



**Roane County Anti-Drug Coalition  
August 9, 2017**

**Members/Guests Present:** Mike Barber, Kristina Casterline, Nancy Chrisman, Cathy Day, Donna Forstrom, Ashley Freeberg, Jason Goodman, Sarah Harrison, Jackie Holmes, Suzanne Horsfall, Maretta McNichol, Jill Murphy, Ken Mynatt, Beth Sams, Leonora Spangler, and Mollie Swallows

Sarah called the meeting to order and asked that those present introduce themselves. She shared that Kris was away at a conference addressing abuse of opioids and sent her regrets regarding her absence.

**Adverse Childhood Experience (ACES) Training:** Former RCADC administrator, Jill Murphy, and UT Extension Agent for Family and Consumer Sciences, Kristina Casterline, conducted the training using PowerPoint slides. Jill is currently serving as a Divisional Coordinator for the TN Commission on Children and Youth. The presentation was entitled, The Role of Life Experiences in Shaping Brain Development. The state's ACE Initiative mission is to work to change the culture of TN so that the state's overarching early childhood philosophy, policies, programs, and practices utilize the latest brain science to prevent and mitigate the impact of adverse childhood experiences.

There are four primary concepts in the program: (1) Brain architecture is established early in life and supports lifelong learning, behavior, and health; (2) Stable, caring relationships and "Serve and Return" interaction shape brain activity; (3) Toxic stress in the early years of life can derail healthy development; and (4) Resilience can be built through "Serve and Return" relationships, improving self-regulation, and executive functions. Participants in the training were encouraged to share information learned with the community.

Two videos were included in the training with questions answered as they surfaced. A self-administered survey may be accessed at [ACEStudy.org](http://ACEStudy.org) to assess how many ACES a person has experienced. The scale runs from 0-10. In 2014 specifically in the state of TN, 61% of the population had at least one ACE while 24% had three or more ACES. Many ACES lead to destructive behaviors, so the Coalition was encouraged to look for ways to be involved in fostering resilience and helping young children and adolescents to move toward overcoming the negative effects of ACES.

All participants received a certificate of completion for the training.

**Other Business:** Since there was a quorum of board members in attendance, Sarah asked if the board would address a matter of business before dismissal. She explained that the donated jet-ski was in disrepair and she would like to surplus the equipment. Leonora made a motion to do so. Mike seconded the motion. Motion passed as there were no objections.

Donna announced that the Drug Awareness Day scheduled on June 17 at the Oak Ridge City Pool was a great success. There were 178 children ages 3-11 who attended and 83 attendees ages 12-17. A total of

671 participants were at the event when all volunteers, pool employees, and adults in attendance were included.

The next Coalition meeting will be held on Wednesday, September 13 at noon at the RCADC office (151 E. Race St, Kingston).