

ARIZONA HOUSE OF REPRESENTATIVES
Fifty-second Legislature – First Regular Session

COMMITTEE ON HEALTH

Report of Regular Meeting
Tuesday, January 20, 2015
House Hearing Room 4 -- 2:00 p.m.

Convened 2:12 p.m.

Recessed

Reconvened

Adjourned 2:46 p.m.

Members Present

Mr. Boyer
Mr. Friese
Mr. Lawrence
Mr. Meyer
Mrs. Cobb, Vice-Chairman
Mrs. Carter, Chairman

Members Absent

Request to Speak

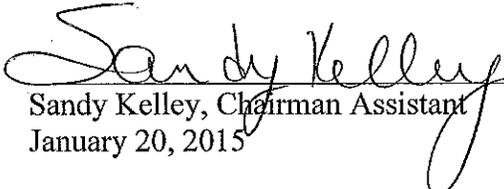
Report – Attachment 1

Presentations

| <u>Name</u> | <u>Organization</u> | <u>Attachments (Handouts)</u> |
|-------------------------|----------------------------|--------------------------------------|
| Aimee Runyon, CEO | notMYkid | 2, 3 |
| Debbie Moak, Co-Founder | notMYkid | |

Committee Action

| <u>Bill</u> | <u>Action</u> | <u>Vote</u> | <u>Attachments (Summaries, Amendments, Roll Call)</u> |
|--------------------|----------------------|--------------------|--|
| HB2139 | DP | 4-0-0-2 | 4, 5 |
| HB2141 | DP | 6-0-0-0 | 6, 7 |


Sandy Kelley, Chairman Assistant
January 20, 2015

(Original attachments on file in the Office of the Chief Clerk; video archives available at <http://www.azleg.gov>)

Information Registered on the Request to Speak System

House Health (1/20/2015)

HB2139, controlled substances; schedules

Support:

Hal Wand, Executive Director, representing self

All Comments:

Hal Wand, Self: conforming to federal reqjurents

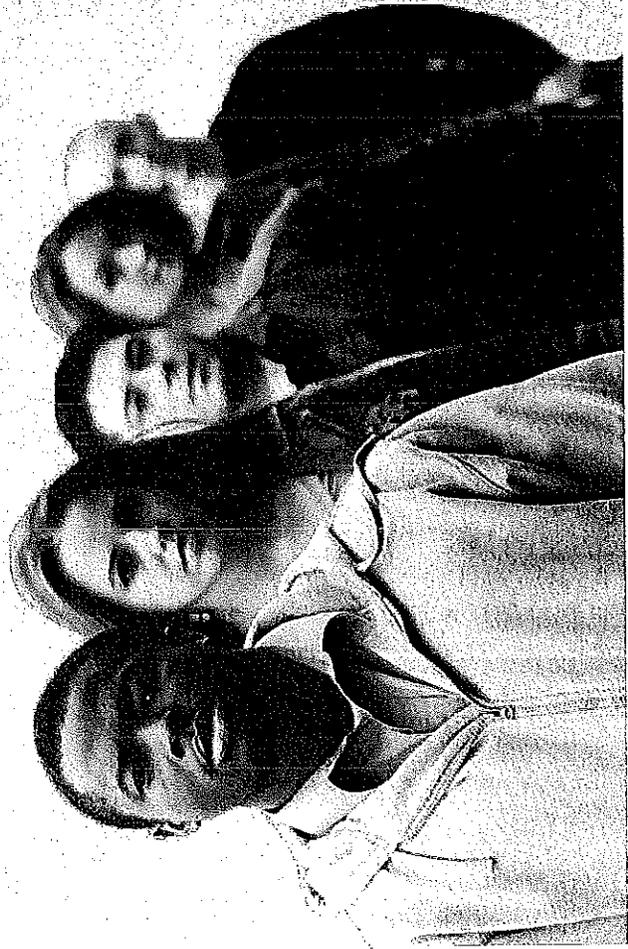
HB2141, prescription monitoring program; disclosure

Support:

Rory Hays, MARICOPA COUNTY

notMYkid[®]

