Aspire Large group June 26, 2019

Welcome - Steve Jarosinki

Round robin introductions

Excited to have our presenter today. Thanks to Financial Center First Credit Union for sponsoring our meeting. Welcome Kathleen Ratliff, director of Upstream Prevention.

Kathleen- Upstream prevention started in late 2015. Named after this prevention parable. 2 individuals were walking along next to a river. They noticed someone was in the river and was drowning. One jumped in and pulled them out, but people kept drowning in the river, it kept happening over and over. One of the individuals paused and decided to go up stream to see why they are falling in the river. We try to move upstream to impact contributing factors. She believes that we still need to jump in and pull out the people in the river, but also reach the people upstream to turn off the "faucet".

Upstream Prevention focuses on risk and protective factors. There are common underlying factors with higher likelihood of problem outcomes. Substance abuse and mental health challenges are the exact same way. This is what a lot of us focus on.

Protective Factors- more positive. Help buffer against problems later, mentoring, youth involvement, exercise. They address these because they have multiple downstream effects, reduce stress, bullying, substance abuse. Have shared risk and protective factors up front.

When created, wanted to focus on upstream factors related to behavioral health- a state of mental and emotional being and or choices or actions we take that contribute to wellness.

Average adult in Johnson County has 3.7 poor mental health days in 1 month. Johnson county has an estimated 16.3 suicide deaths per year per 100,000 people. A lot of stigma around mental health challenges, so it's most likely a low estimate. 1320:1 ratio of Johnson County mental health providers vs state of Indiana 670:1 mental health providers. National rate is approximately 300:1. Upstream Prevention doesn't provide services, but they can refer you to someone.

Central Indiana youth over 20% of 10<sup>th</sup> graders have considered suicide in the past year. 15% of those have actually made a suicide plan. Indiana has a high rate of suicide; it's the 2<sup>nd</sup> leading cause of youth death in Indiana.

Substance abuse: 18% of adults report excessive drinking which is defined as 5 or more drinks in a 2-hour period. Motor vehicle fatalities 17% had a contributing factor of alcohol. 12% of births happened where a mother smoked during pregnancy. Assume these are self-reporting from NISDAH.

13% of 8<sup>th</sup> graders reported using alcohol in the past 30-days (regular user). 30% by 12<sup>th</sup> grade have regular alcohol use. The earlier they start using, the more likely they are to develop an addiction. Smoking and alcohol use contribute to liver disease.

Vaping/ Juuling: 13% of 8<sup>th</sup> grade to 28% of 12<sup>th</sup> graders. When students say everybody is using, it's not true. We're concerned, but kids shouldn't say everybody is doing it. (Indiana Youth Survey for Central IN)

140 non-fatal opioid emergency visits and 8.4 opioid overdose deaths in Johnson County from IN indicators.

## Passive action steps to support Upstream Prevention to help them get info out there!

Like and share their posts on:
Facebook: upstream.prev
Instagram- upstream\_prev
LinkedIN- upstream-prev
Twitter Upstream Prev

Facebook and Instagram used the most.

They are an amazon Smile non-profit, you can support them at smile.amazon.com/ch/47-5502996 or through Kroger: JP461

Visit them at www.upstreamprevention.org

## **Active action steps:**

Coalitions: Empower Johnson County- 3<sup>rd</sup> Thursday- youth 0-18 tobacco prevention. They have 100,000 grant they are administering. Also has a weblink to join remotely. Dates and locations are on their website.

Suicide Prevention Coalition- have \$3000 to spend, but very early in their planning. Meet on the 4<sup>th</sup> Friday at Adult and Child in Franklin. Also have a call-in feature to attend that meeting.

One more step- Give clear and healthy expectations for the youth in your life. We expect you to not use substances, stay substance or alcohol free. Over 80% of kids identified adults as their reason not to use tobacco or alcohol. Make sure they know where you stand.

"Seize the awkward" campaign to make sure friends and family are doing ok. Have a real conversation.

You may have read about how they applied and were awarded a state grant, but legislative changed funding formula. The new requirements allow them to put the funding back out. It can only go to 1 per region- now \$1.1 million dollars. Working with applicants to get some of that funding. Now has a match requirement. Has to bring in in-kind donations, time/ talent or dollars. Immediate need- mental health awareness need, needs a photographer or printer that would be willing to donate in-kind. Please let them know if you know of anyone.

Questions Mental health caregiver- what is that? Anyone that it's anyone that is a licensed counselor or mental health professional to provide counseling or therapy sessions.

