

WHAT YOU NEED TO KNOW:



Wellness Program at First Baptist Church of Clinton

The Family Life Center at First Baptist Church of Clinton provides many opportunities for wellness activities and fellowship. Among the many ministries offered by the church, First Baptist provides fitness and wellness classes that are open to the community. Visitors are welcome too!

As part of the program, a lot of different classes are offered that appeal to a wide range of people. Have you ever wanted to take a Tai Chi class? Looking for an energetic fitness routine like Zumba or Turbo Fit? How about a relaxing Yoga class or an indoor walking track? Well you are in luck! The Family Life Center offers all of these and more!

Yoga and Tai Chi classes are particularly useful for those looking to explore alternatives to chronic pain management. Studies have shown Tai Chi, a centuries-old Chinese martial art, has potential benefits for chronic pain from lower back pain, especially as a complementary and alternative medicine for chronic pain conditions. Yoga is a mind-body and exercise practice that combines breath control, meditation, and movements to stretch and strengthen muscles. According to Harvard Health Publishing, yoga can help people with arthritis, fibromyalgia, migraine, low back pain, and many other types of chronic pain conditions.

Class times vary depending on what you are interested in and are available almost every day of the week. Most classes are small fee per class, between \$3 and \$5. For more information about the Family Life Center and the wellness program, please visit their website at <http://www.fbclinton.org/family-life-center/>, email info@fbclinton.org, or call (865) 457 - 9353.

Remember to always talk with your healthcare provider before starting a new fitness program.

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ASAP
QUARTERLY:
Prevention Matters

Newsletter

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FROM THE DIRECTOR

Volunteers Are Our Most Important
Community Resource

Activist, scholar, and professor Marjorie Moore once said "Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote everyday about the kind of community you want to live in."

ASAP volunteers have guided and driven the work of the coalition since its inception in 2008. Every single volunteer is critical to our success, no matter how large or small their role. In February, ASAP had the opportunity to recognize some volunteers for the lasting impression they made on our community over the past year.

Nancy Foster and Jen Laurendine were recognized for their leadership and service on the Executive Committee. Stacey Pratt and Donna Kelsey were recognized for their significant efforts organizing things behind the scenes to enable coalition members to be positioned to do the tremendous work they do.

Theresa Scott was recognized as the 2017-2018 Prevention Power Partner. The Prevention Power Partner Award is given to a community member who staunchly supports prevention, often behind the scenes. Past award winners include District Attorney Dave Clark, former Deputy Director of Schools Leisa Fair, Deputy Chief Vaughn Becker, and Law Director Jay Yeager. Each of these individuals has engaged in a significant amount of work, which often goes unnoticed, but is a true leader and champion for prevention in our community.



2017-2018 Prevention Power Award
winner Theresa Scott with
Stephanie Strutner

Ms. Scott has been outspoken for prevention as long as we've known her. She shares her passion for prevention regularly and promotes prevention more times than we can even count, everywhere she goes. Her leadership and persistence positioned ASAP to engage in the most successful fundraising campaign in our history. Our community is a safer, healthier place, and adolescents have a better opportunity for success because of her contributions.

ASAP also recognized some In-TENT-se Volunteers who camped out at the courthouse during the "Camping for Community" campaign: **Naomi Asher, Russell Barker, and Michael Foster.**

Tim Isbel, Julie Kendrick, Andy Garrett, and Adam Moreno were recognized for accumulating more than 25 volunteer hours. **Michael Foster, Vaughn Becker, Nancy Foster, and Jen Laurendine** were recognized for accumulating more than 50 volunteer hours.

Kim Pouncey was honored with the Kris Stult's Distinguished Service Award for accumulating more than 200 hours of volunteer service. She joins the ranks of John Kelsey, Mary Tuskan, Bill Hall, Kathy Scruggs, and David Vudragovich, each of whom have received this notable award in previous years.