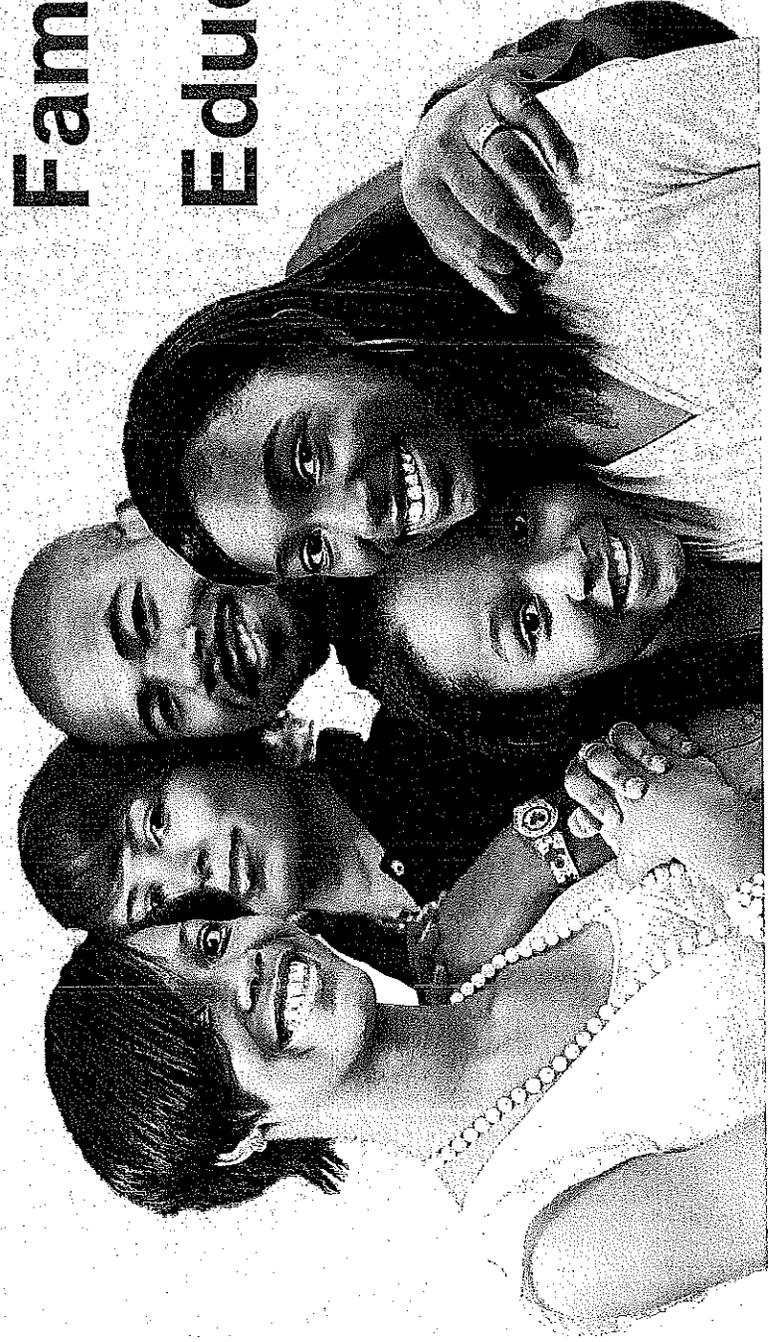
INSPIRING POSITIVE LIFE CHOICES



Impacting Arizona's
Youth, Families,
and Educators

Comprehensive Education

Youth
Families
Educators



notMYkid
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Cost Effective

312 schools

106,000

Individuals Educated

\$3.00 per child

Substance Abuse

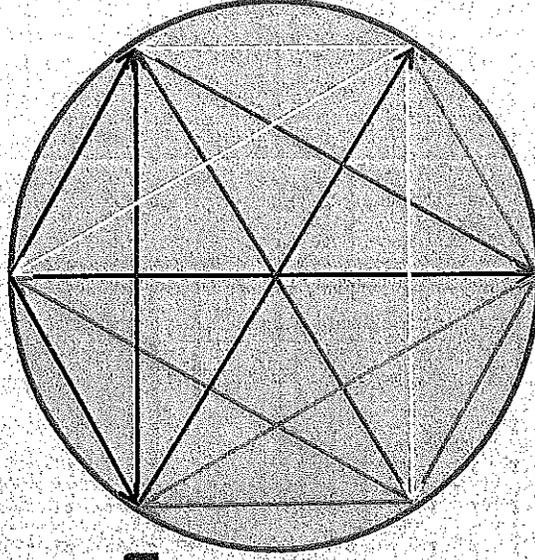
Body Image

Unhealthy Relationships

Bullying

Depression

Internet Safety



notMYkid
INSPIRING POSITIVE LIFE CHOICES

Peer Education

I

Information

M

Motivation

B

Behavioral Skills

R

Resources



Grounded In Research

4 out of 5 youth respondents
changed the way they thought
about each topic

90% of Adults Participants
Change The Way They Thought
About Each Topic

36% of youth participants
reported they Changed their
Behavior at the 90 day follow-up



Parasi, Monica Ph.D., Wollen, Thera MSW, MHP: ... Evaluation
Report of notMYkid Programs for 2013-14

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NOTMYKID[®]

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“A child who reaches **age 21** without smoking, abusing alcohol or using drugs is **virtually certain never to do so.**”

— Joseph A. Califano, Jr., Chairman and President of the National Center on Addiction and Substance Abuse

Follow us on:     

notMYKID

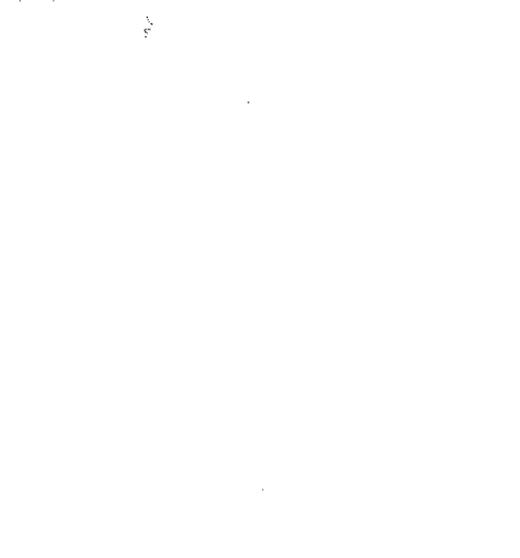
INSPIRING POSITIVE LIFE CHOICES



CONFIDENCE



POWERMENT



notMYkid[®]

INSPIRING POSITIVE LIFE CHOICES

Program Evaluation Summary Report

July 2014

ACKNOWLEDGEMENTS

This report was commissioned in October 2013 by notMYkid, a non-profit 501(c)3 organization. This report was prepared by Saguaro Evaluation Group LLC (SEG) (www.saguaroevaluation.com) a small evaluation and social service consulting group with expertise in program evaluation, needs and health assessments and training. The evaluation of amplif(i) and notMYkid programs began on he Fall of 2013. We would like to recognize the thoughtful input and assistance of notMYkid staff, board members, and volunteers. Questions and/or requests regarding this report may be directed to Sam Burba by email at Sam@notMYkid.org.

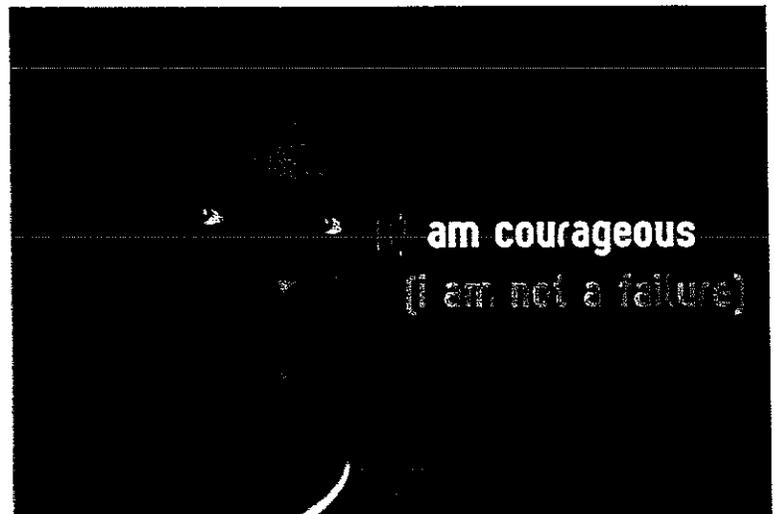
notMYkid: An InformativeINSPIRATIONALresource

