



PREVENTION *Connection* SUMMER 2021

A quarterly newsletter by The Alliance for Healthy Communities

"Summer is singing with joy, and the beaches are inviting you with dancing waves."

- Debasish Mridha -



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If you have a story you would like to share in this quarterly Newsletter, please contact Kellie Rodriguez: asap@empoweredcommunities.org

CONTRIBUTING WRITERS:

Kellie Rodriguez
Eve Hosley-Moore • Parnia Roghani
Sharon Schmidt
Bonni Snider • Chrissie Parris
Kristy Rodriguez • Sandra Soares

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Hello prevention champions!

Welcome to this edition of Prevention Connection

It has been an amazing quarter! To start, in April, we held our first Pedal for Prevention fundraising event. This event was a huge success, with more than 140 participants! We plan to hold this annually. In June, we continued with our trend of growth and expansion and hired an Executive Director, Dr. Lauren Bates. Under Dr. Bates leadership, we hope to continue to grow in order to meet the needs of Pasco County residents. To learn more about Dr. Bates, please head over to page 5.

As always, our committees have been hard at work. Our Opioid/RX Committee held their first of many Stigma Panel Discussions, with stories of hope and recovery, as well as began working on their DOSC (Dispose Opioids for a Safer Community) Pilot Project. The DOSC project has a goal of providing medication disposal options, educational materials, Narcan and other lifesaving materials to businesses that are located in the areas where overdoses are most prevalent. Our Substance Exposed Newborn Committee (SEN) held a series of Lunch and Learn events, and our Alcohol Initiatives Committee put out a "Best Practices" guide for establishments that sell alcohol. Recovery Committee is hard

at work on a Walk for Recovery in honor of National Recovery Month, and our Cultural Competence committee has continued to work on culturally competent community initiatives. As always, our STAND Youth Coalition has been hard at work as well! Flip to the end of this newsletter and you can see all of the exciting things our youth are up to! If you have a specific passion, our committees focus on various areas and substances. If you are interested in joining any of the committee meetings, take a look at our website, all of the meetings are listed under "events" and anyone can join in. Links are included on the website to join in, anytime.

As you look through this quarter's newsletter, please keep in mind that this is a community effort and we need you to continue the work that we do. We cannot do it without our dedicated volunteers, community partners and local decision makers. If you would like to get involved, please reach out to us at any time.

Thank you, prevention champions, for all you do for our community!

With Gratitude,
Kellie Rodriguez, ASAP Coordinator
Chrissie Parris, AHC Board President





@PascoASAP



@ASAP_Pasco



@ASAP_Pasco



**Alliance for
Substance
Addiction
Prevention**

Pasco ASAP uses local data to direct our prevention programs

ASAP 2021 PRIORITY ISSUES

- Youth Drug Use
- Underage Drinking
- Opioid Use, Misuse and Addiction
- Rates of Substance Exposed Newborns
- Impaired Driving
- Intravenous Drug Use
- Tobacco Use

ASAP MISSION

To coordinate community efforts to reduce county-wide risk factors for addiction, thereby preventing and decreasing substance use in a comprehensive and long-term manner that primarily impacts the youth in the community.

ASAP CONTACT INFORMATION

Coordinator: Kellie Rodriguez
 ASAP@empoweredcommunities.org
 7809 Massachusetts Avenue
 New Port Richey FL 34653
 727.315.8658
 www.empoweredcommunities.org

ASAP MEETINGS ARE ON zoom

GENERAL COALITION

Fourth Tuesday of every month • 10:00am • Meeting ID: 894 8050 6106 Password: 399526

RECOVERY

Fourth Monday of every month • 5:00pm • Meeting ID: 826 7025 4538 Password: 451180

SUBSTANCE EXPOSED NEWBORN

Second Wednesday of every month • 10:00am • Meeting ID: 828 6547 9166 Password: 061677

ALCOHOL INITIATIVES

First Monday of every month • 4:30pm • Meeting ID: 844 2750 9059 Password: 207615

OPIOID / RX

First Tuesday of every month • 3:00pm • Meeting ID: 834 6615 6874 Password: 344143

CULTURAL COMPETENCE

Third Monday of every month • 4:30pm • Meeting ID: 815 1525 0641 Password: 883088



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ASAP Committee Updates

ALCOHOL INITIATIVES COMMITTEE & TOBACCO FREE PARTNERSHIP

The Alcohol Initiatives Committee Best Practices Brochure is in final print! The committee has spent considerable time working on this document. Using the data from the environmental surveys designed to ensure retail establishments are in compliance regarding sales of alcohol, the brochure was developed to provide retailers with information to ensure continued compliance. Hard and digital copies are available, please reach out to the email below if you would like copies. The committee has also begun revamping the #SafeRidePasco campaign. Work has begun on inputting data collected from individuals arrested or convicted of DUI. The campaign is focused on reducing DUI arrests by identifying establishments with a high rate of arrests. The Tobacco Partnership of AIC is no longer with the Department of Health. The grant was awarded to another agency, Civic Communications. We look forward to the continued partnership as we remain focused on the initiatives of the committee. We invite you to attend the AIC meetings to become involved.

