

MEETING MINUTES

Meeting Name:	Fairfax Prevention Coalition
Meeting Date:	September 13, 2023
Meeting Time:	1:00pm-3:00pm
Venue:	Virtual
Attendees:	Gail Embt (Recovery Club America) , Anis Saccoh (WHPP), Jacob Berenbroick (NCS), Ellen Volo (Opioid and Substance Use Task Force Coordinator), Reanna Jacobson (FCPD Community Outreach), Stefan Mascoll (FCPS), Kim Linkel (CADCA), Yuri Coronado Prieto (WHPP), Angela Bates (CSB Communications), Marla Zometsky (NCS), Jennifer Feltes (Health Department), Olga Carillo (NCS), Toiya Godfrey (NCS), Zubair Saeed (NCS), Francisco Klockner (JDRDC), Tony Humphrey (NCS), Josh McQuiston(NCS), Raymond Paden (WHPP), Paul Woods (NCS), Maia Cecire (community/volunteer), Chuck Reinhard (FCPD Community Outreach), Karen Kovach (Fire and Rescue), Kierystan Johnson (WHPP), Rich Genus (FCPD), Ashely Summers (Dominion Hospital), Marvin Quintero (NVFS), Jonathan Melendez (NCS), June Kelly (Rotary), Patricia Moreno (Anthem Healthkeepers Plus), Berkeley Gerstner (WHPP), Lori Naveda (WHPP)

Meeting Notes: The FPC supports National Suicide Prevention Month and Recovery Month.

Lock & Talk Presentation (Anis Saccoh-Wellness, Health Promotion and Prevention/CSB):

Lock and Talk is a statewide initiative that is aimed at preventing suicide, educating the community about warning signs of suicide, encouraging communication, and connecting with your community to emphasize the safety and prevention around firearms and medications. It promotes wellness, reduces stigma around suicide and saves lives.

The medication Component emphasizes:

- How to safely secure your medications
- How to properly dispose of unused/expired medications
- Taking medications as directed and not sharing medications
- Talking to children about the dangers of overdose with those prescription medications.
- Research shows that students begin to self-medicate around the age of 11 and by age 16, 90% of adolescents report self-administering OTC medications.

The Firearms component emphasizes:

- The safety of securing and/or storing firearms so that it's out of reach of children and loved ones such as: keeping firearms locked with trigger or cable locks.

Key actions: September is National Suicide Prevention month:

- Get help immediately if someone is having thoughts of suicide by calling 911: you can ask for a CIT trained officer (Crisis Intervention Trained).
- Call the National Suicide Prevention Lifeline 988.
- Encourage people to take the CALM class (<https://zerosuicide.edc.org/resources/resource-database/counseling-access-lethal-means-calm>)
- Inform the community about where to get free lock boxes, trigger locks, cable locks and medication locking caps at 7 locations in Fairfax County. An individual can pick up at the main Prevention office: 7611 Little River Turnpike, suite 200 Annandale, VA.

The [Lock and Talk website](#) has many great resources as well as current Virginia Laws regarding the safety storage of firearms.

Parent Toolkit on DEA website:

https://www.operationprevention.com/sites/default/files/PDFs/DEA_OP_ParentToolkit_May20.pdf

SPAN has a virtual presentation Monday 9/18/23 from 6:00pm-7:30pm.

<https://www.suicidepreventionva.org/>

Recovery Club America Presentation (Gail Embt):

Community Reinforcement and Family Training, CRAFT is an evidenced based program that helps and gives support to families where loved ones are struggling with mental health and/or substance use by providing them with personalized therapy services and peer support services. The focus is on the family as being the most motivated support system. It is designed for parents, siblings, and other family members. The program increases treatment retention and reduces relapse.

CRAFT Goals:

- Engage the loved one in treatment and support
- Reduce the loved one's use of substances
- Improve the quality of life and functioning of the parent, sibling, partner etc.

CRAFT Components:

- Positive communication skills
- Natural consequences
- Healthy boundaries
- Problem solving
- Safety training
- The focus is on the family's own well-being (like training for a marathon)

Recovery Club America has family offerings that are virtual and include:

- 12- week CRAFT training
- Weekly parent support meetings

- Individual and small group coaching
- Workshops
- Online resources
- The cost is \$437 total (\$36 a session), 1 hour a week for 12 weeks that includes homework with applying skills learned in real life.
- Opportunity for scholarships, however, does not take insurance since this is for families.

