



Roane County Anti-Drug Coalition (RCADC)
December 1, 2021

Members/Guests Present: Jeanna Steele-Mack, Nathan Wray, Ashley Freeberg, Robert Woody, Anne Pirtle, Leonora Spangler, Laura Conner, Sarah Harrison, Sherry Samples, McKayla Gallaher, Beth Sams, Demerius Bunch, Terry Stevens, Brad Goss, Michael Yates, Nancy Chrisman, Allen Lutz

Due to COVID-19 and social distancing guidelines from the Centers for Disease Control and Prevention (CDC), our December coalition meeting was held via Zoom.

Ashley Freeberg presented on the Positive Peer Pressure (P3) Clubs which take place at the middle schools. They are focusing on Botvin LifeSkills and vaping prevention.

Nathan Wray reminded coalition members that the Prevention Alliance of Tennessee (PAT) Day on the Hill is scheduled for January 18th. RCADC staff will take one student from each of the middle schools in the county, and this is made possible by the Jayne Jackson scholarship fund.

Leonora Spangler with Juvenile Probation advised that the Community Advisory Board (CAB) is busy collecting items for the Teen Stocking project. Each year CAB collects items for 120 Roane County high school students. They are still in need of shampoo, conditioner, body wash, and boy's gloves. All items are due to Juvenile Probation by December 7th and will be packed for distribution on Friday, December 10th.

Michael Yates with Ridgeview Behavioral Health Services presented on, "Recovery Opportunities from COVID-19." According to the CDC, a quarter of 18-year-olds to 24-year-olds said they had seriously considered suicide. Michael reminded us that we should validate our losses, seek support from others, help others, and find small moments of enjoyment. He recognized that we are all suffering from Zoom, mask and compassion fatigue. The Zoom fatigue is exacerbated by design flaws that can exhaust the mind and body. He recommended that we organize a daily schedule of what is important so that we can move forward and reminded us that recovery emerges through hope. Recovery is supported through relationships and social networks. He recommended five ways to promote wellbeing and recovery: connect, take notice, be active, keep learning, and give. Michael concluded by reminding us to reminisce on the positive experiences of our past.

The meeting closed with updates from our community partners. The updates are listed below.

Allen Lutz with the Roane Alliance stated that they have two upcoming classes. "How to Start an Online Business" will take place on December 8th at 10:00am and "Workers Compensation 101: Best Practices for Employers When an Injury is Reported" will take place on December 14th at 10:00am.

Beth Sams with the Roane County Sheriff's Office stated that she is getting holiday bags ready for all of the officers, and the calendar of events will be ready later this week.

McKayla Gallaher with the Roane County Health Department is the newly hired Harm Reduction Navigator and is working to increase awareness surrounding her position and the services that are being offered.

Anne Pirtle with Ridgeview Behavioral Health Services advised that they continue to offer same day access through their intake clinic.

Our next coalition meeting will be Wednesday, January 5th at 12:00pm via Zoom. Our presenter will be Ashley Freeberg with Roane County Anti-Drug Coalition.