**Faces4Change DFC/CARA Community Coalition**

**March 23, 2022, Monthly Meeting Minutes**

**-Dr. Hicks Harper called the meeting to order at 6:06 pm.**

**-Pastor Doll seconded**

**-There were 16 people in attendance**

**-Faces4Change “Harrisonburg Drug-Free Community (DFC) Coalition”**

**1.** Welcome

2. Introduction Rounds

3. Recognition of new attendees: Randi Hagin works is a news reporter in Harrisonburg.

**F4C Team & Sector Member/Collaborator Intros**

**F4C Pride Survey will be implemented with middle and high school students. The survey will help with collecting baseline data so that we may see the impact of our F4C efforts.**

1. How do peers and family feel about the harmful effects of drugs is a focus
2. A minimum of 60 students to fill out a pride survey
3. 9th and 10th-grade need more students. 8th grade students will also be interviewed
4. If anyone is able to get students, please reach out!

**CACDA Mid Year Training institute**

1. F4C is hoping to take 2-3 youth to Orlando, Florida for the event on July 17-21 2022. This will be an opportunity for them to learn more about substance use prevention targeting youth and to engage with other young people doing the work throughout the country.
2. If you work with youth and would like to recommend them for this opportunity, please make contact with use ASAP.

**Victoria, F4C Digital Media and Marketing Coordinator Spoke about Ways to Help Us all Make a difference in F4C!**

1. Victoria provided methods on how to help stimulate social media such as:
2. Follow us on Social Media!
3. Make sure to check out the new YouTube Channel and subscribe!
4. Like and share posts as you see them to help increase our interactions
5. Be sure to invite your friends on Facebook to like F4C’s page
6. Please reach out to help grow our platform!
7. QR Codes are available to help direct toward F4C’s social media
8. Banner options are also now available and have QR codes posted on them

**A poll was conducted to choose a F4C banner, displaying QR codes, that will be used as our exhibit whenever possible.**

1. Banner B was chosen as the winner, out of 3 others shown, and once produced will travel at events where F4C is participating.

**Youth F4C summit**

1. This event will happen on June 4, 2022, from 11am-2pm at the Simms center
2. This event will involve other collaborators such as the Boys and Girls Club of Rockingham, On the Road Collaborative, JMU, Futuro Latino, and Parcks and Rec
3. We are excited to provide an opportunity for youth through raffles, games, technology, and even sports.
4. Please reach out if you know anyone who wants to collaborate
5. Public input is encouraged!

**Dr. Allen Stewart’s Special Presentation “Let’s Talk About Methamphetamines” Pt.2**

1. The presentation was given by Allen Stewart, Program Director Seasons Treatment Ctr. Harrisonburg and his main points follow:
2. Methamphetamine Abuse in the Shenandoah Valley pt.2 – Focus on prevention.
3. Public Health Issues
   1. Addiction tends to run in generations and the public seems unaware of this
   2. Methamphetamine creates psychosocial and developmental effects that can lead to negative effects on parenting
4. Medications
   1. Everyone benefits differently from treatment, some need 12 steps, rehab, and even medication to help them get better
5. Issues regarding Stimulant Dependent individuals (not all) such as:
   1. Limited understanding of stimulant addiction
   2. Meth is more detrimental in pregnancy than opioids
6. Prevention
   1. Community intervention is crucial to provide better options for people in the community
   2. Protective/preventative factors (some not all) that can be found within family/community
      1. Going to church, having a safe consistent space, alternative activities and hobbies, limiting interaction with unsafe people, pursuing higher education were some of the protective factors noted by those in attendance.
   3. Some protective factors found in the community identified were:
      1. On the Road Collab., More NA and AA meetings, Revive training, Youth Summit, visible and accessible access to mental health care resources
      2. These are important because they provide support if a person starts to drift off track
      3. Hand in Hand Resource Mothers Program has had a 95% graduation rate and 0-5% repeat. This is a great resource for new mothers struggling with addiction.

**Animation video was shown – Please check our coalition meeting video to see it!**

1. This video not only illustrated the inevitable lasting effects drugs will have on your body but the need to constantly chase and try to get high, specifically that first high.
2. Illustrates the short-lasting euphoria of being high and how you’ll continue to go after it no matter how hard you fall afterward
3. The high is never worth the lasting effects on the body
4. The euphoria always outweighs the consequences even if it continues to cause harm to your body
5. The euphoria begins to diminish each time you get high but continues to still negatively harm the body
6. As you continue to chase after that first high you will never get you to get closer and closer to death
7. Resources to contact F4C if anyone is struggling
   1. 540-820-0763

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**Meeting adjourned at 7:05 pm**