



**Arizona Parents Commission on Drug Education and Prevention
Meeting Minutes
March 16, 2022
10:00 AM**

A general meeting of the Arizona Parents Commission on Drug Education and Prevention convened on March 16, 2022. Notice having been duly given. Present and absent were the following members of the Parents Commission.

Members Present (6)	Members Absent (2)
Denise Beagley (Chair)	
Kristine FireThunder (Co-Chair)	Raynee Schneider
Lori Robinson	Michael Klinkner
Chief Robert Martin	
Marina Lantsman-Waugh	
Nicholas Stavros	
Staff and Guests Present (5)	
Tonya Hamilton	Nate Rhoton
Nicole Valenzuela	Kado Stewart
Kim Brooks	Dr. Juan Gabriel Martinez, DO FAAP
Amanda Williams, LCSW	

CALL TO ORDER

Chairperson Beagley called the Parents Commission meeting to order at **10:03 a.m.** with 6 members present and 2 members absent.

ROLL CALL

Chairperson Beagley welcomed members and guests. **Chairperson Beagley** took attendance via roll call at 10:05 a.m.

APPROVAL OF MINUTES

Chairperson Beagley requested a review of the **January 19, 2022** meeting minutes. **Commissioner Robinson** motioned to accept the minutes. **Commissioner Stavros** seconded the motion at 10:07 a.m. The motion passed with no dissenting votes.

PARENTS COMMISSION MEETING PRESENTATIONS

One•n•Ten

Nate Rhoton, Executive Director and Kado Stewart, Deputy Director

Chairperson Beagley welcomed and introduced **Nate Rhoton, Executive Director and Kado Stewart, Deputy Director** to the meeting. **Mr. Rhoton and Kado Stewart** thanked the Commission for the opportunity to present. **Mr. Rhoton and Kado Stewart** shared the detailed and informative information about **one•n•ten** and the supportive services and resources provided for LGBTQ+ youth and young adults.

- **Mr. Rhoton** shared that one•n•ten envisions a world where all LGBTQ+ youth and young adults are embraced for who they are, actively engaged in their communities, and empowered to lead. **Mr. Rhoton** shared that their mission is to serve LGBTQ+ youth and young adults ages 11-24. **Mr. Rhoton** shared that they enhance the young folks lives by providing empowering social and service programs that promote self-expression, self-acceptance, leadership development, and healthy life choices.
- **Kado Stewart** shared that they have a Youth Center in downtown Phoenix with activities, programming, and supportive services available. **Kado Stewart** shared that the primary reason is for the youth and young adults to build community and support which increases self-esteem and social skills, sharing that there are fun and educational programs available throughout the week.
- **Mr. Rhoton** shared that there are 15satellite sites for one•n•ten throughout Arizona that are safe spaces for LGBTQ+ youth & allies living outside central Phoenix. **Mr. Rhoton** shared that these sites support community building while being a connection to resources and services. **Mr. Rhoton** shared that satellite sites are currently being re-opened in a phased approach, due to the Covid-19 pandemic. **Mr. Rhoton** shared that the most recent site has been opened in the Maryvale area of Phoenix at the YMCA.
- **Kado Stewart** stated that one•n•ten has implemented digital programs on Zoom, Discord, and Twitch. **Kado Stewart** stated the digital programs were implemented to keep youth connected and supports engagement for youth to overcome challenges with accessibility and other barriers. **Kado Stewart** shared that there are online parent groups and they have 175 parents engaged from all over the state. **Kado Stewart** shared that these groups assist the parents in how to best support the young folks in their lives and to connect with each other.
- **Mr. Rhoton** shared information about the Health & Wellness Programs that are offered at satellites, youth center and on digital programs. **Mr. Rhoton** shared that programming includes Sources of Strength Suicide Prevention programs; medically accurate, age appropriate, inclusive sexual health education programs; wellness programs on nutrition, mental health, mindfulness and movement; and connections to LGBTQ+ inclusive medical and mental health service providers.
- **Kado Stewart** shared that the Promise of a New Day (POND) Housing Program provides scattered site housing solutions for LGBTQ+ and allied youth, ages 18-24, who are experiencing homelessness or housing instability. **Kado Stewart** stated that it is a 9-12 month program that provides single occupancy apartments, 1-on-1 wrap-around services and case management, support, referrals, and resources. **Kado Stewart** stated that the program also provides employment and education coaching and navigation services, including connection to mental health resources, connection to emergency housing, homeless court assistance and more.
- **Mr. Rhoton** share that the POND Workforce Program provides Life Skills, Education & Workforce Readiness services. **Mr. Rhoton** shared that the Life skills classes include goal setting, cooking classes, and communication development. The workforce readiness classes include resume writing, applications, and workplace conflict. **Mr.**