Founded in 1999 by the Moak family, notMYkid is a non-profit 501(c)(3) organization that utilizes peer-to-peer education to empower youth, families, and communities in Arizona so they may be equipped to make well-informed, positive life choices. Currently, notMYkid offers two programs: amplif(i) Youth Education Presentations and Adult Presentations

amplif(i) Youth Programs

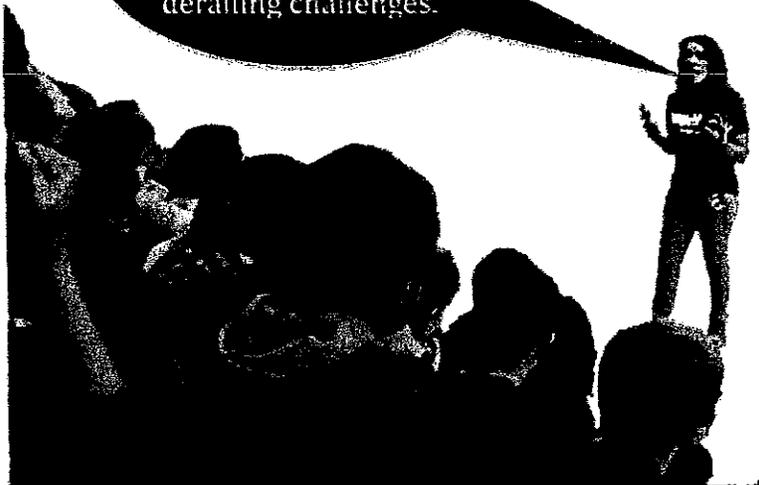
Young adults, ages 18-30 years, conduct amplif(i) presentations for middle and high school students in one or more of the following six areas:

- Substance abuse
- Bullying
- Unhealthy relationships
- Depression/self-injury
- Internet safety
- Eating disorders



We're here to help you overcome potentially life-derailing challenges.

During the presentations, trained presenters share stories about their personal adversities with one of the aforementioned topics. The honesty and emotion evoked from these stories is designed to inspire youth audiences to navigate potentially destructive behaviors in a healthy and responsible manner. Presentations discuss current trends, warning signs, long-term impacts, and tools and resources for preventing such behaviors. All presentations are completed in one to two hours, allowing the program to reach large number of students.



Adult Programs

Adult presentations inform parents and staff at workplaces and school settings about daily challenges facing today's youth. Audiences receive information about trends, warning signs, and resources for seeking help. Programs are usually completed in one to two hours. Different from youth presentations, adult workshops focus on the following three topics:

- Substance abuse
- Bullying
- Internet safety

Topics addressed by both the youth amplif(i) and the adult programs have been chosen because they constitute public health issues (The National Center on Addiction and Substance Abuse-CASA, 2009; Centers for Disease Control and Prevention, 2014; Moreno, Egan, Bare, Young and Cox, 2013; and Cassano and Fava, 2002) that not only affect the individuals but also cost millions of dollars to society.

The purpose of this evaluation was to assess the overall impact notMYkid peer educator presentations have on influencing positive behaviors among both its youth and adult audiences. The goal is to use these evaluation findings to:

- a) **IDENTIFY** ways in which the different notMYkid presentations influence audiences.
- b) **PROVIDE** recommendations for strengthening notMYkid programs.
- c) **SUBSTANTIATE** greater resources so notMYkid may enhance its operations.

Why a peer-to-peer model?

1. Youth are more likely to relate to their peers.
2. Youth are more likely to trust the accuracy of information presented by their peers.
3. Youth tend to have an easier time discussing sensitive topics with people their own age rather than authority figures

Catanzarite & Robinson, 2013

Methodology

During the 2013-2014 academic year, pre-and-post surveys were administered to both youth and adult audiences before and after each notMYkid/amplif(i) presentation. Youth also completed a follow-up survey three to four months after attending their

respective presentations. notMYkid Board of Directors, Advisory Board, and school principals reviewed and approved the surveys and procedures prior to implementation.

Surveys were comprised of two demographic questions and eight questions regarding participants' knowledge, attitudes, and experiences pertaining to the discussed topic areas. With the exception of demographic questions, survey response options were presented in a 5-point Likert Scale (0=*I don't know*, 1=*Strongly disagree* to 4=*Strongly Agree*). Higher values between pre-and-post survey comparisons demoted changes in the desired direction (e.g. increase in knowledge, desire to make positive changes in one's life).

Data from pre-and-post surveys were paired and analyzed using frequencies, crosstabs, paired-sample t-tests, correlations, and linear regressions. Multiple regression analyses were used to examine what factors (knowledge, confidence, understanding, etc.) predicted positive behavior changes. Correlation analyses were used to identify the relationship between variables (e.g. knowledge and positive change). Variables found to be significantly correlated were entered in the multiple regression computation using forward stepwise procedures, which allowed the evaluator to examine changes in the strength of the relationship (R^2).

Follow-up data were aggregated and compared with findings from the post-survey. Students checked all the amplif(i) programs they attended allowing the evaluator to select cases to analyze for each program separately. Data were then examined using frequencies and crosstabs.

| Aims | Youth Survey Questions (Post-Survey) |
|-------------------------------|---|
| Knowledge | I learned something new about [bullying]. |
| Perceived Problem | Now, do you think [bullying] is a problem for youth? |
| Understanding | I learned something new from the speaker today. |
| Knowledge of Resources | If I need help with [bullying] I know where to go for help (person or place). |
| Perception | Did this talk change how you think about [bullying]? |
| Self-Efficacy | There are things I can do about [bullying]. |
| Self-Reevaluation | [Bullying] doesn't affect me. |
| Commitment to Change | After today's talk, I am going to make some positive changes in my life. |
| Problem Identification | I would know if I, or one of my friends, needed help with [bullying]. |
| Help-Seeking Behavior | If I, or one of my friends, needed help with [bullying], I would get help. |

program findings:

INSPIRING POSITIVE LIFE CHOICES

amplif(i) Youth Program Comparisons

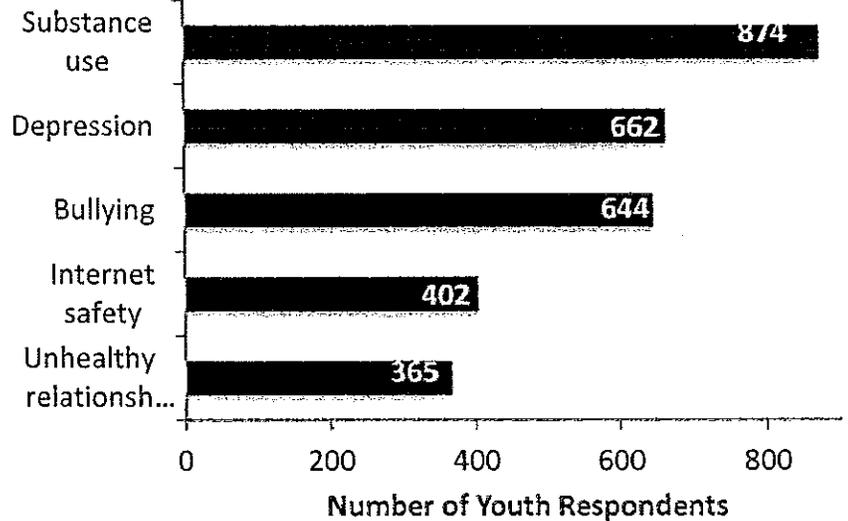
During the 2013-2014 academic year, notMYkid amplif(i) presentations reach over 84,000 youth. A sample of 2,947 youth were surveyed before and after 24 amplif(i) youth presentations: substance use (three presentations), bullying (five presentations), Internet safety (four presentations), unhealthy relationships (six presentations), and depression (six presentations).

