

Blair Drug and Alcohol Partnership Agenda

Thursday, March 23, 2023 at 12:30 p.m.-1:30 p.m.

Location: Blair Drug and Alcohol Partnerships- 3001 Fairway Dr. Altoona Pa, 16601

Agenda Items	Discussion-Notes	Action Item-Follow up
Welcome and Introductions	Sign In	
Review of the Minutes from previous meeting	Minutes Attached	
Additions to Agenda		
Public comment on agenda items		
Presentation	Kelsey Hoover, BDAP Prevention Specialist, Problem Gambling Prevention	
Discussion/Action Items for Council:	Review the radio draft advertisement for Be Our Parent (social hosting) campaign. Action Item: Recommendation to approve the Be Our Parent social hosting campaign radio spot	
Committee Reports: Education: CPDUD: Youth League: Rise for Recovery: Grants and BDAP program update:	<u>Update on Partnership Sub Committees</u> "PARTNERSHIP SUBCOMMITTEE UPDATES" ATTACHED <u>Upcoming Events-Staff</u> Rise for Recovery Events: Open Mic Night at Green Bean Coffee House-Mar 23, 2023 5:30-8:00 Tipping the Pain Scale Movie Night: Grace Bible Church-Apr 21, 2023 5:30pm Arts in Recovery: Zion Lutheran Church – May 19, 2023-6pm Prevention: DUI and a speaker- Nathan Harmon, March 27 th 2023 @ PSUA 6:00pm-8:00pm. In the Mascagni Performing Arts Center Auditorium Prom Outreach at all Schools in the District <u>Grants and Program updates:</u> Center of Excellence: No Update Housing Grant: No Update SCOPE Grant Update: No Update PLCB Grant: No Update Re-entry Women's grant: No Update	
Partner updates:	Partner Updates (Staff, Facilities, etc.): Opportunity for partners to share	
BDAP and other meeting update	HOPE Support Group: Every Wed: 5:30pm-7:30pm SMART Recovery: Every Monday at 6:30 pm Healing Hearts: 2nd and 4th Thursday monthly -6pm DDA: Every Wednesday at 5:30 pm Face to Face with a ZOOM option. <i>All of the following committees will meet at BDAP unless indicated otherwise:</i> Youth League: Tuesday 4/4/23 @ 2pm CPDUD: Wednesday, 4/5/23 @ 8:30am Rise for Recovery: Wednesday, 4/12/23 @ 2pm Education Committee, Thursday, 4/20/23 @ 1:30pm	

Next Meeting: Thursday, April 27, 2023, at 12:30PM at Blair Drug and Alcohol Partnerships (Zoom Conference Option available)

Blair Drug and Alcohol Partnership Minutes

Thursday, February 23, 2023 at 12:30 p.m.-1:30 p.m.

Location: Blair Drug and Alcohol Partnerships- 3001 Fairway Dr. Altoona Pa, 16601

Agenda Items	Discussion-Notes	Action Item-Follow up
Welcome and Introductions	<p>Sign In Voting In person: Lynn Thompson Gregory, Tammy Lundgren, Amy Graham Voting on Zoom: Clark Sheehe, Ryan Custead, Brendan Moran Non-voting In Person: Amanda Brehman, Marcee Petrarca, Donna Gority, Amanda Humphreys, Judy Rosser, Doc Osgood, Michelle Bem Non-voting on Zoom: Brenda Hoover Ex officio: Bruce Erb</p>	
Review of the Minutes from previous meeting	<p>Minutes Attached</p>	
Additions to Agenda		
Public comment on agenda items		
Presentation	<p>Sarah Neely, Blair County DUI Coordinator presenting on DUI statistics</p>	
Discussion/Action Items for Council:	<p>Presentation of 2023 Slate of Officers: Chair-Lynn Thompson First Vice Chair-Brendan Moran Second Vice Chair-Ryan Custead Action Item: Recommendation to approve the 2023 Slate of Officers</p> <p>Re-appointment of Voting members: Clark Sheehe expires 3.31.23- Re-appoint for first full term 4.1.23-3.31.26 Emiley Rickabaugh expires 3.31.23-Re-appoint for first full term 4.1.23-3.31.26 Ryan Custead expires 3.31.23-Re-appoint for 2nd and final full term 4.1.23-3.31.26 Action Item: Recommendation on re-appointment of Clark Sheehe Action Item: Recommendation on re-appointment of Emiley Rickabaugh Action Item: Recommendation on re-appointment of Ryan Custead</p> <p>Education Committee-Curve Program Artwork/Spring Newsletter: The Drug Free Community grants allows for advertising in community event programs. We are seeking approval on the art work for the Curve Program. It will be a 2X2.5 advertisements. Review the art work for the advertisement. <i>Three samples were presented. The voting members selected the third choice "Engage, Empower, Believe".</i> Action Item: Recommendation on the artwork for the Curve Program</p> <p>It is also time to review and approve the spring newsletter. Review the newsletter for recommendation/approval. <i>Some events were removed and replaced with alcohol-free events. Spelling errors need corrected. Arts in Recovery event needs listed under May events.</i> Action Item: Recommendation on the spring newsletter</p> <p>Contracts: Licensed Drug and Alcohol Treatment provider: In-Tune Mental Health LLC has been licensed by the Department of Drug and Alcohol Programs to provide outpatient services at a Williamsburg site. This is a very underserved region of our community. They also provide mental health services. Both of the services are Medicaid approved. Recommendation to the governing board on the contract with In-Tune Mental Health LLC.</p>	<p>Action Item: Brendan made the motion to approve Slate of Officers. Tammy seconded the motion. Motion was approved by all voting members present.</p> <p>Action Item: Brendan made a motion to reappoint Emiley, Clark and Ryan. Amy seconded the motion. Motion was approved by all voting members present.</p> <p>Action Item: Ryan made the motion to approve the Curve ad— "Engage, Empower, Believe". Tammy seconded the motion. Motion was approved by all voting members present.</p> <p>Action Item: Brendan made a motion to approve the newsletter, with changes. Tammy seconded the motion. Motion was approved by all voting members present.</p> <p>Action Item: Brendan made the motion to approve the contract with In-Tune Mental Health LLC. Amy seconded the motion. Motion was approved by all voting members present.</p>

