



**Montgomery
County
Prevention
Coalition**

Educate | Strengthen | Empower

2021

ANNUAL REPORT



TABLE OF CONTENTS

SECTION 1 THANK YOU FROM COALITION MANAGER	PAGE 2
SECTION 2 COALITION OVERVIEW	PAGE 3
SECTION 3 COALITION GOALS	PAGE 5
SECTION 4 BY THE NUMBERS	PAGE 6
SECTION 5 SUBCOMMITTEE HIGHLIGHTS	PAGE 7
SECTION 6 VOLUNTEER SPOTLIGHTS	PAGE 13
SECTION 7 CULTURE OF COMMITMENT	PAGE 16
FEATURE STORY OPIOID PREVENTION COMMITTEE DEA TAKE BACK DAY	PAGE 17
FEATURE STORY MARIJUANA PREVENTION SUMMIT “CONVERSATIONS ON CANNABIS”	PAGE 17
FEATURE STORY 5 RIVER METRO PARKS SMOKE FREE POLICY	PAGE 18
FEATURE STORY SUICIDE PREVENTION MATERIAL DISSEMINATION	PAGE 19

1 THANK YOU FROM COALITION MANAGER

COALITION MEMBERS AND COMMUNITY PARTNERS,

What a year it has been. Like the rest of the world, this community was rocked - hard - by the COVID-19 pandemic. We faced the uncertainty, illness, death, closures, cancellations and job losses that others experienced. And, the pandemic came upon us while the community was still reeling from other tragedies - the Memorial Day tornadoes, a KKK rally, and the Oregon District shooting. It felt like we just couldn't catch a break.

But then, we pushed through. We adapted. We changed our plans. We met virtually, and still worked to onboard new members and create connections online. We figured it out. We realized the importance of our work, especially in this time of uncertainty and loneliness, and we made sure to still accomplish it. We did amazing things.

This Annual Report serves as many things, but more than anything, I hope that it serves as a celebration of all we accomplished in a year that was anything but normal. You'll see statistics that we are working to change. You'll read stories of successes and celebrations. You'll learn about some of the many volunteers that make the Coalition what it is. But, there are also things that you won't see this year. You won't see photos from Coalition meetings - individuals

around tables, sharing thoughts and collaborating. You won't see the networking time before and after meetings when people simply got to know each other. You won't see (many) photos of community events. But, you will see the difference that was made.

When thinking about what I wanted to say in this letter, the most important thing I wanted to convey was “thank you”. Thank you for welcoming me with open arms to lead the amazing work of the Coalition. Thank you for sitting through long Zoom meetings and learning how to connect with community members in a virtual format. Thank you for figuring out how to adapt our strategic plans to fit our “new normal”. Thank you for giving up time out of your day to better the community.

When I look back on this year, I see a lot of heartbreak and uncertainty. But, I also see a newfound sense of collaboration and hope - all because some amazing volunteers got together and decided to make it work. We've set a new bar for ourselves - one that I know we will continue to meet and exceed in future years. It's who we are. And no community tragedy will be able to change that.

Gratefully,

Colleen Oakes
Montgomery County Prevention Coalition Manager

2 COALITION OVERVIEW

The Montgomery County Prevention Coalition (MCPC) is comprised of community leaders with a passion to increase community collaboration, reduce substance use and improve mental health outcomes throughout Montgomery County.



TRISTYN BALL

Montgomery County Prevention Coalition Director



COLLEEN OAKES

Montgomery County Prevention Coalition Manager



MATT TEPPER

Montgomery County Prevention Coalition President



EMILY SURICO

Montgomery County Prevention Coalition Vice President



JODI KULKA

Montgomery County Prevention Coalition Treasurer



DANIELLE ZEISLOFT

Montgomery County Prevention Coalition Secretary

OUR VISION & 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.

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

“Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in.”