Youth Knowledge and Attitudes Findings suggested the amplif(i) programs increased participant knowledge about the topics as well as changed the way attendees think about the targeted behaviors. At a minimum, 79% of attendees learned something new from each presentation, and at least 78% changed the way they thought about each respective behavior. Compared to the other programs, the bullying presentation, followed by unhealthy relationships had the greatest percentage of youth who learned something new (91% and 90%, respectively) and changed the way they thought

about these behaviors (90% and 86%, respectively).

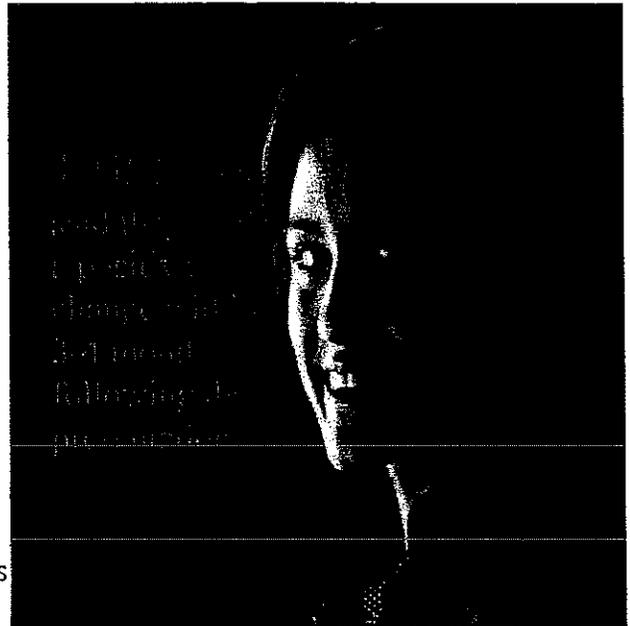
Program Attendees Surveyed: Substance use had largest youth respondents

A total of 2,947 youth attendees were surveyed



Comparisons from pre-to-post surveys served to illuminate changes that occurred directly due to the program. Across all programs, youth consistently demonstrated significant changes in knowledge and attitudes related to:

- **PERCEIVED PROBLEM:** recognizing each behavior as potentially harmful.
- **PROBLEM IDENTIFICATION:** the ability to identify someone who needs help with each risky behavior.
- **KNOWLEDGE OF RESOURCES:** knowledge of who or where to go if someone needed help.
- **SELF-EFFICACY:** self-confidence that one can address the problematic behavior if they or someone else need help.



Youth Commitment to Positive Changes

Findings across all programs revealed youth were more likely to commit to making positive changes if the presentation was successful at changing youth perceptions about the subject matter (e.g. *“did this talk change the way you think about bullying”*).

Youth reported they were likely to commit to making a positive change, if the respective programs were successful at achieving the following:

| Program Aim (if met, likely to increase youth commitment to positive change) | Substance Use | Bullying | Internet Safety | Unhealthy Relationships | Depression |
|---|--------------------------|--------------------------|--------------------------|--------------------------------|--------------------------|
| Changed way youth view topic (i.e. perceptions) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Increase confidence in seeking help for himself/herself or another person (i.e. self-efficacy). | <input type="checkbox"/> | <input type="checkbox"/> | | <input type="checkbox"/> | <input type="checkbox"/> |
| Help youth identify people in need of help (i.e. problem identification). | | <input type="checkbox"/> | <input type="checkbox"/> | | <input type="checkbox"/> |
| Increase knowledge about topic (i.e. knowledge). | <input type="checkbox"/> | | | <input type="checkbox"/> | |
| Helped youth see why behaviors are problematic (i.e. perceived problem). | <input type="checkbox"/> | <input type="checkbox"/> | | | |
| Increase youth knowledge of who or where to go for help (i.e. knowledge of resources). | | | | | <input type="checkbox"/> |

Demonstrated Behavior Changes

Findings from the youth follow-up surveys (administered 3-4 months after program completion) revealed that after attending the presentations, many of the participating youth sought help for one or more of the amplif(i) program topics. Compared to all programs, a greater percentage of youth from the unhealthy relationships programs reported:

At least 1 out of every 4 youth attendees reported seeing positive changes in their peers 3-4 months following the programs.

