



**COMMUNITIES TALK: TOWN HALL MEETING ON
UNDERAGE DRINKING & VAPING REPORT
Monday, April 15, 2019 | 6:30 P.M. – 8:00 P.M.
Bishop Heelan High School**

ATTENDANCE -

There were 186 youth and adult attendees at the Town Hall Meeting. The attendance breakdown was as follows: Parents/Guests: 87; Students/Mayor's Youth Commission: 79; Adult Volunteers: 20.

TOWN HALL MEETING PURPOSE -

The purpose of the Town Hall Meeting was to:

- Educate participants about the consequences of underage drinking and other drugs.
- Empower communities to make environmental changes to prevent underage drinking and vaping.
- Provide for audience discussion of solutions to the problem.
- Engage community members in pursuing prevention actions.

COMMUNITY PARTNERS -

Thank you to all the community partners that assisted with this Town Hall Meeting, including the Sioux City Mayor's Youth Commission, Jackson Recovery Centers, Siouxland District Health Department, the Sioux City Police Department and The Partnership For A Healthy Iowa. Special thank you to Bishop Heelan High School for hosting the event at their school. The Town Hall Meeting funding was provided by Substance Abuse and Mental Health Services Administration (SAMHSA) through Siouxland CARES About Substance Abuse.

SPEAKERS & TOPICS -

Nick McGowan, Mayor Pro Tem of the Sioux City Mayor's Youth Commission, provided the topic introduction for the Town Hall Meeting. He shared that, annually, the Sioux City Mayor's Youth Commission asks its new members what they feel are the biggest problems facing youth today. The top issue identified this year by their members was Alcohol, Tobacco & Other Drug Use, with a large number stating vaping as a recent issue of concern. Recently, members of their Executive Council formed workgroups to identify their 2019 Plan of Action. The workgroup Nick was a part of prioritized vaping education high on their list of issues.

Peter Komendowski, Executive Director of The Partnership for a Healthy Iowa, highlighted the purpose of Town Hall Meetings and provided insight on local, state and national trends related to underage drinking and vaping.

Rachel Lundgren, Iowa Partnerships for Success Coordinator for Woodbury County at Jackson Recovery Centers, provided education on underage drinking and binge drinking. She shared that underage drinking is the most common form of substance abuse among teens. Nationally, underage young people consume, “11% of the country’s alcohol in a given year - mostly by ‘binge’ drinking.” (Zuckerman, Ravichandran, Field; 2013) Rachel noted that some of the health consequences of teen binge drinking are: brain and physical development issues; memory problems; increased risk for obesity, heart problems, and stroke; increased risk for alcohol use disorders; increased risk for mental health problems and alcohol poisoning.

Rachel shared that there are several resources available for people who are struggling with substance abuse issues, including Your Life Iowa, Website: www.Yourlifeiowa.org, Phone Call: (855) 581-8111, Text: (855) 895-8398; Jackson Recovery Centers, Website: www.Jacksonrecovery.com, Phone: 712-234-2300; Siouxland CARES - Substance Use Evaluation Resource List, Website: www.Siouxlandcares.org, Phone: 712-255-3188.

Steve Beekman, Health Educator at Siouxland District Health Department, delivered a presentation on vaping. E-Cigarettes or vapes are battery-powered devices that deliver nicotine and flavorings to the user in the form of an aerosol. The aerosol can contain harmful substances such as nicotine, ultrafine particles, heavy metals such as nickel, tin and lead, and cancer-causing chemicals and flavors such as diacetyl which is a chemical linked to serious lung disease. Steve noted that most e-cigarettes or vape devices have nicotine in them. The biggest concern with the products is that they deliver (at the very least) the same amount of nicotine that is found in a pack of cigarettes. Youth nicotine exposure has negative implications for learning, memory and attention span. It can harm adolescent brain development, which continues into the early to mid-20’s. Nicotine primes the adolescent brain for addiction. The earlier the exposure, the greater the risk.

The concern that too many young people are vaping:

- According to the 2018 Iowa Youth Survey, nearly 1 out of 4 eleventh graders reported using vapes in past 30 days.
- Although cigarette smoking rates decreased again, studies show youth that vape are 4 times more likely to start smoking regular cigarettes. Youth exposed to nicotine are more likely to use other substances.
- Concern the vaping products will get more young people addicted to tobacco. 2 out of 3 11th grade tobacco users also use alcohol and other drugs.
- Community shares common concern over mental health, especially in our young people. Youth that reported vaping and/or using tobacco were at a 170% greater risk for feeling sad/hopeless for two or more weeks in a year.

