

**Promise Partners Committee Meeting Notes**  
Youth and Family

**COMMITTEE:** Youth and Families  
**MEETING DATE:** October 13, 2015

**CO-CHAIR:** Cindy Goodin  
**LOCATION:** Micah House

**PRESENT:**

Heather Loutzenhiser (Promise Partners)	Terri Dowell (Community Volunteer)
Tiffani Pinkerton (Heartland Family Service)	Deb Kissel (Zion Recovery)
Lorelle Mueting (Heartland Family Service / PMP)	Jaymes Sime (Boys Town)
Molly Cummings (West Central Community Action)	Cindy Goodin (Youth Emergency Service)
Dave Smith (Trailblazers)	Julie Florian (HPS – Tobacco)
Sonya Fittje (Hope 4 Iowa Crisis Line)	Shelby Brewster (HPS – Tobacco)
Velma James (Catholic Charities Phoenix House)	

**APOLOGIES FOR ABSENSE:**

Jessica Rayment (Promise Partners), Rebecca Losh (Big Brothers Big Sisters),  
Christy Hagen (Trailblazers)

**Introductions and Announcements:**

Deb Kissel (Zion Recovery) – has a grant extension through June 2016. If you need more information on substance abuse, asset development, or social host laws please ask Deb.

Heather Loutzenhiser (Promise Partners) –Community Networking Grant Proposals grants are now being accepted. Applications are available at [www.promisepartners.org](http://www.promisepartners.org) and due 10/30. Promise Partners is conducting a survey for programs in Pott Co. that serve kids ages 0-5. Please complete and return.

Lorelle Mueting (Heartland Family Service / PMP) – PMP will be presenting Community Star Awards 10/21 at The Micah House.

Tiffani Pinkerton (Heartland Family Service) – handed out a resource tool “How are you Feeling” card. It has a link to different mental health screeners that are available to the community. Screening is free and anonymous.

Julie Florian (HPS – Tobacco) – cessation services have changed. She is currently promoting tobacco free workplaces and living spaces.

Molly Cummings (West Central Community Action) – Energy assistance applications are now available for elderly (ages 65 and up) and disabled. New this year, participants need to call and make an appointment. This year there are increased income guidelines; more people should be eligible.

Dave Smith (Trailblazers) – They have been busy picking pumpkins, still more to pick. About 16,000 pumpkins will be sent to Brooklyn Ministries in NY. Others will go to local youth programs.

**Topic Speaker: Molly Horan Cummings**

**8 to Great – The Powerful Process for Positive Change**

Molly attended a training based on the book “8 to Great” by MK Mueller. The Power Pyramid is one of the concepts covered in the book. It is a concept of positive thinking and asking how we can get to the top of the power pyramid. She suggested focusing on what we are grateful for and writing our thoughts down. Have a gratitude journal, daily write down 3 things you are grateful for. Set up a buddy system to share your gratitude thoughts.

**Prescription Drug Take Back – Saturday 9/26 10am – 12pm Walgreens – 535 E Broadway**

- The event went well,
  - 145 cars drove through
  - Collected 374 lbs. of materials
  - 240 lbs. of raw drugs
  - 101 lbs. of sharps
- A quick survey was given to individuals participating in the event. Results are attached.

**Laundry Love Project** – TBA Spring 2016. Grant application due 10/30. Please contact Tiffani Pinkerton if you wish to be a part of the planning committee. The grant is ready to be submitted.

**Spotlight Speaker: Sonya Fittje**

**Hope 4 Iowa Crisis Call Line**

Phase 1 of this 3 phase program started June 1, 2015. This was the crisis line (see below for additional information). Since then they have taken 111 “true” calls. Phase II will include a mobile crisis response in the 9 counties. Phase III will be a crisis stabilization center in Page Co.

**Small Group Work – Creating an Action Plan and Steps**

- **Marketing & Promotion of Youth & Families Committee**
- **Marketing & Promotion of community trends, issues & other topics**

In keeping to our new time frame of a 1 hour meeting, we were not able to get to this.

**NEXT MEETING**

Next Committee Meeting: Tuesday, November 10 at 3-4 PM at the Micah House

Next Steering Committee Meeting: Tuesday, November 3 at 9 AM, 445 Glen Avenue

**There will be no December meeting.**

Meeting minutes will be posted at [www.promisepartners.org](http://www.promisepartners.org).