Flyers and Brochures are available, feel free to contact Gail Embt gembt@recoveryclubamerica.com

FPC Updates:

- **Fairfax Prevention Coalition workgroups:** Opioid workgroup, Tobacco/Alcohol workgroup and Sustainability workgroup. If interested in joining one of the workgroups, please contact Lori Naveda.

Opioid Updates:

- Upcoming event: DEA Drug Takeback is on October 28th 10am-2:00pm at 9 locations (Fairfax County district police stations, Tysons Emergency and Reston Hospital). Flyers will be available soon. Looking for volunteers to help hand out resources, connect with the community and collaborate with other agencies at each location. If you are interested, please contact Lori Naveda at Lori.Naveda@fairfaxcounty.gov.

Past event: VA Cooperative Extension/4H community event, provided rapid REVIVE and FPC (and Fairfax County) resources to community members. Thank you to all who volunteered for this event!

- The Opioid Abatement Authority in VA has webinar series with the Abatement Academy with information on: substance use and opioid use and harm reduction. They also host in-person work sessions in various regions in VA. Please visit their website which contains information on increasing opioid awareness, grant awards with opioid settlement dollars to local governments and state agencies with different projects/campaigns available statewide for youth. <https://www.oaa.virginia.gov/abatement-academy/>
- Fairfax County's general opioid web page which has links to the Fairfax opioid dashboard and the communications toolkit: <https://www.fairfaxcounty.gov/topics/opioids>
- [REVIVE! Opioid Overdose and Naloxone Education Training](#). WHPP provides REVIVE virtual trainings that are open enrollment in English and Spanish and can also offer customized trainings. The information provided is on recognizing signs and symptoms of an opioid overdose, how Naloxone works, the steps in administering Naloxone and at the conclusion of the training, attendees are dispensed the Narcan nasal spray at no cost if they reside in Fairfax County.
- Article: Narcan is now available OTC, in stores. Manufactures say the cost will be \$44.99. [See article](#).

Alcohol/Tobacco (Nicotine) and Cannabis Updates:

- [Fun and Festive for Everyone flyers](#) are available for dissemination (provides alternatives to drinking).
- Alcohol bottle locks are available to community members. For more information, please contact Lori Naveda at Lori.Naveda@fairfaxcounty.gov
- [Talk.They Hear You presentations](#) Open Enrollments are available through 2023.
- [Prevention Teen Vaping Presentation](#) (Catch My Breath curriculum-5th-12th grade). Contact Lauren Hitz for more details.

Resource Sharing:

- Ashley Summers (Dominion Hospital): women’s prenatal and postpartum program opening at Reston Hospital on 9/14/23 from 12-2pm Ashley.Summers2@hcahealthcare.com
- Angela Bates: Resource for September Suicide Prevention Month <https://www.fairfaxcounty.gov/community-services-board/news/2023/suicide-prevention-month>
- Marla Zometsky: Looking to identify youth ages 15-18 for a focus group partnering with the Health Department to hear their thoughts around behavioral health, mental health, wellness and what teens may be going through. Please contact Marla Zometsky for more information: marla.zometsky@fairfaxcounty.gov.
- [Youth Led Mini Grants](#): Please contact Chad Christian if you know of any youth who would like to express what is going on in their community through projects and building resiliency and teamwork. There is an opportunity for funding.

Action Items:			
No.	Description:	Responsible party/parties:	Due by:
1.	DEA Drug Takeback October 28th 10-2:00pm. If anyone is interested in volunteering, any amount of time, please contact Lori for more details.	All FPC members	October 20, 2023
2.	REVIVE! Open enrollment trainings are available (English and Spanish). Continue to share this resource with all community members.	All FPC members	ongoing
3.	Talk.They Hear You Open enrollment presentation are available (English and Spanish). Continue to share this resource with community members.	All FPC members	ongoing

Please join us at the next FPC monthly meeting October 11th at 1:00pm, virtually (on Zoom).

