



## Allamakee Prevention Advisory Meeting

Thursday, March 14th, 2024 from 11:30-12:30

Location: Northeast Iowa Wellness & Recreation Center Community Room

Meeting Link: <https://us02web.zoom.us/j/83896718007>

Meeting ID: 838 9671 8007

*"Allamakee Prevention Advisory is a group of individuals focused on guiding grant funds to advocate, educate, and provide awareness to positively impact the health and wellness of Allamakee County."*

**In Attendance:** Melanie Bauch (NEIAW&RC); Ted Jacobsen (Allamakee County Sheriff's Department & NEIAW&RC); Marie Christianson (Gundersen Health System); Jon Vagts (SOR3 Prevention), Leah Hemesath (IPN Prevention), Ellie Loesch (ARPA-IPN Prevention); Colinne McCann (Youth Mentoring); Cristian Chavez (Mentoring Intern)

Welcome & Introductions

Updates for the Coalition & Upcoming collaboration opportunities

### Northeast Iowa Wellness & Recreation Center:

- Hosting a Vaping Presentation on April 4th at 6:30pm
- 5-2-1-0 Organization: Focuses on making healthy choices- 5 fruits/veggies a day, 2 hours of screen time, 1 hour of exercise, and as little sugary snacks as possible.

### Allamakee County Sheriff's Department:

- With prom coming up they are focusing on youth drinking and driving.
- Would like to talk with drivers education classes about prom and driving while under the influence.
- Law enforcement will be present at prom/after prom festivities to keep everyone safe/check for intoxication.

### Youth Mentoring:

- Bowl-a-Thon will take place on March 23rd at King Pin in Decorah. Still openings to bowl at 2pm. (More information listed below)
- [Gaming: How Can It Be Dangerous Training](#) -Upcoming training on March 26th at 6:30pm.
- Stay up-to-date on different events Youth Mentoring is hosting by visiting the Helping Services event calendar at <https://www.helpingservices.org/events/>

### State Opioid Prevention:

- Training and education available to anyone interested.

- Able to give out Narcan to those who participate in the Narcan training.
- Working on the State Opioid Community Assessment Workbook, but data is suppressed due to low numbers.

#### **Integrated Provider Network Prevention:**

- Will be scheduling a TIPS Training in Lansing for April/May.
- Savor Every Moment ran on radio ads in Feb and April will have a FB post.
- Reached out to Lansing and Postville about having Curriculum Based Support Groups, but received no response. Will try again in the Fall.
- Be #1 At Getting Help/1-800-BETS OFF advertised on coalition websites, KVIK & KCTN, Helping Services eNewsletter, and KingPin Entertainment Center for the month of March.

#### **Old Business:**

- Your Life Iowa Presentation by Kathy Schwartzhoff
- [Communities Talk Stipend](#) & DCAT Funds
- [APA Marketing Plan](#)
  - [Allamakee Resource Guide Poster](#)
- Community Assessment for State Opioid

#### **New Business:**

- March is Problem Gambling Awareness Month
  - Gambling in the Workplace Toolkit
  - Reach out to Leah at [lhemesath@helpingservices.org](mailto:lhemesath@helpingservices.org) for more information or to have a toolkit delivered.
- Upcoming Events:
  - Understanding Addiction & Recovery: Information for Family, Friends, and Caregivers by Jon Vagts
    - On Thursday, April 18th at Robey Memorial Library Basement Community Room at 6:30-7:30pm
    - Leah can post on Helping Services FB Page & Jon will make flyers
  - Vaping Presentation by Gundersen Lutheran (More information below)
    - On Thursday, April 4th at Northeast Iowa Wellness & Recreation Center Community Room at 6:30pm
    - Tabling Opportunity for APA- Leah & Ellie will table with Ted & Melanie also attending the event.
  - Other Upcoming Events APA could collaborate on?
    - Veteran's Memorial Hospital Health Fair May 8th- APA would like a booth and to host another Hidden In Plain Sight.

- Marie C. and Leah reached out to Erin with VMH to reserve a table and possible room for HIPS.
- Trends in the Community
  - New Postville Vape Shop- located within a block of Alternative School and Jewish Boys School. Not open yet, but individuals are already trying to get in.
  - Law enforcement noticed more vaping than alcohol use recently.

**Next Steps:**

- [Communities Talk Stipend](#) & DCAT Funds

Next Meeting: **Thursday, April 11th** at 11:30am at Lids Bar & Grill

If you wish to add something to the agenda, please contact:  
[allamakeepreventionadvisory@gmail.com](mailto:allamakeepreventionadvisory@gmail.com)

# VAPING AWARENESS & PREVENTION

APRIL 4 | 6:30 PM

313 W POST ST., POSTVILLE, IA

**GUNDERSEN**  
PALMER LUTHERAN  
HOSPITAL AND CLINICS

Think vaping  
isn't dangerous?

**THINK  
AGAIN.**

The vaping presentation will  
cover information regarding:

- what are vapes?
- what are potential short and long term health concerns of vaping?
- and how someone can get resources to help them quit vaping.

**NE  
IA** WELLNESS &  
RECREATION  
CENTER

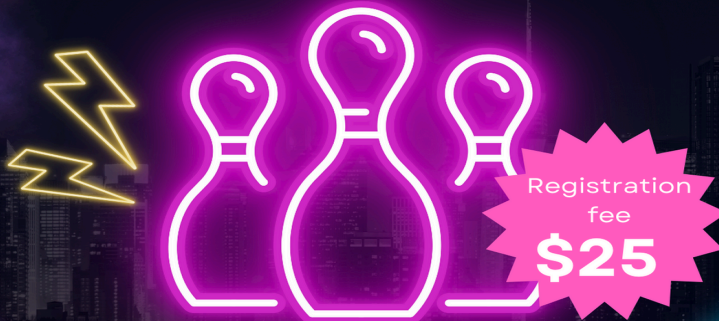
*Free + open to the public.  
Light refreshments served.*



You Are Invited to

# YOUTH MENTORING'S *Bowl-A-Thon*

Get ready for an epic bowling showdown,  
delicious pizza, and fantastic company.



Registration  
fee  
**\$25**

**FORM A TEAM | SUPPORT MENTORING | HAVE FUN**

Saturday, March 23, 2024 | King Pin  
Entertainment Center,  
400 Heivly St., Decorah, IA



**FOR DETAILS GO TO:  
WWW.HELPINGSERVICES.  
ORG/YMBOWL**







## Gaming: How It Can Be Dangerous



Join Jack and Jill on their journey through the gaming world. Will they have the skills to make healthy and safe choices?

Gaming has changed throughout the years, and as parents/caregivers, mentors, and friends we want to make sure our youth are safe! If you want to learn more about gaming, and how it could be dangerous... this training is for **YOU!**

This training is offered two times during March. Please see dates below and register today!

March 12 from 12:00-1:00 p.m.

Pre-Register: [www.bit.ly/gamingregistration](http://www.bit.ly/gamingregistration)

Training Link: [www.bit.ly/gaming-2024](http://www.bit.ly/gaming-2024)

March 26 from 6:30-7:30 p.m. This training will be in person and online.

Pre-Register: [www.bit.ly/register-gaming](http://www.bit.ly/register-gaming)

Online Link: [www.bit.ly/gaming-training](http://www.bit.ly/gaming-training)

In Person Site: First Lutheran Church's Fireside Room, 604 W. Broadway, Decorah

