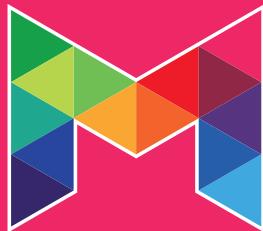




EDUCATE.  
STRENGTHEN.  
EMPOWER.



Montgomery  
County  
Prevention  
Coalition

20

ANNUAL REPORT

22

# THANK YOU

## FROM OUR COALITION MANAGER

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#### **Coalition Members and Community Partners,**

Last year's Annual Report was all about overcoming obstacles - figuring out how to reach our community in the midst of a pandemic and adapting as best we could. If I had to select a theme for this year, it would be moving forward. Now, we are proficient in working together virtually (even if we do still forget to unmute ourselves sometimes). We are starting to attend in-person events. We recognize each other without masks. And, we've learned to work in a hybrid format that makes us even more accessible to the greater community.

Looking through this report, it has been so fun to see the progress we've made as a Coalition. Our fiscal year started with 60 of us coming together to paint, start to finish, a Suicide Prevention mural in less than a week. We spent a large part of our year working with the Ohio Board of Pharmacy to mandate warning labels on opioid prescriptions. We created a Summer Challenge and did several media interviews to promote the Digital Detox campaign. We piloted the Youth Leadership Prevention program that started with three schools and has now expanded to eleven.

These were all big goals; huge ideas that I admittedly wasn't sure would work. If our volunteer group hadn't advocated so hard, I'm not sure I would have ever agreed to the mural - one of the highlights of the year. I was convinced we would never hear back from the Board of Pharmacy after sending the letter. I wasn't sure anyone would show up to our Youth Leadership in Prevention interest session.

But, we did all these things and more. And that is all because of YOU, the volunteers. You are the boots on the ground in the community, seeing the problems and coming up with ideas to solve them. You encourage me, the Executive Team and the Coalition to dream big, make adjustments and continuously improve. You inspire an entire community of people that true change can happen with a small budget, a little bit of tenacity and a whole lot of teamwork.

I hope you take some time to read this report and see where you fit in. You have each left a mark on our success stories and contributed to our impactful measurables (even our 114 new members this year!). I know that we will only continue to grow from this year's successes.

On a personal note, I need to give a special thank you this year to the ADAMHS Prevention team, and our MCPC Advisory Committee, especially Taniayah O'Quinn-Sims, for being the most wonderful support system while I was on maternity leave and raising our newest Coalition member. This group kept the ship afloat, continued to make adjustments and improvements, and allowed me the time to be with my family, knowing the Coalition was in great hands. From the bottom of my heart, thank you for your talents and empathy.

I look forward to the amazing impact this Coalition will have throughout 2023 and beyond.

Gratefully,

*Colleen Oakes*

**Colleen Oakes**  
Montgomery County Prevention Coalition Manager

# COALITION OVERVIEW

## MANAGEMENT & SUPPORTIVE STAFF



**Tristyn Ball**  
Director

**Colleen Oakes**  
Manager

**Taniayah O'Quinn-Sims**  
Assistant Manager

**Sasha May**  
Training Specialist

## EXECUTIVE BOARD MEMBERS



**Matt Tepper**  
President

**Tazeen Ahmed**  
Vice President

**Danielle Zeisloft**  
Secretary

**Jodi Kulka**  
Treasurer

## MISSION

Our mission is to mobilize Montgomery County to prevent youth substance use and promote positive mental health through implementation of evidence-based prevention strategies and community collaboration.

## VISION

Our vision is a community where every individual lives a substance-free life with optimal mental health.

## PERSONAL AGREEMENT

As a member of the Montgomery County Prevention Coalition (MCPC), I understand the need for respectful collaboration between all members. As a growing, diverse community coalition, I understand and value our differences. This valuing of diversity can only take place when we have a safe space where everyone is welcome to have brave conversations.

I know that everyone is here because they want to advance the mission of the MCPC to prevent substance use and promote mental wellness. We are all part of the MCPC and represent the communities that we live in and serve.

I understand that we are all human and have diverse skills and knowledge in building inclusive communities. Everyone's unique experiences and backgrounds make us better as a coalition.

Growth from within can be difficult. With the support of other coalition members, I am able to examine my personal biases, understand the perspectives of others and broaden my understanding of people who are different from me.

