



Annual 2019 Report



www.csaciowa.org



www.camanche-dewittcoalition.org



www.gatewayimpactcoalition.com

Notes:

TABLE OF CONTENTS

CLINTON SUBSTANCE ABUSE COUNCIL

HISTORY.....	7
PHILOSOPHY.....	10
BOARD OF DIRECTORS.....	10
FINANCES/GRANTS.....	14
STAFF.....	18
COALITION MEMBERS & SUPPORTERS.....	21
STRUCTURE.....	23
ANNUAL CELEBRATION 2018.....	25
DRUG ENDANGERED CHILDREN ALLIANCE.....	26
BECOMING A TRAUMA INFORMED COMMUNITY.....	29
BECOMING A MENTAL HEALTH SLEUTH.....	35
TRAJECTORY OF TRAUMA CONFERENCE.....	36
CLINTON CRUSH +.....	38
CLINTON'S APPROACH TO THE OPIOID CRISIS.....	38
EPA GRANT SUMMARY: ENVIRONMENTAL JUSTICE GRANT.....	40
COMPREHENSIVE OPIOID ABUSE SITE-BASED PROGRAM GRANT.....	42
TIPS TRAINING (RESPONSIBLE ALCOHOL BEVERAGE SERVER TRAINING.....	50
CRIME FREE HOUSING.....	72
ENDS CONTRACT.....	54
COMMUNITY COALITIONS.....	56

CAMANACHE-DEWITT COALITION

OVERVIEW.....	61
FUNDING.....	62
HISTORY.....	63
OUR COMMUNITIES.....	64
STRUCTURE.....	65
BOARD OF DIRECTORS.....	66
EXECUTIVE COMMITTEE.....	66
STAFF.....	66
SUBCOMMITTEES & WORKGROUPS.....	67
SECTOR REPRESENTATIVES.....	68
MEMBERS.....	68
STRATEGIC PREVENTION FRAMEWORK.....	69
7 STRATEGIES FOR COMMUNITY LEVEL CHANGE.....	70
INCREASE COMMUNITY AWARENESS & VOTING MEMBERSHIP.....	71
INCREASE YOUTH COLLABORATION.....	72
INCREASE COALITION MEMBERS' KNOWLEDGE OF ALCHOL & DRUGS.....	73
FOCUS GROUPS.....	74
ANNUAL CELEBRATION 2018.....	76
SOCIAL HOST ORDINANCE-THROW THE PARTY, OWN THE CONSEQUENCES.....	77
ALCOHOL COMPLIANCE CHECKS.....	78
SOCIAL NORMS CAMPAIGN: IF YOU FEEL DIFFERENT, YOU DRIVE DIFFERENT.....	80
DAY ON THE HILL.....	81
PARENT COMMITTED.....	82
HIDDEN IN PLAIN SIGHT TRAILER.....	83

YOUTH COALITION- FIGHTING AGAINST SUBSTANCE ABUSE.....	84
TOBACCO 21.....	85
CLEAN OUT YOUR MEDICINE CABINET EVENT	87
CAMANCHE 8 TH GRADE HEALTH PRESENTATIONS	88
CLINTON & CAMANCHE STAFF TRAINING-MARIJUANA IN THE 21 ST CENTURY	89
TRAJECTORY OF TRAUMA CONFERENCE	90
SURVIVING BAD-TV SERIES ON MEDIACOM.....	92
PARENT EDUCATION SERIES: VAPING, JUULING, E-CIGS.....	93
PARENT EDUCATION SERIES: OXY, LEAN, XS, ADDY.....	94
PARENT EDUCATION SERIES: SEXTING & CELL PHONE SAFETY AND DIGITAL SAFETY.....	95
PARENT EDUCATION SERIES: UNDERAGE DRINKING & TRAUMA.....	96
PARENT EDUCATION SERIES: STRESS & TRANSITIONS	97
PARENT EDUCATION SERIES: STRENGTH BASED PARENTING	98
PARENT EDUCATION SERIES: THE BLUNT TRUTH ABOUT MARIJUANA	99
PARENT EDUCATION SERIES: HIDDEN IN PLAIN SIGHT.....	100
PARENT EDUCATION SERIES: THE UNTOLD STORY OF THE ADOLESCENT MIND	101
PARENT EDUCATION SERIES: UNDERAGE DRINKING-TOO SMART TO START.....	102
GATEWAY IMPACT COALITION	
OVERVIEW.....	105
STRUCTURE	106
EXECUTIVE COMMITTEE.....	107
MEMBERS.....	107
HISTORY.....	108
METHODOLOGY	109
GOALS.....	112
ANNUAL CELEBRATION.....	113
COMMUNITY AWARENESS	114
FOCUS GROUPS	115
UNDERAGE ALCOHOL & DRUG USE: STOP GRANT	116
MARIJUANA POSITION PAPER.....	119
DAY ON THE HILL 2019.....	120
HIDDEN IN PLAIN SIGHT TRAILER.....	121
RETAIL STRATEGIES.....	123
CLINTON & CAMANCHE STAFF TRAINING-MARIJUANA IN THE 21 ST CENTURY	125
BECOMING A MENTAL HEALTH SLEUTH	126
TRAJECTORY OF TRAUMA CONFERENCE	128
PARENT COMMITTED	130
PARENT EDUCATION SERIES: OXY, LEAN, XS, ADDY.....	131
PARENT EDUCATION SERIES: UNDERAGE DRINKING & TRAUMA.....	132
PARENT EDUCATION SERIES: STRESS & TRANSITIONS	133
PARENT EDUCATION SERIES: STRENGTH BASED PARENTING	134
PARENT EDUCATION SERIES: THE BLUNT TRUTH ABOUT MARIJUANA	135
PARENT EDUCATION SERIES: HIDDEN IN PLAIN SIGHT.....	136
PARENT EDUCATION SERIES: THE UNTOLD STORY OF THE ADOLESCENT MIND	137
PARENT EDUCATION SERIES: UNDERAGE DRINKING-TOO SMART TO START.....	138
PARENT EDUCATION SERIES: THE DARK TRUTH BEHIND E-CIGS & VAPING.....	139
PARENT EDUCATION SERIES: DIGITAL SAFETY	140



Annual 2019 Report

250 20th Avenue North, Suite 146
Clinton, Iowa 52732

T: 563.241.4371
E: kristin@csaciowa.org

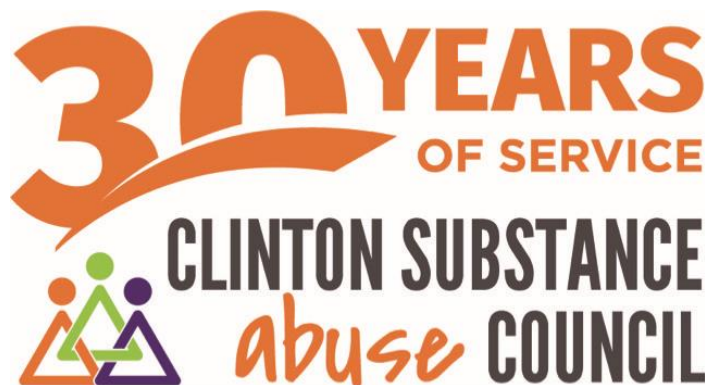
www.csaciowa.org



www.csaciowa.org

Notes

In 2019, the Clinton Substance Abuse Council celebrated 30 years of service in the Clinton County Area. CSAC was incorporated on June 9, 1989, to promote the Clinton area as a caring, drug and alcohol abuse free community. Community members formed this volunteer coalition because they were concerned with the escalating trend of drug use among Clinton area youth. That profound concern for the citizens of Clinton County has not waned as the years have passed. With each year, grant funding and requirements have changed, however the work of the Clinton Substance Abuse Council has stayed on mission, as we have worked closely with community partners to prevent substance use and promote recovery.



The initial Board of Directors of the Clinton Substance Abuse Council consisted of 20 individuals:

Donald Erling	Arthur Carder	Ronald McIntyre
Anne Broshar	Dr. Joseph L. Monahan	William Judd
Anne Plosch	Myron Weil	Larry Underdonk
Larry Greenwalt	Paul Pfeffer	Richard Grugin
Michael Corbin	Mary Garcia	Gene Beinke
Robert Whalen	Larry Schultz	Jill Bodine
Arlen VanZee	Kent Brown	

CSAC will be forever grateful for the hard work and dedication of the founding directors.

Prevention addresses many facets of the lifespan, from childhood education, trauma response, to parent training and awareness efforts. We are proud of the work we are doing alongside passionate community members! Some of our projects may appear “behind the scenes”, but a lot of work has been done by so many in our coalitions, in order to make a difference in people’s lives for over 30 years. A few highlights over that last 30 years include:

2015-2019

- The Clinton Substance Abuse Council celebrates 30 Years!
- Established a Clinton Substance Abuse Council Community Endowment Fund.
- The Clinton Substance Abuse Council becomes a United Way Funded Agency and participates in the annual funding cycle.
- Clean Out Your Medicine Cabinet events and Medication Drop boxes installed and promoted throughout Clinton County.
- Received an EPA Grant to expand medication disposal efforts.
- Received Drug Free Communities Support Program Grant to support the Camanche-DeWitt Coalition.
- Received a Sober Truth on Preventing Underage Drinking Grant to support the Gateway ImpACT Coalition’s efforts to reduce underage drinking.



- Partnered with the City of Clinton on the Justice Assistance Grant (Crime Free Housing Project) and Comprehensive Opioid Abuse Program Grant. Gateway Impact Coalition (GIC) works with ASAC, Bridgeview Community Mental Health Center, Clinton Police Department, and Mercy One on a Drug Abuse Response Team and Medication Assisted Treatment Clinic to address Opioid overdose epidemic.
- Partnered with the Clinton County Trauma Informed Alliance to write and facilitate a Prevent Child Abuse Grant to become a Trauma Informed Community.
- Held listening post with Partnership for Drug Free Iowa & Office of Drug Control Policy.
- RX Painkiller & Heroin Epidemic town hall held, creating CRUSH. Formed the Clinton CRUSH + (Community Resources United to Stop Heroin) Coalition and sit on the statewide CRUSH Board.
- Completed an Opioid Assessment of the City of Clinton.
- The Clinton Substance Abuse Council Board of Directors and the Executive Director developed a strategic plan.
- Implemented the Hidden in Plain Sight Experience to raise awareness of youth substance abuse trends and encourage parents to talk to their children about substance abuse.
- Implemented the “Committed Campaign.”
- Implemented a youth travel policy and partnered with local providers to provide youth leadership and educational experiences.
- Fund Alcohol Compliance Checks and TIPS (Training for Intervention Procedures) Training.
- Partnered with the Partnership@AHealthyIowa.org to conduct media literacy project at Clinton Middle School.



2010 – 2014

- Received DFC mentoring grant to support Camanche and Dewitt in the coalition process.
- Partnered with Area Substance Abuse Council and Clinton County on the Strategic Prevention Framework State Incentive Project.
- DEC (Drug Endangered Children) coordinator becomes 1 of 93 national CORE trainers.
- Clinton DEC created a Multidisciplinary Team with DHS and community partners.
- The Clinton based coalition changes their name to Gateway ImpACT Coalition.
- Piloted “Above the Influence” program (1 of 22 national organizations chosen).
- Partnered with The Partnership@Drug-Free Iowa to conduct media literacy project at Washington Middle School.
- Received the IDEA Award from the Office of Drug Control Policy (ODCP).
- The Clinton Substance Abuse Council conducts Strategic Planning with National Guard and ASAC.
- Hosted NPLeX trainings for pharmacies.
- CAAD (Community Alliance Against Drugs) provided Shake and Bake Meth Training.
- CAAD worked with Clinton High School students on “Get-A-Grip”
- MUD (Marijuana and Underage Drinking) hosted The Blunt Truth... About Marijuana.
- DEC created “Cycle of Addiction” campaign.

- Gateway ImpACT Coalition partnered with ODCP and Partnership@drugfreeiowa to hold “Speak Out Against Synthetics” news conference.
- CAAD creates “Monitor, Secure, Dispose” marketing campaign.
- Parent forums held throughout Clinton County.
- Camanche and DeWitt join coalitions to form Camanche-DeWitt Coalition.
- MUD and City of Clinton pass City Monitoring Plan.
- Held listening post with Partnership for Drug Free Iowa & ODCP.



2000 - 2010

- Started work on the methamphetamine reduction project.
- Awarded Drug Free Communities grant for Gateway ImpACT Coalition.
- Co-founded Iowa’s Allied Coalitions 4 Change (AC4C).
- Partnered with Clinton Community College to offer substance abuse prevention satellite downlinks.
- Offered TIPS training to local establishments on serving skills.
- Created Clinton Cares fundraising campaign to pay for youth programming sustainability.
- Provided assessments to CCSD afterschool programming.
- Partnered with Clinton Community College on Institute of Higher Education Project.
- Clinton’s Drug Endangered Children Alliance is formed.
- First Clean Out Your Medicine Cabinet Event.
- Meth Reduction Project becomes Community Action Against Drugs (CAAD)
- The Marijuana and Underage Drinking (MUD) workgroup was created.
- Implemented Got A Minute, Eat with Me campaign.

1990’s

- Clinton, Camanche, and DeWitt becomes Iowa SAFE Certified Communities.
- Played a key role in starting the Clinton Landlord Association.
- Selected by ODSS (Online Documentation and Support System) to pilot the Community That Cares Comprehensive Strategy Planning Process.
- Implemented FAST (Family and Schools Together) program.
- Created the Gateway Initiative as founding partner, to coordinate school and service provider relations such as 21st Century, Literacy Grant, and Day Treatment.
- Worked closely with the Clinton Recreation Department’s CTC Summer Adventure Zone youth camps, as their fiscal partner.



Clinton Substance Abuse Council Philosophy

Purpose

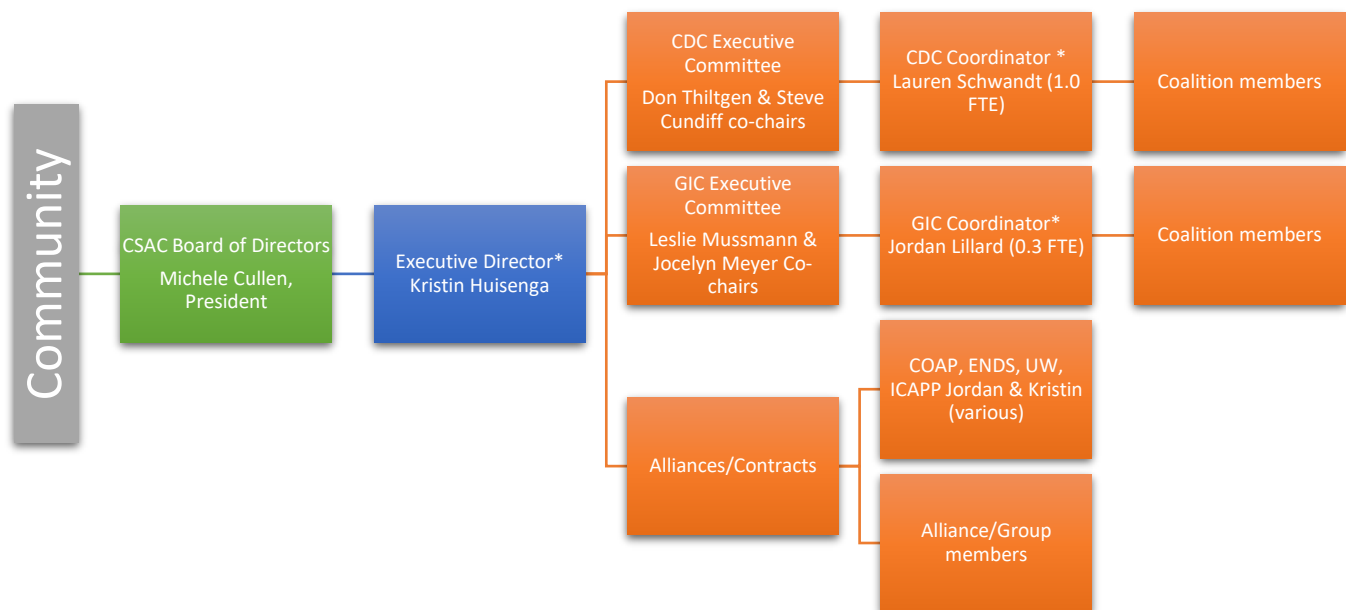
The purpose of Clinton Substance Abuse Council is to build strong, stable and informed community-based coalitions in the gateway area for the purpose of establishing healthy and caring communities free of substance abuse and related behavioral health issues.

Vision

As a result of Clinton Substance Abuse Council's influence, community coalitions in the Gateway Area will have the support, knowledge, skills, resources, and structure they need to be successful in eliminating substance abuse and related behavioral health issues.

Mission

The Mission of the Clinton Substance Abuse Council, through collaboration, works to develop solutions to community problems that are related to substance abuse issues through facilitation, cooperation, and communication.



The Clinton Substance Abuse Council Serves the Gateway Area community. The definition of community varies by project and grant funding, but typically serves Clinton County, Iowa area.

Board of Directors

The Clinton Substance Abuse Council is a non-profit organization that is governed by a diverse volunteer Board of Directors who is responsible for oversight and direction of the coalition. The board is a group of individuals who are not only committed to advancing the Clinton Substance Abuse Council, but also to making our cities and neighborhoods better places to live, work, shop, learn, and play in a variety of ways.

Those who serve on the Clinton Substance Abuse Council (CSAC) Board of Directors have considerable responsibilities extending well beyond the basic expectations of attending meetings, establishing policy, and personal giving. All board members:

1. Ensure that CSAC Remains True to Itself and Accountable to the Larger Community

Each board member has primary responsibility for ensuring that CSAC remains true to its mission, vision, goals, and values, always acting first in the interests of our primary stakeholders. It is CSAC's Board of Directors that is responsible for maintaining the professional and ethical policies and standards that will ensure that we remain a powerful force for change.

2. Fiduciary Duties: Duty of Care, Duty of Loyalty, and Duty of Obedience

CSAC nonprofit board members and officers must be aware of and comply with the three legal fiduciary duties related to their work: The Duty of Care, the Duty of Loyalty, and the Duty of Obedience.

3. Ensure Adequate Resources

Each board member, regardless of whether he or she is serving on the development committee, works to ensure the council has adequate funding to do the work needed.

4. Act as an Ambassador for CSAC

Board members demonstrate his or her concern for the organization and take both the work of the CSAC and his or her role as a board member seriously.

5. Actively Participate in Board Meetings

Board members participate in committee meetings and fulfill committee and/or officer responsibilities that in line with his or her own areas of expertise.

6. Foster Group

Cohesiveness

Work together as an effective team.

7. Comply with the

Board of Directors

Code of Conduct

The successful operation

and sustainability of CSAC is built upon a principal of ethical conduct on the part of its board members, employees, and volunteers. Our reputation for integrity and excellence requires scrupulous regard for the highest standards of conduct and personal integrity.



The CSAC Board of Directors, through the strategic planning process has developed the following shared understanding and guiding principals.

Shared Understanding of the Clinton Substance Abuse Council

- The role of the Clinton Substance Abuse Council is to facilitate and support the work of coalitions by providing an umbrella for the work and services they do.

- CSAC board members, executive director and project coordinators are behind the scenes ensuring that coalitions get the support and resources they need to be successful.
- The CSAC board is less concerned about promoting itself and more about ensuring that coalition initiatives are highlighted.
- CSAC has paid staff members to help with the executive and organizational operations. This is to ensure that there is consistency with how things are done, to help ensure volunteer board does not burn out, and to ensure that funding requirements are met.
- CSAC is made up of board members who have:
 - pertinent knowledge about substance abuse and related behavioral health issues.
 - passion and concern for substance abuse and related behavioral health issues.
- CSAC is a transparent and fiscally sound organization that portrays quality to the community and follows all non-profit, organizational, and funding rules.
- The CSAC board is representative of the coalitions that it serves.
- The CSAC board is an active volunteer board with members providing various skills, resources, and knowledge to the organization, executive director, and the coalitions that it serves.



Aspiration Statements

The Clinton Substance Abuse Council Board and staff believe it is our responsibility to reduce substance abuse in the gateway area through:

- Maintaining a board-based organizational structure that operates autonomously, making decisions based on the local and regional needs of the communities we service.
- Providing opportunities for the exchange of information and resources across partnering organizations.
- Offering management of substance abuse and related data, planning processes, and fiscal requirements for our partnering entities.
- Offering non-profit oversight, fundraising, and grant writing to behavioral health projects and coalitions.
- Providing our coalition partners with development tools, resources to be successful, and infrastructure development for sustainability.
- Empowering the behavioral health system in our community with updated substance abuse data, information, and opportunities.
- Ensuring the projects, we support use best practices.

2019 Board Officers



President: Michele Cullen, Community Health Manager, Genesis VNA. Michele has served on the Clinton Substance Abuse Council Board of Directors since 2014, prior she was a long-time member of the Gateway ImpACT Coalition. Michele serves on the CSAC Board because she's passionate about helping improve the health of our community.

Vice President: Darryl Waugh, Clinton Landlords Association/ GIC Executive Committee Liaison since 2015. Prior to serving on the CSAC Board Darryl was instrumental in the Meth Reduction Project and is a long-time member of the Gateway ImpACT Coalition. Darryl serves on the board because he wants to make a difference in his community, knows the importance of prevention, and believes we can all play a role combating drug use and addiction.



Treasurer: Dan Boyd, Clinton Middle School Principal has been on the CSAC Board of Directors since 2006. Dan serves on the board because he understands that working together is the best thing to help communities and coalitions are an effective tool that can strengthen collaboration in communities and address factors that increase the risk of substance use.

2019 Board Members

Ricci Aquilani, Senior Vice President & Compliance Officer for Clinton National Bank, recently joined the CSAC Board of Directors in 2019. Ricci serves on the board because substance abuse is a serious condition that drains community resources and prevents people from reaching their full potential.



Amy Berentes, SVP/COO at MercyOne Medical Center and has served on the CSAC Board of Directors since 2017. Prior to joining the Board Amy was instrumental in the formation of the Clinton CRUSH + Chapter. Amy serves on the board because she is passionate about prevention of substance abuse and promotion of education in our community.

Jeff Chapman, Fire Marshall, Clinton Fire Department. Battalion Chief Chapman has served on the Clinton Substance Abuse Council Board of Directors since 2018. Jeff has served on the Clinton Fire Department for 25 years, 18 of them as a paramedic. It is his time as a paramedic that he has seen the effects of opioid abuse firsthand. Jeff also served as the building official for the City of Clinton for the last 7 years and has been able to observe the toll this crisis has had on the City of Clinton and surrounding areas. It is Jeff's hope that his expertise and experience can assist in this fight from both sides of the table.





Steve Cundiff, Sergeant/Detective, Clinton County Sheriff's Office/CDC Exec. Committee Co-Chair and Liaison since 2019. Steve has been a long-time member of the Gateway ImpACT Coalition and served as a founding Co-chair of the Camanche-DeWitt Coalition. Steve serves on the board because he has seen firsthand after 30 years in Law Enforcement how drugs have destroyed so many lives. Working with the youth and the adults to prevent people from using drugs is a win-win for creating a healthier community. As a Law Enforcement Officer, he realizes we are not going to arrest our way out of this problem.

Jim Irwin, Clinton County Board of Supervisors, recently joined the CSAC Board of Directors in December 2019. Jim serves on the board because he cares about the residents of Clinton County and supports working together to make a difference in our communities.



In 2019, the following board members stepped down. Thank you for all your service:
 Randy Meier, Seniors vs. Crime, Clinton County Sheriff's Office/GIC Executive Committee Liaison
 Gabe Gluba, Director of Clinical Services, Area Substance Abuse Council
 Mike Wolf, Clinton County Attorney

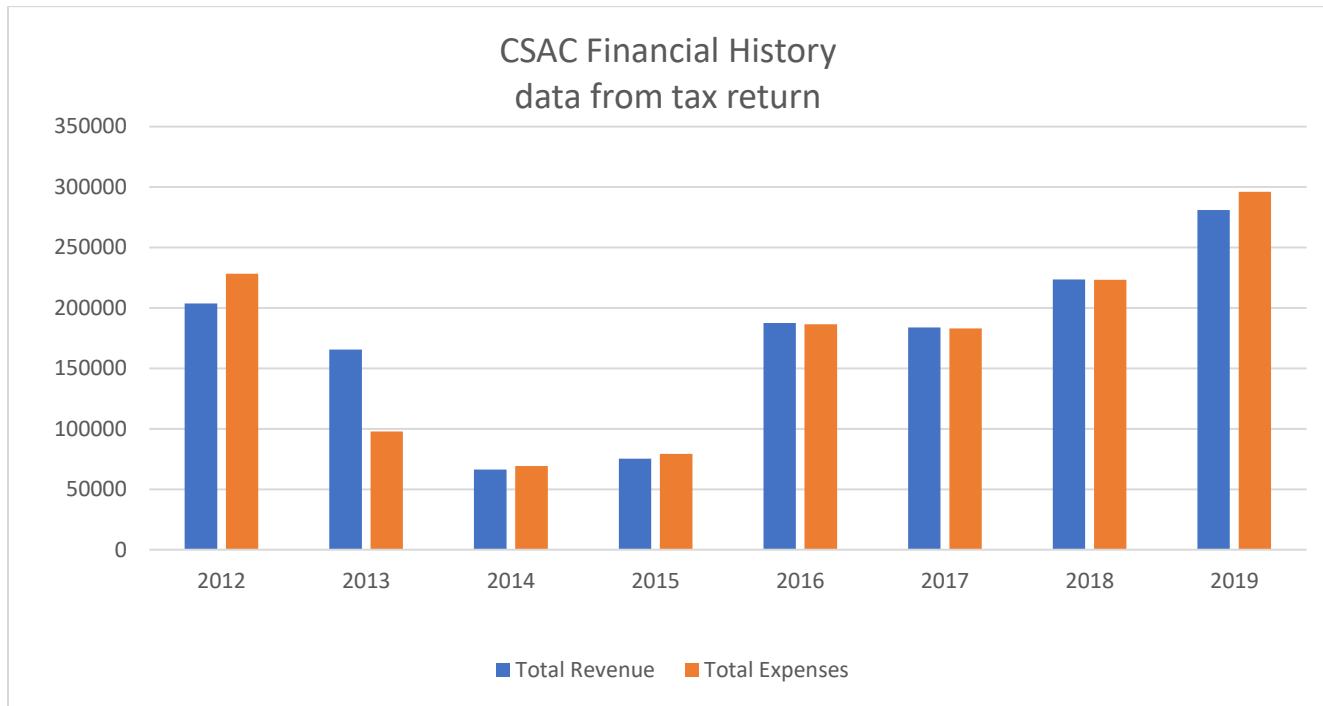
2019 Finances

• Total Revenue	\$281,016
• Total Expenses	(\$296,106)
Revenue less Expenses	(-\$15,000)
• Net Assets	\$108,544

2019 Expense Highlights

• Salary/Fringe/ payroll taxes	\$131,990
• Accounting	\$5,130
• Occupancy	\$8,756
• Trainings, Conferences/Meetings	\$54,375
• Program Expenses	\$32,174
• Depreciation	\$814
• Insurance	\$4,901
• Office expenses/supplies	\$26,241
• Contractors	\$27,924
• All other expenses	\$3,801





2019 Revenue/Funding Highlights:

\$10,000 Gateway ImpACT Coalition
 MercyOne Clinton Medical Center-Coalition Support
 Thank you to Mercy for financially supporting the Council for 30 years!

\$125,000 Camanche-DeWitt Coalition
 Drug Free Communities Support Program Grant Office of National Drug Control Policy
 October 1, 2018-September 30, 2019 (Year 4 of 5)
 October 1, 2019-September 30, 2020 (Year 5 of 5)



\$45,030 Gateway ImpACT Coalition
 Sober Truth on Preventing Underage Drinking Office of National Drug Control Policy
 October 1, 2018-September 30, 2019 (Year 2 of 4)
 October 1, 2019-September 30, 2020 (Year 3 of 4)

\$10,000 Gateway ImpACT Coalition
 Community Coalition Grant-Iowa Department of Public Health:
 July 1, 2018-June 30, 2019
 September 1, 2019-June 30, 2020 (Final Year grant will be offered)

\$30,000 CSAC (Partnership between GIC & CDC)
 Environmental Justice Grant-Environmental Protection Agency
 October 1, 2017-September 30, 2018 (1-year grant), no cost extension to September 30, 2019

\$13,000 Gateway ImpACT Coalition
Medication Reduction Project-United Way of Clinton County
October 1, 2018-September 30, 2019



\$13,000 Gateway ImpACT Coalition
Amphetamine Reduction Project-United Way of Clinton County
October 1, 2019-September 30, 2020

\$4,332 CSAC (Partnership between GIC & CDC) Hidden in Plain Sight
Clinton County Development Association
October 1, 2017-September 30, 2018 (1-year grant), no cost extension through March 31, 2019

\$5,000 Gateway ImpACT Coalition
City of Clinton JAG Grant-Contract to facilitate the Crime Free Housing Project
July 1, 2018- June 30, 2019 (Year 1 of 4)
July 1, 2019-June 30, 2020 (Year 2 of 4)

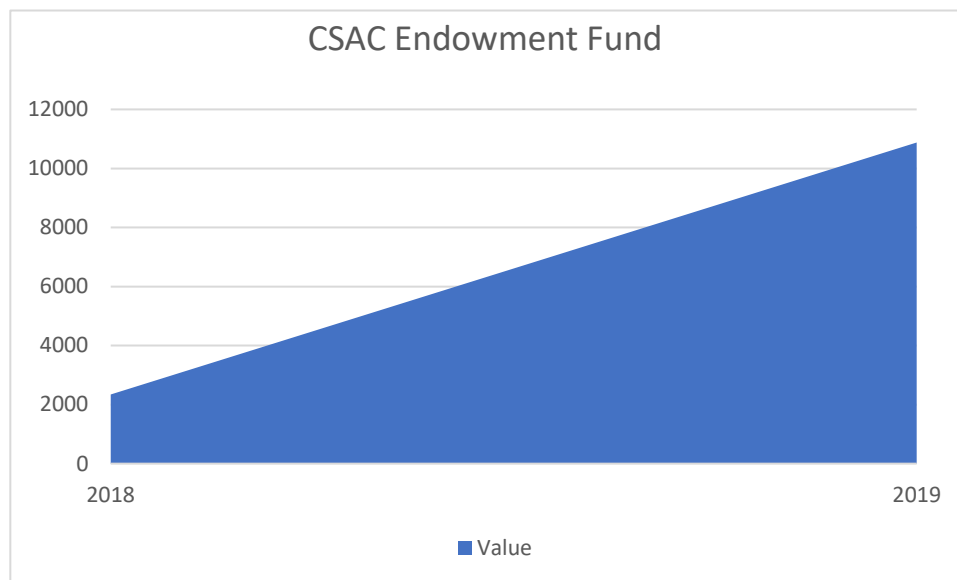
\$41,600 Gateway ImpACT Coalition
City of Clinton-COAP Grant-Contract to facilitate the Opioid Reduction Project
October 1, 2018 - September 30, 2019 (Year 1 of 2)
October 1, 2019 -September 30, 2020 (Year 2 of 2)

\$32,088 Clinton Substance Abuse Council
Clinton County Trauma Informed Alliance-Becoming a Trauma Informed Community
July 1, 2018-June 30, 2019 (Year 1 of 2)
July 1, 2019-June 30, 2019 (Year 2 of 2)

\$3,000 Clinton County Drug Endangered Children Alliance
Pearson Foundation-Drug Testing Funding (contract with USDTL, CCSO, & CCAO)
Ongoing

Clinton Substance Abuse Council Endowment Fund

In 2018, the Clinton Substance Abuse Council opened an acorn endowment fund. An acorn endowment requires that CSAC build our fund to \$10,000 within 5 years. CSAC wanted to diversify our funding streams. One new funding stream is an agency endowment at the Community Foundation of Greater Dubuque. This fund assures our organization a permanent source of steady income to stabilize and strengthen our programs.



In 2019, we were able to establish an endowment fund by raising over \$10,000. We had an anonymous gift of \$5,000 to the fund, and a \$1,500 gift from River Bluff Community Foundation Endowment Funds. Community foundations are charitable organizations that administer funds to benefit their communities and improve the lives of

people in their geographic region. Nonprofit organizations and community members can create endowment funds at the River Bluff Community Foundation to benefit charitable causes.

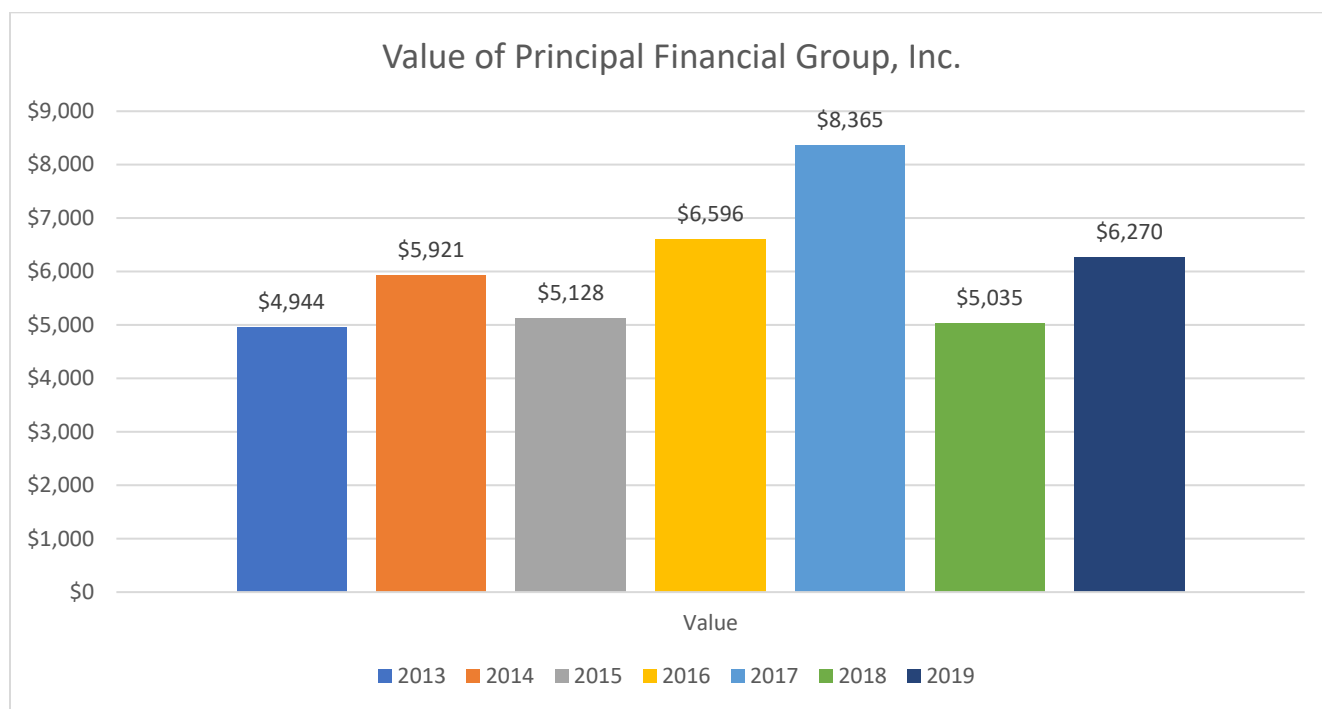
These funds are invested and pay out annually to the designated nonprofits, providing a reliable source of income to sustain organizations' operations forever. Any gift over \$50 to this fund is eligible for the Endow Iowa 25% State Tax Credit. Anyone can contribute directly to this fund by visiting our page: <https://www.dbqfoundation.org/donors/giving-center/clinton-substance-abuse-council-fund> or by contacting CFGD at 563-588-2700.

