



**Arizona Parents Commission on Drug Education and Prevention  
Meeting Minutes  
November 17, 2021  
10:00 AM**

A general meeting of the Arizona Parents Commission on Drug Education and Prevention convened on November 17, 2021. Notice having been duly given. Present and absent were the following members of the Parents Commission.

Members Present (8)	Members Absent (1)
Denise Beagley (Chair)	Raynee Schneider
Kristine FireThunder (Co-Chair)	
Lori Robinson	
Michael Klinkner	
Chief Robert Martin	
Asst. Chief Sherry Burlingame	
Marina Lantsman-Waugh	
Nicholas Stavros	
Staff and Guests Present (7)	
Tonya Hamilton	Julie Carlberg
Nicole Valenzuela	Dr. Jane Dowling
Kim Brooks	Lyra Contreras
Jolyana Begay Kroupa	
Tara Sundem	

**CALL TO ORDER**

**Chairperson Beagley** called the Parents Commission meeting to order at **10:07 a.m.** with 8 members present and 1 member absent.

**ROLL CALL**

**Chairperson Beagley** welcomed members and guests. **Chairperson Beagley** took attendance via roll call at 10:09 am.

**APPROVAL OF MINUTES**

**Chairperson Beagley** requested a review of the **September 15, 2021** meeting minutes. **Commissioner Robinson** motioned to accept the minutes. **Commissioner Lantsman-Waugh** seconded the motion at 10:11 a.m. The motion passed with no dissenting votes.

## **PARENTS COMMISSION MEETING PRESENTATIONS**

### **Phoenix Indian Center**

#### **Ms. Jolyana Begay Kroupa, Interim Chief Executive Officer**

**Chairperson Beagley** welcomed and introduced **Ms. Jolyana Begay Kroupa, Interim Chief Executive Officer**. **Ms. Begay Kroupa** thanked the Commission for the opportunity to present.

**Ms. Begay Kroupa** shared that the Phoenix Indian Center serves the community with culturally relevant youth services, language and cultural revitalization programs, education and workforce development and was founded in 1947. **Ms. Begay Kroupa** stated that the center focuses on building upon the awareness of the needs of the urban Indian community. **Ms. Begay Kroupa shared** that the center serves over 7,000 customers each year representing an average of 93 different Tribal Nations.

**Ms. Begay Kroupa** stated that approximately 76% of American Indians live off of their homeland. **Ms. Begay Kroupa** stated that there are 286,260 American Indians in Arizona (4.5% of the total population) with 120,596 in Phoenix metropolitan area. **Ms. Begay Kroupa** shared that there is a “very young” American Indian population and therefore the center focuses on the services that are needed for that population. **Ms. Begay Kroupa** shared that there is a high percentage of the American Indian population living in poverty and a high percentage of individuals that dropout of high school.

**Ms. Begay Kroupa** stated that many of the center’s customers are considered “working poor.” She shared that 65% of households have children and 68% of households headed by women. **Ms. Begay Kroupa** stated that daily challenges for many include: lack of transportation, food insecurity, lack of childcare, and limited access to health care. **Ms. Begay Kroupa** stated that fathers are often absent from the home and the center is focused on how to support father engagement with their families. **Ms. Begay Kroupa** shared that there is a high rate of families experiencing substance use or in recovery from substance use.

**Ms. Begay Kroupa** shared the following areas of service provided by the center:

- **Workforce Development Services:** **Ms. Begay Kroupa** stated that these services were implemented by the founder and are the longest standing services at the center. **Ms. Begay Kroupa** shared that the center offers comprehensive support through resume writing, mock interviews, employment recruitment, and 1:1 case management and career coaching. **Ms. Begay Kroupa** stated that the center provides post-placement support services to their customers to assist with additional career needs. **Ms. Begay Kroupa** stated they have Career Pathways Training Programs and a location in Flagstaff at the Native Americans for Community Action Center. **Ms. Begay Kroupa** shared the center provides general family support services as well. She stated that they assist individuals with financial and housing assistance and guidance when applying for a variety of benefits. **Ms. Begay Kroupa** stated that there has been childcare available when customers are participating in services but at this time, due to COVID safety protocols, the center does not offer childcare.
- **Prevention Services:** **Ms. Begay Kroupa** shared that center’s coalition is the Urban Indian Coalition of Arizona that is focused on drug, alcohol, and suicide prevention. **Ms. Begay Kroupa** stated that they utilize culturally embedded evidence-based programs: Parenting in Two Worlds, which focuses on effective communication on risky behaviors, and Living in Two Worlds, which focuses on positive choices for middle school youth. **Ms. Begay Kroupa** shared that culture is prevention and by embedding cultural perspective and sensitivity into programming the individual is embraced for “who, what, and where” they are in life and are less likely to get involved in risky behaviors including

