

# OPIOID SUBCOMITTEE AGENDA

Location: MidMinnesota Credit Union  
961 2<sup>nd</sup> St. NW Aitkin  
Date: November 28th  
Time: 1:00pm-3:00pm  
Facilitator: Liz Short 218.927.7267

## Agenda Items

**1:00-1:15**

Introductions and review format for meeting

Attending: Liz, Liz, Rachel, Jim, Andrew, Luke, Adam

Notetaker: Erin

Liz reviewed the printed materials available for review, updated Selander application, Luke's application and newly submitted cover letter.

Liz provided paper copies of updated scorecard.

**1:15-1:30**

Selander Consulting Presentation-Arlene Selander

Introductions: team and Arlene

Founder of Selander Coaching and Consulting, located in Aitkin. Nonprofit providing high level education re: mental health, suicide prevention and substance use.

**1:30-1:45**

Degree in Social Work. Worked with CWC, Mille Lacs Band and Nystroms and attained degree in life coaching. Passionate about educating all ages throughout MN and surrounding areas, all backgrounds, etc.

Important for community members to know what resources are here and available, people may just not know about them.

Trained and certified to deliver a variety of trainings. Hold positions on several committees and boards.

What is the criteria for selecting youth for this program?

Several options able to explore. Several ways this could look: could go into the schools, McGregor is looking into it and Aitkin schools is undecided, Hill City undecided. Could use a class period all students have, i.e. health class. Thinking 8, 9 and 11 grade, once per week. Could do it grade wide.

Juvenile justice approach—need to talk with Kami. She and staff would identify youth that would come in, hold at library or other common place.

Community-based—get referrals through schools, juvenile justice system. X1 hour/week, maybe weekend days. Schedule would be built upon age. Transportation could be a barrier.

Money would fund all parts of the curriculum, for about 300 students. 3-4 years.

#### Q & A

Is the program within the Schools?

Fluid program, could be implemented in school or community setting. Would be hope that all 3 schools would implement program in their schedules. Big ask for schedules, etc.

Have relationships with schools been developed?

Established relationships with schools?

Work closely with Dan Stifter, Lisa Demars, and Jim Henrickson. Some relationships in McGregor and Hill City as well.

How will you keep relationships with the schools?

Work in progress. Will continue to work on building the relationships. Work with schedules, etc. I have 4 volunteers that are willing to help me with this project. Not part of school, but want to integrate ourselves into the schools.

Year round program?

Can be year round if needed. Designed for middle and high school.

Reporting on results?

MDH has great resources for reporting on their website. Would take their data for 2023 and compare as the years go by. Easiest and most cost-effective for us. Ask for feedback from schools, participants, parents, etc.

How will this have a positive impact on opioid crisis?

Program targets behaviors that are risky. Beginning during years of greatest risk and vulnerability to try risky behaviors. Goes beyond the “just say no” philosophy. Matches social and cognitive abilities of students.

If approved, on schedule for application?

Yes, no minimum or maximum number of students. Hope all schools will participate, but if not then we will ask organizations to refer kids or young adults they feel would

benefit. Funds would pay for course materials and travel for volunteers that would be trained.

Would like to avoid holding the opportunities virtually, unless it's the last option.

How much is actual curriculum?

The curriculum on it's own is about \$12,000, so other part of request would be mileage, graduation for each segment of training, supplies, etc.

3-4 years to train 300 youth. Takes about 1 year to get through full program.

Is there a an ALC here that you would work with?

Aitkin has their own ALC.

The core is broken into 2. Purchase as 1 and then it's broke in  $\frac{1}{2}$ .

Will you follow the same group?

Would like to follow the same group of kids throughout. If there's an older group that wanted to participate, we would start them at the base level and go through it a bit quicker.

What other schools or communities that have implemented All Starts?

None that I have found. Crosby has not implemented either, but hoping to bring it there also.

How many 7<sup>th</sup> graders are in county? Right now there are 300 12-15 year olds in Aitkin County.

If there are not 100 kids right away, then the funding would stretch for longer.

How would you identify the youth for the program?

Have schools submit a referral or any other program that sees someone who could benefit.

Within a month could have a decent size group, even if aren't in schools. Minimum size would be 10.

3 hours of training per curriculum, about 10 hours total. Volunteers and Arlene would all train together. Once purchased and paid, can start training.

Tied into Opioid prevention how?

Curriculum does address that, modeled throughout the entire curriculum. Modeled on the SAMHSA programming.

New program, need students to participate and a place to deliver it.

Information is also provided back to parents of children participating.

Would ask that if there's any concern about a child or risk with behaviors, they are referred.

Are students incentivized at all to stay in program?

Upon graduation of each group, they get a graduation gift that Selander Coaching and Consulting would provide.

No cost to the family.

Thank you and excuse Arlene

1:45-2:00

C.O.P.E Presentation-Luke Gould

2:00-2:15

Luke provided a PPT presentation of his program, COPE. Started back in 2022, circle of peer empowerment.

Reviewed Board of Directors, Core Value,—developing a space for individuals and partnerships, Advocacy for harm reduction, for the LGBTQ+ Community, , Empowerment for the organization, for the individual,

Luke will have full clinical license to provide programming by January. Admits cannot do it alone.

Helping others to navigate barriers.

Education

Target organizations—both in Aitkin and Crow Wing areas. Healthcare facilities, elderly care organizations and schools.

Elder Care—many older people are impacted by substance use and many LTC facilities are not prepared to care for these individuals.

Proposed Educators—several professionals identified that have already been identified and contacted.

Reviewed 2024 budget outline: 20% outreach, 19% training development, 11% educators, 12% application fees, etc. etc.

Starting budget—includes 2 staff. Total 2024 budget is \$45,000. Currently 3 people interested in making this happen.

Q&A

This is a round up/building request?

Yes, this has been coming together for a while now.

We are not a nonprofit, yet. Just about ready to turn in paperwork and pay fee.

How does Crow Wing fit in?

They are supposed to let me know today. If CWC does not fund, we would have to figure out what that looks like with

only ½ the budget. Anticipate we could also look to work with Fond du Lac and Mille Lacs.

Where do you see this in 5 years?

Hoping that the organizations that are here can do that on their own, SUD support, role of COPE would be to come along side those in recovery. Able to get something going that can stand on it's own.

Sustainability of program, based on DHS licensing?

No. Not planning on continuing as a treatment provider. Our need is only long enough to get local people trained to provide the service and help their organizations grow the service locally.

Professional Development Group/Train the Trainer methodology.

Helping to embed professionals in the community.

2:15-2:30

Selander Score Card and Voting

Discussion ensued about the Selander application and presentation.

2:30-2:45

Survey results:

**More information is needed before recommending funding (5)**

I would recommend the subcommittee fund the project (1)

Liz will draft a letter that indicates what additional information the group would like to see/hear before recommending the program. The letter will be sent to the group for proofreading and editing. Send feedback to Liz by the date she identifies.

C.O.P.E Score Card and Voting (Luke not present)

Discussion ensued about the COPE application and presentation.

Survey results:

**More information is needed before recommending funding (5)**

2:45-3:00pm

Confirm actions for applications and schedule next meeting. Tentatively January 23<sup>rd</sup>

Potentially via webex

Future thought: if a program is being referenced, please include a link in the application.

Edit application to include a more detailed breakdown of budget.

Application will require everyone to fill out evaluation section.

Update the google score card to only allow one response/answer.

Are there concerns if member[s] of this committee would be willing to meet with applicants to offer ideas and thoughts about how to improve applications. Consensus was that there are not concerns, and that could only be helpful.