

# Drug & Alcohol Abuse Prevention Committee

## MINUTES

<b>MEETING DATE:</b>	<b>MEETING TIME:</b>	<b>MEETING LOCATION:</b>
February 6, 2024	2:00pm	BAC 153
<b>MEETING CALLED BY:</b>	Sarah Edelbrock	
<b>RECORDER:</b>	Sarah Edelbrock	
<b>ATTENDEES:</b>	Sarah Patterson, Cyndi Stephenson, Dereka Addis, Deron Clark, Eric Garcia, Ciera Rojo, Dianne Marquez, David Buckingham, & Dennis Kelley	
<b>UNABLE TO ATTEND (EXCUSED ABSENCE):</b>	Mari McCoy	
<b>NOT PRESENT:</b>	Lila Serrano	
<b>GUESTS:</b>	Larrisa Camber Borba, Yareth Ochoa, Lila Serrano and Zachary Starrett	

<b>AGENDA TOPIC:</b>	<b>PRESENTED BY:</b>	
Introductions	Sarah Edelbrock	
<b>DISCUSSION</b>	Everyone introduced themselves since we had several guests.	
<b>CONCLUSIONS</b>		
<b>ACTION ITEMS</b>	<b>PERSON(S) RESPONSIBLE</b>	<b>DEADLINE</b>
1. N/A		
2.		
3.		

<b>AGENDA TOPIC:</b>		<b>PRESENTED BY:</b>	
<b>Residential Housing Association (RHA)</b>		<b>Sarah Edelbrock</b>	
<b>DISCUSSION</b>	<p>Sarah explained that at the last meeting the committee decided to get student input from RHA. RHA was asked what their perspective was on the culture or environment of drugs &amp; alcohol at Campus Housing. Larrisa felt that students may use because of anxiety or other mental health reasons. Larissa believes that we would have better results if information on drugs and alcohol came from students as a peer education program. Yareth thought workshops on mental health issues and alcohol &amp; drug abuse from someone outside of campus might be good. Larrisa believes that alcohol &amp; marijuana is used by some students to try to fit in, feel more comfortable, or a family history. Zachary stated that they use peer educators at The Ranch at Dove Tree and it is successful, but they are all trained to deal with the triggers that are usually behind the reason people abuse drugs or alcohol.</p>		
<b>CONCLUSIONS</b>	<p>Try to incorporate these ideas into programming and use RHA.</p>		
<b>ACTION ITEMS</b>	<b>PERSON(S) RESPONSIBLE</b>	<b>DEADLINE</b>	
1. Meet with RHA	Sarah Edelbrock/Eric Garcia	2/9/24	
2. Establish a peer education group	Sarah Edelbrock/Eric Garcia	2/28/24	
3.			

<b>AGENDA TOPIC:</b>		<b>PRESENTED BY:</b>	
<b>Programming Activities</b>		<b>Ciera Rojo</b>	
<b>DISCUSSION</b>	<p>Ciera stated that there are two upcoming events that they will incorporate alcohol &amp; drug information---St. Patrick's Day and "Your Life Speaks" event by an outside speaker.</p>		
<b>CONCLUSIONS</b>	<p>Student Activities is trying hard to get information out to our student body.</p>		
<b>ACTION ITEMS</b>	<b>PERSON(S) RESPONSIBLE</b>	<b>DEADLINE</b>	
1. Market events	Ciera Rojo & Mari McCoy	May	
2.			
3.			

<b>AGENDA TOPIC:</b>		<b>PRESENTED BY:</b>	
<b>Narcan</b>		<b>Eric Garcia</b>	
<b>DISCUSSION</b>	Eric brought two cases of Narcan and took what Residence Life needed and gave the rest to Campus Safety. Dennis said that Narcan training will be held by the NMJC Police Academy on February 13 & 14 at 6:00-8:00pm in the Bob Moran building.		
<b>CONCLUSIONS</b>	New Residence Life staff and Campus Safety will attend training.		
<b>ACTION ITEMS</b>	<b>PERSON(S) RESPONSIBLE</b>	<b>DEADLINE</b>	
1. Attend training	New staff	2/29/24	
2.			
3.			

<b>AGENDA TOPIC:</b>		<b>PRESENTED BY:</b>	
<b>Safe Colleges Update &amp; current statistics</b>		<b>Sarah Edelbrock</b>	
<b>DISCUSSION</b>	Sarah stated that all training by athletes was completed in record time. At the last meeting Deron asked for how many students of drug and alcohol violations were new/returning and freshmen/sophomore: Alcohol: 29 males/13 females, 30 Freshman/12 Sophomores, 33 new/ 9 returning, no responsible repeat offender. Drugs: 4 males/0 females, 2 Freshmen/2 Sophomores, 2 new/2 returners & no responsible repeat offenders.		
<b>CONCLUSIONS</b>	Training for all athletes – complete. Majority of students were new to NMJC who had a drug and/or alcohol violation and there were no 2 <sup>nd</sup> offences.		
<b>ACTION ITEMS</b>	<b>PERSON(S) RESPONSIBLE</b>	<b>DEADLINE</b>	
1. N/A			

<b>AGENDA TOPIC:</b>		<b>PRESENTED BY:</b>	
<b>Drug &amp; Alcohol Climate Survey and notification</b>		<b>Sarah Edelbrock</b>	
<b>DISCUSSION</b>	Sarah said that in March she will send out the survey link for the climate survey. Last Friday, 2/2/24, David sent out the campus wide notification for the Spring semester which is federally mandated.		
<b>CONCLUSIONS</b>	Continue to do the climate survey.		
<b>ACTION ITEMS</b>	<b>PERSON(S) RESPONSIBLE</b>	<b>DEADLINE</b>	
1. Send out survey link	Sarah Edelbrock	3/31/24	
2. Team w/RHA to help get residents to take it.	RHA/Eric Garcia	3/31/24	
3.			