	<p>UPMC-Altoona-Crisis Stabilization Grant In collaboration with UPMC, BDAP applied for a grant to build a crisis stabilization unit adjacent to the UPMC Altoona emergency department. The grant is funded through state opioid settlement funds. It is the first time a grant has been available to provide for construction cost. The unit will be to support stabilization of mental health and/or substance use disorder when the present to the emergency department. The individuals will be diverted to this unit and can stay up to 24-48 hours to support stabilization and aftercare planning. We received \$772,359.79 for this project. Recommendation to the governing board on the contract with UPMC-Altoona.</p>	<p>Action Item: Brendan made the motion to approve the contract with UPMC. Ryan seconded the motion. All voting members approved. Motion was approved by all voting members present.</p>
<p>Committee Reports: Education: CPDUD: Youth League: Rise for Recovery: Grants and BDAP program update:</p>	<p>Update on Partnership Sub Committees "PARTNERSHIP SUBCOMMITTEE UPDATES" ATTACHED Upcoming Events-Staff Rise for Recovery Events: Open Mic Night at Green Bean Coffee House-Mar 23, 2023 5:30-8:00 Tipping the Pain Scale Movie Night: Grace Bible Church-Apr 21, 2023 5:30pm Arts in Recovery: Zion Lutheran Church – May 19, 2023-6pm Prevention: DUI and a speaker- Nathan Harmon, March 27th 2023 @ PSUA 6:00pm-8:00pm. In the Mascagni Performing Arts Center Auditorium Prom Outreach at all Schools in the District</p> <p>Grants and Program updates: Center of Excellence: No Update Housing Grant: Review of the Report-Amanda review the quarterly report with the partnership SCOPE Grant Update: No Update PLCB Grant: No Update Re-entry Women's grant: No Update</p>	
<p>Partner updates:</p>	<p>Partner Updates (Staff, Facilities, etc.): Opportunity for partners to share-No Updates</p>	
<p>BDAP and other meeting update</p>	<p>HOPE Support Group: Every Wed: 5:30pm-7:30pm SMART Recovery: Every Monday at 6:30 pm Healing Hearts: 2nd and 4th Thursday monthly -6pm BALM: Family Education- started Tuesday, January 17, for 8 weeks. MARA: Discontinuing this support group it will be replaced with an All Recovery Support Group. DDA: Every Wednesday at 5:30 pm Face to Face with a ZOOM option.</p> <p>All of the following committees will meet at BDAP unless indicated otherwise: Youth League: Tuesday 3/7/23 @ 2pm CPDUD: Wednesday, 3/1/23 @ 8:30am Rise for Recovery: Wednesday,3/8/23 @ 2pm Education Committee, Thursday, 3/16/23 @ 1pm</p>	
<p>Next Meeting: Thursday, March 23 2023, at 12:30PM at Blair Drug and Alcohol Partnerships (Zoom Conference Option available)</p>		



BLAIR DRUG & ALCOHOL-SOCIAL HOSTING
:60 WWOT AE: KAREN SOCIE AGB

KID 1: I LOOK OLDER...ALMOST GROWN.

KID 2: I ACT MORE MATURE...ALMOST ADULT.

KID 1: IT'S CLEAR THAT I'M NOT A LITTLE KID ANYMORE.

KID 2: SO... YOU MIGHT THINK THAT IT'S OKAY TO LET ME AND MY FRIENDS DRINK UNDER YOUR ROOF.

