



Substance Misuse Action Team Newsletter

October 2023

Action Items!

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

- Volunteer to help with the Prescription Drug Take-Back Day on October 28th. Contact [Sarah Dillivan-Pospisil](#) if you are interested.
 - Time needed: 1-4 hours
- Take the [Opioid Funding Prioritization survey](#) to share ideas on how to use the opioid settlement funding in Eau Claire County.
 - Time needed: 5 minutes
- Attend a workgroup meeting. The next Drug Workgroup meeting is October 23rd and the next Alcohol Workgroup meeting is October 25th. See more details below.
 - Time needed: 1-1.5 hours
- Visit our social media, and like or share a post. This month's posts will include Prescription Drug Take-Back, Halloween Safety, and the Retailer ID Check Training.
 - Time needed: 5 minutes



Updates



Thank you, Bruce King!

We would like to extend a huge thank you to Bruce King who has served as co-chair of this team since 2018 (and has been a member since 2008!). Bruce has stepped up and generously extended his co-chair term multiple times, which was especially helpful during the challenging times of the pandemic. We are grateful for Bruce's dedication to reducing substance misuse in Eau Claire County. As we get back on track post-pandemic with our two-year co-chair terms, we will be welcoming Renee Sommer into this co-chair role to serve with Lorraine Smith (also known as Dr. Lo!). Please join us at our in-person meeting on November 14th to share your thanks with Bruce and help us welcome Renee!

Prescription Drug Take-Back Events

The next Prescription Drug Take-Back Day is Saturday, October 28th, from 10am-2pm at the Marshfield Medical Center - Eau Claire Medical Offices and the Altoona Police Department.

Residents are encouraged to safely dispose of expired or unwanted medications at drop off locations. It is quick and anonymous.

Help promote the Take-Back by sharing [the flyer](#) at your organization, by sharing the [Facebook event](#) on your organization's social media, or by using the partner resources from [Dose of Reality!](#)



National Prescription Drug Take-Back Day
Saturday, October 28th
10 a.m. to 2 p.m.

Have expired or unwanted medications?
Want to dispose of them safely and easily?

Bring your medications to a drop-off location!

YOU CAN BRING:

- All prescriptions and over-the-counter medications
- Ointments
- Liquids
- Patches
- Non-aerosol sprays
- Inhalers
- Creams
- Vials
- Pet medications

All liquids, creams, and sprays must be in original container

NOT ACCEPTED:

- Needles, sharps, lancets, or EpiPens

DROP-OFF LOCATIONS:

Marshfield Medical Center-Eau Claire
2116 Craig Road
Medical Offices, Door B
(curbside service - no need to get out of your car)

Altoona Emergency Services
1904 Spooner Avenue

For more information visit echealthalliance.org

The National Prescription Drug Take-Back event is hosted by the Wisconsin Department of Justice (DOJ) and the Drug Enforcement Administration (DEA) and is coordinated locally by the Eau Claire County Sheriff's Office, Altoona Police Department, Marshfield Clinic Health System, Village of Fall Creek/Dodge Department, Eau Claire City-County Health Department, and the Eau Claire Health Alliance - Substance Misuse Action Team.

Tobacco Bar Bill Introduced in Assembly

[Assembly bill 451](#) was introduced on September 28th and was referred to the [Committee on State Affairs](#).

This bill creates a loophole in Wisconsin's Smoke Free Air law to allow cigar and pipe tobacco smoking in so-called "tobacco bars." The 2009 Smoke Free Air Law prohibits the smoking of tobacco products indoors (cigarettes, cigars, pipes, etc.); however, tobacco bars that existed prior to June 3, 2009, are exempt from the law and still allow smoking indoors. This proposed law would allow cigar and pipe smoking in any bar that meets the 15 percent sales threshold.

Allowing more tobacco bars creates a significant loophole in clean indoor air protections and weakens decades of progress in preventing exposure to secondhand smoke and reducing tobacco use, and most importantly forces hospitality workers to choose between their health and a paycheck.

Additionally, allowing indoor cigar smoking normalizes smoking for our youth. An estimated 500,000 U.S. high school and middle school students currently used cigars in 2022, making cigars the second most popular tobacco product among youth. According to Wisconsin's Youth Risk Behavior Study, approximately 7,000 of our high school students use cigars. Young people who use tobacco products are more likely to become addicted than adults. Learn more: [Tobacco Bar Bill Introduced in Assembly](#)



Community Reinforcement and Family Training (CRAFT) Group Sessions

At the Roots has a new family support group for family members and friends concerned about their loved ones. CRAFT is a compassionate, non-confrontational evidence-based program that helps family and friends develop effective strategies for helping their loved one who is struggling with substance use disorder and for feeling better themselves. The 12-session CRAFT support group teaches family and friends new skills in rapport building, positive reinforcement, communication and problem-solving, motivation techniques, analyzing substance use patterns, how and when to intervene, safety precautions, and more.