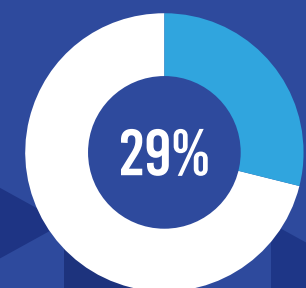
– **Unknown**

3 COALITION GOALS

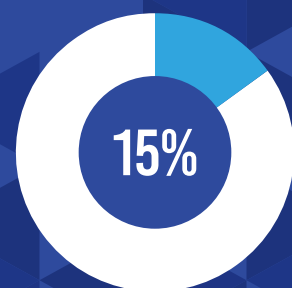
LOWERING THE STATS

It is our goal to **DECREASE** these statistics taken from the Ohio Healthy Youth Environment Survey, 2020-2021.

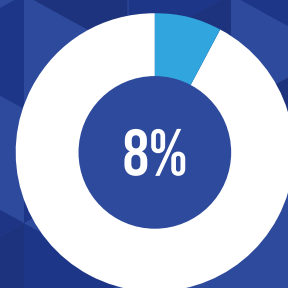
MONTGOMERY COUNTY STUDENTS (GRADES 7-12) MENTAL & PHYSICAL HEALTH STATISTICS:



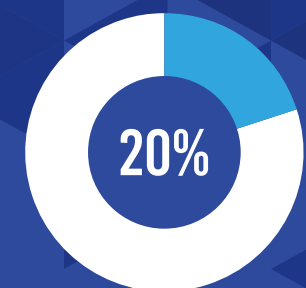
OF STUDENTS REPORTED
LIFETIME USE OF ALCOHOL



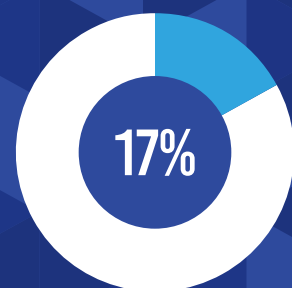
OF STUDENTS REPORTED
LIFETIME USE OF MARIJUANA



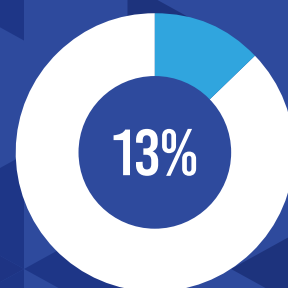
OF STUDENTS HAVE TAKEN A
PRESCRIPTION MEDICATION THAT
WAS NOT PRESCRIBED TO THEM