Great Give Day

Additional funds for the CSAC endowment were raised on Great Give Day on Thursday, May 9, 2019. This was the first year the CSAC participated in this event. The Great Give Day is a 24-hour, online giving day established by the Community Foundation of Greater Dubuque to celebrate and support area nonprofits and build a stronger community. The event is open to all nonprofit organizations with endowment funds at the Community Foundation of Greater Dubuque including the Clinton Substance Abuse Council.

Community members are invited to visit www.greatgiveday.org to support their favorite participating nonprofits with online donations of \$10 or more, either on May 9 or by scheduling a gift ahead of time to be automatically processed at midnight that night. All gifts will go directly to nonprofits, and all donations must be made online with a credit/debit card or with a banking account.

Clinton Substance Abuse Council Investment: Principal Financial (Stock)



CSAC Paid Staff:

The Clinton Substance Abuse Council has a paid Executive Director and two full time staff that work under different coalitions and/or contracts.

Clinton Substance Abuse Council Executive Director: Kristin Huisenga

Kristin has been with the Clinton Substance Abuse Council, since 2005, and has a BBA in Finance, BBA in Marketing, and BA Sociology from the University of Iowa. She is certified by the Iowa Board of Certification as Certified Prevention Specialist, a graduate of the National Coalition Academy, and holds a Non-Profit Management Certificate.



Kristin is the Executive Director (ED) for the CSAC, Program Director for various agency programs and acts as the facilitator of the Clinton County Drug Endangered Children Alliance. Kristin sits on the Iowa CRUSH Board of Directors and serves as the treasurer of the Iowa Drug Endangered Children Alliance.

Responsibilities include:

- Implement the organizations strategic plan including to:
 - Establish a financially stable organization.
 - Maintain and increase coalition support.
 - Strengthen internal operations including the efficiency of the executive board.
 - Develop a professional and skilled team
 - Fiscal Responsibilities
 - Seek sources of appropriate funding, apply for and administer monies and grants.
 - Develop and author grants for council activities and to support the Councils direct operations.

- Develop and author grants for council member agencies and collaborative partners, as directed by the grants/funding sub- committee.
- Manage the Council's annual budget, prepare/review all fiscal reports, funding requests and invoices to revenue sources.
- Prepare draft budget for the board annually, update board quarterly on the Council's fiscal position and revenue projections.
- Manage all grant funding in accordance with grant requirements, negotiate rates for subcontractors and contractors of the Council.
- Act as the grant administrator for the all Clinton Substance Abuse Council grants.
- Maintain good working relationships with Council members, community leaders and representative from state and local government.
- Accept appointments to state level planning groups as appropriate and approved by the board.

Camanche-DeWitt Coalition Drug Free Communities Project Coordinator: Lauren Schwandt

Lauren has been with the Camanche-DeWitt Coalition since October 2015. She holds two bachelor's degrees: one in Biology and one in Social and Criminal Justice from Ashford University. She also holds a master's degree in Psychology with a Specialization in Criminology from the University of the Rockies. She enjoys traveling and spending time with her family.



Responsibilities include:

- Assist the Program Director in managing the Drug Free Communities Grant. Facilitate programs primarily utilizing community-based process and environmental prevention strategies
- Responsible for community mobilization to address underage drinking and youth marijuana use
- Coordinate coalition meetings and activities in the Drug Free Communities Action Plan
- Coordinate activities of coalition subcommittees
- Provide accurate documentation of Drug Free Communities Grant services, in kind match, required CORE outcomes
- Assist coalition with annual grant renewal documents
- Monitor programs to ensure compliance with agency policies and grant requirement
- Develop and maintain positive work relationships with each of the twelve community sectors
- Utilize media to promote agency, and services provided by the agency.
- Other duties as assigned by the DFC Program Director and coalition, including but not limited to:
 - Educate the community on ATOD issues.
 - Provide/facilitate training to targeted sectors.
 - Develop and implement community plans.
 - Use the Strategic Prevention Framework process.
 - Coordinate and facilitate the revision or creation of ATOD related environmental strategies.

Gateway ImpACT Coalition Project Coordinator: Jordan Lillard

Jordan Lillard joined the Gateway ImpACT Coalition on September 3, 2019. Jordan holds a B.S. in Genetics from Iowa State University. She enjoys reading, hanging out at her church, and spending time with her puppy and family.



Responsibilities include:

- Assist the Program Director in managing the following grants:
 - The Comprehensive Addiction and Recovery Act (CARA) establishing a comprehensive, coordinated, balanced strategy through enhanced grant programs that would expand prevention and education efforts while also promoting treatment and recovery.
 - The Sober Truth on Preventing Underage Drinking Act (STOP Act) Grant's purpose is to prevent and reduce alcohol use among youth ages 12-20 in communities throughout the United States. STOP Act grant funds must focus primarily on strengthening collaboration among community entities to reduce alcohol use among youth in current and former DFC grantee communities.
 - The Iowa Child Abuse Prevention Program (ICAPP) for a Community Development projects that strengthen community capacity to serve families.
- Facilitate programs primarily utilizing community-based process and environmental prevention strategies
- Responsible for community mobilization to address opioid abuse and underage drinking
- Coordinate coalition meetings and activities in the CARA and STOP grants, as well as coordinate activities of subcommittees
- Provide accurate documentation of CARA, STOP, and ICAPP grant services, in kind match, required CORE outcomes
- Assist coalition with annual grant renewal documents
- Provide weekly communication with all staff working under the project to ensure project wide communication and coordination
- Monitor programs to ensure compliance with agency policies and grant requirements
- Develop and maintain positive work relationships with each of the twelve community sectors
- Utilize media to promote agency, and services provided by the agency

Gateway ImpACT Coalition Project Coordinator: Lettie Posey

Lettie Posey worked as the Gateway Impact Coalition project coordinator from January 10, 2019-May 31, 2019. She holds a BS degree in Psychology from York College and a MsEd in Counseling from Western Illinois University. She enjoys spending time with her family, serving at her church and spending time outdoors.



Coalition Members & Supporters

Coalition staff lead and coordinate the coalition's efforts. Staff should make it easier to leverage the resources members bring to the table. It is important for everyone to understand their responsibilities and what is expected of them. Coalition members consist of all the individuals and organizations that agree to participate, in some way, toward achieving the goals of the coalition.

EVERYTHING that happens in coalition work occurs because of our volunteers! People and organizations volunteer their time, energy, skill set, resources and expertise to accomplish the work of the coalition.

Everyone has a place in the coalition! Whether a person or organization participates on the Board of Directors, Executive Committee, attends regular meetings, serves on a workgroup, or contributes resources to a coalition event-they are a coalition member. The coalitions work hard to build membership and match an individual with the work of the coalition that piques their interest or utilizes their skill.

Like many organizations, coalitions have missions and goals for their work, unlike other non-profit organizations, coalitions distribute their planning, resources, and activities across multiple stakeholder groups-all volunteers of the coalition- each with its own agendas, priorities, constraints, and a way of doing business. The coalition represents a nexus of these different organizations around an area of focus. The stronger the nexus, the more impact our coalitions can have.

Members...	Staff...
<ul style="list-style-type: none">• Members participate in coalition efforts to assess and analyze root causes of the problem in the community, develop comprehensive strategies and implement their part of the identified solutions.• Members leverage resources for change in the community through their professional and personal spheres of influence.	<ul style="list-style-type: none">• Staff assists with support for planning, problem solving and information management.• Staff may help prepare meeting minutes, compile reports and facilitate meeting coordination and communication with partners between meetings.• Staff can have a critical role in monitoring the "business end" of coalition work, maintaining accurate records for funding and reporting requirements.

We would like to thank and acknowledge those who have supported the Clinton Substance Abuse Council, Camanche-DeWitt Coalition, Gateway ImpACT Coalition, Clinton County Drug Endangered Children Alliance, and Clinton CRUSH +:

3M
Adcraft
Anonymous Donations
All Pets Mobile Clinic
Area Substance Abuse Council (ASAC)/New Directions
Ascension Lutheran Church-Gooselake, Iowa
Lydia Bilyeu
Dan Boyd
Bridgeview Community Mental Health Center
Building & Neighborhood Services (CFD)
Camanche Police Department
Camanche School District
Calamus-Wheatland Community School District
Casey's General Store
Central DeWitt Community School District
City of Camanche
City of Clinton
City of Clinton Finance Department
City of Clinton Recreation Department
City of Clinton Wastewater Treatment
City of DeWitt
Clinton Community College
Clinton Community Justice Coordinating Commission (CCJCC)
Clinton Community School District
Clinton County 911
Clinton County Attorney's Office
Clinton County Board of Supervisors
Clinton County Development Association
Clinton County Early Childhood Education/DECAT
Clinton County Public Health
Clinton County Sheriff's Office
Clinton Fire Department
Clinton Herald
Clinton Housing Authority
Clinton Landlords Association
Clinton Leo's Club
Clinton LumberKings/Nelson Corp. Field
Clinton Police Department

Clinton PTSA (Parent, Teacher, Student Association)
Community Anti-Drug Coalitions of America (CADCA)
Community Foundation of Greater Dubuque
Community Partnership for Protecting Children (CPPC)
Ben Cort – Smart Approaches to Marijuana
State Senator Chris Cournoyer
CRUSH of Iowa/Eastern Iowa Heroin Initiative
Michele and Pat Cullen
Dale & Bobbi Dalton
Department of Correctional Services
Department of Justice
DeWitt Bank & Trust
DeWitt Noon Lions
DeWitt Observer
DeWitt Police Department
DeWitt Police Foundation
Drug Enforcement Administration
Emergency Management
Environmental Protection Agency
Senator Joni Ernst's Office
Families Finding their Voice
Family and Friends Support Group
Family Resources
Chris Farwell
Kathi Fausnaught
Gary Foster
Friends of the Windmill
Fulton Police Department
Genesis VNA/Hospice
Governor's Office of Drug Control Policy
Senator Charles Grassley's Office
Nathan Gravert
Rita Hart
Douglas & Mary Hartman
Jeff & Kristin Huisenga
The Insurance Group/Mark Mangler
Iowa Department of Human Services
Iowa Department of Public Health

Iowa Drug Endangered Children Alliance
 KCLN Radio
 KMAQ Radio
 Jane Koenes
 KROS Radio
 Let's Live Healthy Coalition
 Congressman Dave Loebsack's Office
 Low Moor Lyons Club
 Lutheran Services of Iowa
 Jane Marlow
 Medical Associates
 MercyOne Clinton Medical Center
 MercyOne-Medication Assisted Treatment Clinic
 Mississippi Bend Area Education Agency
 State Representative Norlin Mommsen
 Jean Morgan
 Necker's Jewelers
 Nelson Corp Wealth Management
 New Life Computers
 Northeast Community School District
 Partnership for a Healthy Iowa
 Pearson Foundation
 Pizza Ranch
 Prevent Child Abuse of Clinton County
 Prevent Child Abuse Iowa
 Riverbend School District

River Bluff Community Foundation
 Andrea Rumler
 Salvation Army
 Ann Sanger
 Donald & Rita Schneider
 Rhonda Schult
 Scott Drug Pharmacy
 Senior V. Crime/TRIAD
 Simply Aesthetic Design
 St. Joseph Catholic School
 Substance Abuse and Mental Health Services
 Administration (SAMHSA)
 Donald Sullivan
 Thrivent Financial
 Lisa Thompson
 United Way of Clinton County, Iowa
 Urgent Care Center
 Wagner Pharmacy Company
 Darryl & Judy Waugh
 DeWight & Shirley Wheelen
 White House Office of National Drug Control
 Police (ONDCP)
 Wild Rose Casino & Resorts
 Winkel, Parker, and Foster CPA
 State Representative Mary Wolfe
 Women's Health Services

The Clinton Substance Abuse Council is involved in a diverse group of projects and coalitions, all that align with our mission. The mission of the Clinton Substance Abuse Council, through collaboration, works to develop solutions to community problems that are related to substance abuse issues through facilitation, cooperation, and communication.

Here are brief definitions of our structure:

Coalitions: Like many organization, coalition have missions and goals for their work, unlike other non-profit organizations, coalitions distribute their planning, resources, and activities across multiple stakeholder groups-all volunteers of the coalition- each with its own agendas, priorities, constraints, and a way of doing business.

Alliances: Two or more firms to create a unique organizational entity in which each organization retains its individual identity and internal control. CSAC may provide technical assistance to alliances or be funded to support the alliance.

Contracts: A contractor provides goods or services to the grant recipient (who is not CSAC).



Annual Celebration

On March 21 & 22, 2019, the Clinton Substance Abuse Council held its annual celebration. Each year the coalitions host this event to reflect on the previous year's activities, events, and successes. This was a special celebration as Clinton Substance Abuse Council has been in operation for 30 years!

The annual celebration is an opportunity for the coalitions to acknowledge the leaders of the coalition. The following were acknowledged for their leadership and service:



- Clinton Substance Abuse Council Board: Lettie Posey, Darryl Waugh, Randy Meier, Dan Boyd, Amy Berentes, Jeff Chapman, Michelle Cullen, Steve Cundiff, Gabe Gluba & Mike Wolf
- Camanche-DeWitt Coalition Executive Committee: Steve Cundiff, Mayor Don Thiltgen, Eric Dau, Duane Hansen, Carole Dunkin, Lisa Abbott, & Erin Schlotfeldt
- Gateway ImpACT Coalition Executive Committee: Jocelyn Meyer, Leslie Mussmann, Darryl Waugh, Randy Meier, James McHugh, Judy Waugh & Renae Kalina
- Above and Beyond Recognition: Camanche Police Department, Clinton County Sheriff's Office, Clinton Police Department, DeWitt Police Department, Camanche School District, Central DeWitt School District, Clinton School District, St. Joseph Catholic School, Riverbend School District, Scott's Thrifty White Drug, and Wagner Pharmacy

46 community members attended the Annual Celebrations, and over 100 annual reports were distributed. The Annual Report was also sent out electronically to countless community members.

Drug Endangered Children Alliance

A drug endangered child is a person, under the age of 18, who lives in or is exposed to an environment where drugs, including pharmaceuticals, are illegally used, possessed, trafficked, diverted, and/or manufactured and, as a result of that environment; the child experiences, or is at risk of experiencing physical, sexual, or emotional abuse; the child experiences, or is at risk of experiencing medical, educational, emotional, or physical harm, including harm resulting or possibly resulting from neglect; or the child is forced to participate in illegal or sexual activity in exchange for drugs or exchange for money likely to be used to purchase drugs.



Mission: To empower our community to break the cycle of drug abuse in families by providing the tools, technical assistance, and training that allow for a collaborative response that ensures the safety of children.

Vision: Clinton County's children will grow up in drug-free homes.

Description: Clinton County formed a local Drug Endangered Children (DEC) Alliance in 2006. The Clinton County Drug Endangered Children Alliance is a policy and practice alliance that looks at internal policies and adapts them to best suit the drug endangered children in Clinton County.

The Clinton County DEC Alliance focuses on policies and procedures that effect drug endangered children and how these policies can be adopted to better help children. We are continuously looking for ways to identify children in these environments sooner and looking for better ways to help these families.

Goal I: Identify the number of drug endangered children in Clinton County

- Objective 1: Compile accurate statistical data for the number of children in Clinton County found in environments with conditions of contamination or hazardous life style that result in abuse, life or health endangerment, or neglect perpetrated on the child as a result of illicit drug use, sales, or manufacturing
 - Develop a way to monitor progress of program
 - Collect data

Goal II: Prevent endangerment to children in dangerous drug environments by encouraging intervention at the earliest possible point.

- Objective 1: Identify kids sooner
 - Provide support for effective/constant drug testing
 - Identify those needing service outside of the DHS path
 - Apply for funding for drug testing/administer tests
 - Get community support for DEC

Hair Stat Testing and Synthetic Drug Testing: Currently the Department of Human Services is only able to test children for ingestion of illegal drugs, but as part of the DEC mini-grant, law enforcement (Clinton Police Department, Clinton County Sheriff's Office, and Camanche Police Department) are also able to test for exposure to a variety of drugs including synthetic drugs. This expansion in testing allows more cases to be accepted into DHS for services.

Goal III: Facilitate multi-disciplinary, coordinated provisioning of services and care to drug endangered children. (Maintain a Drug Endangered Children Alliance and Multi-Disciplinary Team in Clinton County)

- Objective 1: Develop and sustain a network of experts and professionals who are working locally to help drug endangered children.
 - Have regularly scheduled meetings. Core players must attend
 - Document progress with meeting minutes

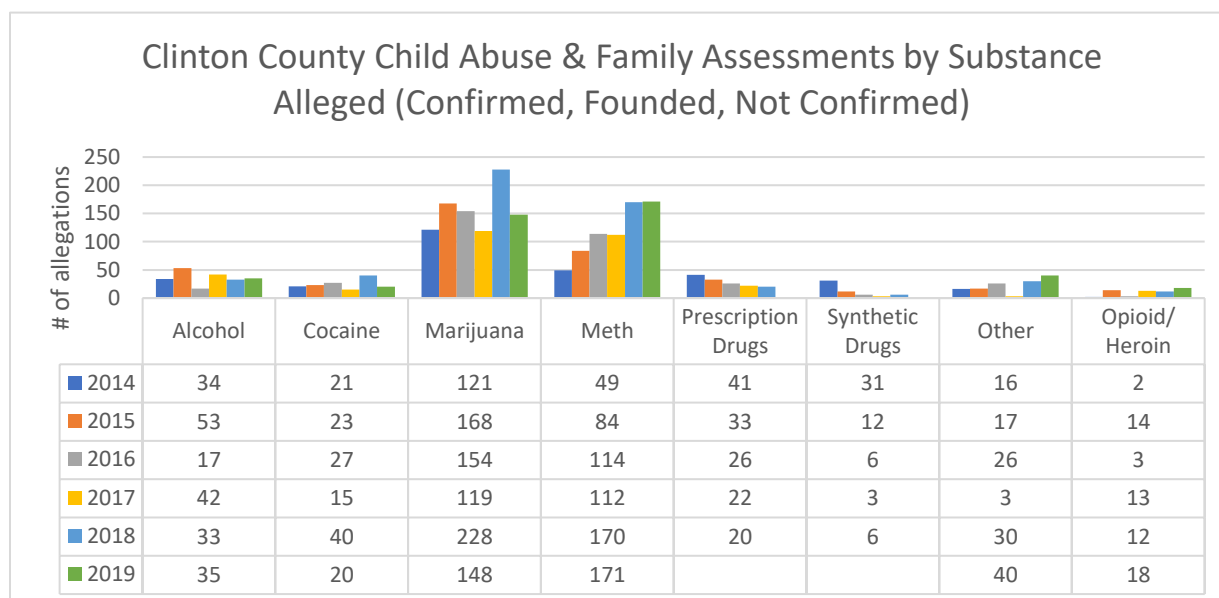
Meeting as a Multidisciplinary Team (MDT): An MDT is a group of professionals from diverse disciplines who come together to provide comprehensive assessment and consultation in child abuse cases. If DHS (Department of Human Services) has a case that is difficult, the DEC Alliance can work together to develop a comprehensive solution.

Goal IV: Increase awareness of Drug Endangered Children

- Objective 1: Cross train and educate DEC members and community
 - Host a Drug Endangered Children Conference
 - Increase awareness of ACES (Adverse Childhood Experiences)

Goal V: Provide support, information, and resources to all individuals and organizations that serve and care for drug endangered children

- Objective 1: Develop product with protocol on it
 - Develop protocols as a team for what should happen when a child is found in environments with conditions of contamination or hazardous life style that result in abuse, life or health endangerment, or neglect perpetrated on the child as a result of illicit drug use, sales, or manufacturing.



Drug Endangered Children Provider Training

On Monday, May 13, 2019, the Department of Human Services along with their contractors held an in-service day. As part of this in service, workers broke off into two groups. Each group of participants received two trainings. First the coalition educated on different drug trends and had all workers go through the Hidden in Plain Sight Trailer. 32 workers attended this training throughout the day, 97% reported increasing their knowledge of current drug trends. Second, the workers participated in a Connections Matter Training. 32 workers attended this training and 84% of DHS and in-home workers increased their knowledge of adverse childhood experiences, and 100% increased their knowledge of the Connections Matter Concept. After both the trainings, DHS supervisors and staff met with county law enforcement officers from Clinton County Sheriff's Office, Clinton Police Department, and Camanche Police Department. This was an opportunity for them to get to know each other and to ask each other questions. After this meeting, plans were made to meet on a regular basis.

Drug Endangered Children Community Training

On September 12, 2019, the Clinton County Drug Endangered Children Alliance partnered with Mid-America PTTC, to host two Identifying Drug Endangered Children: A Collaborative Approach Trainings. 42 people attended the two trainings where Stacey Read, Director of DEC Network Development, and Eric Nation, Director of Training and Development presented the CORE DEC Curriculum. Objectives of the training included:

- Describe the history and evolution of drug endangered children response strategies.
- Recognize why a collaborative, multidisciplinary response is necessary to ensure safety for drug endangered children.
- Be able to identify children who are drug endangered.
- Identify the role law enforcement, child welfare, medical and other professionals play in the multidisciplinary response.



Responses to this meeting were overwhelmingly positive. 96% of respondents reported they were satisfied or very satisfied with the overall quality of the training. 96% responded that they agreed or strongly agreed the training will benefit their professional development and they expect to use the information gained to change their current practice. One hundred percent reported they would recommend the training to a colleague. Overall, feedback from the training shows most participants found the meeting to be of high quality, useful, and relevant to their work.

Becoming a Trauma Informed Community

Goal: Building Resilient and Trauma-Informed Communities Project This project seeks to raise the level of awareness of and commitment to child abuse prevention efforts in targeted communities through a strategic planning approach.

The prevention, identification, and community awareness of Adverse Childhood Experiences (ACES) was identified as a priority in the County Needs Assessment, MercyOne Clinton Medical Center's Community Health Assessment, Clinton County Council Against Child Abuse & Neglect, and United Way. It was determined that ACES needed to be a priority initiative and ACES awareness and education needed to be integrated into all other health priorities which include substance abuse, mental health, access to care, homelessness, violence, and more. Specifically, the long term goals that were established were: 1) Reduce ACE score in youth in Clinton County; 2) Increase Resiliency in all Clinton County youth and adults with ACE scores; 3) Decrease the incident of risk behaviors that lead to childhood trauma.

Early experiences share the quality of our adult lives. When bad things happen to kids, we can expect to see the side effects later in life. Clinton County ranks the 3rd highest risk, with a score of 12.49 on the Iowa Child Maltreatment Prevention Needs Assessment Data Update. Clinton County has the 3rd highest rates of child abuse, neglect, and all risk factors.

Adverse Childhood Experiences (ACEs) are stressful or traumatic experiences, including abuse, neglect and a range of household dysfunction such as witnessing domestic violence, or growing up with substance abuse, mental illness, parental discord, or crime in the home. ACEs are strongly related to development and prevalence of a wide range of health problems, including substance abuse, throughout the lifespan. 12.4% of Clinton County residents report an ACE score of 4 or more, which is the 14th highest rate in Iowa.

Clinton County has higher rates of almost all the traumatic experiences that contribute to an ACE score:

- Physical Abuse: Clinton County has the 21st highest rate of physical abuse child abuses cases in Iowa (2015 DHS-out of 99)
- Emotional Abuse: Clinton County has the 9th highest rate of mental injury child abuses cases in Iowa (2015 DHS-out of 99)
- Sexual Abuse: Clinton County has the 15th highest rate of sexual abuse child abuses cases in Iowa (2015 DHS-out of 99)
- Substance Abuse in Home: Clinton County has the 1st highest rate of presence of illegal drugs child abuse cases in Iowa (2015 DHS-out of 99)
- Family Member with Mental Illness: Clinton Ranked 83rd in Iowa for serious mental illness prevalence (5.05-14.5%). (scale 1-99, 1 least, 99 most), (2017 ICMPNA)
- Clinton County suicide rate 14.17 deaths by suicide compared to a National Average of 13.26 and Iowa Average of 13.95.
- Incarcerated Family Member: Information not available





- Separation/Divorce: 51% of 11th graders report living with 2 parents, compared to 71% of districts of similar size. (IYS 2016)
 - Domestic Violence: Clinton County has the 7th highest rate of children who have experienced domestic violence (.081 -2.22%) in their household. (2017 ICMPNA)
 - Emotional Neglect & Physical Neglect: Clinton County has the 3rd highest rate of Child Neglect. (2017 ICMPNA)
- According to the 2019 County Health Rankings, Clinton County ranks 85 out of 99 counties in healthy behaviors. That means Clinton County has one of the lowest rankings of healthy behaviors in the entire State of Iowa. Clinton County Public Health held a World Café to

help determine priority areas in 2017, and over 50 participants attended.

Adverse Childhood Experiences

Adverse childhood experiences (ACEs) are stressful or traumatic experiences, including abuse, neglect and a range of household dysfunction such as witnessing domestic violence, or growing up with substance abuse, mental illness, parental discord, or crime in the home. ACEs are strongly related to development and prevalence of a wide range of health problems, including substance abuse, throughout the lifespan.

Trauma Informed Alliance

Clinton County has established the Clinton County Trauma Informed Alliance (CCTIA), a subgroup of PCA and a coalition-lead, grassroots movement, to educate our communities about ACEs and the effects of toxic stress. The group's intent is to help Clinton County understand trauma and stress, integrate trauma-informed and resilience-building practices into community services and individual lives.

What was done locally:

The effect of ACES is undeniable, and many community groups were working on this idea. In 2018, Leslie Mussmann, at ASAC helped pull together the partners and together we developed a joint action plan. CSAC's role in this was to apply for funding through the Iowa Child Abuse Prevention Programing to help Clinton County become a Trauma Informed Community. Goals of this project include reaching and informing the community on how to reduce the incidents of child abuse and neglect in our communities. This project will be three pronged including 1) entire community with general prevention, Community Readiness Surveys, and Connections Matter training and specifically target: 2) Early childhood providers; and 3) educators/caregivers at 2 middle schools.

This project has adapted the definition provided by the Substance Abuse and Mental Health Services Administration (SAMHSA). SAMHSA defines any setting as "trauma-informed" if the people there realize how widespread trauma is, recognize signs and symptoms, respond by integrating knowledge into practice, and resist doing further harm. This project will outline Clinton County's plan on becoming "trauma informed." We know that building resilient and trauma informed communities is essential to

improving public health and well-being. Communities can be places where traumatic events occur, and they can also help keep us safe; They can be a source of trauma, or buffer us against the negative effects of adversity; Communities can collectively experience trauma much like individuals do, and they can be a resource for healing.

The first step will be to conduct Community Readiness Assessments. The Community Readiness Model was developed at the Tri-Ethnic Center to assess how ready a community is to address an issue. The basic premise is that matching an intervention to a community's level of readiness is essential for success. Efforts that are too ambitious are likely to fail because community members will not be ready or able to respond. The Community Readiness Model has been used to assess readiness for a variety of issues, including drug and alcohol use, domestic and sexual violence, head injury, HIV/AIDS, suicide, parenting, animal control issues, and environmental issues.



Community Readiness Survey Results

In December 2019, Lauren Schwandt and Jordan Lillard conducted 6 community readiness surveys in Clinton County to measure attitudes, knowledge, efforts, activities, and resources of community members and leadership related to “Trauma/ Adverse Childhood Experiences (ACES) Clinton County”. Representatives from Law Enforcement, School, Civic/Volunteer Groups, Youth Serving Organizations, Parents, and State/ Local Government were interviewed. Representatives interviewed were familiar with the issue of Trauma/ Adverse Childhood Experiences but not currently part of the Clinton County Trauma Informed Alliance.

Both Lauren and Jordan recorded the representatives answers independently. After all, 6 interviews were complete, ASAC Prevention Staff and CSAC Executive Director scored the answers on 5 key dimensions: 1) Community knowledge of Issue; 2) Community Knowledge of Efforts; 3) Community Climate; 4) Leadership; and 5) Resources.

Based on the responses, Clinton County scored 4.58 which is a level of Vague Awareness. In December 2018, Community Readiness Surveys were completed on the same issue and the community readiness level was 4.38.

The 2019 score showed a 0.2 increased readiness level. This score can help the alliance determine appropriate actions that match our community's readiness levels.

A total score of 4 indicates:

Community Knowledge of Efforts: At least some community members have heard of local efforts and are familiar with the purpose of the efforts.

Leadership: At least some of the leadership believes that this issue is a concern in this community and some type of effort is needed to address it. Although some may be at least passively supportive of the current efforts, only a few may be participating in developing, improving, or implementing efforts.

Community Climate: Some community member believe that this is a concern in the community and that some type of effort is needed to address it. Although some may be at least passively supportive of efforts, only a few may be participating in developing, improving or implementing.



TRI-ETHNIC CENTER

Community Knowledge of Issue: At least some community members know a little about causes, consequences, signs and symptoms. At least some community members are aware that the issue occurs locally.

Resources Related to the Issue: There are some resources identified that could be used for further efforts. Some community members or leaders have investigated or are looking into using these resources to address the issue.

While the community scored an overall community readiness level of 4, it is worthy to note a few deviations from the score. Leadership scored a 6.3, indicating at least some of the leadership plays a key role in participating in current efforts and in developing, improving, and/or implementing efforts, possibly in leading groups or speaking out publicly in favor of the efforts, and/or other types of driving forces. In contrast, knowledge of the issue scored a 3.25, indicating at least some community members have heard of the efforts but little else. Among some community members, there may be misconceptions about the issue. Community members may be somewhat aware that the issue occurs locally.

From December 2018 to December 2019, the community readiness level increased by 0.2 overall, but substantially increased in the leadership domain.

In reviewing our 2019 strategies, we worked on the following strategies:

- Presented information at local community events and unrelated community groups
- Posted flyers, posters, and billboards.
- Initiated our own trauma events.
- Introduced information about issue through presentations/media.
- Reviewed the existing efforts in community (e.g., curriculum, programs, activities) to determine who benefits and the degree of success.
- Increased media exposure through radio and TV public service announcements and other forms of social media.

To increase community knowledge of the issue we need to focus on:

- 1) Reaching families and family systems.
- 2) Provide opportunities for everyday people (not just leaders) to get involved.

To address this priority, the Clinton County Trauma-Informed Alliance (Alliance) was formed.

Training

We worked within the community to provide two types of training: Connections Matter training aimed at the general public and ACE Interface Training targeted at service providers in all sectors of the community.



Update

On November 16, 2018, The Connections Matter Facilitator training was held at the Clinton Chamber of Commerce, and 23 individuals from throughout Clinton County attended the training and are now Connections Matter facilitators. Each trainer agreed to train at least 10 individuals by May 2019.

Connections Matter is a community-based initiative that explores how the connections we make in life profoundly impact our brain's ability to grow and our own individual abilities to cope and thrive. Through our workshops and trainings, we educate the public on the intersecting topics of Adverse Childhood Experiences (ACEs), trauma, brain development, and resilience. We utilize an evidence-based program, along with real-world and concrete examples, to demonstrate how ACEs adversely affect brain development and health outcomes - and how caring connections serve as a primary buffer in the negative effects of trauma. Connections Matter ultimately strives to promote the building of more resilient, compassionate, and trauma-informed communities-thus allowing all children and individuals to succeed.

In 2019, 25 Connections Matter Trainings were conducted to 338 individuals by 14 trainers. 92% of participants reported that they increased their knowledge of ACEs and 100% of participants reported their knowledge increased of the importance of the Connections Matter concept.

ACE Interface Training

The ACE Interface Training is designed to support rapid dissemination of ACE and resilience science and promote understanding and application of the science to improve health and wellbeing across the lifespan. The program is structured with licensed materials, and a process for effectively implementing a massive ACE education campaign that is based on person-to-person interaction and community engagement. Trained presenters use a flexible script, PowerPoint presentation, and background information that has been reviewed by national content experts, improved over time using field experience, and proven to be effective with diverse audiences.

We held an ACE Interface Training on August 8, 2019. Abby Peterson, Prevent Child Abuse Iowa, trained 15 ACE Interface

Trainers (13 from Clinton County, 2 from outside our county) in Clinton, Iowa. Each trainer was asked to train a minimum of 25 individuals and conduct 2 trainings within 6 months.

After the ACE Interface training through the end of 2019, 10 ACE Interface trainers held 7 ACE Interface trainings to 136 individuals. 97% of participants reported that they would integrate the knowledge they learned into their work. In addition to engaging the community in training, we used social marketing materials and campaigns based on the community readiness levels.

Our overall goal was to maximize the number of impressions and have adequate dosage of our message. We will work with local media for public service announcements and use some funding for paid promotion. In 2019, we ran a Connections Matter billboard on Highway 30 for 8 weeks beginning in February 2019, that had 34,130 impressions/week for a total of 273,000 impressions. In addition, Connections Matter information was printed in the 2020 calendar that is given out to families who interact with the social service agencies in Clinton, and over 1,400 Connections Matter booklets were distributed throughout the community.



The ICAPP grant also supported Genesis VNA in working with specific populations including early childcare providers. They organized an Early Childhood PBIS (Positive Behavioral Interventions and Support) training which is a proactive approach to put behavioral and social strategies in place for all children while building individualized support for those at risk for social-emotional disorders and the development of (or already persistent) challenging behaviors. Risk circumstances may include poverty, exposure to abusive, neglectful or violent home situations, maternal depression and delays or disabilities in learning or communication. Childcare providers who attended the PBIS training learned problem-solving processes that uses research-based strategies to involve childcare providers and parents to create learning environments that support social and emotional development and academic engagement through effective instructional methods and positive feedback.