Alcohol Initiatives meets the first Monday of every month at 4:30 pm. For more information, please email Bonni.Snider@Baycare.org.

CULTURAL COMPETENCE COMMITTEE

Cultural Competence Committee is continuing to work on our community survey to include into the Community Health Needs Assessment. We are also looking for ways to grow. If you are interested in joining or speaking to the committee, please join us on the third Monday of each month at 3:30 pm. Visit the website: empoweredcommunities.org/events for zoom link information, or email Parnia.roghani@flhealth.gov.

RECOVERY COMMITTEE

The planning for the kickoff of National Recovery Month is in full swing! Please mark your calendars for Saturday, August 21, 2021 in Sims Park, New Port Richey from 9 am

Does your agency have something to share with the ASAP Coalition? We are looking for presenters for the August and September 2021 monthly meetings on Zoom. Please contact ASAP Coordinator Kellie Rodriguez at asap@empoweredcommunities.org Thank you!

to Noon. Please join us as we walk to honor those in recovery, those who have yet to make the leap, and the families and friends who have been affected by addiction. The Recovery Committee focuses on reducing stigma and works to give recovery allies and those in recovery a voice in our community. We advocate for recovery-related issues and bring everyone together for our common goal of reducing addiction and alcoholism with the hopes of overcoming the barriers to wellness.

The Recovery Committee meets the 4th Monday of every month via zoom: July 26, August 23, September 27.

RX / OPIOID COMMITTEE

The Rx/Opioid Committee hosted a virtual event on Stigma (see page 9) with 30 people in attendance. We are planning more events in the future.

For more information or to get involved with the committee, email Parnia.roghani@flhealth.gov or crystal.willson@baycare.org. The committee meets the First Tuesday of every month at 3:00 pm.

SEN COMMITTEE

The Pasco Substance Exposed Newborn (SEN) committee has continued to grow during the Pandemic. Our community support and partnerships have been essential to keep the momentum needed while making change, providing education and increasing protective factors. The committee is excited to increase data collection and began to dive deeper into the needs of those we serve using local data. We hope to correlate the data and provide specific education to decrease the number of Pasco County substance exposed newborns. We have been able to compile a list of local resources offered to implement an easy to read "Road Map" targeting specific needs to resources. The electronic and printable version should be ready for distribution in July. June was the launch of "Converse with a Nurse" virtual group for Moms and Moms-to-be. The content will vary each week and we will always provide a nurse during the discussion for participants to ask questions related to topic or unrelated. Our goal is to provide education and the access to a nurse by reducing barriers and encourage all to make healthy choices (see page 6). Questions? Email: Missy.Coyle@Baycare.org or Gabby Flores at: gflores@healthystartcoalitionpasco.org



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Welcome AHC's New Executive Director!



The Alliance for Healthy Communities is pleased to welcome Lauren Bates, PhD., as the new incoming Executive Director of the Alliance for Healthy Communities. She is a lifelong advocate of health and wellness and will be a tremendous asset to the families of Pasco County, explains Chrissie Parris, AHC President.

Dr. Bates has focused her career on encouraging healthy behaviors for families and youth, and understanding how these behaviors are connected to place. She earned her undergraduate degree from Xavier University in pedagogy and education, with a minor in Spanish. She studied in Spain and Mexico, and while in Latin America participated in medical missions focused on helping indigenous communities. She holds a Master's Degree in Environmental Science, Policy and Geography from the University of South Florida and went on to earn her PhD from Ohio State University.

Prior to joining the Alliance for Healthy Communities, Dr. Bates served as the National Director of Research and Data at a large nonprofit for youth and their families, and served as the Principal Investigator and Supervisor for health and wellness projects with multiple agencies at the Federal and State levels. At home, Dr. Bates enjoys

spending time with her spouse and children, and doing anything outdoors.

"We need to be here for Pasco county for years to come," says Kellie Rodriguez, ASAP Coordinator, "We need to grow to meet the growing needs of Pasco residents."

The Alliance for Healthy Communities (AHC) is the umbrella organization that hosts the Alliance for Substance Addiction Prevention (ASAP) coalition and STAND Above the Influence youth coalition. ASAP is based on bringing community members and agencies together, raising awareness, and is focused on advocacy, education and outreach. ASAP has been a groundbreaking and respected substance misuse prevention coalition in Pasco County since 2006. Alliance for Healthy Communities is the 501-c3 formed in 2019 to expand its highly successful programs. Hiring an Executive Director to lead the agency to the next level is a natural progression of AHC's growth.

Please join us in welcoming Dr. Bates!

