



Substance Misuse Action Team Newsletter

December 2023

Action Items!

The following are things that you can do to **Get Involved ASAP**:

- Attend a workgroup meeting!
 - Alcohol Workgroup: January 31st, 11a.m. to 12p.m.
 - Drug Workgroup: January 24th, 1:00p.m. to 2:00p.m.
- Visit our social media, and like or share a post. This month's posts will include holiday mocktails, stress and mental health coping skills, and more.
 - Time needed: 5 minutes



Updates

2023 Summary

The ECHA Substance Misuse Action Team has accomplished a lot in the past year! We want to thank everyone who has helped us reach our goals and work towards a healthier community for all.

[View the summary PDF here.](#)

SUBSTANCE MISUSE ACTION TEAM

2023 SUMMARY

- Merged Alliance for Substance Misuse Prevention and Eau Claire Healthy Communities
- 152 social media posts
- 6 SMAT Meetings
- 3 EC Health Alliance Meetings
- 8 Alcohol Misuse Workgroup Meetings
- 9 Drug Misuse Workgroup Meetings

OUTREACH & EDUCATION

- 10 community outreach events attended
- 3 *Retailer ID Check* trainings completed with 100+ participants
- 18 *What Do You Know About Opioids* workshops completed with 450+ participants
- 1,675 pounds of medication collected at Drug Take-Back events
- *Addiction Can Happen to Anyone. So Can Recovery* video created and shared across the community

TOBACCO & VAPING

- Completed Environmental Scan assessing alcohol & tobacco placement, price, and promotion in Eau Claire County
- Shared Preventing NicoTeen Addiction: Educating Adults Serving Youth
 - 30 minute presentation for adults who work with youth
- Distributed quit resources including flyers and window clings throughout the community
- Created and distributed the *How to Quit Vaping* workbook
- Completed 74 tobacco compliance checks with 94% pass rate

ALCOHOL

- Created Alcohol Misuse Workgroup to focus on [CHIP goal](#)
- Partnered with MHAT to distribute [1,500+ coasters](#) to rural bars in Eau Claire County promoting safer drinking resources
- Completed 67 alcohol compliance checks with 90% pass rate
- Promoted sober community events

CANNABIS, OPIOIDS, & METHAMPHETAMINE

- Created Drug Misuse Workgroup to focus on [CHIP goal](#)
- Distributed [Cannabis 101 & Delta-8](#) fact sheets
- Distributed 920 boxes of [Narcan](#)
- Distributed 630 [Fentanyl Test Strips](#) kits
- Installed a public health vending machine with Narcan and Fentanyl Test Strips available for free
- Began work on a methamphetamine educational campaign
- Installed 3 info stands in EC Gov Building with opioid overdose resources

We would like to thank all of our partners and our co-chairs, Dr. Lorraine Smith and Renee Sommer, and past co-chair Bruce King, for partnering to reduce substance misuse this year!

Visit EHealthAlliance.org to learn more

Data is from January - November

 Eau Claire Health Alliance Action Team
Substance Misuse

Prescription Drug Take-Back Event Results

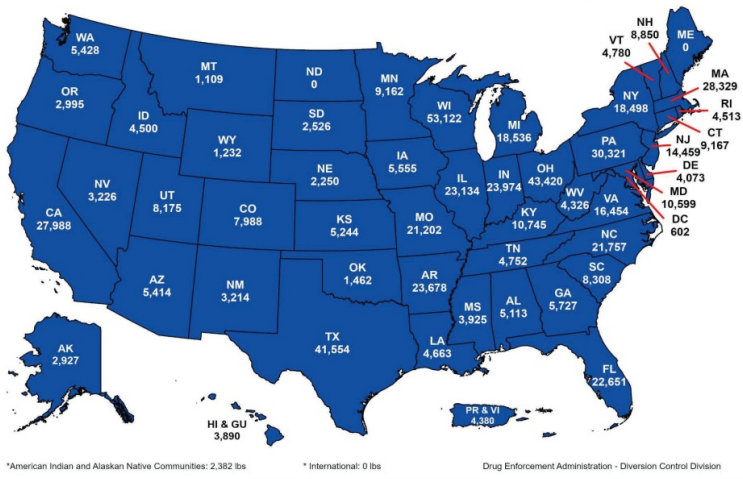
At the October 2023 Drug Take-Back event, Wisconsin led the nation for the fifth time in a row with the most medications collected for safe disposal at 53,122 pounds collected. Eau Claire County contributed over 900 pounds of medication from Take Back Day events and permanent disposal locations.