Steve shared that parents/guardians play an important role in a child’s life! 90% of Iowa students agreed they felt very close to at least one parent/guardian at home. 84% of students agreed they could talk with someone at home about things that bother them.

Officer Elisha Schmeckpeper, School Resource Officer with the Sioux City Police Department, highlighted the laws and consequences associated with underage drinking and other drug use. She reminded the attendees that there is a Tri-State Area Curfew for Iowa, Nebraska and South Dakota residents. The curfew is 10 p.m. for minors under the age of 14; 11 p.m. for minors ages 14 and 15; and midnight for minors ages 16 and 17.

Officer Schmeckpeper then highlighted the following consequences for the corresponding offenses in Sioux City:

- Minor in Possession of Alcohol:
 - State Statute 123.47
 - Complaint to Juvenile Court
- Minor in Possession of Tobacco or Vape:
 - State Statute 453A.2
 - Uniform Citation
 - \$50.00 Fine
 - School consequences vary
- Frequenting a Disorderly House:
 - City Ordinance 8.32.10
 - Uniform Citation
 - \$50.00 Fine
- Possession of a “Dab Pen”:
 - State Statute 124.401(5) Serious Misdemeanor
 - Complaint to Juvenile Court
 - Photographed and Fingerprinted
 - School Consequences Vary

YOUTH BREAKOUT -

During the Youth Breakout, the youth attendees divided into small groups. Rachel Lundgren, Iowa Partnerships for Success Coordinator for Woodbury County at Jackson Recovery Centers, posed questions for the youth to discuss in their small groups. Sioux City Mayor’s Youth Commission Executive Council members acted as the group leaders and scribes. Additionally, the small groups had an adult volunteer present to assist with the discussions. The small group responses were written down and then discussed as a full group.

The following are the questions posed to the youth:

- What things do you value most in life?
- What are the consequences of attending a party where there is alcohol, and the police are called, even if you are not drinking?
- What are some signs that a friend may be abusing substances and what would you do?
- Do you know an adult with whom you would feel comfortable talking about drinking, vaping, or mental health concerns? If so, who?
- What are the most important reasons to not vape or to quit vaping?
- How can the Sioux City Community support youth in making healthy choices?

ADULT BREAKOUT -

Officer Elisha Schmeckpeper, School Resource Officer with the Sioux City Police Department, returned to the stage to further discuss vapes, e-cigarettes and dabbing with the adult attendees. With the assistance of Sergeant Terry Ivener, Sioux City Police Department, Officer Schmeckpeper showed the devices that she’s confiscated in her school.

Officer Schmeckpeper reminded the adults that a vape is a battery-powered device that delivers nicotine in an aerosol form. The first non-tobacco cigarette was created in 1967 and the first-generation e-cigarette was created in 2003. Vapes and e-cigarettes use oils and E-Juice which are flavored liquids that contain nicotine in various amounts. It can come in glass or plastic containers. It will usually have a curved top or dropper to make it easy to put into the vape.

Officer Schmeckpeper shared that a “JUUL” is the brand name of a vape product. One JUUL pod is equivalent to a pack of cigarettes. One pod is approximately 200 puffs. The JUUL device is easily hidden and plugs into a USB port to charge. She noted some signs to look for if you think a youth is using vapes or e-cigarettes, including grades dropping, secretive, anxiety and moodiness.

Officer Schmeckpeper then provided education on “Dab Pens”. Dab pens provide a new way of using marijuana in the form of cannabis oil. They have varying levels of THC or Cannabidiol. She noted some signs to look for if you think a youth is using a dab pen, including social withdrawal, eyes may look glazed over, dizziness, poor decision making, hallucinations, bad mood, sleeping problems or grades dropping. Officer Schmeckpeper concluded by reminding adults to educate themselves and to keep an eye out for signs and symptoms. She encouraged them to talk to their youth about vaping.

The adult attendees were asked to write down questions on notecards that were then collected for a panel discussion. The panel consisted of David Dawson, Assistant County Attorney in Woodbury County; Officer Elisha Schmeckpeper, School Resource Officer with the Sioux City Police Department; and Steve Beekman, Health Educator at Siouxland District Health Department.

EVALUATION RESULTS -

An evaluation was distributed to the youth and adult attendees. 145 evaluations were collected.