If you have any questions, comments or concerns, and/or would like to reach out to welcome Dr. Bates, she is available at: ahced@empoweredcommunities.org



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DOSC Pilot Project

By Taylor Turosz



The month of June has been a busy time as preparations were underway for Project to Deactivate Opioids for a Safer Community, known as Project D.O.S.C.

ASAP volunteers have partnered with the Florida Department of Health Bureau of Epidemiology plans to distribute hundreds of Deterra Medication Deactivation System into local pharmacies around Pasco County where they can then be handed off to individuals and families to use. The Deterra Medication Deactivation System is essentially a small pouch that can be used to deactivate old or unused medications such as opiates or other narcotic medication. Once deactivated, they can be thrown directly into the garbage. This is easier and more convenient for some individuals and families who do not have easy access to a medication drop off center.

Project D.O.S.C. is working to get Deterra bags into the community, increase knowledge and decrease any risk of misuse/ overdoses. The program is targeting local pharmacies, but will also distribute bags to local hospitals, and school clinics throughout the summer. The goal is to give away the medication deactivation kits to 55+ communities in the Pasco County area.

The organizers of the project are hoping to see a 15% decrease in opioid overdoses through the course of distributing and educating the community about safe medication disposal. To accomplish this, the bags also come with a 1-minute questionnaire to help the project organizers track any increase in knowledge in those who use the QR code that comes with the kit. Additionally, the bags will come with a medication disposal location flyer for those who would like information on where to drop off unused medications and medical supplies, as well as a brochure with information on opioids, how to talk to your doctor, and signs of medication misuse.

For more information on project D.O.S.C., contact Parnia Roghani, MPH at Parnia.Roghani@flhealth.gov.

Questions on Motherhood? Check out this New Free Virtual Group

By Eve Hosley-Moore



Converse
with a Nurse

**FREE Virtual Group
for Moms &
Moms-to-Be**

The Substance Exposed Newborn Committee is turning their focus this summer to Moms and Moms-to-be with the new Free Virtual Educational series titled “Converse with a Nurse”.

“We are really hoping to be a great resource to families,” says Missy Coyle, LPN, SEN Committee Co-Chair, and the very same nurse who is hosting the virtual groups.

Converse with a Nurse features a 30-minute educational presentation, and then 30-minutes of chat time. Families are free to ask questions about anything ... when to start solids, how to sooth a crying baby, and Missy is there to help connect them to services if needed.

Every Wednesday in July, and the last three Wednesdays of August, be sure to mark your calendars from 1-2 pm to Converse with a Nurse!

Here is the upcoming schedule:

July 7 - Breastfeeding By Sarah Forestal, CLC, Health Educator Consultant Florida Dept. of Health

July 14 - Healthy Relationships By Megan Koontz, Community Prevention Coordinator with Sunrise Domestic and Sexual Violence Center

July 21 - Shaken Baby Syndrome By Sarah Forestal, CLC, Health Educator Consultant Florida Dept. of Health

July 28 - Drowning Prevention By Terri Thompson, Human Services Counselor, Florida Dept. of Health

August 11 - Safe Sleep By Sarah Forestal, CLC, Health Educator Consultant Florida Dept. of Health

August 18 - Positive Communication Skills By Eve Hosley, Baycare CHAT

August 25 - Mom Self Care By Terri Thompson, Human Services Counselor, Florida Dept. of Health

Please visit the Alliance for Healthy Communities website at: empoweredcommunities.org/events to register on EventBrite. If you have any questions, please email: Missy.Coyle@Baycare.org or Eve.Hosley@Baycare.org and we can help you get set up. This Zoom event is totally free and all are invited.



2nd Annual Education & Beyond: *Supporting Substance Exposed Newborn Communities a Success!*

By Taylor Turosz



The month of April was a big month for the Hernando and Pasco SEN Taskforce. The Hernando SEN Taskforce and Pasco SEN Taskforce teamed up to host the 2nd Annual Education & Beyond: Supporting Substance Exposed Newborn Communities. This virtual webinar series was held each Friday in April and provided an array of notable educators, speakers, and hands on community partners involved in supporting and providing education and resources, to mothers and caregivers, some of which included Dr. Claudia Vicencio, Director for Clinical Services for Outpatient Behavioral Health at Memorial Regional Hospital and creator of the Mothers in Recovery program; Dr. Alberto Augsten, Pharmacy Clinical Manager for Behavioral Health and Emergency Department and director of the Long-Acting Therapy (LAT) Clinic at Memorial Regional Hospital as well as co-creator of the Mothers in Recovery Program, and Dr. Dawn Forbes who is board certified in neonatal-perinatal medicine and pediatrics as well as a nationally recognized expert in the care and improved outcomes of infants and families affected by maternal substance misuse. As well as other prominent clinicians advocating for mothers and infants in our community.

