



Prevention Efforts

January 2014

The Substance Abuse Coalition of Kanabec County (SACK) is committed to promoting safe and healthy choices and reducing substance abuse. The prevention efforts highlighted here are a result of the dedication and hard work of SACK members and partners.

Evidence-Based Curricula in Mora and Ogilvie Schools

The Mora and Ogilvie School Districts have been implementing evidence-based alcohol, tobacco, and other drug prevention curricula to students in grades 3-12 since 2006. Evidence-based programs, practices, and policies are prevention strategies that are proven to have produced positive change. Curricula implemented locally include Life Skills Training and Project Northland-Class Action.

Olweus Bullying Prevention Program

The Mora and Ogilvie School Districts launched the Olweus Bullying Prevention Program in 2012. Olweus is a systematic approach designed to make schools a safe and positive place for students to learn and develop by reducing existing bullying problems among students, preventing the development of new bullying problems and achieving better peer relations at school.



School Drug Policies

Both Mora and Ogilvie Schools have drug policies outlined in their student handbooks. Neither possession or consumption of alcohol, tobacco or other drugs is allowed. In addition to school disciplinary action, athletes are held to Minnesota State High School League rules. The schools take additional measures to keep students healthy and safe. For example, staff are encouraged to monitor students in the hallways during passing times.

Drug-Free Home Policies

Research shows that the main reason kids choose not to use alcohol, tobacco or other drugs is their parents. Creating a family contract is one way parents can help their kids abstain from using alcohol, tobacco and other drugs. It is a tool for expressing values and outlining expectations and consequences. Many sources encourage parents to talk to their children about substance abuse early and often. A sample "Family Contract" is available on the coalition's website, and coalition members are working to develop a toolkit for parents.

Neighborhood Watch

The Kanabec County Sheriff's Office has supported local Neighborhood Watch networks for many years. Neighborhood Watch is a crime prevention program that teaches citizens how to identify and report suspicious activity in their neighborhoods. The Sheriff's Office also participates in National Night Out each year. This event brings neighborhoods together with a focus on crime prevention.



Compliance Checks

The Kanabec County Sheriff's Office has been conducting alcohol and tobacco compliance checks since 2001. Compliance checks involve an underage decoy who attempts to purchase alcohol or tobacco from a retailer. Retailers are considered compliant when they refuse to sell alcohol or tobacco to a youthful looking person who cannot prove they are of legal age. If a sale is made, violators are prosecuted.



Responsible Beverage Service Training

Responsible Beverage Service Training (RBST) has been offered to establishments which have a license to sell and/or serve alcohol in Kanabec County twice annually since 2008. This training equips alcohol servers and sellers with the knowledge and skills they need to comply with alcohol beverage service laws and thereby prevent underage drinking, excessive alcohol consumption and related harms. As of June 2013, all liquor licensors in Kanabec County require establishments to send their employees to a RBST as a condition of their liquor license.

Social Host Ordinances

Kanabec County and the City of Mora passed social host ordinances in 2010. These ordinances make persons criminally responsible for hosting events or gatherings where persons under 21 years of age possess or consume alcohol, regardless of whether the person hosting the event or gathering supplied the alcohol. Enforcement of these ordinances is ongoing, and violators continue to be prosecuted.

Source Investigations

Source investigations are conducted by law enforcement to identify the source of alcohol every time minors are found drinking. Doing so reduces access to alcohol by holding adults accountable for illegally providing alcohol to minors. In fall 2013, coalition members and partners formed a Source Investigations Workgroup to coordinate resources and develop protocol for responding to and investigating underage drinking incidents.



Retail Alcohol Vendor Enforcement

Retail Alcohol Vendor Enforcement (RAVE) is a program of the Minnesota Department of Public Safety (DPS). It involves providing education and immediate feedback to establishments in an effort to reduce over service, alcohol-related traffic crashes and DWI arrests. In spring 2014, coalition members and partners will receive training and technical assistance from DPS to pilot a similar program in Kanabec County.