Rhoton shared that the participants are also taught how to look at their own values and how to align that with the job or career they are pursuing. **Mr. Rhoton** shared that the program also offers financial literacy classes including how to open a bank account, budgeting, and savings.

- **Kado Stewart** stated that one•n•ten has one of the largest camps in the country for the youth and young adults in the LGBTQ+ community called Camp OUTdoors! **Kado Stewart** shared that it is a week-long camp for youth and young adults ages 11-24. **Kado Stewart** shared that for many campers it is the first time they have stepped into an affirming and supportive space. **Kado Stewart** shared that sessions are offered on topics such as LGBTQ+ history, nonviolent communication, music, team building, and building social skills. **Kado Stewart** shared that they have campers from across the country and it is completely free for campers. **Kado Stewart** shared that individuals submit an application and approximately 150 campers are selected. **Kado Stewart** shared that one•n•ten also offers leadership programs including OUTScouts! Leadership Program; Annual Trans & Non-Binary weekend re-treat; and Youth Advisory Council at the organization.
- **Kado Stewart** shared important statistics that found that 2-12% of adults; 20% of millennials; and 35% of Gen Z identify with something other than straight/heterosexual. **Kado Stewart** shared that 2% of high school students identify as transgender. **Kado Stewart** stated that the increased numbers are because of visibility and comfortability with disclosing. **Kado Stewart** shared that gender identity is formed in children at 3-4 years old; realization of their gender identity begins around eight years old even though they may not be able to articulate it; and the average age for disclosure is 15 years old. **Kado Stewart** shared that members of this community are in every aspect of our lives and that LGBTQ+ issues are everyone's issues.
- The complete presentation can be reviewed at <https://goyff.az.gov/councils-commissions/arizona-parents-commission-drug-education-prevention>

Chairperson Beagley thanked **Mr. Rhoton** and **Kado Stewart** for their presentation and asked the commission if they had any questions.

- **Co-Chair FireThunder** thanked **Mr. Rhoton** and **Kado Stewart** for their presentation and asked for the address of the Mesa Satellite Site. **Kado Stewart** shared that the Mesa location is at 2700 Southern Avenue at the Unity Church of Mesa. **Mr. Rhoton** shared that there was an interactive map on the one•n•ten website.
- **Co-Chair FireThunder** asked if one•n•ten offered "Introduction to LGBTQ" community based training programs. **Mr. Rhoton** stated that they have offered training for corporations and will be hosting community based training in the future. **Mr. Rhoton** suggested signing up for their email list to receive notifications about upcoming trainings.
- **Co-Chair FireThunder** asked if one•n•ten offered programs for healthy dating. **Kado Stewart** shared that they offer programs that are inclusive of healthy relationships and sexual health. **Kado Stewart** shared that they partner with Bloom365 for the prevention and intervention of violent relationships and intimate partner violence.
- **Co-Chair FireThunder** asked for more information about OUTScouts! **Kado Stewart** shared that OUTScouts! is for youth to learn outdoor and wilderness skills similar to other scouting type programs. **Kado Stewart** shared that OUTScouts! offers young folks the opportunity to equitable access to learn these skills in an inclusive program. **Kado Stewart** shared that often programs are not inclusive and are often exclusionary due to gendered activities, especially for youth that are transgender.