The event was targeted at providing destigmatizing resources and information to clinicians, program

developers, legal advisors, and law enforcement professionals facilitating better access and support to mothers and their infants in prenatal and postnatal development, encouraging both safe recovery and stability for mothers, infants, and families throughout the course of early development. Topics included subjects of great importance such as Fetal Alcohol Syndrome, risks, recognizing the symptoms, and care planning, marijuana, and its effects on pregnancy, providing comfort and support to substance exposed infants in hospital and home settings, improving access, and providing treatment to mothers with substance misuse disorder, as well as many others.

The event managed to gain a wealth of traction and sponsorship in addition to providing support to mothers in our community and their infants. The Pasco SEN Taskforce and Hernando SEN Taskforce hope to continue hosting the annual summit and providing hands-on support to the community with further education and improved access into care.

For those who may have missed it, worry not! You can still access the series and earn CEU's, CME's by registering here: <http://web.cvent.com/event/cf2d0bfa-52a6-4f39-ae4b-97ef1395e826/regProcessStep1>



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Pedal for Prevention

By Eve Hosley-Moore

Our first big fundraising event – Pedal for Prevention – was so much fun! We were so pleased with the turnout ... more than 135 people ... most importantly we raised \$4,400 to fund all our important projects for Pasco County. We are so grateful. All this with social distancing, mask wearing, and in the middle of a global pandemic!

With Pedal for prevention, we were able to bring the community together with a focus on prevention of drug and alcohol misuse, as well as a focus on healthy behaviors all while enjoying a beautiful, sunny spring day. Participants biked, walked or jogged the Starkey Park bike path for the marked 3K, or for the entire 12 miles.

A Special Great Big Thank You to:

Britney Morris and the staff of Law Office of Lucas & Magazine, Trinity Church of Christ and GRACE House, Suncoast Roofing, Magellan Complete Care, Baycare Behavioral Health, Spring Gardens, Associate Recovery Communities and Recovery Epicenter, The Pasco County Fire Department, Johns Hopkins Children's Health, Culver's of Trinity and Vampire Penguin's delicious snow.

Thank you again to all who attended and donated their time, energy and funds. The Alliance for Healthy Communities thanks you!

Mark your calendars for April 9, 2022 for the 2nd Annual Pedal for Prevention.



Photos by Sandra Soares



July is Minority Mental Health Awareness Month

By Bonni Snider

Bebe Moore Campbell, an African American writer, addressed congress after experiencing challenges accessing mental health care for her daughter. Her efforts resulted in shedding light on the variety of challenges minorities face when accessing mental health care by raising awareness of the issues. In her address, she highlighted that minorities often face challenges that go beyond the mental health or medical diagnoses. Race, immigration and historical contexts are just a few of those challenges. She spoke about the connections between race, mental health, stigma and the effects on Black and African American communities receiving mental health services. She once stated, "While everyone-all colors-everyone is affected by stigma-no one wants to say 'I'm not in control of my mind'. No one wants to say 'The person I love is not in control of (their) mind'. But people of color really don't want to say it because we already feel stigmatized by virtue of skin color or eye shape or accent and we don't want any more reasons for anyone to say 'You're not good enough.'"

The United States House of representatives declared Minority Mental Health Awareness month would be observed in July. Ms. Campbell also founded the National Alliance on Mental Illness (NAMI) chapter in the Los Angeles community of Inglewood, a predominately Black and African community.

Mental health affects everyone, no matter the differences. Access to adequate mental health care is a goal of individuals working within communities. In addition to access is the ability to pay. Many minority groups obtain their care from the emergency rooms due to the lack of primary care providers. Minority members also face challenges from community or family members when addressing mental health issues. Many families feel mental health issues are best addressed in private or with faith-based leaders. Language is an additional barrier.

Included are a few facts regarding minority mental health designed to increase interest in minority mental health challenges and continue the conversation:

1. Teenage Latinas are more likely to die by suicide than African American and white, non-Hispanic female students.
2. Less than one in 11 Latinos with mental disorders contact mental health care specialists.

3. In 2009, suicide was the second leading cause of death for American Indian/Alaska Natives between the ages of 10 and 34.
4. LGBTQ youth are four times more likely to attempt suicide compared to their straight peers.
5. Native American males ages 15-24 account for 64 percent of all suicides among Native Americans.
6. Amongst women aged 15-24, Asian American females have the highest suicide rates across all racial/ethnic groups.
7. In a 2006 study, suicide was cited as the third leading cause of death for African Americans ages 15-19.
8. Only 1 out of 3 African Americans who need mental health care receive it.
9. In 2012, 14% of American Indians and Alaska Natives age 18-plus had co-occurring mental and substance use disorders.
10. Recovery is possible for everyone.