Thank you to those who

25th National Take Back Day: October 28, 2023

Total Weight Collected: 599,897 Pounds (300 Tons)

* Collection results may include materials other than prescription drugs



participated or volunteered!

View the [DEA's full report](#) here and the [WIDJ's new release](#) here.

SAFE Student Day

On October 19th, 108 students from Eau Claire County middle and high schools attended the SAFE (Students Advocating for Excellence) training in Altoona. This was a day long training focused on advocacy and leadership. Throughout the day students listened and participated in activities around substance misuse, mental health, healthy relationships and cyber safety. The students left with tools that could help them make a change in their school and community.



Retailer ID Check Training

On November 15th, 34 people attended an alcohol and tobacco retailer ID check training, taught in partnership with the Eau Claire City-County Health Department and the Eau Claire Police Department, and supported by the Eau Claire Health Alliance. Participants learned impacts of underage drinking and tobacco use,

how to correctly read an ID, how to spot fake IDs, and how to deny sales to minors. The next training will be in April.

Vaping Prevention and Cessation Materials Available for Order

Recently, we have created multiple e-cigarette prevention and cessation resources for teens and young adults, including the *How to Quit Vaping Workbook*, a resource designed to walk teens through the process of quitting. You can find the online version of the workbook in both [English](#) and [Spanish](#) at EHealthAlliance.org/resources.

Additionally, we have developed posters and window clings with quit resources and posters with vaping prevention messages and information on the

environmental harms of vaping. These are designed to be placed in locations youth frequently visit to share quit resources available for teens.

[Order materials here](#) or reach out to [Emily Carlson](#) or [Kassandra Jain](#) to learn more about the campaign.



Supporting Your Mental Health During the Holiday Season

As we approach the holiday season, it is important to remember that it is very common to feel added stress — and this stress can worsen symptoms of a mental health condition, such as depression or anxiety, or a substance use disorder. A survey conducted by the National Alliance on Mental Illness (NAMI) found that 64% of individuals living with a mental illness reported that their conditions worsened around the holidays. Whether due to separation from loved ones, personal grief, the pressures of gift-giving, economic hardship, challenging interactions with family members, or shorter days, this time of year can bring unique behavioral health challenges. However, there are ways to help address the stress or condition and improve your mental health.

The Substance Abuse and Mental Health Services Administration (SAMHSA) has compiled a list of strategies to help you find moments of joy amidst the hustle and bustle this holiday season. Read the [full article to learn more](#).

From our partners at the Great Lakes ATTC and SAMHSA.

