Hospital for funding of the Medina County Tobacco Prevention Coalition. It will be presented on Friday, March 9, and Senator Amstutz and Representative Batchelder will be in attendance.

▪ **COMMISSION MEMBERS – GO AROUND**

Cliff Nowak informed everyone of his new employer and change of work information. He noted that he attended their drug-free workplace training, giving him a chance to see it from an employee's view.

Jim Bigam distributed a flyer regarding a program being presented by him and Dr. Levine, "Drug Trends: Pharming". There is a nationwide abuse of prescription medications and there is a trend by some Medina County teens to abuse prescription drugs and over-the-counter medications. Brian Nowak noted that this alarming trend is second only to marijuana. Kent Patterson stated that he has heard many good things about Mr. Bigam's presentations.

Jeff Vogel commended Brian Nowak on his excellent and informative presentation.

Kent Patterson commended Mike Barnhart and Mark Schoonover who made an excellent presentation at the ESC conference early in February. There were many good comments by the nearly 200 people in attendance.

▪ **ADJOURNMENT**

James Bigam moved to adjourn the meeting; the motion was seconded by Jeff Vogel. There was no discussion and the motion passed. The meeting adjourned at 7:10 p.m.

▪ **NEXT MEETING**

The next MCDAC meeting will be Monday, April 2, 2007, at 6:00 p.m. in the lower level conference room of the Professional Services Building.

▪ **FUTURE MEETINGS**

April 2  
May 7

June 4  
September 10

October 1  
November 5

December 3

Respectfully submitted,

Peggy Folk CPS  
Assistant Clerk to the Medina County Board of Commissioners