## Hope 4 Iowa Crisis Call Line

1-844-673-4469

[www.Hope4Iowa.org](http://www.Hope4Iowa.org)

- Toll-free, 24/7 Crisis Line provides individuals access to short –term telephone crisis counseling, various referrals and connections to program coordination, case management and Integrated Health Homes in the Southwest Iowa Region
- Hope4 Iowa Crisis Call line specifically serves individuals in the 9 counties of the Southwest region of IA with a focus on mental wellness and suicide prevention. The counties included are: Cass, Fremont, Harrison, Mills, Monona, Montgomery, Page, Pottawattamie and Shelby
- Crisis counselors are trained professionals that follow a crisis call model to identify and clarify the caller’s agenda, validate problems and assess caller’s strengths, abilities and needs
- Brief assessments can be completed via phone if necessary to identify potential lethality (Lethality Risk Assessment) and create a safety plan. Other call screens are also used to gather information related to parenting concerns, abuse and demographics
- Follow up phone calls will be made to callers deemed high risk
- A National Database is used to provide referrals to callers in their local area
- Individuals will also be able to contact us via email at [Hope4Iowa@boystown.org](mailto:Hope4Iowa@boystown.org) and/or find more information on our website [www.Hope4Iowa.org](http://www.Hope4Iowa.org) (.com); [www.HopeforIowa.org](http://www.HopeforIowa.org) (.com)
- Hope4 Iowa Crisis Call Line is funded by the SWIA MHDS Region with operations provided by Boys Town National Hotline.

Sonya Fittje, M.S., LMHP

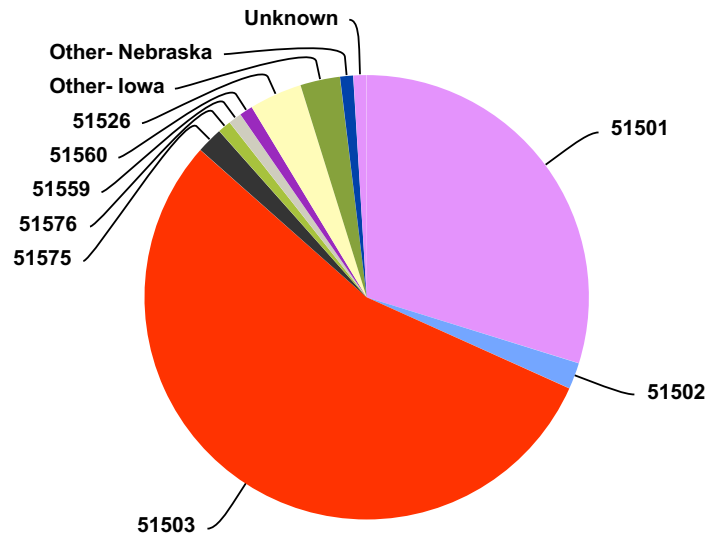
Clinical Hotline Supervisor • Hope 4 Iowa Crisis Call Line

w: 402.498.1818 | c: 402.650.6936

[Sonya.fittje@boystown.org](mailto:Sonya.fittje@boystown.org)

### Q1 What is the zipcode where you home is located?

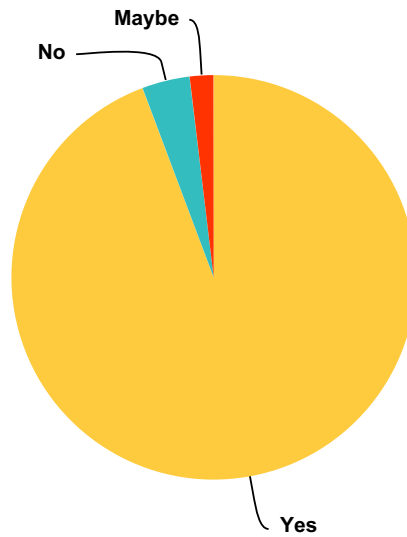
Answered: 104 Skipped: 1



Answer Choices	Responses	
51501	29.81%	31
51502	1.92%	2
51503	54.81%	57
51575	1.92%	2
51576	0.96%	1
51559	0.96%	1
51560	0.96%	1
51526	3.85%	4
Other- Iowa	2.88%	3
Other- Nebraska	0.96%	1
Unknown	0.96%	1
<b>Total</b>		<b>104</b>

