

Nebraska DHHS Division of Behavioral Health Prevention Advisory Council

January 28, 2015 - 9:00 a.m. to 12:00 p.m.

Lancaster Extension Education Center – 444 Cherry Creek Road

Meeting Summary

Council Members Present:

Renee Faber, Megan Hopkins, Chris Junker, Judy Martin, Faith Mills

Meeting Participants:

Jeff Armitage, Don Belau, Nicole Carritt, David DeVries, Joan Friedman, Jennifer Fry, Crystal Fuller, Tiffany Gressley, Carly Iwanski, Collena Laschankzy, Kelly Madcharo, Brenda McDonald, Dave Miers, Sandy Morrissey, Caitlin Pleas, Lanette Richards, Nikki Roseberry, Jennifer Rutt, Blaine Shaffer, Kali Smith, Jeff Soukup, Scott Stemper, Vanessa Urbach, Chris Wagner.

Welcome and Introductions Renee Faber, Division of Behavioral Health

Renee Faber called the meeting to order and welcomed members and others present to the meeting at 9:10 a.m.

- Sheri Dawson, Acting Director for the Division, would have delivered the Opening Remarks, but was unable to attend; Renee Faber delivered forwarded remarks on her behalf.

Marijuana and Palcohol Nikki Roseberry, Division of Behavioral Health

Nikki Roseberry presented an Epigram and Fact Sheet on Marijuana, as well as a Nebraska Legislative handout outlining some of the bills being presented that have a substance abuse or prevention component. She presented on a number of topics. Some key highlights include:

- According to the Youth Risk Behavior Survey, alcohol is still the substance of choice for youth.
- Nationally trend data has shown that as the perception of risk of the use of marijuana falls, past 30 day use rises.
- Of illicit drugs, marijuana was the most common in drug-related crimes, accounting for ¼ of all drug possession arrests in Nebraska in 2013.
- The Division has contributed impact statements on some of the bills presented to the legislature that have a substance abuse focus. These summaries will not be available to the public until after the process for hearings is completed by the Legislature.
- Powdered alcohol or Palcohol, is created by using a carbohydrate powder to absorb liquid ethanol. It is not the first of its kind - multiple patents have been filed as far back as the 1970s.
- One ounce of powdered Palcohol is equivalent to about a shot (5 ounces) of liquor.
- Palcohol is currently pending approval by federal regulators. Should it be approved federally- each State would be responsible for regulating it locally; Alaska, Delaware, Louisiana, South Carolina and Vermont have already banned the product.

Suicide Prevention Grant, NSSPC & LOSS Teams Don Belau, David Miers and Jennifer Fry

Dr. Don Belau, PhD, Co-Chair, Doane College, Dr. David Miers, PhD, Co-Chair, Bryan Medical Center and Jennifer Fry, Suicide Prevention Outreach Coordinator, Interchurch Ministries of Nebraska, presented the information.

- The Nebraska State Suicide Prevention Coalition (NSSPC) is a voluntary group made up committed and passionate people representing public and private agencies, suicide survivors

and Nebraskans interested in suicide prevention. NSSPC is recognized by the Department of Health and Human Services as the primary group responsible for coordinating Nebraska's suicide prevention efforts.

- Three goals are identified for suicide prevention in Nebraska during 2011-2015:
 - Goal 1: Nebraskans will view suicide as a preventable public health problem.
 - Goal 2: Empirically supported suicide prevention programs are implemented across Nebraska.
 - Goal 3: Data is collected and reported across systems to evaluate effectiveness and cost efficiency of suicide prevention efforts in Nebraska.
- LB 923 requires suicide prevention training for school personnel, providing support to the Department of Education School Safety Director, distributing local seed-grants to promote awareness, education, and additional resources, and support the development and growth of local suicide prevention coalitions.
- NSSPC piloted Local Outreach to Suicide Survivors (LOSS) team in Lincoln/Lancaster County July 2009; seed grants have helped other communities develop LOSS teams.
- The current SAMHSA Garrett Lee Smith Grant's goal is to have a LOSS team in each Behavioral Health Region of Nebraska.
- Led by the DHHS Division of Behavioral Health, the Garrett Lee Smith SAMHSA Grant is a 5 Year grant with focus on youth Regional coordination. LOSS team development across state with QPR and AMSR training. Kognito training (Meets LB 923 requirement for schools-can handle up to 40 thousand school personnel each year per training component). Five Year Program Objectives are:
 - Goal #1 - Prevent youth suicides in Nebraska: have 50% of licensed Nebraska clinicians are trained to assess, manage and treat youth at risk; increase # of at risk youth identified & referred who receive services; reduce the youth suicide rate by 50% in five years.
 - Goal #2 - Standardized screening protocols are in place for youth at risk for suicide in child serving systems; 100% of K-12 public school personnel receive youth suicide prevention training; screening protocols are implemented by regional network providers serving youth with behavioral disorders; screening protocols are adopted by post-secondary settings (campuses, workforce development agencies, specialty services/schools).
 - Goal #3 - Nebraska communities implement culturally appropriate suicide prevention strategies: 75% of adults in Nebraska report general awareness of signs of suicide and the National Hotline; culturally appropriate suicide prevention strategies are supported in each of the six behavioral health regions in Nebraska; LOSS postvention teams are available in each of the six behavioral health regions in Nebraska.
- Websites: www.suicideprevention.Nebraska.edu, www.youthsuicideprevention.Nebraska.edu
www.nelossteam.Nebraska.edu

