

CHOICE AND CONSEQUENCE BOARD OF DIRECTORS MEETING MINUTES  
Sunday, September 7, 2008, 3<sup>rd</sup> quarter

The Choice and Consequence Board of Directors met on Sunday, September 7, 2008 for the summer retreat at 33454 West Shore Drive, Mount Vernon, WA 98274. The following members were present / absent:

**Present**

Colleen Williams  
Rima Blackwell  
Jana Kurrle  
Deborah Parker

**Absent**

Karen Fryberg (excused)  
Barbara Otonicar (excused)  
Kathy Ketchum (excused)

- A.** Minutes from February 20, 2008 were reviewed. Jana made a motion to accept the minutes as written and Deborah made a 2<sup>nd</sup>. Minutes were accepted.
- B.** Treasurers report was reviewed and discussed year to date. The 2007 990 Tax return was distributed and discussed. (See attached)
- C.** The need for a paradigm shift was discussed. Many adults think that “all kids try drugs” and this message is relayed to youth by adults and others in the community, including their peers. This social norm is incorrect and may be damaging to youth. The opposite is actually true and the TRIS nurses need to include that the overwhelming majority of youth never try alcohol, tobacco, and other drugs in the presentation.
- D.** The organization Bylaws were reviewed and amended. An amendment was made to the terms for service by board of directors. The item was changed from a ‘board member shall serve no more than two years’ to read, ‘board members shall serve a minimum of two years’...
- E.** Reading materials about how to run a capital campaign were distributed to all board members. This item was tabled to lack of time and it was requested that all board members read the materials and be thinking about ways they might be able to help the organization with a campaign.
- F.** The next draft of the post test being designed by Jan-Olav Johannssen was reviewed and discussed. Minor changes were made and the executive director was instructed to make the changes and submit the test to the researcher for his opinion before the next board meeting.
- G.** The policy for conducting TRIS in the 2009/10 school year has had some changes made. These changes were reviewed and the board agreed that TRIS will be cut back from 7 to 5 presentations maximum in a day. It will also now be required to send a notification/permission letter home to parents before a school has their

TRIS day. The board feels that it is necessary to notify parents and give them time to call the office and ask questions about what will be covered. The letters will encourage parents to take the opportunity to discuss alcohol, tobacco, and other drugs along with other important life choices when their child returns home from school that day. Teachers must now give their students a follow-up assignment to write a “Dear Organ Lady” letter as part of follow-up to the TRIS day. They are asked to share what they learned, what they were feeling, how things in their family life may be similar, and how they can apply what they learned to help themselves, others in their schools and family members.

- H.** The executive director will attend a social marketing conference on September 10 & 11 in Bellingham, WA. To explore new marketing strategies like blogging and viral networking. Grant funding for the 2008/09 school year totaled \$45,500. Thirty-four Snohomish County schools and four King County Title 1 schools will receive TRIS for a day at their school free of charge. It was suggested by Deborah Parker that the board work on a partnership proposal with the Tulalip Tribe to use TRIS in combination with a tribal storyteller at schools serving tribal youth and at health fair and events. The goal will be to increase the number of tribal youth saying no to alcohol, tobacco, and other drugs. The executive director was tasked with meeting Karen Fryberg, board member and manager of the Tulalip Health Clinic, to discuss partnership possibilities.
- I.** New Agenda Items & Adjourn: The meeting adjourned at 12:00. The next regularly scheduled board meeting will be held on December 3, 2008 from 5:30 – 7:30 pm in the Mount Adams Room at Providence Everett Medical Center.