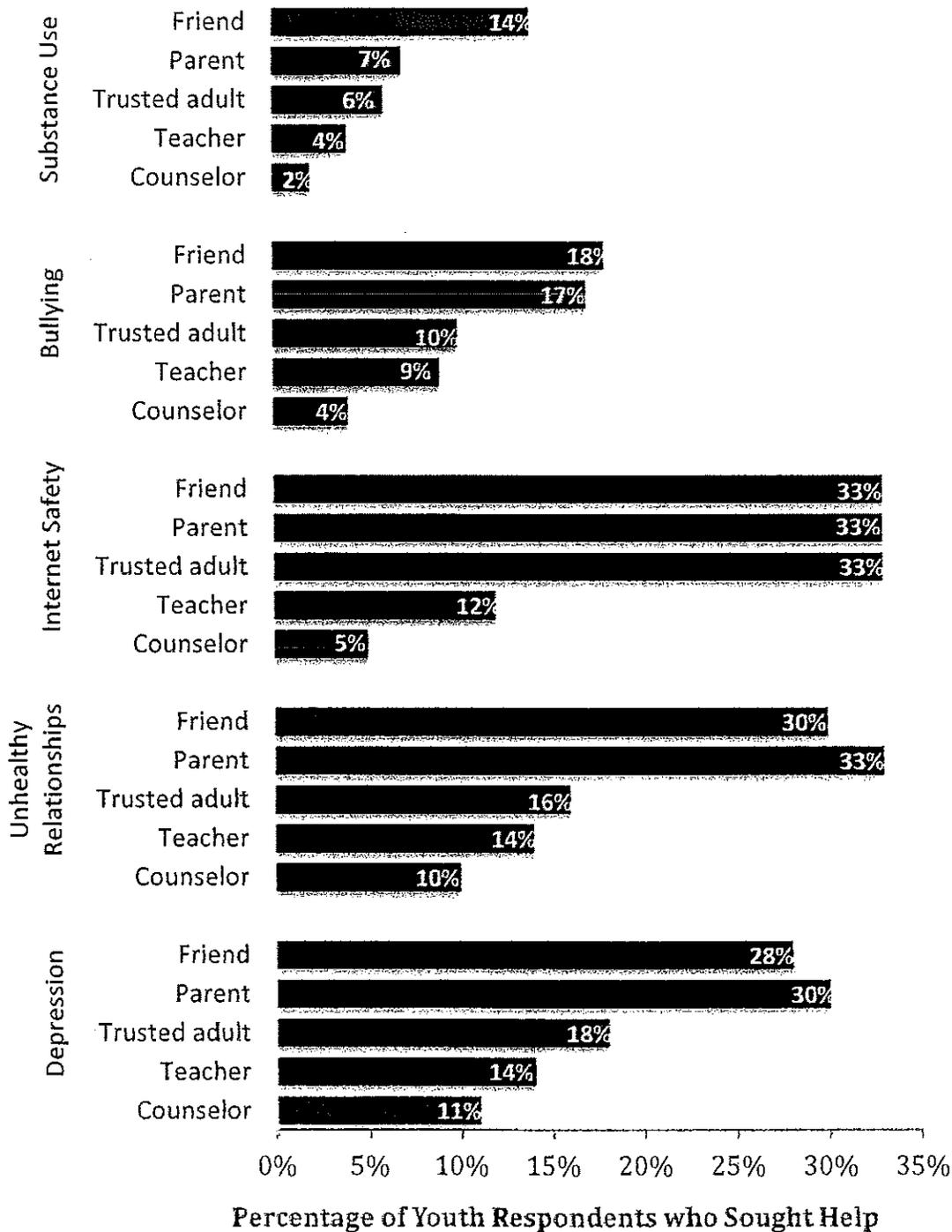
- **MAKING A COMMITMENT TO POSITIVE CHANGES:** 62% of youth from the unhealthy relationships program compared to 52% from bullying, 51% from depression, 47% from substance use, and 44% from Internet safety.
- **RECEIVING HELP:** 45% of youth from the unhealthy relationships program as compared to 40% from depression, 35% from Internet safety, 18% from bullying, and 12% from substance use.
- **TELLING SOMEONE WHAT THEY LEARNED FROM PROGRAM:** 53% of youth from the unhealthy relationships program as compared to 47% from depression, 41% from bullying, 40% from substance use, and 53% from Internet safety.
- **TELLING SOMEONE HOW TO GET HELP:** 53% of youth from the unhealthy relationships program as compared to 48% from substance use, 47% from depression, 41% from bullying, and 35% from Internet safety.
- **OBSERVING CHANGES IN THEIR PEERS:** 43% of youth from unhealthy relationships as compared to 37% from bullying, 32% from depression, 26% from Internet safety, and 23% from substance use.



When assessing what or who constituted the main source of help, friends were chosen most often to help with substance use, bullying, and Internet safety, whereas parents were the preferred source for unhealthy relationships and depression.

Youth Consistently Turned to Friends and Parents for Help

More youth sought the help of their friends in 3 of the 5 programs.



Adult Program Comparisons

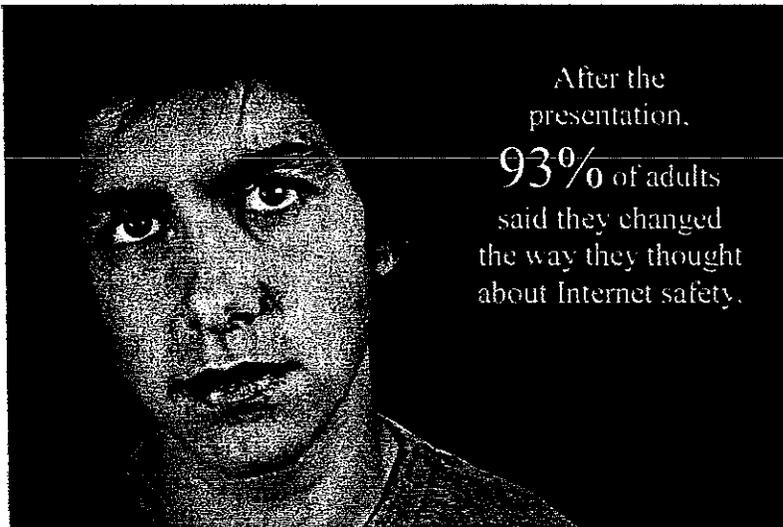
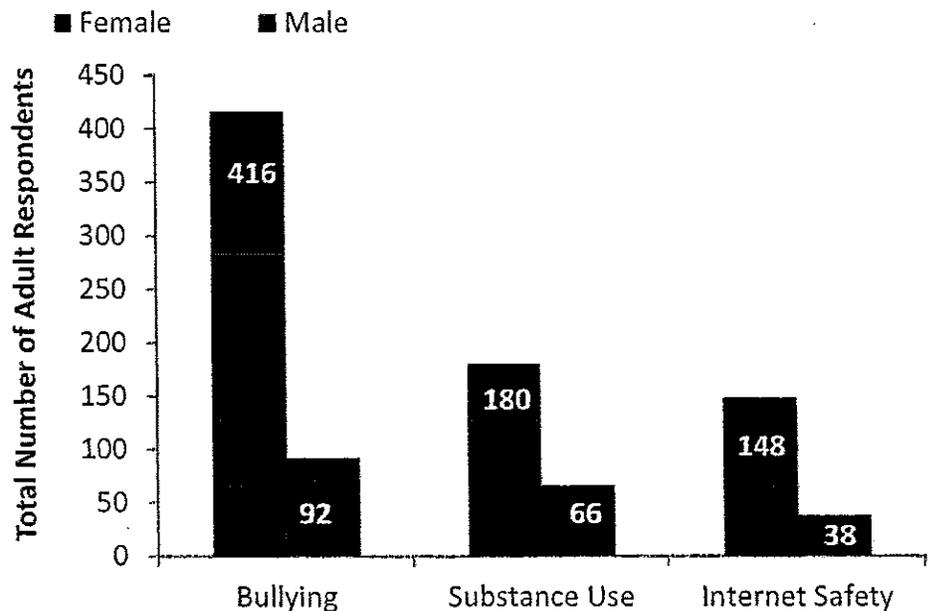
Between October 2013 and April 2014, notMYkid facilitated a total of 50 adult programs in the areas of bullying (25 presentations), substance use (12 presentations), and Internet safety (13 presentations). During this time, approximately 1,042 adults were surveyed; 806 identified as parents (77%) and 235 identified as teachers (23%). As depicted in the graph below, attendance by female adults greatly outweighed that of male adults.