- **Co-Chair FireThunder** asked for additional information about one•n•ten’s event, Fresh Brunch. **Mr. Rhoton** shared that the Fresh Brunch was an annual fundraising event that will be hosted on March 27, 2022. **Mr. Rhoton** shared that tickets are still available, but will most likely be sold out by next week. **Mr. Rhoton** shared that vaccinations are required to attend the event.
- **Deputy Director Tonya Hamilton** thanked them for a great presentation and asked if they had volunteers available to exhibit or table at events. **Kado Stewart** stated that they love to exhibit at events where there are young folks in attendance and to reach out to their office for more information.
- **Commissioner Robinson** thanked them for what she felt was a very humbling presentation. **Commissioner Robinson** asked if there was a reason that there was not a satellite location in Tempe. **Kado Stewart** shared there had been a Tempe location but that when they opened sites in Mesa and Queen Creek they saw a reduction in attendance and that many residents from that area were also going to the Phoenix location, but they would continue to monitor the need to re-open a site in Tempe.
- **Commissioner Robinson** asked how she could refer people to their programs. **Kado Stewart** shared that individuals could go to the Phoenix location or satellite location or they could join a digital program. **Kado Stewart** shared that folks get a tour of the location and parents or guardians can attend the first time only to ensure that there it is a space for the youth and young adults. **Kado Stewart** shared that staff will help individuals find a group that is the best fit for them.
- **Co-Chair FireThunder** asked how they defined vaccinated. **Mr. Rhoton** shared that they use the CDC definition which currently states two weeks after the second dose of the vaccine and does not require the booster.
- **Dr. Juan Gabriel Martinez, Mountain Park Health Center**, asked if one•n•ten had small information cards available for him to provide patients during an office visit. **Dr. Martinez** shared that he has patients who have not disclosed and would like to be able to provide them with resources that they can keep confidential. **Kado Stewart** shared that they do have information that they can provide. **Kado Stewart** stated that youth 14+ do not need parental permission to drop into the center.

**Child Abuse Prevention License Plate Grant Grantee: Mountain Park Health Center
Dr. Juan Gabriel Martinez and Ms. Amanda Williams, LCSW**

Chairperson Beagley welcomed and introduced **Dr. Juan Gabriel Martinez and Ms. Amanda Williams, LCSW**. **Dr. Juan Gabriel Martinez and Ms. Amanda Williams, LCSW** thanked the Commission for the opportunity to present.

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- **Dr. Martinez** shared the history and results of the series of studies on Adverse Childhood Experiences (ACE) that surveyed participants for childhood traumas. **Dr. Martinez** shared that in the research studies each participant was asked ten questions. For each question that participants answered “Yes” it was equivalent to one ACE. The results of the study found that there was a dependent relationship between the ACE score and negative health outcomes. **Dr. Martinez** shared that these risks of negative health outcomes include a 309% increased risk of heart and lung disease; a 240% increased risk of liver, autoimmune disease and cancer; a 460% increased risk of depression and substance abuse; and an alarming 1220% increased risk of attempted suicide. **Dr. Martinez** stated that the health risks can add up to an average of a 20 year decrease in life span.