There are resources available for you or someone you know who might need help. The resources include the National Suicide Prevention Lifeline, NAMI, SAMSHA and local mental health agencies. Resources that provide information on minority mental health includes The National Center for American Indian and Alaska Native Mental Health Resource; Mental Health America; The National Center for American Indian and Alaska Native Mental Health Research, Mental Health America; Native American Communities, Indian Health Service Division of Behavioral Health; National Resource Center for Hispanic Mental Health; National Leadership Council on African American Behavioral Health, Black Mental Health Alliance for Education and Consultation, Inc.; National Asian American Pacific Islander Mental Health Association and The Trevor Project for LGBTQ mental health.

Rx/Opioid Committee Hosts Panel on Stigma

By Katelyn Steiner



On June 1, 2021, Pasco ASAP's Rx/Opioid committee held a #ChangetheLanguage stigma webinar in lieu of their monthly meeting. The seminar is part of ASAP's Stigma campaign to open up dialogue about mental health and substance misuse. The live webinar held a panel of guests with moderator Captain Toni Roach from the Pasco Sheriff's Office's Behavioral Health Intervention Team (BHIT). What a great discussion to address barriers and success while dealing with mental health and substance misuse.

The Panel featured Cesar Rodriguez, Community leader in long term recovery and AHC Board member; Toni Reynolds, Peer specialist and a person in long term recovery; Stephanie L. McCann, Recovery Support Specialist / Hospital Bridge; and Dr. Philip Richmond, DVM, CAPP, CPPC, CRT, CCFP Founder, Flourishing Phoenix Veterinary Wellbeing & Engagement Consultants.



RESEARCH AND COALITION METRICS Q2 (April, May and June 2021)

ASAP Coalition Metrics

Check out our outputs for the quarter:

Outreach: This quarter, ASAP members have continued to socially distance, however, we were able to host a socially-distant fundraiser Pedal for Prevention on April 10, 2021 and 135 people were in attendance. The SEN Lunch and Learn Webinar Series reached more than 300. Opioid/RX Committee Stigma Panel reached 30. SEN Converse with a Nurse Series has reached 30 people in the month of June 2021.

Social Media: ASAP reached 48,700 people via social media this quarter, with 2,026 post engagements and 520 link clicks.

Medication Dropoff: DEA Take back collected a total weight of 442.8 pounds of medication from Wiregrass and D1 Admin combined. New Port Richey Police Department collected 40.65 lbs on 4/27/21 and on 6/08/21 the poundage was 52.35 lbs. They did not empty the box in May 2021.

Deterra Bags: Project DOSC, the new Deterra Bag Project, handed out 882 bags. ASAP handed out an additional 166.

Narcan Deployments: Pasco County Sheriff's Office, May 2021, saw 29 Narcan deployments by deputies to 24 subjects; 22 were successful and 2 were unsuccessful and subjects were pronounced deceased. All were civilians.

Overdoses: For the county, PCSO reports there were a total of 149 non-fatal overdoses in April 2021, with 25 fatal overdoses; May 2021 there were a total of 101 non-fatal overdoses with 16 deaths.

Overdose "Hotspots" from the PCSO: Hot spots for overdoses appear most commonly in the Holiday area, near the areas of the Buena Vista Mobile Home Park and US19 corridor. In Port Richey, hotels on US19 South of State Road 52 were hotspots, as well as the Embassy area. In Zephyrhills, areas around Betmar and Fir Ave saw heat, possibly contributing to the increase in Nova sector.

Narcan Distribution: GRACE House transitional living distributed 3600 doses of Narcan to the community. Recovery Epicenter distributed 240 doses.

Timer Caps: 78 medicine bottle caps were distributed.

Data and Research

This month we are focusing on Substance exposed Newborn Data for Pasco County:

- The rate of Newborns born with Neonatal Abstinence Syndrome (NAS) per 10,000 live births in Pasco was 122.0, more than double the statewide rate of 62.1 in 2018.
- In 2019, there were 7,170 maltreatment investigations conducted by Child Welfare in Pasco County and 562 children went into foster care. Of those in foster care, 62% were substance use-related.
- In 2018, 11 infants and toddlers (birth to 36 months) were served by Florida Early Steps with neonatal abstinence syndrome (problems resulting from substance exposure).
- In 2019, there were 91 calls to the FL Poison Control Center for children ages 5 and under for exposure to analgesics (painkillers).
- Data from the Pasco County Sheriff's Office reveals that overdose rates increased 71% from 2019 to 2020 with 268 total deaths from overdose. Most commonly found drugs in overdoses were heroin and fentanyl.



**2021 WALK LIKE MADD PINELLAS
COMING TO**

Oldsmar

**OCTOBER 9, 2021
OLDSMAR SPORTS COMPLEX
5PM - 8PM**

WWW.WALKLIKEMADD.ORG/PINELLAS

WALK like madd

Presented By
BURNETTI, P.A.

Prom Promise

By Bonni Snider

Nearly 40 years ago in Pennsylvania, eight Mid Valley High School students lost their lives in a drunk driving crash. According to Mothers Against Drunk Driving, one in four teenage-involved crashes include an underage driver. In some instances, sadly, youth are losing their lives before they have the opportunity to experience it.

