

PLUGGED *in*

to Healthy Cabarrus

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What are you 'bringing to' or 'taking from' the table?

Dear Executive, Advisory, and Coalition Members,

I attended a training roughly six months ago, where a very thought provoking question was asked, "What are your partners 'bringing to' and 'taking from' the table?" You may have heard me share this concept before.

If you haven't noticed already, I am a big fan of metaphors and analogies. The concept that partners and community members should be bringing things (suggestions, plans, questions, partnerships, ideas) to the 'meeting' table, reminded me of a pot-luck dinner. At each Advisory Board, Executive Committee or coalition meeting we should each come ready to contribute, but more importantly you should be leaving with a to-go box full of information and ways you can support the work.

You were all selected to engage in this collaborative work to address the priority needs because of your impact within your organization and the broader community. My goal moving forward is to better prepare you for each meeting by providing the meeting topic, presenters or a reminder of the previously identified next steps. By doing so, it will hopefully give you time to ask yourself the question, "What do I need to bring to the table?"

The other part of this analogy is sending you off with a 'to-go' box. I look forward to finding ways to continue your contributions outside of our meetings and hopefully this will increase our impact in addressing the needs of Cabarrus County residents.

Marcella Beam

Healthy Cabarrus Executive Director

Healthy Cabarrus
Partnerships for Life



Calendar of Events

August

- 3—Children WIN Executive Steering Committee
- 9—Healthy Cabarrus Executive Committee
- 20—Substance Use Coalition Meeting
- 22—Cabarrus Wellness Coalition Meeting

September

- 13—Healthy Cabarrus Executive Committee
- 19—Mental Health Advisory Board Meeting

Healthy Cabarrus Substance Use Coalition Update

Dose of Reality Art Contest: TRAIL High School Mentors have completed the 4th Annual “Dose of Reality” art competition. For the past 3 years the focus was specifically on substance use and how it impacts their world. This year TRAIL added mental health as a topic in addition to substance use. TRAIL worked with 7 of the 8 high schools in Cabarrus County. 140 pieces were submitted that included a description of the artwork. The overall winners were selected by the Substance Use Coalition and the Mental Health Task Force.



Spring Into Arts Festival: 40 art pieces were displayed in the Downtown Concord Spring Into Arts Festival. The high school students were able to talk to over 500 community members about the project and substance use. Community members could view the artwork and vote on their favorite piece. As a fundraising component to this project, TRAIL raised over \$200 for Serenity House by raffling off a Dell lap top.

Resources for Resilience (RFR) Training: The Substance Use Coalition, Office of Adolescent Health (OAH) and Cabarrus County Schools pulled resources together to provide 10 Cabarrus County School and 3 Kannapolis City School staff a 14 hour resiliency training. The Resources for Resilience (RFR) curriculum is trauma-informed and resiliency-focused, offering practical strategies to promote a culture of resiliency in an organization or community.

Purpose:

1. Provide education about the nature of trauma and high stress and its biological effect on the brain and the nervous system
2. Offer nervous system stabilization tools for well-being

Through demonstrations and practice throughout the training, participants learned how to apply the tools to self-regulate, restore self-compassion and re-connect to others.

Underage Drinking Sticker Shock Campaign:

The Substance Use Coalition implemented a sticker shock campaign. TRAIL teens attended a training on how to effectively implement a sticker shock campaign and then created the sticker that was placed on alcoholic beverage packaging at 3 local corner stores:



West A Kwik Stop, K&M Corner Stop, Center City Max

The Sticker Shock Campaign was designed to reach adults who might purchase alcohol legally and provide it to minors. Stickers warn about the penalties for furnishing alcohol to minors are placed on all multi-packs of beer, wine coolers, and other alcohol products that might appeal to underage drinkers. On June 29 4 TRAIL Youth, local ALE representatives, Concord Police Department and coalition members went to 3 locations to place the stickers and to provide a counter top mat with messaging provided by Talk it Out NC.



Cabarrus Wellness Coalition

Cabarrus Wellness Coalition did not meet during the month of July, but that was a well deserved break after a summer full of work! As shared in the last newsletter the Community Design Work Group has split into two work groups: Community Design and Community Programming. The split helps the coalition members to better address community health needs and focus more on their areas of expertise.

The Community Programming Work Group consists of the local parks and recreation departments, YMCAs, and Cabarrus Health Alliance staff, while the Community Design Work Group includes public health, city planning, zoning and transportation personnel.

This summer the School Aged Work Group partnered with the Community Programming group to send youth in need of summer programming to camp. More than **20 students** were identified by the Boys and Girls Club, Big



Brothers Big Sisters and CHA's Strengthening Families Program to receive a summer camp scholarships. The Cabarrus County Active Living and Parks Department, Kannapolis Parks and Recreation, Cannon Memorial YMCA, CHA and Rowan Cabarrus Community College all coordinated spots for students to ensure these youth had an opportunity to engage in healthy behaviors during the summer months.



Fifteen-thousand Cabarrus Play and Grow Maps have made there way into the hands of youth throughout Cabarrus County. Maps were distributed through early childcare centers, parks and recreation sites, YMCAs, libraries, CHA, and pediatric offices. Due to high demand and investment by community

partners, the Cabarrus Convention and Visitors Bureau made another contribution to the coalition by purchasing an **additional 20,000 maps**. Cabarrus Health Alliance school nurses will be distributing the map to elementary age students at the start of the 2018-2019 school year. The Early Childhood Work Group and Children WIN planning committee are working to identify a potential distribution through the Independent Tribune.

Due to the Clinical Work Group and distribution of water bottles, pediatric offices throughout Cabarrus County have

Staff Spotlight - Merl Hamilton, Former Deputy City Manager of Concord

Merl Hamilton has been a member of the Healthy Cabarrus Executive Board since 2011 and has served as vice chair of that group for the past three years. He served 30 years in law enforcement with the first 20 in Hickory, NC. In 2001 he came to Concord as Chief of Police. After ten years in that role he became Concord's Assistant then Deputy City Manager. Merl retired in May of this year with nearly 37 years in government service. He currently is employed as Director of Government Accounts for Blue Chameleon Investigations. He has served on numerous non-profit organizations in our community including board chair of several. He currently is Board Chair of the Cabarrus County Education Foundation. His wife is a retired educator and his married daughter is a teacher in Charlotte. Merl was born in Detroit and says he spends his spare time basically being happy he lives in Concord not where he was born.