- **Dr. Martinez** shared through increased understanding, there are groups who are even more at risk for high ACE scores, leading to even worse health outcomes than the original study results. **Dr. Martinez** shared that these groups include women, Hispanic and African American community members, low income, undereducated, and the LGBTQ community.
- **Dr. Martinez** shared that the biological effects of ACEs include hormonal dysregulation of the Hypothalamic- Pituitary- Adrenal Axis which increased cortisol, adrenaline, and cytokine activation. **Dr. Martinez** shared that persistent overactivity of this biological system contributed to chronic inflammation also known as “Toxic Stress”. This system is in charge of the fight or flight response. The fight or flight response is what takes over when we are in a dangerous situation. **Dr. Martinez** shared that the example that is often used is you are in the woods and you encounter a bear. So in a matter of milliseconds, your heart and respiratory rate increase, your pupils dilate, your blood pressure increases, blood flow is directed to your brain, lungs, and muscles and all this in order to get you ready to fight or run (flight). **Dr. Martinez** shared the questions about what happens when that “bear” comes home every night. **Dr. Martinez** stated that the fight or flight system is constantly producing cortisol and adrenaline leading to cytokine activation and resulting in chronic systemic inflammation now referred to as toxic stress.
- **Dr. Martinez** shared that the knowledge of how toxic stress affects the body continues to grow along with the knowledge of the somatic changes that is seen in adults and in children. **Dr. Martinez** shared that there are multiple studies making the connection between ACEs, high level of stress markers, the effects on brain size and function; particularly, the areas associated with emotion and memory, addiction, speech, vision, pain response, and executive function including areas of the brain responsible for reason, logic, and planning.
- **Dr. Martinez** shared that it has been reported that the age and the specific ACE plays a role in what areas of the brain are most likely to be affected and how severely. **Dr. Martinez** share that there is research in ACEs and epigenetics, which is the change in how our genes are expressed. **Dr. Martinez** shared that studies have shown that people with high ACE scores have genes that should be working normally, but are working too hard and in some cases not at all. **Dr. Martinez** shared telomeres, which are located at the end of our chromosomes, can be impacted by ACEs and shortened telomeres can be passed down through generations which contribute to early cell death leading to disease.
- **Dr. Martinez** shared that pre and perinatally, mothers affected by ACEs are more likely to have complications during pregnancy leading to issues with preterm birth and low birth weight. **Dr. Martinez** shared that other manifestations included:
 - Development delays (speech, motor), learning difficulties and attention problems.
 - Behaviorally, we are seeing dysregulated moods and tantrums, aggression in young school children, and sleep issues. In adolescents, high risk behaviors both sexually and in criminal behaviors and violence.
- **Dr. Martinez** shared the current workflow at the pediatric clinic that includes the ACEs- ACT program. **Dr. Martinez** shared that the challenge was to implement the screening into a system that does not offer much time for patient visits. **Dr. Martinez** shared the ACEs Program Coordinator has 5-7 minutes to build rapport with patients and educate on the ACEs screening. **Dr. Martinez** shared that the ACEs Program Coordinator introduces the ACE Questionnaire; the purpose and rationale behind asking; how the information will be used; and provides ACEs Handouts and then informs the provider of the ACE scores. **Dr. Martinez** shared that the ACE score guides the intervention steps.
- **Dr. Martinez** shared that the primary care provider (PCP) will see the patient and family to address any medical concerns and review the ACEs Questionnaire. If it is determined

as needed, the Behavior Health Consultant will check in with the PCP then go into the exam room to assess for needs, provide additional information and any clinical intervention necessary, and consult with PCP to schedule any follow ups needed.

- **Ms. Williams** shared that the health center utilizes evidence-based interventions; including, cognitive behavior therapy, motivational interviewing, strengths-based approach, safety assessment and planning, psychoeducation, parenting support/education, community resources, and mindfulness.
- **Ms. Williams** stated that primary care settings offer a unique opportunity to identify and address ACE exposures. **Ms. Williams** shared that randomized trials show environments that screen for ACE exposures in the family environment, have demonstrated a number of positive effects. **Ms. Williams** stated that research suggests that public education campaigns to help parents understand the cycle of abuse positively impact parenting practices, reduce children's exposure to parental anger and conflict, reduce child behavior problems, and improve parental self-efficacy and knowledge of actions to prevent child abuse.
- **Ms. Williams** shared a case example that included the screening process and detailed the interventions and outcomes for the child and their family. **Ms. Williams** shared that periodic follow ups with the families after the referral took place. **Ms. Williams** shared that they want to ensure that they are offering wrap around services and not just screening for ACEs to ensure they are being helpful and not harmful. **Ms. Williams** shared the results of the program over the two-year grant cycle for the Child Abuse Prevention License Plate Grant program. **Ms. Williams** shared that they administer surveys to providers and patients to get feedback about their experiences with the program.
- The complete presentation can be reviewed at <https://govff.az.gov/councils-commissions/arizona-parents-commission-drug-education-prevention>

Chairperson Beagley thanked **Dr. Juan Gabriel Martinez and Ms. Amanda Williams, LCSW** for their presentation. **Chairperson Beagley** asked the commissioners if they had questions for **Dr. Juan Gabriel Martinez and Ms. Amanda Williams, LCSW**.

- **Commissioner Lantzman-Waugh** asked if they have considered screening adults. **Ms. Williams** shared that their hope is to screen everyone and they will first continue to expand in the pediatric department and then expand to the women's health clinic.
- **Chairperson Beagley** stated that she felt screening should be a standard practice across all ages.
- **Co-Chair FireThunder** asked if Dr. Martinez could provide the slide that outlined the manifestations of toxic stress. **Chairperson Beagley** shared that the meeting materials would be provided to the commissioners. **Co-Chair FireThunder** asked if the ACEs handouts and screening tool were included in a slide. **Dr. Martinez** confirmed that it was included in the slides.
- **Chairperson Beagley** asked if they modified the handouts and screening tool. **Dr. Martinez** shared that they did not modify the tool to maintain the validity since it is a standardized screening tool.
- **Chairperson Beagley** asked if staff talks to the patients about the screening prior to the visit. **Dr. Martinez** stated that the ACEs Program Coordinator discusses the screening just prior to the visit with the provider. Dr. Martinez shared the importance of hiring a member of the local community to be able to relate with and quickly build rapport with the families.
- **Commissioner Robinson** shared that she is a proud Board Member at Mountain Park Health Center and is proud of the work they do in the community. **Commissioner Robinson** asked if the information provided to parents was informational or mostly