Action steps- meetings that are held. For meeting information, you can email Kathleen, but schedules can be found on their website too. If you are interested, you can be added to the distribution list to get the information. Kathleen@upstreamprevention.org

Suicide Prevention coalition- where you might find them? Has \$3000 in funding coming in from the state. Doing QPR training (Question, Persuade, Refer) in September at White River Library or at schools. Open to the community to attend. Working with recent Franklin college grad to design their logo, to

start to put together resource packets. Goal to host a movie night at Regal Cinema. Can bring in a movie called Ripple Effects. Kevin Hines was a survivor that jumped off the Golden Gate Bridge and survived. Can do theater hosting, could purchase 1 time viewing for \$500 or unlimited viewing for \$1500. Have talked about if it's worthwhile for a partnership. JCPL wants to do something around suicide prevention. Kathleen just got a book list from JCPL about suicide prevention. Lisa said that some of the JCPL staff are putting together a poster about domestic violence, suicide prevention to put into the bathroom stalls. Lisa will share to Dana to get to Kathleen.

Seize the Awkward has a PSA that Canary Creek showed for free.

Gail- Leadership Johnson County is launching Youth Academy in August. JCCF is putting together possible projects for them (all over the county). Going over their applications and taking feedback from non-profits. Sees a big theme of stress, peer pressure, mental health awareness. Possibility that it could be something to do with what Upstream Prevention is working on. Some of the schools are doing some of these things, but maybe not reaching everyone in the school.

Kathleen said part of the challenge, these issues start early. Middle school and high schoolers need the support, and to know who to talk to. Also need to make sure that the adults around them to know what to do. Need to make sure administrators and teachers know what to do...there is a lot that needs to be tackled. The grant that was rescinded, was to target educations of administrators and youth.

Melissa- Are you connected to Hope Squad? Embedded into schools/ clubs? Have a huge organization in Columbus. Kathleen- Lifesaver symbol from American Association for Suicide Prevention. Franklin Schools have Teens in Action. Morphed into positive mental health group. Sources of Strength is something that they are looking at implementing.

Kathleen- helping to reduce stigma, teach parents and adults the awareness signs. Target is to get to 0 suicides. We might not get there, but we can do a lot better.

Darlene- Daughter was in a club about suicide prevention, question is, in Johnson County, is there anything like that in schools? Easier for students to talk to other students. First step is peer-on-peer. Kathleen- they support 2 youth councils now on substance abuse, with positive mental health. Goal isn't to put new things in but tackle it up higher. Don't want to duplicate efforts. IU Columbus has Hope Squad. Ivy Tech is interested on the posters for the restrooms with local supports.

Kathleen one of the risk factors for suicide is a previous suicide. People are recognizing "Bourdain" day after Anthony Bourdain.

Look Up Indiana- has all kinds of info for youth, adults. A 24-hour text line for crisis intervention. Still gather agencies locally as its being built. See Eileen Williams if you have any suggestions of resources to add.

Dana -hope you all found that valuable. Her husband is a volunteer firefighter. Hears the calls all of the time. 15 years ago, suicide calls would happen maybe every few months. Now it's every weekend in Johnson County across all socioeconomic levels. It's becoming more of a crisis. We need groups like Upstream to address it.

## Aspire updates from teams-

Lisa- Clark Pleasant library updates- on hiatus, waiting for other things to happen. Jail had to be decided, road funding, then commissioners will consider funding for the Clark-Pleasant library. Will go before council hopefully in August. Continuing to move forward. May do a call-out for support- phone call, email, or show up to meeting.

Growth and Planning- Willie- Working on connectivity with roads and trails and keeping government officials in the loop.

Carmen- trails- public input meetings/ survey completed. Met yesterday and saw preview of draft plan. Getting stake holders together (businesses, non-profits) meeting on July 11<sup>th</sup> to do a preview of the draft trail plan. Public presentations on July 23 & 25<sup>th</sup>, locations TBD. Carmen and Dana presented to the county commissioners, very supportive. Like to focus on their rural constituents. 2 key things from survey. Lots of interest in Southwest Johnson County by cyclists. Also, in survey, besides increase in public funding, 74% said they would support financially a publicly funded trail. See it as a public/ private partnership. Hoping to have something in September to present for adoption. Draft plan looks at what our roads can handle. We grade roads based on what is safe. County roads don't get a high grade (c's and d's), but small changes like widening the shoulder and adding a safety barrier, lowering the speed limit could help. First phase is connectivity to get people where they want to go. Draft trail plan does make a loop around the county. Working on creating the wheel and then the spokes for trails. City of Franklin is revising their trail plan and we're working with them. Trafalgar also getting ready to do a planning grant, so communicating and working together with other entities.

