

**Humboldt Community NETwork MEETING**  
**02.07.2008**  
**Community Wellness Center**  
**Minutes as reported by Sarah Caldwell,**  
**United Way of Humboldt Administrative Assistant**

Melissa Furbee, NET Coordinator, welcomed all and thanked Beth Chaton of TAPESTRY and her committee, for facilitating this month's NET meeting focused on teens, alcohol use and decision making.

Beth began the meeting with a video titled, "Alcohol, Sex and Lies and Alcohol". The video lasted approximately 45 minutes.

**Discussion surrounding the topic ensued, with Beth facilitating.**

What alcohol related things have we seen in the community?

- A. rape, alcohol-related accidents
- B. Eureka High has an alcohol policy that they need student/parent contracts for an alcohol/drug-free environment before attending school dances
- C. High school populations have been shown to do excessive drinking, sex under the influence.
- D. Eureka high now has access to prevention topics cover in a pamphlet. The pamphlet was constructed based on student responses, especially relationship violence, date rape. The latest problem is rufies in drinks. Students respond well to things directly related to their questions.

What factors lead to alcohol abuse? What can the community do for prevention?

- A. students see drinking as making them normal. In the past the media gave the same impression with tobacco.
- B. Connie: some kids do it to self-medicate, and it can be generational
- C. Grace: alcohol is accessible. In the 1990's it was proposed to raise the tax on alcohol but that was shot down.
- D. It's a coming of age tradition.
- E. Kids drink to fit in and party; other cultures drink to meet society norms.
- F. There need to be education about the effects and consequences of alcohol.
- G. There's an excuse of "there's nothing better to do."
- H. The movie seemed to generalize NE students. Eureka high students don't act the same way—they don't usually have the money to buy drinks for other people in bars. They're of a different social class.
  - a. That's where older predators come in as suppliers = domestic violence and date rape.

What can we do in this world to work with women (the double standard) and men (redefining men's masculinity)?

- A. We need to start reforming from birth on. We should teach that gender is a spectrum, not binary.
  - B. We will get somewhere when alcohol is realized as a drug.
  - C. Rankings and rating of drugs = confusion.
  - D. Build self esteem – maybe set goals, 20 things to do per month (based on personal experience)
  - E. Educate on effects of alcohol in life as it pertains to individuals/HS kids
  - F. Support law enforcement
  - G. Tara: education should be realistic; also explore why are they drinking; help responsibility
  - H. Bill: increase peer-based programs
- Alcohol is legal, and that gives the impression that it's OK. What are we doing in the community to help change this image?
- A. We need substance abuse counselors, not including the ones at EHS
  - B. The SPARE CHANGE PROGRAM
  - C. Friday Night Live
  - D. Coffee Opp

ANNOUNCEMENT: Kevin Samigoundan, with the Coffee Opp, mentioned this program as a positive environment for kids that allows youth to participate in healthy activities without substance use. He also said the program allows youth to see what it's like to run their own business. The overseers act like shareholders and have meetings with the students to help guide them.

- Adults control resources. Where can high schoolers go to be heard?
- A. The Placebo & Raven Project
  - B. Arcata Community Center – offers art projects as an after school program.

**ROUND TABLE DISCUSSION:**

- Korinna Irwin (AmerCorps member)
  - Working on a women's conference at EHS coming up on March 21<sup>st</sup>.
- Allan Bard (Manila Teenship Village Resource Center AFACTR AmeriCorps member)
  - Weekly groups and activities w/ free food
- Brett (Straight up AmeriCorps member)
  - March 29**--need 350 volunteers to build a playground on Hammond.
  - Will bring fliers to next meeting.
- Steve Moore (Public Health)
  - Gonorrhea-68 cases, chlamydia-387
  - Strong correlation between incarceration and methamphetamine
- Jessica Fox (intern @ Parenting Center)
  - March 15**--class for positive discipline for preschoolers to 12-years-old. 6 week session for \$75.
- Grace Brosnahan (Friday Night Live)

March 15<sup>th</sup> North Coast Youth Summit Meeting at HSU for \$10  
Deni Thornton (Alcohol & Tobacco)  
**February 21**--prevention workshop series on environmental prevention, media advocacy in relation to workplace laws. Sign ups are tomorrow 02/08 for free.

