



Mayor's Task Force on Youth Alcohol & Drug Use

Monday, December 13, 2010 – 7:00 to 9:00 p.m.

Northfield Community Resource Center

Members Present: Curt Benson, Kathy Cooper, Patty Gallivan, Joan Janusz, Mark Mohlke, Kris Vohs

Members Absent: Judi Malecha, Kris Matson, Susan Sanderson

Guests: Bette Benson (Mayor's Youth Council), Tom Graupmann (Northfield High School Activities Director), Paul Hart Ruthenbeck, Zach Pruitt (staff support), Scott Richardson (Pure Performance trainer), Jordan Taylor (AmeriCorps Promise Fellow)

Members were welcomed to the meeting and introductions were done.

Motion by Patty to approve the minutes from the November 2010 meeting. Seconded by Curt. Motion unanimously approved.

January meeting guest

The group expressed interest in having Devyani Chandran (St. Olaf College social work professor) come to the January 3, 2011, meeting to talk about the interviews she and Emily Quinnell did this summer on the Rice County Chemical Health Coalition. Several Mayor's Task Force members were interviewed for this study.

Review of Mayor's Task Force financials

Zach presented the current 2010 expenditures. The Mayor's Task Force has spent nearly all of its 2010 budget.

Update on 2011 budget

Kris shared that the City Council will vote on the 2011 budget at its next meeting. It currently contains \$15,750 for the Mayor's Task Force through revenue from the Municipal Liquor Store.

Pure Performance

Scott provided an overview of the "Life of an Athlete" training that he, John Sand, and Melissa Bernhard attended in Lake Placid last summer. The Mayor's Task Force and the Brent Setterstrom Memorial Fund assisted with the costs of this. The training was led by John Underwood, who developed the Pure Performance initiative. Over 80 people from across the country participated. The training highlights that in order to maximize performance, athletes need to avoid social drug use, assure adequate nutrition and sleep, and allow for proper training recovery time.

John Underwood outlined that much of the state of New York had adopted the Pure Performance effort as part of a five-year plan. Each year involved adding a new piece to the program:

- Year 1: Parent meeting
- Year 2: Athlete code of conduct
- Year 3: Coach leadership
- Year 4: Student leadership
- Year 5: Community buy-in

After returning from Lake Placid and looking at what was already in place in Northfield, the local Pure Performance Team felt it was important to make coaching leadership a primary focus of this year's efforts.

So far this year, the group has conducted in-services on "Life of an Athlete" for fall high school coaches and for winter coaches; a similar in-service is planned for spring coaches before the spring sports seasons begins. The group also presented to all high school fall sport athletes and their parents at the Fall Activity Night in August. They authored a column for the *Northfield News* and appeared on KYMN radio. They have also worked with various groups of students at the high school to help support them in presenting the Pure Performance information to other students (including to middle school youth).

Tom reported that there have been four chemical violations at the high school this year. Two were for tobacco and one was a three-time offense. Tom noted that all students who have a first-time offense automatically meet with Sarah Shippy from Omada Behavioral Health Services; Sarah is the chemical health professional with whom the school district contracts.

In order to keep the Pure Performance concepts on coaches' radar, Tom sends out a PowerPoint slide every week or two to all the coaches with one of the key points from "Life of an Athlete." They have also expanded the Pure Performance Pledge to participants in other high school activities (not just athletics).

Tom has also started coordinating high school captains' trainings. These are three-hour, in-school trainings for captains. Tom invites local college coaches to come in and lead the trainings, using a program model from Michigan. In addition, this year, Tom has added a one-hour debriefing session with captains during a Wednesday Professional Learning Community (PLC) late-start time.

Tom shared that he is helping to organize this year's state conference for athletic directors. He invited John Underwood to come and present to the over 300 athletic directors and staff in attendance. Tom is hopeful this will help spread the word about Pure Performance to other Minnesota communities.

Tom and Scott were asked for ways that the Mayor's Task Force could support the local work of the Pure Performance initiative. Tom and Scott thanked the group for all that they are already doing in these areas. Suggestions for additional follow-up items included:

- Parent education for parents of teens is a critical need and a void in the community. The Mayor's Task Force's work with the TLC initiative is a very important first step. Tom hopes that this can continue and grow.
- Tom encouraged the group to continue to use the *Northfield News* and KYMN radio to reach out to the larger community
- It's important to be sure to pay attention to middle school youth and parents in prevention efforts. This is such an important age for making decisions on these topics.

The Mayor's Task Force thanked Tom and Scott for coming and for their work in advancing the Pure Performance initiative. It was suggested that if another person was interested in attending the "Life of an Athlete" training in 2011, the Mayor's Task Force could potentially help again with some of these costs.

Annual Retreat

Based on responses from members, no Saturdays in early 2011 will work for most members. Thus, the group decided to hold its annual retreat on Monday, February 7, 2011 (regular date for the Mayor's Task Force meeting). The time will be extended from 5:00-9:00 p.m. with dinner included. The location is to be determined. Patty and Kathy agreed to help with coordinating the logistics of the retreat. Topics that Task Force members requested be covered included:

- Review of 2010 activities
- Discussion of plans for 2011
- Task Force membership
- How involved the Mayor's Task Force should be in issues of teen technology use (including cyberbullying)
- Where to go with court monitoring

Updates on Task Force Initiatives and Upcoming Activities:

- Mark shared that the TLC Committee continues to work on parent education efforts. The parent resource directories were distributed to all middle and high school parents at conferences; directories were mailed to those who did not attend conferences. A recent postcard was sent out about the importance of parents talking to their teens about drugs. The TLC Committee will discuss issues of teen technology use and cyberbullying at its meeting tomorrow.
- Jordan shared that the MOST campaign continues to go well at the Northfield Middle School. The current poster series stresses that most Northfield middle school students choose not to use alcohol. There is a lunchtime event scheduled for this week (before winter break).
- Zach shared that the Rice County Board of Commissioners is considering the social host ordinance tomorrow. The City of Faribault also is currently looking at the ordinance; it is being reviewed by City Council committees now and should go to the full City Council by the end of the month. Northfield's City Council will hopefully consider the ordinance in early 2011.
- Kathy shared that there are four adult provider court monitoring cases on the docket for December and January. The group also plans to meet with Jim Haas (director of Rice County Community Corrections) after the holidays.
- Task Force members reported that they had been contacted by Locally Grown about the fact that the Municipal Liquor Store sells tobacco. The group suggested that Ellen Unruh from the Four Corners Partnership would be a good person to consider this. The Task Force may discuss this more in the future.

Meeting adjourned. *Respectfully submitted by Zach Pruitt*