Groups are held in-person on the 3rd Tuesday of every month at 6p.m. To learn more visit [At the Roots' event page](#).



New: How to Quit Vaping Workbook

With the JUUL settlement funding, we have created a How to Quit Vaping Workbook for teens. These guides are designed to be a hands-on tool that walks youth through the process of quitting. This includes what to expect, how to set goals, the realities of slip ups, building a support team, and additional resources. You can find the [printable PDF](#) and the [fillable online version](#) on the ECHA resource page.

In addition to the How to Quit Vaping workbook, posters and window clings with Live Vape Free quit resources information are available. These are designed to be placed in locations where youth frequently visit to spread awareness of quit resources available for teens. Please reach out to [Emily Carlson](#) or [Kassandra Jain](#) if you are interested in ordering posters or window clings for your organization.



New Video: Addiction Can Happen to Anyone. So can Recovery.

This video was created in fall 2023 to call out the stigma that people impacted by substance use face.

Showcased in this video are people from our community who have suffered from substance use and are now in recovery. We see them doing things they love to do and things that bring them joy, whether it's a hobby like fishing or photography, or helping others in their journey to recovery.

"Addiction doesn't discriminate. It can impact all kinds of people in a community – individuals, families, friends, neighbors, and more. Despite the stigma, many people fight against addiction and find a way to live their lives to the fullest. Recovery is possible. It can bring clarity and help people find their passions and work towards their dreams."

View the video on the [Eau Claire Health Alliance YouTube](#) Page.



Opioid Funding Prioritization Survey

The Eau Claire County Opioid Settlement Task Force is seeking public feedback on how funding should be disbursed as part of the Opioid



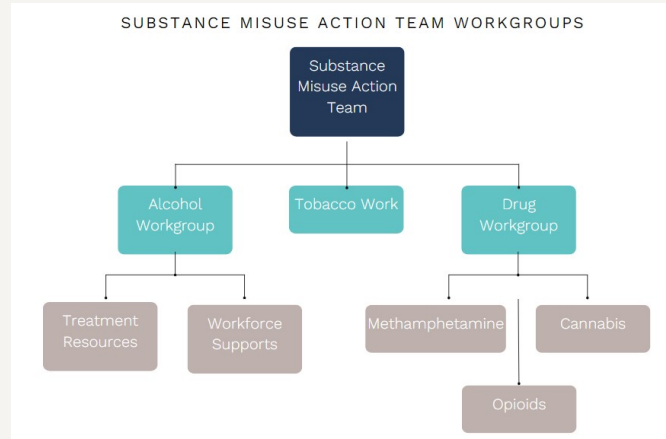
Settlement.

According to information from Eau Claire County, currently, Eau Claire County is scheduled to receive an Opioid settlement of about \$2.5 million, about \$137,000 each year, for 18 years to be used for opioid abatement purposes.

Take the [survey here](#) or learn more on [Eau Claire County's webpage](#).

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 - September 15th

At the September 15th meeting of the Drug Workgroup, the team decided to move ahead with planning for educational materials/campaign to help educate the community about methamphetamine. Please join us at the next Drug Workgroup meeting to help plan this campaign.

Next meeting: Monday, October 23rd from 9-10am in room 302 at the Health Department. Email [Sarah Dillivan-Pospisil](#) for more information or to join!

Alcohol Misuse Workgroup Summary - September 27th

The coasters co-designed with MHAT are out for distribution! The alcohol misuse side has two QR codes: one to the [AUDIT screener](#) and one for [Tips to Reduce Risky Drinking](#). The group reviewed a draft of the Little Recovery Handbook. This handbook describes the wide array of services available from harm reduction to peer support to inpatient, and how to access services. At our next meeting, we will finalize the handbook and discuss funding sources for printing and ideas for where to distribute.

Next meeting: Wednesday, October 25th from 10-11am virtually. Email [Alison Harder](#) for more information or to join!

Health Equity

Social Justice & The Latinx Community

It's Hispanic Heritage Month and it is time to celebrate history and culture with the Latinx Community!