Our Most In-TENT-se Volunteer Awardees

cover story continues on page 2

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ASAP Ally of the Year Candidates with winner Pastor Wayne Phillips

Edwards; the third runner up, **Stanton Martin**; the second runner up, **Chief James Shetterly**; the first runner up, **Leslie England**; and the

RECENT HAPPENINGS:

It's been a busy start to 2018 for ASAP of Anderson. In late January, **Main Street Baptist Church in Clinton hosted a Faith Forum night to educate their congregation and others about the role of the faith community in preventing substance misuse and supporting recovery.** Dr. Monty Burks with the TN Faith Initiative talked about the importance of the faith community in recovery and his own experience receiving love and hope from a congregation. Participants also watched a video from Dr. Stephen Lloyd, former medical director, about the physiological pathways in the brain and how they affect addiction and recovery. Jason Goodman with Project Lifeline talked about local resources that are available to people in recovery, as well as gaps where more help is needed. The night was closed out with a call to action, a call for the congregation and community to become actively engaged in helping people during their journey from misuse to treatment and recovery. Main Street plans to answer the call.

In February, ASAP partnered with Anderson County EMS to host a showing of the film Chasing the Dragon: The Life of an Opiate Addict at Clinton Middle School. Over 50 community members participated in the screening and panel discussion that took place after the showing. Neil Morgenstern with the Appalachian High Intensity Drug Trafficking Area program (AHITDA) shared information about what opioids are and how they affect the brain as well as the consequences and evolution of first use to addiction. Panel members included representatives from ASAP, Anderson County EMS, Anderson County Schools, Clinton Police Department, Clinton Fire Department, and Ridgeview Medical Center.

In other exciting news, ASAP recently supported multiple Narcan trainings in Anderson County. County Commissioners and general public received training and free Narcan kits at the February Commission meeting. United Way of Anderson also gave a training for community members, and ASAP presented to the Anderson County

SUBSTANCE DATA BYTES:

Tobacco use in Anderson County has decreased in years past, going from 16.2% of 6th through 12th graders having used in the past 30 days in 2012, down to 13.8% in 2014 and reached an all-time low in 2016 at 7.4%. Knowing that reducing access is one of the most effective ways to deter use, ASAP of Anderson began working with tobacco retailers to encourage compliance with laws dedicated to ensure the protection of minors from being able to purchase tobacco products. Each year, ASAP delivers age verification materials to local retailers including ID coders, ID checking guides, Tobacco Retailer Education Guides, and other support materials. In Tennessee, there are two programs in place to monitor the sale of tobacco to minors. The first, SYNAR, checked 11 retailers in Anderson County and found a 100% compliance rate. The second, Tobacco Enforcement, checked 91 retailers and found a compliance rate of 97.8%. Looking back to 2012, the compliance rate was only 87.8%. We are so proud of what our community has accomplished in regard to this major decrease in tobacco use.

2018 ASAP Ally of the Year, **Pastor Wayne Phillips** from Main Street Baptist Church!

ASAP and its members also recognized community businesses that have been influential in reducing prescription drug abuse. This year, three businesses stepped forward to take an active role in prevention. ASAP recognized **Walgreens in Oak Ridge, Laura Lynn Riden State Farm Agency, and Chick-fil-A of Oak Ridge** with a Responsible Business Award for their community contributions.

I am so thankful for all of our volunteers. You have truly had a significant impact on your community. No one can do everything, but everyone can do something! Thank you for doing your part!



School Board who adopted a new naloxone policy for their system. Narcan will become available at each school. Narcan trainings were also held after the Chasing the Dragon and Faith Forum events. Activities to increase access to Narcan in the community continue with the support of our partners and volunteers.

ASAP has always strived to work closely with the healthcare community. **Recently, we collaborated with Roane County Anti-Drug Coalition and Sevier County CARES to offer Continuing Medical Education trainings in Oak Ridge and Sevierville.** Dr. Don Teater, MD, MPH presented "Opioid Addiction: Improving Patient Outcomes" to over 125 physicians and other healthcare providers on March 6th and 7th. Participants were very engaged in the training and ASAP is hoping to facilitate additional CME trainings and activities to engage providers in preventing opioid misuse.



