



Impact Letter 2024

Hubbard in Prevention (HIP) Coalition is currently funded by a Drug Free Communities Grant that uses prevention strategies guided by data to reduce underage alcohol, marijuana and tobacco among our youth in Hubbard County, Minnesota. Hubbard in Prevention Coalition is a collaboration of Hubbard County Community members from many different agencies including but not limited to CHI St. Joseph's Health, Park Rapids Area Schools, Nevis School, Laporte School, Sanford Health, Essentia Health, Park Rapids Police, Hubbard County Sheriff's, Probation, Hubbard County Social Services, Hubbard County Commissioners, Hubbard County District Attorney, Stellher Human Services, State Farm Insurance Agency, Connection Matters (Mental Health Provider), Kinship Park Rapids, Northwoods Bank, City and County Government and several local area businesses.

Hubbard in Prevention continues to work towards providing resources, training(s), and programming to reduce misuse of drugs, such as marijuana, tobacco and alcohol by youth in Hubbard County. Hubbard In Prevention's strategies address the need for increased education, building skills, correcting misperceptions and bringing awareness of the dangers and concerns around underage alcohol, tobacco (vaping) and marijuana use. A comprehensive approach, where the community as a whole is involved, is important when it comes to substance abuse prevention. When everyone is working together towards discouraging substance misuse among youth the strategies that are being implemented can help the environment, which leads to changing attitudes, social norms and alcohol/drug use behavior.

Since 2011 Hubbard in Prevention Coalition members have worked on many strategies. Here are a few:

ACEs Summit in 2019 and 2022, conferences were geared toward educators, health care providers, law enforcement, parents, business owners, students and community members with the purpose of building awareness and resilience in becoming a community that is trauma informed and to grow resilience for generations to come. ACEs (Adverse Childhood Experiences) are a clear and extant risk factor, with survivors of childhood trauma 15 times more likely to attempt suicide, four times more likely to develop an alcohol-related disorder, and 2.5 times more likely to smoke cigarettes.¹

Park Rapids School Resource Officer (SRO). While not all actions have been a direct result of ACE's work, we believe we are seeing a ripple effect. Park Rapids and Nevis schools have had an SRO (school resource officer) for some time, however, a focus now is on building relationships with students. This also presents law enforcement in a different light than some students are used to seeing them. These SROs keep open communication with students and offer assistance to staff which reduces the amount of behavior and discipline issues. Another ripple effect we have seen is the work on Social Emotional classes for students in need.

¹ [The intersection of childhood trauma and addiction](#)

Handle with Care program bridges communication between law enforcement and school staff (all 3 school districts and MAHUBE-OTWA) whenever a student encounters a traumatic event in which law enforcement is involved. Law enforcement sends an email to a designated email address at the school which is checked daily and then when needed a “*Handle with Care*” notice is sent to the staff. This is a great tool to help school staff to support students so that they can stay in school.

Speakers and programs for students that focus on mental health and the importance of making it okay to talk about mental health. Travis Guida, from the Character Challenge Course, has come in to work with grade levels to help students form stronger relationships with one another. Miss Minnesota 2021, Elle Mark, came to talk to 6 - 12th grade students in Laporte, Nevis and Park Rapids Schools about mental health and coping strategies. Elle’s passion for promoting mental wellness stems from her personal experience with mental health disorders. As Miss Minnesota, Elle partnered with [The Campaign to Change Direction](#) to promote their [5 Healthy Habits of Emotional Well-Being](#). These 5 Healthy Habits focus on preventing mental distress through the promotion of activities that can improve everyone’s mental health.

There is concern and struggle with the student vaping situation in schools. Jason McCoy provided a *Truth about Vaping* presentation which focused on tobacco, vaping, mental health, and community engagement. This educational presentation was delivered to Middle and High School students in Park Rapids, Nevis and Laporte.

Mister Brown continued the resilience theme following the 2022 ACEs Summit with the students in Hubbard County. Mister Brown spoke to grades 5-12 in Park Rapids, Pine Point middle school students and Nevis K-12 students. Mister Brown worked with small groups of students after his large group presentation, continuing his message, “Better Choices make a better life”. Mister Brown's message on the social and emotional wellness of students is that students need to be supported throughout their development, at home as well as in the classroom. Mister Brown uses the [5 Social Emotional Learning competencies](#) to support educators and students and to make connections between schools and parents to shape and maintain a positive school culture.

To further the conversation regarding the landscape of drugs that was started at the 2022 ACEsMN Summit, Jermaine Galloway, known as the “Tall Cop”, a presenter and a resource for those involved with prevention, education, treatment, and enforcement. We were fortunate to offer 3 webinars in 2023 to help build skills in the community. The 1st webinar was on Marijuana Legalization Trends - this session covered street-level trends and influences that have arisen with the arrival of marijuana legalization. The 2nd webinar was on the New Drug Trend of “Dabbing,” the Use of E-Cigarettes, and Edibles in the Drug World. This in-depth session covered the recent trend of marijuana concentrates, waxes and oils which is quickly becoming the primary option for many drug users of all ages. The 3rd webinar was on Drugs and Stashes in our Schools. This session focused on drug trends and identification that is popular in our school system. This training was geared towards Law Enforcement, administrators, educators and SRO’s. Highlighted topics included: vapes for nicotine, cannabis vapes, vapes for “other drugs”, drug clothing,

drug terminology and logos, youth drug marketing topics, drug simple signs and symptoms, legal over the counter drugs that youth can access, and alcohol replacement drugs.

In 2023 a small committee of community organizations organized “Coffee Talks” - a community conversation that takes place monthly, with themed discussions led by local leaders / experts followed by an opportunity to ask questions and participate in conversation. Topics with a emphasis of prevention that have been and will be discussed are: Suicide Prevention, Substance Abuse Prevention Month, Cancer Awareness, Impaired Driving, Mentoring Youth, Crime Victim / Sex and Mental Wellness. When there is conversation, there is an exchange of information, a means to solve problems, it is about connecting, and learning. Survey feedback: “This would be great to have in all communities”

The projects listed above are an extension of our main goals of reducing the use of alcohol, tobacco, and other drugs by youth in Hubbard County along with becoming a trauma-informed community. When these goals are accomplished, research shows the outcomes can include increased performance for our schools (improved academic achievement, increased graduation rates, decreased drop-out rates, improved school climate and culture), for our community (decreased substance use, fewer arrests, less violence, fewer chronic illnesses, less mental health crisis needs), and for the families who live here (fewer out of home placements, fewer calls to the crisis line, healthier relationships, and improved attachment).

There has been a great response as to the value of the work and programming brought to the community which has been evidenced through event evaluations. Hubbard in Prevention Coalition committee members are hoping for a continued commitment from schools, businesses, law enforcement, government, health care, the faith community and others to further our work towards a trauma informed, resilient, and overall health and well-being of adults and students in our community! We want to thank the community for the continued support of Hubbard in Prevention Coalition’s work on community change by continuing to provide information, enhance skills, and modify/change policies.

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