



WECOSS Prevention & Education Working Group

Meeting Minutes

Thursday, September 19, 2024

1:00 p.m. to 2:30 p.m.

Present: Jennifer Bradt (WECHU), Margo Cameron (CMHA), Tammy Drazilov (HDGH), Kelly Farrugia (WECHU), Karen Trotter (CSC Providence), Kim Willis (CMHA), Alexis Erickson (WECHU), Allyson Hallahan (VON), & Amy Lofaso (WECDSB)

Regrets: Amanda Ryall (WECHU), Amy Visser (WECHC), John Antoniwi (MHART), Melissa Little (MHART), Stacey Shepley (MHART), Rob Hallett (WPS), Ashley Kirby (WECHU), & Sean Patterson (WPS)

Co-Chairs: Kim Willis & Jennifer Bradt

Recorder: Theresa Sarkis

		<i>Action Required</i>
1.0	Welcome and Introductions <ul style="list-style-type: none"> Meeting called to order at 1:03 p.m. 	
2.0	Meeting Goals <ol style="list-style-type: none"> Review progress and next steps of ongoing projects. Discuss 2025 project planning. 	
3.0	Approval of Agenda <ul style="list-style-type: none"> Agenda approved. 	
4.0	Review of Action Items from May 23rd, 2024 <ul style="list-style-type: none"> Highlight youth cannabis statistics in Healthy Schools newsletter. <ul style="list-style-type: none"> Individuals can subscribe to the Healthy Schools Newsletter at https://www.wechu.org/school-health/subscribe. Update as of 10/22/2024 – Will assess opportunities to incorporate substance use-related statistics in the December 2024 newsletter around partying safer during the holidays. Share toolkit and continue with communication plan – Complete and ongoing. Begin working on quarterly newsletter for community, geared towards adults aged 18+ - On-hold until 2025 priorities are confirmed with the Working Group. Share WECOSS partnership evaluation – Completed. Responses will be analyzed, reported on, and shared with the Working Group at a later date. <p>Approval of Minutes from May 23rd, 2024</p> <ul style="list-style-type: none"> Approved. 	

<p>5.0</p>	<p>Project Updates</p> <p>Continuous Communication (A. Erickson)</p> <ul style="list-style-type: none"> • Calendar circulated to WECOSS membership to promote shared messaging about substance use and the WECOSS. • 15 social media messages posted on WECHU channels over June through August. • Key themes for social media campaign – What is the WECOSS?; Four Pillars of the WECOSS; Substance Use and Harm Reduction Education. • Total reaches on Facebook from June to August = 19,460 • In-transit bus ads and Google display ads planned for Fall of 2024. • Next steps are to continue with the social media campaign and evaluate analytics. <p>Medicine Cabinet Clean-Out (A. Erickson)</p> <ul style="list-style-type: none"> • Hosted booth for medicine cabinet clean-out on Earth Day (April 21); awaiting total weight of medicine collected. • Will be partnering with police services for annual medicine cabinet clean-out event during Crime Prevention Week in November. <p>Break the Vape (K. Farrugia)</p> <ul style="list-style-type: none"> • Campaign news release issued in May with winners from the Break the Vape Challenge: https://www.wechu.org/news-release-health-unit-announces-winners-break-vape-challenge • In total, the six winning videos received nearly 28,000 views on YouTube. On Facebook and Instagram, the ads generated over 352,000 views, resulting in almost 6,500 visits to the Break the Vape web page. Throughout the campaign, the Break the Vape web page had just over 10,000 views. • Planning on running another campaign in early 2025. • Have received requests to submit conference abstracts. • Have received request to do a Southwest joint campaign. • PPM 128 support offered to area school boards/schools via policy enhancement recommendations for vaping and tobacco usage and supports. 	<p>“I Found a Needle” poster with tips on safe needle disposal is available for download at https://wecoss.ca/resources.</p>
<p>6.0</p>	<p>New Business</p> <p>2025 Project Planning (Co-Chairs)</p> <ul style="list-style-type: none"> • Aiming to generate a 2025 project proposal. 	