Dr. Don Teater presenting to providers about Opioid Addiction at Methodist Medical Center



However, even with all of these positive results, we still have work to do to protect our youth. ENDS (Electronic Nicotine Delivery System) use has increased around the country. These products actually have some of the same cancer-causing chemicals as traditional cigarettes as well as nicotine and heavy metals such as nickel, tin and lead. The CDC has determined that these products are NOT safe for youth, young adults, pregnant women, or adults who do not currently use tobacco products. Nicotine contained in these products can harm adolescent brain development which continues into the mid-20s. Despite all of the concerns, ENDS use is on the rise with 11.3% of high school students across the country reporting they used these products in the past 30-days. ASAP will continue to work on educating youth and the entire community about the concerns related to ENDS use.

ASAP UPDATES:

As is custom, ASAP coalition members have already started spending some time with legislators. In early February, ASAP staff traveled to Washington D.C. to attend the CADCA Forum conference. Throughout the week, ASAP connected with other coalitions from our state as well as across the country to discuss substance misuse, prevention, best practices and lessons learned from our communities. The Senate was also in session that week, so we were able to attend Tennessee Tuesday, an informal breakfast on Tuesday mornings with Senator Corker and Senator Alexander and their staff. The breakfast provided us an opportunity to speak with the Senators' staff and advocate for a focus on primary prevention in addition to treatment and recovery services in TN. ASAP also collaborated with STAND of Scott County and Roane County Anti-Drug Coalition to meet with Congressman Chuck Fleischmann, who is on the House Committee on Appropriations. Advocacy was the name of the game in D.C. that week as ASAP and colleagues made sure our government leaders were educated on the benefits of prevention and anti-drug coalitions to support the fight against opioids and other substance misuse in Anderson County and the United States.



Stephanie Strutner and Jennifer Burnette with Senator Alexander and Senator Corker

ALLY ACCOUNT:

Youth Day on the Hill

After attending Day on the Hill for the first time last year, I have realized the vitality and significance of being part of a larger purpose. Even though most teens are concerned with things that affect them personally, I think it is important for the youth to realize that they have the ability to influence the bigger, overarching system of government. I never knew that my opinions on modern day issues could reach the leaders of Tennessee and the country; however, as I became more involved with ASAP and the Day on the Hill program, the effects of our participation and meetings with leaders depict that our voice has the capacity to bring about change.

While I was definitely anxious speaking to incredibly important and busy leaders, their responses, concerns, and considerations of the issues presented by ASAP members eased my worries. Our meetings often revealed that the government officials were aware of the major issues. The open discussions demonstrated how our solutions to the problems could be applied to in a legal way. Before going to Nashville, I did not really understand

At the end of February, ASAP participated in Prevention Alliance of Tennessee (PAT) Day on the Hill in Nashville. ASAP Youth Ambassadors, students from the three Anderson County high schools, made up the majority of the group. Youth Ambassadors spoke with Lt. Governor McNally about substance misuse prevention and brought up several issues including concerns about electronic nicotine delivery systems (ENDS), tobacco, fentanyl, opioids, and marijuana. In addition, students also met with both Representative John Ragan and Representative Dennis Powers. In all of the meetings, students and coalition members strongly advocated for primary prevention of substance misuse in Anderson County and across Tennessee. In addition to meetings with legislators, Stephanie Strutner testified at the House Agriculture and Natural Resources Subcommittee to advocate for adding ENDS to the TN Non-Smoker Protection Act.



Stephanie Strutner, Executive Director, testifying to the House Subcommittee



the laws already in place to prevent substance misuse, but our meetings shed light on these laws while also highlighting the ways in which they could be made more effective in dealing with mounting problems.

It was interesting to see how the state government operated, and I have a deeper understanding of the political system. Through the Day on the Hill event, I realize that I have the ability to influence and improve our government. Also, I believe that if enough teens are aware of how important their opinions are if they are voiced, then there could be a more effective system in place to fight major problems created by substance misuse. I look forward to next year's visit.



Manshi Patel

Student, Oak Ridge High School