KID 1: AFTER ALL, YOU'D BE THERE TO SUPERVISE RIGHT? MAKE SURE WE'RE SAFE?

KID 2: BUT THAT'S JUST IT. UNDERAGE DRINKING ISN'T SAFE. LETTING SOMEONE DRINK UNDERAGE COULD OPEN THE DOOR TO BINGE-DRINKING AND ALCOHOLISM.

KID 1: OR EVEN ALCOHOL POISONING.

KID 2: AND WHAT HAPPENS IF SOMEONE LEAVES THE HOUSE DRUNK...AND DRIVES...AND GETS HURT, OR HURTS SOMEONE ELSE?

KID 1: UNDERAGE DRINKING AFFECTS A LOT MORE THAN WHAT HAPPENS IN THE HOUSE.

KID 2: PENNSYLVANIA HAS A SOCIAL HOST LAW. AND THAT MEANS THAT HOSTING UNDERAGE DRINKING COMES WITH VERY SERIOUS CONSEQUENCES. YOU COULD BE ARRESTED, GET THOUSANDS OF DOLLARS IN FINES, OR WORSE. AND AS THE HOST, YOU'RE RESPONSIBLE FOR ANYTHING THAT HAPPENS BECAUSE SOMEONE WAS DRINKING UNDERAGE.

KID 1: SO BE RESPONSIBLE...

KID 2 : DON'T ALLOW UNDERAGE DRINKING.

KID 1: WE DON'T NEED YOU TO BE OUR FRIEND.

KID 2 WE NEED TO YOU TO BE OUR PARENT.

ANNCR: THIS MESSAGE PROVIDED BY THE BLAIR COUNTY DRUG AND ALCOHOL PARTNERSHIPS.

The above script is approved to air from _____ to _____.

Authorized Signature: _____ Date: _____

Please initial for audio approval for the dates noted: _____



NEWSLETTER

MARCH IS PROBLEM GAMBLING AWARENESS MONTH

Blair Drug & Alcohol Partnerships will be presenting on problem gambling in our area's senior centers and in the community this March. Our prevention specialists also provide problem gambling education and activities for our youth. Finally, BDAP has been supplying campuses and local businesses with information on problem gambling.

Check out
www.ncpgambling.org
to learn more

April is National Alcohol Awareness Month!

Here are seven facts about alcohol & Alcohol Use Disorder (AUD) to increase your knowledge.

1. A standard serving is: 12 oz of regular beer = 5 fl oz of table wine = 1.5 oz of distilled spirits.
2. It takes one hour for your body to process one standard drink.
3. Women who drink are at greater risk of developing breast cancer than women who don't.
4. Around 29 % of all motor vehicle traffic fatalities involve alcohol.
5. Half of liver disease deaths in the United States are caused by alcohol.
6. There are no known safe levels of alcohol consumption for a developing baby
7. According to a 2017 report from SAMSHA, 10.5 percent of US children 17 and under live with a parent that has AUD. Find out more information from: www.rethinkingdrinking.niaaa.nih.gov

Mental Health Awareness Month-May 2023

Are you working on healthy habits or increasing your self-care? Heat, overall mental health and medication can affect your overall health. So, during this mental health awareness month, here are some tips to keep in mind.

1. **Keep hydrated.** Some medications increase your risk of dehydration if you are not drinking enough water. Pack an extra water bottle or know where you stop for a water break.
 2. **Keep cool.** If possible, avoid being in direct sunlight for prolonged periods of time. Some medications can have a harmful effect if you are exposed to direct sunlight or even make it hard to manage your body temperature during hot months.
 3. **Get enough sleep.** Increased temperatures are associated with insomnia, due to high levels of humidity and trapped heat inside.
 4. **Be aware.** Know what your medications, medical conditions and weather conditions are like so that you can make plan ahead.
 5. **Know your resources.** Some communities have cooling centers or increased hours in public buildings with AC to help those at risk of over-heating. Inform others that you would benefit from these places.
- For more info: www.psychiatrictimes.com or www.npr.org/series/756048128/urban-heat

Community Corner:

Blair Drug & Alcohol Partnerships would like to recognize the SADD students of Hollidaysburg Area School District. These students ran multiple clothing drives during February 2023, gathering baby supplies, clothes and winter coats for those without. We want to congratulate them on their hard work and civic service! Keep up the great work!