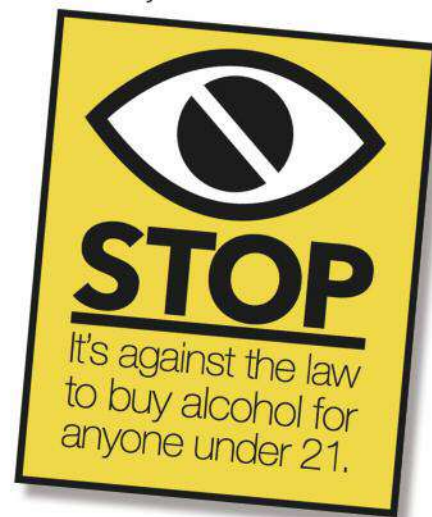
A focus of ASAP, STAND and the Alcohol Initiative Committee, continues to be reducing access to substances to underage youth. One such program has been Prom Promise. The objective of the program is to protect teens and other individuals during prom and graduation seasons. As teens set out to celebrate their graduation and prom, many crashes occur. Prom Promise asks teens to pledge to be responsible while attending prom and graduation activities by promising not to drive impaired or be a passenger in a car with an impaired driver. COVID has resulted in many challenges during the past prom and graduation timeframe. Many schools cancelled prom and graduations due to the restrictions regarding the pandemic. Some graduations have been virtual or drive through style.

In Pasco, groups of parents, wanting to allow their students to experience prom have planned parent-sponsored proms. Jeannine Laurence of MADD and Bonni Snider, co-chair of the Alcohol Initiative Committee, assembled approximately 1070 "goody bags" for students that would be attending

such events in five different schools. The students were required to sign a pledge, promising they would not drink and drive nor would they be a passenger in the car with an impaired driver. The bags included information about impaired driving as well as additional treats for the youth. As COVID restrictions are eased, we continue to focus on reducing access to alcohol to underage youth. Engaging the community in the effort, and continuing to educate youth, will continue to be at the forefront of the effort.

STICKER SHOCK CAMPAIGN

By Bonni Snider



Often, when we think of the term "sticker shock", we think of the definition "an astonishment and dismay experienced on being informed on a product's unexpectedly high price". Sticker shock has an additional meaning or purpose in the efforts to reduce access to alcohol by underage individuals. The STAND Above the Influence youth are currently designing stickers to be placed on multi-packs of beer, wine coolers and other alcohol related products. The messages on the stickers include warnings regarding purchasing alcohol to individuals under age 21 and health related dangers. The youth and the Alcohol Initiative Committee are in the process of identifying establishments to kick-off the campaign. Submitted designs will be voted on during the STAND Above The Influence general coalition meeting. The winner will not only have his or her sticker placed on products but will win a monetary prize from ASAP as well. Photos of the winning sticker and youth engaged in the campaign will be shared in upcoming newsletter editions.



STRONGER TOGETHER



RECOVERY WALK 2021

Saturday, August 21, 2021
9 am to Noon Sims Park
Grand Boulevard & Bank Street
New Port Richey, FL 34652

Please join us as we host our first ever walk to kick off National Recovery Month titled “Stronger Together: Recovery Walk 2021”.

Pasco County has seen a huge uptick in overdoses and substance misuse due in large part to the isolation felt during the pandemic. This is a chance for us all to come together and walk in honor of those we have lost to the disease of addiction, and celebrate the recovery of those who have been given a second chance at life. Most importantly, we are here to show that recovery works ... We can and do recover!

Please join us as we walk shoulder to shoulder, arm in arm, raising awareness for this critical issue that effects us all. Addiction knows no bounds, and alters lives, regardless of socio-economic status, race, gender, or religion. The reverse is also true, Recovery is here for everyone, and we all should have access to life-saving programs and groups, from harm-reduction to complete abstinence.

This FREE event is hosted by the ASAP Recovery Committee. Please reach out to Committee Chair Cesar Rodriguez at C.Rodriguez@suncoastroofing.net, or Eve Hosley at Eve.Hosley@Baycare.org to be a part of this momentous event! For vendor tables please contact Missy.Coyle@Baycare.org and T-Shirt sponsorships are also available.

ALL are WELCOME!!!



STAND Youth Are Taking Over ASAP's Meeting on July 27, 2021

Bonni Snider

Each year, one of the best-attended ASAP general coalition meetings occurs when the STAND youth participate in a panel discussion. The panel provides youth with an opportunity to use their voices to educate adults on issues that affect youth, from the youth perspective...and provides solutions.

There is a phrase, “Out of the mouths of babes cometh wisdom”. Although the phrase has biblical roots, the phrase speaks volumes. The phrase suggests youth, as the innocent ones, are the ones that are most likely to speak truth, unfiltered, unbiased. Often, elders dismiss youth, the opinion being they have not experienced life to possess the knowledge to address life challenges. The STAND youth have consistently demonstrated how powerful the youth voice can be. Their voices have been instrumental in changes in policy, creating awareness and community change.