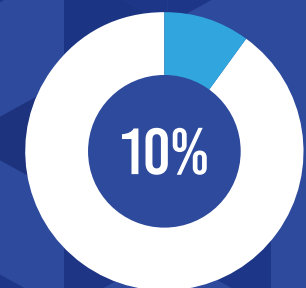
OF STUDENTS HAD MENTAL
ISSUES THAT WARRANTED
PROFESSIONAL HELP



OF STUDENTS SERIOUSLY
CONSIDERED SUICIDE IN
THE PAST YEAR



OF STUDENTS GAMBLED
WITHIN THE PAST 12 MONTHS



OF STUDENTS HAVE
EXPERIENCED PHYSICAL ABUSE

171

COALITION
MEMBERS

3252

SERVICE
HOURS

49

PREVENTION
STRATEGIES
IMPLEMENTED

115

ZOOM
MEETINGS

67

ORGANIZATIONS
REPRESENTED

2

NEW
COMMITTEES

146

INVOLVED IN
COMMITTEES

BY THE NUMBERS 4

5 SUBCOMMITTEE HIGHLIGHTS



500 LBS

OF DRUGS COLLECTED IN DAYTON AFTER ASSISTING THE DEA WITH TAKE BACK DAY EVENTS



16,000

MEDICATION DISPOSAL BAGS DISTRIBUTED TO COMMUNITY MEMBERS

Opioid Prevention Committee

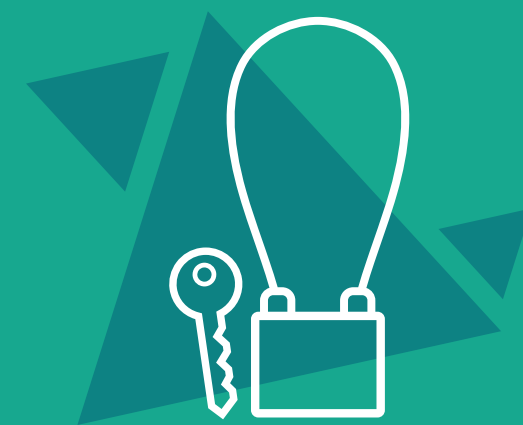
- Developed a social media quiz challenging community members on how much they know about prescription drug safety
- Conducted two trainings through Kettering Health Network to educate athletic trainers on alternatives to medication for pain management
- Worked with three high schools to require students and parents to take preseason training on the dangers of opioid use and alternatives to medication for pain management.
- Implemented and disseminated Ask for Alternatives campaign to promote alternate pain management techniques
- Conducted three material distribution days, where safe storage, disposal and alternative information was handed out to 120 local businesses
- Worked with 20 pharmacies to implement warnings stickers on opioid bottles

Suicide Prevention Committee

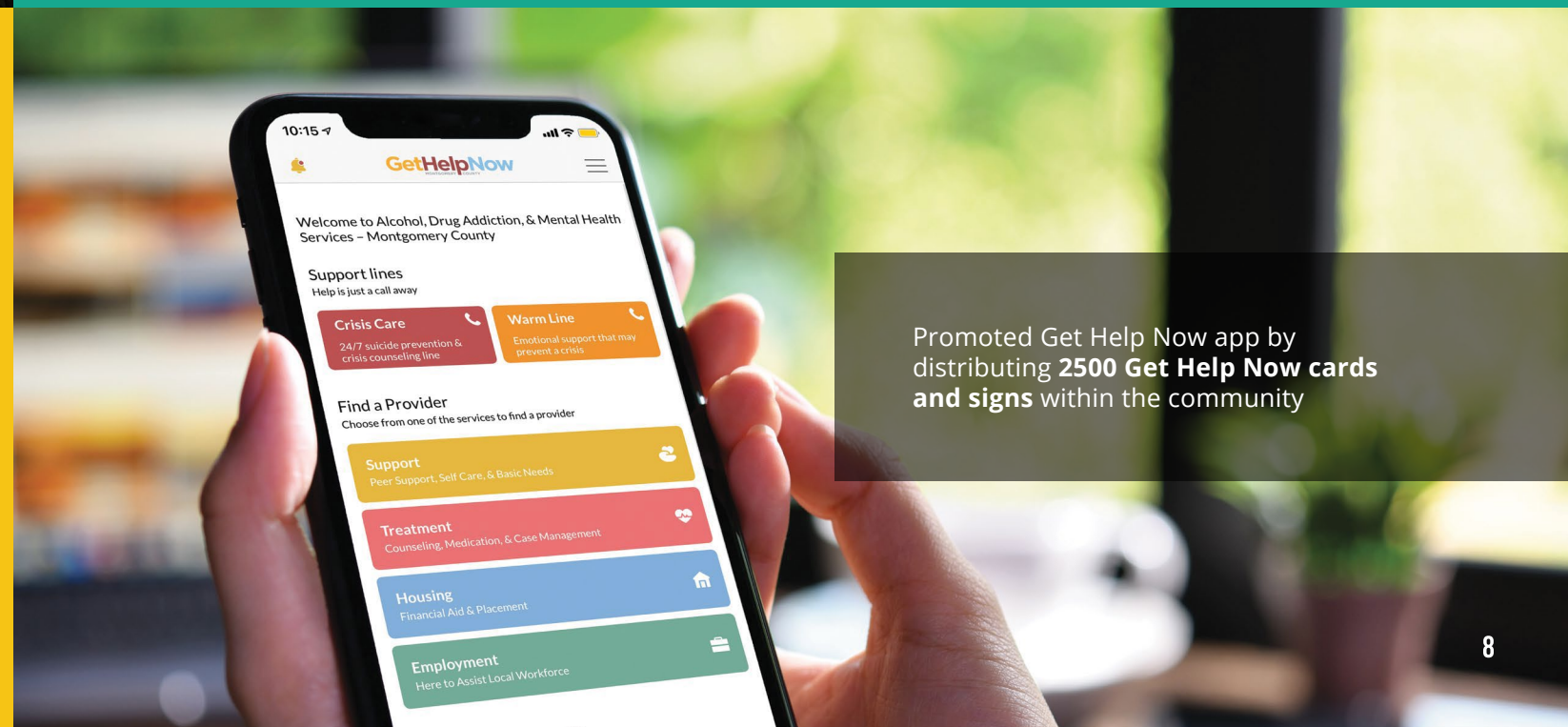
- Partnered with a local business owner to commission a suicide prevention mural in the Old North Dayton neighborhood
- Worked with the ADAMHS Board and the Ohio Cosmetology Board to mandate Question, Persuade, Refer trainings as part of the continuing education for all barbers and hair stylists in the state. ADAMHS is currently the only provider for these trainings
- Created firearms project group to implement crisis hotlines and text lines at firearms retailers throughout Montgomery County and provide training on signs of suicidality for employees
- Convened "Soft Barriers Save Lives" project group to implement lighting, landscaping, signage, and artwork to prevent suicide falls in the community