## Q2 Is this a service you would like to continue to have?

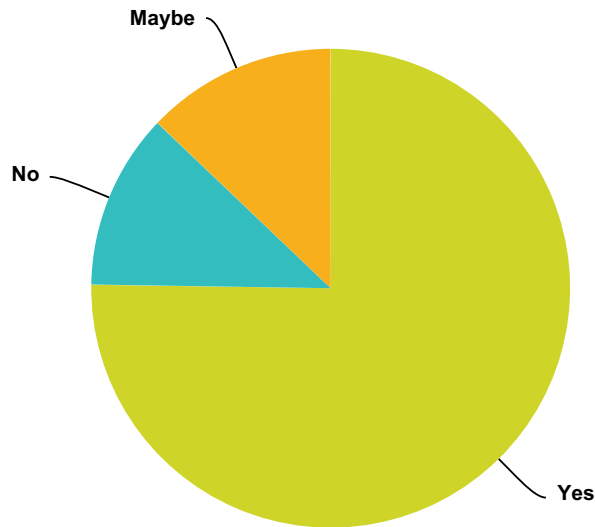
Answered: 105 Skipped: 0



Answer Choices	Responses	
Yes	94.29%	99
No	3.81%	4
Maybe	1.90%	2
<b>Total</b>		<b>105</b>

### Q3 If there was a permanent takeback location, would you use it?

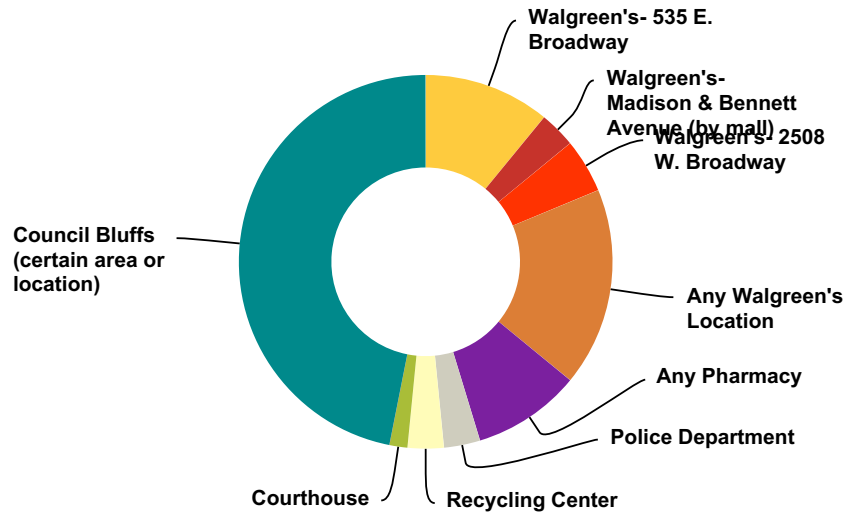
Answered: 101 Skipped: 4



Answer Choices	Responses	
Yes	75.25%	76
No	11.88%	12
Maybe	12.87%	13
<b>Total</b>		<b>101</b>

### Q4 Where would it ideally be located?

Answered: 64 Skipped: 41



Answer Choices	Responses	
Walgreen's- 535 E. Broadway	10.94%	7
Walgreen's- Madison & Bennett Avenue (by mall)	3.13%	2
Walgreen's- 2508 W. Broadway	4.69%	3
Any Walgreen's Location	17.19%	11
Any Pharmacy	9.38%	6
Police Department	3.13%	2
Recycling Center	3.13%	2
Courthouse	1.56%	1
Other	0.00%	0
Council Bluffs (certain area or location)	46.88%	30
<b>Total</b>		<b>64</b>