	<ul style="list-style-type: none"> • Seeking input from the group on what to focus on in 2025. • Overview of PEWG goals and objectives and past PEWG interventions provided to the group. • Reviewed social determinants of health related to substance use and associated protective factors across the life span with the group. • Local statistics from WECOSS.ca also reviewed to inform the discussion. • Questions brought forward to inform the 2025 project planning discussion: <ul style="list-style-type: none"> • What community needs, gaps, or priorities are you seeing through your work when it comes to substance use prevention and education? • What activities might the PEWG be able to undertake to help address these issues? • What kinds of stakeholders might we engage in this work? • Open Discussion: <ul style="list-style-type: none"> • Many requests received for youth-focused naloxone training and education. There are a lot of gaps in knowledge surrounding the effects of fentanyl and naloxone use. • Advocacy to expand eligibility criteria for the ONP. • Education regarding availability of naloxone kits, where to get them, how to use them, how they work, etc. • Education for parents on how to talk to their kids. • There is a bias among youth that cannabis helps to deal with anxiety; youth are not aware of risks of psychosis. This bias is also the case with many adults dealing with pain. • Is there a way of educating about pain, its purpose, the science behind it, and how to cope with/manage it? This education can include information about the five stages of grief, the fight or flight response, anxiety, pain relief options, etc. • Education around medications used for pain and why some substances would not be recommended or prescribed for chronic pain. • How to overcome some existing obstacles in education? • Education regarding the different substances that are vaped and their effects, as well as anxiety and coping. • Cannabis has been normalized with the increase in cannabis stores. There is a gap in education about cannabis use. 	
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	<ul style="list-style-type: none"> • Vaping is still new for educators as well. A need to support educators to have the information and confidence to educate students about vaping. • Discussed the WECHU’s vaping toolkit for educators as an available resource: https://www.wechu.org/substance-use/vaping-toolkit-educators • Other resources discussed during the meeting: <ul style="list-style-type: none"> • Canadian Cannabis and Psychosis Research Team - Venture Lab • Preventure - https://preventureprogram.com/ • Resources on Adverse Childhood Experiences - https://www.albertafamilywellness.org/what-we-know/aces/ 	
7.0	<p>Community Agency Roundtable (All)</p> <ul style="list-style-type: none"> • CMHA: <ul style="list-style-type: none"> • Hosting community walks for Suicide Awareness Month on September 29th. Events are being held at St. Clair College in Windsor, the Atlas Tube Centre in Lakeshore, and St. Paul’s Lutheran Church in Leamington, with walks to follow. • Holding “Check In, Don’t Check Out” event on October 9th. Presentation from Corey Hirsch, former hockey player, at Serbian Centre. This is focused to men and boys talking about their mental health. 	
8.0	<p>WECOSS Pillar Updates (J. Bradt/A. Erickson)</p> <ul style="list-style-type: none"> • Harm Reduction: <ul style="list-style-type: none"> ○ Community overdose prevention training events – Six have been held and one more is planned for November specific to the construction industry. • Treatment and Recovery: <ul style="list-style-type: none"> ○ WEC Connect Program and Service Inventory for mental health and addictions services being launched in the Fall. ○ Planning project for 2025 on expanding access to Opioid Agonist Therapies (OAT). • Enforcement and Justice: <ul style="list-style-type: none"> ○ Substance Use in Corrections Workshops – Two have been held and there is one more scheduled with Police Foundations students at St. Clair College at the end of September. Planning to hold another workshop with Social Work students at the University of Windsor, tentatively for November. ○ Substance Supports in Neighborhoods Accessed through Police Partnerships (SSNAPP) – Partnership between the Windsor Police Service, 	

	the City of Windsor, and the Windsor-Essex County Health Unit. Working on launching community safety plans geared towards specific postal code areas across the City of Windsor.	
9.0	Next Steps (Co-Chairs) <ul style="list-style-type: none"> • At next meeting, a draft project proposal will be presented for the group’s review. 	
10.0	Meeting Wrap Up <ul style="list-style-type: none"> • Adjournment: 2:25 p.m. 	
11.0	2024 Meeting Schedule <ul style="list-style-type: none"> • Next meeting scheduled for Thursday, November 7, 2024 from 1:00 p.m. – 2:30 p.m. 	