### I take responsibility for:

- » Entering discussions and meetings from a place of curiosity
- » Assuming good intentions
- » “Calling in” other members of the Coalition and offering feedback without shaming or judgment
- » Asking clarifying questions before reacting
- » Recognizing and struggling with my own sensitivities
- » Respectfully communicating concerns
- » Respecting the confidentiality of all personal information shared by coalition members

**WE ARE BETTER AND STRONGER WHEN WE WORK TOGETHER.**

The MCPC Personal Agreement was created in collaboration with community partner, The National Conference for Community and Justice of Greater Dayton (NCCJ).

# PARTNERING TOGETHER FOR **ONE GOAL**

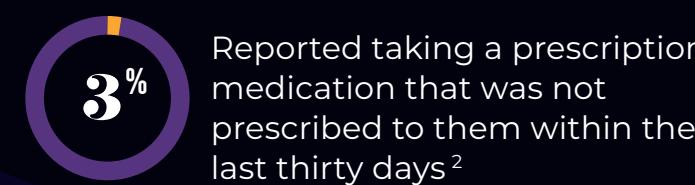
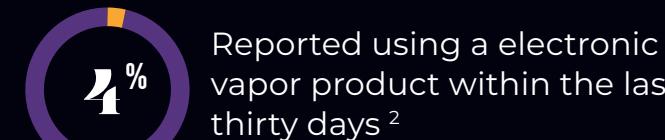
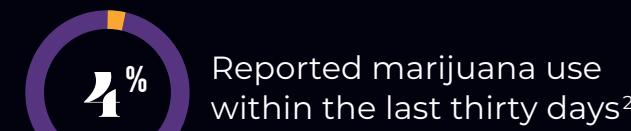
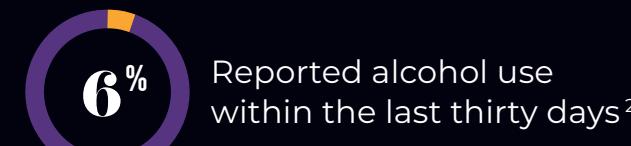
By using local survey data to better understand the individuals we work with, our goal is to reduce substance misuse and promote positive mental health among young people in Montgomery County.

The below statistics are aggregate data from surveys conducted with Montgomery County 7-12 graders.

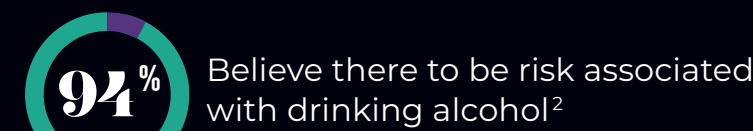
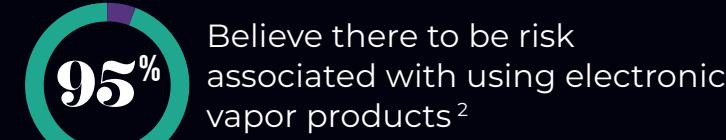
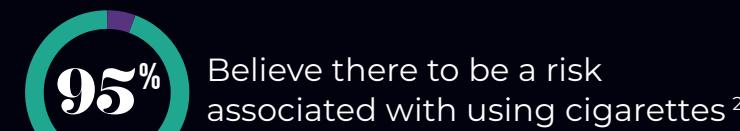
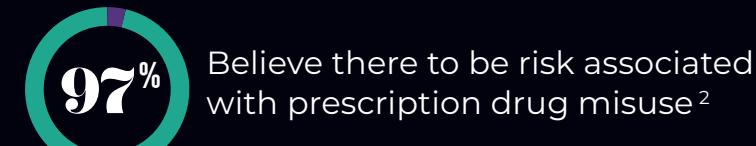
## MENTAL HEALTH DATA



## RATES OF SUBSTANCE USE



## ATTITUDES & BELIEFS ABOUT THE RISK OF HARM OF SUBSTANCE USE



### References:

<sup>1</sup> Ohio Healthy Youth Environments Survey, 2019-2020. Montgomery County Report. OHYES! Report for Montgomery County - 2019-2020 (ohio.gov)

<sup>2</sup> Panorama Education, Montgomery County Educational Services Center, & Montgomery County Prevention Coalition. (2022). Montgomery County Behavioral Health Survey. Panorama Education.