Distributed **2400 coasters with suicide prevention messaging** to 15 local restaurants and bars



Disseminated **700 free gun locks** to Montgomery County residents



Promoted Get Help Now app by distributing **2500 Get Help Now cards and signs** within the community



Marijuana Committee

- Created position statement regarding stance on marijuana that was dispersed to Montgomery County residents
- Hosted day-long Marijuana Summit, "Conversations on Cannabis" including 5 speakers, a panel and a networking event which trained 120 individuals on best practices in marijuana prevention
- Sent letter to Ohio Medical Marijuana Advisory Board advocating for the removal of vaping from the approved methods of medical marijuana consumption
- Created a press release responding to the increase of medical marijuana dispensaries in Montgomery County
- Coordinated "Pot & Prevention" trainings to further educate Coalition members on current marijuana trends and best practices in prevention to further educate 30 Coalition members
- Promoted Be Informed Ohio toolkit to offer educational resources on marijuana to community members of all ages and backgrounds



Alcohol Prevention Committee

- Recruited two co-chairs to guide the committee in its important work
- Identified information and resources for the committee web page
- Updated logic model and strategic action plan to keep the work of the committee relevant and current
- Created partnerships with other committees of the coalition to collaborate on prevention work on a true community level
- Identified alcohol-related statistics for the logic model that will help drive prevention activities

Power-Based Violence Committee

- Developed logic model and strategic action plan to prevent various forms of power-based violence
- Created inclusive typography to open dialogue about the topic of power-based violence and develop the tools to equip the community to prevent and intervene safely



Self-Care Committee

- Partnered with Five Rivers Metro Parks to implement mindfulness signage along walking routes at three local parks
- Created partnership with the Gem City Selfie Museum to have an imprint on the museum as its built
- Finalized logic model and strategic action plan
- Attended Social Resiliency Model training to further understand how trauma and brain chemistry impacts individual and community resilience
- Created survey to gather data on mental health, self-care and social needs to fill a data gap



Policy & Advocacy Committee

- Created project groups to create sample policies for employers to require Mental Health First Aid trainings for all employees, including schools
- Partnered with Schools of Excellence in Prevention to create sample policy for schools to implement reformative responses to substance use
- Advocated for and passed smoke-free parks policy in all Five Rivers Metro Parks in the County
- Worked to create sample policy requiring pharmacies to include warning stickers on all opioid medication bottles

Gaming & Gambling Committee

- Created committee mission statement and definitions to establish a common language for committee members and stakeholders
- Conducted focus groups to revise Digital Detox 101 campaign and materials to disperse to community members
- Promoted "Get Set Before You Bet" social media campaign throughout Problem Gambling awareness month
- Created and disseminated survey to learn more about gambling activities like Monte Carlo nights and 50/50 raffles in local schools
- Made recommendation for a new gambling screening tool to be utilized by SBIRT providers for the 2021-2022 school year
- Advocated for responsible gambling provisions to be added to Ohio legislation legalizing sports betting and e-bingo



**PREVENTION IS
THE BEST MEDICINE.**

INTERESTED IN JOINING THE COALITION OR VOLUNTEERING?
VISIT WWW.PREVENTIONMC.ORG





6 VOLUNTEER SPOTLIGHTS

MEGAN GARRISON is a licensed preventionist who serves as the Partnerships, Outreach and Engagement Coordinator for the UD Human Rights Center. In this role, she works to address the needs of those in the community locally, nationally and globally. Diving into this new position, her goal is to continue to amplify the work of the UD HRC and bring more voices to the table.

