



## Mayor's Task Force on Youth Alcohol & Drug Use

Tuesday, December 8, 2009 – 7:00 to 9:00 p.m.

Northfield Community Resource Center

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**Members Present:** Curt Benson, Kathy Cooper, Patty Gallivan, Kris Matson, Mary Nelson, Susan Sanderson

**Members Absent:** Sharon Henry, Joan Janusz, Judi Malecha, Kris Vohs

**Guests:** Tom Graupmann, Zach Pruitt (staff support), Jordan Taylor

Members were welcomed to the meeting, thanked for coming in a blizzard, and asked to introduce themselves. Motion by Mary to approve the agenda for this meeting, as well as the minutes of the previous meeting. Seconded by Kathy. Motion approved.

### Tom Graupmann, Northfield High School Activities Director – Pure Performance initiative

Tom shared an update on the work that has been done this school year to introduce the Pure Performance program in Northfield. Among the activities that have been undertaken include:

- All fall and winter athletes have signed the Pure Performance pledge, which Tom also distributed to the Task Force members. The pledges are signed by the athletes and then by their coaches, captains, and parents.
- Throughout this school year, captains of high school activities will receive additional training on leadership development. Tom has utilized representatives from the local college athletic departments to lead these trainings.
- A high school service-learning student has designed a Pure Performance bulletin board in the main hallway in the high school with posters and other information on the program.
- The RALIE group at the high school continues to grow, now with over 140 students. The group has discussed – and will continue to discuss – the Pure Performance project.

Tom also shared a number of other Pure Performance-related projects that he hopes to see implemented in the coming months:

- A local teacher is interested in potentially doing an assessment of all of the Pure Performance efforts as part of his/her master's degree project. Tom hopes this will be done during the second half of this school year.
- Current athletes suggested five minutes be devoted at practices each week to remind athletes about Pure Performance and perhaps discuss a fact of the week. Athletes also suggested designing locker signs and wristbands with Pure Performance facts.
- Tom hopes to have a few local coaches attend the American Athletic Institute's annual training in Lake Placid in mid-June. These coaches would then be equipped to train others on the program.

- Tom discussed the idea of potentially distributing a Pure Performance Award each spring to athletes or activity participants who work to uphold the ideals of the Pure Performance initiative. He was going to discuss this idea with other advisors at the high school, as well as students.

Tom has received nothing but positive reports about Pure Performance thus far. He has intentionally planned to roll the program out slowly in hopes of assuring sustainability/institutionalization. Tom also reported that he has had to deal with fewer eligibility issues this school year than in the past.

#### 2009 Financial Review

Zach shared the December 2009 financial report, which was prepared by Kathleen McBride (City of Northfield's Finance Director). Through November, the Task Force had spent \$11,121.68 of its budget. Several invoices are outstanding so the Task Force expects to spend \$4,000-\$5,000 more by year-end.

#### Task Force Annual Retreat

The group confirmed that the annual retreat will take place on Saturday, January 16, 2010, from 9:00 a.m. – 3:00 p.m. The group requested that the key aims for the retreat include:

- What has the Task Force done over the past year?
- Where do we want to go in 2010? What actions/activities do we want to undertake?

Many thanks to Kathy, Mary, and Patty for their work on the retreat planning committee!

The group decided not to hold its regularly scheduled meeting in January 2010 because of the retreat.

#### Updates on Task Force initiatives:

- The Adult Responsibility Committee will distribute postcards to parents of middle and high school students in December. The postcards include parenting tips and data on local youth substance use.
- Mary shared that the Task Force-supported "Take It to The Box" medication disposal program has now been in operation for three months. Community members continue to bring their no longer needed prescription and over-the-counter medications to the disposal boxes in the Northfield and Faribault Police Stations. The boxes are open to the public 24 hours per day, seven days per week.
- Jordan and Patty updated that the Positive Community Norms campaign at the Northfield Middle School is going very well this school year. Neuger Communications Group is again donating their services to help lead this campaign. The campaign stresses the healthy decisions made by most Northfield students, including the decisions not to use alcohol, marijuana, and other drugs. The middle school administration has been very supportive of and helpful with the campaign.
- The Task Force requested inviting Dr. Charles Reznikoff (addiction medicine specialist) to an upcoming meeting. Dr. Reznikoff could discuss his work at the Northfield Hospital's Opiate Agonist Therapy Clinic.

**Meeting adjourned.** *Respectfully submitted by Zach Pruitt*