Mass Media Campaign & Saturation Patrols

Mass media campaigns and saturation patrols work together to reduce alcohol-related traffic crashes and DWI arrests. The Kanabec County Sheriff's Office has conducted saturation patrols for impaired driving as part of the Minnesota Department of Public Safety's Toward Zero Death (TZD) initiative since 2001. Coalition members worked with a media company to develop a new mass media campaign that targets impaired driving among young adults. The campaign launched in December 2013.

Got Drugs? National Take-Back Day



Kanabec County has participated annually in the National Drug Take-Back Day since 2011. The National Drug Take-Back Day aims to provide a safe, convenient, and responsible means of disposal, while also educating the general public about the potential for abuse of these medications. This initiative has been a collaborative effort among the Drug Enforcement Agency, Kanabec County Sheriff's Office and SACK.

Minnesota Prescription Monitoring Program

The Minnesota Prescription Monitoring Program (MNPMP) is a statewide electronic database that collects data on prescription medications dispensed in the state. Every pharmacy is required to enter data into the MNPMP on medications dispensed. Prescribers of medications have the ability to reference the MNPMP to identify and address prescription drug abuse, addiction and diversion.

Permanent Drop Box for Unused Medications

Coalition members began exploring the opportunity for a permanent drop box in 2011. The box would be available to community members all year round for safe disposal of unused medications. Improper disposal of unused medications threatens wildlife and contaminates drinking water among other environmental concerns. Unused medications that are not disposed of may also be diverted for abuse.



Drug Recognition Expert

In 2012 a Kanabec County Deputy was trained as a Drug Recognition Expert (DRE). A DRE has advanced knowledge and skills on how to identify impairment in drivers under the influence of drugs other than, or in addition to, alcohol. A DRE conducts a detailed examination of persons arrested or suspected of drug-impaired driving or similar offenses.

Kanabec County Juvenile Tobacco Diversion Program

The Kanabec County juvenile tobacco diversion program has been offered since 1998. The Kanabec County Sheriff's Office, Attorney's Office, Court Services, and Public Health collaborate to provide an alternative to court for juveniles involved in illegal use of tobacco products. The program educates participants on the dangers and costs associated with tobacco use.



Youth and Young Adult Engagement

Youth enrolled in the Mora and Ogilvie School Districts have been involved in a variety of prevention projects in Kanabec County. Coalition members recognize that both youth and young adults have the power to be a positive role model and promote healthy behavior among their peers. They also have the power to influence key decision makers to support a healthy environment. The coalition has and will continue to work with community and school groups to engage youth and young adults in its prevention efforts.

Prevention Information and Resources

Coalition members have served as a resource for current prevention information and resources to the community for many years. Coalition members have submitted articles to the local newspaper and often attend community events to provide information on alcohol, tobacco, and other drug use. In recent years communication has expanded to include the SACK website, blogs, e-newsletter, social media outlets, and monthly column in the Kanabec County Times.

State and National Prevention Training

Coalition members have many opportunities to attend various trainings and conferences every year. While some are offered as part of a local coalition meeting, others are offered statewide by the Minnesota Prevention Resource Center or nationally by the Community Anti-Drug Coalitions of America (CADCA). These trainings equip coalition members with knowledge and skills of prevention programs, practices, and policies.



Data Collection

The coalition collects existing and new data on a regular basis to assess community needs, make plans for action and evaluate its progress. Data on alcohol, tobacco and other drug use has been collected via surveys, interviews, environmental scans, and focus groups. The coalition also collaborates with various local organizations in Kanabec County to collect consumption, consequence and other related data.

Regular Collaborative Meetings

Coalition members meet monthly for training and to share information, strategize and plan for action. Some SACK members also meet regularly for the Communications and Epidemiological Workgroups. Additional committees are formed as needed to work on specific policies or other initiatives.



Prevention Funding

Funding for prevention efforts in Kanabec County has come from a variety of sources over the past several years. Since SACK was established in 2006, the coalition has received funding from the Minnesota Department of Human Services, Alcohol and Drug Abuse Division and the Office of National Drug Control Policy. Prevention funding is an investment in our community that improves health outcomes and reduces costs associated with substance abuse.