Hispanic Heritage Month is September 15th to October 15th. Historically, Latinx activists have used their voices for change, and this work continues on today. The tobacco industry continues to target this community using phrases such as "lleno de gusto" - "full of taste" referring to menthol-flavored tobacco products.



Social Media Highlight

Do you have unused or expired medications?

Dispose of your medications safely and responsibly at the National Drug Take-Back event on

Saturday October 28, 10am-2pm



Marshfield Medical Center - Eau Claire

curbside service
2116 Craig Road
Medical Offices - Door B

Altoona Emergency Services

1904 Spooner Avenue

☐ Don't throw your unused meds in the garbage ☐ or flush them down the toilet ☐ – turn them in!

Saturday, October 28th is the National Prescription Drug Take-Back Day in Eau Claire County. Visit the Altoona Emergency Services or the Marshfield Medical Center in Eau Claire between 10am and 2pm to dispose of your medications safely and responsibly.

#TakeBackWI #SafeDisposal
#PreventionIsKey

Resources

Drink Less, Be Your Best

Mass communications campaign that encourages U.S. adults who drink excessively to drink less to improve their quality of life, relationships, and health. View the [campaign](#) or visit www.cdc.gov/drinklessbeyourbest to learn more.

Higher Education Center for Alcohol and Drug Misuse Prevention and Recovery

[The Higher Education Center](#) provides tools, training, and technical assistance to professionals across the country working to address collegiate substance misuse.

NIAAA for Middle School

[New NIAAA website](#) designed for people working with middle schoolers ages 11 to 13. The website contains information for people working with youth to introduce and teach key messages about peer pressure, resistance skills, and other important topics related to underage drinking.

Prevention Learning Portal

SAMHSA's PTTC Network has created a free online [Prevention Learning Portal](#). The portal provides substance misuse practitioners easy access to information to assist in planning, implementation, and evaluating prevention efforts.

THC is Changing

[Campaign toolkit](#) created by the Northwoods Coalition to educate the influencers of youth about the potential health hazards THC may cause while youth are targeted with the newest THC-infused products.

Conferences and In-person Trainings

Mental Health and Substance Use Recovery Conference

October 19th & 20th. In-person at Kalahari Resort in the WI Dells or virtually.

Wisconsin Society of Addiction Medicine

October 19th & 20th. In-person conference at Glacier Canyon Lodge in the WI Dells.

Wisconsin Working Together to Combat Drug Challenges

October 24th & 25th. In-person conference at the Oshkosh Event Center.

Online Trainings

Using Cultural Elements and Brief Interventions to Reduce Substance Use with Hispanic and Latinx Communities

October 13th; 9a.m. to 10a.m.

Deeper Dive into Data Informed Decision Making - Session 1: Data Informed Planning

October 24th; 12p.m. to 1 p.m.

A Focus on Coalition Best Practices

October 26th; 1p.m. to 2:30p.m.

Deeper Dive into Data Informed Decision Making - Session 2: Evaluation in the Prevention Planning Process

October 31st; 12p.m. to 1p.m.

Creating Welcoming Spaces for LGBTQ+ Individuals in Substance Misuse Prevention Programs

November 2nd; 1p.m. to 2:30p.m.

Virtual SAPST: SPF Application for Prevention Success Training

November 6th, 9th, 13th, & 16th; 9a.m. to 3p.m.

Building Protective Factors Using the Social Development Strategy

December 5th; 10a.m. to 11:30a.m.

Meeting Schedule

Alcohol Workgroup

Oct. 25th, 10a.m. to 11a.m.

Virtual, Microsoft Teams

Drug Workgroup

Oct. 23rd, 9a.m. to 10a.m.

Room 302, EC Gov. Center

Substance Misuse Action Team

Nov 14th, 10:30a.m. to 12p.m.

L.E. Phillips Memorial Public Library

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 advocacy in Eau Claire County.

Vision:

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

Values

Community voice: Welcome all people into the conversation and to be a part of the solutions, regardless of background or abilities

Connection: Foster community connections for collaboration and partnership as we address our common goal

Data-Driven: Work is guided by local data and conditions, and it is both practice- and evidence-based

Equity: Action works to address disparities impacting health and wellbeing by focusing on economic, social, and physical environments

Informative: Work focuses on continuous learning and mutual knowledge sharing

Inviting: Work is done with an open mind, acknowledging different viewpoints, with empathy and compassion

Contact Us

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Visit the Substance Misuse Website



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