

**PARENTS
MATTER**



**Coalition
of Pierre
Fort Pierre**

Let's make a difference

Parents Matter Coalition of Pierre/Fort Pierre
c/o Growing Up Together
800 E. Dakota
Pierre, SD 57501
Telephone: 605-224-3189
Email: parentsmatter@pie.midco.net
Website: www.parentsmattercsd.com

Minutes Parents Matter Coalition
5th Floor Conference Room St Mary's Healthcare Center
January 11, 2012

The Noon Meeting was called to order by Ruby Douglas, in the absence of the Chair, Larry Wiess.

Present: Ruby Douglas, Elton Blemaster, Jan Johnson, Cheryl Arguello, Tito Arguello, Tony Mangan, Dr. Tom Huber, Justin Pederson, Amy Beshara, Lois Tree Top, Danielle Anderson, Elaine Scott, Denise Vennter, via skype Michelle Majeres. (Larry sent his regrets to Dr. Huber and attendees that he was not able to be at the meeting).

Consent Calendar

Minutes from November, 2011 approved as sent out.

Agenda approved as printed.

Elton introduced Dr. Tom Huber guest speaker. He encouraged the group to keep working at what we are trying to accomplish, doing away with underage drinking. He talked about how he was on the suicide task force and by just bringing it to the forefront in the community they were able to bring the suicide rate down in this area.

Dr. Huber talked about the effects of alcohol on a youth's body and how all the organs suffer if abusing alcohol continues. The suppression of the brains function, the lower blood sugar could result in seizure. Too much alcohol may cause the build up of chemicals in the blood, (acidosis) too much acid in the blood can harm many organs in the body, kidneys, heart, stomach, etc.

Dr. Huber talked about the binge drinking among our young people, the end result is more risk taking they do not think of the end result. He stated it was safe to say there is 1 overdose a week seen in the emergency room at the hospital. He said since the hospital now has emergency room personnel he does not see the cases like he used to.

Dr. Huber said parents must understand to teach youth from the time they are born that there are limits. Do this by establishing specific times for feeding his example was breast feeding and not letting the baby "graze" but have a specific time to eat. Give them a time to go to bed and if they are dry, fed, etc. put them to bed, if they cry it does not hurt them to cry a while. By establishing limits from the time they are born it is much easier for them to understand limits placed on them as they grow into youth.

Family support is critical, be involved in your youth's lives and remember the youth are important. Our youth are important and it should be the concern of everyone in the community what happens to them and what they are doing to their bodies.

Jan from Indian Urban Health reported that the turn around time on testing for K2, spice, etc. was 10 days or longer. They have contracted with Dominion Diagnostic Testing the turn around time is now 2 to 3 days and the cost for a test is approximately \$35.00 and the panel tests for several different drugs, etc.

The test will test for creatin levels or if the suspect is flushing system.

Justin stated the Military has a testing system but it costs \$450. If you here youth talking about bath salts, plant food, scooby snack or cool-aide you should have a talk with them. These are some of the code names used for synthetic drugs.

The synthetic drugs are not illegal it is when the individual uses them to huff, snort, ingest in any way that they become illegal.

Ruby stated we are starting the second round of the CMCA one-on-one interviews.

The "Conversations: It's What's for Dinner" fliers were handed out and people should get registered for this because it fills up fast. The date for the event is February 13, 2012 at 6:00 pm, held in the Mickelson Law Enforcement Training Center, 1302 E. HWY 14. (Attached flier).

Elton handed out the arrest report for November/December, 2011 (report attached). In the report underage consumptions were 6 in November and 12 in December. Elton will facilitate the February meeting in the absence of Ruby, Larry and Elaine as they will be attending the training, "Parents Who Lose the Most". The training will be held in Pierre at the Nordstrom Building. Other members wishing to participate in the training are asked to contact Ruby for registration details.

Because of weather, Andrea Klein was not able to attend the meeting but sent information to Ruby to pass on the membership in regards to the program, "Strengthening Families Program", a brief description of the program: **Strengthening Families Program for Parents and Youth 10-14** The program is delivered with seven sessions for parents, youth, and families using realistic videos, role-playing, discussions, learning games, and family projects.

Facilitators: Three trained facilitators carry out the program. Facilitator training is scheduled for Chamberlain March 13-15 or 20-22 (dates still being finalized). Cost of training, travel to and lodging is covered by SDSU Extension. Participants are asked to carry out the Program within one year of the training.

The Strengthening Families Program: For Parents and Youth 10-14 (SFP 10-14) is a parent, youth, and family skills-building curriculum designed to:

- Strengthen parenting skills
- Build family strengths

If you are interested in the training; please contact **Andrea.Klein@sdstate.edu**

Next regularly scheduled meeting is February 8, 2012 – Noon – 5th Floor Conference Room- St. Mary's Healthcare Center, Elton Blemaster will facilitate in the absence of Ruby and Larry, guest speaker will be Justin Pederson.

Pizza Hut furnished two large pizza's for lunch. Thank you to Rose and Pizza Hut Staff!

Meeting adjourned.

Respectfully submitted

Elaine Scott, Administrative Secretary