



**Arizona Parents Commission on Drug Education and Prevention  
Meeting Minutes  
September 14, 2022  
10:00 AM**

A general meeting of the Arizona Parents Commission on Drug Education and Prevention convened on September 14, 2022. Notice having been duly given. Present and absent were the following members of the Parents Commission.

Members Present (5)	Members Absent (3)
Denise Beagley (Chair)	Raynee Schneider
Kristine FireThunder (Co-Chair)	Chief Robert Martin
Lori Robinson	Michael Klinkner
Marina Lantsman-Waugh (Proxy Chad Williams)	
Nicholas Stavros (Proxy Tina Braham)	
Staff and Guests Present (5)	
Tonya Hamilton	Caitlin Vick
Nicole Valenzuela	Nikki Kontz
Kainoa Spenser	

**CALL TO ORDER**

**Chairperson Beagley** called the Parents Commission meeting to order at **10:06 a.m.** with 5 members present and 3 members absent.

**ROLL CALL**

**Chairperson Beagley** welcomed members and guests. **Chairperson Beagley** took attendance via roll call at 10:07 a.m.

**APPROVAL OF MINUTES**

**Chairperson Beagley** requested a review of the **June 8, 2022** meeting minutes. **Co-Chair FireThunder** motioned to accept the minutes. **Commissioner Lanstman-Waugh** seconded the motion at 10:09 a.m. The motion passed with no dissenting votes.

## **PARENTS COMMISSION MEETING PRESENTATIONS**

### ***Teen Lifeline***

***Ms. Nikki Kontz, LMSW***

**Chairperson Beagley** welcomed and introduced **Ms. Nikki Kontz, Clinical Director of Teen Lifeline**, to the meeting. **Ms. Kontz** thanked the commission for the opportunity to present.

- **Ms. Kontz** gave a detailed overview of the history of Teen Lifeline. **Ms. Kontz** shared that they have more than 70 teens on the team that respond to thousands of calls and texts for support. The team members are provided extensive training and support while they are on the team.
- **Ms. Kontz** stated that their mission is to strengthen resilience in youth and foster supportive communities, and that the vision is for all youth to possess a sense of connectedness and hope for their future.
  - **Ms. Kontz** shared that Teen Lifeline offers the following programs and services:
    - Peer-to-Peer Crisis Hotline: 24/7 hotline for teens, answered by teens.
    - Life Skills Development: 72 hours of training for teen volunteers to develop advanced coping and helping skills.
    - Suicide Prevention Education: Suicide prevention, intervention, and postvention education and outreach for schools, communities, and teens.
    - School ID Initiative: Stickers on the back of school IDs and laptops with the hotline number and a message of hope.
    - eLearning and Virtual Trainings: Best-practices around suicide prevention education for school staff created and taught by clinicians.
  - **Ms. Kontz** stated that peer counseling is important because adolescents turn to a friend first when they have a problem. She discussed that a high percentage of teens do not receive mental health care that is needed, or were not aware that services were available to them. **Ms. Kontz** added that there are three “S’s” of the hotline: Safety, Stabilize, and Support.
  - **Ms. Kontz** continued by discussing that the flow of the calls included building relationships, identifying problems, problem solving, and developing an action plan when closing the call. **Ms. Kontz** stated that the supervisory team provides support to the teen team members in the following roles: Educator/Rec Leader, Tutor Counselor, Role Model Nurse, Guidance Counselor, Clinical Supervisor, and Mediator Mentor. **Ms. Kontz** added that the environment in the office is created to feel like a home for the team members to decompress and connect with other team members to feel connected and supported while navigating the important roles they fill.
  - **Chairperson Beagley** thanked **Ms. Kontz** for her presentation and asked the commission if they had any questions.
  - **Chairperson Beagley** asked **Ms. Kontz** how many calls the hotline receives. **Ms. Kontz** replied that the hotline receives approximately 40,000 calls and texts each year. She shared there has been a 50% increase since the year prior to the pandemic, including an increase in texts received that are related to the need for privacy when reaching out for support. **Ms. Kontz** added that there has been an increase in reporting fears for attending school since August and September of 2022.
  - **Commissioner Lantsman-Waugh** asked **Ms. Kontz** how a teen could apply to work at the center. **Ms. Kontz** replied that they can call the hotline or go to the website for more information on how to apply. **Commissioner Lantsman-Waugh** thanked **Ms. Kontz** for her presentation.

- **Chairperson Beagley** shared that personal experiences related to these issues led her to the work she does today and respects the work that Teen Lifeline does with teens and the community.

