

Waukesha County Nutrition Coalition Minutes August 23, 2016

Attendees: Regina Estrada- Blessings in a Backpack; Rachel Zuniga-Hispanic Health Resource Center/ProHealth Care; Pam Cesarec- Food Pantry of Waukesha Co.; Krystal Deschler-The Women's Center; Zoltan Eszes-St Vincent de Paul of Waukesha Co.; Mike Glasgow-ADRC; Mary Jo Hamman-Waukesha County WIC; Barbara Jacob & Joan Reichelt -New Berlin Food Pantry; Nancy Muñoz- Catholic Charities; Jeanne Weed, Marcy Pichler & Diane Turner- UW-Extension; Amber Mussomeli – The Salvation Army; Rosa Zibell – St Joseph's Medical Clinic; Andrea Kane & Irene Kay – James Place; Chris Beck – Healing Hearts; Cynthia Eggleston & Pat Shorr – Mukwonago Food Pantry; Melissa Hernandez-Steier & Jessica Schouten – LaCasa de Esperanza; Krystina Kohler-United Way

Introductions – Rachel Zuniga

Presenter: Detective Robert Grall, Waukesha Co Sheriff's Dept. Metro Drug Unit; Topic: Heroin & other drugs. Drug trends (and still up against today) – marijuana (always), then cocaine, crack cocaine, meth, prescription opiodes/opiates, heroin. Ketamine (a tranquilizer) is also out there. Phentanol has recently started in Waukesha. Drug abuse is evident in all social strata, and people. High grade marijuana is grown & has more THC; it has been seized here in Waukesha. Besides smoking the leaves, so too the garbage waste of the plant ie...seeds & stems. Using high temp butane this refuse is made into a highly concentrated oily THC product called "wax", "dab", "honey", "shatter" & other names. Some make "wax" using the heavily THC laden leaves. Drug searches find small butane torches. Wax can be easily passed along...such as lip balm. Illicit use of marijuana, especially among young adults, is increasing. Some studies say that 1 in 6 marijuana users become addicts and generally go on to harder drugs. It has been 3 years since legalized in Colorado; there has been increase in drug related driving accidents/citations; troubles effecting surrounding states. There are "wax" lollipops, candy bars, brownies etc being sold. ¼ lb can sell for \$1200. Pot related car crashes have tripled over the past 10 yrs; 1 in 9 fatal crashes are linked with marijuana use. Meth is brewed chemicals - could be a presentation of its own. Meth is sold for about \$200 for a tiny bag. Part of the presentation included videos and newscasts; home fire in California that had massive amounts of pot plants growing there. Drug neighborhoods and more robberies and home invasions. There is usually an increase of pawn and gold shops. Cocaine sells about \$2200 for 2 ounces. Crack is purified cocaine = "rocks". 1/8 ounce crack ("8 ball") can sell for \$200. Pricing depends on area.... In our area...east or west of 124th street pricing. Heroin is opium. In general, it starts with prescription/pharmaceuticals drugs since are the same drug = opiates and mimic the high of heroin. Second highest threat in our region. More Americans abuse and die from prescription drugs than street drugs. Video shown about opiate-like prescription drugs and how effect the body and brain. Manmade drugs (like oxycontin, oxycodone, Vicodin etc.) mimic natural endorphins for pain relief. If "flood" body/brain with manmade drugs the body will stop making natural endorphins... go thru withdrawal. Physical withdrawal usually lasts 4 days; we do make endorphins again. The psychological/mental withdrawal takes much longer. 73 people/day die from overdose of prescription drugs (2014 study). The #1 dealer is family, friends, friends of friends. 49% of teens get prescription drugs from a friend. 20% of parents have given their teen an un-prescribed drug. Most people don't know exactly what is in their medicine cabinet. Some states have a prescription drug notification system and has been shown to help with abuse. 1 pill of Vicodin or oxycontin sell about \$80, a dose of heroin (the size of your pinky fingernail) = a "dub" at \$20. Five dubs are about the size of a penny. Two grams (the size of a nickel) is about \$300. Average age of a user is 12 – 49 yrs old. Can affect anyone. Heroin most common drug death in Waukesha. It can be injected, inhaled, snorted, sniffed, smoked. Up the nose is just as potent as injected. There is no control of a street drug. Dealers "step-up" (additives) their drugs. An addict is used to using a certain amount – if get from a new dealer, not knowing its different potency (could be 7-80% purity) if a "hot shot" & addict takes same amount as used to --- an overdose occurs. Video shown of a 20 yr old heroin addict, started with club/party drugs (ecstasy) then moved on to heroin. She shoots up every day, all day. She said there is nothing she wouldn't do for a high. She warns teens and parents – doing drugs is playing with fire. Narcan is being used on the street to come back from an overdose – this is life threatening dangerous since needs to be monitored. Narcan administered by Emergency Technicians/Law Enforcement & patient is then taken to hospital. Other drugs: NBOME is chemical on blotter paper (a modern type of LSD). Also put on a sweet tart or smartie candy. Same with the drug "Molly" (a club/party drug). "Dirty Sprite" – drugs in soda, energy drinks. E-cigarette is being used to make wax or smoke meth; the element can get to 1500 degrees. Video shown about a wax drug user using an e-cigarette. Some signs of an addict – they feel cold (wear hoodies not only to cover marks on skin), depression, unkempt, weight loss. Some places to seek help (not for arrest)... Waukesha Co HHS Alcohol/Abuse...the 211 call line....the 180 Juv Diversion program...the Healing Corner...the Addiction Resource Council...many others.