substance use. **Ms. Begay Kroupa** stated that they also utilize safeTALK, QPR, ASIST, and GONA events as prevention tools.

- **Youth Development Programming:** **Ms. Begay Kroupa** shared that the center has a Youth Council: Future Inspired Native American Leaders. She stated that the center strives to reduce high school dropout rates and eliminate barriers to youth success. **Ms. Begay Kroupa** shared that the youth are the community's future and they can guide the community to understand and focus on targeted needs of the youth. **Ms. Begay Kroupa** stated that the center offers a College & Career Readiness Program to support the college entrance and financial aid process, job readiness, summer internships, life skills, and mentoring and coaching in culture.
- **Language and Culture Revitalization:** **Ms. Begay Kroupa** stated that the center offers language classes focusing on Dine language, cultural classes such as weaving, bow and arrow making, seasonal storytelling events, and Dine Urban Voices. **Ms. Begay Kroupa** shared that the center wants to ensure that the youth maintain a connection with their heritage. **Ms. Begay Kroupa** stated that they offer Cultural Awareness Workshops (Cultural Competency) for employers, teachers in service, and other organizations. **Ms. Begay Kroupa** shared that the center is engaged in community based projects to ensure they are listening to and responding to the needs of the American Indian community.
- **COVID Relief Efforts:** **Ms. Begay Kroupa** stated that the center recognized the needs of the American Indian community during the pandemic. **Ms. Begay Kroupa** shared that the center remained open for services, provided emergency rental and utility assistance, provided masks, participated in the collection and distribution of food, and participated in the AZ Tribal Nation COVID Relief Projects.

The complete presentation can be reviewed at <https://govff.az.gov/councils-commissions/arizona-parents-commission-drug-education-prevention>

**Chairperson Beagley** thanked **Ms. Begay Kroupa** and asked for suggestions to raise awareness and encourage the Native American community to pursue higher education. **Ms. Begay Kroupa** shared that it is encouraging for individuals to see familiar faces present in those areas. **Ms. Begay Kroupa** shared that many individuals feel disconnected and misunderstood by dominant culture. **Ms. Begay Kroupa** shared that awareness of the issue and learning how to recognize and support indigenous persons on a higher education pathway is a good beginning to address the change that is needed. **Chairperson Beagley** thanked **Ms. Begay Kroupa**. **Chairperson Beagley** the commission if there were any questions. **Commissioner Robinson** thanked **Ms. Begay Kroupa** for sharing her time with the commission. **Ms. Begay Kroupa** shared her appreciation for the commission for the opportunity to present at the meeting. **Chairperson Beagley** thanked **Ms. Begay Kroupa** for her presentation.

### **Hushabye Nursery**

**Ms. Tara Sundem, Executive Director and Founder**

**Chairperson Beagley** welcomed and introduced **Ms. Tara Sundem, Executive Director and Founder**. **Ms. Sundem** thanked the Commission for the opportunity to present.

- **Ms. Sundem** shared that the mission and vision of Hushabye Nursery is to embrace substance-exposed babies and their caregivers with compassionate, evidence-based care that changes the course of their entire lives. **Ms. Sundem** shared that Arizona has the highest rate of fentanyl use in the country. **Ms. Sundem** stated that over the last six years there has been a significant increase of infants born with neonatal abstinence

syndrome. **Ms. Sundem** stated that neonatal abstinence syndrome is the condition experienced by an infant after birth due to sudden discontinuation of exposure to certain drugs such as opioids that were used by their mother during pregnancy.