She is a published poet and has performed various stories on stage around Dayton. Megan recently advocated to start a Power-Based Violence Prevention Committee on the MCPC, and will serve as a co-chair for that committee. This committee will work to bring local agencies and individuals together to provide resources, curriculum and education to help prevent gender and sexual-based violence in our community. She is an active member of the Self-Care and Suicide Prevention subcommittees.



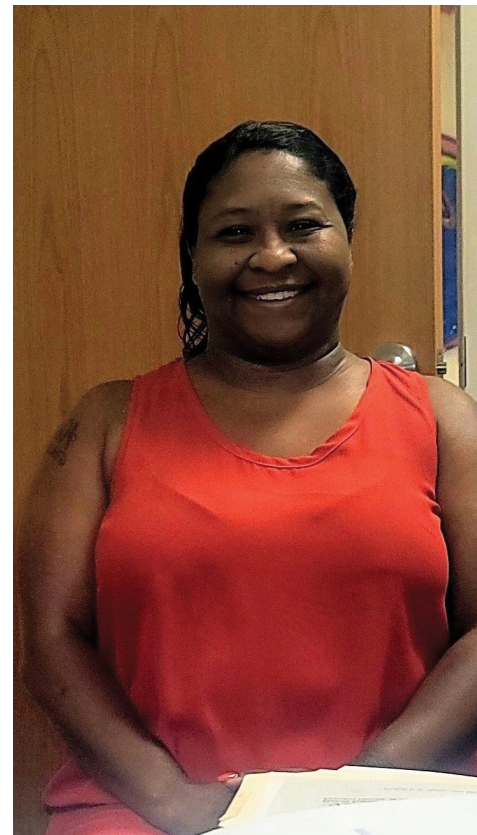
LEIGH ANN FULFORD lost her sister to suicide 16 years ago and has been active in suicide prevention so no one else has to join “the club” she never wanted to join. She is a board member for the American Suicide Prevention Foundation Ohio and co-creator of the Out of the Darkness Walk in Dayton. Leigh Ann is also a certified trainer in ASIST, Founder of SAVE US Dayton, and a member of the founding committee of David’s Place for LGBTQ youth in Dayton. She is the founder and director of CARE Walk and board member of the Oakwood Inclusion Coalition. Her passions center around equity and she enjoys making stained glass mosaics and gardening in her free time.

On the MCPC, Leigh Ann is actively involved in the Suicide Prevention committee, and is the first to make connections with local businesses and community partners. She is leading the charge to prevent death by suicide from parking garages, and works tirelessly to get gun locks and suicide prevention materials out into the community. We are confident that Leigh Ann’s work has saved countless lives in Montgomery County and across Ohio.

MICHELLE JOHNSON is a Certified Prevention Specialist Assistant, Certified Peer Recovery Coach, and a CDCA assistant who works for UMADAOP of Dayton. Michelle has recently managed to obtain all three certifications while working toward her college degree full time! She has previously volunteered with UMADAOP assisting with Camp Imani, their youth summer camp. Michelle facilitates a senior program at the Trotwood YMCA called “Get Connected” and is working toward her certification to become a Youth Mental Health First Aid instructor. She also volunteers with Miami Valley Meals to deliver food to local organizations in need.

Michelle is new to prevention, but has a passion for wanting to help others and has hit the ground running by getting involved in just about every subcommittee on the MCPC! Several of Michelle’s peers nominated her for leadership roles on the Coalition.

In her spare time, Michelle enjoys cooking and is always looking for new recipes to whip up. She is highly active in her church and is head of the video ministry where she broadcasts the church services via Zoom and Facebook Live. When not studying or cooking, she enjoys spending time with her teenage daughter and family.



