



**October 23, 2019 Meeting Minutes
10:00-11:30 a.m. Anderson Hospital, Maryville, IL**

Jessica, Chair, began the meeting with a welcome to all and asked for brief introductions from participants. There were 34 people in attendance.

Current Business:

- Karen Tilshalski provided an update on Madison County overdose deaths with information from the coroner' average age continues to be 45 with a range of 19-81. Handout attached with statistics. Amy added that a colleague from Penn State is working on a research grant tracking overdose deaths and opiate use.

Workgroups:

- **Education and Prevention** workgroup continues work on the vaping campaign. Over 30 people and organizations have been meeting at Edwardsville High School to address the problem. The group will continue to meet regularly to develop the educational campaign. The Education Prevention Work Group meets monthly following the Partnership meetings. Please join the workgroup if you are interested in education and prevention.
- **Recovery and Treatment** workgroup continues to work on the recovery piece for the website as well as marijuana with the anticipated challenges coming January 1, 2020 with legalization. The group drafted a questionnaire for marijuana legalization to help businesses think about potential challenges in their worksite.
- **Law Enforcement** workgroup continues to work on researching the marijuana legalization law and will present at the December 5th Partnership meeting. At the last meeting, electronic cigarettes and the Madison County potential law changes related to vaping were discussed. Tom also mentioned the Drug Take Back Day on Saturday, October 26.

Guest speaker:

- Alternative Pain Management was the topic for the presentation. Sarah Helle and Jessica Duft presented on the importance of appropriate treatment for pain and stressed pain is on the individual's perception. There are a variety of treatments available as well as a variety of providers to assist with determining the best treatment for the individual.
- Key points:
 - Pain is physiological, psychological and emotional.
 - Pain is an output of the brain.
 - Pain can be triggered by multiple factors and not only physical harm. .
 - The Central Nervous System can change its sensitivity to the level of pain a person feels.
 - Self-directed path to pain management is important. Each person's journey is different

Announcements:

- See attached

Reminders

Next Meeting: Thursday, December 5, 10:00 a.m.-11:30 a.m. at Anderson Hospital in Maryville, IL. If there are any additions or corrections, please let me know. Denise Strehlow at denise.strehlow@bjc.org or 314-580-3767.