MONTHLY COALITION MEETINGS

Partnership Meeting: 4th Thursday 12:30pm
CPDUD: 1st Wednesday 8:30am
Rise for Recovery: 2nd Wednesday 2:00pm
Youth League: 1st Tuesday 2:00pm
Education Committee: 3rd Thursday 1:30pm

WEEKLY GROUP MEETINGS

Smart Recovery: Mondays 6:30-8:00pm
MARA: Tuesdays 6:30-7:30pm
Hope Group: Wednesdays 5:30-7:30pm
Dual Diagnosis Anonymous: Wednesdays 5:30pm
Healing Hearts: 2nd and 4th Thursdays 6:00-8:00pm
Refuge Recovery: Thursdays 5:30-6:30pm

It's prom season

For Parents: What can you do to prevention underage drinking?

learn the facts
use your influence
talk early and often
stay involved
secure your alcohol

For students: What can you do to make prom night memorable?

Plan the night now
Refuse destructive decisions
Opt out of alcohol & drug use
Make memories for life

Spring Events

Proud to promote family-friendly alcohol and drug free events in our community!

MARCH: PROBLEM GAMBLING AWARENESS MONTH

3/17- ST. PATRICK'S DAY

3/17- THE GLASS SLIPPER PROJECT- FREE PROM DRESSES- LOGAN VALLEY MALL- 3:30 PM-7PM

3/18- THE GLASS SLIPPER PROJECT- LOGAN VALLEY MALL- 12PM-4PM

3/23- OPEN MIC NIGHT- GREENBEAN COFFEEHOUSE- 5:30PM-8:00PM

3/27- SPEAKER NATHAN HARMON EVENT- MISCIAGNA FAMILY CENTER FOR PERFORMING ARTS- 6 PM

APRIL : NATIONAL ALCOHOL AWARENESS MONTH

4/1- EASTER EGG HUNT- LAKEMONT PARK

4/9 EASTER

4/18- CHOCOLATE MILK POR FAVOR! THE MUSICAL, MISHLER THEATRE

4/21- TIPPING THE SCALE SHOWING- GRACE BIBLE CHURCH 5:30 PM

4/22- UNITED WAY: THE GLASS SLIPPER PROJECT, LOGAN VALLEY MALL 12PM-4PM

4/26-HBCC: FIGHTING FRAUD: SOCIAL MEDIA AWARENESS, BLAIR COUNTY CONVENTION CENTER, 2-4 PM & 6-8 PM

4/27-HBCC: FIGHTING FRAUD: SOCIAL MEDIA AWARENESS, MORRISON'S COVE MEMORIAL PARK, 2-4 PM & 6-8 PM

MAY-MENTAL HEALTH AWARENESS MONTH

5/9- WRIGHT! CELEBRATE THE BEGINNING OF FLIGHT, MISHLER THEATRE

5/19 -ARTS IN RECOVERY

5/19- AAHS PROM

5/27 - INTERNATIONAL FOOD DAY, LAKEMONT PARK

5/31 UPMC NATIONAL SENIOR HEALTH AND FITNESS DAY, LAKEMONT PARK 10:00 AM - 1:00 PM

*Follow us on social media
for more fall fun!*



RISE FOR RECOVERY AND GREEN BEAN COFFEE HOUSE PRESENTS

OPEN MIC NIGHT



LOCATION: 715 8TH AVE
ALTOONA PA 15602

WELCOMING PERSONS IN RECOVERY AND LOVED ONES

SHARE A SONG, POETRY, LEARN ABOUT RISE FOR RECOVERY AND ENJOY A TASTY TREAT!

23 MARCH
2023
5:30PM-8:00PM



Psychiatric Center
Rise for Recovery



TIPPING THE SCALE

FREE MOVIE NIGHT

Featured Movie title: "Tipping the Scale"

Doors will open at 5:30pm
Screening starts at 6:00pm
1/2 hour panel discussion after movie

GRACE BIBLE CHURCH
164 LAUREL LANE HOLLIDAYSBURG

For more information visit the Rise for Recovery Facebook page

April 21, 2023

Rise for Recovery Blair County

presents

Arts in Recovery 2023

An evening that celebrates and expresses the gift of recovery through music, art, poetry, and more.

Friday May 19th 7:00pm

At Zion Lutheran Church
500 Allegheny Street, Hollidaysburg, PA
(Across the street from the Blair County Courthouse)

All Are Welcome



CENTRAL PA RECOVERY WALK & RALLY

SAVE THE DATE!
August 5, 2023



Nathan Harmon

Underage Drinking in the College Population and Driving Under the Influence

MONDAY, MARCH 27 | 6:00 P.M.

MISCIAGNA FAMILY CENTER FOR PERFORMING ARTS

Harmon, 13 years in recovery from drugs and alcohol, travels across the country speaking at schools, colleges and universities on topics such as addiction, mental health and overcoming adversity.



PennState
Altoona

The event is free and open to the public.

Penn State encourages qualified persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please contact the Health & Wellness Center at 814-949-5540 in advance of your participation or visit:

This publication is available in alternate media on request.

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altoona.psu.edu/health-wellness

SAVE THE DATE

August 5, 2023

CENTRAL PA
RECOVERY
WALK & RALLY