# BY THE NUMBERS

**278**

COALITION MEMBERS

**65**

PREVENTION STRATEGIES  
IMPLEMENTED

**77**

ORGANIZATIONS  
REPRESENTED

**4**

NEW PROJECT  
GROUPS

**114**

NEW MEMBERS

**3007**

SERVICE HOURS

**233**

INVOLVED IN COMMITTEES

**122**

ZOOM MEETINGS

**40**

NUMBER OF EVENTS



## YOUTH LEADERSHIP IN PREVENTION (YLP)

The Montgomery County Prevention Coalition primarily exists to serve the youth in our community by preventing youth substance use and promoting positive mental health. However, when you look around an MCPC meeting, what you typically see are adults! This led MCPC leadership to create the Youth Leadership in Prevention program, which brings youth voices onto the Coalition. We truly believe that we can't serve our youth adequately if we don't listen to their needs.

The Youth Leadership in Prevention program (YLP) was created to offer grants to local schools who create peer-to-peer prevention groups. These groups are student-led, but adult supported. The MCPC has a YLP steering committee made up of volunteers that support the schools, offer feedback on the program and design training for the students and their advisers. For the 2020-2021 school year, 3 schools were selected through an application process to be members of the pilot program. "Through the support of this program, our student leaders were able to gain valuable training in healthy coping and living, which passed down to the 60+ group members," said Amy Ostdiek, adviser for the student group at Oakwood High School.

This grant funding allowed for several new and creative initiatives to be implemented in our schools. Students at Oakwood High School created a supportive lunchtime environment with board games, activities and educational opportunities. This group also created a meditation garden to add some green space to the school environment, provide an alternate activity during lunch and break times, and allow students a space to bond while learning a new skill. Additionally, students created a mental health library with books that specifically highlighted LGBTQ+ characters.

Over 40 students at Valley View High School championed the cause, creating "Denim Day" in April to bring awareness to sexual assault initiatives. They also shared vaping prevention information on posters and signage around the school and in bathroom stalls. "The Youth Leadership in Prevention grant we received has allowed our students to have a voice and be able to make a difference in our community. They are gaining valuable experience on how to work with a budget and make decisions by interpreting school data to determine areas of need," said Amanda Phillips, adviser at Valley View High School.

This program is growing rapidly, as 12 schools have been selected to participate in the program for the 2022-2023 school year. Funding for the Youth Leadership Prevention program comes from the Montgomery County Human Services Levy.

# 5 SUBCOMMITTEE HIGHLIGHTS

Our subcommittees work diligently to help individuals in our community deal with whatever challenges they might be facing. Here's a compilation of highlights from each subcommittee.



## OPIOD PREVENTION COMMITTEE

- » Distributed 7,926 medication opioid disposal pouches into the community
- » Provided resources on medication storage, use, disposal, educational opportunities, and treatment services to over 240 local businesses and organizations
- » Expanded the Ask for Alternatives campaign to target collegiate athletes
- » Partnered with Community Overdose Action Team in developing the artwork and language of medication bags to local pharmacies that explain the dangers of opioid addiction, disposal and storage information, and local resources



## SUICIDE PREVENTION MURAL

### With you, the world is complete.

This message is now displayed at the corner of a busy intersection in Old North Dayton as a simple reminder for Montgomery County residents, thanks to the volunteers on the Montgomery County Prevention Coalition.

When business owner Marty Smallwood decided to paint the wall outside his building, he wanted a mural that meant something to his Old North Dayton community – a message that provided hope during trying times that would address the growing number of suicide attempts and mental health challenges we saw in the region. He contacted the MCPC who quickly mobilized their Suicide Prevention Committee, conducting a call for artists that saw designs submitted from across the country. They selected a design with a simple, but powerful, message submitted by a local artist.

In less than a week, 60 volunteers came together to paint the mural, including Coalition members, community members, and students.

# WITH YOU, THE WORLD IS COMPLETE.

A dedication ceremony was held on December 8, where the final design was unveiled, and local elected officials, including the Dayton Mayor, joined the celebration.

