



Wednesday, November 17, 2021  
5:30 pm Regular Meeting  
UNM-LA/Video (Hybrid Format)  
Los Alamos, NM

## MINUTES

1. Meeting was **Called to Order** at 5:33 PM and **Welcome** provided by Nicolé Raddu Ferry, Chair.
2. **Introductions/Roll Call** were made by All in Attendance. Please see chart below.

<b>Board Member</b>	<b>Staff</b>	<b>Liaison</b>	<b>Guests</b>
Alicia Justus	Abbie Martin	Chloe Piatt*	Andy Ainsworth, LAPS
Amanda MacDonald	Lisa Zuhn*	Donna Casados	Ann Stewart, LAPS*
Camille Wescott*	Rachel Mohr-Richards*	Sara Scott	Caron Inglis, LAPS*
Carter Payne*			Catherine Taylor, Teen Court*
Chris Ross*			Chief Dino Sgambellone, LAPD*
Elizabeth Allen*			Cory Styron, LAC
Jordan Redmond (left at 5:45 pm)			George Marsden, Teen Center*
Kristine Coblentz*			Jennifer Guy, Interim Superintendent LAPS*
Martin Hook			Jill Gonzales, LAPS*
Morrie Pongratz (left at 5:50 pm)			Juanita McNeil, Municipal Court*
Naomi Larkin			Katherine Hudspeth, LAC
Nicolé Raddu Ferry*			Maire O'Neill, Los Alamos Reporter
Sharon Hurley*			Melanie Colgan, LAPS
Suzanne Lynne			Mike Johnson, LAPS
			Renee Dunwoody, LAPS*

\*Attended in person at UNM-LA

3. Elizabeth Allen made a motion for the **Approval of Today's Agenda**, Chris Ross seconded, all in favor, motion carried.
4. Carter Payne made a motion for the **Approval of October 2021 Meeting Minutes**, Chris Ross seconded, all in favor, motion carried.
5. **Executive Director's Report** was provided to Board Members prior to meeting. Lisa Zuhn, Executive Director asked if there were any questions. None presented.
6. **Other Business** – No Other Business was presented.

7. **Group Discussion** - Current levels of substance use among middle and high school youth and in the community

### **Discussion Outcomes**

- Need to focus on both prevention and intervention strategies

### **Identified Needs**

#### ***Parents/Caregivers***

- Local resources for parents
- SMART Recovery or other programs to support caregivers living with family members struggling with addiction
- Offer non-judgmental support and connection for parents

#### ***Youth***

- Local rehabilitation and addiction therapy services for youth
- [SMART Recovery program for Teens](#) - SMART Recovery (Self-Management And Recovery Training) helps individuals gain independence from addiction (substances or activities). Based on scientific knowledge and evolving as scientific knowledge evolves, the SMART Recovery 4-Point Program employs a variety of tools and techniques to help individuals gain independence from addiction and addictive behaviors.
- Youth (and adults) need connection opportunities and relationship building, both inside school and within the community. A sense of belonging is a protective factor. What can community organizations, School Resource Officers, and the schools provide?
  - Relationship mapping (each youth is connected to a trusted adult). The schools are already working on this, what about the community organizations and LANL?
  - Ways/activities to cultivate replacement behaviors - need healthy alternatives, not just clubs or sports
  - Mature discussions about these topics between adults and youth, not minimizing or dismissive
  - What small steps can each person or organization take to create moments of connection?
- Peer programs - Need to be grouped together by similar traumas and/or interests (does not work to have widely varied experiences within the group because not everyone can relate to those with higher trauma)
- More activities for youth within the community - structured and less structured, spontaneous, youth-driven, some targeted to specific groups instead of only broad advertising - build up what we have in place using the resources available.
  - Bowling
  - Intramurals (concern with lack of coaching staff)
  - Turn ice rink to roller rink during warmer weather
  - Laser Tag
  - Connection to Teen Center, promote usage, engage new membership
  - Substance Free Friday Fun Nights
  - Friday evening dances = more accessible
  - Pop up activities

- Middle School Youth Center - needed! What is the status?
- Public transportation on Saturdays
- Provide list of school clubs/activities to Teen Court staff and JJAB - implement more connection-based sanctions
- What can be done to help with school stressors?
  - Meditation or mindfulness in all classrooms
  - Walk/Run programs
  - Emphasize building a tool kit of coping skills
  - Offer short, frequent opportunities to reset/play/connect
  - Look at homework loads
  - Offer more scaffolding/ support for an abrupt return to more structure and higher workloads

### **Education and Messaging**

- Implement community messaging campaign
  - Emphasize the effects and mental health aspects of problematic substance use and focus on the goal of long-term flourishing
  - Remove shame and stigma
- Need education on substance use and adolescent development
  - Prior to upcoming legalization of cannabis

### **Funding for programs and/or activities**

- Is the DWI Planning Council an option?
- Is tax revenue from legalization of cannabis an option?

8. **Positive Reflection** was presented by Carter Payne – We each have a little piece to contribute

9. Meeting was **Adjourned at 7:00 PM.**

**Next Meeting** – No meeting in December. Next meeting is January 19, 2022, and will include Committee Meetings


# LAJJAB Minutes 11.2021

Final Audit Report

2022-01-22

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