Adult Knowledge and Attitudes

Like youth, a large number of adults said they gained new knowledge and perspectives about each of the topics discussed by the notMYkid programs. At least eight out of ten adults reported they learned something new from the presentation and nine out of ten said they changed the way they thought about each behavior as a result of the presentation.

Pre-survey and post-survey comparisons demonstrated that attendees across all programs experienced significant changes in knowledge and attitudes pertaining to:

The Total Number of Female Respondents was 3.8 Times Higher than Male Respondents.



- **PERCEIVED PROBLEM:** recognizing each behavior as potentially harmful.
- **PROBLEM IDENTIFICATION:** the ability to identify someone who needs help with each risky behavior.
- **KNOWLEDGE OF RESOURCES:** knowledge of who or where to go if someone needed help.
- **SELF-EFFICACY:** self-confidence that one can address the problematic behavior if they or someone else need help.

Adult Commitment to Helping Youth

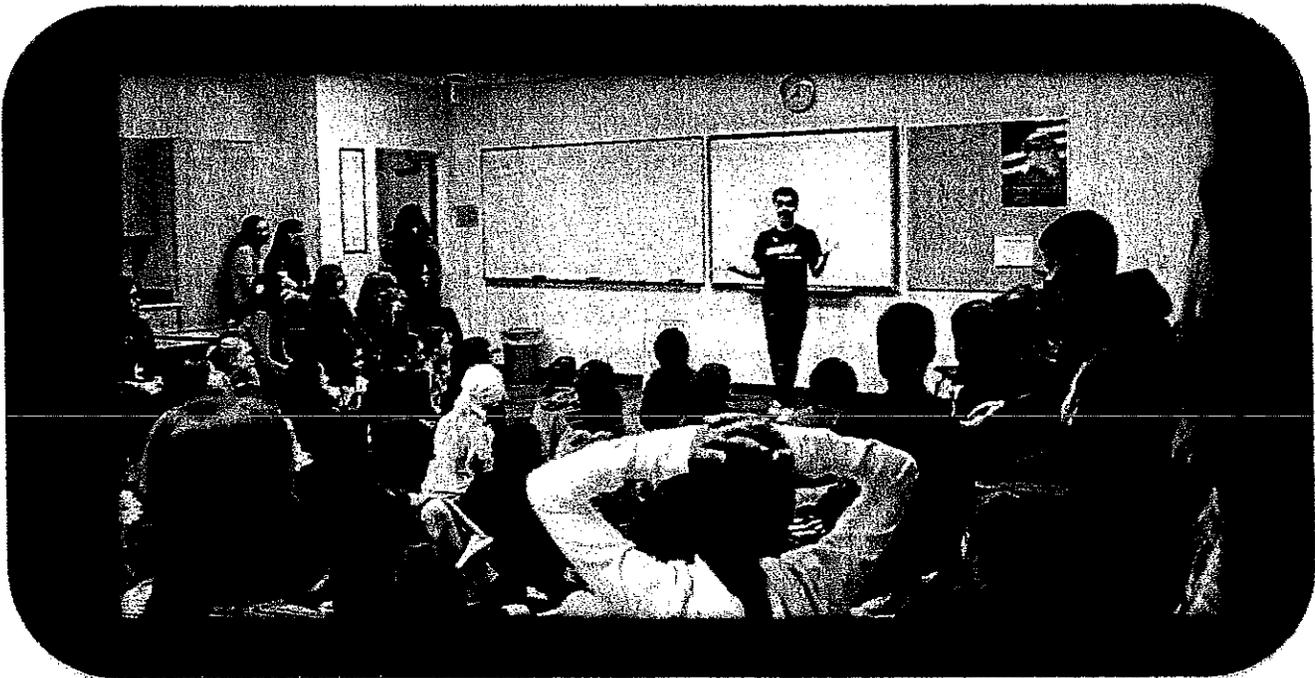
Following each presentation, the majority attendees said they would get help for someone with the presenting behaviors: bullying (95%), substance use (89%), and Internet safety (85%). Adults across all programs were more likely to commit to helping youth if the presentation:

- a) **INCREASED** knowledge of resources (people and places) for seeking help.
- b) **INCREASED** participant confidence in addressing the risky behaviors.

Adults in the bullying and Internet safety programs were more likely to commit to helping a youth if the presentation:

- a) **DISCUSSED** how to identify someone in need of help (i.e. problem identification).
- b) **INCREASED** participant confidence in addressing the risky behaviors.

On the other hand, adults in the substance use program were likely to commit to helping youth if the program was effective at changing participants' views about substance use.



conclusion:

amplif(i)ng POSITIVE decisions

Youth substance use, bullying, Internet safety, unhealthy relationships, and depression are widely recognized as public health issues affecting American youth and costing millions of dollars to society. This evaluation sheds light on the benefits and successes of having a peer-to-peer education model to raise awareness of risky youth behaviors and to empower positive decision-making. Our research suggests population-based prevention programs such as programs conducted by notMYkid are also effective in changing adult's perceptions about substance use, bullying, and Internet safety. As a result, adults who attended these programs were more likely to commit to helping youth who are negatively impacted by these behaviors.

The findings from the amplif(i) unhealthy relationships consistently reveal the need for such program. The largest percentages of participants who made changes in their lives, sought help, and noticed positive changes in their peers came from the unhealthy relationships program. During early adolescence youth are learning about relationships as well as forming their own identity. The topic of unhealthy relationships is not one that parents usually teach their children; in fact, efforts are being made to educate parents concerning the need to talk to children about drugs, alcohol, Internet safety and bullying, but the topic of unhealthy relationships seems to be emphasized only for adults. So, one could hypothesize that during early adolescence it is possible that youth have a lack of information about relationships in general, and what constitutes a healthy or unhealthy relationship. The amplif(i) program may be the first time they hear about relationships in the context of youth life. Therefore, this awakening may be a reason for the outstanding results of the program.

In the depression program an interesting finding is that more youth seek the help from parents than friends (the reverse being true in all the other programs). Depression is a subject that is not discussed with youth very often. After the amplif(i) program youth seeking help probably realized that their friends may not know how to help them, thus choosing their parents as a first source. Interestingly, most youth seek the help of counselors as a last resort.

Casano, P., & Fava, M. (2002). Depression and public health: an overview. *Journal of Psychosomatic Research*, 53(4), 849-57.

Catanzarite, J.A. & Robinson, M.D. (2013). Peer education in campus suicide prevention. In D.J. Taub & J. Robertson (Eds.), *Preventing college student suicide: New directions for student services*, 2013: 43-53. doi: 10.1002/ss.20039.