- **Ms. Sundem** shared that typically the Neonatal Intensive Care Unit has, historically, not been trauma-informed, have extended hospital stays for substance exposed babies, and are not equipped to support the families with the care that is needed. **Ms. Sundem** stated that clients have shared that withdrawal feels like the equivalent to having the flu and a migraine with symptoms being multiplied times 100. **Ms. Sundem** stated that is what the infants are experiencing as well as their bodies experience withdrawal.
- **Ms. Sundem** stated that Hushabye Nursery applies a trauma-informed care approach and strategies with each family and greets the parents with a “Congratulations” on the birth of their child. **Ms. Sundem** shared that having a child is a joyful moment to be celebrated and the families already feel shame and deserve to have support. **Ms. Sundem** shared that they have families that are in recovery, families that are currently using substances, and families with systems involvement.
- **Ms. Sundem** stated that Hushabye Nursery first assesses the client’s social determinants of health and supports in meeting those needs then, the team can support recovery. **Ms. Sundem** stated that the Hushabye Nursery Care Model is one of the only integrative models in the country. **Ms. Sundem** shared that the Hushabye Nursery’s Care Model includes prenatal, nursery, and discharge services at the Neonatal Abstinence Syndrome Center of Excellence.
- **Ms. Sundem** shared that the HOPPE PROGRAM (Hushabye Opioid Pregnancy Preparation & Empowerment) has staff that are trauma specialists and provide counseling and Eye Movement Desensitization and Reprocessing services, NAS education-diagnosis treatment and follow-up care, Infant CPR, Evidence Based Parenting Classes (Triple P Parenting), Baby Soothing Education, Car Seat Education, Safe Sleep Education, and SMART Recovery. Outpatient services include care coordination, social connections, peer supports, baby supplies and resources, and transportation, food, and housing support.
- **Ms. Sundem** stated that the Hushabye Model provides private nurseries that are quiet and calm environments where the family can stay in-room, educate families on how to care for Neonatal Abstinence Syndrome baby, ensures one provider per baby (1:1), assists family with Department of Child Safety involvement, promote bonding and breastfeeding. The nursery uses five Ss, rock up and down, 6th S-squat techniques, the Eat Sleep & Console Treatment Model (ESC), and the validated Finnegan Neonatal Abstinence Scoring System. **Ms. Sundem** stated that the nursery does wean and treat babies with medications as necessary and provides outpatient behavioral health treatment onsite.
- **Ms. Sundem** stated that Hushabye Nursery is meeting or exceeding NAS emerging models of care outcomes after one year of operation with 174 infants served. **Ms. Sundem** shared that the average length of stay at Hushabye is 6.5 days versus the average length of stay in the NICU is 22 days. **Ms. Sundem** shared that 70% of out-of-home placements in DCS are substance use related. **Ms. Sundem** stated that 85% of Hushabye Nursery babies have returned home with the biological parents. **Ms. Sundem** shared that the average cost of a NICU admission is \$40,000-\$60,000 and that the cost per family at Hushabye is approximately \$6,000. **Ms. Sundem** stated that reduction of costs and the long term benefits for the families will be significant throughout their lives. **Ms. Sundem** shared specific family experiences with positive outcomes with Hushabye Nursery’s support.

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**Chairperson Beagley** thanked **Ms. Sundem** and asked the commission if there were any questions. **Commissioner Lantsman-Waugh** asked how Hushabye Nursery is raising awareness about their services with hospitals. **Ms. Sundem** shared that they have been networking with colleagues, doing outreach with community and state level agencies, and using volunteers and clients to support their outreach efforts. **Commissioner Lantsman-Waugh** asked **Ms. Sundem** to describe what the 5 S's and 6<sup>th</sup> Squat techniques were. **Ms. Sundem** shared that the techniques are optimal soothing methods for infants with NAS that including "shush'ing," squatting vs. bouncing, sideline hold, swaddle, and suckling (having a pacifier available at all times). **Commissioner Stavros** asked how would Hushabye Nursery handle a situation if the mother left the child at the nursery and did not return. **Ms. Sundem** shared a specific incident and stated the efforts to re-engage the parent and find kinship placement for the infant. **Ms. Sundem** shared that 6-7% of the infants that came to the nursery were voluntarily placed for adoption and they provide the same services with the birthparents and adoptive parents.

