



Meeting Minutes
June 13, 2023
12:00 pm - 2:00 pm
Fenner Nature Center

Attendance: Heather Algrim (Eaton RESA), Kerry Boomershine-Whitbeck (Holt Public Schools), Juan Castillo (Child and Family Charities), Jennifer Cronkite (CMHA-CEI), Deanna Curry (CACs Head Start), Harriet Dean (Eaton RESA), Kae Dubay, Nicole Frank (Okemos Public Schools), Sarah Kenney (ICHHD), Dawn Kepler (MSU), Ali Rogers (ICHHD/Strong Start Healthy Start), Kristina Schmidgail (Lansing Area AIDS Network), Kristen Smith (Eaton RESA), Elizabeth Snyder (Lansing Area AIDS Network), Paige Swem (Ingham County), Rashmi Travis (Eaton RESA), Charisse Tuell (Eaton RESA), Crista Batwog (CACs Head Start), Tianna Leon (ICHHD), Kathry Nelson (Haslett Public Schools), Aaliyah Foreman (CACs Head Start)

Workgroup Updates:

- Policy
 - Suspension Alternative policies in an effort to keep kids in school
 - Advocacy 101
 - Some time in the Fall
- Family Matters
 - Community Ed.
 - Merging with some of the work with Policy
- Youth
 - Youth Speak Forum meets the Third Tuesday of each month at 5:00 pm - 6:00 pm (see flier below)
 - [Register Here](#)
- MSHN
 - No update
- ROSC
 - No update

ISAP Update:

- MiPHY Data
 - 7th, 9th, and 11th grades
 - Survey every other year
 - Health risk behavior
 - School districts decide individually if want to share their data
 - Nicotine use has went down or at least stayed the same

www.midrugfreeingham.org

Mission Statement: *Working collectively to enhance the health and safety of Ingham County youth and citizens through the reduction of the overall impact of substance use, abuse, and dependency.*



- Overall Marijuana use decreased
 - Overall Alcohol use decreased
 - However, many teens said it was easily accessible
 - Illegal drug use over all decreased
 - Members were curious about if there is any data regarding teen substance misuse and pregnancy: data is available on sexual health. Other data sources might include MIHP data, Medicaid data, etc.
- Future ISAP Meeting Presentations
 - [Member Spotlight Sign-ups](#)
 - August and September are still open

Guest Speaker

Lisa Laughman, Lead Emotional Consultant on Wellness: Mapping Stress Responses

- Recognizing Burnout and Completing Your Stress Cycles
 - Be kind helpers to our OWN nervous system.
 - Five Questions
 - What is the level of stress?
 - How do I know? (diagram)
 - Is the level of response helping?
 - Can I bring in a practice to help me settle?
 - Physical activity
 - Breathing
 - Positive social interaction
 - Laughter
 - Affection
 - Crying/Sobbing
 - Creative expression
 - etc.
 - How do I know it is working?
 - Steps
 - Acknowledge
 - Honor
 - Release
 - Relax
 - Reflect
 - Resolve

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Next ISAP Meeting – August 8th, 2023 1PM (via Zoom)

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ECSAAG

YOUTH-SPEAK FORUM



**OPEN TO CURRENT
INGHAM, CLINTON, &
EATON COUNTY YOUTH
(UP TO 18 YEARS)**

**THIRD TUESDAY OF EACH MONTH
5:30PM-6:30PM**

**REGISTER USING
QR CODE BELOW**

NEW TOPIC EACH FORUM

**COME SHARE YOUR VOICE AND LET YOUR LOCAL
COALITION KNOW WHAT CHALLENGES YOUTH ARE
FACING TODAY**

Previous Discussions Centered Around

- Mental Health landscape in school
- Social Media's effect on youth
- How Covid has affected schools



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