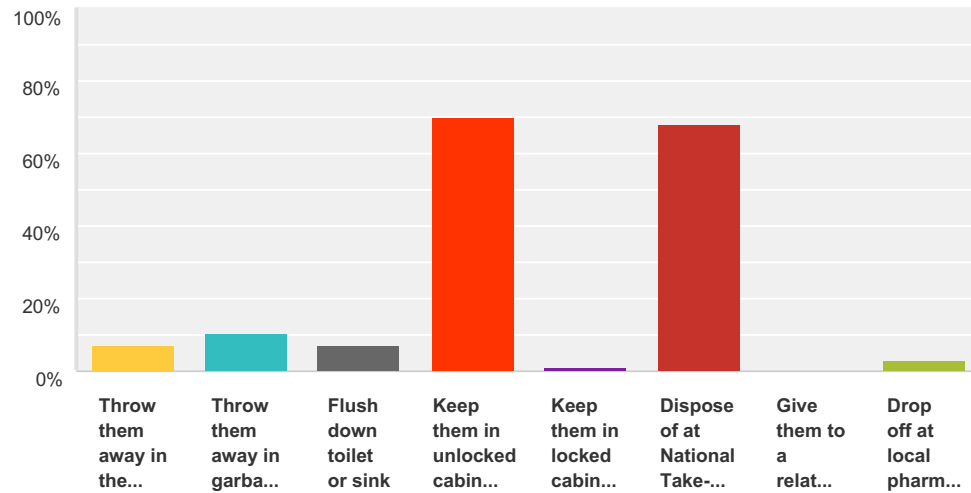
#	Council Bluffs (certain area or location)	Date
1	anywhere CB	9/28/2015 2:08 PM
2	7th & Broadway	9/28/2015 2:02 PM
3	-	9/28/2015 2:01 PM
4	anywhere CB	9/28/2015 2:00 PM
5	Lots of traffic, walgreens, central	9/28/2015 1:58 PM
6	anywhere CB	9/28/2015 1:57 PM
7	Somewhere convenient	9/28/2015 1:55 PM
8	Community Center	9/28/2015 1:50 PM

9	Missouri Valley	9/28/2015 1:44 PM
10	in the Bluffs	9/28/2015 1:38 PM
11	West End. Close to home.	9/28/2015 1:37 PM
12	Anywhere off Broadway, near Mall of the Bluffs.	9/28/2015 1:35 PM
13	anywhere CB	9/28/2015 1:31 PM
14	near here	9/28/2015 1:26 PM
15	Law enforcement	9/28/2015 1:25 PM
16	anywhere CB	9/28/2015 1:25 PM
17	West End, convenient	9/28/2015 1:23 PM
18	anywhere CB or courthouse	9/28/2015 1:22 PM
19	This is good. Mall of Bluffs area. City center. Hobby Lobby.	9/28/2015 1:19 PM
20	anywhere CB	9/28/2015 1:14 PM
21	anywhere CB or downtown Omaha	9/28/2015 1:12 PM
22	anywhere CB	9/28/2015 1:06 PM
23	anywhere CB	9/28/2015 1:05 PM
24	anywhere CB	9/28/2015 1:05 PM
25	Phone # to call. Central CB.	9/28/2015 1:04 PM
26	Somewhere convenient	9/28/2015 12:57 PM
27	This is good. Anywhere.	9/28/2015 12:51 PM
28	anywhere CB	9/28/2015 12:47 PM
29	this end of town	9/28/2015 12:47 PM
30	Connected to a pharmacy or grocery store.	9/28/2015 12:31 PM



### Q5 How do you currently dispose of your unused, expired, or unwanted prescription medications? Please choose all that apply.

Answered: 97 Skipped: 8



Answer Choices	Responses
Throw them away in the garbage	7.22% 7
Throw them away in garbage Mixed with Undesirable substance (kitty litter or coffee grounds)	10.31% 10
Flush down toilet or sink	7.22% 7
Keep them in unlocked cabinets or storage	70.10% 68
Keep them in locked cabinets or storage	1.03% 1
Dispose of at National Take-Back events held twice yearly	68.04% 66
Give them to a relative / friend	0.00% 0
Drop off at local pharmacy doctor's office. (location)	3.09% 3
<b>Total Respondents: 97</b>	

#	Drop off at local pharmacy doctor's office. (location)	Date
1	-	9/28/2015 1:53 PM
2	I do not -- collect them and wait for this event.	9/28/2015 1:44 PM
3	But not available anymore	9/28/2015 1:37 PM