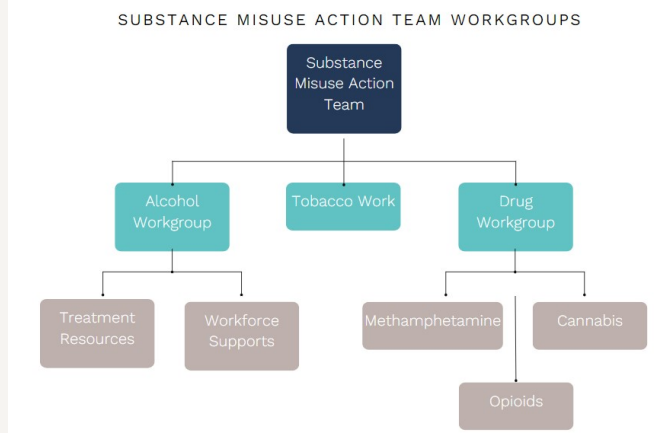
Eau Claire Community Conversations

Results are in from the Community Health Survey conducted recently by local health partners in Eau Claire County. Those results will be shared during 5 pop-up Community Conversations and 2 virtual conversations scheduled now through mid-January. Participants will be asked to consider both the survey and secondary data and then vote on their top health priorities. All are encouraged to participate in the Community Conversations. Please share this opportunity with your networks. View the [flyer with additional information here](#) and sign up to attend an [event here](#).

Workgroups

SMAT has created workgroups to work on strategies identified in the [CHIP](#). The alcohol misuse workgroup works to address social norms, remove barriers to treatment, and

reduce alcohol-impaired driving. The drug use workgroup focuses on collaboration, prevention, and response, with a starting focus on methamphetamine and cannabis.



Drug Misuse Workgroup Summary - December 12th

The drug misuse workgroup met to review results of a small survey distributed by the members of the group. This survey was used to explore a small, random sample of the community's perceptions on methamphetamine, including what meth is, who uses meth, why people use meth, where meth comes from, and any additional concerns the respondent has. After reviewing the survey responses, the group discussed what educational messages are needed, and how to distribute messaging. Members will start gathering data needed to start creating messaging and explore partnerships for funding and developing materials. Email [Sarah Dillivan-Pospisil](mailto:Sarah.Dillivan-Pospisil) for more information or to join!

Alcohol Misuse Workgroup Summary - December 6th

The alcohol misuse workgroup met in early December to continue work on our Little Recovery Handbook. We have a final draft of this document, which highlights different paths to treatment and reducing substance use. We will put the handbook on the ECHA website and promote through flyers and social media posts. We would like to print about 500 copies to distribute to certain priority groups and are looking for funding- reach out to Alison if your organization can help cover costs of printing!

As we look forward to 2024, we will continue to meet virtually each month on the 4th Wednesday of the month (except January when we'll meet the 5th Wednesday of the month). Goals for 2024 include beginning work on our next strategy: Workplace recovery and support resources as well as exploring campaigns to reduce alcohol-impaired driving. Reach out to [Alison Harder](mailto:Alison.Harder) if you would like to join the workgroup!

Health Equity

Embracing Cultural Humility in Substance Use Prevention

Cultural humility is a lifelong process of learning, self-evaluation, and seeking to better serve others. Cultural humility can improve prevention planning and implementation by addressing and overcoming biases and by helping implement culturally responsive services that improve health and wellness. Culture influences who people are and what they value. Intentional effort to learn and understand a culture is important when developing and implementing culturally appropriate programs.


Start improving your cultural humility by:

1. Be curious and empathetic - listen actively.
2. Learn about history and how it informs culture.
3. Learn about other cultures and engage with people from them.

4. Believe what others share about their cultures.
5. Examine your own cultures and how they impact you.
6. Share information and your feelings about your cultures.
7. Continue the conversation and learn more!


To learn more about the importance of cultural humility, the steps to pursuing it, and examples of using a cultural humility mindset in strategic planning, [view PTTC's resource](#).

Cultural humility is vital for providing effective prevention services and improving health and wellness in communities. It can:

 **Give voice** to people being served and make planning more inclusive


Build knowledge about the attitudes, values, and beliefs of people



 **Ensure** a greater focus on equity and addressing disparities

Increase empathy, engagement, and communication



 **Promote** difficult conversations about racism, sexism, and classism

Social Media Highlight



Check out vaping prevention and cessation videos created by SAFE students in Eau Claire County!

We will feature videos from North High School, Regis High School, and Altoona High School on the Eau Claire Health Alliance social media pages.