"Turning a 36 foot long blank purple wall into a masterpiece isn't an easy feat, but with 60 dedicated volunteers, 1 visionary artist, and lots of hot chocolate, we made it happen," said Amy Hamilton, co-chair of the Suicide Prevention Committee. "The message of hope that the suicide prevention committee brought to the Old North Dayton neighborhood will be a beacon of light that this community will enjoy for many years to come."

Now, the mural is a standing reminder that a small group of volunteers can make a huge impact – while reminding community members that the world is truly complete with them in it.

## SUICIDE PREVENTION COMMITTEE

- » Provided Suicide Prevention Gatekeeper Training to 30 barbers and cosmetologists
- » Provided support for NCCJ's Pride Rocks
- » Partnered with the American Suicide Prevention Foundation to support local suicide vigils

## MARIJUANA PREVENTION COMMITTEE

- » Planned substance free events with the goal of hosting quarterly
- » Started Be Informed Ohio planning for QR code distribution



## ALCOHOL PREVENTION COMMITTEE

- » Added a professional development opportunity to each meeting to increase awareness and engagement
- » Provided volunteers and educational materials to a local high school festival to encourage safe alcohol sales and placed signage around the venue to reinforce prevention messaging
- » Developed and submitted a letter to a local city council that successfully stopped a gas station from selling shots of liquor to customers



## POWER-BASED VIOLENCE PREVENTION COMMITTEE

- » Developed a Power-Based Violence (PBV) Prevention Professional Response Survey to gauge the community's perception of PBV
- » Started work groups within the committee to achieve goals on the strategic action plan



## POLICY & ADVOCACY COMMITTEE

- » Proposed the development of an opioid warning sticker to the State of Ohio Board of Pharmacy. This sticker would be added onto opioid medications that warn its users of its addictive properties
- » Provided testimony on House Bill 261 which discusses marijuana use
- » Helped to develop Retailers CARE, an initiative focused on practices that retailers can implement to keep the local community healthy and safe

## PROBLEM GAMING & GAMBLING PREVENTION COMMITTEE

- » Developed and promoted the Digital Detox 101 website and the 101 Things To Do in Dayton list
- » Launched a Tech-Free Summer Challenge for families
- » Translated the Digital Detox 101 flyers to Spanish and Russian
- » Provided parents with parental control information to minimize risks associated with children being online

SECTION

# 6

## VOLUNTEER SPOTLIGHT

### KAYLA HAIRSTON

Kayla Hairston currently serves as an Early Childhood Mental Health Consultant with the Greene County Educational Service Center, where the goal is to empower the parents and teachers in young children's lives to be able to provide an environment supportive of social emotional learning. She has recently obtained her certification as an Instructor for Youth Mental Health First Aid and is in the process of becoming an Instructor for Trauma 101. She also is a certified Life Coach working on the development of I Am Discovery, which serves as a support for Maternal and Child Health.

She has been co-chair of the MCPC's Self-Care Committee for a little under a year and is working towards her Certified Prevention Specialist Assistant credential. Her proudest role is serving as Mom to her three wonderful girls, Mya, Alyvia and Imanni. She also enjoys traveling and spending time with family and friends.





## LAKE MILLER

Lake Miller is the Director of Education at The National Conference for Community and Justice of Greater Dayton. For the past four years, he has overseen NCCJ's youth programs, including Anytown Youth Leadership Institute, Police and Youth Together, and school-based programs. He has worked to create and implement meaningful DEI professional development programs for corporate and community sessions. Lake is also the President of the Village Impact Project's Board of Directors and has served on the National Leadership Team for Scouts for Equality.

On the MCPC, Lake is the Project Team Lead for the Soft Barriers committee of the Suicide Prevention Committee, leading a group of individuals determined to reduce suicides by implementing barriers, providing mental health resources, and instilling hope across the community. In his free time, he loves to kayak and bike ride.

## WENDY BERKSHIRE

Wendy Berkshire is an employee of WestCare Ohio/East End Community Services and is the Prevention Program Coordinator and Director for the Dayton Camp Mariposa, which is one of 18 Camps in the country and now includes 3 cohorts of Camps serving 65+ youth and 22 Mentors. She is responsible for building a team of Mentors that include educators, counselors, community members and professionals; connecting with families who have experienced trauma related to substance use disorders; and creating lasting prevention experiences at the Camp weekends and family engagement education that help prevent generational addiction. Wendy is also trained in the Social Resilience Model and loves helping others gain their own understanding of how to grow their personal resilience zone.