**Chairperson Beagley** thanked **Ms. Sundem** for her presentation.

### **Wellington Group Consulting**

#### **Dr. Jane Dowling**

**Chairperson Beagley** welcomed and introduced **Dr. Jane Dowling**, President & CEO, of Wellington Consulting Group, Inc. **Dr. Dowling** thanked the Commission for the opportunity to present.

- **Dr. Dowling** shared the Parents Commission Grant Program goals and programming requirements. She shared that Wellington was the evaluator for the Parents Commission Grant. **Dr. Dowling** provided an overview of the evaluation process to the commission.
- **Dr. Dowling** presented the aggregate data for the 27 grantees for Year 2. **Dr. Dowling** mapped the location of the 27 grantees. **Dr. Dowling** shared that there were grantees in 11 of the 15 counties in Arizona. The counties that did not have a grantee were Apache, Cochise, Graham, and Greenlee.
- **Dr. Dowling** stated they administer a process evaluation and outcome evaluation. A process evaluation is the analysis and monitoring of each grantee's implementation of parenting programming. An outcome evaluation is designed to measure the overall effectiveness of each program in meeting their goals and objectives. **Dr. Dowling** stated that parent and youth surveys, quarterly reports, annual individual reports, and annual aggregate reports are provided and included in the outcome evaluation. **Dr. Dowling** stated that they have created a web-based system for the grantees to utilize. The grantees enter quantitative and qualitative data into a monthly report and they submit standard fidelity surveys for evidence-based programs to be analyzed by Wellington.
- **Dr. Dowling** shared cross site data including diversity, outreach and recruitment, collaboration and partnerships, implementation of trauma-informed care approaches, and types of workforce development. **Dr. Dowling** provided detailed information and target outcome data for the impact that evidence-based programs have on family functioning, family cohesion, family management, family connectedness, family involvement, family conflict, and parental stress. **Dr. Dowling** shared the outcome data for the impact that evidence-programs have on the adult and youth perception of risk/harm of alcohol and substance use; attitudes toward underage drinking, binge

drinking, and illegal drug use; parent/child communication about alcohol and drug use; and knowledge of how to mitigate the risk of trauma on youth substance use.

- **Dr. Dowling** shared caregiver feedback, program satisfaction feedback, summary of the results of how programs affected caregivers, and caregiver suggestions. **Dr. Dowling** provided detailed recommendations for the Parent Commission Grant program.

The complete presentation can be reviewed at <https://goyff.az.gov/councils-commissions/arizona-parents-commission-drug-education-prevention>

**Chairperson Beagley** thanked **Dr. Dowling** for her presentation. **Chairperson Beagley** requested that questions regarding the Wellington presentation be shared via email with the Parents Commission Grant Program Administrator.

## **PARENTS COMMISSION GRANTEE UPDATES**

**Ms. Nicole Valenzuela**

**Governor's Office of Youth, Faith and Family**

**Chairperson Beagley** invited **Ms. Nicole Valenzuela**, Program Administrator, Governor's Office of Youth, Faith and Family, to share grantee updates with the commission. **Ms. Valenzuela** shared that out of respect for the commissioners' time, updates would be provided at the January 2022 Parents Commission meeting and available upon request.

## **ANNOUNCEMENTS**

**Chairperson Beagley** asked if any commissioners had any announcements they would like to share.

- **Commissioner Robinson** shared that the ACEs Consortium 8<sup>th</sup> Annual Summit was going to be held December 14-16, 2021.

## **FUTURE AGENDA/MEETING SCHEDULE**

**Chairperson Beagley** stated the next scheduled meeting is set for January 19, 2022 at 10:00 a.m. at the Executive Tower. **Chairperson Beagley** announced that the meeting would be hybrid (in-person & virtual) for those unable to attend in-person.

## **ADJOURN**

**Chairperson Beagley** thanked everyone for being part of the meeting and asked for a motion to adjourn the meeting. **Commissioner Robinson** moved to adjourn. **Co-Chairperson FireThunder** seconded the motion. The motion passed with no dissenting votes and the meeting adjourned at 12:06 p.m.

18<sup>th</sup> Day of November, 2021  
Parents Commission  
Respectfully Submitted By:  
Nicole Valenzuela  
Program Administrator, GOYFF