Willie- Bring awareness locally and government officials about small changes. Growth and planning is working to put together a pitch contest. Connect early entrepreneurs to get to next level. Meet on the  $2^{nd}$  Thursday of the month at 3:30 at the Elevator in Franklin (above Leugers Insurance).

Lisa- Talent Attraction and Retention team- Looking for a co-chair with Lisa. Would like someone in the business community. Currently have a lot support from Education. Want more guest speakers with innovation topics for employment in 2019-2020. This summer taking a break, trying to get more organizations and companies to support Work Ready Communities. Have 2 years to meet our goals. A lot of it is assessing the skills of our residents. Working with schools, Franklin college, Ivy Tech, Central Nine to get students to take assessment. Will show companies that want to move to Johnson County how many skilled residents we have. See Lisa Lintner if you're interested in emailing companies, or meeting with them to get signed up to support. Dana and Gayle Brooks could come to your company to present about the topic. It doesn't cost anything and is supported by state- Department of Workforce Development. Assessments are free and businesses can get free resources to match assessments results your job openings.

Community Engagement- Eileen Williams and Davin Kolderup- have met and are wanting to engage what the community wants. Wants to make some contacts. Working on more Chew on This dinner conversations. Also, a teen series for behavioral health with Partnership for a Healthier Johnson County. Looking to partner on teen suicide series and community conversations on cyber bullying. Provide that info and data to the people that are acting on it. Davin- coming on to work on Harwood community conversations. Series of guided questions about their aspirations for the county, solutions from there. Have done conversations with Aspire teams and Bridges Alliance. Anywhere we can get 12-15 person groups to talk. Helps us "turn-outward" to design services to the needs of the community. Wrapping up local food website to allow people to find local food options like food stands, farmer's markets, etc.

Website isn't quite ready, but it's getting there. Team will be changing the time that they are meeting. Looking for more members to help with community conversations. Next meeting is July 22<sup>nd</sup>, location and time TBD. Let Eileen or Davin know if you're interested.

Dana is excited about the direction of this team. Residents need to have a voice! We're starting to see a lot of growth and get more looks from businesses. Northside is starting to have issues with workforce. Great time to come together as a community, as a county to decide our own future.

Eileen has a 200-acre cucumber field they grow for Vlasic. This year are partnering with Society of St. Andrews to have people come down and glean. Request that what is picked go to the local food pantries in Johnson County and Shelby county. Looking for more volunteers- see info on Facebook.

Molly- Greenwood Freedom Festival – parade starts at noon. Live bands at 1pm. Fireworks show at 10:15pm. Tons of vendors! Construction has shifted one stage in Craig Park. Crowd will shift a little bit, but plenty of space for everyone. Article in Daily Journal about the event too.

Whiteland- Carmen- ground being moved 167 acres off of 65 and Whiteland road that's being developed. Hoping to have 2 buildings up by the end of the year. Will be doing a groundbreaking soon. 2<sup>nd</sup> unveiling of Whiteland Exchange. Starting Farmer's Market July 13<sup>th</sup> next to town hall on Whiteland Road. Available for long-term lease for businesses. Already have small businesses with shaved ice, flowers, frozen beef signed on so far.

JMH – Steve- new building should be done by 2019. January opening for the new building with an open house. Dr. Dunkle is the new CEO. Franklin college graduate.

Dr. Arkanoff- Walnut Grove building scheduled to open in August. Have some road issues to coming in off of Morgantown road. Need to modify 450 for buses. Building is 85% solar and geothermal heated for low carbon footprint. August 3<sup>rd</sup> will be a community open house to walk through the building. 11.5 cent referendum to improve safety, security and mental health. Looking for support for Center Grove School district. Right now, renovating high school to add 11 classrooms. Repurposing pool for art space, building new natatorium. \$42million renovation at high school. Across the street, building an emergency operation center, live monitoring to be preventative. If growth pattern stays the same, will need to open another elementary in 2026.

Ken-CVB- working on 10-year plan. Working to place some cool things in our downtown. County won't look the same in 5-10 years.

Gail- JCCF- received \$100,000 planning grant. Kicking off July 10<sup>th</sup>. Compiling all of the things that we're doing. Deadline for implementation grant is March 2020. If we're having public community conversations- let her know- they can provide snacks, or cover venue charges. More to come!

There's a ton going on! Aspire feels like it's in the middle of everything. When you show up, you're supporting the entire county.