

Families First Coalition Meeting Meeting Highlights - September 26, 2016

Present: Monica Robbins, Herb Entz, Sue Z. Hart, Ann Trullinger, Donn Lewis, Marvin Sundstrom, Mike Jansen, Eddie Haberkorn, Adam Garrett, Keren Smith, Krista Shafer, Cindy Orcott, Todd Hobart. Shelly Pricco, Denise Trivelas, Kathy Norbeck, Kimberly Caldwell, Trip Hart, Pat Valentine, Marcy Boulet, Sue Z. Hart, Donn Lewis, Hugh Flint, Meagan Rhoades, Carrieann Sellers, and Monica Gaub.

Let's Make a Deal for Families: Mike has clothes, baby items, and toys available. Kimberly from PR will take all items and pass clothing on to WonGen. Cindy has two backpacks for middle high school backpacks – Kimberly will take them.

Knowing our Communities – topic marijuana

Speakers: Monica Robbins, Drug Free Communities Grant Coordinator, Foothills Healthy Community Coalition, Keren Smith, Prevention/Intervention Specialist in White River School District., Adam Garrett, Buckley Police Dept., and Herb Entz, New Freedom Recovery Center

Our communities - Enumclaw will have nine grow operations by the end of the year. Buckley has two shops. \$80 million in tax revenue annually. Tax is around 38%, most of which goes to the State. The city of Buckley has received some money to be used for law enforcement programs (about \$75,000 per year) as governed by State law for use.

Two laws - I-502 in 2012 gave WA voters approved an end to marijuana prohibition; approved legal regulation, production and distribution of marijuana and marijuana products. Senate Bill 5052 in 2015 regulates med. marijuana sales and requires additional information and monitoring from the Dept. of Health. Medicinal marijuana tax and amount people can buy is different than recreational marijuana. Most shops have been closed because they weren't following regulations.

Facts of the law - Legal age for people to be able to use OR buy retail marijuana in WA State is 21. Advertisements for marijuana are not allowed within 1000 feet of schools, child care centers, playgrounds and other locations where youth are present. People under 21 cannot go into a retail marijuana shop. It's not legal to consume marijuana products in view of the public and it is never legal for those under 21 to use or consume retail marijuana. It is illegal for any person to drive with a THC concentration of 5.00 or higher within two hours of driving. It is also illegal to drive while under the influence of a controlled substance. It is illegal to serve or give marijuana to minors (just like alcohol).

Edibles - Marijuana edibles are legal but not for minors. Edibles generally have low THC count and higher in medicinal qualities. Process has been refined and the oil is put in cookies, brownies, etc. The difficulty is in determining serving size. It takes about 20 minutes for full potency so often people take more because they are not feeling the effect. Warning labels are required by law. There is not a lot of data available yet. Edibles are marketed to young people.

Potency - Marijuana potency has changed over the years and the THC concentration has increased significantly. Spice, synthetic marijuana, is highly concentrated and there is no regulation for potency. It is often made with a variety of chemicals that often get banned over time.

Students - WRSD offers options for youth who are caught with drugs or paraphernalia to do a drug and alcohol assessment. They get a recommendation for services, counseling, treatment or other services. Students can buy back 80 days of the 90 day suspension if they do the assessment.

Physical effects – Tetrahydrocannabinol (THC) is main ingredient responsible for psychoactive effects. Depending on the strain of the plant it can be a high or a low. Lotions also have THC in them for pain. Can cause problems with short-term memory, coordination, learning and problem solving. Young people's brains keep growing until their 23 and using marijuana can halt brain development. Marijuana can stay in the body for up to 30 days as it is stored in fat cells. As a comparison, alcohol will be out of the body in 48 hours.

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Resource Sharing & Announcements

Monica Robbins, RFWF - Reality House is Thursday, Sept. 29th from 4 – 8 pm at the Enumclaw Fire Station. Tour is free and takes about 20 minutes. Invites folks to join the Foothills Healthy Community Coalition which meets 3rd Thursday from 4 – 5 at Enumclaw campus of GRCC. Rainier Foothills Wellness has Holiday Gala first weekend in December. Care Van is running in Buckley for health care rides.

Tripp Hart, LINCK Civility, Compassion, Kindness – SoHapp begins Nov. 1st focusing on mental wellbeing and happiness. Ellen is doing an Aging Mastery program at the Buckley Senior Center that included gratitude. Working on acts of gratitude stops in the community.

Kimberly Caldwell, Prairie Ridge CC – After school enrichment on Tuesdays in PR this year. Looking for a tutor for the program from 4 – 5:30 pm. Contact 240-274-7306. First Wednesday dinner service group is not continuing so seeking group to take their place.

Krista Shafer, PTA & Relay for Life – WA State PTA legislative assembly is in October to set platform for top 5 issues. Buckley Relay for Life is changing as they have merged with Enumclaw as determined by American Cancer Society.

Herb Entz, New Freedom Recovery Center – Great to see so many people at the coalition who are interested in the health of the community. In prevention, attitudes have changed.

Sue Z. Hart, Building Beyond the Walls – Ruffled off playhouse. Meaghan won a 3rd place prize. Build for Prairie Ridge Playhouse started Saturday and there are openings. 425-346-2064. Apply online or call. Received a grant from Seattle Foundation for \$13,000 and looking for a construction trailer to purchase and 6', 10' ladders and platforms. Lunches are needed from organizations and groups who can talk about their community programs and solicit for volunteers.

Mike Jansen, WRSD – School started and it is great to hear the many positive comments of new teachers in district.

Eddie Haberkorn, Mom and Me Mobile Medical – At St. Andrews Sumner October 29th. Nov 5th Orting Food bank and Nov. 12th Enumclaw Grocery Outlet. 10 to 2. Free for all, wheelchair lift on back.

Shelly Pricco, RFWF – Partnering with WRSD to bring Jason DeShaw to talk about hope and recovery from Mental illness on Nov. 16th at 5:30 pm at the White River HS Auditorium. Students will also have a special assembly. Increase awareness and reduce stigma of mental illness.

Todd Hobart, Olive Crest – Providing short-term care children of families in crisis. 425-213-6403 for more info.

Hugh Flint, WRSD – Jennie Nicolls is looking for volunteers for the attendance support committee and the Plateau Bicycle Co-Op. 360-829-5512.

Marcy Boulet, TPCHD – The Health Dept.'s website has links for marijuana facts and toolkits. TPCHD.org under health and wellness. KeptalkingPC.org also have info from a marijuana conference that took place in June. Greater Tacoma Community Foundation has grants available for coalitions. Meeting on October 13th location TBD.

Kathy Norbek, Buckley Library – New flier from Library for events and free classes was distributed. Organizations can drop off fliers to post at the Library.

Donn Lewis, City of Bonney Lake – Beautify Bonney Lake had almost 500 people participate even with the rain. BLHS football team was there and about 250 students from BLHS. Community involvement was very good and there were independent projects as well.

Ann Trullinger, Comm. Presbyterian - food backpack program in schools and making 150 bags each week. Donation of items needed including individual mac & cheese, cup of noodles, fruit snacks and cups, peanut butter, granola bars, individual oatmeal and more. 360-829-0234. Transition students are assisting with the program this year.

Monica Gaub, Facilitator – Smile for a Lifetime applications are due at the beginning of October.

Next Families First Coalition Mtg. – October 24th at 3:30 at the Fire Station.

Mission

Families First Coalition promotes activities and partnerships that support the health and human service needs of individuals, youth and families in order to strengthen White River area communities.