Centers for Disease Control and Prevention (2014). Violence Prevention. Available at <http://www.cdc.gov/violenceprevention/>

DiClemente, C. (2003). *Addiction and Change*. New York, NY: The Guildford Press.

Hunter, D. (2004, May/June). Peer to peer: Effective college learning: About alcohol and other health issues. *Change: The Magazine of Higher Learning*, 36(3), 40-45. doi: 10.1080/00091380409605579

Moreno, M.A., Egan, K.G., Bare, K., Young, H.N., and Cox, E.D. (2013). Internet safety education for youth: stakeholder perspective. *BMC Public Health*, 13(1), 1.

Prochaska, J. and DiClemente, C. (1983) Stages and processes of self-change in smoking: toward an integrative model of change. *Journal of Consulting and Clinical Psychology*, 5, 390-395.

The Center on Addiction and Substance Abuse (2009). Report: *Shoveling up II: The impact of substance abuse on Federal, State and Local budgets*. Available at <http://www.casacolumbia.org/newsroom/press-releases/national-study-reveals-teen-substance-use-americas-1-public-health-problem>

notMYkid

INSPIRING POSITIVE LIFE CHOICES

Join notMYkid for a
Morning With Dr. Drew

notMYkid is excited to announce that the special guest for our February 2015 educational event will be none other than addiction specialist, TV and radio host, and bestselling author Dr. Drew Pinsky. We invite you to join Dr. Drew for a discussion of parenting strategies, substance abuse trends, and much more.

February 7th 2015
10 a.m. to 12 p.m.

Select guests will have the opportunity to meet Dr. Drew during a special meet and greet after the main event.

Tempe Center for the Arts
700 West Rio Salado Parkway, Tempe
Tickets: \$150* w/meet and greet
\$35* educators (with valid school ID)
For info contact Jansen Morr (602) 655-1111



INSPIRING POSITIVE LIFE CHOICES

PREVENTION THROUGH EDUCATION

As an outreach educational program, notMYkid's presentations are designed to connect with audiences while providing vital information to parents, educators, students, and the community to encourage positive life choices. To accomplish this, we train young adults to share their stories of overcoming life-controlling addictions and behaviors, as well as adult speakers who share real life expertise, credible information, and prevention strategies.

The topics covered include: *substance/alcohol abuse, bullying, eating disorders, unhealthy relationships, depression/self-injury, and Internet safety.*

We believe proactive prevention on the part of kids, families, and communities is the answer to long-term success for our youth.

EDUCATIONAL PROGRAMS

For Middle/High School Students, Educators, Parents, and Communities

notMYkid offers a speaker series with unique elements to bring our prevention message to your community. We send young adults who use their personal stories of overcoming destructive behaviors to teach students to avoid unhealthy decisions.

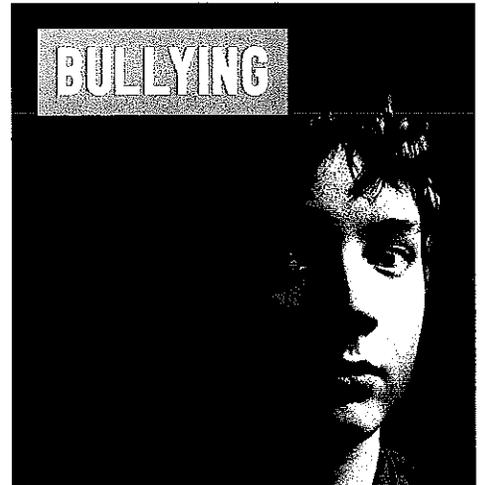
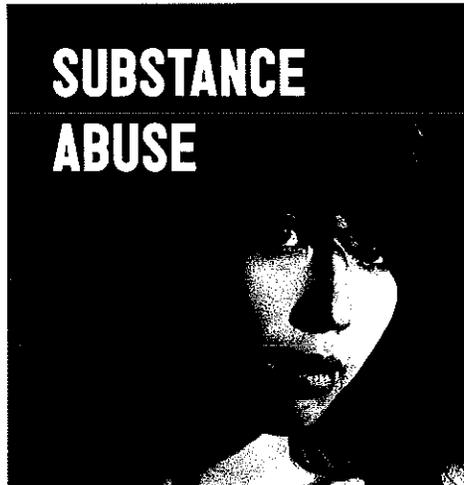
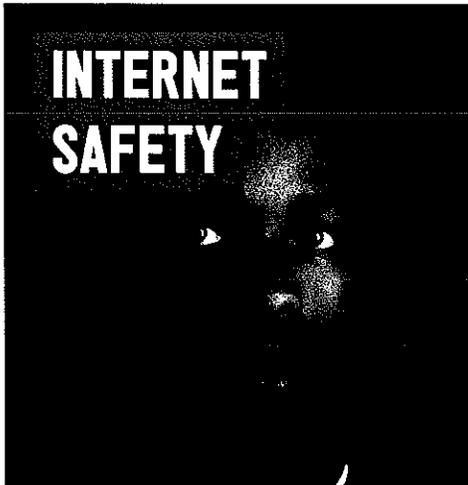
For parents and educators, we provide credible information, warning signs and symptoms to be aware of, and proactive prevention strategies that can be implemented to avoid destructive behaviors in kids. Customizable speaker packages are available to meet your specific needs. We educate at schools, churches, youth groups, sports teams, clubs, and/or any venue where prevention education is needed for youth and parents.

Education at the Workplace

This program is for the health and wellness of employees who want to be educated on issues affecting our youth today. One of the greatest hidden influences that impacts productivity in the workplace is the distraction of family issues. Employees will receive valuable information on current trends, warning signs, prevention strategies, and the long-term impact that destructive youth behaviors can have on their families and community. notMYkid partners with local law enforcement and the FBI to educate with the most up to date information on substance abuse, bullying/cyber-bullying, and Internet safety. Lunch is provided.

Employee Wellness Program

Our Corporate Lunchbox allows employees to receive valuable information about substance abuse, bullying, and Internet safety during lunch. We team up with local law enforcement agencies to educate on current trends, warning signs, and prevention strategies.



One of the greatest hidden influences that impacts productivity in the workplace is the distraction of family issues. During the lunch hour, we provide lunch while offering one of our comprehensive presentations on: substance abuse (includes free preventative drug test kits), Internet safety, and bullying. Employees receive valuable information, current trends, warning signs, prevention strategies, and the understanding of the long-term impact of destructive youth behaviors.

notMYkid is a local nonprofit organization dedicated to inspiring positive life choices by educating our community about the consequences of destructive youth behaviors.

notMYkid™
INSPIRING POSITIVE LIFE CHOICES

For more information, contact the Development Department:
corporatedevelopment@notmykid.org • 602 652 0163 • notmykid.org

Linking ideas, passion, and relationships for the greatest impact in the community

notMYkid Legacy Link is a dynamic group of community leaders, corporate partners, and parents from different backgrounds who share a similar passion for helping the youth in our community succeed by inspiring positive life choices.

