

CPAC Meeting Minutes

August 8, 2024

Roll call: Eric Stender, Nancy Robertson, Betty Edison, Pam Johnson, Marilyn Stout, Grace Irvin, Piper Flatley, Macy McLaughlin, Isabel Shields, Regan Harris, and Olivia Golden.

Eric dedicated the first part of the meeting to welcoming the new participants in the Student Leadership Development Program. He explained that CPAC promotes positive choices for a brighter future. CPAC is looking for some IC student perspective on our group's efforts to promote positive teen choices when it comes to teens avoiding drugs and alcohol. Students can help by attending a minimum of five CPAC meetings or events. Students can earn community service hours, promote positive life choices, become familiar with the inner-workings of a non-profit and build a resume for work, scholarship or college applications. There is also the potential for a scholarship after graduation.

He asked the new student participants what the C3 mentoring highlights were for them. One person said she enjoyed the puzzles. Another said she enjoyed the small group breakaway talks. When asked how they handle stress, the answers were sleeping, crying or just trying to calm themselves down. Eric asked the students if they had ever felt pressured to use drugs or alcohol. No one had felt pressured and said that students seemed to lean more towards vaping than using cigarettes or marijuana. Eric invited the students to attend CPAC meetings which are held on the second Tuesday of the month at 3:15 in the library.

At this point, Eric opened the meeting up to the seniors and asked Isabel about her highlights from being a student participant. She said one highlight was suggesting the field trip to Malibu Jack's. She said that she enjoyed being a part of the mentoring events more than attending the meetings.

Eric asked Macy and Isabel to share their experience at the CGTI conference. Macy said it was the 50th year of the CGTI conference so it had a birthday theme and that every day had a different theme. There was a keynote speaker every morning and on Mondays and Wednesdays there were two different workshops. Her favorite was led by Dr. Julia Garcia and was about family, friends, future and mental health. Other workshops were about how to be a more inclusive leader and making connections where they used a talking stick. They attended an action team meeting which was just the three IC attendees and where they developed an action plan. After that, they attended a discussion meeting which was with a larger group. Some of the other activities were a scavenger hunt, a talent show and a dance party. Macy said her favorite part of the conference was meeting new people and the diversity of the attendees.

Isabel said that she enjoyed the improv workshop where she won an EIU sweatshirt. She said that every day was planned for them. Both girls said that the conference prepared them for leadership positions. They were the oldest attendees there and thought perhaps students should attend at a younger age. There were different levels of leadership. Both girls said that they were sad to leave the conference and thanked CPAC for the experience. In January, there is a mid-year event in Bloomington to review the action plan. When Eric asked if there was anything that C3 could use, they suggested the snowball team and necklaces made of "fuzzies". Each student is given a ball of yarn. Each student compliments someone and gives the person a piece of yarn which is a "warm fuzzy".

The students left and Eric continued by asking for a motion to accept the minutes from the July meeting. Betty moved to accept the minutes. Pam seconded. Motion carried.

Treasurer's report: The treasurer's report showed a balance of \$4,942.70. Betty moved to accept the report. Nancy seconded. Motion carried.

Scholarship: Betty suggested that we ask for phone number on the scholarship form. Nancy suggested that we wait until after the first of the year to give the four eligible students the applications.

Old business:

CGTI- Lauren, Isabel and Macy attended.

“Real Me”- Eric met with IC administrators and was pleased that they could see the positive impact it could make and could see the potential to use it in other ways. The school will pay the student cost each year and possible payment for mentors is pending.

IGA cookout- CPAC raised \$308.

New business:

CGTI- Eric said that he may invite the attendees to return to discuss what activities from the conference could be used for C3 mentoring.

Chestnut

Meaningful Moments- The messaging campaign for parents is called “Meaningful Moments”.

Resource directory- Dominic is working to update the resource directory.

IYS- Chestnut is waiting on a report from the state.

Youth prevention education- Chestnut has been working with the schools to set the rules (agreement with the schools).

They will be meeting with Kyra Fanter about a schedule.

Youth Advisory- Chestnut will be focusing on the middle school to form a student advisory.

ROSC Walk for Recovery- The Mason County walk will be on September 14th from 1-3 at the Riverfront Park in Havana.

CPAC is invited to have a table.

National Overdose Awareness Day- On August 31st there will be a panel discussion live on Facebook. This will include training on how to use narcan.

Reframing Recovery- Logan/Mason ROSC is hosting a focus group at the Mason City library on August 14th. They are working with the Ford County ROSC to create a stigma reduction campaign for recovery. The slogan is “Reframing Recovery”.

Resource bags- 50 resource bags have been distributed in Logan county, and some have been distributed by Mason District Hospital.

Naloxone in Mason County- Tristan has put naloxone in the Manito library and at Mad Jack’s in Kilbourne. The Manito library is open to hosting recovery meetings.

Youth Impacted Prevention program- Colin has books to place in locations in Logan and Mason counties.

Backpacks are available for students in need.

C3 Mentoring- The mentor connection is on August 19th. Laura will talk about the new approach and paperwork will be filled out or updated. Laura will go to each sophomore advisory and follow up the next day. Pods will be formed after that’

The first meeting with students will be at the park. There was discussion about how to make a connection with the students (chatterbox, interest inventory or high-low buffalo).

Eric will meet with Grace to discuss the insert for the lanyards. It should include student name, pod number and personality color.

Confirmation of the next meeting: The next meeting will be on September 12th at 3:15 at the Mason City library.

Adjournment: Pam moved to adjourn. Nancy seconded. The meeting adjourned at 4:45 PM.

Respectfully submitted,

Marilyn Stout