Lou Moerner (North Coast Indian Development Council)  
2 trainings  
-cessation services: get them free

Connie Sundberg (Changing Tides Family Services/Child Abuse Prevention Coordinating Council)  
RFP for 3 year grant cycle is available to nonprofits. As of 2/15/08

Amy Jester (Union Labor Health Foundation/HAF)  
Community health grant available and can be downloaded off their website

Pam Moore (DHHS – Health Education)  
Available for presentations

Isa Pritting (Northcoast Children’s services)  
this is headstart awareness day.  
**February 22**—big push to find people for program preschoolers

Dorothy Molofsky (TAPPN)  
Public health nursing (CalLearn) available for parents under 20-years-old. (Handed out brochures)

Sarah Lowry (AmeriCorps Vista)  
Adults in community to mentor? Any questions, contact her.

Judy Alvarez (AFACTR AmeriCorps)  
**March 4**—first Incredible Years series starting for free in Fortuna - March 4<sup>th</sup>. Child care and free food provided. Contact the elementary school.

Karen Diers (Family Violence Prevention Program)  
**March 6**—9am-12pm CEUs for social workers “How Can I Help...” Series.  
**February 14**—Family Violence Coordinating Council

Amanda Doster ( North Coast Mentor Project)  
Has a bunch of adult mentors but needs kids. (6 adults in Arcata are ready to go...)

Tara Emerson (North Coast Rape Crisis Team)  
February 22, 23—Vagina Monologues (proceeds go to HDVS)

Jessica Bishop (EHS TAPESTRY)  
**March 21**—10<sup>th</sup> Annual EHS Women’s Conference. Agencies with literature? Contact 441-0271, or bring to next NET meeting.

Dawn Matthew (Humboldt Family Service Center)  
Nonprofit counseling  
Medical provider for the greater Eureka area – need assessments  
PC1000 alcohol awareness for the community

Deborah Waxman (Food for People)

Food stamp enrollment clinic for clients or staff. Come for application help; will email if need information

Hunger 101 human resource element: high schools. Hunger empathy meeting.

Marina Cortez-Hash (Healthy Kids Humboldt)

Program insures kids when they get referrals from people. There's also CalKids. It's free: call us.

Lucy Silveria (Healthy Kids Humboldt)

Fax back referral forms. Speak to parents, get info, fax it in, and they can provide medical care for lower income children. Another option is that Healthy Family will share the cost.

Debbie Hartridge (Six Rivers Planned Parenthood)

**March**—Growing up workshop for parents and girls.

Teens only drop in clinic Thursdays 2:30-5

Melissa Furbee (United Way of Humboldt County, Hum Community Switchboard)

Giving out car seat stickers for safety. Established because of Hurricane Katrina and made possible because of the Eureka Kiwanis Club.

Humboldt Community Switchboard administers to women and children with unmet needs. The administration works with a committee to approve these applications; need members.

Martha Hunkins (Volunteer Center of the Redwoods)

Connect volunteers with community agencies-program outreach, recycling, etc. Let her know if you'd like volunteers-fill out a form or keep it and mail it in. They can provide for one-time events or ongoing volunteering.

**February 25**— Grandparents Support Group - open house. Started new program for children 0-5 and grandparents. It's a drop-in play center at the Adorni Center to get resources, socialize.

Opportunities for youth to volunteer as well.

Bill R. (RCAA)

50 Americorps members work in their agency and they're trying to support the program.

Kevin Samigoundon (VISTA AmeriCorps for Coffee Opp)

**March 1**—Arts Alive; can see the Coffee Opp after-school program in action.

Beth Chaton (Tapestry)

Teen health resource cards-take them. Call if you want more.

**March 15**—North Coast Mentor Program

Schedule on the NET for trainings and get information for trainings.

Call Lori if interested: 269-2052.

**February 23**—CalSac Conference for after-school programs at the end of February that they're currently writing a grant for along with family literacy programs. Looking in the areas of Scotia, Fieldbrook, S Fortuna, Blue Lake

Kathy Finlay (Special Day at Fortuna High)

Finally passed a technical diploma program at Fortuna HS and just passed level 1. This gives life skills to students that can't, for example, pass their algebra requirements. Call FHS if parents have questions. Known as an occupational diploma. Must have IEP.

**Other Attendees:**

Kim Tolley – DHHS

Holly Hutcheson – TAPPN/AFLP

Paula Arrowsmith-Jones – north Coast Rape Crisis Team

Sarah Caldwell – United Way of Humboldt County

Monica Schallert – St. Bernard Catholic School

Sarah Vevoda – First Five Humboldt

Kathy Hanson – TAPPN – DHHS

Jessica Chimes – Straight-Up AmeriCorps/TAPESTRY

Jen Ables – VISTA AmeriCorps

April MacDonald – Public Health