

Tioga County Drug & Alcohol Planning Council
September 10, 2025
1:30 PM

Attendance: Roger Bunn, Cindy Grand, Kimberly Jayne, Rose Moore, John Newell, Commissioner Shane Nickerson, Mellissa Parsons, Laurie Roof, Shelby Rush, Mike Spencer, Commissioner Sam VanLoon, Diane Weed, Colleen Wilber, Heather Williams

Call to Order- Diane called the meeting to order (Virtual Meeting) at 1:30 p.m. with the Pledge of Allegiance and a Moment of Silence.

Secretary's Report- Diane asked the members to review the August meeting minutes. No questions, concerns or comments. Meeting minutes approved.

Business:

An updated proposal was received from "This Is My Quest, Inc". for Opioid Settlement Dollars. See attached proposal. Rose Moore and Heather Williams presented to the planning council members their proposal request. Shelby Rush complemented Rose Moore and "This Is My Quest, Inc." for the extreme competency and their level of intention that they have brought to their program. They put a lot of time, thought, and creation into the curriculum, creating a hands-on experience for youth who find it interesting. The staff are all very passionate about what they do, and it is one of the best programs available to our youth that she has seen. **Question-** How are you transporting youth to and from the program? **Answer** - The local school district has their own transportation that is secured through a grant. For the youth that do not qualify for transportation, "This Is My Quest" transports them. **Question-** Is there a drug prevention training involved with this program? **Answer** - Heather has developed topics/classes for the youth regarding substance abuse prevention and how it relates to our environment. For example, as we can pollute our environment by what we put in it - we can pollute our bodies the same way. Diane will submit this proposal to the County Commissioners for final approval.

July and August 2025 Treatment Trends:

July 2025

People:

# assessed	Female	Male	12-17	18-25	26-59	60+
16	5	11		2	14	0

Drug of Choice:

Alcohol	Heroin	Meth	Cocaine/crack	Marijuana	Other Opiates	Other amphetamines	Benzodiazepine
7	0	6	0	1	1	0	0

Referred to-Level of Care:

0.5 EI	1.0 OP	2.1 IOP	3.7 WM	3.5 IP	3.1 HWH
1	3	1		3	0

Priority Populations:

Pregnant Women	Women w/ children	Person who injects drugs	Overdose Survivor	Active Duty	Veteran
0	2	4	3	0	0

Screen outs: 2

August 2025

People:

# assessed	Female	Male	12-17	18-25	26-59	60+
8	2	6	1	2	5	0

Drug of Choice:

Alcohol	Heroin	Meth	Cocaine/crack	Marijuana	Other Opiates	Other amphetamines	Benzodiazepine
3	1	2	0	2	1	0	0

Referred to-Level of Care:

0.5 EI	1.0 OP	2.1 IOP	3.7 WM	3.5 IP	3.1 HWH
	1	0		2	0

Priority Populations:

Pregnant Women	Women w/ children	Person who injects drugs	Overdose Survivor	Active Duty	Veteran
0	0	0	1	0	0

Screen outs: 1

Incarcerated:4

The Walk For Recovery event is September 27, 2025 from 10:00-2:00 p.m. on the Green in Wellsboro.

Cindy Grand states that the Commonwealth of Pennsylvania Department of Drug and Alcohol is having a free emerging drug trend symposium in Camp Hill if anyone is interested in attending. It is scheduled for November 18th.

Meeting adjourned at 2:29 p.m.

Roger C. Bunn

Roger C. Bunn
Secretary

Diane Weed

Diane Weed
D&A Assistant Administrator

This Is My Quest, Inc. – Funding Request

Organization Overview

This Is My Quest, Inc. is a nonprofit organization providing education and opportunities for youth and families in Tioga and Potter Counties. Our programming integrates SAMHSA-recognized prevention strategies with innovative, evidence-informed outdoor education to address youth risk factors, promote resilience, and strengthen families.

Program Descriptions & Evidence Base

1. After School Programs (Northern Tioga, Southern Tioga, and Wellsboro Area)

Hands-on outdoor education, conservation projects, archery, STEM learning, and skill-building activities for at-risk youth.

Evidence-Based Model:

- Protective Factors Framework – recognized by SAMHSA for prevention (building pro-social skills, school engagement, positive peer bonding).
- Positive Youth Development (PYD) – demonstrated to reduce youth substance use and risk behaviors.

Funding Request: \$20,000 for supplies, transportation, and materials.

2. VisionQuest (At-Risk Youth Program)

Outdoor education and behavioral health support for youth facing trauma, substance misuse risk, or family instability. Includes leadership development, archery, STEM projects, and nature-based recovery.

Evidence-Based Model:

- Trauma-Informed Care – SAMHSA-endorsed approach for addressing adverse childhood experiences.
- Trauma-Focused CBT principles – recognized as an evidence-based practice for at-risk youth.

Evidence-Informed Enhancements:

- Nature & Sylvotherapy practices – supported by emerging research for stress reduction, emotional regulation, and resilience.

Funding Request: Part of the after-school allocation above.

3. Recovery & Family Support Program

Prevention and recovery-focused education for families, led by Heather Williams, Director of Recovery and Wellness Programs. Heather holds a Bachelor's in Social Work and an Associate's in Behavioral Health and Addiction Counseling, and has completed specialized training in:

- Traumatic Stress Disorders in Children and Adolescents
- Supporting Children and Families with Disabilities
- Recovery Principles & Practices in Behavioral Health Treatment
- A Multicultural Approach to Recovery-Oriented Practice
- Stress Management for Behavioral Health Professionals
- Adult, Child & Baby First Aid/CPR/AED
- Sylvotherapy/Nature Therapy

Evidence-Based Model:

- Family-Centered Prevention Models (e.g., SAMHSA's Strengthening Families) – proven to reduce substance misuse risk.
- Peer Support Services – identified by SAMHSA as an evidence-based recovery support practice.

Evidence-Informed Enhancements:

- Sylvotherapy/Nature-Based Recovery – innovative adjunct to evidence-based family programming.

Funding Request: \$15,000 for staff training reimbursement, delivery, and supplies.

4. Access for At-Risk Youth & Families

Fee support ensuring that foster care youth, recovering individuals, and families can fully participate.

Evidence-Based Model:

- SAMHSA's Strategic Prevention Framework (SPF) – emphasizes accessibility, inclusion, and equity as essential to prevention.

Funding Request: \$5,000 for programming access support.

Benefits of Outdoor-Based Prevention Programs

Outdoor programs, when integrated with evidence-based prevention frameworks, provide a powerful platform for addressing the opioid crisis:

- Immersive Healing Environment – Nature supports trauma recovery and builds protective factors.
- Skill Development – Youth gain coping, problem-solving, and pro-social skills, reducing risk of substance misuse.
- Community Connection – Strengthens bonds with peers, mentors, and positive adult role models.
- Whole Health Impact – Improves mental health, reduces stress, and builds long-term wellness.

Conclusion

This Is My Quest respectfully requests \$40,000 to sustain and expand programming that is grounded in evidence-based prevention and recovery models while innovatively incorporating nature-based, evidence-informed practices. Our approach not only addresses immediate risk factors for opioid misuse but also builds lasting resilience in youth and families.