Resources

Naloxone Education for School Nurses Toolkit

The [National Association of School Nurses created a toolkit](#) that offers resources to assist school nurses and other school leaders in evaluating and responding to the drug overdose crisis.

National Survey on Drug Use and Health Data - 2022 Results

SAMHSA released the [2022 results](#) from a nationwide survey on self-reported substance use, mental health, and treatment related behaviors. View the press release [here](#).

Prevention With Purpose: A Strategic Planning Guide For Preventing Drug Misuse Among College Students

Campus Drug Prevention release a [new guide for college- and university-based prevention professionals](#) to collaborate with stakeholders to address campus-wide misuse issues. You can find additional materials for other groups on campus on [their webpage](#).

THC vs. CBD vs. Marijuana: What's the Difference?

THC and CBD are popular buzzwords and there is a lot of confusion surrounding the products they are in. Learn more about CBD, THC, and marijuana with this [Marshfield Clinic article](#). You can also find articles on [accidental THC ingestion](#), [drug testing](#), and [how CBD may impact your job](#).

Wisconsin Alcohol Age Compliance Checks Manual

The [Wisconsin Alcohol Policy Project](#) has updated their [Alcohol Age Compliance Checks Manual](#), a resource that can be used to guide communities on strategies to reduce underage alcohol sales.

Conferences and Events

SAMHSA's 20th Prevention Day & CADCA National Leadership Forum

January 29th, Gaylord National Resort & Convention Center in National Harbor, Maryland

Adolescent Health Symposium

February 15th - 16th, online event

Online Trainings

Deep Dive into Prevention Ethics: Non-discrimination and the SPF

January 4th, 9:30a.m. to 11a.m.

Risk Factors for Youth Substance Misuse

January 9th, 10a.m. to 11:30a.m.

Affirming and Supportive Services for LGBTQ+ Individuals

January 9th, 10a.m. to 11:30a.m.

Getting Ready for Sustainability Planning, and Enhanced Prevention Learning

January 10th, 5p.m. to 7:30p.m.

Better Together: Advancing Health Equity Through Belonging

January 18th, 1p.m. to 2p.m.

Psychoactive Substances Research

February 5th, 11a.m. to 12p.m.

Advancing Health Equity Through the Strategic Prevention Framework

February 5th, 11a.m. to 12p.m.

Unconscious Bias

February 15th, 11a.m. to 12p.m.

Substance Use and Other Risk Factors for Gun Violence: Prevention and Intervention Strategies

March 12th, 10a.m. to 11:30a.m.

Meeting Schedule

Alcohol Workgroup

Jan 31st, 11a.m. to 12p.m.

Virtual, Microsoft Teams

Drug Workgroup

Jan 24th, 1:00pm to 2:00p.m.

Room 302, EC Gov. Center

Substance Misuse Action Team

Jan 16th, 10:30a.m. to 12p.m.

Room G034, EC Gov. Center

Eau Claire Health Alliance

April 11th, 8:15a.m. to 10a.m.

Room G034, EC Gov. Center

Contact Alison Harder at Alison.Harder@eauclairecounty.gov for meeting information.

About the Substance Misuse Action Team

Mission:

Working together to prevent and reduce substance misuse through education and

Vision:

A community free from the harms of alcohol, tobacco, and drug use.

Values

<u>Community voice</u> : Welcome all people into the conversation and to be a part of the solutions, regardless of background or abilities	<u>Connection</u> : Foster community connections for collaboration and partnership as we address our common goal
<u>Data-Driven</u> : Work is guided by local data and conditions, and it is both practice- and evidence-based	<u>Equity</u> : Action works to address disparities impacting health and wellbeing by focusing on economic, social, and physical environments
<u>Informative</u> : Work focuses on continuous learning and mutual knowledge sharing	<u>Inviting</u> : Work is done with an open mind, acknowledging different viewpoints, with empathy and compassion

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Visit the Eau Claire Health Alliance Website



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