TJ's Purple Project

Kali Smith, Director

The Tyler J. Smith Purple Project is an organization dedicated to bringing awareness and education to people throughout Nebraska on the dangers of synthetic drugs and teen suicide. In June 2013 Nebraska Legislature passed "Tyler's Law" banning the manufacturing and distribution of some synthetic drugs in the state of Nebraska.

- These drugs are highly addictive and have extreme side effects: from headache, nausea and heart palpitations to psychosis, aggression, and suicide. Perception is that they are "safe;" thus believed less stigma to use. They are available at head shops, gas stations and quick marts.

- Manufacturers are constantly changing their products to stay outside of local laws. There are estimated to be hundreds of different synthetic marijuana brands on the market currently.
- Tyler's Law-LB 298, sponsored by Senator Beau McCoy, is 48 pages of chemical names and compounds designed to take action against manufacturers.
- LB 811 Sponsored by Senator Ken Schilz was an update to LB 298 that took action against the current generation of Synthetic Drugs.

Synar

David DeVries, Division of Behavioral Health

David DeVries presented his Synar PowerPoint that outlines a brief history of the amendment, process and recent results.

- Synar requires that States enact and enforce laws prohibiting the sale and distribution of tobacco products to individuals under the age of 18.
- The goal of the amendment is to reduce the number of successful illegal purchases by minors to no more than 20 % of attempted buys by minors in each State.
- Synar is a critical component of the Federal Substance Abuse Prevention and Treatment Block Grant, states not in compliance risk losing up to 40% of their grant funding.
- Challenges impacting the sample of compliance checks and retailer violation rate:
 - Limited resources for law enforcement of youth access laws & Geographic, demographic, and logistical considerations in conducting inspections
 - Difficulty in recruiting youth inspectors in the appropriate age ranges needed
 - There is no centralized system for tobacco licensing in Nebraska, so have to contact each clerk individually every year to build the sample of retailers to inspect.
- Tobacco licenses fees in Nebraska are very low in cost and not all retailers who purchase a license actually sell tobacco products.
- New Statute 28-1419 as of April 9, 2014 – it's illegal for persons under 18 to smoke cigarettes or cigars, use "vapor products" or "alternative nicotine products," or use tobacco in any form.

PSF Year One-Partnership for Success Update

Nikki Roseberry, Division of Behavioral Health

- Requested technical assistance from SAMHSA, asking for formal statewide workforce assessment based on prevention professional competencies.
- As a result, will need to look to beginning a Workforce Workgroup, with a contracted facilitator to partner with workgroup lead. Will be looking for volunteers.
- Workforce Initiatives to be addressed with carryover funds and will include: Workforce assessment, development plan, creation of an assessment tool and Workgroup facilitator.
- The Healthy Youth Development Conference will take place in September 2015 in Grand Island. Will be partnering with Public Health and Dept. of Ed. and addressing risk and protective factors and substance abuse, reproductive health/healthy relationships, and culture as prevention.
- Guidance documents to be developed on Health Disparities, CLAS, Media (use, speaking to, targeting & aligning messages).
- DBH will be hosting a 3 part series of trainings on policy. The first, *Foundations of Policy in Prevention* - April 2, 2015 at Lang Amphitheater on Union College Campus, Lincoln
- Other two trainings with NPPC will be specific to Nebraska issues and skill practice:
 - *Policy Change in Nebraska* will be in Lincoln via Telehealth, Date TBD
 - *Policy Skill Practice* will be in Kearney, Date TBD - paying for with carryover funds.
- The remainder of year 1 carryover dollars if awarded would be allocated to the Communities of Need (11 Counties). Reallocation based on the original formula used to determine how much funding should be given to each region, based on number of youth 12-20 residing in the target

counties. Regions/Coalitions can request for the purposes of: one-time programs, practices, and trainings, travel expenses and SAPST training.

- Progress in 4th Quarter: most are actively implementing programming, several with programming in multiple languages; most have at least some media and media/resources in multiple languages. Partnering with of Office of Health Disparities and Health Equity for technical assistance. The Substance Abuse Prevention Skill Training (SAPST) held in October in Kearney had high participant satisfaction - 30 people were trained. Barriers being addressed: turnovers in staff and difficulty implementing/rebuilding relationships, as well as time versus demands - many requirements and few organizations have full time staff for PFS.

Next Steps

- Send suggestions/recommendations for speakers to schedule.
- Meetings for the rest of the year will be from at the Lancaster Extension Education Center, 9:00 to Noon on April 29, July 29 and October 28, 2015.
- Look for more info on Workforce Workgroup - volunteers appreciated

Meeting Close

- Meeting ended 11:40 a.m.