



**Roane County Anti-Drug Coalition (RCADC)
September 2, 2020**

Members/Guests Present: Beth Sams, Jeanna Steele-Mack, Nathan Wray, Leonora Spangler, Ashley Freeberg, Sarah Harrison, Laura Conner, LaDonna Booker, Catherine Brunson, Lauren Farmer, Brad Goss, Michael Yates, Carrie Landenberger, Renee Salyers, Jill Murphy, Allen Lutz, Rhea Davis, Corinne Shaw, Lisa Shortridge, Nancy Chrisman, Shawn Scalf, Sherry Samples

Due to COVID-19 and social distancing guidelines from the Centers for Disease Control and Prevention (CDC), our September coalition meeting was held via Zoom. Michael Yates with Ridgeview Behavioral Health Services presented on their Crisis Counseling Assistance and Training Program (CCP). The mission of CCP is to assist individuals and communities recovering from the challenging effects of natural and human-caused disasters through the provision of community-based outreach and psychoeducational services. The program is administered through an interagency federal partnership between Federal Emergency Management Agency (FEMA) and the Substance Abuse and Mental Health Services Administration (SAMHSA). They contracted with Ridgeview to provide crisis counseling to individuals in response to the current health disaster caused by COVID-19. They provide emotional support, education, basic crisis counseling, and connection to familial and community support systems. The key principals of the CCP model are: strengths based, anonymous, outreach oriented, conducted in nontraditional settings, and designed to strengthen existing community support systems. To mitigate the heightened stress, anxiety, and trauma related to health disasters like COVID-19 we must first regulate our own emotional experiences. In order to promote our own wellbeing, we should connect, take notice, be active, keep learning and give to others. Ridgeview's COVID crisis helpline is available from 8am-8pm Sunday-Saturday for individuals looking for help and that number is 833-503-0348. The PowerPoint presentation is below these minutes.

Sarah Harrison advised that RCADC staff continues to work remotely but are in the office as needed. We continue to provide evidence-based programming while maintaining social distance. Our next meeting will be Wednesday, October 7th at 12:00pm via Zoom. Nathan Wray and Ashley Freeberg, Prevention Coordinators with RCADC, will present on Red Ribbon Week. The theme for this year is, "Be Happy. Be Brave. Be Drug Free." The Red Ribbon Week campaign is the largest drug-abuse prevention campaign in the United States and takes place from October 23rd-October 31st.