Wendy has a heart for helping others be seen, heard, known, and supported, and thrives in creating programs and a safe space that builds

66

If I see a need or raise a question on needing something changed, I try to have the heart of looking for solutions and not getting caught up in the obstacles. I try to be a part of the solution or at least part of seeking the solutions with others because together we can accomplish so much more!"

— WENDY BERKSHIRE



community which help children know that they are not alone in their journey. One of her super-powers is to encourage others to find and use their gifts as well! Prior to coming to East End Community Services, Wendy was the director of Family Ministries at a congregation for 16 years, as well as the Director of the City of Kettering's Senior Center for 10 years prior.

Wendy's work with MCPC began as a responsibility of her job and has grown into a responsibility for the community, serving on the Self-Care Prevention Committee, the Opioid Prevention Committee and recently serving on the Marijuana Prevention Committee. For self-care, Wendy enjoys gardening, bird watching, hiking, cycling and traveling with her husband, especially to visit her 3 daughters and their spouses. She lives with Jim and their miniature dachshund, Andy.



## TOPHER PECK

“

I love being a part of a collaborative of like-minded individuals who value education within our community above all else. Both the work I've been able to do as a part of this coalition and especially the connections I've formed with the people within it have been invaluable to my development as a young professional.”

– TOPHER PECK

Topher Peck got his start in prevention work during his undergrad at the University of Dayton, where he was an active member of PAVE, a peer-education student organization focused on reducing power-based personal violence on UD's campus. After graduating last year, Topher was brought on at YWCA Dayton's Center for Survivors of Sexual Violence as their Prevention Educator. In his role at the CSSV, Topher can be found all over the Dayton area starting conversations and leading trainings on topics such as healthy relationships, communication and consent, bystander intervention, and gender socialization and sexuality.

Topher has brought his work to several local schools, college campuses, and other community partners, as well as bars and restaurants through the Gem City Safe Bars program, which he facilitates. Within the MCPC, Topher is an active member of the Power-Based Violence Subcommittee, co-chaired by his friend and predecessor, Megan Garrison. Outside of work, Topher is known for his love of obscure horror movies and for running the occasional game of Dungeons & Dragons for his friends.



## SARAH BADGER

Sarah Badger began her work in prevention by using her language skills to serve the Deaf and Hard of Hearing community as a preventionist. Along with a passionate team, she was able to expand the program to include an after-school program for Deaf teens and host an overnight summer camp for hearing children of Deaf adults (KODAs). KODA Camp was her passion, and still is to this day through her volunteer work.

Driving by the Goodwill Easter Seals' Marquee on Main Street and seeing “job opportunities – apply today”, she thought it would be an amazing fit to work for their team. After

serving the Deaf community for 8 years, she was offered the great opportunity to work with her “dream team”. At Goodwill Easterseals, she educates the community on the dangers of misusing prescription medications through the Generation Rx program. She also serves students in Montgomery County in Goodwill's Life Skills program. From her experiences living in an intentional community in Yellow Springs, she is a great believer in the spirit of community and collaboration. She volunteers with several committees on the MCPC because of that. Prevention is her passion and she is eternally grateful for the opportunities awarded to through the MCPC, her employers, and her community.

# CULTURE OF COMMITMENT

The following are all the amazing coalition members who dedicate so many hours to furthering our mission. **Thank you for all you do!**

## CHAMPION FOR CHANGE (90+ HOURS)

- » Zola Howard
- » Tazeen Ahmed
- » Emma Goldinger
- » Michelle Johnson
- » Emily Mongelli

## SUPER SUPPORTERS (60+ HOURS)

- » Sarah Badger
- » Gail Dafler
- » Amy Hamilton
- » Brittini Long
- » Sasha May
- » Amanda Northcutt
- » Tammie Scales
- » Matt Tepper
- » Karen Via
- » Vic Vrabel
- » Emily Weitz

## VICTORIOUS VOLUNTEERS (40+ HOURS)

- » Bruce Barcelo
- » Wendy Berkshire
- » Nancy Bleil
- » Amie Burr
- » Ralph Davis
- » Kyle Fowler
- » Megan Garrison
- » Kery Gray
- » Kayla Hairston
- » Breanna Hamilton
- » Sue Hanna
- » Pat Holmes
- » Amber Kamau
- » Jodi Kulka