<b>AGENDA TOPIC:</b>		<b>PRESENTED BY:</b>	
<b>Trends and statistics</b>		<b>Sarah Edelbrock</b>	
<b>DISCUSSION</b>	<p>Lila could not make the meeting, but sent some great information:</p> <p><a href="https://cosap.unm.edu/unm-norms/unm-student-lifestyles-survey-.html">https://cosap.unm.edu/unm-norms/unm-student-lifestyles-survey-.html</a></p> <p><a href="https://evaluationspecialists.com/wp-content/uploads/2021/02/UNM-NM-Statewide-Report-2020.pdf">https://evaluationspecialists.com/wp-content/uploads/2021/02/UNM-NM-Statewide-Report-2020.pdf</a></p> <p>According to the Addiction Center of America: The drugs most commonly abused by college students include:<sup>1,2,6</sup></p> <ul style="list-style-type: none"> <li>• <b>Marijuana.</b> Past-year and past-month abuse of marijuana are highest among people aged 21-22. Vaping marijuana is highest among people in their early 20's.</li> <li>• <b>MDMA (ecstasy), LSD, and other psychedelic or hallucinogenic drugs.</b> These drugs have gained popularity in recent years, with many students using them out of curiosity, to have the overall psychedelic experience, or to escape. Micro-dosing, the act of using small doses of hallucinogens to achieve a slight effect, has also increased among college students in recent years.</li> <li>• <b>Stimulant medications, such as dextroamphetamine (Adderall), that are often called "study drugs".</b> Students may use study drugs to help them stay awake or to enhance their ability to focus and study for exams. Adderall use in college can be very detrimental and eventually lead to dependence or addiction.</li> <li>• <b>Cocaine.</b> One study showed that more than 20% of college students were exposed to opportunities to use cocaine in the past year.</li> <li>• <b>Painkillers and opioids.</b> A high percentage of young adults between the ages of 18-25 suffer from prescription painkiller abuse, or prescription opioid abuse, in college; this is also a significant cause of unintentional death and injury among people in this age range.</li> </ul> <p>At the Community Drug Coalition, we offer Intensive Outpatient Programming that involves 8 hours of group therapy, 1 hour of individual therapy and 1 hour of services with our</p>		

	<p>Certified Peer Support Worker, per week. We also offer individual, couple and family substance abuse counseling. We offer Narcan training and Narcan to any business, organization or individual that needs it. All of these services are free of charge.</p> <p>With all of that being said, the substances that we are seeing the most trouble with, locally, in teens are Marijuana and Fentanyl. Marijuana is being sold to underage people in several pot shops and due to the division, they are under, if a complaint is submitted, they are shut down for a few days and then allowed to reopen; no lasting consequence. We have also had a couple of marijuana rings busted where adults are buying the marijuana and then having students sell it in schools for them.</p> <p>Fentanyl is being mixed with other substances such as cocaine and methamphetamines. If there is a weak product, the dealer will cut the substance with fentanyl to make it more potent, as it is a very cheap product. Please read the following article: <a href="https://www.washingtonpost.com/nation/2022/03/12/west-point-cadets-overdose-fentanyl/">https://www.washingtonpost.com/nation/2022/03/12/west-point-cadets-overdose-fentanyl/</a></p> <p>Zachary stated that people are now using over the counter medicines like Imodium and Ibuprofen. Also, RUSH (non-illegal inhalant) is being inhaled which elevates mood, blood vessels relax, and become users become mellow. He also mentioned that they are seeing an increase in mental health issues of verbal and physical aggression, suicide, and homicidal ideation.</p>
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<b>CONCLUSIONS</b>	Informational.
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ACTION ITEMS	PERSON(S) RESPONSIBLE	DEADLINE
1. N/A		
2.		
3.		

<b>AGENDA TOPIC:</b>	<b>PRESENTED BY:</b>
<b>Other Discussion Items</b>	<b>Sarah Edelbrock</b>
<b>DISCUSSION</b>	<p>Amy stated that the new employee handbook will be rolling out soon. Zachary asked what happens if an employee is caught using, he was wondering if NMJC tries to help them find resources or fires them. He stated that Chevron has an EAP and employees take 30 days of FMLA to get help. Amy said that it depends on many circumstances.</p>
<b>CONCLUSIONS</b>	Informational.

ACTION ITEMS	PERSON(S) RESPONSIBLE	DEADLINE
1. N/A		
2.		
3.		

<b>AGENDA TOPIC:</b>		<b>PRESENTED BY:</b>
<b>Next meeting date.</b>		<b>Sarah Edelbrock</b>
<b>DISCUSSION</b>	Sarah asked how soon everyone thought that we should meet again. She said that the Biennial Report is due by October 1, 2024. David suggested we meet in April.	
<b>CONCLUSIONS</b>	April 30, 2024 at 2:00pm was set as the next meeting.	
ACTION ITEMS	PERSON(S) RESPONSIBLE	DEADLINE
1. Reserve a room and send invite.	Sarah Edelbrock	February 29, 2024
2.		
3.		

<b>AGENDA TOPIC:</b>		<b>PRESENTED BY:</b>
<b>Adjourn</b>		<b>Sarah Edelbrock</b>
<b>DISCUSSION</b>		
<b>CONCLUSIONS</b>		
ACTION ITEMS	PERSON(S) RESPONSIBLE	DEADLINE
1.		
2.		