### **Phoenix Dream Center**

**Ms. Caitlin Vick, MTh, MDIV, CCTS-I, SCC-C**  
**Director of Pastoral Care**

**Chairperson Beagley** welcomed and introduced **Ms. Caitlin Vick, Director of Pastoral Care of Phoenix Dream Center**, to the meeting. **Ms. Vick** thanked the commission for the opportunity to present.

- **Ms. Vick** works as the Pastoral Care Manager for adult trafficking survivors at the Phoenix Dream Center as part of the Arizona Trauma Informed Faith Community Network, leading trauma-informed training for the mentors and staff. She was the Founder of the Pastoral Care Program at StreetLightUSA, and served as Director of Pastoral Care in her previous role where she developed trauma-informed faith-based services and faith-based programming in the behavioral health setting.
- **Ms. Vick** presented on Spiritually Integrated Trauma Care and her work in Pastoral Care at both of the organizations. It centered on the idea that Pastoral Care isn't just praying with the people going through trauma, but rather is grounded in trauma care which helps give the space and resources to those coping with this new concept of change. Trauma is a life-altering situation that creates a hard time of discernment that Pastoral Care helps in easing. This can be understood by the 5 dimensions of Spiritual and Theological dimensions: Embedded Theology, Deliberative Theology, Reflexivity Process, Lived Theology, and Life-Limiting vs. Life-Giving Theology.
- The goal is to bring the victim from a place of spiritual hurting to a place of healing where their spirituality or the faith network is no longer re-traumatizing them. They want individuals to properly wrestle with the tension between their systems of faith and the trauma they have endured. Spiritual practices help give stability to a victim's life when their faith and community are walking alongside them in a positive manner to help bring the victims closer to healing. After working with multiple people of faiths, agnostics, and atheists, everyone faces spiritual turmoil when trauma takes place.
- **Ms. Vick** continued by discussing that she sits with victims who are all coping with their trauma in different ways such as denial of spiritual platitudes to cover the pain. She works with each person individually by providing personalized spiritual trauma-informed care that helps break down their barriers. Clarifying the difference between the role of a Pastoral Caregiver and a clinician, she says it's important to have unity amongst the care team, but also boundaries. She is there to provide spiritual guidance during a traumatic situation, not act as the counselor. The idea of Pastoral Care is co-suffer with them and pull them out of their trauma isolation to show them they are not alone in their suffering, as it gives them a new language to solidify their beliefs with faith. Faith provides a space of spiritual safety or security through a connection with a higher power when some of the victims come from physically harming situations.

**Chairperson Beagley** thanked **Ms. Vick** for her presentation and asked the commission if they had any questions.

- **Commissioner Robinson** thanked **Ms. Vick** for her presentation, stating that the work she does is imperative, especially since a spiritual journey is a big part of life.

- **Commissioner Lantsman-Waugh** thanked Ms. Vick for her presentation, and stated that she appreciated the lens and approach to her work. **Commissioner Lantsman-Waugh** added that spirituality is often kept separate during services, but being such an important part of life it should be included in an integrated approach.
- **Chairperson Beagley** stated that the presentation was enlightening and is responsive to the needs at different levels of care.

## PARENTS COMMISSION GRANTEE UPDATES

**Ms. Nicole Valenzuela**

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

**Chairperson Beagley** invited **Ms. Nicole Valenzuela, Program Administrator at the Governor's Office of Youth, Faith and Family (GOYFF)**, to share grantee updates with the commission. **Ms. Valenzuela** shared that she has met with the 27 grantees who are in the implementation phase of their programming and have been provided extensive technical assistance to ensure that the program and performance measures are implemented effectively, ensuring that they are measuring the impact of the program in the communities they serve. **Ms. Valenzuela** stated that a Grantee Engagement meeting was hosted for grantees to learn about grantee programming and provided the opportunity to partner and collaborate with other grantees.

## ANNOUNCEMENTS

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

- **Deputy Director Tonya Hamilton** shared that GOYFF will host the Lighting Arizona Purple kick-off event to raise awareness for Domestic Violence Awareness Month recognized in October. The event will be hosted on Monday, October 3, 2022 at 6:00 p.m. **Deputy Director Hamilton** recommended attendees register for the event that will be hosted in-person and virtually.

## FUTURE AGENDA/MEETING SCHEDULE

**Chairperson Beagley** stated the next meeting is scheduled to be in-person on **November 8, 2022 at 9:00 a.m.** at the Executive Tower.

## 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 11:34 a.m.

15<sup>th</sup> Day of September, 2022  
Parents Commission  
Respectfully Submitted By:  
Nicole Valenzuela  
Program Administrator, GOYFF