The Early Childhood training was held in February and March 2019. The training was very well received, and they want this training to come back. "There is so much great information in this training", one participant shared. 25 childcare centers received training. In addition, toolkits were provided to each center.

The Trauma Informed Alliance continues to work with schools. For middle school providers we would use the SPF process outlined above, and really have buy in from the school. In addition, we want these changes to be sustainable, so we want to be mindful about the processes we put in place.

A trauma-informed system is not just about raising awareness, but changing behavior, actions, and responses. The approach requires doing things differently so as not to re-traumatize or introduce additional trauma. Systems need to support the natural resiliency of children and youth and assist them in identifying their unique strengths. In a trauma-informed system, caregivers play a central role in recovery, help promote youth's natural resiliency, and give youth tools for managing stress. A strengths-based approach considers and includes the assistance given to caregivers within the system. This approach considers how the system helps caregivers deal with both current and past traumatic stress. The trauma-informed system assists caregivers understand the significant trauma histories of the children and youth that are in their care. Therefore, the trauma-informed system responds to the varying impacts of traumatic stress on children, caregivers, and all those who are in contact with the system.



Frank Kros presenting to Clinton Middle School staff on trauma and childhood mental illness

Becoming a Mental Health Sleuth: The “Sherlock Holmes Skills” Every School Needs

Problem

Many community members are unaware that trauma can create a lasting effect on an individual. Childhood trauma changes the developing brain, which results in a negative effect on their mental and physical health. Unwanted behaviors in school are often rooted at unresolved issues at home. Teachers and school staff often do not understand this, and subsequently, fail to establish a meaningful and understanding relationship with

students that have experienced trauma.

Local Need

A recent study of children in Iowa today revealed that many face risk factors for toxic stress. A youth survey found that 11% disagree with the statement, “There is at least one adult at school I could go to for help with a problem” and 19% of young children live in households below 100% of poverty. The potential impact of toxic stress can be seen in test scores, alcoholism in teens, and graduation rates: 27% of 8th graders are not proficient in math, 23% of youth surveyed have had a full drink of alcohol, and 10% of students do not graduate from high school on time. Iowa’s classrooms are impacted by trauma in several ways but there are examples from around the nation of how schools can respond.

Objectives

1. Participants will gain an understanding of the widespread impact of childhood mental illness including the impact on states and communities when mental health concerns are not addressed.
2. Participants will learn the skills of awareness, observation, identification and communication of the most common mental health issues experienced by school age children.
3. Participants will be exposed to the causes, key symptoms, and both behavioral educational interventions for depression, anxiety disorders, trauma and stress-related disorders, oppositional disorder, conduct disorder, and attention disorders.
4. Participants will apply the information presented to problem solve systemic challenges to improving the “Sherlock Holmes Skills” in school environments.
5. Participants will increase their knowledge of the Clinton County Trauma Informed Alliance.

Description

On October 14, 2019, Frank Kros, president of the *Transformation Education Institute*, presented to the Clinton Middle School staff on trauma and how it can affect the students that they’re dealing with daily. He translated the fields of neuroscience (*brain compatible approaches*) and anthropology (*culture*) to the CMS staff, so they could practically apply it to their students. Frank explained why early mental health identification and intervention matters. He taught the staff how to use the “Sherlock Holmes Skills” to improve mental health. He also detailed why precise communication is critical when describing behavior and how to map their own responses to student behavior.

Results

There were 66 people in attendance at the event to learn about trauma and the impact it can have on students' mental health and behavior. 95% of participants said they gained an understanding of the widespread impact of childhood mental illness including the impact on states and communities when mental health concerns are not addressed. 97% of participants said they learned the skills of awareness, observation, identification and communication of the most common mental health issues experienced by school age children. 95% of participants said they will apply the information presented to problem solve systemic challenges to improving the "Sherlock Holmes Skills" in school environments.

Trajectory of Trauma Conference

Problem

Helping professionals may not be aware of how trauma in childhood can impact the growing brain dramatically. They may not be using trauma-informed care to provide the best services for their patients and the people in the community.



Local Need

Adverse childhood experiences are common among Iowa adults. Analysis of 2012-2014 ACEs data shows that 56% of Iowa adults report experiencing at least one of eight categories of child abuse and household dysfunction growing up. 14.5% experienced four or more ACEs, indicating a significant level of childhood trauma that greatly increases the risk of poor outcomes.

Objectives

1. Identify 5 brain organs that play a significant role in learning and behavior in childhood.
2. Describe the specific impact of trauma on each of these organs.
3. Assess how damage to each organ might manifest itself in observable behavior by the traumatized child in the cognitive, emotional and social arenas.
4. Distinguish how children with histories of trauma display psychiatric symptoms as compared to children with non-abusive histories.
5. Demonstrate knowledge of at least 6 primary intervention strategies for treating children with trauma histories.
6. Identify the process of neurogenesis.
7. Identify physiological changes in the brain caused by trauma.
8. Recognize impulsive behavior as maladaptive coping for traumatic stress.
9. Identify mental health disorders that are commonly co-occurring with substance use disorders and manage implications.
10. Assess for substance abuse diagnoses and recommend appropriate levels of care based on DSM-5 and ASAM criteria.
11. Utilize trauma-informed care for people with substance use or co-occurring disorders.

Description

On October 15, 2019, GIC partnered with the Camanche-DeWitt Coalition and the Clinton County Trauma Informed Alliance in hosting the Trajectory of Trauma Conference. At the conference, the participants learned the specific impact of trauma on the developing brain and assessed how damage to the brain may manifest itself in observable behavior. The conference included identifying intervention strategies for treating children with trauma histories, recognizing impulsive behavior as maladaptive coping for traumatic stress, and identifying common co-occurring mental health disorders with substance use disorders. The participants also learned how to use trauma-informed care for people with substance use or co-occurring disorders.



The first speaker, Frank Kros, MSW, JD, President of the Transformation Education Institute, spoke on the key discoveries in neuroscience that have revealed a more comprehensive and sophisticated understanding of the impact of trauma on the developing brain. A Lived Experience Panel spoke and provided unique insight by sharing their personal journey. They shared details on childhood trauma, the progression of their own substance use disorder and human trafficking, and the wisdom gained from the power of recovery. The final speaker of the conference, Kiely Suhr, Private Practice Mental Health Counselor, discussed how substance use and co-occurring disorders are arguably some of the most misunderstood disorders in the spectrum of mental health issues. The presentation defined substance use and co-occurring disorders, as well as provided helping professionals with tools to recognize and preliminarily diagnose both, with the goal of increasing understanding and providing trauma-informed care for those living with substance abuse or co-occurring disorders.

Results

There were 68 people in attendance at the conference. 97% of participants agreed that they can now assess how damage to the brain from trauma might manifest itself. 99% agreed that they can now identify physiological changes in the brain cause by trauma, and 91% agreed that they can now identify mental health disorders that are commonly co-occurring with substance use disorder.

Clinton CRUSH +

The Clinton Chapter of CRUSH started in May 2016. CRUSH stands for Community Resources United to Stop Heroin. Clinton CRUSH + has the following priorities:

1. Increase access to timely, affordable, appropriate treatment.
2. Increase awareness of opioid abuse & addiction.
3. Increase support for families dealing with addiction.
4. Increase physician involvement in preventing, identifying substance abuse addictions, including increase use of PMP (Prescription Monitoring Program) and making referrals to treatment.
5. Increase substance abuse prevention efforts.
6. Work to identify and intervene drug endangered children.



CRUSH + update

Throughout 2019, CRUSH+ has been focused on reengaging our current members and connecting with new potential members in the community. For a large majority of 2019, CRUSH+ meetings were being held at MercyOne from 4-6PM on the 4th Monday of the month. In November, we sent out a survey to all 134 of our members to get their input on what would be an ideal time to meet in 2020. From the survey results we decided to start meeting from 10-11AM at the Clinton Human Services Campus. This makes it easier for those in recovery to attend, since it's in the same building that AA meetings are held, and it makes it easier for professionals to attend since it is during the typical workday hours of 8AM-4PM. To increase the community's awareness of CRUSH+, we've started to consistently post on Facebook. Our Facebook following has grown by 14.8% over the course of 2019.

In 2019, we decided to set specific goals with measurable outcomes for the next year. Our 2020 goals are to (1) Increase addiction awareness and education in our community and (2) Increase involvement in CRUSH+. We'd like to educate at least 100 people in our community on poly-substance abuse, addiction, and CRUSH+ through presentations. We plan to continue to increase our presence on Facebook, with a specific emphasis on poly-substance abuse and the correlation between mental health and substance use disorders. And to increase involvement, we plan to get meeting information and who we are out to the public through different media outlets such as the radio, television, newspaper, local bulletins, etc.

A National Challenge, A Community Solution – Clinton's Approach to the Opioid Crisis

Problem

Community members may not know recent trends and facts about opioids and opioid use disorder. Additionally, many may not understand the ways in which drug users experience stigma.

Local Need

The United States is amid an opioid overdose epidemic. Accidental drug overdose is currently the leading cause of injury-related death in the United States for people between the ages of 35-54 and the second leading cause of injury-related death for young people. Drug overdose deaths now exceed those attributable to firearms, homicides, or HIV/AIDS. This epidemic is not something happening somewhere over there, to someone else's family and community, this is happening right here in Clinton County,

Iowa. Prescription painkiller and heroin abuse is on the rise across the country and Clinton County is not immune to this national problem. From January to June 2019, there were at least 12 opioid overdoses that required Naloxone. Opioid overdoses would include both prescription pain killers and heroin.

Objectives

1. Identify the most abused opioid drugs including prescription medication and heroin, slang terms, drug paraphernalia, and diversion methods used to acquire opioid drugs
2. Discuss current trends in opioid abuse including local, state, and national trends
3. Identify the various ways in which drug users experience stigma
4. Consider ways to address stigma at individual and agency levels
5. How to discuss treatment options with clients, patients, or loved ones
6. Identify best practices for opioid treatment and intervention (including MAT and Narcan)
7. Gain conceptual and practical tools toward developing attitudes and environments that challenge stigma and support drug users' needs

Description

On Thursday, September 26, 2019, GIC partnered with Clinton's Drug Abuse Response Team (DART), MercyOne's MAT Clinic, and national speaker, Ben Cort, to provide an event where community members could learn about Clinton's opioid partnership and breaking the stigma of addiction and medication-assisted treatment (MAT). The first session of the event included information on the most abused opioid drugs and current trend in opioid abuse. The DART team and MercyOne MAT Clinic also shared how they've been working within the community to combat drug abuse and provided new information on the MAT Clinic that opened on October 2, 2019.



Ben Cort presenting on opioid use disorder, medication-assisted treatment, and the stigma of addiction at MercyOne

During the second session of the event, national speaker, Ben Cort, presented on the stigma of drug abuse and addiction and best practices for opioid treatment and intervention. Ben Cort has been part of the recovery movement since getting sober in June of 1996. He provided insight as a previous recipient of services, as a spokesperson for recovery, and as a respected professional inside of the treatment industry. He initiated conversations with the community members on the stigma of MAT, drug abuse, and addiction.

Results

There were 41 people in attendance to learn about commonly abused opioid drugs, current trends in opioid abuse, and to understand how drug users experience stigma. 100% of participants said the presentation identified best practices for opioid treatment and intervention. 96% of participants said the presentation identified the various ways in which drug users experience stigma and made them consider ways to address stigma at individual and agency levels. 92% of participants gained conceptual and

practical tools toward developing attitudes and environments that challenge stigma and support drug users' needs.



Family & Friends Support Group

Though CRUSH + a new family & friends support group was started by one of the members. This group is designed to help families & friends deal with the consequences of a loved one's addiction. Meetings are held on the 2nd and 4th Monday of the Month, from 6:00-8:00 PM at the Clinton Community Human Service Campus (Old Horace Mann School), 250 20th Avenue North, 1st floor conference room. Meetings have ranged from 2-10 participants. JoAnn Ball and Shirley Darsidan lead this group.

EPA Grant Summary: Environmental Justice Grant

Goal: Reduce and prevent water pollution by implementing strategies that address improper medication storage and disposal by educating and empowering the community about these issues, developing approaches to build consensus, and setting proper medication storage/disposal as a priority in Clinton County, Iowa. This project seeks to raise awareness of the environmental and public health effects of improper medication storage and disposal in Clinton County, Iowa.



Area residents will engage in practices that promote the elimination of water pollution and sustainable environmentally friendly behaviors. These changes in behavior will lead to the reduction of waste and contaminants in the water system and the ecosystems that are part of the Mississippi River. CSAC will build on existing partnerships to engage the community in education, training, and policy initiatives. We will seek to engage area students to work with their caregivers on the importance of medication safety and disposal. They will learn to contribute to environmental health solutions by increasing awareness of water pollution and implement strategies to address sources of pollution. This information will be used to educate area residents and decision maker about the potential environmental hazards of improper disposal. Information will be used to create factsheets, a web presence, and promote easy access to pharmaceutical disposal, and partner with law enforcement for proper medication collection and disposal and to sustain local medication disposal efforts.

The project will have four main components to meet the program objectives: Increase the number of community partners working on this issue; work with community champions to create and implement training; work with youth to implement a social marketing campaign, and work with law enforcement on safe medication storage and disposal as a way to reduce water pollution and identify clean water and proper medication disposal as a community priority.

Throughout the 2 years of the project we presented information on safe medication disposal to 1,040 students and adults, 87% of participants increased their knowledge. One reason some participates did not increase their knowledge was because they were already aware of how to safely dispose of medication.

Clean Out Your Medicine Cabinet Events

On Tuesday, April 23, from 9AM-1:30PM local law enforcement partnered with the Drug Enforcement Administration, Environmental Protection Agency, the Gateway ImpACT Coalition to hold a “Clean Out Your Medicine Cabinet Event” at the KROS Plus 50 Living Fair. The event is held each year at the Vista Grande and over 500 people attend this event. Unfortunately, we only collected a small amount of medication but used this opportunity to promote the permanent drop boxes throughout Clinton County and the Clean Out Your Medicine Cabinet event on Saturday at the Camanche Police Department.



In addition to learning information about how to safely dispose of medication we also educated residents about how to safely secure medication in their home. To help residents secure their medication they could register to win a safe. Jan Steger (shown here with Lettie) was the lucky winner.



On Saturday, April 27, 2019 from 10AM -2PM local law enforcement partnered with the Drug Enforcement Administration, Environmental Protection Agency, and the Camanche DeWitt Coalition to hold a Clean Out Your Medicine Cabinet Event at the Camanche Police Department, 819 S. Washington Blvd, Camanche, Iowa. Law Enforcement Agents from the Camanche Police Department and the Clinton

County Sheriff’s Office, along with coalition volunteers collected 111.9 pounds of medication at the two Clean Out Your Medicine Cabinet Events and the assisted living pick up.

Drop Boxes

There is a large amount of unused, expired, or unneeded medication in Clinton County that is misused or abused or has the potential for misuse and/or abuse. 65% of teens who have abused prescription drugs took them from friends or family. 54% of local junior’s report that it is easy or very easy to get prescription drugs. A partnership between Gateway ImpACT Coalition, several Clinton County law enforcement agencies, and Iowa American Water brought convenient medication disposal boxes to four locations in Clinton County, which were installed on October 29, 2012.

The disposal boxes, donated by Iowa American Water, are installed and administered by the four law enforcement agencies. Unused or expired medications can be disposed of during normal business hours in the lobbies of the:

Camanche Police Department, 819 S Washington Blvd, Camanche
DeWitt Police Department, 1505 6th Ave, DeWitt



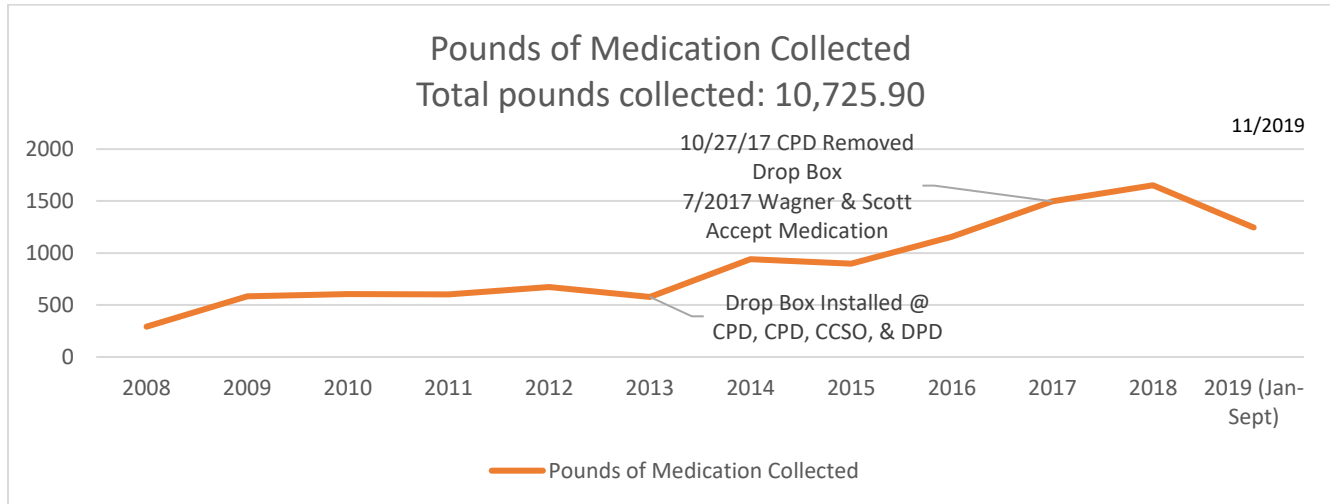
Pharmacy Manager Manreet Kalyan stands next to HyVee's Medication Drop Box

In addition to the law enforcement drop offs, local pharmacies have also stepped up and installed drop boxes. These drop boxes are preferred locations.

HyVee Pharmacy, 901 South 4th Street, Clinton, Iowa

Scott Thrifty White Drug, 629 6th Avenue, DeWitt

Wagner Pharmacy & Integrated Health, 1726 North, 2nd Street, Clinton



Opioid Update

In the 2017 Annual Report the Clinton Substance Abuse Council provided an extensive report of Opioids in Clinton. In 2018 & 2019, the coalition's continued to work hard on this issue.

Comprehensive Opioid Abuse Site-Based Program Grant

On September 28, 2018, the City of Clinton was notified that they were awarded a \$500,000 Comprehensive Opioid Abuse Site-Based Program Grant to address the opioid issue in Clinton. This grant is a partnership between various agencies including the Clinton Substance Abuse Council/Gateway ImpACT Coalition. The Clinton Substance Abuse Council would not have been able to be part of this project without Mercy One and United Way Support!

Need:

Clinton, Iowa has been disproportionately impacted by opioid drug abuse without having resources to meet the growing demand. The Emergency Department at MercyOne has experienced a five-fold increase of opioid related admissions from 2013 to 2016. Clinton County has the fifth highest hospitalization rate for opioids in Iowa, and the 18th highest rate of treatment admissions. These rankings do not capture the number of patients that go out of county for treatment. Residents must travel from 40 miles to 200 miles to access residential or detox treatment because Clinton does not have these options available within our community.

It is estimated that about 80% of community resources are utilized by 20% of the population. Those who are overdosing fall into the “high utilization users” category use a tremendous amount of time and resources, often with little opportunities to disrupt this process.

Goals:

Goal 1: Provide viable resources within the community through the use of a multidisciplinary team (MDT), that focuses efforts towards community systems working in collaborative efforts to identify, educate, treat, and prevent further instances of opioid abuse, addiction, and fatalities within our community.

An MDT will be created to break down those silos and create a comprehensive cross-system MDT. The goal of these meetings will be to identify those high-risk individuals and determine and/or evaluate a patient specified plan.

- The MDT team consists of staff from: Clinton Police Department, Clinton Fire Department, Clinton County Public Health, Bridgeview Community Mental Health Center, Area Substance Abuse Council, and Gateway ImpACT Coalition.
- MDT meets twice a month and have focused on problem-solving the barriers to treatment and recovery. One major issue we ran into early on was the issue of transportation. Collaborative efforts like these are allowing us to break down the barriers between separate agencies and the stigma of addiction in our community. We continue to try and bring additional agencies to the table to ensure that we are providing the best resources within our community to our participants to maximize their opportunity for success and a higher quality of life.



In order to tackle this community epidemic, the multidisciplinary team engaged in this project has determined to formulate and implement a Drug Abuse Response Team (DART), which will be comprised of law enforcement officers Clinton Fire Department, as well as a specially trained ASAC member, who will work in partnership with other community agencies such as MercyOne and Bridgeview in order to identify, educate, assist, and provide resources to at-risk individuals.

The DART meetings focus on current climate community and individuals that are high-risk and who we’d like to get involved in our program. DART collaborates to do outreach in the community and with the goal of making connections to potential participants. DART has started going to a weekly food pantry event where they can converse with some of our more at-risk population. They’ve also done outreach in community parks. Between law enforcement, Clinton Fire Department EMS, MercyOne ER staff and MAT nurse coordinator, we are trying to contact all individuals who may have overdosed, have an opioid use disorder, or may be at risk for developing one.

Goal 2: Develop and sustain a Medication Assisted Therapy (MAT) program that will allow opportunity for treatment within the community, as well as provide and partner with community agencies for

recovery support services, prevention education and intensive physiological and psychological support to those in need of treatment.

The MAT program will consist of a waived physician, a MAT nurse coordinator, resources from ASAC for cognitive behavioral therapy and case management, and Bridgeview for other community needs including a peer support recovery specialist. The process begins with medical assessments and a treatment plan is devised based on the results from these assessments.

In October of 2019, our MAT clinic opened. The best practice for opioid use disorder includes receiving both cognitive behavior therapy (CBT) and case management along with pharmaceutical intervention. There are 16 patients who are currently compliant with all components of the program and there are an additional 5 patients who are involved but are not consistently involved in all required components. The grant goal was to serve 10 patients in the first year, which was surpassed in the first month. The clinic is open one afternoon a week, where patients can come and see the waived physician (Dr. Jill Johnson), MAT nurse coordinator (Laura Norris), MAT care coordinator (Kelly Saul) and peer recovery specialist (Josh Meyer) also attended clinic every week. This makes those resources readily available to our participants all in one place. Group is also available to patients prior to clinic starting, so they can get all the resources they need in one afternoon. We are trying to break down all barriers to recovery, so these patients can be successful.

COAP Conference

Lettie Posey (COAP Coordinator), Michele Cullen (Clinton County Public Health), & Pat Cullen (Clinton Police Department) attended the Bureau of Justice Assistance's (BJA) Comprehensive Opioid Abuse Program (COAP)-supported America's Changing Drug Epidemic: Opioids and the Rise (or Return) of Stimulants Meeting March 12–14, 2019, in Washington, DC. This training provided the chance to meet face-to-face with over 100 fellow public health and public safety leaders, practitioners, and researchers dedicating time and talents to tackling America's drug epidemic. While effectively responding to the opioid crisis remains a top national priority, certain regions of the country are battling a second drug threat in their communities: the rise in stimulant use, particularly, cocaine and methamphetamine. This forum explored the evolving nature of the drug crisis; existing treatment, recovery, and public safety strategies; funding challenges; and service gaps.

All three participants reported that this conference was very beneficial to the work that they do. 100% of participants reported they increased their knowledge of Opioids and Stimulants.

DART Team Training

The City of Clinton received a federal CARA grant to create a program within the community to address the opioid problem. This grant provides funding to several local entities, including the Clinton Police Department and Clinton Fire Department to develop a Drug Abuse Response Team (DART), to conduct follow-up services on cases involving drug overdoses.

The course description for this training was: Drug and alcohol abuse is a complex issue caused by a variety of factors including trauma, biology, genetics, and environment. The solution can be equally complex. The DART Concept is a collaborative community-driven, multi-disciplinary approach to

engaging those experiencing alcohol or drug use issues, meeting them where they are at, overcoming barriers and working for a dignified permanent solution to their temporary situation.

The Milwaukee Area Technical College and Regional Police Training Center hosted a Drug Abuse Response Training in Milwaukee, WI on March 25-26, 2019. Clinton sent a team that included: Lettie Posey (CARA Coordinator), Amber Pulido (ASAC MAT Care Navigator), Laura Norris (MercyOne MAT Nurse Coordinator), Sgt. Joel Wehde (CPD), Mike Adney (CPD), Alice McCalester (CPD), Brett Johnson (CPD), Matt Cain (CFD), and Nick Manders (CFD).

After that training, the team returned to Clinton to hold a cross training event in April, which kicked off the DART Team.

DART Outreach

Clinton's DART (Drug Abuse Response Team) held ten outreach events in 2019. The purpose of the event is to help those struggling with addiction find the help and resources they need. At this event, attendees can learn about substance abuse treatment, opioid overdose recognition and response, receive free naloxone (Narcan) to reverse an opioid overdose, learn about the Good Samaritan Law, and find community support groups for individuals and family.

Starting in December, the DART team started attending events where community members already attended in order to reach more people. One DART outreach had no one attend, but all other events made between 1-14 contacts.

From January-December 2019, over 6,000 DART Cards were distributed.

Iowa Opioid Conference

Jordan Lillard (COAP Coordinator), Laura Norris (MercyOne MAT Nurse Coordinator), Renae Kalina (MercyOne), Kelly Saul (ASAC MAT Care Coordinator), Sgt. Joel Wehde (Clinton Police Department), Mike Adney (Clinton Police Department), Alice McCalester (Clinton Police Department), and Matt Cain (Clinton Fire Department) attended the Eastern Iowa Heroin Initiative's Iowa Opioid Conference from September 23-24, 2019, in Cedar Rapids, Iowa. This conference allowed attendees to further their education of the Opioid Epidemic and how it directly related to Iowa. The conference was comprised of various breakout sessions that attendees could pick from in addition to a large group assembly. Topics include: Effectively Processing Overdose Crime Scenes, Drug Trends in Iowa, Dark Web Investigation Tools, Highway Interdiction Tactics, Interview and De-escalation Techniques, and The Evolution of Marijuana. Those that attended from our MDT (Multidisciplinary Team) and DART (Drug Abuse Response Team) brought back new data and information regarding the Opioid Epidemic, as well as, fresh and innovative ideas to make our COAP project better.

**Connect with community resources
including these services and more.**

Opioid Use Disorder Services

Learn more or start the process by getting an evaluation call ASAC at 563-243-2124.

Peer Support

Peer recovery coaches walk side by side with individuals, helping them develop their own recovery plans and support them on their recovery journey. Call ASAC at 563-243-2124 to get connected with peer support.

MAT - Medication-Assisted Treatment

MAT can reduce cravings and the symptoms of withdrawal to help you focus on returning to a healthy lifestyle. MercyOne MAT Clinic, 221 Main Ave, Clinton. Call MAT Coordinator at 563-244-3805 to learn more.

**This card found *YOU*
for a reason.**

MercyOne Medication Assisted Treatment Ribbon Cutting

On October 29, 2019, MercyOne opened a facility to provide comprehensive, holistic treatment for opioid use disorder, the MercyOne Clinton Medication-Assisted Treatment Clinic, at 221 Main Ave., Clinton. Treatment includes medication, cognitive behavioral therapy and peer support. The goal of this holistic approach is to increase the long-term success of recovery efforts.



Medication-assisted treatment, when combined with cognitive behavioral therapy and peer support, restores quality of life to those suffering from addiction. It reduces opioid dependence through the administration of buprenorphine/naloxone, in addition to other medications for symptom relief, along with education, peer support and substance use disorder counseling services.

The MercyOne Clinton Medication-Assisted Treatment program has been made possible through a Department of Justice grant of \$500,000. The City of Clinton, whose Drug Abuse Response Team made up of Clinton Fire and Police Department staff who are responsible for

overdose follow-up and referral to medication-assisted treatment, is the primary grant awardee. MercyOne Clinton Medical Center, the Area Substance Abuse Council, Bridgeview Mental Health and the Clinton Substance Abuse Council are sub-awardees of the grant. All these community partners are working closely together to bring this comprehensive, holistic approach to medication-assisted treatment to the Clinton area.

Medical services at the MercyOne Clinton Medication-Assisted Treatment Clinic are provided by coordinator Laura Norris, RN, BSN, MBA; provider physician Jill Johnson, D.O.; and consulting physician Thomas Boxleiter, M.D.

"We are gratified by the support of the grant and our community partners and thrilled to be opening our medication-assisted treatment clinic today," said Norris. "Opioid addiction isn't often discussed openly, but it's a significant problem in our community, and this facility provides the latest, holistic treatment options for those who suffer from this hard-to-overcome substance use disorder—close to home. Having these comprehensive services close by is an important component in a successful recovery program."

United Way

From January-September 2019, Gateway ImpACT Coalition was funded under a United Way Opioid Abuse Project. In an effort to increase our community's capacity to address the mental health and substance abuse needs we will create a comprehensive Opioid Action Plan that will be shared with providers which will promote strategies to prevention medication/opioid abuse, restrict access of opioids, increase access to treatment, and outline the local problem for partners to share to leverage their own resources. In addition, we will raise awareness about the risks of unhealthy behaviors and/or change public attitudes regarding the acceptance of risky behaviors. To be successful, effort targeting opioid abuse problems must also assess the adequacy of the efforts to prevent early intervention of the most popular and available substances of abuse, including reducing social access to opioids from peers, parents, family, by increasing awareness of proper medication storage and disposal, and through retail access to opioids. Goals of this project included.

- Develop provider education about medication/opioid abuse including the risks of sharing medication, available tools, and community resources available to address issue.
 - Tools, resources, and guidelines were distributed to all controlled substance providers in Clinton County.
- Increase awareness of opioid and medication abuse and the connection between mental health and substance abuse by proving training to over 300 individuals who will report an increase in their skills/knowledge on medication and opioid abuse and mental health.
 - 300 people have been educated and 96% increased their knowledge.
- Increase awareness of proper medication storage and disposal, by implementing at least social marketing campaign that has over 100,000 impressions.
 - Over 100,000 media impressions, in addition we saw an increase use of the number of pounds of medication collected in the medication drop boxes.



In October 2019, Gateway ImpACT Coalition was awarded a United Way to shift focus to amphetamine Abuse. In an effort to increase our community's capacity to address the mental health and substance abuse needs we will create a comprehensive amphetamine (prescription amphetamines and Methamphetamine) Action Plan that will be shared with providers which will promote strategies to prevent amphetamine abuse, restrict access of amphetamines, increase access to treatment, and outline the local problem for partners to share to leverage their own resources. In addition, we will raise awareness about the risks of unhealthy behaviors and/or change public attitudes regarding the acceptance of risky behaviors. To be successful, effort targeting amphetamine abuse problems must also assess the adequacy of the efforts to prevent early intervention of the most popular and available substances of abuse, including reducing social access to amphetamines from peers, parents, family, and by increasing awareness of proper medication storage and disposal. By addressing these community goals, we will help individuals make healthy choices that will increase their health. The goals of our project include:

- Develop provider education about medication/amphetamine abuse including the risks of sharing medication, available tools, and community resources available to address issue.

- Increase awareness of amphetamine and methamphetamine abuse and the connection between mental health and substance abuse by providing training to over 500 individuals who will report an increase in their skills/knowledge on medication and amphetamine abuse and mental health.
- Increase awareness of proper medication storage and disposal, by implementing at least Social Marketing Campaign that has over 100,000 impressions.
- Clinton County will determine a tool to collect adult AOD and MH prevalence, not related to consequence data to determine targeted strategies to address the specific behaviors that reduce risk or enhance protection, baseline data will be presented

Opioid Community Readiness Survey Results



In December 2019, Lauren Schwandt and Jordan Lillard conducted 6 community readiness surveys in Clinton County to measure attitudes, knowledge, efforts, activities, and resources of community members and leadership related to “Opioids/Opioid Use Disorder in the City of Clinton”. Representatives from Healthcare, Law Enforcement, Civic/Volunteer Groups, State/ Local Government and Concerned Citizens were interviewed. Representatives interviewed were familiar with the issue of Opioids/Opioid Use Disorder but not currently part of Clinton CRUSH+ or our work under the CARA grant.

Both Lauren and Jordan recorded the representatives answers independently. After all, 6 interviews were complete, ASAC Prevention Staff and CSAC Executive Director scored the answers on 5 key dimensions: 1) Community knowledge of Issue; 2) Community Knowledge of Efforts; 3) Community Climate; 4) Leadership; and 5) Resources.

Based on the responses, Clinton County scored 4.38 which is a level of Preplanning. In October 2017, Community Readiness Surveys were completed on the same issue and the community readiness level was 3.85.

The 2019 score showed a 0.53 increased readiness level. This score can help CRUSH+ and those who are collaborating under the CARA grant determine appropriate actions that match our community’s readiness levels.

A total score of 4 indicates:

Community Knowledge of Efforts: At least some community members have heard of local efforts and are familiar with the purpose of the efforts.

Leadership: At least some of the leadership believes that this issue is a concern in this community and some type of effort is needed to address it. Although some may be at least passively supportive of the current efforts, only a few may be participating in developing, improving, or implementing efforts.

Community Climate: Some community member believe that this is a concern in the community and that some type of effort is needed to address it. Although some may be at least passively supportive of efforts, only a few may be participating in developing, improving or implementing.

Community Knowledge of Issue: At least some community members know a little about causes, consequences, signs and symptoms. At least some community members are aware that the issue occurs locally.

Resources Related to the Issue: There are some resources identified that could be used for further efforts. Some community members or leaders have investigated or are looking into using these resources to address the issue.

With an overall score of 4.38, the five dimensions that were measured all scored around the overall score. Knowledge of Efforts scored a 4.2. Leadership and resources scored a 4.6. Community Climate scored a 4.4, and Knowledge of the Issue scored a 4.1. This indicates that our community is increasing their awareness together.



From October 2017 to December 2019, the community readiness level increased by 0.53 overall.