N=145 out of 185 present responded
of responses/% of total who responded

Are you?

5-12 years old	6 (4%)
13-17 years old	60 (41%)
18-24 years old	2 (1%)
25-60 years old	69 (48%)
60+ years old	8 (6%)

Are you?

Male	49 (34%)
Female	94 (66%)

Which race/ethnicity best describes you?

(Check all that apply)

American Indian/Alaska Native	4 (3%)
White/Caucasian	121 (84%)
Asian/Pacific Islander	8 (6%)
Hispanic	6 (4%)
Black/African American	2 (1%)
Multiple Ethnicities	10 (7%)

What is your zip code?

51103	18 (13%)	51030	4 (3%)
51104	48 (34%)	51024	2 (1%)
51105	2 (1%)	57049	8 (6%)
51106	45 (32%)	68731	1 (1%)
51108	6 (4%)	63304	1 (1%)
51109	4 (3%)	57038	1 (1%)

Do you feel you are prepared to discuss alcohol and other drug use with your family?

Yes, definitely	120 (83%)
Maybe, not sure	20 (14%)
No	4 (3%)

Youth Answer This Question: Did you feel the presentations and discussions helped you gain knowledge or skills to help you make healthy choices?

Yes, definitely	58 (92%)
Maybe, not sure	4 (6%)
No	1 (2%)

Adults Answer This Question: Did you feel the presentations and discussions helped you gain knowledge or skills to help you assist your child in making healthy choices?

Yes, definitely	74 (96%)
Maybe, not sure	3 (4%)
No	0 (0%)

EVALUATION RESULTS CONTINUED -

What more can we do as individuals and as a community to impact underage drinking and other drug use?

What you are doing. More videos. Discourage it. Great info. Start youth group or programs. Just keep giving the info. Great presenters and a very comprehensive meeting. Keep educating students and get the youth involved as much as possible. More supervision in middle & high schools. A lot of use is going on in parking lots - outside doors, bathrooms, etc. I wish more parents & community members would attend this. Encourage and praise students making good choices at home or schools; offer community alternatives to parties. I think Siouxland is doing a good job. Regulate tobacco in e-cigs. Need to lobby legislature!! Education like this for parents. Continue to inform students of the consequences and side effects of poor choices/substance abuse. E-cigarettes should be regulated the same as regular cigarettes. Present to rural schools to inform all schools. Talk about it. This was great. All school staff need this! Stronger consequences - legally & at the school level. Education at an earlier age. Keep having community presentations like this. More education. Holding sessions like these & hold them as a requirement. Keep speaking, especially in schools. MORE OF THIS! More media awareness. More & more about these pens and devices. More education - just like this. Give kids a clear-cut reason to not do it. Knowledge & talking with your kids. We'd like to bring this to South Sioux City. Raise more awareness. Make more laws. Increase awareness. Be more humanitarian. Make more laws. Make fun events so they don't do those. Acknowledge w/out hate. Provide resources. Increase knowledge. Put the dangers out loud. Bring better awareness to the high schools and middle schools. Make more laws. Gain awareness in helping others overcome this. Educate ALL parents in Siouxland. How we can help our friend's w/substance abuse. Make individuals more aware of the dangers and how to stop. Monitoring our kids. Refrain from stigmatizing people. Advertise where young people can get help. Inform others and give them safe places to talk about it. More info & organizations. Continue to spread awareness. Inform more people about risks. Inform schools about side effects/consequences of partaking in this. Being able to create more opportunities like this to educate our community/youth. Promote healthy living as much as you can. Make resources seem less threatening. Reach out to others. Speak out. Help prevent underage youth from getting drugs or alcohol from people of age. To continue to hold informational meetings like this, and to provide in school education and resources about the effects of substance use. Help the community get educated. Improve education system, more personalized. Talking about it more. Offer support. Just talk about it. Make more serious consequences. Start a program to stop it. Be better. Talk. Think of what it can do to your future.

Additional Comments:

Very informative. I am realizing the problems are coming so fast that even professionals can't keep up with it all. Great info. Great event! Parents/volunteers to monitor in schools. Thank you for providing this session. Great stuff. Thank you! This was very informative. Thank you! Great event! Very good – Informative. Great program! Thank you! Very informative & scary. Thank you. Thanks for the meeting - this is great & useful! Thank you for hosting. ADD A LAWYER TO THE PRESENTATION. Good job! Thank you. Thank you very much! Thx. Good job! Nothing, thank you.