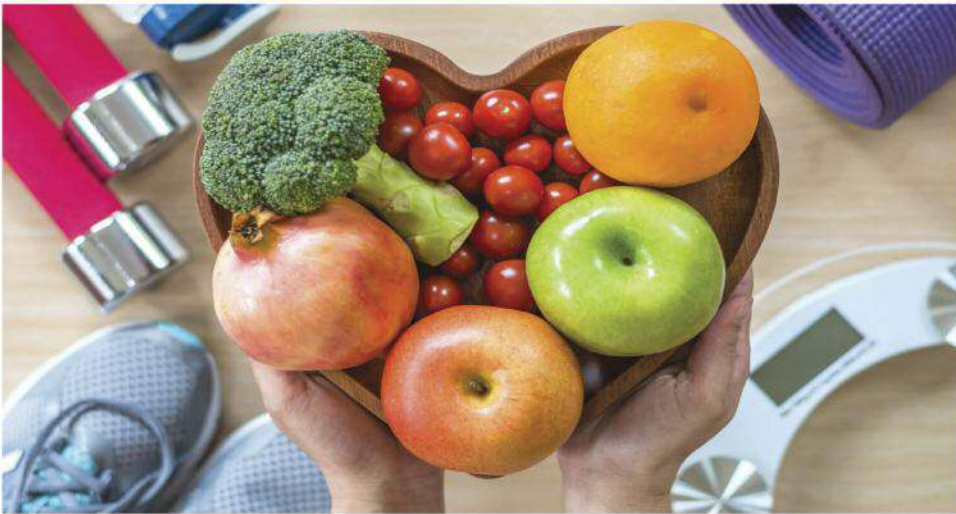
The STAND youth have participated on these panel discussions for several years. This year, they have brought youth mental health to the forefront. The youth highlighted mental health within and out of school. Jocelynn Meriweather, STAND President and Maddie Horn, STAND Vice-President created a PowerPoint presentation highlighting mental health from the youth perspective. The youth presented the PowerPoint to the school district and have plans to present to other groups.

The youth will share an abbreviated version of the presentation during the meeting.

If you have attended a STAND panel in the past, you are aware of the reason this event is so popular. If you have never attended, fasten your seatbelt, you are in for a treat!



Get Into Fitness Today (GIFT) Class Schedule



Get Into Fitness Today (GIFT) is a free program offered to the community and made possible through BayCare's partnership with the Florida State Department of Health. GIFT was developed by registered dietitians, nurses and health educators, and uses science-based information to reduce chronic diseases through obesity prevention. GIFT emphasizes improving your nutrition and increasing physical activity in your daily life, both of which help facilitate weight reduction.

During this 12-week program, teachers provide you educational information and health tools to support your goals. The first six weeks focus on nutrition, food portioning and labels, while the second six weeks focus on maintenance, fitness and preventing disease.

Note: The class is more educational and offers only a light portion of physical exercise toward the end of the program.

Who can attend?

Any individual with a body mass index (BMI) of 25 or higher and/or pre-hypertension (high blood pressure). Must be 18 or older.

How long is the class?

One hour a week for 12 weeks

What do I wear?

Casual, comfortable clothes. Sneakers or closed-toe shoes are suggested, but not required.



Virtual Class Information

At BayCare, your health is our number one priority. In order to reduce the risks of COVID-19, we have made all classes online. Until further notice, as you register for classes, your facilitator should be reaching out individually step-by-step instructions on how to attend each virtual class.

Thursdays, June 3-August 19

6-7pm

Sponsored by BayCare

Thursdays, June 10-August 26

6-7pm

Sponsored by Plant City Community Resource Center

Thursdays, June 17-September 2

6-7pm

Sponsored by BayCare

Clase en español

Tuesdays, June 22-September 7

6-7pm

Sponsored by BayCare

Thursdays, July 1-September 16

6-7pm

Sponsored by BayCare

Wednesdays, July 7-September 22

6-7pm

Sponsored by BayCare

Tuesdays, July 13-September 28

5-6pm

Sponsored by Baycare

Mondays, July 19-October 4

5-6pm

Sponsored by Baycare

Clase en español

Registration is required. To enroll in this program or for more info, email GetHealthy@baycare.org or call (727) 467-4991.

[BayCare.org/GetHealthy](https://www.baycare.org/GetHealthy)



19-762219_0519 Updated 5.5.21

STAND ABOVE THE INFLUENCE

Powered by Alliance for Healthy Communities

STAND SUMMER BLAST

SUNWEST PARK - 17362 OLD
DIXIE HWY, HUDSON, FL 34667
JULY 09, 2021
9A TO 3P
MUST RSVP BY JULY 6TH

RSVP Email: stand@empoweredcommunities.org

STAND MISSION

STAND Above the Influence is a youth led coalition that empowers youth to be agents of change by strengthening their voices and educating others to build a healthier community.