In reviewing our 2019 strategies, we worked on the following strategies:

- Presented information at local community events and unrelated community groups
- Posted flyers and posters
- Introduced information about issue through presentations/media
- Reviewed the existing efforts in community (e.g., curriculum, programs, activities) to determine who benefits and the degree of success
- Increased media exposure through radio and TV public service announcements and other forms of social media

To increase community awareness of opioids and opioid use disorder, we need to:

- Continue our work from 2019
- Hold events that give the public opportunities to voice their opinions on developing strategies
- Get key leaders to speak out

TIPS Training (Responsible Alcohol Beverage Server Training)

The Gateway ImpACT Coalition and Camanche-DeWitt Coalition have contracted with Clinton Substance Abuse Council to provide TIPS training. Both coalitions encourage businesses to prepare for alcohol compliance checks by obtaining free materials or by attending one of the TIPS (Training for Intervention Procedures) classes that have been offered for free through the coalitions.



In 2019, Lauren Schwandt became a certified TIPS trainer along with Kristin Huisenga who has been a TIPS trainer since 2013. Kristin has trained a total of 199 individuals since 2013.

In 2019, 34 TIPS (Training for Intervention Procedures) classes were offered. 27 Participants from 3 establishments attended a TIPS training, with a 100% pass rate. TIPS is a dynamic, skills-based training program designed to prevent intoxication, drunk driving, and underage drinking by enhancing the fundamental “people skills” of servers, sellers, and consumers of alcohol. TIPS offer individuals the knowledge and confidence they need to recognize potential alcohol-related problems and intervene to prevent alcohol-related incidents and tragedies.

Statistically many youths in our community will experiment with alcohol. This is a common theme and problem in other communities as well. As a community, we try our best to keep our youth from being exposed to alcohol and its negative effects. One way to do that is to make sure we keep alcohol out of the hands of our youth. Another way we can do this is to target the many ways young people get alcohol: alcohol establishments and retailers. This can be accomplished through a training program called TIPS (Training for Intervention Procedures). CSAC can provide the following types of TIPS training and services:

1. On Premise: This program is offered to those employees who serve alcohol to customers who will drink the alcohol in the establishment from which it was sold. Employees learn strategies for serving alcohol responsibly while providing the best possible customer service.
2. Off Premise: This program addresses the sale of alcohol at a store. Clerks learn strategies for preventing illegal alcohol sales to underage and/or intoxicated patrons.
3. Concessions: This program teaches individuals how to recognize, detect, and prevent intoxication in their customers at events such as ball games.
4. University: This program teaches students how to recognize, detect, and prevent intoxication in their peers by intervening effectively to prevent alcohol-related problems.
5. Follow Up Alcohol Consultation Services.

TIPS Trainings are marketed through the coalitions, contact with law enforcement, and continuing education through Clinton Community College. If retailers attend a TIPS training, they also received a three-ring binder with beneficial tools. Some tools included are:

1. a new hire checklist to ensure that all laws/ordinances were explained


2. a new hire quizzes
3. an incident reporting log
4. a sample alcohol policy and
5. an ID checking guide with photos of all state issued IDs

Both the Camanche-DeWitt Coalition and Gateway ImpACT Coalition offer free consultations to review all alcohol policies and procedures and to discuss ways to make current alcohol policies even more effective. Many business owners begin utilizing the provided tools after the TIPS training and policy consultation.

TIPS training is made possible with funding through the

- Community Coalition Grant through the Iowa Department of Public Health awarded to the Gateway ImpACT Coalition to help implement environmental substance abuse prevention strategies to reduce underage use of alcohol and/or adult binge drinking in our community.
- Drug Free Communities Support Program Grant through the Substance Abuse and Mental Health Administration awarded the Camanche-DeWitt Coalition to help

Free Responsible Beverage Server Training: July 2019 – December 2019




TIPS (Training for Intervention Procedures) is a FREE training program designed to prevent intoxication, drunk driving, and underage drinking. TIPS certified staff are less likely to sell to underage people, staff are more knowledgeable about State and Local regulations, fewer penalties for alcohol violations, improved customer service and satisfaction, staff are more comfortable when dealing with inebriated patrons. Get Registered today!

All classes are FREE and held at Clinton Community College Technology Center or Main Campus. Registration is required. To register call 563-244-7100. For questions about the TIPS training or to schedule a special training at an on site location call 563-241-4371 or email kristin@gatewayimpactcoalition.com.

TIPS On-Premise (bars, restaurants, hotels, where alcohol is consumed on the premise)	TIPS Off-Premise (grocery stores, gas stations, convenience stores, where alcohol is purchased but not consumed)	TIPS Concessions (fairs, festivals, ballparks, where alcohol is consumed on the premise)
Wednesday, September 11, 10-3 (7188)	Tuesday, July 23, 12-3 (7229)	Tuesday, July 23, 9-12 (7223)
Monday, October 28, 10-3 (7189)	Monday, August 5, 12-3 (7230)	Monday, August 5, 9-12 (7224)
Tuesday, November 12, 10-3 (7190)	Tuesday, September 10, 9-12 (7231)	Tuesday, September 10, 12-3 (7225)
Friday, December 6, 10-3 (7191)	Wednesday, October 23, 12-3 (7232)	Wednesday, October 23, 9-12 (7226)
Call Clinton Community College to register at: 563-244-7100	Thursday, November 7, 9-12 (7233)	Thursday, November 7, 12-3 (7227)
	Thursday, December 5, 12-3 (7234)	Thursday, December 5, 9-12 (7228)
	Call Clinton Community College to register at: 563-244-7100	Call Clinton Community College to register at: 563-244-7100



TIPS training is just one way the coalitions are working together to keep youth safe, by reducing retail access to alcohol.



Crime Free Housing

Problem

Clinton has a total of 11,140 units, 7,709 are owner occupied, and 3,434 are rental property. Which means that rental property accounts for 31% of all property. Unfortunately, drug and criminal behavior occurs at much higher rates on rental property than owner-occupied.

Need

Create partnerships that share the responsibility of preventing crime in the community.

Description

Throughout 2017-2018, a Crime Free Housing group meet to discuss what options there are related to Crime Free Housing Program in Clinton/Clinton County. Crime Free Housing Programs bring together landlords, tenants, enforcement, and compliance to work together to reduce crime and illicit activity in rental property.



Effective property management can have a major impact on the health of a community and the quality of life. There are legitimate techniques that can be used to stop the spread of drugs and illegal activity on rental property.

Phase 1: Equips the property management employee with the necessary skills to prevent or spot problems before they occur, deal with the problem behavior before it becomes too dangerous or requires police involvement. This is the basic premise of this community-based policing initiative, developing partnerships, and sharing the responsibility of preventing crime in the community. Currently, law enforcement looks to landlords to deal with these issues, and landlords want to know what the police are going to do about the problem. This program allows us to address the root causes of crime in rental property, which will result in less crime, fewer calls for police service, more time available for beat officers to be proactive in preventing crime.

Phase 2: CPTED (Crime Prevention Through Environmental Design) Assessments. CPTED prepares the property by manipulating the physical environment so that it does not attract crime. These security requirements should appeal to the honest renter looking for a safe apartment in which to live.

Phase 3: Works with tenants by training and educating them to be the eyes and ears for the apartment community by using neighborhood watch concepts.

Results:

The City of Clinton was awarded a Justice Assistance Grant to implement the Crime Free Housing Project. The Gateway ImpACT Coalition is contracted to help facilitate the project. The goals of the project include:

Goal 1: Facilitate an effective and positive working relationship between governmental agencies and rental properties, focused on keeping drug and criminal activity from rental properties.

- Objective 1: By June 30, 2019, Clinton will have established a crime free housing pilot program.
- Objective 2: By June 30, 2023, identified government agencies (Police/Fire), landlords, and tenants will report a 25% increase in their effectiveness working with the partners in this project.
- Objective 3: By June 30, 2023, the Clinton's Crime Free Housing Project shows successful outcomes, and is sustained.

Goal 2: Enhance the quality of life and create a safer environment for law abiding residents.

- Objective 1: By December 30, 2018, determine baseline data at pilot properties by surveying tenant's quality of life.
- Objective 2: By June 30, 2020, increase tenant's quality of life (at pilot properties) as measured by survey by 10% compared to baseline.

Goal 3: Train rental property owners, managers, and residents in crime prevention and to give them tools to fairly and legally deal with drug and criminal activity.

- Objective 1: By June 30, 2019, Implement the 3 Phases of Crime Free Housing (Landlord Training; CPTED Assessments, Resident Training) in Clinton Iowa to a minimum of 3 properties.
- Objective 2: Certify at least 50% of the properties involved with the Pilot Project as "Crime Free Housing Properties" Upon completion of the program, including completing the 3 phases, management will be issued signage that states they are part of the Crime Free Housing initiative, "Keeping Illegal Activity Out of Rental Property."

Goal 4: To reduce crime in rental property.

- Objective 1: By June 30, 2023, reduce calls for service at Crime Free Housing properties, as tracked in Zuercher, by 10%.

The Crime Free Housing Liaison's completed the following:

- Crime free lease addendum created for the purpose of informing tenants who are living in CFH properties of the expectations and repercussions of not following the addendum requirements.
- Create Memorandum of Understanding (MOU) for property owners. MOUs are essentially the mission statement of our program and outline the expectations of property owners in our program.
- Identifying six more property owners for the second group of CFH properties and presented phase one class December 5, 2019. Total attendees, 16. Curriculum and PowerPoints were created by the liaisons and Rich Foley. Outlined:
 - Background checks and screening process.
 - Eviction process
 - Fair Housing Requirements
 - CPTED strategies
- CPTED inspections were conducted on 6 multi-housing properties and reports provide to landlords.
- Tenant Training and Social event held December 30, 2019
- Presented certificates of completion to landlords from group one and two and issued signs to those that completed all three phases.

ENDS Contract

On July 1, 2019, Clinton County was awarded a Justice Assistance Grant to increase the Clinton County community's perception of harm from Electronic Nicotine Delivery Systems (ENDS) and to decrease the number of youths using ENDS. Area Substance Abuse Council is the primary lead on this project and Clinton County has contracted with the Clinton Substance Abuse Council to build community capacity to address Electronic Nicotine Delivery Systems (ENDS); provide technical assistance to the Breathe Easy Taskforce, including facilitation of meetings, participation in the Strategic Prevention Framework, and assistance on assessment and evaluation. By 6/30/20, the Breathe Easy Nicotine Coalition will complete a strategic plan that includes the assessment, capacity building, and planning steps of the Strategic Prevention Framework to determine future steps to reduce youth use of ENDS.

This project fits in the Let's Live Healthy, Clinton Area Initiative, Master Plan. In 2019, CSAC led two Breathe Easy Meetings, and one strategic planning meeting.

Let's Live Healthy, Clinton Area Initiative, MASTER PLAN.

Feel Better	Tactics	SMART Objectives
<p>A. Tobacco/nicotine prevention and cessation and elimination of secondhand smoke</p> <p>B. Increase community perception of harm from Electronic Nicotine Devices (ENDS)</p> <p>C. Increase the number of stakeholders using ACE strategies</p> <p>C. Increase youth who report "Adults in my community care about people my age"</p>	<p>A-1 Creation of Youth ISTEP Advocacy group in Clinton County</p> <p>A-2 Nicotine-free worksite policies</p> <p>A-3 Increase the number of people using Iowa Quitline</p> <p>B-1 Marketing Campaign to Address ENDS</p> <p>B-2 Increase Youth Media Literacy</p> <p>B-3 Community Speaker Forums on ENDS</p> <p>B-4 Strengthen Coalition structures</p> <p>C-1 Provide Stakeholder Training</p> <p>C-2 Assist Stakeholder Procedure Changes</p>	<p>A-1 By June 30, 2020, one local ISTEP Youth Advocacy group will be created in Clinton County based on completed and approved application</p> <p>A-2 By June 30, 2020, at least one worksite in Clinton County will implement a nicotine-free policy.</p> <p>A-3 By June 30, 2020, Clinton County will see an increase in the number of adults that call the Quitline by 5 people based on total Quitline County numbers reported through Quitline Iowa.</p> <p>B-1 By June 30, 2020, one ENDS perception of harm media campaign will be implemented with youth in Clinton County based on number of marketing venues campaign is displayed</p> <p>B-2 By June 30, 2020, Clinton County 20% of Clinton County youth will report an increase in their knowledge of media literacy-based survey results</p> <p>B-3 By June 30, 2020, 12 presentations will be completed highlighting the risks associated with ENDS to 4 different sector groups based on sign-in sheets</p> <p>B-4 By June 30, 2020, the Breathe Easy workgroup of the Feel Better group will have completed coalition strategic plan based on completed plan.</p> <p>C-1 By June 30, 2020, Provide Early Childhood Education and toolkits to 25 of the Early Childhood providers in Clinton County.</p> <p>C-2 By June 30, 2020, 3-5 Clinton County Stakeholders will be trained to be ACE Interface facilitators</p> <p>C-3 By June 30, 2020, Clinton County Ace Facilitators will complete a minimum of 6 community Ace Interface trainings where 120 people report an increase in their knowledge of ACEs</p> <p>C-4 By June 30, 2020, 2 Schools in Clinton County will implement resilience-based interventions</p>

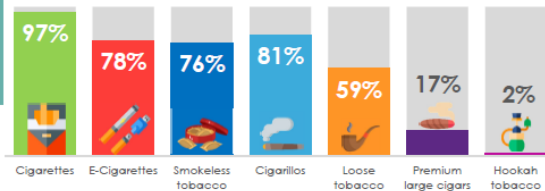
The following is data provided by ASAC and IDPH Tobacco Control, show what retail nicotine sales look like.

IOWA DEPARTMENT OF PUBLIC HEALTH, DIVISION OF TOBACCO USE PREVENTION AND CONTROL POINT-OF-SALE Tobacco Summary

CLINTON COUNTY

Values based on 58 of 65 retailers

TYPES OF TOBACCO PRODUCTS SOLD



AVERAGE PRICES

Blu Disposable E-Cigarette	Juul pods (4/pack)	Newport Menthol	Cheapest Cigarette Pack	Grizzly Long Cut
\$8.73	\$16.33	\$7.03	\$5.46	\$5.40

EXTERIOR ADVERTISEMENTS

40% had exterior ads for cigarettes



40% had exterior ads for menthol cigarettes



22% had exterior ads for E-Cigarettes



INTERIOR ADVERTISEMENTS

57% displayed Health Warning Sign(s)



61% displayed minimum age signage



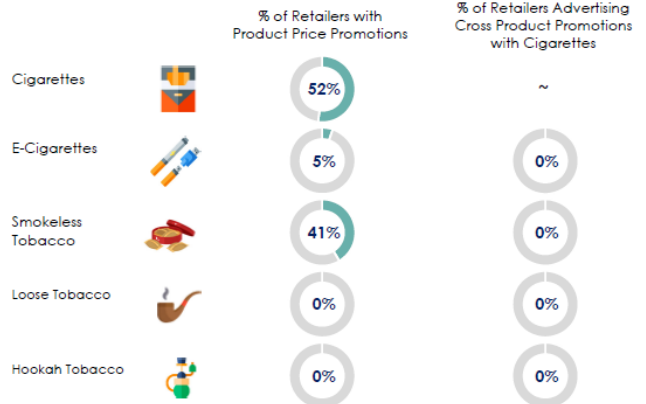
84% displayed WeCard signage



IOWA DEPARTMENT OF PUBLIC HEALTH, DIVISION OF TOBACCO USE PREVENTION AND CONTROL

POINT-OF-SALE Tobacco Summary

PRICE & CROSS PRODUCT PROMOTIONS (Among all assessed retailers who sold any tobacco; n=58)



Tobacco Advertisements and Products Displayed at the Eye Level of a Child

ADS displayed within 3 feet of the floor

0% of retailers had cigarette ads	0% of retailers displayed cigarettes
5% had e-cigarette ads	7% displayed e-cigarettes
2% had smokeless tobacco ads	3% displayed smokeless tobacco
0% had cigarillo ads	2% displayed cigarillos
3% had loose tobacco ads	3% displayed loose tobacco
2% had premium large cigar ads	2% displayed premium large cigars
0% had hookah tobacco ads	0% displayed hookah tobacco

Data source: Iowa Point-of-Sale Tobacco Assessments, 2019. Published: August 2019.
Funded by the Iowa Department of Public Health, Division of Tobacco Use Prevention and Control
1. Values based on retailers in the county with a tobacco, alternative nicotine, and vapor permit.
2. Average prices of tobacco products are strongly impacted by brand and size available at time of assessment; additional information is available in the full report on tobacco point-of-sale retailers.



Community Coalitions

Community coalitions are oftentimes one of the only groups in a community that are organized to address the entire community environment in which young people may use alcohol, tobacco and other substances. Many organizations and people can impact the individual and address specific aspects of the environment, but the coalition is the only group that is looking COMPREHENSIVELY at the environment, seeking to achieve population-level changes to the entire community. Approaches that target individual users can reach limited numbers of people. Community-based programs that provide direct services to individuals are important partners in a comprehensive community-level response to substance misuse. Strategies that focus on the availability of the substance and the entire community environment—although more difficult to implement—are likely to impact many more people.

Coalitions can be a powerful approach to 1) harness local resources; 2) implement multidimensional solutions that match the level of complexity of substance use issues in our community. Like many organization, coalition have missions and goals for their work, unlike other non-profit organizations, coalitions distribute their planning, resources, and activities across multiple stakeholder groups-all volunteers of the coalition- each with its own agendas, priorities, constraints, and a way of doing business. The coalition represents a nexus of these different organizations around an area of focus. The stronger the nexus, the more impact our coalitions can have.

EVERYTHING that happens in coalition work occurs because of our volunteers! People and organizations volunteer their time, energy, skill set, resources and expertise to accomplish the work of the coalition.

Everyone has a place in the coalition! Whether a person or organization participates on the Board of Directors, Executive Committee, attends regular meetings, serves on a workgroup, or contributes resources to a coalition event-they are a coalition member. The coalition's work hard to build membership and match an individual with the work of the coalition that peaks their interest or utilizes their skill.

Differences between Coalitions and Programs	
Coalitions	Programs
Coalitions measure success by examining community level indicators & outcomes	Programs measure change in individuals who have been directly affected by the intervention(s).
Address multiple causes-seek to identify that all causes of the problem are addressed using the strategies for community change	Program focuses on single strategy.
Coalition activities are diffused and implemented by all members with staff coordination and support.	Program staff lead the process and are responsible for implementing interventions.

Methodology-Strategic Prevention Framework

The Clinton Substance Abuse Council uses the Strategic Prevention Framework (see image to the right) during the strategic planning process. The Strategic Prevention Framework (SPF) was developed by the US Department of Health and Human Services Substance Abuse and Mental Health Service Administration (SAMHSA). The SPF's seven elements guide the work we do in developing the infrastructure needed for community-based public health approaches leading to effective and sustainable reductions in substance use. The elements of the SPF include:

1. Assessment: Collect data to define problems, resources, and readiness within a geographic area to address needs and gaps.
2. Capacity: Mobilize and/or build capacity within a geographic area to address needs.
3. Planning: Develop a comprehensive strategic plan that includes policies, programs, and practices creating a logical, data-driven plan to address problems identified in the assessment phase.
4. Implementation: Implement evidence-based prevention programs, policies, and practices
5. Evaluation: Measure the impact of the SPF and its implemented programs, policies, and practices.
6. Cultural competence: The ability to interact with and effectively engage members of diverse populations. According to Community Anti-Drug Coalitions of America (CADCA), cultural competency has several principals that enable coalitions to have a positive interaction in culturally diverse environments. The coalition understands that each group has its own cultural needs and acknowledges that several paths lead to the same goal. The coalition also understands that works well for the dominate cultural group may not work for members of other cultural groups.
7. Sustainability: The process of achieving and maintaining long-term results. This requires a creating and maintaining a strong coalition that brings together a community to develop and carry out a comprehensive plan to effectively address a relevant problem over the long haul.



Strategies for Community Change

CSAC focuses on environmental level change. Environmental strategies incorporate prevention efforts aimed at changing or influencing community conditions, standards, institutions, structure, systems and policies. Environmental strategies: Produce quick wins and instill commitment toward long-term impact on practices and policies within a community; Require substantial commitment from various sectors of the community to contribute to sustainable community change; Create lasting change in community norms and systems, producing widespread behavior change and, in turn, reducing problems for entire communities. Individual-focused strategies, such as prevention education classes, are based on the premise that substance use develops because of deficits in knowledge about negative consequences, inadequate resistance skills, poor decision-making abilities, and low academic achievement. But these efforts, while important in a multiple strategy approach, do little to independently alter the overall environment in which people live and work. Comprehensive strategies involve implementing both individual and environmental-focused strategies.

According to the Community Anti-Drug Coalitions of America (CADCA), environmental strategies can produce widespread and lasting behavior change by making appropriate (or healthy) behaviors more achievable for the individuals in the target population. Furthermore, these strategies can result in behavior change that reduces problems for the entire community, including those outside the target population. In contrast, individual strategies do little to independently alter the overall environment in which people live and work.

Environmental strategies offer well-accepted prevention approaches that coalitions use to change the context (environment) in which substance use and misuse occur.

Some Examples of Environmental Strategies:

Hours/days of sale
Advertising ordinances/laws
Social Host Ordinances
Compliance checks
Party Patrol
Prescribing guidelines
Prescription Drug Abuse Monitoring Programs
Paraphernalia ordinances
Restriction of marijuana dispensaries



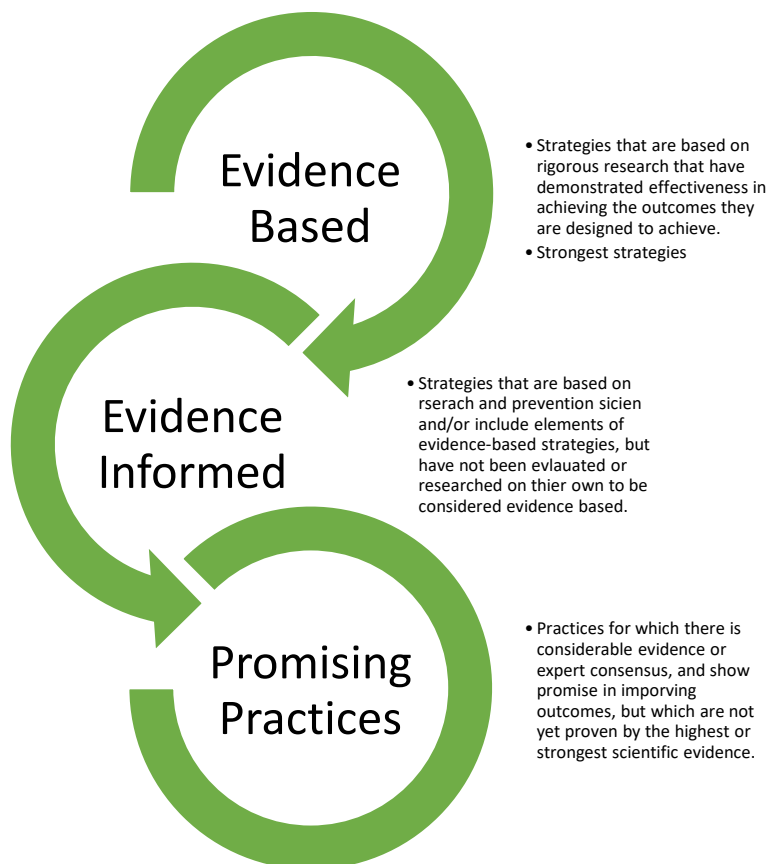
Evidence Based Strategy:

The coalitions use their logic model as the “diagnosis” of the local substance abuse issue and the root causes for the local condition. Based on the local conditions, strategies can be implemented to address those issues.

A lot of research has been done on what is effective substance use prevention. The research produces evidence of strategies that demonstrate effectiveness in reducing substance use/and or addressing specific risk and protective factors that lead to substance use.

Camanche-DeWitt Coalition & Gateway ImpACT Coalition

See Camanche-DeWitt Coalition and Gateway ImpACT Coalition summaries for complete details about the work of the coalitions.





Annual 2019 Report

250 20th Avenue North, Suite 146
Clinton, Iowa 52732

T: 563.241.4371
E: lauren@cdcoalition.org

www.camanche-dewittcoalition.org

 [camanchedewittcoalition](#)
 [camanchedewittcoalition](#)
 [CD_Coalition](#)

Camanche-DeWitt
COALITION 

www.camanche-dewittcoalition.org



About the Camanche-DeWitt Coalition

The Camanche-DeWitt Coalition (CDC) is a group of your friends and neighbors in the Camanche, DeWitt, and surrounding areas, who are concerned with the safety and wellbeing of our youth. The CDC is committed to reduce unhealthy use and abuse of substances and related issues to give our youth a secure place to grow and explore.

Our Mission

Through partnership and collaboration, work to reduce unhealthy use and abuse of substances and related issues by youth and, over time, adults in Camanche and DeWitt and surrounding areas.

Our Vision

To be communities free from unhealthy use and abuse of substances.

Our Goals

- Increase community collaboration to prevent and reduce substance use among youth.
- Reduce substance use among youth and, over time, reduce substance abuse among adults by addressing the factors in a community that increase the risk of substance abuse and promoting the factors that minimize the risk of substance abuse.



Coalition Members at Camanche Days Parade

What is a coalition?

- A coalition is a formal arrangement for collaboration among groups or sectors of a community, in which each group retains its identity, but all agree to work together towards a common goal of building a safe, healthy, and drug free community.
- A coalition is not a program, although staff and partners often carry out programs as their “piece” of the community-wide strategic plan.
- Coalitions seek to ensure that all causes of identified problems are addressed. Systems level solutions (integration, coordination, policy and practice changes).
- Action in coalitions is diffused and taken by all members.
- Coalition staff plays a coordinating and supportive role.
- Members (Sector Representatives) act within their own spheres of influence enlarging the coalition’s ability to create change and implement multiple strategies.
- New members are invited to join to increase the coalition's sphere of influence and gain needed capacity.
- Coalition staff assists with support for planning, problem solving and information management (evaluation, reporting, etc.).



Iowa coalition members meeting with Senator Grassley in Washington D.C.

Funding

The Camanche-DeWitt Coalition received the Drug-Free Communities (DFC) Grant in October 2015 for \$125,000 per year for five years. In October 2019, the coalition started their 5th year of the grant. In Spring 2020, the coalition will be reapplying for the DFC grant through a competitive grant process for another five years. If awarded the coalition would be funded from October 2020 through September 2025. Each coalition can receive a maximum of 10 years of total finding.



The Drug-Free Communities (DFC) Support Program, created by the Drug-Free Communities Act of 1997, is the Nation’s leading effort to mobilize communities to prevent youth substance use. Directed by the White House Office of National Drug Control Policy (ONDCP) in partnership with the Substance Abuse and Mental Health Services Administration (SAMHSA), the DFC Program provides grants to community coalitions to strengthen the infrastructure among local partners to create and sustain a reduction in local youth substance use. Recognizing that local problems need local solutions, DFC-funded coalitions engage multiple sectors of the community and employ a variety of environmental strategies to address local

substance use problems. DFCs involve local communities in finding solutions and helps youth at risk for substance use recognize most of our Nation's youth choose not to use substances.

The coalition has also received fiscal donations from both City of Camanche and City of DeWitt. The cities recognize the issues of youth substance abuse in their communities and support the coalition's mission. The coalition also received donations from DeWitt Police Association, Clinton County Sheriff's Office-Blue Jean Friday, Camanche Schools, Thrivent Financial, Necker's Jewelers, DeWitt Bank and Trust, Kwik Star, Citizen's First Bank, and community members.

Our History

Camanche and DeWitt started working collaboratively in their respective communities as part of the Iowa SAFE Community Network; Camanche became a SAFE certified community in 1996 and DeWitt in 2005. The mission of the Iowa SAFE Community Network is to build a safe and healthy Iowa by mobilizing local coalitions to coordinate community-wide prevention efforts to reduce substance abuse. This framework encourages individuals, groups, and organizations to collaborate on projects and activities that build strengths and reduce risks in their community.



Youth hearing a presentation on marijuana

Throughout the 2000s, Camanche and DeWitt addressed youth substance abuse issues by providing youth programs and direct services within the community (For example: Life Skills Training). Starting in 2007, Camanche and DeWitt started working with Clinton Substance Abuse Council (CSAC), and community level environmental change. Both Camanche's coalition, the Caring Community Coalition of Camanche (4C), and DeWitt's coalition, the Community Alliance Against Substance Abuse (CAASA) were made up of a variety of community members that were interested in trends and solutions to reduce marijuana use, underage drinking and medication abuse in their community.

In 2008 and 2010, Camanche and DeWitt held town hall meetings on underage drinking as part of SAMHSA's Alcohol Awareness Month that addresses the Surgeon General's Call to Action to Reduce Underage Drinking. After the town hall meetings, both communities reached out to the CSAC and requested more technical assistance and wanted help moving their coalition forward. Throughout 2009 and 2010, CSAC provided technical assistance to the coalition on a limited basis until CSAC was awarded a DFC Mentoring grant to mentor both 4C and CAASA. In October 2010, the DFC Mentoring grant was awarded to the CSAC to mentor 4C and CAASA. At this point 4C and CAASA were two separate but similar coalitions. CSAC continued to mentor 4C and CAASA for two years under the DFC mentoring grant which ended in the Spring of 2013. During this time the CADCA Primers were used to establish a strong coalition with representation from all 12 sectors and go through the Assessment, Capacity Building, Planning, Implementation, and Evaluation process for both new coalitions. After the DFC Mentoring funding ended and CSAC was no longer able to formally mentor the coalitions due to budget constraints, two co-chairs stepped up and provided leadership for the coalition, Don Thiltgen (Mayor of DeWitt, Iowa) and Sgt. Det. Steven Cundiff (Clinton County Sheriff's Office/Camanche Parent).



Officer Witt welcoming community members to our event

The coalitions in Camanche and DeWitt merged in late summer of 2013 to combine resources and create one stronger, vibrant coalition, the Camanche DeWitt Coalition (CDC). The CDC applied for the Drug-Free Communities Grant in 2014 and unfortunately, they did not receive the funding.

The CDC applied for the grant again in 2015, creating a stronger application. This time, the CDC was awarded the DFC grant. The goals of this project include creating a stronger coalition and address underage drinking and youth marijuana use.

The coalition specifically works on underage drinking and youth marijuana use.

Our Communities

Camanche, Iowa

Camanche, located on the banks of the Mississippi River, and its northern border is US Highway 30. Many residents in Camanche commute to work outside of city limits, often to Clinton, Iowa or the Quad Cities.

As of the 2018 census information, the population was 4,342 people with 2,039 households. The racial makeup of the city was 98.4% White, 0.3% from other races, and 1.3% from two or more races. Hispanic or Latino of any race were 3.8% of the population.

There were 1,981 occupied households of which 23.8% had children under the age of 18 living with them, 47.5% were married couples living together, 8.9% had a female householder with no husband present, 7.8% had a male householder with no wife present, and 35.9% were non-families. 31.9% of all households were made up of individuals and 10.2% had someone living alone who was 65 years of age or older. The average household size was 2.32 and the average family size was 2.86.

The median age in the city was 43.8 years. 23.8% of residents were under the age of 18; 1.7% were between the ages of 20 and 24; 23.5% were from 25 to 44; 30.7% were from 45 to 64; and 18.6% were 65 years of age or older. The gender makeup of the city was 56.1% male and 43.9% female.

The median income for a household in the city was \$47,996, and the median income for a family was \$69,681. Males had a median income of \$50,580 versus \$32,604 for females. 14.6% of families with children under the age of 18 were below the poverty line, 9.3% of the population were below the poverty line, including 12.2% of those age 65 or over.

Camanche School District has about 1,031 students.

DeWitt, Iowa

As of census information from 2018, there were 5,198 people, 2,208 households, and 1,415 families residing in the city. The racial makeup of the city was 98.2% White, 0.1% African American, 0.4% Asian, and 0.7% from other races. Hispanic or Latino of any race were 5.3% of the population.

There were 2,208 households of which 27.2% had children under the age of 18 living with them, 47.4% were married couples living together, 7.1% had a female householder with no husband present, 5.3% had a male householder with no wife present, and 40.2% were non-families. 29.3% of all households were made up of individuals and 19.3% had someone living alone who was 65 years of age or older.

The median age in the city was 34.1 years. 18.2% of residents were under the age of 20; 7.1% were between the ages of 20 and 24; 21.3% were from 25 to 44; 20.5% were from 45 to 64; and 17.9% were 65 years of age or older. The gender makeup of the city was 46.3% male and 53.7% female.

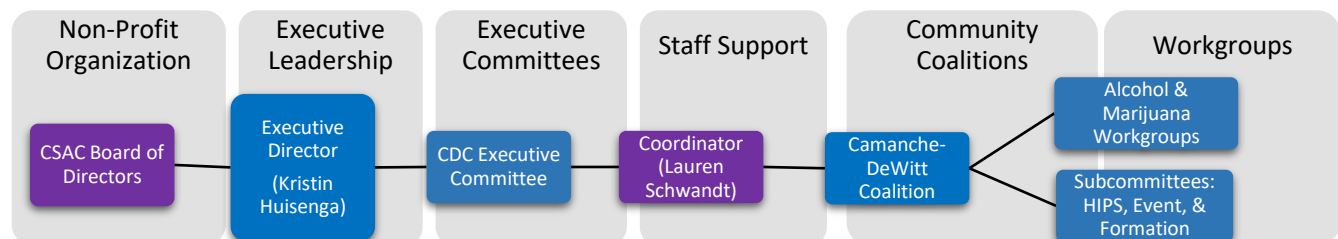
The median income for a household in the city was \$53,589, and the median income for a family was \$77,321. Males had a median income of \$55,848 versus \$40,369 for females. About 2.8% of families and 13.1% of the population were below the poverty line, including 3.7% of those under age 18 and 7.2% of those age 65 or over.



Coalition members at CADCA in Dallas, Texas

Central DeWitt School District has about 1,531 students.

Camanche-DeWitt Coalition Structure



Clinton Substance Abuse Council (CSAC)

The Clinton Substance Abuse Council is the grantee of the DFC grant that was awarded to the Camanche-DeWitt Coalition. The role of the Clinton Substance Abuse Council is to facilitate and support the work of coalitions by providing an umbrella for the work and services they do. CSAC provides support to community coalitions by providing an umbrella of funding, staffing, administrative, and operational resources. CSAC board members, executive director and project coordinators are behind the scenes ensuring that coalitions get the support and resources they need to be successful. The CSAC board is less concerned about promoting itself and more about ensuring that coalition initiatives are highlighted. The CSAC board is an active volunteer board with members providing various skills, resources, and knowledge to the organization, executive director, and the coalitions that it serves.

2019 Board Officers

President: Michele Cullen, Community Health Manager, Genesis VNA.