## PASSIONATE PARTICIPANTS (20+HOURS)

- » Rebecca Lewis
- » Lake Miller
- » Heather Nogle
- » Wanda Ortiz-Thayne
- » Topher Peck
- » Nina Rains
- » Emily Sewall
- » Larry Sexton
- » Casey Smith
- » Trent Smith
- » Natalie Storms
- » Emily Surcio
- » Danielle Zeisloft

## OPIOID WARNING STICKER POLICY

For several years, volunteers on the Montgomery County Prevention Coalition have provided local pharmacies with free opioid prescription warning labels. Pharmacy staff were asked to place labels on opioid prescriptions to let patrons know they were taking a potentially addictive substance. The response from partner pharmacies was extremely positive, and the education was effective in protecting our community members.

Based on this successful pilot project in Montgomery County, the Opioid Prevention committee created a goal to mandate warning labels for all opioid prescriptions statewide, and turned to the Policy & Advocacy committee for help. "We began working with legislators and the Ohio Board of Pharmacy to have a requirement for a warning label on opioid prescription containers," said Kery Gray, co-chair of the Policy & Advocacy committee. The Policy & Advocacy committee began its research looking into other states that had passed similar laws. They determined that the

Ohio Board of Pharmacy had the authority to pass this mandate and crafted a letter citing local statistics, sharing success stories from other states, and encouraging them to take action. "The opioid warning stickers will provide a safety net to alert individuals to the risk of addiction," said Brittini Long, co-chair of the Opioid Prevention Committee.

And take action they did! Staff members from the Ohio Board of Pharmacy soon reached out and worked with MCPC leaders to craft a recommendation for the Board to approve. After a few months, even better news arrived. Two State Representatives from Ohio reached out to the Board, eager to learn more about action legislators could take to help reduce opioid use and overdoses. This led to the MCPC's recommendation being incorporated into Ohio Senate Bill 652, which would require opioid warning labels for all pharmacies across Ohio. SB652 has been referred to the Senate Health Committee and is hopefully on its way to becoming law.