STAND VISION

To inspire innovative communities that embrace the voices of youth to affect positive change in cultivating safe and healthy communities.

Program Coordinator: Sharon Schmidt
Events Coordinator: Eve Hosley-Moore
Youth Trends Coordinator: Bonni Snider

CONTACT INFORMATION

STAND@PasoASAP.com
7809 Massachusetts Ave. • New Port Richey, FL 34653
www.empoweredcommunities.org

STAND 2021 Priority Issues

- Youth Mental Health
- Youth Drug Use
- Underage Drinking
- Impaired Driving
- Tobacco and Vaping Use
- Safety
- Violence
- Bullying

You are Invited to STAND's Monthly General Coalition Meeting

STAND General Coalition

Meeting Location:

4:45PM on Zoom, room opens at 4:30PM

Zoom Link:

<https://us02web.zoom.us/j/81898434542?pwd=M2dlZ211VWtocVYwdmNjb2w3Rng4dz09>

Meeting ID: 818 9843 4542

Password: 742597

For more information, please reach out to Eve Hosley-Moore. STAND Events Coordinator and Mentor at: stand@empoweredcommunities.org or text or call 352-345-0685.

STAND is on Social Media



STAND is staying connected via Group Me App.
Email: Stand@pascoasap.com or text 352-345-0685 to be added to the conversation



STAND in Pasco County
#STANDUpPasco



stand_up_pasco



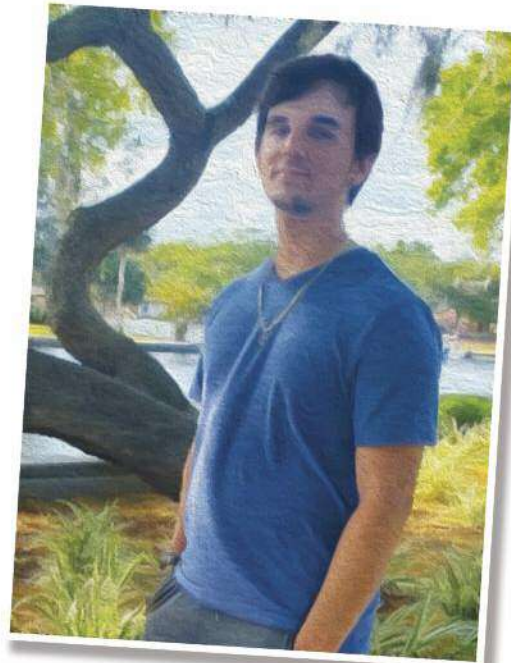
Stand_up_Pasco



StandupPasco

National Advocacy Campaign Features a STAND Youth

By Sharon Schmidt



Iker Dorta participated in “Speak Now for Kids” Family Advocacy Week from June 13-18, 2021. Through this event, Iker and his family discussed his health journey, St. Joseph’s Children’s Hospital’s role in providing him with necessary health care services, and why the public and our elected officials must invest in the future of patients like Iker.

When Iker was a sophomore at Anclote High School, a social worker thought he might benefit from having someone to talk to and connected him with Sharon Schmidt from BayCare Behavioral Health’s CHAT Team.

“After spending time with Iker, I knew he needed access to a range of behavioral health services to help him move forward in life,” says Sharon, who then referred him to BayCare Behavioral Health’s CAT Team (Community Action team) for additional services.

With this scaffolding, Iker has flourished, maintaining good grades, developing a social life and working towards on a career. He is on track to become the first on either side of his biological family to graduate high school – with straight A’s, too. Iker plans to attend college, where he will study technology and computer science. Iker started his first job as a lifeguard at the New Port Richey Recreation & Aquatics Center after completing seven days of intense lifeguard training and becoming state certified.

“Without this care, my life would have been a lot harder,” says Iker. “Many of my hardships would have made me lose hope and motivation. It has helped me find the care I needed for a long time.”

As part of “Speak Now for Kids,” Iker has met with several phenomenal Florida State Representatives; from Charlie Crist, Gus Bilirakis, Darren Soto and more this month. Advocating on behalf of STAND Above the Influence and youth across the state, Iker discussed the importance of youth having a stronger presence of mental health professionals in the schools for youth struggling with anxiety, depression, panic attacks and other mental health needs. Additionally, Iker discussed peer-based mentoring in schools, that assists youth in knowing who to talk to when they need help, and brings youth together with other peers whom have similar experiences.

Iker has been a member of STAND Above the Influence youth coalition for more than two years. Sharon Schmidt, Program Mentor & Coordinator asked him to sign up. From his first day in STAND, he has been very active and a strong advocate for the needs of youth throughout Pasco County especially when it comes to underage drinking, substance misuse, vaping and tobacco, and bullying. He advocates for youth mental health services in the schools.