referred out and if they were doing any internal parenting services. **Ms. Williams** shared parents are referred out for additional behavioral health and parent support services. **Commissioner Robinson** shared that Arizona ranks top in the nation for the highest rate of children with 3 or more ACEs. **Commissioner Robinson** shared that there is a survey that includes questions about racism, being treated different because of who you are and what you look like, and deep poverty and she believes that this impacts all communities.

- **Commissioner Robinson** asked how long the program has been at the clinic. **Dr. Martinez** shared that it was implemented four years ago. **Dr. Martinez** shared that they would be presenting to the Mountain Park Health Center Board. **Chairperson Beagley** shared that she felt this presentation would be a good fit for the ASU Summer Institute.
- **Commissioner Robinson** shared that she currently works with justice involved youth and she sees the ACEs played out every day; untreated, unidentified, and punished.
- **Commissioner Beagley** stated it is about breaking generational cycles and continue to learn how to stop the impact of ACEs before it effects future generations.

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 (GOYFF), to share grantee updates with the commission. **Ms. Valenzuela** shared that 12,646 unduplicated individuals were served in Quarter 2 of the SFY22 grant cycle. **Ms. Valenzuela** shared that the grantee programs have been provided Technical Assistance and support for program assessment to increase the number of individuals served in their programs. **Ms. Valenzuela** reported that there has been an increase in grantee and stakeholder collaboration and partnership to further the reach and impact of the Parents Commission Grant funds and in impact in the community. **Ms. Valenzuela** shared that the SFY23 Parents Commission Grant opened on February 16, 2022 with applications due on April 4, 2022. The link to the application can be found on the GOYFF website at goyff.az.gov. **Ms. Valenzuela** shared that the Pre-Application Conference was well attended and all questions regarding the RFGA are directed to Shane Richardson, Procurement Manager, at procurement@az.gov. **Ms. Valenzuela** shared that GOYFF is finalizing the grant reviewer teams and thanked the Parents Commissioners who have volunteered to review the grants. **Ms. Valenzuela** shared that the grant review information would be shared soon.

ANNOUNCEMENTS

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

- **Deputy Director Tonya Hamilton** shared that the Quarterly Grant Writing Workshop will be hosted at the end of March and registration reached capacity in two days. There will be another opportunity to attend next quarter in June 2022. **Deputy Director Hamilton** shared that the applications for the Governor's Youth Commission are currently being accepted for high school sophomores, juniors, and seniors and are due June 3, 2022. There are some great accomplishments and news articles about the commissioners on the GOYFF website. **Deputy Director Hamilton** requested that commissioners share out the opportunity with their networks. **Deputy Director Hamilton** shared that in addition to the Parents Commission Request for Grant Application, an additional

Request for Grant Application is accepting applications for the Child Abuse Prevention License Plate Grant which is an additional opportunity for organizations that you might know that can apply for funding.

- **Chairperson Beagley** shared that the ASU School of Social Work is hosting continuing education workshops. **Chairperson Beagley** shared that she would be teaching “Hearing Voices” which will simulate the experiences of a psychotic episode with auditory hallucinations and the other course is Motivational Interviewing. **Chairperson Beagely** shared that the ASU Summer Institute has a call out for presenters. **Commissioner Robinson** requested Chairperson Beagley’s email to provide additional information.

FUTURE AGENDA/MEETING SCHEDULE

Chairperson Beagley stated the next scheduled meeting is set for May 18, 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. **Commissioner Lantsman-Waugh** seconded the motion. The motion passed with no dissenting votes and the meeting adjourned at 11:39 a.m.

17th Day of March, 2022
Parents Commission
Respectfully Submitted By:
Nicole Valenzuela
Program Administrator, GOYFF