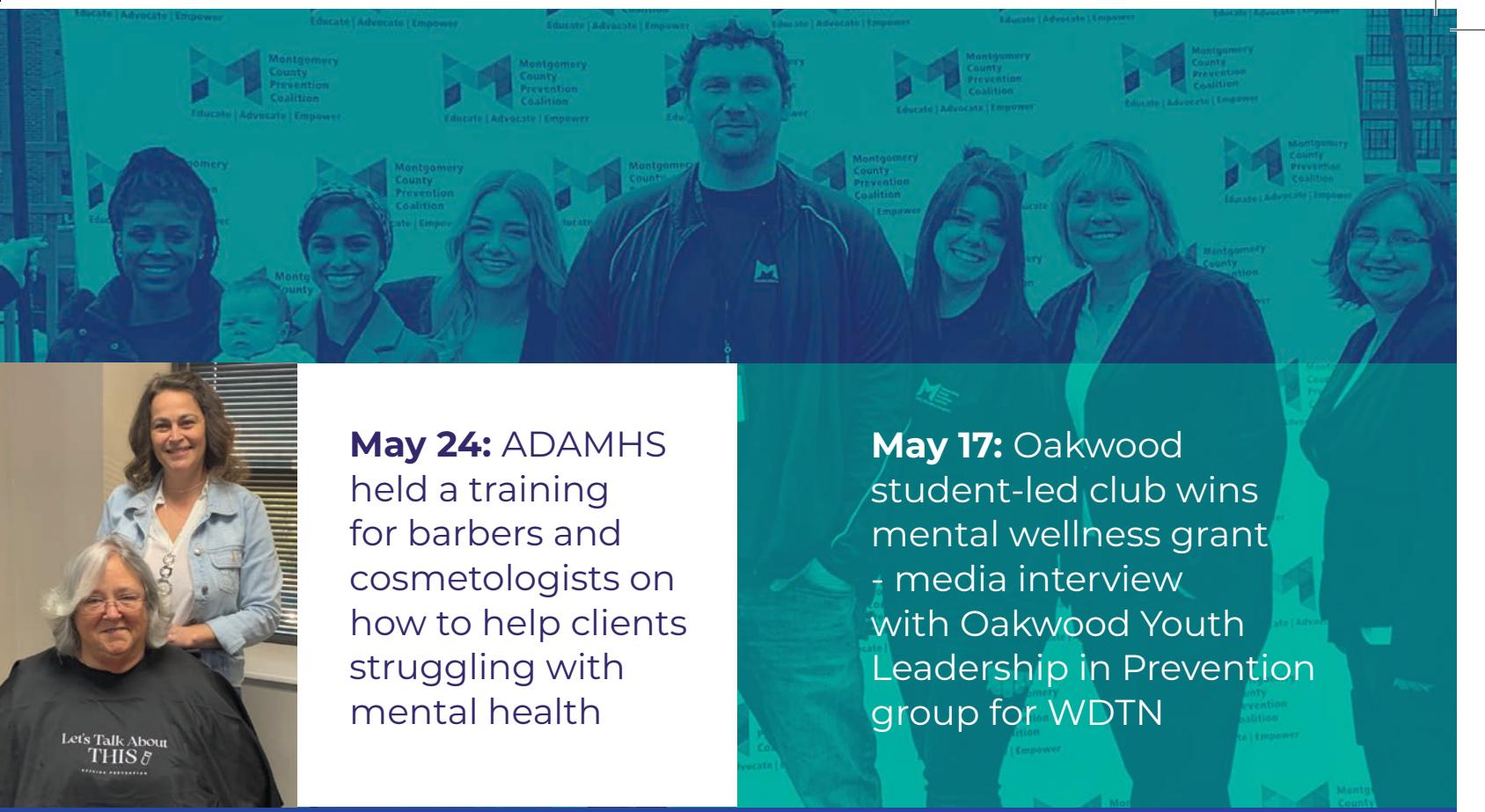
# MCP IN THE MEDIA

**September 14:**  
Active Recovery is a wonderful thing - Dayton groups work toward stopping suicide – Interview with Dayton Daily News



**December 8:** Mural article and photo in Oakwood Register

**May 26:** Testimony at Ohio Statehouse against Ohio's Medical Marijuana Expansion program



**May 24:** ADAMHS held a training for barbers and cosmetologists on how to help clients struggling with mental health

**May 17:** Oakwood student-led club wins mental wellness grant - media interview with Oakwood Youth Leadership in Prevention group for WDTN

## DIGITAL DETOX

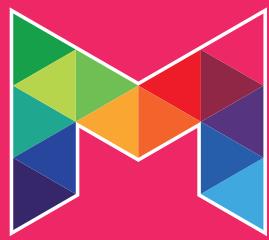
Look around a crowded room, a restaurant or public transportation. What you'll probably see is almost every eye glued to a device. Though technology can be convenient and helpful, the dependency on technology is continuing to grow and was exacerbated by a pandemic where individuals relied on it to attend classes, collaborate on work meetings, and keep up with their friends and family. While we've seen an increase in mental health disorders in youth in our community, we assume we can credit this at least partially to an increase in technology and social media use.

The Gaming & Gambling Committee set out to change this by creating Digital Detox 101, an online resource to educate community members on the negative sides of technology - and offer alternatives to its use. The Digital Detox website includes a "101 Things to Do in Dayton" resource that offers families activities to get out of the house together and ditch their cell phones in the process. This resource has activity ideas for every season and includes several free and easy accessible

options to work with every family's budget. The Gaming & Gambling committee worked together to compile and endorse this list, while also urging that it be more inclusive and accessible for all.

This resource has been widely requested across the community. Several news channels have requested more information and interviews from MCPC staff. The Gaming & Gambling co-chairs were asked to speak about the resource at a local school's resource fair. Several schools have reached out to ask for resources to provide to their students and families. The Gaming & Gambling committee even created a "Summer Tech-Free Challenge" to encourage families to put down their devices and complete several challenges together throughout the summer months. "As a committee, we hope that this can assist families in putting the electronic devices away in order to create more family bonding time."

Access the Digital Detox 101 website and resources by visiting [digitaldetox101.org](http://digitaldetox101.org).



**Montgomery  
County  
Prevention  
Coalition**

For more information, contact Montgomery County  
Prevention Coalition Manager, Colleen Oakes  
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**937-443-0416**