



**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** to the meeting. **Ms. Kontz** thanked the Commission for the opportunity to present.

**Ms. Kontz** shared a detailed account 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** shared that their mission was to strengthen resilience in youth and foster supportive communities and that the vision was for all youth 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 hotline number and a message of hope.
  - eLearning and Virtual Trainings: Virtual best-practices suicide prevention education for school staff created and taught by clinicians.
- **Ms. Kontz** shared that peer counseling is important because adolescents turn to a friend first when they have a problem. **Ms. Kontz** stated 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** stated that there are three “S’s” of the hotline that include Safety, Stabilize, and Support.
- **Ms. Kontz** stated 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 provided 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** stated 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** stated that the hotline had received 40,000 calls and texts each year. **Ms. Kontz** shared that there has been a 50% increase since the year prior to the pandemic. **Ms. Kontz** stated that there has been an increase in texts received that are related to the need for privacy when reaching out for support. **Ms. Kontz** shared 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** shared that they could call the hotline or go to the website for 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** to the meeting. **Ms. Vick** thanked the Commission for the opportunity to present.

- **Ms. Vick** does pastoral care as the Pastoral Care Manager for adult trafficking survivors at the Phoenix Dream Center as part of the Arizona Trauma Informed Faith Community Network and leads trauma-informed training for the mentors and staff. She previously served the last several years the Director of Pastoral Care and founder of the Pastoral Care Program for StreetLightUSA. Caitlin 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 space and resources to those coping with this new concept of change. It is by learning about their past and current beliefs that come into conflict with their present situations and future outlooks created by them. 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 one come to a place of healing where their spirituality or faith network is no longer re-traumatizing them. The goal for them is 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** 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 one individually by providing personalized spiritual trauma-informed care that helps break down their barriers. She sits with people of all faiths and beliefs to go alongside them to help them build spiritual practices that build them up and not re-traumatize them. 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-suffering with them and pulling 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. **Commissioner Robinson** stated that the work that Ms. Vick does is imperative, especially since a spiritual journey is a big part of life.
- **Commissioner Lantsman-Waugh** thanked Ms. Vick for her presentation. **Commissioner Lantsman-Waugh** stated that she appreciated the lens and approach to her work. **Commissioner Lantsman-Waugh** stated 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, 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. **Ms. Valenzuela** shared that the grantees 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 and are measuring the impact of the program in the communities they serve. **Ms. Valenzuela** shared that a Grantee Engagement meeting was hosted for grantees to learn about grantee programming and provided opportunity to partner and collaborate.

## ANNOUNCEMENTS

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

- **Deputy Director Tonya Hamilton** shared that the Governor's Office of Youth, Faith and Family will host Lighting Arizona Purple to raise awareness for Domestic Violence Awareness Month. 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 virtual.

## FUTURE AGENDA/MEETING SCHEDULE

**Chairperson Beagley** stated the next scheduled meeting is set for **November 8, 2022 at 9:00 a.m.** at the Executive Tower. **Chairperson Beagley** announced that the meeting would be 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 11:34 a.m.

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