

Local Leadership Group Meeting Notes
April 10, 2019
2:00pm-4:00pm
Bethlehem Lutheran Church (Family Growth Center)
549 Mt. Hope Ave. Lansing, MI 48910

1. Welcome/Introductions
Parent Café Question:
How do you build trust in a relationship?
Regine shared her foundation, RSC Foundation: Mommy's Blessing.
Working agreements reviewed.
2. March Meeting Review: March minutes were reviewed and approved. 1st: Jessica, 2nd: Celeste
3. Home Visiting Continuum: Parent Panel Save the Date sent out in February. An approved flyer is coming soon. Home Visitors encouraged to invite parents to Parent Panel event to be in the audience to see the work the LLG does and get connected. The next training for fiscal year 2020 will focus on Domestic Violence. Date and details are being planned and more information will be made available.
4. LLG Statewide Parents Updates: LLG's across Michigan send parents to statewide meetings at Early Childhood Investment Corporation. Parents get a chance to share their stories. It is a great opportunity to support parents and their journey. Parents get a chance to speak at the

Home Visiting Conference and work on group learning goals about early childhood.

5. 2019 CQI Updates: The team is headed to a statewide meeting in May. Ingham's focus is on recruiting parents. We need to maintain 3 parents from EHS and NFP. The team is working on a process to help increase recruitment and is looking for assistance from LLG to help develop recruitment.

- Families can also be plugged into GSC and Family Coalition.

- Discussed an idea of a parent leader and home visitor to talk with parents at the WIC office/Women's Health to personally invite them to LLG. The parent would provide a soft hand-off and makes it more genuine.

 - Will need to determine what/how will be said in this dialog.

 - Need to update the Parent Leader Description: Current LLG Parents

 - Discussed doing a monthly conference call/phone call to update parents, who are currently involved, on LLG work.

 - Have additional 20-30 minutes after LLG meeting to debrief parents.

 - Have a monthly topic (specific) to support parents as leaders in the community. Growing our parents as leaders.

 - Speaking

- Professionalism
- Resume Skills

6. Great Parents Great Start: Report was submitted March. An in-depth review is not needed. More information will be available in October.

Annual Performance Report:

- 20 Essential requirements. Even if 70 of 100 standards are met, still need to meet 20 essential requirements.
- Some concern is frequency of visits because there were missed visits due to the winter weather.

7. Parent Voice

How much does comfortability play in the success of your home visiting? What can your home visitor do to increase your comfort/relationship with your home visitor?

-Without comfort, any help will be pushed away. Comfort can be the home visitor not passing judgement and encouraging the parent to be the best they can be.

-Provide encouragement.

-Home visitor needs to listen to the parent to know who they are and how best to lead them on their journey.

-Comfortability sets the tone for the visit. Both parent and home visitor are aware when it's an uncomfortable situation.

-It's important for both parents and home visitor to be comfortable in the relationship.

-Personal experiences are helpful to connect with the parents. It helps the parents to open-up.

-The home visitor’s relationship with the child is very important.

8. Spotlight

Melea Bullock: Ingham Substance Awareness & Prevention Coalition

-Logo changed from Abuse to Awareness to remove/reduce stigmas.

-4 Chemicals in the brain keep you “normal”. Dopamine keeps you at that “normal” level. Without dopamine, you can’t function.

30 Units Dopamine	50 Units Dopamine	60 Units Dopamine	75 Units Dopamine	95 Units Dopamine	100 Units Dopamine *
Unable to function	Just waking up for the day	After a cup of coffee	End of day	Best Day Ever!	Brain Maxed

*Pretend units to illustrate levels

Food Addiction	400 Units Dopamine
Gambling	400 Units Dopamine
Tobacco	450 Units Dopamine
Marijuana	650 Units Dopamine
Alcohol	950 Units Dopamine
Heroin	975 Units Dopamine
Cocaine	1,000 Units Dopamine
Meth	1,000 Units Dopamine*

*Pretend units to illustrate levels

-Once you reach higher levels of dopamine, your brain quits making dopamine and the urges to continue using keep you coming back.

- The high the people experience from eating, drinking and the use of controlled substances are not the same.
- Alcohol has the highest rate of dependence or abuse among all substances. It's easily accessible and socially acceptable.
- Marijuana is the most widely used illegal drug in the United States. It is still not federally legal in the US.
 - The FDA has not approved the use of marijuana for medicinal uses. All studies have been done overseas.
- Vaping is not safer than cigarettes.
 - More girls vape than boys
 - The smell dissipates very quickly
 - Vaping is very popular because the perception is that it is safe.
- 100% of Jewel products have nicotine in them although they are advertised as being nicotine free.
- All alcohol beverages are not absorbed into the body at the same rate. Carbonated beverages absorb into the body faster.
- Vomiting from being drunk is the result of the body trying to eliminate the poison (alcohol) from the body.
- Combining marijuana and alcohol often lead to alcohol poisoning.
- Inhalants are very dangerous. 1 in 3 people die the first time.
- Many products are sold to conceal drugs or substances in "plain sight".

9. Agency Updates/Announcements:

- Substance Abuse Presentation in August 2019
- Diaper Program: Registration open until 4/11 until noon.
Event is 4/11 at the Health Department from 4-5pm.