KRIS “WEST” is an active volunteer on the MCPC’s Suicide Prevention Committee and a key member of the firearms project group, which works to provide suicide prevention resources to local firearms retailers and ranges. He previously owned and operated a concealed carry instruction business and received his certification through the NRA as a Range Safety Officer and as a Basic Pistol Instructor. West has worked with Moms Demand Action to present on BeSmart, a program directly focused on preventing child gun deaths and injuries. He took what he learned from the BeSMART program and developed a presentation about proper storage of firearms and ammunition. He has had an active role with hosting firearm safety presentations around the community.

West is currently helping the MCPC coordinate with gun ranges to train personnel on recognizing the signs of suicide and distributing gun locks to community members. He is leading the charge on the MCPC’s gun safety and security initiatives, while using his expertise to educate other community members to do this valuable work. West is a force for firearm safety in our community, and his diligence and expertise has no doubt saved countless lives. We are lucky to have him share his knowledge with the rest of the MCPC!



THANK YOU TO ALL OF OUR COALITION MEMBERS FOR THE MANY HOURS YOU SPEND DOING THIS VALUABLE WORK!

CHAMPION FOR CHANGE (90+ HOURS)

Danielle Zeisloft

SUPER SUPPORTERS (60+ HOURS)

Tazeen Ahmed
Michelle Johnson
Rebecca Lewis
Emily Mongelli
Sarah Music
Nina Rains
Tammie Scales
Emily Surico
Matt Tepper

VICTORIOUS VOLUNTEERS (40+ HOURS)

Amy Hamilton
Natalie Jenkins
Jodi Kulka
Brittini Long
Karen Via
Vicky Vinzant

PASSIONATE PARTICIPANTS (20+ HOURS)

Bruce Barcelo
Justine Bauer
Wendy Berkshire
Nancy Bleil
Kelly Bowen
Margaret Bruns
Amie Burr
Christy Coleman
Gail Dafler
Keneifa Davis
Leigh Ann Fulford
Megan Garrison
Kery Gray
Steven Green
Christine Hamilton
Belon Hill
Pat Holmes
Zola Howard
Sallie Luther
Sasha May
Nanci McGuire
Amanda Northcutt
Shawnieka Pope
Travis Richards
Kelly Savage-Radich
Samantha Shade
Emily Sewell
Larry Sexton
Casey Smith
Victor Vrabel
Danielle Wildman
Kris West

TAZEEN AHMED is a Prevention Specialist with a focus in suicide prevention and maternal and infant health. She serves as the Zero Suicide Program Coordinator for the Montgomery County ADAMHS Board. Tazeen has a background in Public Health and is passionate about sharing the work of prevention in the diverse populations that make up Dayton!

Tazeen is an active member of the suicide prevention, policy and advocacy, and self-care committees on the Montgomery County Prevention Coalition. She has stepped up to lead the Firearms work group, a group dedicated to partnering and training with firearm retailers and ranges to educate on potential signs of suicide.

She is also working with her contacts at local medical facilities to implement barriers in parking garages that will help prevent suicide. Tazeen is quick to step up for projects, always willing to educate members on best practices in suicide prevention, and is just a joy to have as a part of our team.



DEA TAKE BACK DAY

OPIOID PREVENTION COMMITTEE

Twice a year, the Drug Enforcement Agency holds a nationwide event called “Take Back Day.” Individuals across the nation bring in their old or unused medications in an effort to prevent drug misuse and overdoses. Due to the COVID-19 pandemic, the 2020 Drug Take Back Day events were cancelled, leaving the Opioid Prevention committee to figure out how to safely bring them back in 2021.

And so, a “drive-thru” Drug Take Back Day was born! 15 agencies, including Goodwill Easter Seals Miami Valley and the MCPC, set up resource tables in downtown Dayton. As community members came to drop off their unused drugs, they were greeted by individuals offering giveaways, swag, and local prevention resources. At the end of the day, over 500 pounds of drugs were collected from the Dayton events.