Vice President: Darryl Waugh, Clinton Landlords Association/ GIC Executive Committee Liaison

Treasurer: Dan Boyd, Clinton Middle School Principal

2019 Board Members

Amy Berentes, Amy Berentes, SVP/COO at MercyOne Medical Center

Jeff Chapman, Fire Marshall, Clinton Fire Department

Steve Cundiff, Sergeant/Detective, Clinton County Sheriff's Office/CDC Executive Committee Liaison.

Jim Irwin, Clinton County Board of Supervisors

Ricci Aquilani, Senior Vice President & Compliance Officer for Clinton National Bank



Members of the CSAC Board

In 2019, the following board members stepped down. Thank you for all your service:

Randy Meier, Seniors vs. Crime, Clinton County Sheriff's Office

Gabe Gluba, Director of Clinical Services, Area Substance Abuse Council

Mike Wolf, Clinton County Attorney

Camanche-DeWitt Coalition Executive Committee

The Executive Committee is responsible for maintaining and expanding coalition support, providing coalition oversight, approving coalition action plans, logic models, and budgets, oversees coalition activities, and is the liaison between CDC and CSAC (DFC Grantee). The Executive Committee consists of two co-chairs, a secretary, a treasurer, and three at-large seats.

2019 Executive Committee

Co-Chair: Sergeant Steve Cundiff, Clinton County Sheriff's Department

Co-Chair: Mayor Don Thiltgen, City of DeWitt Mayor

Secretary: Eric Dau, Clinton County Communication and 911

Treasurer: Duane Hansen, DeWitt Noon Lions

At-Large: Erin Schlotfeldt, Camanche School District

At-Large: Lisa Abbott, Parent & County Attorney's Office

At-Large: Carole Dunkin, Board of Commissions

CSAC Paid Staff

The paid staff with the Clinton Substance Abuse Council oversee the of the day-to-day operations of the coalitions, including coordination of coalition services and DFC project activities such as budget, community relations, data collections, implementation, and evaluation.

Drug-Free Communities Program Director: Kristin Huisenga

Kristin has been with the Clinton Substance Abuse Council, since 2005, and has a BBA in Finance, BBA in Marketing, and BA Sociology from the University of Iowa. Kristin is the Executive Director (ED) for the CSAC, and the Program Director for the Camanche-DeWitt Coalition Drug Free Communities Support Program (DFCSP).

Drug-Free Communities Project Coordinator: Lauren Schwandt

Lauren has been with the coalition since 2015. She holds two bachelor's degrees; one in biology and one is Social and Criminal Justice from Ashford University. She also holds a master's degree in Psychology with a specialization in Criminology and Justice Studies. She loves working with the community and youth to make a difference.

Camanche-DeWitt Coalition Subcommittees

Subcommittees are organized for a specific project or event. There are three subcommittees within the Camanche-DeWitt Coalition. These subcommittees are:

- Coalition Formation Subcommittee
 - The purpose of the Coalition Formation Committee is to oversee the use of the Strategic Prevention Framework process and develop necessary documentation on behalf of and in consultation/collaboration with the entire Camanche-DeWitt Coalition. Example: Updating By-Laws of Coalition Involvement Agreement.
- Event Development/Implementation Subcommittee
 - The purpose of the Event Development/Implementation Committee is to oversee the planning and implementation of the strategies determined through the Strategic Prevention Framework. While implementation of activities is the responsibility of all coalition members, the Event Development/Implementation Committee will create the steps required to complete each assignment. Example: Planning the dodgeball tournament.
- Hidden in Plain Sight (HIPS) Committee
 - The purpose of the HIPS committee is to oversee the HIPS trailer/program. The committee makes decisions on what to spend money on for the trailer including items for trailer and updates needed and policies in regard to the trailer, this committee is a CSAC committee that has members of the Camanche-DeWitt Coalition and Gateway ImpACT Coalition represented.



Isabelle Pierce educating the coalition on vaping

Camanche-DeWitt Coalition Workgroups

Workgroups serve as an opportunity for coalition members to break down the work of the coalition into specific interest or focus areas. The CDC has two different workgroups:

- Alcohol Workgroup
 - The alcohol workgroup works on the goals and objectives involving underage drinking.
- Marijuana Workgroup
 - The marijuana workgroup works on the goals and objectives involving youth marijuana use.

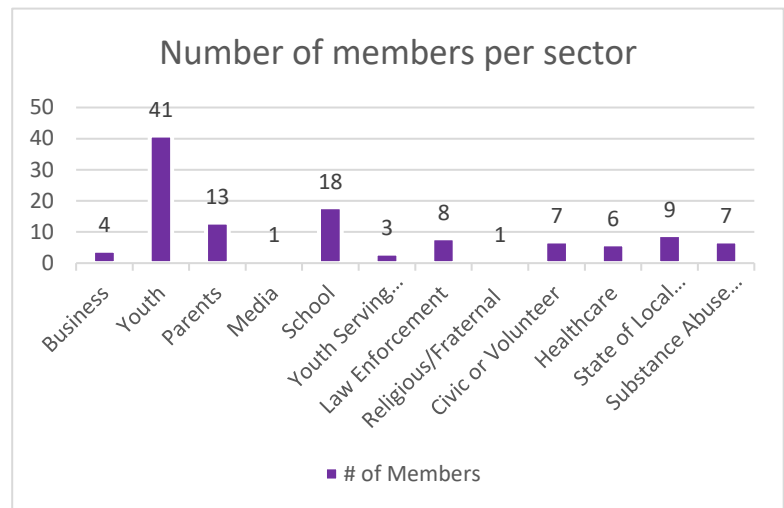


Sector Representatives

The most important part of the coalition is the community volunteers. Everything that happens in coalition work occurs because people and organizations lend their time, energy, skills, resources and expertise to these collective activities. The coalition represents a nexus of different organizations and volunteers that are organized around substance abuse issues. The Camanche-DeWitt Coalition responds to community conditions by developing and implementing multi-faceted plans to lead to measurable, population level change regarding substance abuse issues.

The CDC is compromised by specific sectors of the community. Each sector brings a wealth of knowledge to the table regarding substance abuse issues. Members (Sector Representatives) act within their own spheres of influence enlarging the coalition's ability to create change and implement multiple strategies. By having different sectors of the community come together and collaborate, we can make positive changes in our community to reduce substance abuse issues.

The different sectors are: Youth, Parents, Businesses, Media, School Representatives, Youth Serving Organizations, Law Enforcement, Religious/Fraternal Organizer, Civic or Volunteer, Healthcare Professionals, State or Local Government, Substance Abuse Organizations, Concerned Citizens, and Young Adult/College Student



Members

Every person or organization interested in promoting Camanche, DeWitt, and surrounding areas as caring, drug and alcohol abuse free communities is eligible to be a member if:

- They agree to support the Camanche-DeWitt Coalition's mission which is "Through partnership and collaboration, work to reduce unhealthy use and abuse of substances and related issues by youth and, over time, adults in Camanche and DeWitt and surrounding areas."
- They contribute to the coalition or the work in the coalition in at least one way. Ways include:
 - Coalition Leadership: Sit on the Camanche-DeWitt Coalition Executive Committee and/or Clinton Substance Abuse Council Board of Directors
 - Donate financial resources toward the Camanche-DeWitt Coalition/projects. Please note all financial donations are tax deductible
 - Donate resources toward the Camanche-DeWitt Coalition/projects (resources are defined broadly to include but not limited to staffing for coalition projects, organization support, publicity, facility usage, project materials, volunteer time, etc.)
 - Serve as a Champion for the Camanche-DeWitt Coalition (Actively engage as an advocate for the Camanche-DeWitt Coalition and its mission. This may include representing the coalition in the local media, at community events, or other public functions)
 - Serve as a Friend of the Coalition (support the Camanche-DeWitt Coalition by regularly receiving communication and sharing information)

Members rights include:

- Attending general coalition meetings, trainings and events
- Being identified as a member of the Camanche-DeWitt Coalition
- Voting on decisions made by coalition
- Receive communications (newsletters, meeting and event notices, etc.)
- Opportunities to serve on committees and/or workgroup on a voluntary basis
- Sharing ideas and networking opportunities

Strategic Prevention Framework (SPF)

The Camanche-DeWitt Coalition uses the Strategic Prevention Framework (see image to the right) during the strategic planning process. The SPF uses a community-based risk and protective factors approach to prevention and a series of guiding principles that can be utilized at the Federal, State, Tribal, and Community levels.

While being mindful of sustainability and cultural competency, the SPF requires communities to systematically:

- Assess the needs based on community data
- Build the coalition's capacity
- Develop a strategic plan
- Implement effective community prevention policies, practices, and procedures
- Evaluate the effectiveness of the strategies with sustainability and cultural competence



Strategies for Community Change

According to the Community Anti-Drug Coalitions of America (CADCA), environmental strategies can produce widespread and lasting behavior change by making appropriate (or healthy) behaviors more achievable for the individuals in the target population. Furthermore, these strategies can result in behavior change that reduces problems for the entire community, including those outside the target population. In contrast, individual strategies do little to independently alter the overall environment in which people live and work.

Individual Strategies: target the knowledge, attitudes, and skills of individuals. Environmental Strategies: target the broader physical, social, cultural, and institutional forces that contribute to problem behaviors. The Camanche-DeWitt Coalition focuses on environmental level change.

The coalition chooses strategies that will lead to community level change. Community level change strategies seek to:

1. Limit access to substances
2. Change the culture and context within which decisions about substance use are made, and/or
3. Shift the consequences associated with youth substance use.

Evidence exists that well-conceived and implemented policies at the local, state, and national levels can reduce community level substance abuse problems.

7 Strategies for Community Level Change

The Seven Strategies for Community Change, a conceptual understanding of strategies a coalition may employ, include efforts that affect individuals as well as an entire community. These seven strategies are as follows:

Provide Information

- Educational presentations, workshops or seminars, and data or media presentations (e.g., PSAs, brochures, town halls, forums, web communication).

Enhance Skills

- Workshops, seminars, or activities designed to increase the skills of participants, members and staff (e.g., training and technical assistance, TIPS classes, strategic planning retreats, model programs in schools).

Provide Support

- Creating opportunities to support people to participate in activities that reduce risk or enhance protection (e.g., alternative activities, mentoring, referrals for service, support groups, youth clubs).

Enhance Access/Reduce Barriers

- Improving systems/processes to increase the ease, ability, and opportunity to utilize those systems and services (e.g., assuring transportation, housing, education, safety, and cultural sensitivity) in prevention initiatives.

Change Consequences

- Increasing or decreasing the probability of a behavior by altering the consequences for performing that behavior (e.g., increasing taxes, citations, and fines; revocation/loss of driver's license).

Change Physical Design

- Changing the physical design of the environment to reduce risk or enhance protection (e.g., re-routing foot/car traffic, adjusting park hours, alcohol/tobacco outlet density).

Modify/Change Policies

- Formal change in written procedures, by-laws, proclamations, rules, or laws (e.g., workplace initiatives, law enforcement procedures and practices, public policy actions, systems change).

Increased Community Awareness & Voting Membership

Problem

Community members are unaware of the coalition.

Need

Increase community awareness of the coalition to gain both membership and partnerships.



Coalition members at Taco Tuesday in DeWitt

Description

The coalition continued to focus raising awareness and recruit new members. The coalition reviewed and discussed community events that would be taking place during the year and decided which events they would like to participate in. CDC participated in the following events:

- National Night Out in DeWitt
- 4th of July Parade in DeWitt
- Camanche Days Parade
- Camanche Police Department Open House
- Parent-Teacher Conferences in both school districts
- Taco Tuesday in DeWitt
- Central DeWitt Club Fair
- Camanche City Council presentation
- Tunes in Town-DeWitt
- Autumn Fest- DeWitt

The coalition had an annual celebration where community members, legislators, press, coalition members and other community members attend to learn about the coalition and their accomplishments.

Staff & coalition members had three one-on-one meetings with community members, and four new member/parent orientation meetings.

The coalition spread their message through media including local newspapers, radio, and television, coalition webpage and social media.

Results

- The coalition handed out over 1,000 CDC promotional items like pens, pencils, cups, hand sanitizer, and fanny packs during the community events. This was a simple way to get our name out
- 46 community members attended the Annual Celebration.
- The 2018 Annual Report was published and distributed after the Annual Celebration in which over 100 reports were printed & disseminated, and many electronic versions were accessed.
- There were 23 coalition meetings during the year which included monthly meetings, executive committee meeting, sub-committee meetings, and youth meetings.
- The coalition had over 600,000 media impressions which consisted of information in newspapers, radio, television, webpage, and social media.
- The number of coalition members increased from 90 to 119 from year 3 to year 4, which was a 32% increase.
- Over 1,800 volunteer hours were provided to Camanche-DeWitt Coalition with a value to the coalition of over \$67,000.

Increased Youth Collaboration

Problem

Youth do not see their importance in the coalition and often do not feel like their opinions are heard or matter.

Need

The coalition assessed and determined a key piece to understanding youth substance abuse is having youth at the table to help plan and implement strategies. The youth have a better understanding of substance abuse issues in the communities since they are around it every day with other youth. The coalition wanted to get more youth involved in the coalition in hopes to make a bigger impact.

Description

The coalition continues to work key stakeholders in the community such as school counselors, teachers, and principals to help recruit youth. These stakeholders were able to work with staff on setting up meeting times to meet with the youth, educate them on the coalition, and gain their involvement in the coalition.

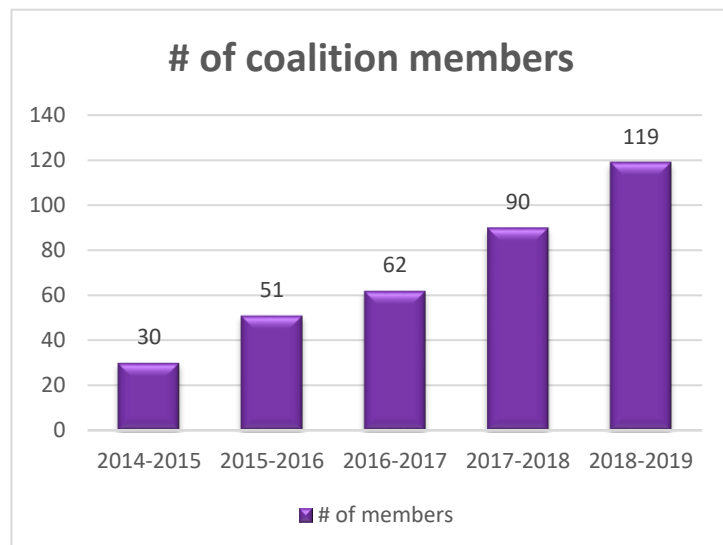
The coalition also offered opportunities to the youth to get involved in community events and other coalition action plans.

Results

The coalition had 22 new youth get involved with the coalition and help with their mission. This was over a 115% increase from the previous year. The coalition had more involvement from middle school aged youth.



An 8th grade presentation



Increased Coalition Members' Knowledge of Alcohol & Drugs

Problem

Coalition members may not know recent trends, statistics, and facts about alcohol and other drugs.

Need

For the coalition to be able to address current youth substance abuse issues, coalition members must be educated on those issues so that they can better plan and implement effective strategies. Coalition members also need to be educated on coalition work and how to be effective.

Description

The coalition offered many trainings throughout the year to members. These trainings included CADCA (Community Anti-Drug Coalitions of America) Leadership Forum, Iowa Governor's Conference, Iowa Drug Endangered Children Conference, Parent Education Series, Day on the Hill event, and AC4C (Alliance of Coalitions for Change) quarterly trainings.



Coalition members with U.S. Surgeon General, Dr. Jerome Adams

Results

Seven coalition members attended the CADCA Leadership Forums where they learned about current alcohol and drug trends as well as the strategic prevention framework. The youth that went to this CADCA training presented what they learned at a coalition meeting. Two staff attended the Iowa Drug Endangered Children Conference. One staff member attended the AC4C retreat, 65 youth learned about the SPF process, legislative processes, and drugs between CADCA, Day on the Hill, and presentations given. 97% of participants said they increased their knowledge of the SPF process, legislative process, and education on drugs.

Focus Groups

Problem

Too many youth in Camanche & DeWitt use marijuana and/or drink alcohol.

Need

6% of Camanche & DeWitt 11th graders reported using marijuana in the past 30 days and 9% of those same 11th graders reported drinking alcohol in the past 30 days. These percentages may not seem high, but the coalition believes that the rate may be higher due to what youth are saying in the community. The coalition also wanted to gain more insight from the youth on specifics like where marijuana use and underage drinking is happening, how many youth they perceive are using, when they use, etc.



Youth at the Day on the Hill Event

Objective

Reduce youth (ages 12-17) 30-day use of alcohol and marijuana.

Description

The coalition conducts focus groups as part of the assessment processes. The CDC collects data from the Iowa Youth Survey and DFC Core Survey which is considered quantitative data. Focus group discussion is qualitative data that can validate and provide further information on quantitative data the coalition collects. This method serves to solicit participants' attitudes and perceptions, knowledge and experiences in a group setting. This information is used in our planning process to learn more about why substance abuse happens in our communities.

The schools send home a passive consent form to parents regarding the focus groups and if they would not like their child to participate in the focus groups, they need to send the form back to school. The focus groups are confidential, and students are selected at random by administration at the schools. The students selected have the right to turn down participation in the focus groups.

During the focus group, the project coordinator reviews who the coalition is and why they are doing the focus group, informs the youth that the focus group is voluntary and everything stated during the focus group is confidential and asks specific questions in regards to marijuana or alcohol in their community. All answers are recorded and kept confidential. After the focus group, the project coordinator reviews the information to see if there are any patterns and what measures the coalition should take next to help address any trends.

Some questions that are asked during focus groups are:

- Do youth in your community use alcohol and marijuana?
- Where do youth use alcohol and marijuana?
- When do youth typically use alcohol and marijuana?
- Why do youth use alcohol and marijuana?
- How and where do youth access alcohol and marijuana?

- When do you believe youth typically start using alcohol and marijuana (age/grade)?
- What have you learned about when it comes to alcohol and marijuana?
- How many of your parents talk to you about drugs and alcohol? And if they do, what do they say?
- Do your parents check your rooms or cell phones?
- Are there any repercussions or consequences if you are found using or under the influence of drugs or alcohol?

Results

The project coordinator conducted six focus groups throughout the Camanche & DeWitt schools. During these six focus groups, the project coordinator saw several trends emerging with both alcohol and marijuana. A few of these trends are:

- Youth believe 70-80% of youth have tried alcohol and 50-60% have tried marijuana.
- A common time to start using alcohol or marijuana is when you get to high school, although they are seeing and hearing more youth are doing is younger.
- Vaping is common among youth and they are not always sure what their fellow peers are vaping.
- Alcohol is typically consumed on the weekends, whereas marijuana is consumed throughout the whole week.
- Youth use these substances to deal with stress and anxiety and because they want to fit in with their peers.
- Alcohol is sometimes given to youth by adults and told they can consume alcohol on their property if no one leaves or drives under the influence.
- When it comes to alcohol, youth and adults alike are typically only stressing the consequences of driving under the influence of alcohol, not any other negative outcomes.
- Marijuana is believed to be not harmful because it's "natural" and the legalization of it across the country.
- About 10% of parents talk to their children about drugs and alcohol and give them facts about them.
- There are consequences given by the schools if youth are caught using or under the influence of drugs and alcohol but those only really effect the students that in in extracurricular activities.

Annual Celebration 2018

Problem

Everyone is not aware of the work of the Camanche-DeWitt Coalition

Need

There are still many community members in Camanche and DeWitt that have not heard of the Camanche-DeWitt Coalition and the work that they do.

Objective

Increase community awareness.



Lauren presenting at the 2018 Annual Celebration

Description

On March 21 & 22, 2019, The Clinton Substance Abuse Council held its annual celebration. Each year the coalitions host this event to reflect on the previous year's activities, events, and successes. This was a special celebration as Clinton Substance Abuse Council has been in operation for 30 years!

The annual celebration is an opportunity for the coalitions to acknowledge the leaders of the coalition. The following were acknowledged for their leadership and service:

2018 Clinton Substance Abuse Council Board:

Lettie Posey, Darryl Waugh, Randy Meier, Dan Boyd, Amy Berentes, Jeff Chapman, Michelle Cullen, Steve Cundiff, Gabe Gluba & Mike Wolf

2018 Camanche-DeWitt Coalition Executive Committee:

Steve Cundiff, Mayor Don Thiltgen, Eric Dau, Duane Hansen, Carole Dunkin, Lisa Abbott, & Erin Schlotfeldt.

2018 Above and Beyond Recognition:

Camanche Police Department, Clinton County Sheriff's Office, Clinton Police Department, DeWitt Police Department, Camanche School District, Central DeWitt School District, Clinton School District, St. Joseph Catholic School, Riverbend School District, Scott's Thrifty White Drug, and Wagner Pharmacy.

Results

46 community members attended the Annual Celebration and over 100 annual reports were distributed. The Annual Report was also sent out electronically to countless community members.

“Social Host Ordinance-Throw the Party, Own the Consequences”

Problem

Youth in our communities’ report that adults in their communities are fine with youth drinking if they don’t get behind the wheel of vehicle and drive.



Need

15% of Camanche & DeWitt 11th graders report that their parents would feel it would not be wrong at all or a little bit wrong to have one or two drinks of an alcoholic beverage nearly every day. Youth also reported during focus groups that parents allow youth to drink on their property.

Objective

By September 29, 2020, reduce youth (ages 12-17) access to alcohol from social sources by 5%.

Description

The coalition wanted to spread awareness about the social host ordinance that Clinton County passed in 2013. The social host ordinance prohibits the consumption of alcoholic beverages by persons under the age of 21 at gatherings where persons knowingly allow or permit the underage persons to drink alcoholic beverages on property they own or control. Any person convicted in violation of this ordinance shall be guilty of a simple misdemeanor and is subject to a penalty.

Youth have been reporting that parents are allowing underage youth to drink on their premises, so the coalition spread awareness about the social host ordinance using media around Homecoming, the holidays, and graduation. Our banner has also been displayed at community events and outside the Camanche and DeWitt police departments.

Results

The “Throw the Party, Own the Consequences” campaign generated over 60,000 media impressions.

Alcohol Compliance Checks

Problem

Youth say alcohol is easily accessible in the community.

Need

In the fiscal year 2013, 84 compliance checks were completed in Camanche, DeWitt, and the county. Out of the 84 checks done, 13 failed, giving an 85% pass rate. The Camanche-DeWitt Coalition wanted to see an increase in the pass rate.

Objective

By September 29, 2020, decrease youth access (ages 12-17) from retail sources by 1%.

Description

Compliance checks are an enforcement strategy, which targets retail availability of alcohol to individuals under the legal drinking age to determine the number of outlets illegally selling alcohol to those under 21. Compliance checks are thought to be most effective when they are frequent, well publicized, and well designed; solicit community support; and impose penalties on the licensed establishment rather than just the server.

Alcohol compliance checks are routine checks done by law enforcement to ensure that businesses selling and/or serving alcohol are following all the laws and local ordinances.

Coalition partners notified alcohol establishments that compliance checks would be happening along with resources to help establishments stay compliant, sent out information when an establishment failed, and

acknowledged the establishments that passed. There is limited advertising on alcohol in gas stations, grocery stores, and dollar stores. Most alcohol is in one general area of the store.

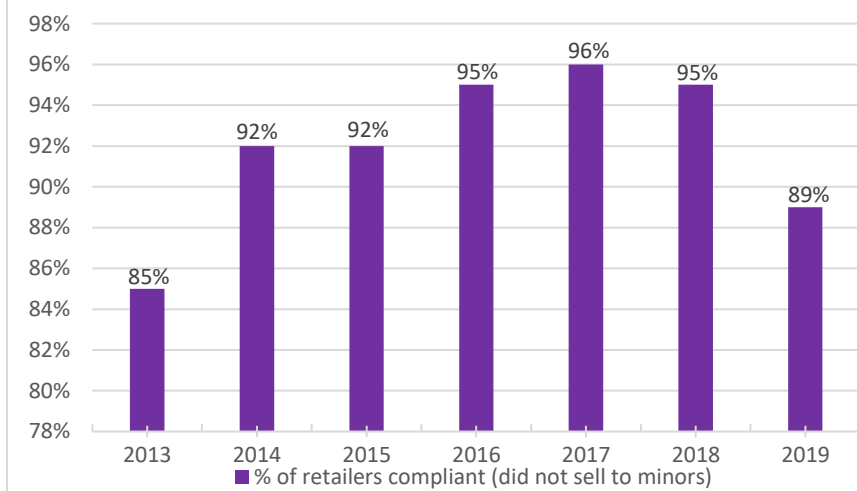
Results

In fiscal year 2019, 62 compliance checks were done in Camanche, DeWitt, and Clinton County in which 7 establishments failed. Compliance rate decreased by 6% over the past year with an 89% pass rate.

MERCHANT COMMITTED

TO STOPPING UNDERAGE DRINKING AND YOUTH DRUG USE

Compliance Rate



TIPS (Training for Intervention Procedures)

TIPS (Training for Intervention Procedures) is a dynamic, skills-based training program designed to prevent intoxication, drunk driving, and underage drinking by enhancing the fundamental “people skills” of servers, sellers, and consumers of alcohol. TIPS offers individuals the knowledge and confidence they need to recognize potential alcohol-related problems and intervene to prevent alcohol related incidents and tragedies.



In 2018, the Iowa Alcohol Beverage Division (ABD) discontinued their free production and distribution of legal age calendars. Legal age calendars are tear-off calendars that show the birthdate of individuals who are of legal age to purchase alcohol. These are a great resource for establishments that sell alcohol so that they may stay in compliance with the law and not sell alcohol to minors. Since ABD discontinued the free production, the Camanche-DeWitt Coalition partnered with the Gateway ImpACT Coalition to create their own legal age calendars which included information for both alcohol and tobacco/e-cigarettes.

Results

34 TIPS (Training for Intervention Procedures) classes were offered. 27 Participants from 3 establishments attended a TIPS training, with a 100% pass rate.

58 legal age calendars were distributed to establishments that sell alcohol in Camanche, DeWitt, and Clinton County.

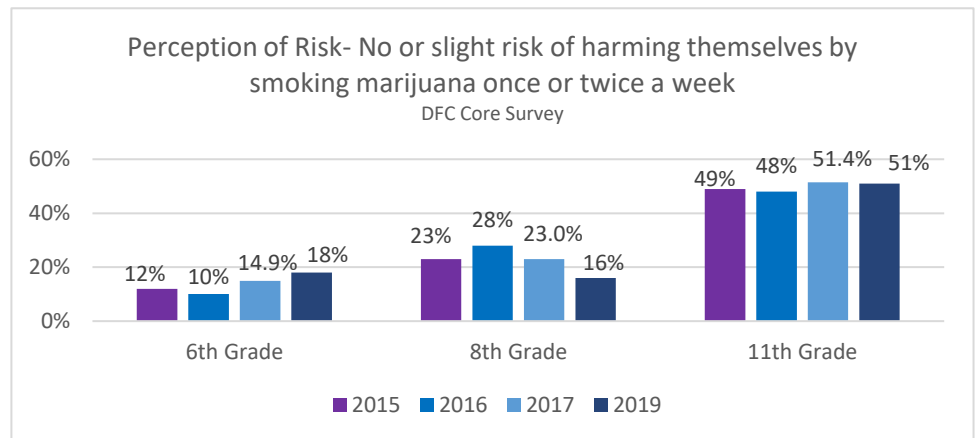
Social Norms Campaign- “If You Feel Different, You Drive Different”

Problem

Too many youth in Camanche & DeWitt believe there is no risk or slight risk in using marijuana.

Need

51% of Camanche & DeWitt 11th graders reported that there is no risk or a slight risk in harming themselves if they smoke marijuana once or twice a week.



Objective

Increase youth's (ages 12-17) perception of risk/harm related to marijuana use by 5% by September 29, 2020.

Description

Camanche Police Chief Colin Reid approached the coalition to see if there were any types of banners that we could create and display in front of the police department to raise awareness about drugs and alcohol. Lauren researched and found the campaign “If You Feel Different, You Drive Different” by United States Department of Transportation. Many youth and adults believe that marijuana does not impair driving and there are no risks so the coalition believed this would be a great message to get out in the community and raise awareness on the dangers of driving under the influence of drugs.

Results

The “If You Feel Different, You Drive Different” imagery was put on banners and hung outside the Camanche and DeWitt Police Departments for several months. It was also placed on social media and newspaper, creating over 10,000 impressions.



The "If You Feel Different, You Drive Different" banner



Day on the Hill

Problem

Youth in our communities do not understand how important their voice and opinions are when it comes to legislation and creating bills.

Need

The coalition wants to increase youth involvement in the coalition by giving youth leadership opportunities while educating them on substance abuse issues.

Description

On February 28, 2019, the Camanche-DeWitt Coalition and the Gateway ImpACT Coalition joined the Alliance of Coalitions for Change (AC4C) and attending Day on the Hill. The *Day on the Hill* was an opportunity for coalition representatives and youth to visit the State Capitol in Des Moines to meet with their legislators and provide education on the impact of substance abuse in their communities. The purpose of *Day on the Hill* was to give youth an opportunity for their voices to be heard and educate their local legislatures and governor on issues they are seeing in their community do make an impact on legislation.



Youth with Governor Reynolds, Senator Cournoyer, & Representative Mommsen at Day on the Hill

During the *Day on the Hill* events, students had the opportunity to:

- Learn about substance abuse issues including alcohol and marijuana how making one bad choice can affect the rest of your life, and they got to touch a real brain!
- Speak with Governor Reynolds, Senator Chris Cournoyer, Representative Mommsen, & Representative Wolfe on substance issues in their communities and what they believe would help to solve those issues.
- Learn how legislative bills work and how they pass into a law.
- Tour the Senate and House chambers, the state library, and Iowa Secretary of State Office

Results

44 middle & high school students from Camanche, Clinton, Central DeWitt, and St. Joseph attended *Day on the Hill*. 96% of participants said they increased their knowledge on marijuana and the harms associated with it, 94% increased their knowledge on alcohol and its harms, 98% increased knowledge on vaping and harms associated with it. 100% of participants increased their knowledge on how to educate legislators on important topics. All participants found the event positive, meaningful, educational, and said they would attend another *Day on the Hill* event.

Parent Committed

Problem

Too many youth in Camanche & DeWitt think that their parents feel that it would not be wrong at all or a little bit wrong to drink alcohol.

Need

18% of Camanche and DeWitt 11th graders, 8% of Camanche and DeWitt 8th graders, and 9% of Camanche and DeWitt 6th graders believe that their parents feel it would not be wrong at all or a little bit wrong for them to drink alcohol.

Objective

Increase perception of parental disapproval of consuming alcohol.

Description

The coalition partnered with the Gateway ImpACT Coalition and Clinton LumberKings on the *Parent Committed* Campaign. The Parent Committed campaign is about providing support to parents and families with children. This campaign urges parents to renew their commitment as a parent and support their child through their journey into adulthood—when they are discovering and defining who they are.

The following were used for advertisements during the season:

- A large banner was placed in the picnic/beer garden
- The rotating ribbon board in the outfield
- Front entrance monitors rotating message
- Radio drop-in announcements

Results

During the LumberKings season there were 70 home games with an average attendance of 1,800 people creating 938,000 media impressions! This does not include the high school football and baseball games held at Nelson Corp Field during the LumberKings season.



PARENT COMMITTED

TO STOPPING UNDERAGE DRINKING AND YOUTH DRUG USE

GET ENGAGED

- Talk to your kids about alcohol & drugs, early & often
- Build warm supporting relationships with your child
- Know your child's friends

STAY ENGAGED

- Have ongoing conversations about the facts and your values
- Monitor, supervise and set boundaries
- Know who has access to what is in your home

Camanche-DeWitt COALITION
Dedicated to the Safety and Well-being of Our Youth

For more information, call 563-241-4371, visit www.camanche-dewittcoalition.org or www.gatewayimpactcoalition.com

Gateway ImpACT COALITION

Hidden in Plain Sight Trailer

Problem

Youth report that their parents do not talk to them about alcohol and drugs.

Need

11% of youth report that their parents talk to them about marijuana and the effects it has on them. Most youth report that parents will tell them drugs are bad and do not do them without ever giving them real facts on why they are bad. Youth are also reporting most parents do not check their kids' rooms or cell phones to see what they are engaging in.

Objective

Increase perception of parental disapproval of marijuana use by 1% by September 29, 2020.

Description

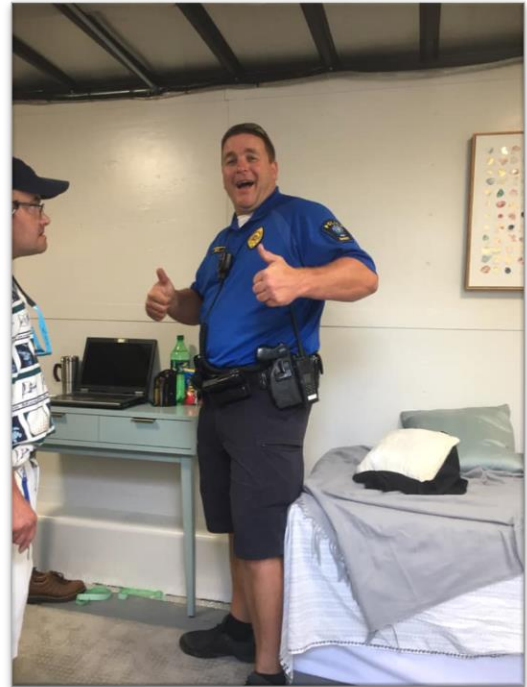
The "Hidden in Plain Sight" (HIPS) experience offers adults an insight into what youth may be hiding in their rooms. This interactive exhibit displays a typical teenage bedroom, with drug paraphernalia "Hidden in Plain Sight". The HIPS trailer focuses on alcohol and tobacco use to current trends in the abuse of other drugs such as cannabis, synthetic and "designer" drugs, opiates, cocaine, amphetamine-type stimulants, hallucinogens and prescription drugs. Participants will also learn about different types of paraphernalia available for the use, processing and concealment of illicit drugs.

The HIPS trailer is a tool for the coalition to provide parent education. The focus is to get parents to start talking early, talking often about drugs and alcohol, and setting clear rules with their children. During the HIPS experience, an officer gives a tour to adults of the trailer and points out items parents should be aware of. After the tour, participants are asked to do an evaluation and are given materials to assist in helping talk to their children about drugs and alcohol.

The coalition found the best way to reach parents is going to events where parents attend such as parent-teacher conferences and community events.

Results

The coalition had 237 adults go through the trailer in 2019 and 94% have increased their knowledge on drugs and alcohol and stated they would talk to their child/children about drug use.