## Q6 How did you hear about today's event? (noted if asked)

Answered: 10 Skipped: 95

#	Responses	Date
1	Heard on news - Channel 7.	9/28/2015 1:44 PM
2	Heard on radio - KFAB Nonpareil	9/28/2015 1:24 PM
3	TV commercial	9/28/2015 1:22 PM
4	Saw sign at walgreens	9/28/2015 1:04 PM
5	Drove by & saw sign & went home to get the stuff.	9/28/2015 1:02 PM
6	Works for Federal 1/2 way house.	9/28/2015 12:57 PM
7	Husband overheard on radio. Saw in Nonpareil, but wrong address.	9/28/2015 12:53 PM
8	Channel 7	9/28/2015 12:48 PM
9	TV	9/28/2015 12:33 PM
10	Saw on TV. Channel 7.	9/28/2015 12:31 PM

## Q7 Other comments

Answered: 46 Skipped: 59

#	Responses	Date
1	Threw in garbage prior to 2005. Would like to see these events more often.	9/28/2015 2:30 PM
2	every 6 months	9/28/2015 2:28 PM
3	Would use takeback events once/month.	9/28/2015 2:27 PM
4	We keep some meds in the attic instead of disposing them.	9/28/2015 2:08 PM
5	We wait for this event.	9/28/2015 2:06 PM
6	Don't like throwing meds in trash	9/28/2015 2:03 PM
7	Also drop off at Offutt	9/28/2015 2:01 PM
8	Collect & bring to this event.	9/28/2015 2:00 PM
9	Would use takeback every 2-3 years.	9/28/2015 1:59 PM
10	Collect & bring to this event.	9/28/2015 1:57 PM
11	Omaha location would be good too.	9/28/2015 1:56 PM
12	1-2x/year is good for takeback events.	9/28/2015 1:54 PM
13	Don't dispose of meds, take all we have.	9/28/2015 1:51 PM
14	After surgery.	9/28/2015 1:51 PM
15	Keep meds in high cabinet out of reach of children.	9/28/2015 1:44 PM
16	Probably wouldn't use takeback location because it's not as easy as this event. Hard to find where location may be in town. Like this event. Easy to use.	9/28/2015 1:42 PM
17	I wait for this event. Do not want to throw in landfill.	9/28/2015 1:40 PM
18	Collect & wait for this event.	9/28/2015 1:40 PM
19	I wait for this event. I clean houses and people throw away a lot in their trash.	9/28/2015 1:39 PM
20	We depend on this event to dispose.	9/28/2015 1:38 PM
21	Used to flush down toilets or sink. Keep meds by our bed.	9/28/2015 1:36 PM
22	I usually just collect for this event.	9/28/2015 1:35 PM
23	We pretty much save for this event. Don't have a lot.	9/28/2015 1:34 PM
24	No children in home. 1 or 2x/year is good for takeback events	9/28/2015 1:33 PM
25	We save for this event.	9/28/2015 1:33 PM
26	Keep prescription meds in high closet	9/28/2015 1:31 PM
27	I collect & bring to this event.	9/28/2015 1:23 PM
28	1 or 2x/year is plenty	9/28/2015 1:22 PM
29	We wait for this event.	9/28/2015 1:20 PM
30	Hazardless recycling center	9/28/2015 1:18 PM
31	Hold this event more often.	9/28/2015 1:16 PM
32	Keep meds in cabinets, but hide them. Collect & bring to this event.	9/28/2015 1:14 PM
33	We use all our prescription meds.	9/28/2015 1:13 PM
34	We use all prescription meds.	9/28/2015 1:12 PM
35	Don't know what to do with prescription meds.	9/28/2015 1:11 PM

36	Probably wouldn't use permanent location. Wouldn't think about it. Like the reminder of this event. When reminded, I will clean out my cabinets and bring to this event. I throw in garbage. I do without thinking. I know it is not good.	9/28/2015 1:09 PM
37	Don't dispose, we use them all.	9/28/2015 1:05 PM
38	First time using Takeback event.	9/28/2015 1:03 PM
39	Used to throw in garbage before these events. Like to get it out of house but not in garbage or water. Now we collect and know we will have events and bring to us. We have a teenager who is a good kid, but don't know always about their friends.	9/28/2015 1:02 PM
40	I use all of them (prescription meds).	9/28/2015 12:57 PM
41	Also need a spot to drop off syringes.	9/28/2015 12:53 PM
42	Normally use it all.	9/28/2015 12:51 PM
43	Don't use very often	9/28/2015 12:50 PM
44	Collect for this event	9/28/2015 12:48 PM
45	Collect & bring to this event.	9/28/2015 12:33 PM
46	I know you do this every year, so save to do disposal of properly.	9/28/2015 12:31 PM