



ERASE Coalition Meeting

Friday, January 19th at 12:00 PM

Northeast Iowa Behavioral Health

(905 Montgomery St., Decorah)

Zoom link: <https://us02web.zoom.us/j/82532481791>

"Creating a healthier Winneshiek County through community collaboration."

In Attendance: Jon Vagts (SOR Prevention); Jen Stolka (Prevention Supervisor); Leah Hemesath (IPN Prevention); Naomi Bothe (NEIBH & CSS); Judy Holthaus (NEIBH); Marcia Oltrogge (RSVP & NEIBH); Charlie Woodcock (Director, NEIBH); Alison Flack (NEIBH); Valarie Smith (Families First); Christian Mosbo (Community Member)

Welcome--

Updates for the Coalition & Upcoming collaboration opportunities

State Opioid Fund Prevention:

- Jon can provide Narcan to individuals/agencies at no cost, along with the Narcan training.
- There are some new educational training topics coming out through the grant including different forms of opioid reversal medications and the role of family/friends/caregivers in recovery.
- Working with the Opioid Task Force on a needs assessment that will be brought to the coalition during our next meeting.
- Attached below you will see a flyer with information for a Kratom Training on Jan 30th.

Integrated Provider Network Prevention:

- Two TIPS Responsible Beverage Server trainings were implemented; one on January 11th at Winneshiek Wildberry Winery with 6 participants becoming TIPS certified and the other was on January 15th at Toppling Goliath with 8 participants becoming certified.
- Two Your Life Iowa media campaigns, Savor Every Moment and Be #1 At Getting Help, will be posted on the Helping Services Facebook Page this month.
- Will begin implementing Curriculum-Based Support Group programming for a 4th and 5th grade small group at Carrie Lee this semester.
- Problem Gambling Month is in March, staff will continue working on promoting resources.
- ARPA-IPN position has been filled & we look forward to introducing Ellie Loesch to ERASE! She will begin attending meetings next month.

Tobacco Prevention:

- Jen Stolka continues to work in Tobacco Prevention while Ashley is on maternity leave, reach out to her if you have any questions jstolka@helpingservices.org.
- February 12-18 is National "Through the Chew" Awareness week.
- Continue to promote Quitline Iowa and My Life My Quit on a billboard in Winneshiek County.
- Ashley will resume doing Tobacco Presentations when she returns.

Youth Mentoring

- January is National Mentoring Month! The Winneshiek County Proclamation Signing for NMM was Mon, January 8th at 9:30am.
- They are promoting mentoring by giving out table-tents, brochures, and posters to help bring more mentors/mentees to the table.
- Currently there are 10 matches with youth waiting for a mentor.
- Upcoming events:
 - A Sports Day Event will be held on February 10th from 10-1 at the Cresco Fitness Center.
 - Bowl-A-Thon Event on March 23rd: bowling will take place at noon and 2pm. See [attached poster](#) for event and more information. They are looking for more teams to bowl during this event.

Northeast Iowa Behavioral Health:

- Will be starting an Intensive Outpatient Program; they also have Community Support & Peer Support Programs.
- They will work with the Inspiring Lives Action Team to do a referral process and interventions.
- They are also working on how best they can serve the community like funding gift cards for transportation, rent, etc.

Families First: Looking to fill two positions - Family Peer Support Specialist & Integrated Home Health Care Coordinator

Financial Report

Unrestricted Funds: \$1,175.95

- Thank you Christian Mosbo for making a \$500 donation to ERASE!
(Thank you card given to Christian from ERASE members.)
- \$50 will be used to boost the Stigma Training FB post for our next meeting.
- Leah will look into the cost of magnets from Letterwerks.

Old Business

- [Marketing](#)
 - [Community Survey Results for Winneshiek County](#)

- [Winneshiek County Capacity Workbook 2023](#)
- “Creating a healthier Winneshiek County through community collaboration.”

New Business

- Community Resource Guide
 - [ERASE local resource handout](#)
 - Distributed where & public reaction: positive reactions from the community
 - RSVP passed out RGs at businesses in Downtown Decorah
 - Christian took resource guides for the food shelf
- [Marketing Plan FY'24](#): Click here to see the upcoming activities.
 - ERASE will be tabling at the NICC Wellness Fair on Wednesday, March 13th from 11am-1pm. Please add your name to the list if you can volunteer as a coalition member: [NICC Wellness Fair Sign-Up](#)
 - There will be a Stigma Training during our next monthly meeting on Feb 16th at noon. We will be using \$50 to boost a Facebook post promoting the training.
 - Poster located at the end of minutes.
 - Possibly do Substance Free Graduation Parties again this year.
- [Savor Every Moment Fidelity Checklist](#): if you would like more information please reach out to Leah at lhemesath@helpingservices.org.
- Kratom Training by Jon Vagts on Jan 30th at 6pm
 - [Registration link](#)

Next Steps:

Stigma Training by Jon Vagts

Next Meeting: The next ERASE meeting will be Friday, February 16, 2024 at 12 PM at Northeast Iowa Behavioral Health in Decorah (905 Montgomery St, Decorah, IA 52101).

Please contact winneshiekerase@gmail.com if you wish to add something to the agenda.

www.winneshiekerase.com



The poster features a group of diverse people standing in a line with their arms around each other's shoulders, symbolizing community support. The background is a bright blue sky with a sunburst effect. The word "Kratom" is written in a large, bold, blue font. At the top left is a logo for "Celebrating 50 Years! HELPING SERVICES for Youth & Families". At the top right is the "IDPH IOWA Department of PUBLIC HEALTH" logo. A dark blue banner across the middle contains the text "It takes a community to promote recovery!". Below this, a list of bullet points describes the training goals. On the right side, there is a section for "Virtual Zoom Training" with the date and time, a QR code, and a "SCAN ME" button. At the bottom, contact information for Jon Vagts is provided, along with a note about funding from the State Opioid Response (SOR) grant.

Kratom

It takes a community to promote recovery!

- Participants will identify Kratom and how it is used.
- Participants will understand how Kratom affects the body and relates to opioid prevention.
- Participants will identify trends in Kratom use in the U.S and demographics.
- Participants will understand what role prevention can play.

Virtual Zoom Training
Tuesday January 30, 2024
6pm-7pm

To register scan the QR code below, or go to:
<https://us02web.zoom.us/j/82161216121?pwd=Q2h0Tm06NkVGVVlaTTlMTlQThXOMc3>

SCAN ME

Jon Vagts Helping Services For Youth And Families
Phone: 563-380-5884
Email: jvagts@helpingservices.org

Training supported by the State Opioid Response (SOR) grant administered by the Iowa Department of Health Human Services and funded through the Centers for Disease Control and Prevention

Stigma Associated with Substance Use Disorder and Problem Gambling



See The Person. Not The Addiction.

- Participants will learn what stigma is
- Participants will learn the consequences of stigma
- Participants will learn what you can do to change stigma

For more information about the Winneshiek ERASE Coalition, visit <http://www.winneshiekerase.com> or send an email to winneshiekerase@gmail.com

Virtual Zoom Training

Friday February 16, 2024

12pm-1pm

Northeast Iowa Behavioral Health

905 Montgomery St.

Decorah, Iowa 52101

To attend virtually go to:

<https://us02web.zoom.us/j/82532481791>



**See the person.
Not the addiction.**



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