Officer Witt giving a HIPS demonstration

Youth Coalition-Fighting Against Substance Abuse (FASA)

Problem

Too many youth in our communities are experimenting with drugs and alcohol.

Need

Youth in Camanche and DeWitt are reporting in focus groups that many youth are experimenting with drugs and alcohol. Youth report very large numbers, typically between 40-70% of high school students, have tried or experimented with some sort of substance.

Objective

Increase youth's (ages 12-17) perception of risk/harm related to underage drinking and marijuana use by 5% by 2020.



Lauren and some youth FASA members at the Iowa capitol for Day on the Hill

Description

One of the coalition's youth from Camanche, Jaiden Goodman, attended CADCA's national leadership trainings a couple times. She was able to go through the youth leadership and advanced tracks where she took what she learned from these trainings and coalition meetings made a youth coalition/club within the school. Jaiden assessed her community's needs, compiled the information and statistics regarding youth substance abuse issues, presented this information to school officials on why creating this youth coalition in the schools is so important. The school officials agreed to let Jaiden create the youth coalition while gaining support of the school.

This group is called FASA, which stands for Fighting Against Substance Abuse. This is a sub-group of the coalition.

This group meets during school hours where it is more convenient for them to get together as a group. The group discusses upcoming coalition events, activities they would like to participate in, assess community data and research specific substance abuse issues while building capacity and planning for events/social marketing to target students and parents.

Results

Even though Jaiden graduated Camanche High in May of 2019, the FASA group is still going strong. The group had met 7 times during 2019 and had an average of 8 youth in each meeting. The FASA youth will be working on creating campaigns that address underage drinking and the harms associated with it.

Tobacco 21

Problem

Vaping has become a nationwide epidemic amongst youth.

Need

In 2016, 9% of Iowa 11th graders reported vaping in the past 30 days. In 2018, that rate rose to 23%. Youth in our communities have been saying that they believe vaping is the number one issue when it comes to substance abuse whether they are vaping nicotine or marijuana.

Objective

Reduce youth (ages 12-17) 30-day substance abuse use rates.

Description

A few St. Joseph students attended the *Day on the Hill* event in February with their teacher, Brenda McKone. One student, Isabelle Pierce, brought back what she had learned from that day and put it in to action. Isabelle knew that there are many high school seniors that turn 18 while still in school and can purchase vapes and vaping products. With this, these students could bring them to school for other younger students. Isabelle spoke with her fellow St. Joseph class about thoughts on working on legislation to raise the tobacco age to purchase to 21 in which they were all in agreeance that the age should be raised.

The St. Joseph class has been working on educating themselves, the public, and legislatures on vaping since March 2019. The students have done significant research on vaping, the harms associated with it, the use of vape flavoring, and how easily accessible vapes and vaping products are to purchase, especially online. The class reached out to their local legislatures regarding what they have learned about vaping and what they would like to see done in their state. Senator Cournoyer came to their class and spoke with them about creating bills for legislation and steps to take to raise awareness. The class then sent an email to all the Iowa House and Senate representatives, as well as Iowa federal representatives. They have done numerous local and state press releases including newspapers, radio, and T.V. interviews.

The St. Joseph class were invited to be Senator Cournoyer's guest at a legislative dinner where Iowa Governor Reynolds was also attending. Governor Reynolds spent a significant amount of time talking to the students where they educated her on vaping and all the issues with it. Governor Reynolds was very impressed with the students and told them when she signs the bill, she would like them to be present.



St. Joseph 8th grade class with some of the staff supporting them

Since the St. Joseph class has been working on vaping so intensely, the coalition's partner, Area Substance Abuse Council, helped them form an Iowa Students for Tobacco Education and Prevention (ISTEP) chapter. ISTEP is a statewide movement made up of young people who want to step up and act against tobacco, which is led by students and supported by adults. ISTEP educates other students,



community leaders and loved ones by bringing light to the true unfiltered facts on the dangers of tobacco. Because St. Joseph class is a chapter of ISTEP they can receive free resources on tobacco education and prevention.

Results

With the determination and hard work of the St. Joseph 8th grade class a bill has been introduced to the 2020 legislation session to increase the age of tobacco/nicotine purchase to 21. Senator Cournoyer, who has been an integral part of this movement, took the bill head on and pushed to have it sent through the State & Government subcommittee that she oversees. We are hoping to see our state increase the to purchase tobacco/nicotine to 21.

The class has generated over 100,00 media impressions from all their press releases and radio and television interviews. The class also handed out swag bags at a dance they held that included information on vaping.



St. Joseph 8th grade students with Governor Reynolds & Senator Cournoyer

Clean Out Your Medicine Cabinet Event

Problem

Too many people dispose of unused, unwanted, expired medication improperly.

Need

While doing focus groups and talking to adults in the community, when asked about medication, the majority say they have unused medication in their household and they either hold on to it in case they need it again or flush it down the toilet to dispose of it.

Objective

By September 29, 2019, reduce youth substance abuse rates.

Description

The coalition partnered with the Camanche Police Department, Clinton County Sheriff's Office, DeWitt Police Department, and the DEA to hold a "Clean Out Your Medicine Cabinet" Event. This event took place on Saturday, April 27 from 10 a.m. – 2p.m. at the Camanche Police Department.

During this event, anyone with unused or expired medication were encouraged to drop off the medication. Residents drove through and dropped off their outdated or unneeded medication. This event provided a convenient opportunity for Clinton County residents to safely dispose of their unused or expired medications and to bring awareness about the issue of medication abuse and misuse.

Reasons to properly dispose of your old medications include:

- Some people get confused and mis-medicate by accident
- Some teens and certain adults abuse drugs
- Accidental poisoning of children and pets
- Reduce and prevent water pollution by not flushing them

Results

During the Clean Out Your Medicine Cabinet event, 305.7 pounds of medication was collected from the take back event along with collected medication from Clinton County Sheriff's Office and assisted living locations. On December 12, DeWitt Police also reported that they had collected and disposed of 65 pounds of medication. From January-September Scott's Thrifty White Drug in DeWitt also collected 330 pounds of medication in their drop box bringing the total collected to 700.7 pounds.



Sgt. Cundiff & Cpl Kelli Smith at the COYMC Event

Camanche 8th Grade Health Presentations

Problem

Too many youth in Camanche and DeWitt are unaware of the harms associated with underage drinking and youth drug use.

Need

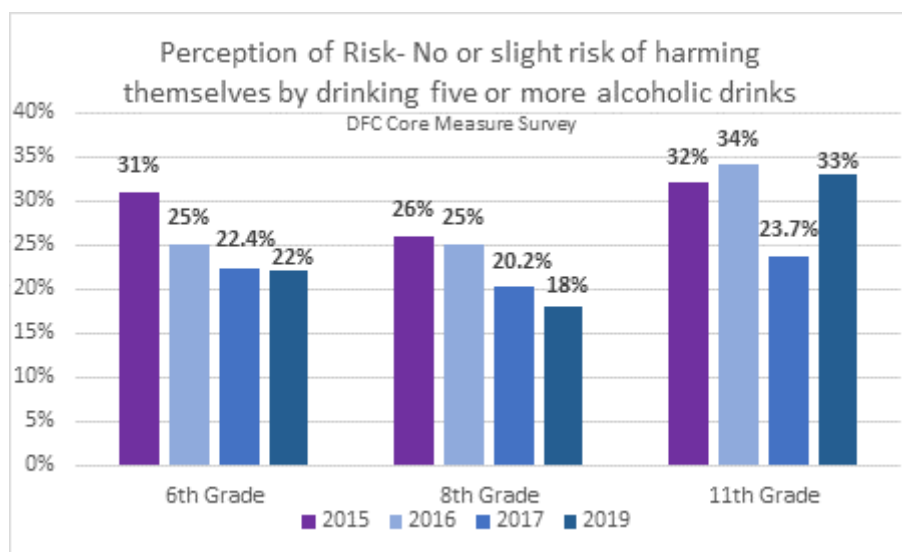
18%% of Camanche & DeWitt 8th graders feel there is no risk or slight risk in harming themselves by drinking five or more alcoholic drinks and 16% of those same 8th graders feel there is no risk or slight risk of harming themselves by smoking marijuana once or twice a week.

Objective

Increase youth's (ages 12-17) perception of harm of underage drinking and marijuana use.

Description

The Camanche 8th grade health teacher reached out to the coordinator of the coalition to see if we would come in and educate her health class students on certain substances, which included alcohol, marijuana, narcotics, and vaping. Every six weeks, there are new students taking health and the teacher would like the coalition to come and speak to all the students during these classes.



The coordinator along with other coalition members have gone to the 8th grade health class and presented on underage drinking, marijuana use, narcotics, and vaping. During these presentations, the 8th graders are educated on risks associated with using these substances, what it does to their developing brains and bodies, and how these mega-million dollar industries deliberately market towards youth so that they can get them addicted to their product.

Results

During 2019, 19 presentations have been given to sixty-one 8th graders. 97% of participants said they increased their knowledge on alcohol, marijuana, narcotics, and vaping. The coalition will continue to give presentations to the 8th grade health class if the teacher would like.

Clinton & Camanche Staff Training: Marijuana in the 21st Century

Problem

Marijuana is the most used illegal substance in the U.S. and its use is growing. At the same time, the perception of how harmful marijuana use can be is declining. Increasingly, young people today do not consider marijuana use a risky behavior.

Local Need

18% of 6th, 16% of 8th, and 51% of 11th grade Camanche & DeWitt youth believe there is no risk or slight risk if they smoke marijuana once or twice a week.

Objectives

Increase the perception of harm of marijuana by youth ages 12-17.

Description

On Wednesday, September 25, 2019, Ben Cort, a national speaker from Smart Approaches to Marijuana, came to Camanche Middle School to present to teaching staff of the Clinton and Camanche Community School Districts. He presented on how teens are being impacted by marijuana legalization, the effects of teen marijuana use, and what is happening in Colorado due to legalization.

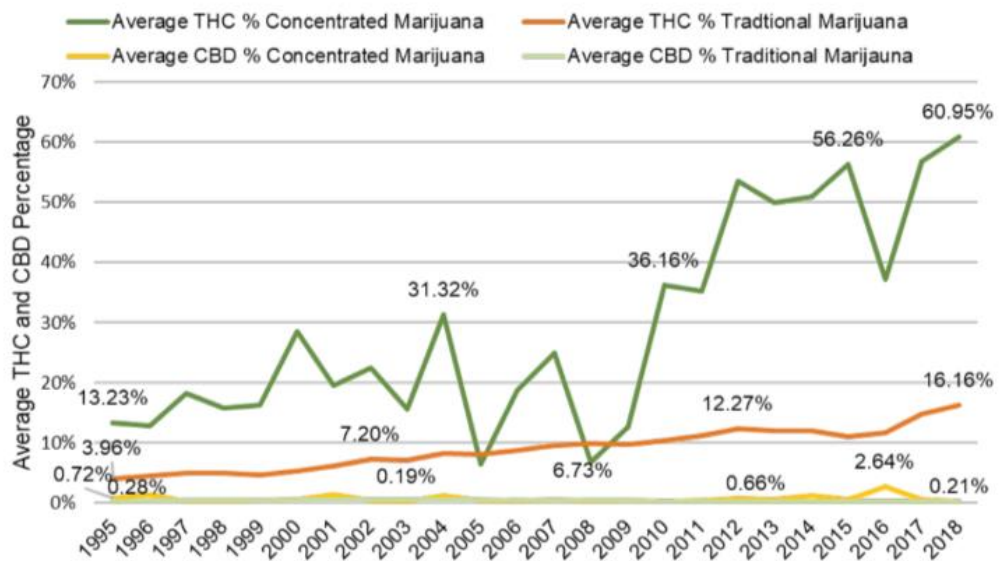
Results

114 people attended this event, and 98% of them reported an increase in their knowledge of the harms associated with marijuana. 96% of participants reported an increase in their knowledge of how marijuana companies market their products towards youth.



Ben Cort Speaking about Marijuana

Figure 71. Average THC and Cannabidiol Potency of Traditional and Concentrated Marijuana, 1995 – 2018



Source: University of Mississippi

Trajectory of Trauma Conference

Problem

Helping professionals may not be aware of how trauma in childhood can impact the growing brain. They may also not know how correlated childhood trauma and substance abuse may be.

Local Need

Adverse childhood experiences (ACEs) are common among Iowa adults. Analysis of 2012-2014 ACEs data shows that 56% of Iowa adults report experiencing at least one of eight categories of child abuse and household dysfunction growing up. 14.5% experienced four or more ACEs, indicating a significant level of childhood trauma that greatly increases the risk of poor outcomes such as substance abuse.



Objectives

Decrease youth substance abuse rates.

Description

On October 15, 2019, the coalition partnered with the Gateway ImpACT Coalition and the Clinton County Trauma Informed Alliance in hosting the Trajectory of Trauma Conference. At the conference, the participants learned the impact of trauma on the developing brain and assessed how damage to the brain may manifest itself in observable behavior. The conference included identifying intervention strategies for treating children with trauma histories, recognizing impulsive behavior as maladaptive coping for traumatic stress, and identifying common co-occurring mental health and substance use disorders. The participants also learned how to use trauma-informed care for people with substance use or co-occurring disorders.

The first speaker, Frank Kros, MSW, JD, President of the Transformation Education Institute, spoke on the key discoveries in neuroscience that have revealed a more comprehensive and sophisticated understanding of the impact of trauma on the developing brain. A Lived Experience Panel spoke and provided unique insight by sharing their personal journey. They shared details on childhood trauma, the progression of their own substance use disorder and human trafficking, and the wisdom gained from the power of recovery. The final speaker of the conference, Kiely Suhr, Private Practice Mental Health Counselor, discussed how substance use and co-occurring disorders are arguably some of the most misunderstood disorders in the spectrum of mental health issues. The presentation defined substance use and co-occurring disorders, as well as provided helping professionals with tools to recognize and preliminarily diagnose both, with the goal of increasing understanding and providing trauma-informed care for those living with substance abuse or co-occurring disorders.

Some outcomes that were important from this conference was that attendees can recognize impulsive behavior as maladaptive coping for traumatic stress and identify mental health disorders that are commonly co-occurring with substance use disorders and manage implications.

Results

There were 68 people in attendance at the conference. 97% of participants agreed that they can assess how damage to the brain from trauma might manifest itself. 99% agreed that they can identify physiological changes in the brain cause by trauma, and 91% agreed that they can identify mental health disorders that are commonly co-occurring with substance use disorder.



Frank Kros presenting at the Trajectory of Trauma Conference

Surviving Bad- TV Series on Mediacom

Problem

Too many youth in Camanche & DeWitt feel there is no or little harm with using marijuana.

Need

51% of Camanche and DeWitt 11th graders, 16% of Camanche and DeWitt 8th graders, and 18% of Camanche and DeWitt 6th graders believe that there is no risk or slight risk if they smoke marijuana once or twice a week.

Objective

Increase perception of harm of marijuana by providing information.

Description

The coalition was asked by Peter Komendowski from Partnership for a Healthy Iowa if they would like to be a guest on his TV Series “Surviving Bad” to speak about marijuana.

“Surviving Bad” is a monthly TV series on wide-ranging topics such as the opioid epidemic, media literacy, substance abuse, and more played on Mediacom. The show airs Wednesdays at 2:00 p.m. and Sundays at 11:00 a.m.

Co-Chair, Sergeant Steve Cundiff, and coordinator, Lauren Schwandt, were on “Surviving Bad” where the discussed marijuana including differences between medicinal and recreational, differences between CBD and THC, thoughts on what will happen in our communities now that our neighboring state Illinois legalized recreational marijuana, and harms associated with marijuana.

Results

The marijuana segment of “Surviving Bad” was aired twice a week for a month on Mediacom channel 22. The segment has also been published on Partnership for a Healthy Iowa’s YouTube channel, their website and google drive account, and the DVD version has also been handed out to numerous people, agencies, and schools for educational purposes which has created over thousands of impressions.



Parent Education Series: Vaping, JUULING, E-cigs/ The Dark Truth Behind E-Cigs & Vaping

Problem

Too many youth in Camanche & DeWitt think that their parents feel that it would not be wrong at all or a little bit wrong to use marijuana.

Need

18% of Camanche and DeWitt 11th graders, 3% of Camanche and DeWitt 8th graders, and 3% of Camanche and DeWitt 6th graders believe that their parents feel it would not be wrong at all or a little bit wrong for them to use marijuana.



Candace talking about vaping

Objective

Increase perception of parental disapproval of marijuana by building the skills of parents/adults to more closely monitor youth's activities, supervise substance free parties, talk to kids with information and increase access to resources.

Description

The coalition partnered with Gateway ImpACT Coalition, Camanche School District, Central DeWitt Community School District, Clinton Community School District, Riverbend School District, St. Joseph Catholic School, Northeast School District, and Calamus-Wheatland School District to bring the communities a parent education series focusing on common issues we see among the youth in our communities. This was part of the *Parent Committed* campaign to help raise awareness of the importance of parents talking to their children about drugs and alcohol.

On January 15, 2019, the coalition had their 7th session of the 2018-2019 parent education series entitled "Vaping, JUULING, E-cigs" This presentation was given by Candace Seitz from Area Substance Abuse Council and DeWitt SRO Officer Justin Witt.

On November 13, 2019, the coalition had their 6th session of the 2019-2020 parent education series entitled "The Dark Truth Behind E-cigs & Vaping", which was given by Clinton School Resource Officer Shane Haskell and Clinton Middle School At-Risk Coordinator Mindy Dunlap.

Both of these presentations examined ways that teenagers obtain, consume, and become addicted to nicotine. The presenters also educated the audience that vaping devices can be used to vape more than nicotine including high potency marijuana.

Results

There were 20 people in attendance for the January 15 presentation and 9 people in attendance for the November 13 presentation in which 100% of the participants increased their knowledge, signs and symptoms, and risks associated with vaping/e-cigs. All participants also increased their knowledge on the importance of talking to their children about drugs and alcohol.

Parent Education Series: Oxy, Lean, Xs, Addy

Problem

Youth in Camanche and DeWitt do not believe using either their own prescription medication prescribed to them differently than directed or using someone else's medications is harmful.



Need

17% of Camanche & DeWitt 11th graders believe there is no risk or slight risk when they use prescription drugs that are not prescribed to them.

Objective

Increase the perception of harm related to prescription drugs and increase the number of parents that talk to their children about using prescription drugs properly and only using their own.

Description

The coalition partnered with Gateway ImpACT Coalition, Camanche School District, Central DeWitt Community School District, Clinton Community School District, Riverbend School District, and St. Joseph Catholic School to bring the communities a parent education series focusing on common issues we see among the youth in our communities.

The 8th session in the 2018-2019 series was held on March 7 and entitled "Oxy, Lean, Xs, Addy" where Clinton Substance Abuse Council Executive Director Kristin Huisenga spoke about what parents need to know about everyday abuse of prescription and over the counter drugs.

Kristin also spoke about the importance of locking up your medication or disposing of it properly as youth report during focus groups that it's very easy to access medication in either their own homes or someone else's home.

Results

There were 3 people in attendance to hear about prescription and over the counter medications. 100% of participants increased their knowledge of prescription and over the counter medications, the signs and symptoms of misuse or abuse of medications, risks and harms associated with misuse or abuse of medication and how to properly dispose of medication.

Parent Education Series: Sexting & Cell Phone Safety and Digital Safety

Problem

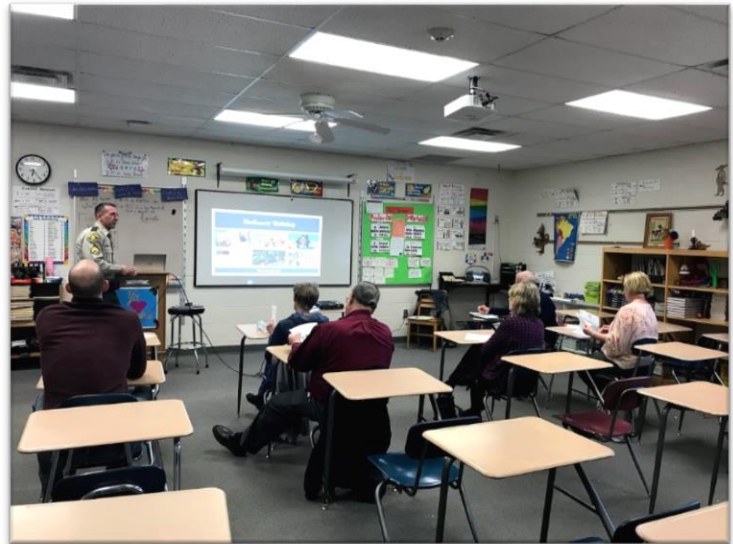
Youth are heavily impacted both positively and negatively by social media and the digital universe.

Need

The average teenager spends over 60 hours per week living in a virtual digital universe. The digital universe can exert influence on their behavior without your consent, and the intentions are not necessarily good.

Objective

Increase perception of harm of underage drinking and marijuana of youth ages 12-17 by 5%.



Sergeant Schroeder speaking at the Sexting & Cell Phone Safety Session

Description

The 9th session in our 2018-2019 series was held on March 26, 2019 and entitled “Sexting & Cell Phone Safety”. Sergeant Jessup Schroeder, Krista Brown, Women’s Health Services & Alex with Family Resources were the presenters at this session. We also had our 7th session of our 2019-2020 series held on December 5, 2019 entitled “Digital Safety” with Sergeant Jessup Schroeder and coordinators Lauren Schwandt and Jordan Lillard presenting.

During these two sessions, presenters spoke about a family-centered approach to managing technology and social media. They discussed how social media and digital technology can impact teenagers and common social media apps. Other areas covered were cyberbullying and sexting.

Results

There were 10 people in attendance at the March 26 session and 5 in attendance for the December 5 session. 100% of participants said they increased their knowledge on cell phone and internet safety, cyberbullying and sexting, common apps used by youth, properly managing technology for youth, and the importance of talking to their children about digital safety.

Parent Education Series: Underage Drinking & Trauma



Speakers at the Underage Drinking & Trauma Session

Problem

Youth in Camanche and DeWitt are using drugs and alcohol to self-medicate. Youth also believe that their parents feel it is not wrong or a little bit wrong to drink alcohol.

Need

18% of Camanche & DeWitt 11th graders think that their parents feel it is not wrong or a little bit wrong for them to have one or two drinks of an alcoholic beverage nearly every day.

Objective

Increase perception of parental disapproval of drinking alcohol.

Description

The 10th session in the 2018-2019 series was "Underage Drinking & Trauma" held on April 11, 2019. This session was presented by Leslie Mussmann from Area Substance Abuse Council and Lettie Posey with the Gateway ImpACT Coalition.

During this presentation, Lettie educated attendees on the new trends in the consumption of alcohol and how to help prevent early initiation and use in their own home. She also discussed risk factors when it comes to drinking.

Leslie presented on understanding the impact trauma has on the developing brain and how adults can help adolescents deal with trauma. Leslie presented on adverse childhood experiences (ACES).

Results

There were 9 people in attendance that were educated on underage drinking and trauma. 100% of the participants said they increased their knowledge of underage drinking trends, preventing underage drinking and drinking in their home and the connection between trauma and brain development.



Parent Education Series: Stress & Transitions

Problem

Some youth turn to drugs and alcohol to deal with stress.

Need

Youth report during focus groups that one reason why youth use alcohol and drugs is because they are stressed.

Objective

Increase perception of harm of alcohol among 12-17-year olds.

Description

The final session of the 2018-2019 series was "Stress & Transitions".

This session took place on April 30, 2019 and presented by Leslie

Musmann, Area Substance Abuse Council. Leslie educated participants on understanding how major life transitions such as going into high school can foster stress and cause risky behaviors in adolescents. Leslie spoke on how the brain reacts to stress and transitions, how transitions affects people differently, and showed research that shows increased risks during transitional periods.

Results

There were 10 people in attendance that learned about stress and transitions. The participants that were there all increased their knowledge the impacts stress has on adolescents and how it can increase risky behaviors.



Leslie presenting on Stress and Transitions

Parent Education Series: Strength Based Parenting; Positive Parenting Techniques

Problem

Some parents do not talk to their children about drugs and alcohol.

Need

Youth report during focus groups that about 10% of their parents talk to them about drugs and alcohol and setting rules and boundaries when it comes to drugs and alcohol.

Objective

Increase perception of parental disapproval of marijuana and alcohol among youth who are 12-17-years old.

Description

The coalition partnered with Gateway ImpACT Coalition, Camanche School District, Central DeWitt Community School District, Clinton Community School District, Riverbend School District, St. Joseph Catholic School, Northeast School District, and Calamus-Wheatland School District to bring the communities a parent education series focusing on common issues we see among the youth in our communities for school year 2019-2020. This is the second round of parent education sessions the coalition has done.

The first session of the 2019-2020 series was “Strength Based Parenting: Positive Parenting Techniques”. This session took place on August 29 and presented by Barb Dunn-Swanson from Iowa State University Extension and Outreach. Barb discussed key milestones used to measure child growth and development, understanding different parenting styles that will promote growth and development, the importance of adults talking to youth about making positive choices, and how to utilize the science of parenting website for when parents need research based information about parenting.

Results

There were 4 people in attendance that learned about strength-based parenting. 100% of participants increased their knowledge on different parenting styles, how to help your child make positive choices, and how to feel confident on using the *Science of Parenting* website (<https://blogs.extension.iastate.edu/scienceofparenting/>) for useful information.



Parent Education Series: The Blunt Truth About Marijuana

Problem

Too many youth in Camanche & DeWitt think that their parents feel that it would not be wrong at all or a little bit wrong to use marijuana.

Need

18% of Camanche and DeWitt 11th graders, 3% of Camanche and DeWitt 8th graders, and 3% of Camanche and DeWitt 6th graders believe that their parents feel it would not be wrong at all or a little bit wrong for them to use marijuana.

Objective

Increase perception of parental disapproval of marijuana by building the skills of parents/adults to more closely monitor youth's activities, supervise substance free parties, talk to kids with information and increase access to resources.

Description

The second session in the 2019-2020 series was "The Blunt Truth About Marijuana". It was held on September 25, 2019, and national speaker Ben Cort from Smart Approaches to Marijuana was the presenter. Ben educated the audience on how teens are being impacted by marijuana legalization, the effects of teen marijuana use, and what is happening in Colorado due to legalization.

Results

62 people attended this event, and 100% of them reported they increased their knowledge on how marijuana has changed over the years and how marijuana companies market their products towards youth.



Ben Cort discussing marijuana at "The Blunt Truth" session

Parent Education Series: Hidden in Plain Sight

Problem

Parents do not think marijuana use is harmful (in general); they do not understand the risks and do not talk to their kids about marijuana.

Need

11% of youth report that their parents talk to them about marijuana and the effects it has on them. Most youth report that parents will just tell them drugs are bad, don't do them with no real facts or information to back it up. Youth are also reporting most parents do not check their kids' rooms or cell phones to see what they are engaging in.



Inside of the HIPS Trailer

Objective

Increase perception of parental disapproval of marijuana use by 1% by September 29, 2020.

Description

The third session in the 2019-2020 series was "Hidden in Plain Sight". This session was held on September 30, 2019 presented by Sergeant Steve Cundiff and Lauren Schwandt. They presented about current trends that youth are experimenting with and ways they can conceal their drugs and drug paraphernalia in their bedrooms. This session also stressed the importance of parents talking to their children about drugs and alcohol, which includes giving their children information about drugs and making sure there is an open form of communication.

Results

There were 4 people in attendance getting educated on the current drug and alcohol trends that youth are experimenting with. 75% of participants reported that they increased their knowledge on the current trends youth are experimenting with, popular drug paraphernalia and ways to conceal their drugs and alcohol.

Parent Education Series: The Untold Story of the Adolescent Mind

Problem

Some parents are unaware on the reasons why their teens are more vulnerable to drug use and high-risk peer influences. Teens are especially vulnerable to drug use and mental health issues because of their developing brains and parents are unsure of how to effectively communicate with their teens about these issues.

Need

9% of youth report that their parents talk to them about alcohol and drugs and the harms associated with them. Most of the youth report that parents just say “Don’t do drugs” without giving them reasons/facts on why you should not do them.



Objective

Increase perception of parental disapproval of alcohol and marijuana.

Description

The fourth session in the 2019-2020 series was “The Untold Story of the Adolescent Mind”. This session was held on October 14, 2019, presented by Frank Kros, the President of Transformation Education Institute. This session revealed why teens are especially vulnerable to drug use, high-risk peer influences, and depression, as well as, the proactive measures adults can take to minimize a teen’s exposure to these dangers. The seminar also addressed the often-mystifying role of hormones on adolescent development and focuses on the key roles that stress and sleep have on teen learning processes. In addition, the workshop offered strategies compatible with the many strengths and opportunities available during this miraculous developmental period, including helping teens to develop positive character traits.

Results

19 people attended this event, and 100% of them reported they increased their knowledge on how the adolescent brain is built and works and how the adolescent brain is different from the adult brain and the child brain.

Parent Education Series: Underage Drinking-Too Smart to Start

Problem

Too many youth in Camanche and DeWitt have used alcohol.

Need

9% of Camanche & DeWitt 11th graders drank alcohol in the past 30 days.

Objective

Decrease alcohol youth use rates.

Description

The 4th session in the 2019-2020 series was “Underage Drinking-Too Smart to Start” held on October 29, 2019. This session was presented by Kim Willis, parent in Camanche, Assistant Police Chief and School Resource Officer, Bill Lodge, and coordinators Lauren Schwandt and Jordan Lillard.

During this presentation, Kim discussed her personal experience involving her son who was drinking underage and got in a terrible car accident that almost cost him his life. She wanted to inform the attendees that underage drinking effects more than just the person consuming; it effects their family, friends, and the community.

Assistant Chief Lodge spoke about some incidents he has dealt with regarding underage drinking and that the risks are not worth it.

Lauren and Jordan educated the participants on how to talk to kids about the dangers of underage drinking and trends in alcohol consumption, preventing early initiation, and use.

Results

There were 12 people in attendance that were educated on underage drinking and the dangers that are involved with it. 100% of the participants said they increased their knowledge of underage drinking trends, preventing underage drinking and early initiation of underage drinking and the importance of talking to your children about alcohol.



Kim Willis sharing her story regarding underage drinking



Annual 2019 Report

250 20th Avenue North, Suite 146
Clinton, Iowa 52732

T: 563.241.4371

E: coordinator@gatewayimpactcoalition.com

www.gatewayimpactcoalition.com

 GatewayImpACTCoalition

 gatewayimpactcoalition

 I_mp_ACT



www.gatewayimpactcoalition.com



Who are we?

The Gateway ImpACT Coalition is a community coalition. Often, community problems or issues are too large and complex for any one agency or organization. In those circumstances, putting together a coalition of groups and individuals can be an effective strategy for bringing the community's resources to bear and getting everyone moving in the same direction. Community coalitions are groups of individuals and/or organizations with a common interest who agree to work together toward a collective goal. That goal could be as narrow as obtaining funding for a specific intervention or as broad as trying to permanently improve the overall quality of life for most people in the community.

Gateway ImpACT Coalition Purpose

Coordinating and empowering the Clinton community area's effort to keep our communities healthy, safe, and free of substance abuse.

Gateway ImpACT Coalition Vision

To create a substance abuse free community for all.

Gateway ImpACT Coalition Mission

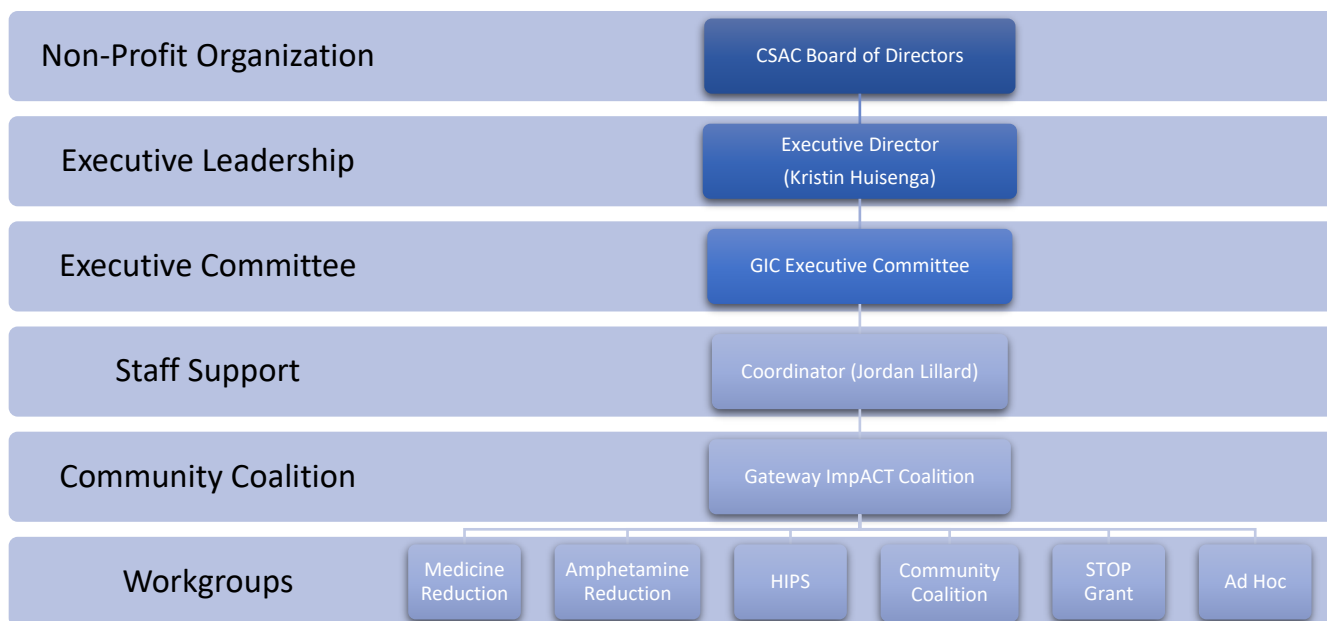
The Gateway ImpACT Coalition, through collaboration, works to develop solutions to community problems that are related to substance abuse issues through the process of facilitation, cooperation, education, and communication.

What is a coalition?

