

Colorado Consortium for Prescription Drug Abuse Prevention

Affected Families & Friends Work Group Meeting Minutes

January 19, 2024 via Zoom

Present:

Sarah Werner, Tracey Ritter, Co-chairs
Jessica Triplett, BHA
Prescillia Wells, Hard Beauty
Leah Raffa, Denver Public Schools
Angela Trujillo, Community Member
Angie Neeley, SRC
Waltrina DeFrantz-Dufour, Denver University
Lorraine Hoover, Raymond Rountree, Jr. Foundation
Christina Dalpiaz, CHANCE
Nick Pearson, Sober Outdoors
FREE Recovery Community: Lance Willoughby, Karie McMullen,
Consortium: Jose Esquibel, Gina Olberding, Hilary Bryant, Lindsey Simbeye, Michael Davidson,
Rosemarie MacDowell

Absent: See attached roster.

Work group Co-chair, Sarah Werner, called the meeting to order at 12:10 p.m.

Approval of Minutes:

A motion was made to approve the November meeting minutes. Motion approved.

Presentation: Nicholas Pearson, Sober Outdoors:

Nick is the CEO and founder of Sober Outdoors, a community-based organization helping those in recovery and sobriety by providing the healing properties of outdoor exploration. Nick has lived experience with substance use and recovery and founded the nonprofit organization after his experience as a Harmony Foundation patient.

The organization provides free sober outdoors experiences and is affiliated with several different treatment and detox centers. Sober Outdoors has 800 members and 13 ambassadors in 13 states. Events include liability waivers.

For additional information regarding programs:

nick.pearson@soberoutdoors.org
<https://www.soberoutdoors.org/>

Comments:

Other organizations are invited to post activities on the Sober Outdoors website.

Lindsey Simbeye will contact Nick regarding potential program ambassadors.

Waltrina DeFrantz-Dufor mentioned Collegiate Recovery Programs and will contact Nick regarding possible collaboration.

Jose Esquibel mentioned the availability of nonprofit funding through the opioid settlement fund, which includes recovery-related organizations. He will follow up with Nick.

Summary of 2023 Projects:

Tracey Ritter summarized projects the work group completed in 2023:

- Eight Affected Families & Friends meetings with speakers, including Hard Beauty, Colorado Farm Bureau, Safe Campuses, and Raymond Rountree, Jr. Foundation
- Participated in packing Naloxone kits for emergency rooms (CO Naloxone Project)
- Three podcasts for Mount Carmel Veterans Center--one of the most popular of the year
- "Into Light" project exhibition at DU
- Film "Anonymous Sister" with panel discussion at Sie Center
- CO Attorney General: Affected Families & Friends Presentation
- Distributed Narcan as part of "Keep the Party Safe" campaign

Goals for 2024

Sarah Werner reviewed the 2024 work group meeting topics by month:

- January: Sober Social Life and Entertainment
- February: Prevention Programs in Schools and Communities
- March: Family and Peer Specialists and their Role in Recovery
- April: Clinical Treatment and Therapy Models---what's out there and how to find it
- May: Mental Health Awareness---how to access mental health resources
- June: Medically Assisted Treatment for Substance Use Disorder--what is it, how does it work
- July: How to Navigate the Legal System and Drug Court
- August: Naloxone/Fentanyl Awareness
- September: Family Support in Recovery
- October: Prevention Tactics
- November: Benzodiazepines---what are they and why are they a problem

The work group website will be redesigned to make it more of a resource.

Other 2024 plans include the creation of a resource card with a link to the webpage via QR code and web and meetings with community organizations to share card distribution with coroners, first responders, family/victim advocates, and SUD organizations.

The work group also plans to engage with family organizations, nonprofits, and foundations to encourage networking and collaboration.

Adjournment/next meeting:

The meeting was adjourned at 1:01 p.m. The next meeting will be held on Friday, February 16, 2024 from 12-1 p.m.

Attachment: Work group roster, 2024 Topic Schedule

Relevant Chat Entries:

CRAFT= Community Reinforcement and Family Training: <https://bha.colorado.gov/behavioral-health/CRAFT>

Colorado Health Foundation funding opportunity for non-clinical recovery programs: <https://coloradohealth.org/funding-opportunities/funding-opportunity-supporting-coloradans-recovery-through-non-clinical>