“Because of the drive-thru set-up, they never even needed to leave their cars. It was a small price to pay for us to be back together again,” said Gail Dafler, Opioid Prevention co-chair and organizer of this event.

“We can’t thank our participants enough. From the MCPC members who packed over 200 resource bags, to the organizations who gave up a Saturday for this event, to the community members who helped get 500 pounds of drugs off the street—it was truly a team effort to pull this off safely and differently than past years,” said Brittini Long, Opioid Prevention co-chair.

MARIJUANA PREVENTION SUMMIT

“CONVERSATIONS ON CANNABIS”

The onset of the COVID-19 pandemic put a damper on several plans – including in-person trainings. However, the Marijuana Committee didn’t let that stop them. So began the plan to put together a day-long Marijuana Prevention Summit cleverly dubbed “Conversations on Cannabis”. Six information-packed sessions were planned throughout the day. “The virtual platform allowed us to bring in nationally renowned speakers that we might not have been able to afford otherwise,” said Marijuana Co-Chair Emily Mongelli. These nationally renowned speakers included three representatives from Smart Approaches to Marijuana (SAM), including Kevin Sabet, who served for two years as President Obama’s Drug Control Director.

Other sessions throughout the day included an introduction to marijuana, THC, and CBD; a presentation focused on youth marijuana prevention; and a panel of marijuana experts from around Montgomery County. The day ended with a networking opportunity for all the conference attendees.

All in all, 123 unique individuals attended events throughout the day, resulting in a more informed and equipped group of community members to lead the charge for responsible marijuana use in the County. “The day blew my expectations out of the water,” said Coalition Manager Colleen Oakes. “I keep getting asked when our next ‘Conversations on Cannabis’ will be!”

FIVE RIVER METRO PARKS

SMOKE FREE POLICY

Policies related to tobacco use, especially vaping, are at the forefront of the Policy & Advocacy committee’s concerns. Led by Committee Chair Bruce Barcelo, the group put together a sample policy to be implemented by Five Rivers Metro Parks, requiring that all parks within the County go completely smoke free.

“Five Rivers Metro Parks is heavily focused on the well-being of our Montgomery County community - both physically and mentally. Requiring that the parks be smoke-free ensures a healthy environment for all who use the grounds,” said Barcelo. The subcommittee came together to determine the essential components to the Resolution and made edits as necessary until it was ready to be presented. After meeting with members of the Five Rivers Metro Parks Board, Bruce was able to make the argument for a resolution to be passed implementing this policy. It passed with flying colors.

The group doesn’t plan to stop there. “We’ve begun to identify the next few organizations and facilities that we want to present sample policies to,” said Barcelo. “It’s all a part of our goal to make Montgomery County as smoke-free and healthy as possible.”

SUICIDE PREVENTION

MATERIAL DISSEMINATION

In 2019, 17% of Montgomery County youth said they had seriously considered suicide. This meant that the Suicide Prevention committee couldn’t wait to reach Montgomery County residents. They needed to find a way to reach community members, and do so quickly.

The group put together a dissemination plan to create Suicide Prevention resources and get them out into the community. This began with the Montgomery County Gun Lock Program. The MCPC provides free gun locks to anyone who requests them, simply by filling out a google form. To date, 700 residents have received free gun locks through this program.

But, the group didn’t stop there. They also created coasters with suicide prevention messaging, as well as the suicide prevention hotline, and began

disseminating them to local bars and restaurants. Messaging like “Is someone missing around the table” and “Feeling hopeless? You matter” are now in plain sight for restaurant-goers to see all around the community. “Our local restaurants are a great way to reach community members and discourage negative coping mechanisms like substance use,” said Amy Hamilton, Suicide Prevention committee co-chair. “We’ve distributed over 2400 coasters so far to 15 partner restaurants.

“It has been amazing to see our committee come together to get these resources far and wide within the Community. Any time we ask Coalition members to help, they’ve stepped up in amazing ways,” said Suicide Prevention co-chair Amanda Northcutt. “We really rely on the partnerships and connections the Coalition brings.”

EDUCATE. STRENGTHEN. EMPOWER.



CONTACT US

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