- A coalition is a formal arrangement for collaboration among groups or sectors of a community, in which each group retains its identity, but all agree to work together towards a common goal of building a safe and healthy community free of substance abuse.
- A coalition is not a program, although staff and partners often carry out programs as their "piece" of the community-wide strategic plan.
- Coalitions seek to ensure that all causes of identified problems are addressed with system-level solutions (integration, coordination, policy, and practice changes).
- Action in coalitions is diffused and taken on by all members.
- Coalition staff plays a coordinating and supportive role.
- Members (sector representatives) act within their own spheres of influence enlarging the coalition's ability to create change and implement multiple strategies.
- New members are invited to join to increase the coalition's sphere of influence and gain needed capacity.
- Coalition staff assists with support for planning, problem solving, and information management (evaluation, reporting, etc.).

Gateway ImpACT Coalition Structure

The Clinton Substance Abuse Council is a non-profit organization that is governed by a diverse Board of Directors who is responsible for oversight and direction of the organization. The purpose of Clinton Substance Abuse Council is to build strong, stable, and informed community-based coalitions in the gateway area to establish healthy and caring communities free of substance abuse and related behavioral health issues.



Executive Leadership: Kristin Huisenga



Kristin is the Executive Director (ED) Clinton Substance Abuse Council and has been with the CSAC since 2005 and holds a BBA in Finance, BBA in Marketing, and BA Sociology from the University of Iowa. She is certified by the Iowa Board of Certification as Certified Prevention Specialist, a graduate of the National Coalition Academy, and holds her Non-Profit Management Certificate. Kristin is the Executive Director (ED) for the Clinton Substance Abuse Council.



Staff Support: Jordan Lillard

Jordan has been with the Clinton Substance Abuse Council since September of 2019 and has a BS in Genetics from Iowa State University. Jordan is the Coordinator for the Gateway ImpACT Coalition (GIC) and acts as the facilitator of the Clinton CRUSH + (Community Resources United to Stop Heroin) initiative.

Staff support: Lettie Posey

Lettie Posey worked as the Gateway Impact Coalition Project Coordinator from January 10, 2019-May 31, 2019.

Executive Committee

The Executive Committee is responsible for maintaining and expanding coalition support, approving action plans, and determining the direction of the coalition. They work to continue to build the members of the GIC and provide guidance to the Board of Directors in the performance of its duties and responsibilities between regularly scheduled meetings of the Board.

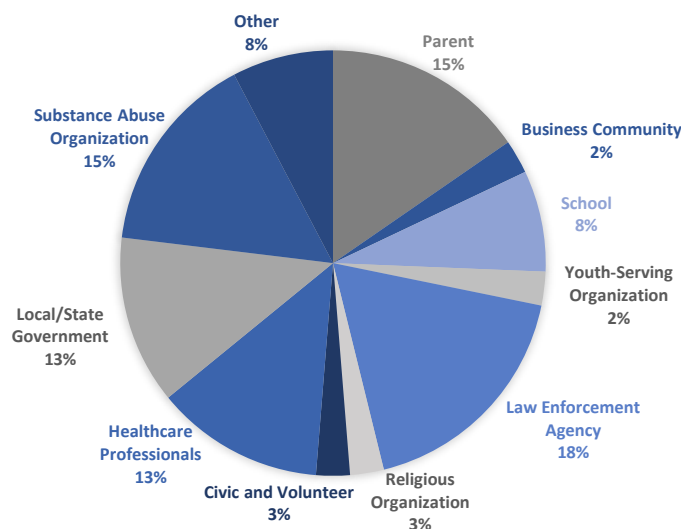
Jocelyn Meyer, Co-Chair/Secretary
Leslie Mussmann, Co-Chair
Darryl Waugh, CSAC Board Member
James McHugh
Randy Meier
Judy Waugh
Rena Kalina

Bridgeview Community Mental Health Center
Area Substance Abuse Council
Clinton Landlords Association
Clinton County Attorney's Office
Seniors vs. Crime, Clinton County Sheriff's Office
Clinton Landlords Association
MercyOne Clinton Medical Center

Members

The Gateway ImpACT Coalition consists of members from a variety of community sectors including youth, parents, schools, law enforcement, religious organizations, civic/volunteer groups, healthcare professionals, businesses, media, state and local governmental agencies, and other organizations involved in reducing substance abuse.

REPRESENTATION BY SECTOR



Every person or organization interested in promoting the Clinton area as caring and healthy community free of substance abuse is eligible to be a member, if:

- Their involvement aligns with the Gateway ImpACT Coalition's mission: The Gateway ImpACT Coalition, through collaboration, works to develop solutions to community problems that are related to substance abuse issues through the process of facilitation, cooperation, education, and communication.
- They contribute to the coalition or the work of the coalition in at least one of the following ways:
 - Coalition Leadership: Sit on the Gateway ImpACT Coalition Executive Committee and/or Clinton Substance Abuse Council Board of Directors

- Donate financial resources toward the Gateway ImpACT Coalition/projects
- Donate resources toward the Gateway ImpACT Coalition/projects (resources are defined broadly to include but not limited to loaned staffing for coalition projects, organization support, publicity, facility usage, project materials, volunteer time, etc.)
- Help on an ad-hoc project workgroup (assist with one or more project workgroups which convene as needed to develop or implement coalition projects)
- Serve as a champion for the Gateway ImpACT Coalition (Actively engage as an advocate for the Gateway ImpACT Coalition and its mission. This may include representing the coalition in the local media, at community events, or at other public functions)
- Serve as a Friend of the Coalition (support the Gateway ImpACT Coalition by regularly receiving communication and sharing information)

Member rights include:

- Attending general coalition meetings, trainings, and events
- Being identified as a member of the Gateway ImpACT Coalition
- Receiving communications (newsletters, meeting and event notices, etc.)
- Opportunities to serve on committees and/or task forces on a voluntary basis
- Sharing ideas and networking opportunities



Members serving as champions for GIC by representing the coalition at the 2019 Mardi Gras parade

Coalition History

The Clinton Substance Abuse Council (CSAC) began in 1989 as a volunteer coalition concerned with the escalating trend of drug abuse among Clinton youth. CSAC was involved in various initiatives including: Iowa SAFE Community, Communities that Care, Gateway Initiative, FAST, FAST Works Program, Coordinated school and service relations (Day Treatment, 21st Century, Literacy Grant), CTC Summer Adventure Zone, Methamphetamine Reduction Project, and formation of AC4C. In 2003, Clinton Substance Abuse Council was awarded a Drug Free Communities (DFC) Support Program Grant for the City of Clinton, Iowa, and organized efforts by drug, resulting in the CAAD (Community Alliance Against Drugs) workgroup, and MUD (Marijuana and Underage Drinking) workgroup. Meanwhile, the Clinton Substance Abuse Council had expanded to providing coalition support in multiple communities in Clinton County and found the need to clarify roles and expectations for each project and/or coalition. When the DFC ended in 2013, the coalition merged CAAD and MUD into what is now known as the Gateway ImpACT Coalition. It was determined that the Gateway ImpACT Coalition would be the name of the coalition that served the City of Clinton and surrounding areas, and what was previously known as CSAC.

Methodology-Strategic Prevention Framework

The Gateway ImpACT Coalition uses the Strategic Prevention Framework (see image to the right) during the strategic planning process. The Strategic Prevention Framework (SPF) was developed by the US Department of Health and Human Services Substance Abuse and Mental Health Service Administration (SAMHSA). The SPF's seven elements guide the work we do in developing the infrastructure needed for community-based public health approaches leading to effective and sustainable reductions in substance use. The elements of the SPF include:



1. **Assessment:** Collect data to define problems, resources, and readiness within a geographic area to address needs and gaps.
2. **Capacity:** Mobilize and/or build capacity within a geographic area to address needs.
3. **Planning:** Develop a comprehensive strategic plan that includes policies, programs, and practices creating a logical, data-driven plan to address problems identified in the assessment phase.
4. **Implementation:** Implement evidence-based prevention programs, policies, and practices
5. **Evaluation:** Measure the impact of the SPF and its implemented programs, policies, and practices.
6. **Cultural competence:** The ability to interact with and effectively engage members of diverse populations. According to CADCA, cultural competency has several principals that enable coalitions to have a positive interaction in culturally diverse environments. The coalition understands that each group has its own cultural needs and acknowledges that several paths lead to the same goal. The coalition also understands that works well for the dominate cultural group may not work for members of other cultural groups.
7. **Sustainability:** The process of achieving and maintaining long-term results. This requires a creating and maintaining a strong coalition that brings together a community to develop and carry out a comprehensive plan to effectively address a relevant problem over the long haul.

Strategies for Community Change

CSAC focuses on environmental level change. Environmental strategies incorporate prevention efforts aimed at changing or influencing community conditions, standards, institutions, structure, systems and policies. Environmental strategies:

- Produce quick wins and instill commitment toward long-term impact on practices and policies within a community.
- Require substantial commitment from various sectors of the community to contribute to sustainable community change.
- Create lasting change in community norms and systems, producing widespread behavior change and, in turn, reducing problems for entire communities.

The Seven Strategies for Community Change, a conceptual understanding of strategies a coalition may employ, include efforts that affect individuals as well as an entire community. These seven strategies are as follows:

Provide Information

- Educational presentations, workshops or seminars, and data or media presentations (e.g., PSAs, brochures, town halls, forums, web communication).

Enhance Skills

- Workshops, seminars, or activities designed to increase the skills of participants, members and staff (e.g., training and technical assistance, TIPS classes, strategic planning retreats, model programs in schools).

Provide Support

- Creating opportunities to support people to participate in activities that reduce risk or enhance protection (e.g., alternative activities, mentoring, referrals for service, support groups, youth clubs).

Enhance Access/Reduce Barriers

- Improving systems/processes to increase the ease, ability, and opportunity to utilize those systems and services (e.g., assuring transportation, housing, education, safety, and cultural sensitivity) in prevention initiatives.

Change Consequences

- Increasing or decreasing the probability of a behavior by altering the consequences for performing that behavior (e.g., increasing taxes, citations, and fines; revocation/loss of driver's license).

Change Physical Design

- Changing the physical design of the environment to reduce risk or enhance protection (e.g., re-routing foot/car traffic, adjusting park hours, alcohol/tobacco outlet density).

Modify/Change Policies

- Formal change in written procedures, by-laws, proclamations, rules, or laws (e.g., workplace initiatives, law enforcement procedures and practices, public policy actions, systems change).

Individual-focused strategies, such as prevention education classes, are based on the premise that substance use develops because of deficits in knowledge about negative consequences, inadequate resistance skills, poor decision-making abilities, and low academic achievement. But these efforts, while important in a multiple strategy approach, do little to independently alter the overall environment in which people live and work. Comprehensive strategies involve implementing both individual and environmental-focused strategies.

According to the Community Anti-Drug Coalitions of America (CADCA), environmental strategies can produce widespread and lasting behavior change by making appropriate (or healthy) behaviors more achievable for the individuals in the target population. Furthermore, these strategies can result in behavior change that reduces problems for the entire community, including those outside the target population. In contrast, individual strategies do little to independently alter the overall environment in which people live and work.

Environmental strategies offer well-accepted prevention approaches that coalitions use to change the context (environment) in which substance use and misuse occur.

Some examples of Environmental Strategies:

Hours/days of sale
Advertising ordinances/laws
Social Host Ordinances
Compliance Checks
Party Patrol
Prescribing guidelines
Prescription Drug Abuse Monitoring Programs
Paraphernalia ordinances
Restriction of marijuana dispensaries



Best Practices

Community coalitions are popular vehicles for health promotion. Coalitions can be used to conduct needs assessments, mobilize resources, select and implement strategies, and complete evaluations. This method has demonstrated effectiveness for reducing alcohol, tobacco, and other drug use in general.¹ Community coalitions are successful when they have a clear, shared vision of the coalition's objective, have committed partnerships and active participation from various community sectors, and utilize a broad menu of prevention strategies.

"We know that preventing drug abuse before it begins, particularly with young people, is absolutely the most cost-effective way to reduce crime and drug use and its consequences. Recent research has concluded that every dollar invested in research-based substance use prevention programs, strategies, and activities, has the potential to save up to \$7 in areas such as substance abuse treatment and criminal justice system costs," Said ONDCP Director Gil Kerlikowski.² Community coalitions are an effective vehicle to promote drug use before it starts.

With the assistance of coalition members and the community, Gateway ImpACT Coalition identifies current and emerging problems or gaps in the community and works to resolve them by involving the community to help develop, implement, and evaluate these solutions.

¹ Brounstein, Zweig, and Gardner, 1998

² Taken from CADCA online 4/25/13

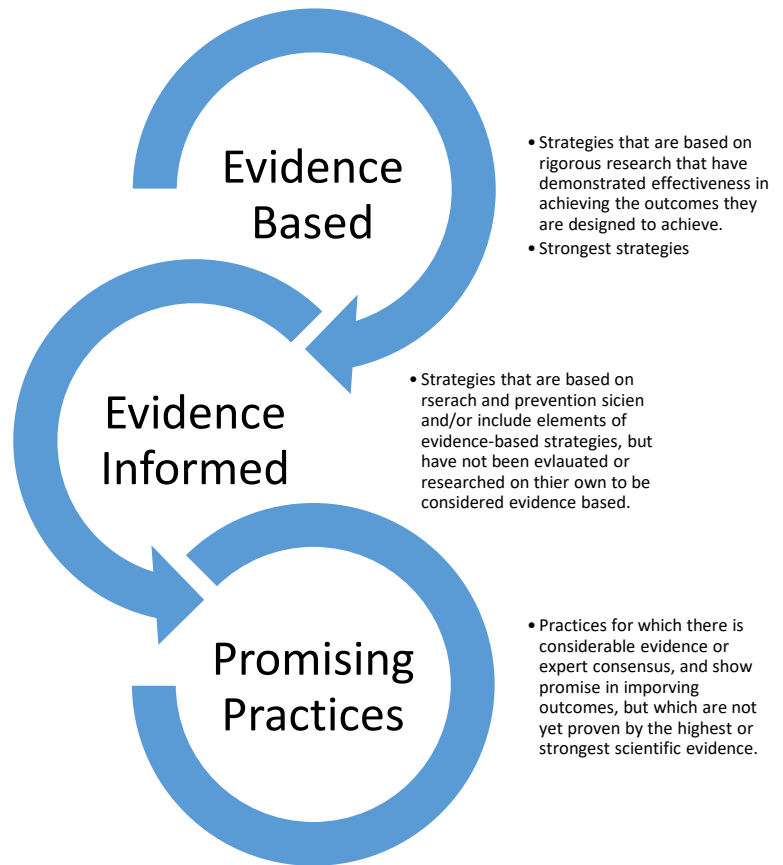
Evidence Based Strategy

The coalitions use their logic model as the “diagnosis” of the local substance abuse issue and the root causes for the local condition. Based on the local conditions, strategies can be implemented to address those issues.

A lot of research has been done on what is effective substance use prevention. The research produces evidence of strategies that demonstrate effectiveness in reducing substance use/and or addressing specific risk and protective factors that lead to substance use.

Gateway ImpACT Coalition Goals

1. Increase community collaboration
 - a. Increase number of active members
 - b. Expand coalition participation in events
 - c. Enhance coalition membership satisfaction
 - d. Increase and enhance coalition leadership opportunity
 - e. Increase efforts to sustain coalition
2. Reduce youth substance abuse
 - a. Prescription Drug Abuse/Opioid Abuse
 - b. Underage Drinking
 - c. Marijuana/THC
 - d. Vaping/Tobacco



Annual Celebration 2018

Problem

Everyone is not aware of the work of the Gateway ImpACT Coalition.

Local Need

There are still many community members in Clinton that have not heard of the Gateway ImpACT Coalition or the Clinton Substance Abuse Council. Without knowledge of the organizations, people cannot get involved with our efforts.

Objectives

1. Increase community awareness of the Gateway ImpACT Coalition
2. Highlight coalition successes throughout 2018
3. Recognize the outstanding leaders and members of our coalition

Description

On March 21 & 22, 2019, the Clinton Substance Abuse Council held its annual celebration. Each year the coalitions host this event to reflect on the previous year's activities, events, and successes. This was a special celebration as Clinton Substance Abuse Council has been in operation for 30 years!



Gateway ImpACT Coalition Executive Committee at the 2018 Annual Celebration

The annual celebration is an opportunity for the coalitions to acknowledge the leaders of the coalition. The following were acknowledged for their leadership and service:

- Clinton Substance Abuse Council Board: Lettie Posey, Darryl Waugh, Randy Meier, Dan Boyd, Amy Berentes, Jeff Chapman, Michelle Cullen, Steve Cundiff, Gabe Gluba & Mike Wolf
- Gateway ImpACT Coalition Executive Committee: Jocelyn Meyer, Leslie Mussmann, Darryl Waugh, Randy Meier, James McHugh, Judy Waugh & Renae Kalina
- Above and Beyond Recognition: Camanche Police Department, Clinton County Sheriff's Office, Clinton Police Department, DeWitt Police Department, Camanche School District, Central DeWitt School District, Clinton School District, St. Joseph Catholic School, Riverbend School District, Scott's Thrifty White Drug, and Wagner Pharmacy

Results

46 community members attended the Annual Celebrations, and over 100 annual reports were distributed. The Annual Report was also sent out electronically to countless community members.

Community Awareness

Problem

Community members are unaware of the Gateway ImpACT Coalition.

Local Need

Awareness of the Gateway ImpACT Coalition is essential to increasing our membership. The more Clinton community members that know of the Gateway ImpACT Coalition, the more people and agencies we can collaborate with to create a community that is free of substance abuse.

Objectives

1. Increase community awareness of the Gateway ImpACT Coalition
2. Increase collaboration with different community members and agencies

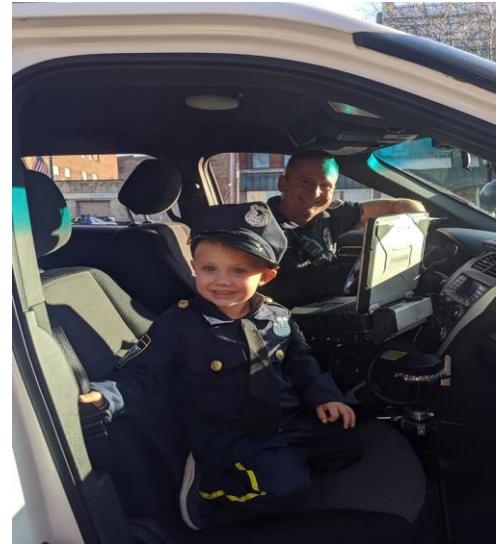
Description

In 2019, the Gateway ImpACT Coalition continued our efforts to increase our visibility in the community. Some of the strategies we utilized included:

- Continuously updating and modernizing our website
- Increasing our presence on social media and growing our followings
- Participating in community events like the Mardi Gras Parade, Downtown Clinton Trick-Or-Treat event, Pizza Ranch's Community Impact Night, etc.
- Having Gateway ImpACT Coalition shirts worn by volunteers at events that we attended

Results

By participating in community events, our coalition continued to grow its presence in the Clinton community. At the Annual Mardi Gras Parade, community members had the chance to see coalition members walking with our HIPS trailer, pulled by the Clinton Police Department. At the Downtown Clinton Trick-Or-Treat event, over 500 promotional items were distributed. Items such as "Community Committed" cups and pens were handed out, along with candy and a "Talk. They hear you" campaign photo. On March 26, 2019, we participated in Pizza Ranch's Community Impact Night. The event is a fundraiser where Pizza Ranch and the community gives back to a non-profit organization. We raised \$367.05 for the coalition. We also grew our Facebook following by 16.6% to a total of 351 followers!



Officer Shane Haskell with one of the "junior officers" at the Downtown Clinton Trick-Or-Treat event

Focus Groups

Problem

Youth substance abuse trends change rapidly, much quicker than the data that we can collect annually or biannually. Current data indicates use rates with no further explanation.

Local Need

25% of Clinton County students reported that most of the students in their school would feel it would be not wrong at all or only a little wrong to drink alcohol. An astounding 38% of Clinton County 11th graders reported that they would be more popular if they drank alcoholic beverages (Iowa Youth Survey 2018). Understanding the perception of alcohol and drug use in schools from students is essential to formulating a plan to address substance abuse in youth.

Objectives

1. Get a better understanding of youth perception of risk and disapproval and attitude toward peer use of alcohol, tobacco, marijuana, prescription drugs, etc.
2. Understand the availability of substances in our community
3. Gauge the perceptions of their peer, family, and school environments related to substance abuse



Description

Youth are randomly selected to participate, and consent letters are sent home to selected students. Youth are invited to participate in a focus group lead by the coalition. Students are not paid, and participation is anonymous and strictly voluntary. Each focus group is related to a specific substance. Questions are asked about youths' perception of risk and disapproval toward different substances of abuse. Youth responses are recorded and analyzed to identify key themes for our project summary. No identifying participant information is used in the results that we report.

Results

GIC conducted two focus groups at Clinton High School. During these focus groups, we were able to see trends emerging with alcohol, vaping, and other drugs. The data was reported back to the coalition and used to develop our action plans and future grant applications. Some examples include:

- *Some students think drinking is a part of the high school experience.*
- *Youth get alcohol from older friends or from their house/parents.*
- *Juuling and vaping is happening more than drinking alcohol.*
- *Students tend to drink in smaller group, like 4-5 people at a house. Not a lot of big parties.*
- *Students are using marijuana to cope with anxiety and depression.*
- *Some parents are completely oblivious to underage drinking and vaping.*

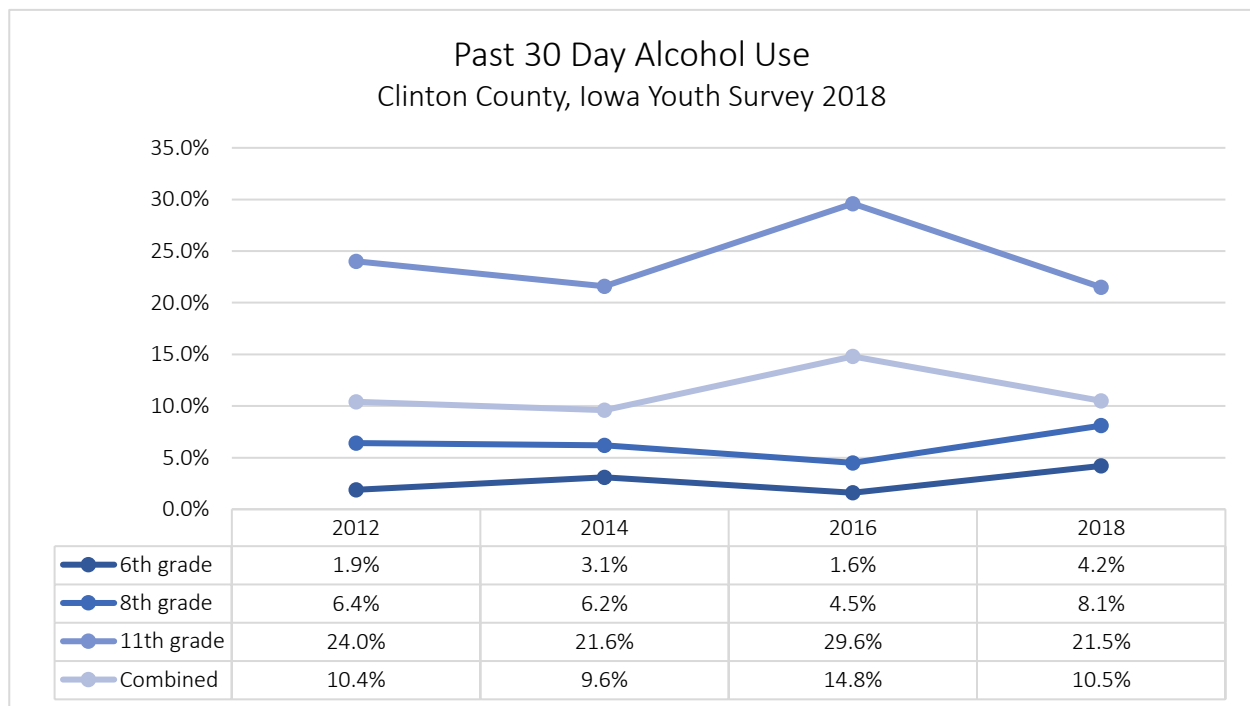
Underage Alcohol and Drug Use: STOP Grant

Problem

According to the Center for Disease Control and Prevention (CDC), alcohol is the most used and abused drug among youth in the United States. Excessive drinking is responsible for more than 4,300 deaths among underage youth each year and cost the U.S. \$24 billion in economic costs in 2010. Although the purchase of alcohol by persons under the age of 21 is illegal, people aged 12 to 20 years drink 11% of all alcohol consumed in the United States. More than 90% of this alcohol is consumed in the form of binge drinks.

Local Need

8.1% of Clinton County 8th graders and 21.5% of 11th graders reported alcohol use in the past 30 days. 2.8% of 8th graders and 13.1% of 11th graders reported binge drinking in the past 30 days.



Objectives

Goal 1: Enhance cooperation and coordination among federal agencies and non-federal organizations to prevent and reduce underage drinking among youth and young adults by:

- Objective 1: Increase voting membership of the coalition by 10% by September 29, 2019.
- Objective 2: The coalition will adapt at least 15 coalition policies to promote effective coalition building and comply with STOP Act requirements by September 29, 2019.
- Objective 3: By September 29, 2019, at least 15 Gateway ImpACT Coalition members will report an increase in their knowledge of Underage Drinking by 10%.
- Objective 4: By September 29, 2019, at least GIC members increase their knowledge of the Strategic Prevention framework and federal partners by 10%.

Goal 2: Reduce youth (ages 12-17) 30-day alcohol use rates by using environmental strategies to address favorable peer attitudes that tolerate and/or encourage underage drinking and reduce availability of alcohol in Clinton by:

- Objective 1: By September 29, 2020, decrease the percent of 8th graders who report that their peers would feel it would not be wrong at all or a little wrong to drinking alcohol by 3% which will be done by decreasing perception of peer approval, increasing developmentally appropriate factual information provided to middle school youth, increasing the capacity of those who work with youth on use rates, behavior, and community resources, and use of best practices/research based strategies to prevent and identify.
- Objective 2: By September 29, 2020, reduce youth ages 12-17 access to alcohol from social sources by 3% which will be done by decrease the number of Clinton 8th graders that report getting alcohol from homes, parties, and special events where alcohol is not secured which will be done by increasing parental awareness and monitoring. Decrease parents that tolerate and/or promote underage drinking by provide support for parents to more closely monitor their children's activities and use facts when talking to their children about alcohol, review policies, and reporting line.

Description

On October 1, 2017, the Gateway ImpACT Coalition's Project to Reduce Underage Drinking in Clinton, Iowa was awarded a FY2016 Sober Truth on Preventing Underage Drinking Act grant for \$45,030 by the Substance Abuse and Mental Health Services Administration (SAMHSA) to increase collaboration, address favorable peer attitudes, and social access to alcohol for middle school age youth.

Throughout 2018, the coalition formed the “Community Committed” campaign that was focused on students and parents being committed to ending underage drinking and drug use.

In 2019, the Gateway ImpACT Coalition continued to fight the issue of underage drinking and drug use in our community. We held regular coalition meetings to reassess our goals and progress and to hear about different community events and resources from our coalition members. We continued the “Community Committed” campaign to combat the perception of parent and community approval of underage drinking. We also promoted the “Talk. They hear you” campaign by SAMHSA through social media and community events.



Results

We held 11 coalition meetings, with an average of 16 people per meeting. An additional 9 executive committee meetings were held. The coalition had over 1,200,000 media impressions that consisted of newspapers, billboards, radio, webpage, and social media, banners, etc. 19 new policies/practices were adopted by the coalition, some of which include Data Collection & Core Survey Policy reviewed and approved by evaluators and the Clinton Community School District, School Focus Group Consent, Youth

Events & Travel Policy, By-Laws reviewed by the GIC Executive Committee, and approval of contracts for Parent Activities Coordinator and School Activities & Evidence-Based Intervention Coordinator.

School Based Intervention & Evidence Based Coordinator worked to build the skills of key school officials and staff including SRO, principal, at-risk teacher, P.E. teacher, administration, curriculum coordinator about local underage use rates, and associated risky behavior, risk and protective factors and provide community resources that can help address issues and researched information regarding risky behaviors and have shared information found with school administrators and grade level staff.

19 coalition members were trained at the July 2019 coalition meeting on how to create a position paper, and by December of 2019, the coalition had developed and approved a position paper on marijuana. In December, the coalition began a discussion about an alcohol position paper and plans to have one developed and approved in 2020.

In 2019, Clinton Middle School used the SPF process to identify the LifeSkills Curriculum as the evidence-based program they'd like to implement to address risky behavior and build resiliency. Schools and communities that teach the Botvin LifeSkills Training (LST) program can cut drug use rates by up to 75%. Rather than merely teaching information about the dangers of drug abuse, LST helps students develop greater self-esteem and effectively cope with anxiety. The school plans to implement the LifeSkills Curriculum in the 2020-2021 school year.

When **Effectiveness** and **Quality Count...**
Botvin LifeSkills Training is the only choice.





Prevention of Underage Marijuana Use-Position Paper

The Gateway ImpACT Coalition is a group of individuals and agencies working to reduce youth substance abuse and its harmful effects in Clinton. 10% of 11th grade students at Clinton High School reported current (past-30 day) marijuana useⁱ. Gateway ImpACT Coalition's prevention work is shaped by the following principles:

Recreational marijuana use/possession is illegal for youth under 21 years old and adults in Iowa

Research indicates that marijuana may hurt the developing adolescent brain and lead to addiction

The average age of first use of marijuana among Clinton youth who smoke marijuana is 13-14 years oldⁱ. The risks of physical dependence, addiction, and other negative consequences increase with exposure to high concentrations of THCⁱⁱ and the younger the age of initiation. The human brain continues to develop from before birth into the mid-20s and is vulnerable to the effects of addictive substances^{iii, iv}. Frequent marijuana use during adolescence is associated with:

- Changes in the areas of the brain involved in attention, memory, decision-making, and motivation. Deficits in attention and memory have been detected in marijuana-using teens even after a month of abstinence^v.

Marijuana can lead to negative health and social consequences

Frequent marijuana use during adolescence is associated with:

- Impaired learning in adolescents. Chronic use is linked to declines in IQ, school performance that jeopardizes professional and social achievements, and life satisfaction^{vi}.
- Increased rates of school absence and drop-out, as well as suicide attempts^{vii}

Gateway ImpACT Coalition will use the following strategies to reduce youth use:

1. Educate youth, parents, schools, and communities on the negative effects of youth marijuana use
 - Ensure that education strategies are effective and culturally relevant
2. Reduce promotion of marijuana to minors
 - Restrict youth friendly products and marketing to youth
3. Reduce underage access to marijuana
 - Reduce retail availability through price, density, hours of sales, and retailer training
 - Reduce youth access to marijuana from social sources (i.e. family and friends)

ⁱ 2018, Iowa Youth Survey, Clinton Community School District Results

ⁱⁱ Freeman, T. P., & Winstock, A. R. (2015). Examining the profile of high-potency cannabis and its association with severity of cannabis dependence. *Psychological medicine*, 45(15), 3181–3189. doi:10.1017/S0033291715001178

ⁱⁱⁱ Pujol, J., Vendrell, P., Junqué, C., Martí-Vilà, J. L., & Capdevila, A. (1993). When does human brain development end? Evidence of corpus callosum growth up to adulthood. *Annals of Neurology*, 34(1), 71-75. doi:10.1002/ana.410340113.

^{iv} Levine, A., Clemenza, K., Rynn, M., & Lieberman, J. (2017). Evidence for the Risks and Consequences of Adolescent Cannabis Exposure. *Journal of the American Academy of Child & Adolescent Psychiatry*, 56(3), 214-225. doi:10.1016/j.jaac.2016.12.014.

^v Meruelo AD, Castro N, Cota CI, Tapert SF. Cannabis and alcohol use, and the developing brain. *Behav Brain Res*. 2017;325(Pt A):44–50. doi:10.1016/j.bbr.2017.02.025.

^{vi} Meier M.H., Caspi A., Ambler A., et. al. Persistent cannabis users show neuropsychological decline from childhood to midlife. *Proc Natl Acad Sci USA*., 2012. Oct 2; 109(40) E2657-64 doi 10.1073/pnas.1206820109. Epub 2012 Aug 27

^{vii} Silins, E., Horwood, L. J., & Patton, G. C. (2014). Young adult sequelae of adolescent cannabis use: An integrative analysis. *The Lancet Psychiatry*, 1(4), 286-293.

doi:10.1016/s2215-0366(14)70307-4.

Day on the Hill 2019

Problem

Youth do not understand how important their voice and opinions are when it comes to legislation and creating bills.

Local Need

The coalition wants to increase youth involvement in the coalition by giving youth leadership opportunities while educating them on substance abuse issues.

Objectives

1. Engage the youth in our community with the Gateway ImpACT Coalition
2. Help youth understand just how important they are in affecting local legislation
3. Give youth the opportunity to interact and collaborate with their legislatures

Description

On February 28, 2019, the Camanche-DeWitt Coalition and Gateway ImpACT Coalition joined the Alliance of Coalitions for Change (AC4C) for Day on the Hill. Day on the Hill is an opportunity for coalition representatives and youth to visit the Iowa State Capitol and meet with their legislators. Students learn about legislation and how it works and then inform their legislators on the impact of substance abuse in their local communities.

During Day on the Hill, students had the opportunity to:

- Learn about substances of abuse including alcohol and marijuana
- Understand how making one bad choice can affect the rest of your life
- Speak with Governor Reynolds, Senator Cournoyer, Rep. Mommsen & Rep. Wolfe on substance issues in their communities and discuss how to help solve those issues
- Learn how legislative bills work and how they pass into a law
- Tour the Senate & House chambers, the state library, and Iowa Secretary of State Office

Results

44 middle and high school students from Camanche, Clinton, Central DeWitt, and St. Joseph attended Day on the Hill. 96% of participants said they increased their knowledge on marijuana and the harms associated with it, 94% increased their knowledge on alcohol and its harms, and 98% increased their knowledge on vaping and the harms associated with it. 100% of participants increased their knowledge on how to educate legislators. All participants found the event positive, meaningful and educational, and said they would attend another Day on the Hill event.



Clinton, Camanche, DeWitt, and St. Joseph students at Day on the Hill with Rep. Mommsen, Sen. Cournoyer, and Gov. Reynolds

Hidden in Plain Sight Trailer

Problem

Substance use by teens can have a big impact on their health and well-being. Parents play a major role in preventing substance abuse among youth and in helping them if they've initiated use. Talking with a child about the dangers of substance use and showing disapproval of such behavior are key to shaping children's attitudes and behaviors.