Agency Updates:

WCNC, Rachel Zuniga A friendly reminder to send in your \$10 WCNC dues. The WCNC membership year is 7/1 – 6/30. A membership form is available on the website www.wcncwaukesha.org Thanks for attending today's meeting – a great turnout!

HHRC, Rachel Zuniga The youth and senior garden programs are wrapping up. There will be the after-school nutrition & exercise program at Blair one time per week during the school year. There will be a free kidney screening event on 9/17 at the Salvation Army in partnership with the National Kidney Foundation. Please refer spanish speaking folks to call HHRC to make an appt for screening.

Blessings in a Backpack, Regina Estrada Recently 5000 bags were filled by an area company. Quad will be filling about 2500. Companies in Oconomowoc are stepping up to help (with a dress down week fundraiser). The mayor will attend another bag filling event. Regina looking to get some PR. Fundraiser on October 22 at Ten Lakes Golf Club. September 15 is National Blessings in a Backpack Day.

LaCasa de Esperanza, Melissa Hernandez-Steier/Jessica Shouten Accepting applications for Early Headstart Program. Handed out brochure of their Programs & Services. New Charter School ground breaking ceremony is Thurs Sept 1.

St Vincent de Paul, Zoltan Eszes Had a suggestion for a presenter for the Sept meeting. Rachel will discuss further with him.

United Way, Krystina Kohler Fundraising kick-off next month. Working on & analyzing the approx 220 program reports.

Muwonago Food Pantry, Pat Shorr/Cindy Eggleston 8/8 is the Recycle drive 9-2 and Shred It event 9-noon fundraisers. 8/27 is the Backpack pickup 8- noon. 9/13 free flu shots for seniors. 9/23 is the Wining down fundraiser event \$30 5:30-7:30. Please call the pantry asap if you need office space (for a very reasonable cost)....the Resource Center building needs support of use or else will be no longer.

Healing Hearts, Chris Beck distributed some handouts about programs & services. Provide grief support for children. Free for Families starting 9/26 for twelve consecutive Mondays – feed 5:30 at 6:00 peer support group programs. Bilingual services available. Please refer families to website for more information. National Children's Grief Awareness Day Conference is Friday November 11 is free for professionals who work with these kids. Three workshops will be available... Loss in latino culture, suicide awareness, resiliency training for children.

James Place, Andrea Kane/Irene Kay Andrea is new nurse. Shannon Garritson is new director. New branding ... restructuring personnel/management. Also the website will be thru Elmbrook church website. Karen Cumblad is new position director of behavior health at James Place; both Karen & Andrea working on organizing services for all 5 James Place locations.

New Berlin Food Pantry, Barbara Jacob/Joan Reichelt Finishing up handing out backpacks & school supplies. October celebrating 30 years of service with a small open house to thank community supporters and donors.

St Joseph's Clinic, Rosa Zibell Provide physical therapy once per month. Going to start occupational therapy clinic. Other services available include OBGYN, dietary clinic, three medical clinics, Goal to have mental health services in future.

The Salvation Army, Amber Mussomeli Family Services/Food Pantry – converting food pantry from premade bags to a choice pantry. Whittier snack-pak applications being accepted.

The Women's Center, Krystal Deschler A free 20 hr advocate training starting Sept 9...training to assist adults & children who have experienced trauma. This training is available four times/year.

Waukesha Co. Community Dental Have a dental program for pregnant women. Provide service for adults with emergencies. Provide comprehensive services for uninsured and state insured children.

UW-Extension Nutrition Education Program, Marcy Pichler Wrapping up summer programs and preparing for the school year nutrition education programs. Tahnee Aguirre is newly hired bilingual (spanish) nutrition educator.

WIC, Mary Jo Hamman Still distributing the \$20 farmers market checks to WIC families. If anyone needs WIC outreach brochures please let her know.

ADRC, Mike Glasgow The senior farm market vouchers are all distributed.

Catholic Charities, Nancy Muñoz Have a new case worker for the Supporting Parenting Program which is for cognitively disabled parents (learning disabilities etc). Case worker is starting up new relationships with new clients. If you know of parents in need please contact CC.

Next Meeting: September 27, 2016 Topic: Poverty Simulation, Presenter: Carol Maurer, St Vincent de Paul Director of Systemic Change