Local Need

22% of Clinton County 11th graders reported that their parents would feel it was not wrong at all or only a little wrong if their student drank beer, wine, or liquor without their permission. (Iowa Youth Survey 2018) Parent communication of disapproval is key in preventing substance use in youth.

Objectives

1. Help parents understand how important it is to talk to their youth about substance abuse
2. Understand the risk factors of youth regarding substance abuse
3. Identify the signs & symptoms of substance abuse
4. Reveal common ways & places that drugs are hidden
5. Shed light on law enforcement's experiences in combating alcohol and drug abuse

Description

The "Hidden in Plain Sight" experience offers adults an insight into what youth may be hiding in their rooms and drug paraphernalia that is available in the community. This interactive exhibit displays a typical teenage bedroom, with drug paraphernalia "Hidden in Plain Sight." This exhibit focuses on alcohol, tobacco, and current trends in the abuse of other drugs such as cannabis, synthetic and "designer" drugs, opiates, cocaine, amphetamine-type stimulants, hallucinogens, and prescription drugs. Participants will learn about different types of paraphernalia available for the use, processing, and concealment of illicit drugs.

The Hidden in Plain Sight Trailer is a tool for the coalition to reach parents and provide parent education. We want parents to start talking early, talk often, and set clear rules. In addition, we want parents to know that the Gateway ImpACT Coalition is a community resource they can turn to.

We found the Hidden in Plain Sight experience to be very popular, and the best way to reach parents is going to events where they are. We attended spring conferences at Clinton High School and spring and fall



Some coalition members volunteering at the HIPS display and table at Clinton Middle School Parent-Teacher Conferences in March 2019

conferences at Clinton Middle School. We also held an event for DHS and in-home workers on May 13, 2019, at the Clinton Community College Technology Center.



SRO Officer Shane Haskell and CMS parent, Jennifer Austin, helping run the HIPS trailer at Clinton Middle School Parent-Teacher Conferences

Results

The coalition had 182 adults go through the trailer during the past year and 98% increased their understanding of the importance of talking to your children early and often about drug and alcohol use.

The coalition received lots positive feedback like, "This was an eye opener by far" and "Excellent resources and presentation!"

Retail Strategies

MERCHANT COMMITTED

TO STOPPING UNDERAGE DRINKING AND YOUTH DRUG USE

Problem

One way to prevent teens from drinking is to cut off easy access to alcohol. Unfortunately, right now most teens report that it is easy to get alcohol. One-way youth access alcohol is by buying it directly from businesses who don't properly ID their customers. Educating businesses on asking for and properly checking identification is critical in preventing the sale of alcohol to minors.

Local Need

41% of Clinton County students reported that it would be easy or very easy to get alcoholic beverages in their community (Iowa Youth Survey 2018).

Objectives

1. Reduce the number of businesses in the Clinton community that sell to minors through annual alcohol compliance checks
2. Provide community businesses with the resources to avoid selling alcohol to minors by offering regular TIPS training and providing Legal Age Calendars to all establishments that sell alcohol

Description

Alcohol compliance checks were completed in Clinton by local law enforcement. Law enforcement reported the results of checks to the coalition. Before compliance checks are completed a letter is mailed to all establishments reminding them that compliance checks will be happening. Any business that fails a compliance check is fined and rechecked later that year. The business is provided with a list of resources they can use to prepare staff for the next round of alcohol compliance checks.



The Gateway ImpACT Coalition contracts with the Clinton Substance Abuse Council to provide TIPS training in Clinton. TIPS is a dynamic, skills-based training program designed to prevent intoxication, drunk driving, and underage drinking by enhancing the fundamental "people skills" of servers, sellers, and consumers of alcohol. TIPS offer individuals the knowledge and confidence they need to recognize potential alcohol-related problems and intervene to prevent alcohol-related incidents and tragedies.

In 2018, the Iowa Alcohol Beverage Division discontinued their free production and distribution of Legal Age Calendars. Legal Age Calendars are tear-off calendars that show the birthdate of individuals who are of legal age to purchase alcohol. The Gateway ImpACT Coalition partnered with the Camanche-DeWitt Coalition to create legal age calendars with information for both alcohol and nicotine/e-cigarettes. The coalitions provided these calendars to all establishments that serve alcohol in the community.

You must be born on or before:

**June 1
1999**

To purchase/consume

Alcohol, Tobacco & Vapes

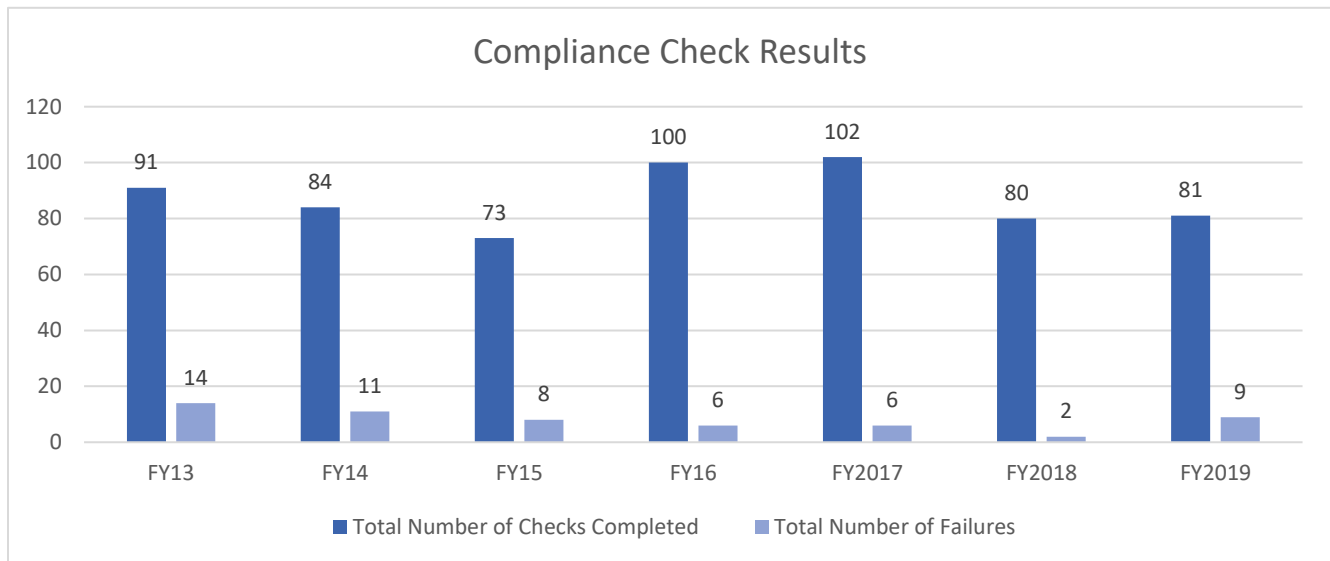
Camanche-DeWitt
COALITION

gateway
ImpACT
coalition

For more information call: (563) 241-4371

Results

Overall, the results of alcohol compliance checks have improved since 2013. We attribute that to businesses becoming more aware of the underage drinking problem in Clinton County and increasing their attention to protecting their staff and business assets.



The FY2019 alcohol compliance checks are paid for by the Gateway ImpACT Coalition through the Community Coalition Grant from the Iowa Department of Public Health. Checks were completed by the Clinton Police Department.

In 2019, 34 TIPS classes were offered, and 27 new participants successfully completed TIPS training, for a total of 290 participants since TIPS began being offered by Gateway ImpACT Coalition/Clinton Substance Abuse Council.

In the City of Clinton, 80 calendars were distributed in December 2018 for the 2019 year, and the new 2020 calendars were distributed in December 2019. Establishments continue to show immense appreciation for these calendars, since they are no longer provided by the Iowa Alcohol Beverage Division.

Clinton & Camanche Staff Training: Marijuana in the 21st Century

Problem

Marijuana is the most used illegal substance in the U.S. and its use is growing. Marijuana use among all adult age groups, and pregnant women is increasing. At the same time, the perception of how harmful marijuana use can be is declining. Increasingly, young people today do not consider marijuana use a risky behavior. (SAMHSA)

Local Need

In 2018, students in grades 6, 8, and 11 across Iowa took the Iowa Youth Survey. Students answered questions about their attitudes and experiences regarding alcohol and drug use with their perceptions of their peer, family, school, neighborhood, and community environments. 33% of Clinton County students who were surveyed said that they think they experience no risk or slight risk if they smoke marijuana more than once a week. Many students perceive marijuana use as harmless, which consequently increases the likelihood of youth using it.

Objectives

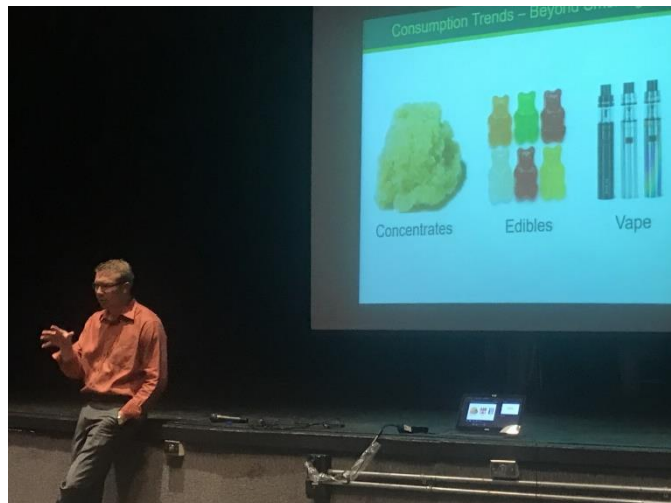
1. Understand how marijuana has changed over the years
2. Identify different ways marijuana is consumed
3. Learn the harms associated with marijuana
4. Recognize how marijuana companies market their products towards youth
5. Appreciate the importance of adults talking to youth about make positive choices

Description

On Wednesday, September 25, 2019, Ben Cort, a national speaker from Smart Approaches to Marijuana, came to Camanche Middle School to present to the teaching staff of the Clinton and Camanche Community School Districts. He presented on how teens are being impacted by marijuana legalization, the effects of teen marijuana use, and what is happening in Colorado due to legalization.

Results

114 people attended this event, and 98% of them reported an increase in their knowledge of the harms associated with marijuana. 96% of participants reported an increase in their knowledge of how marijuana companies market their products towards youth.



Ben Cort presenting to the Clinton & Camanche staff on the evolution of marijuana.

Becoming a Mental Health Sleuth – The “Sherlock Holmes Skills” Every School Needs

Problem

Many community members are unaware that trauma can create a lasting effect on an individual. Childhood trauma changes the developing brain, which results in a negative effect on their mental and physical health. Unwanted behaviors in school are often rooted at unresolved issues at home. Teachers and school staff may not understand this, and subsequently, fail to establish a meaningful and understanding relationship with students that have experienced trauma.

Local Need

A recent study of children in Iowa today revealed that many face risk factors for toxic stress. A youth survey found that 11% disagree with the statement, “There is at least one adult at school I could go to for help with a problem” and 19% of young children live in households below 100% of poverty. The potential impact of toxic stress can be seen in test scores, alcoholism in teens, and graduation rates: 27% of 8th graders are not proficient in math, 23% of youth surveyed have had a full drink of alcohol, and 10% of students do not graduate from high school on time. Iowa’s classrooms are impacted by trauma in several ways, but there are examples from around the nation of how schools can respond.

Objectives

1. Participants will gain an understanding of the widespread impact of childhood mental illness including the impact on states and communities when mental health concerns are not addressed.
2. Participants will learn the skills of awareness, observation, identification and communication of the most common mental health issues experienced by school age children.
3. Participants will be exposed to the causes, key symptoms, and both behavioral educational interventions for depression, anxiety disorders, trauma and stress-related disorders, oppositional disorder, conduct disorder, and attention disorders.
4. Participants will apply the information presented to problem solve systemic challenges to improving the “Sherlock Holmes Skills” in school environments.
5. Participants will increase their knowledge of the Clinton County Trauma Informed Alliance.



Frank Kros presenting to Clinton Middle School staff on trauma and childhood mental illness

Description

On October 14, 2019, Frank Kros, president of the *Transformation Education Institute*, presented to the Clinton Middle School staff on trauma and how it can affect the students that they're dealing with daily. He translated the fields of neuroscience (*brain compatible approaches*) and anthropology (*culture*) to the CMS staff, so they could practically apply it to their students. Frank explained why early mental health identification and intervention matters. He taught the staff how to use the "Sherlock Holmes Skills" to improve mental health. He also detailed why precise communication is critical when describing behavior and how to map their own responses to student behavior.

Results

There were 66 people in attendance at the event to learn about trauma and the impact it can have on students' mental health and behavior. 95% of participants said they gained an understanding of the widespread impact of childhood mental illness. 97% of participants said they learned the skills of awareness, observation, identification and communication of the most common mental health issues experienced by school age children. 95% of participants said they will apply the information presented to problem solve systemic challenges to improving the "Sherlock Holmes Skills" in school environments.



Trajectory of Trauma Conference

Problem

Helping professionals may not be aware of how trauma in childhood can impact the growing brain dramatically. They may not be using trauma-informed care to provide the best services for their patients and the people in the community.

Local Need

Adverse Childhood Experiences (ACEs) are common among Iowa adults. Analysis of 2012-2014 ACEs data shows that 56% of Iowa adults report experiencing at least one of eight categories of child abuse and household dysfunction growing up. 14.5% experienced four or more ACEs, indicating a significant level of childhood trauma that greatly increases the risk of poor outcomes.



Frank Kros presenting at the Trajectory of Trauma Conference

Objectives

1. Identify 5 brain organs that play a significant role in learning and behavior in childhood.
2. Describe the specific impact of trauma on each of these organs.
3. Assess how damage to each organ might manifest itself in observable behavior by the traumatized child in the cognitive, emotional and social arenas.
4. Distinguish how children with histories of trauma display psychiatric symptoms as compared to children with non-abusive histories.
5. Demonstrate knowledge of at least 6 primary intervention strategies for treating children with trauma histories.
6. Identify the process of neurogenesis.
7. Identify physiological changes in the brain caused by trauma.
8. Recognize impulsive behavior as maladaptive coping for traumatic stress.
9. Identify mental health disorders that are commonly co-occurring with substance use disorders and manage implications.
10. Assess for substance abuse diagnoses and recommend appropriate levels of care based on DSM-5 and ASAM criteria.
11. Utilize trauma-informed care for people with substance use or co-occurring disorders.

Description

On October 15, 2019, the coalition partnered with the Camanche-DeWitt Coalition and the Clinton County Trauma Informed Alliance in hosting the Trajectory of Trauma Conference. At the conference, the participants learned the specific impact of trauma on the developing brain and assessed how damage to the brain may manifest itself in observable behavior. The conference included identifying intervention strategies for treating children with trauma histories, recognizing impulsive behavior as maladaptive coping for traumatic stress, and identifying common co-occurring mental health disorders with substance

The first speaker, Frank Kros, MSW, JD, President of the Transformation Education Institute, spoke on the key discoveries in neuroscience that have revealed a more comprehensive and sophisticated

and preliminarily diagnose both, with the goal of increasing understanding and providing trauma-informed care for those living with substance abuse or co-occurring disorders.

There were 68 people in attendance at the conference. 97% of participants agreed that they can now assess how damage to the brain from trauma might manifest itself. 99% agreed that they can now identify physiological changes in the brain cause by trauma, and 91% agreed that they can now identify mental health disorders that are commonly co-occurring with substance use disorder.



Parent Committed

Problem

Alcohol is the most widely misused substance among America's youth. Drinking by young people has big health and safety risks. Kids often begin drinking to look "cool" or fit in with their peers, but parents can help their kids avoid alcohol problems. Open communication and conversations about drinking are important and so is being involved in your child's life.

Need

22% of Clinton County 11th graders report that their parents would feel it was not wrong at all or only a little wrong if their child drank alcohol without their permission (Iowa Youth Survey 2018). Parental disapproval of alcohol consumption is key in preventing underage drinking.

Objectives

1. Remind parents of the importance of talking to their children about the dangers of drug & alcohol use
2. Increase community awareness of the Gateway ImpACT Coalition and our mission to stop underage drinking and youth drug use

Description

The coalition partnered with the Camanche-DeWitt Coalition to promote the "Parent Committed" campaign at the Clinton LumberKings ballpark during their baseball season. This campaign urges parents to commit to talking to their children about drugs and alcohol and support their child through their journey into adulthood, when they are discovering and defining who they are.

The following were used for advertisements during the season:

- A large banner was placed in the picnic garden
- The rotating ribbon board in the outfield
- Front entrance monitors rotating message
- Radio drop-in announcements

Results

During the LumberKings season, there were 70 home games with an average attendance of 1,800 people resulting in 938,000 media impressions! This does not include the high school football and baseball games held at Nelson Corp Field during the LumberKings season.



Parent Education Series: Oxy, Lean, Xs, Addy

Problem

According to National Institute on Drug Abuse (NIDA), prescription drug misuse and abuse is when someone takes a medication inappropriately. Sadly, prescription drug misuse and abuse among young people is not an insignificant problem. According to National Survey on Drug Use and Health (NSDUH) data on youth and young adults, more than 5,700 youth in 2014 reported using prescription pain relievers without a doctor's guidance for the first time. (SAMHSA)

Local Need

18% of Clinton County youth reported that there is no risk or slight risk if they use prescription drugs that are not prescribed to them. (Iowa Youth Survey 2018) A common misperception is that prescription drugs are safer or less harmful to one's body than other kinds of drugs. However, there is a range of short- and long-term health consequences for prescription drugs used inappropriately. (SAMHSA)

Objectives

1. Understand prescription and over-the-counter drug misuse and abuse
2. Recognize the signs and symptoms of medication misuse or abuse
3. Realize the importance of locking up prescription medication and properly disposing of medication



Description

The coalition partnered with Camanche-DeWitt Coalition, Camanche School District, Central DeWitt Community School District, Clinton Community School District, Riverbend School District, St. Joseph Catholic School, Northeast School District, and Calamus-Wheatland School District to bring the communities a parent education series focusing on common issues we see among the youth in our communities for the school years of 2018-2019 and 2019-2020.

On Thursday, March 7, 2019, Kristin Huisenga, the Executive Director of the Clinton Substance Abuse Council, presented at Camanche Middle School about what parents need to know about prescription and over-the-counter drug abuse. She also detailed the importance of locking up your medication or disposing of it properly as youth report during focus groups that it's very easy to access medication in either their own homes or someone else's home.

Results

There were 3 people in attendance to hear about prescription and over the counter medications. 100% of participants increased their knowledge of prescription and over the counter medications, the signs and symptoms of misuse or abuse of medications, risks and harms associated with misuse or abuse of medication, and how to properly dispose of medication.

Parent Education Series: Underage Drinking & Trauma

Problem

Early experiences shape the quality of our adult lives. Underage drinking and adverse childhood experiences (ACEs) can have a dramatic effect on the outcome of a young person's life. ACEs are traumatic events that can drastically upset a child's sense of safety and well-being. Because earlier alcohol use initiation and ACEs are associated with more negative outcomes, including a greater likelihood of developing an alcohol or other substance use disorder, understanding underage drinking and trauma is critical to raising a happy and healthy child.

Local Need

56% of Iowa adults have experienced at least one ACE, and 14.5% of Iowa adults have experienced four or more ACEs, indicating a significant level of stress. Those experiences four or more ACEs compared to those with zero are:

- 1.47 times as likely to have cancer
- 1.88 times as likely to have diabetes
- 2.38 times as likely to have arthritis
- 3.11 times as likely to have a stroke
- 4.29 times as likely to have COPD
- 6 times as likely to have depression

Objectives

1. Discover new trends in the consumption of alcohol
2. Learn how to prevent early alcohol use in your home
3. Understand the impact of trauma and ACEs on a child's developing brain

Description

On Thursday, April 11, 2019, Leslie Mussmann, with the Area Substance Abuse Council, and Lettie Posey, with the Gateway ImpACT Coalition, presented at Clinton Middle School on the dangers of underage drinking and the long-term effects of trauma. Lettie educated attendees on the new trends in the consumption of alcohol and how to help prevent early initiation and use in their own home. She also discussed risk factors regarding drinking. Leslie discussed the impact trauma and adverse childhood experiences (ACEs) have on the developing brain and how adults can help adolescents deal with trauma.

Results

9 people attended the event to learn about the impacts of underage drinking and trauma. 100% of the participants said they increased their knowledge of underage drinking trends, preventing underage drinking and drinking in their home, and the connection between trauma and brain development.



Speakers at the Underage Drinking & Trauma Parent Education Event

Parent Education Series: Stress & Transitions

Problem

Major life transitions, such as starting high school, can foster stress in teens. Increased stress can cause adolescents to have more risk-taking behaviors.

Local Need

39% of Clinton County 11th graders reported they were between 13 and 16 years old when they first drank (more than a few sips) alcohol. (Iowa Youth Survey 2018) With 47% of 11th graders reporting never having tried alcohol, those that started between 13- and 16-years old account for 73.6% of the 11th grade students who drink alcohol. Almost three-fourths of students who will drink, start drinking around the critical transition between middle school and high school, when they are 13 to 16 years old. Stress due to these changes may be one of the factors contributing to students starting to drink alcohol at this time.

Clinton County 11th graders' responses to "How old were you when you first drank (more than a few sips) of alcohol?"

Never	47%
8 or younger	3%
9 or 10	3%
11 or 12	6%
13 or 14	15%
15 or 16	24%
17 or older	3%

Objectives

1. Understand how major life transitions can lead to stress and risky behaviors by adolescents
2. Realize how the adolescent brain reacts to stress and changes

Description

On Tuesday, April 30, 2019, Leslie Mussmann, with the Area Substance Abuse Council, presented at St. Joseph School in DeWitt. She educated participants on understanding how major life transitions such as going into high school can foster stress which can result in risky behaviors by adolescents. She also spoke on how the brain reacts to stress and transitions, how transitions affect people differently, and showed research that indicated increased risks during transitional periods.



Leslie Mussmann presenting at the "Stress & Transitions" event

Results

10 people attended the event to learn about risky behavior in teen, and 100% of the participants reported an increase in their knowledge on the impacts stress has on adolescents and how it can increase risky behaviors.

Parent Education Series: Strength Based Parenting – Positive Parenting Techniques

Problem

Children require love, attention, and encouragement to thrive. So, it's no surprise that uninvolved parenting can have a negative effect on a child. One major disadvantage of uninvolved parenting is that these children don't develop an emotional connection with their parent. A lack of affection and attention at a young age can lead to low self-esteem or emotional neediness in other relationships. A positive relationship with your child that still sets boundaries and expectations is essential to their happiness and growth.

Local Need

17% of Clinton County 11th graders disagreed with the statement: "I can talk about the things that bother me or I don't understand with someone in my home." 23% of 11th graders reported that their parents never or only sometimes know where they are and who they are with, especially in the evening and on weekends.

Objectives

1. Identify key milestones used to measure child growth and development
2. Understand different parenting styles that promote growth and development
3. Highlight the importance of adults talking to youth about making positive choices
4. Learn to utilize the science of parenting website for when parents need research-based information about parenting

Description

On August 29, 2019, Barb Dunn-Swanson, from Iowa State University Extension and Outreach, presented on positive parenting techniques at St. Joseph School in DeWitt. Barb laid out indicators used to measure child growth and development and detailed the various parenting styles that encourage healthy development. She also emphasized the significances of having conversations with children about making good choices.

Results

4 people attended the event, and 100% of participants increased their knowledge on different parenting styles, how to help their child make positive choices, and how to feel confident on using the science of parenting website for useful information.



Parent Education Series: The Blunt Truth About Marijuana

Problem

1 in 10 marijuana users will become addicted. For people who begin using younger than 18, that number rises to 1 in 6. (CDC) Despite these alarming statistics, many parents and students continue to believe marijuana is “harmless”. But research shows that adolescents who smoke marijuana once a week over a two-year period are almost six times more likely than nonsmokers to drop out of school and over three times less likely to enter college. (SAM) Educating parents and students on the dangers of substance use is vital to youth prevention.

Local Need

In 2018, students in grades 6, 8, and 11 across Iowa took the Iowa Youth Survey. Students answered questions about their attitudes and experiences regarding alcohol and drug use with their perceptions of their peer, family, school, neighborhood, and community environments. 6% of the Clinton County students who were surveyed said that their parents/guardians would feel it would be not wrong at all or only a little wrong for them to smoke marijuana. Many parents and students perceived marijuana use as harmless, which consequently increases the likelihood of youth using it.

Objectives

1. Understand how marijuana has changed over the years
2. Identify different ways marijuana is consumed
3. Learn the harms associated with marijuana
4. Recognize how marijuana companies market their products towards youth
5. Appreciate the importance of adults talking to youth about make positive choices



Ben Cort discussing marijuana at "The Blunt Truth About Marijuana"

Description

On Wednesday, September 25, 2019, Ben Cort, a national speaker from Smart Approaches to Marijuana, came to Camanche Middle School to present on the dangers of marijuana use to youth. Ben educated the attendees on how teens are being impacted by marijuana legalization, the effects of teen marijuana use, and what is happening in Colorado due to legalization.

Results

62 people attended this event, and 100% of them reported they increased their knowledge on how marijuana has changed over the years and how marijuana companies market their products towards youth.

Parent Education Series: Hidden in Plain Sight

Problem

Substance use by teens can have a big impact on their health and well-being. Parents play a major role in preventing substance abuse among youth and in helping them if they've initiated use. Talking with a child about the dangers of substance use and showing disapproval of such behavior are key to shaping children's attitudes and behaviors.

Local Need

22% of Clinton County 11th graders reported that their parents would feel it was not wrong at all or only a little wrong if their student drank beer, wine, or liquor without their permission. (Iowa Youth Survey 2018) Parent communication of disapproval is key in preventing substance use in youth.

Objectives

1. Help parents understand how important it is to talk to their youth about substance abuse
2. Understand the risk factors of youth regarding substance abuse
3. Identify the signs & symptoms of substance abuse
4. Reveal common ways & places that drugs are hidden
5. Shed light on law enforcements experiences in combating alcohol and drug abuse

Description

On September 30, 2019, Sergeant Steve Cundiff and coordinator Lauren Schwandt presented at Northeast High School on current trends that youth are experimenting with and ways they can conceal their drugs and drug paraphernalia in their bedrooms. This session also stressed the importance of parents talking to their children about drugs and alcohol, which includes giving their children information about drugs and making sure there is an open form of communication.

Results

4 people attended the event to learn about the current drug and alcohol trends that youth are experimenting with. 75% of participants reported that they increased their knowledge on current youth trends, popular drug paraphernalia, and ways to conceal drugs and alcohol.

**HIDDEN IN
PLAIN
SIGHT**
www.hiddeninplainsight.info
563.241.4371

Parent Education Series: The Untold Story of the Adolescent Mind

Problem

Teens are especially vulnerable to drug use and mental health issues because of their developing brains, but parents do not know how to effectively communicate with their teens about these issues.

Local Need

9% of Clinton's 11th grade class said that there are no clear rules about what they can and cannot do at home. 18% of 11th graders said they have no one at home that they can talk to about the things that bother them or that they don't understand. (CCSD Iowa Youth Survey, 2018) Parents play a major role in preventing substance abuse among youth and in helping them if they've initiated use. Talking with a child about the dangers of substance use and showing disapproval of such behavior are key to shaping children's attitudes and behaviors.

Objectives

1. Understand how the adolescent brain is built and how it works
2. Identify how the adolescent brain is different than the adult brain and the child brain
3. Learn 7 essential strategies for helping teen avoid high risk behavior and care for their brains

Description

On Monday, October 14, 2019, Frank Kros, the President of Transformation Education Institute, came to Clinton High School to speak on the adolescent mind. This workshop revealed why teens are especially vulnerable to drug use, high-risk peer influences, and depression, as well as, the proactive measures adults can take to minimize a teen's exposure to these dangers. The seminar also addressed the often-mystifying role of hormones on adolescent development and focuses on the key roles that stress and sleep have on teen learning processes. In addition, the workshop offered strategies compatible with the many strengths and opportunities available during this miraculous developmental period, including helping teens to develop positive character traits.



Results

19 people attended this event, and 100% of them reported they increased their knowledge on how the adolescent brain is built and works and how the adolescent brain is different from the adult brain and the child brain.

Parent Education Series: Underage Drinking – Too Smart to Start

Problem

According to the Center for Disease Control and Prevention (CDC), alcohol is the most used and abused drug among youth in the United States. Excessive drinking is responsible for more than 4,300 deaths among underage youth each year and cost the U.S. \$24 billion in economic costs in 2010.

Local Need

21% of Clinton County 11th graders reported current alcohol use, which is defined as in the past 30 days. 13% of those same 11th graders reported having 5 or more drinks of alcohol in a row in the last 30 days.

Objectives

1. Understand current underage drinking trends
2. Learn how to help prevent underage drinking and early initiation of underage drinking
3. Realize the importance of talking to children about alcohol & drugs

Description

On October 29, 2019, Kim Willis, Camanche Police Assistant Chief Bill Lodge, and coordinators Lauren Schwandt and Jordan Lillard presented on the dangers of underage drinking. Kim Willis, a Camanche parent, discussed her personal experience involving her son who was drinking underage and got in a terrible car accident that almost cost him his life. She educated the attendees that underage drinking and the risks associated with it affect more than just the underage user, it affects family, friends, and the community. Assistant Police Chief and School Resource Officer Bill Lodge spoke about some incidents he has dealt with regarding underage drinking and that the risks are not worth it. Lauren and Jordan educated the participants on how to talk to kids about the dangers of underage drinking and trends in alcohol consumption, preventing early initiation, and use.

Results

There were 12 people in attendance that were educated on underage drinking and the dangers that are involved with it. 100% of the participants said they increased their knowledge of underage drinking trends, preventing underage drinking and early initiation of underage drinking and the importance of talking to your children about alcohol.



Kim Willis, a local parent affected by underage drinking, presenting on the impact it has had on her and her family's life

Parent Education Series: The Dark Truth Behind E-Cigs & Vaping

Problem

The use of e-cigarettes is unsafe for kids, teens, and young adults. Most e-cigarettes contain nicotine, which is highly addictive and can harm adolescent brain development. Young people who use e-cigarettes may be more likely to smoke cigarettes in the future. (CDC)

Local Need

According to the 2018 Iowa Youth Survey results, 24% of Clinton County 11th graders report current e-cigarette use. 66% of teens report that there is “just flavoring” in their e-cig (NIDA). Manufacturers don’t have to report e-cig ingredients, so users don’t know what’s in them.

Objectives

1. Understand what vaping, juuling, and e-cigarettes are
2. Recognize the signs and symptoms of vaping
3. Realize the effects and harms of vaping and e-cigarettes
4. Learn about the new trends in vaping
5. Appreciate the importance of talking to your kids about the harms of alcohol & drug use

Description

On Tuesday, January 15, 2019, Candace Seitz with the Area Substance Abuse Council and DeWitt Officer Justin Will presented on “Vaping, Juuling, & E-Cigs” at St. Joseph School in DeWitt.



Officer Shane Haskell and Mindy Dunlap at “The Dark Truth Behind E-Cigs & Vaping”

On Wednesday, November 15, 2019, Mindy Dunlap, Clinton Middle School At-Risk Coordinator, and Officer Shane Haskell, the School Resource Officer at Clinton Middle School, presented at Clinton Middle School on the dangers of e-cigarettes and vaping. Both Mindy and Officer Haskell have seen the effect vaping and e-cigarettes have had on youth. They detailed what vaping is, the signs and symptoms of it, and the harmful effects. Attendees also got the chance to see actual vaping devices and understand some of the different ways youth may try to conceal their devices from school staff and parents.

Results

There were 20 people in attendance for “Vaping, Juuling, & E-Cigs”, and 100% of the participants increased their knowledge of vaping/e-cigs.

There were 9 people in attendance for “The Dark Truth Behind E-Cigs & Vaping”, and 100% of the participants said they increased their knowledge of vaping, juuling, and e-cigarettes. All attendees also reported that they increased their knowledge of the importance of talking to kids about the dangers of alcohol & drug use.

Parent Education Series: Digital Safety

Problem

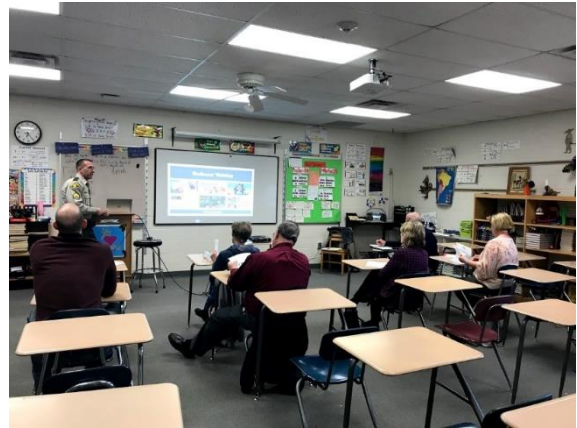
With social media and technology growing at an exponential rate, it's imperative that parents learn the nature of these apps and sites to ensure that they can monitor their children appropriately. Social media has become a very important part of life for youth, but it can have many negative impacts, such as cyberbullying.

Local Need

34% of Clinton County students report 9+ hours per week spent playing games or watching shows on an electronic device. This could include Xbox, tablet, TV, smartphone, YouTube, Instagram, or other social media. Furthermore, 8% of Clinton County students have been bullied at school by someone sharing something hurtful on social media.

Objectives

1. Understand cell phone and internet safety, specifically for youth
2. Identify common apps used by youth
3. Realize how social media and digital technology can impact a child's wellbeing
4. Recognize the importance of talking to children about digital safety



Sergeant Schroeder detailing social media and technology safety at the "Sexting & Cell Phone Safety" event

Description

On March 26, 2019, we held "Sexting & Cell Phone Safety" at Central DeWitt High School. Sergeant Jessup Schroeder, Krista Brown with Women's Health Services, and Alex with Family Resources were the presenters at this session.

On December 5, 2019, we held "Digital Safety" at Central DeWitt High School with Sergeant Jessup Schroeder and coordinators Lauren Schwandt and Jordan Lillard presenting. During these two sessions, presenters spoke about a family-centered approach to managing technology and social media. They discussed how social media and digital technology can impact teenagers and common social media apps.

Results

There were 10 people in attendance for "Sexting & Cell Phone Safety". 100% of participants reported an increase in their knowledge on cell phone and internet safety, cyberbullying, and sexting.

5 people attended "Digital Safety", and 100% of participants said they increased their knowledge on common apps youth use and how to properly manage technology for youth. All attendees also reported an increase in knowledge regarding the importance of talking to children about digital safety.