LEGACY LINK LEVELS

notMYkid Legacy Link members give financially, but they are also an active part of the process of propelling the funding into action. Each member has genuine participation in notMYkid's decision-making process. They exchange ideas, contribute feedback, vote to decide how their pooled donations will make the greatest impact at notMYkid, and are invited to informative events throughout the awards year.

Fall notMYkid Legacy Link Gathering –
Location to be determined

Winter notMYkid Legacy Link Gathering –
Location to be determined

Summer Luncheon with "Need Finalists" –
Members who have donated a minimum of \$1,000 will be invited to this event to vote on the funding selection

- **\$100,000** *Lifetime Member*
- **\$50,000** *Diamond Member*
- **\$25,000** *Platinum Member*
- **\$10,000** *Gold Member*
- **\$5,000** *Silver Member*
- **\$2,500** *Bronze Member*
- **\$1,000** *Copper Member*

Gifts can be given annually or monthly

Informative gatherings are held in homes or restaurants and are sponsored by friends of notMYkid and/or community partners. At the award luncheon, members learn about the proposed projects and programs and select which part of the organization they wish to support.

notMYkid™
INSPIRING POSITIVE LIFE CHOICES

In order to participate in notMYkid Legacy Link, each member gives a minimum donation of \$1,000 annually, with many members giving more to notMYkid. These annual gifts are pooled and used to fund notMYkid's most significant areas of need as identified by speakers, students, schools, community groups, parents, faculty, and others through a detailed selection process, in order to make the biggest impact in the community.

notMYkid LEGACY LINK MEMBERSHIP BENEFITS

- Invitations to exclusive notMYkid Legacy Link events
- A voice and a vote to help decide how the pooled notMYkid Legacy Link donations will be used to further notMYkid's mission in the community, invitations to additional educational activities that provide great opportunities to learn about notMYkid, trends in prevention education, and more
- Recognition on the notMYkid website
- 100 percent of your gift directly helps children, faculty, parents, and the community
- Networking opportunities with other like-minded philanthropic individuals and other business and community leaders
- Updates about notMYkid and the impact of donated funds
- Tax deduction

notMYkid, with the mission "inspiring positive life choices," was founded in 2000 by a Valley family. With prevention at the forefront of all programming, rather than intervention, the small not-for-profit was designed to reach out to young people ages 12 to 19 (considered the most susceptible years), male or female, and from all walks of life, who fight internal battles about what is "right" and "wrong" and how to handle situations that genuinely baffle them. notMYkid provides peer-to-peer education on substance abuse, eating disorders, unhealthy relationships, depression/self-injury, bullying, and Internet safety.

Our objective is to increase awareness of the challenges kids face, provide information, and offer resources to support the success of students, families, and educators. By 2016, our goal is to be in all 714 middle and high schools in Maricopa County. In order to achieve this, the continued support and awareness of the community is needed more than ever.

"Thank you for coming to our school and explaining your story. Your story really helped me to make better decisions" - Student

notMYkid™
INSPIRING POSITIVE LIFE CHOICES

For more information, contact the Development Department:
corporatedevelopment@notmykid.org • 602 652 0163 • notmykid.org

Pima High and Jr. High School
 Pioneer Preparatory
 Polaris High School
 Poston Butte High School
 Poston Junior High
 Pueblo del Sol Elementary
 Quail Run Elementary
 Queen Creek High School
 R.E. Simpson School
 Rancho Solano- Ventura Campus
 Riverbend Prep Academy
 Riverview School
 Roadrunner School
 Safford High School
 Saguaro High School
 Sahuarita Middle School
 San Tan Foothills High School
 San Tan Montessori
 Sandra Day O'Conner High School
 Santa Maria Middle School
 Scottsdale Christian Academy
 Scottsdale Preparatory
 Scottsdale Unified School District -
 Parent University
 Sequoia Pathway

Shea Middle School
 Sierra Linda High School
 Skyline Ranch K-8
 Solano Elementary School
 Sonoran Sky Elementary
 (Pendergast)
 Sonoran Sky Elementary (PV)
 St. Jerome Catholic School
 St. John Vianney Catholic
 School
 St. Matthew School
 St. Theresa Catholic School
 St. Thomas the Apostle
 St. Vincent de Paul School
 Stetson Hills School
 Stevenson Elementary
 Sullivan Elementary
 Summit School of Ahwatukee
 Sun Valley High School
 Sunnyslope Elementary
 Sunnyslope High School
 Sunrise Middle School
 Sunset Canyon Elementary -
 School
 Sunset Ridge Elementary

Surprise Elementary
 Terramar School
 Thatcher High School
 Thatcher Middle School
 The Leona Group
 Thompson Ranch Elementary
 Valley View Elementary
 Verrado High School
 VH Lassen Elementary
 Villa Montessori School
 Vista del Sur Traditional School
 Vista Grove Preparatory
 Academy
 Vista Verde Middle School
 Walker Butte K-8 School
 Webster Elementary
 Western Peaks Elementary
 Western Valley Middle School
 Westwind Elementary
 Whispering Winds Elementary
 Wildfire Elementary
 William T. Machan Elementary
 Wilson Elementary

Community Partners

ACE Program
 Adopt a Team Program
 Arizona Department of Health
 Services
 ASU Polytech Campus
 Banner Medical Center
 Boy Scouts
 Boys and Girls Clubs of Arizona
 Boys Team Charity
 Camelback Bible Church
 Camp Candlelight
 Camp Maripai
 Church of Jesus Christ of Latter
 Day Saints
 City of Phoenix Community
 Services
 Cub Scouts
 Dignity Health

Estrella Mountain Community
 College
 Future for Kids
 Goodyear Summer Programs
 Grand Canyon University
 House of Refuge
 How to Succeed in Middle School-
 Rancho Solano
 ICAN AZ
 Jewish Community Center-
 Hebrew High
 Kyrene Parent Summit
 Magdalene House
 Maggie's Place
 Mariposa Community Health
 Center
 Mesa Family Support Specialists
 National Charity League
 National Guard

North Ridge Community Church
 One n Ten
 Paradise Valley Community College
 Phoenix Day Central Park - Girl
 Power
 PVUSD Summer Programs
 Salt River Pima-Maricopa Indian
 Community
 Shiloh Community Church
 Sun Devil Kids Camp - ASU West
 Sun Devil Kids Camp- ASU Tempe
 Sunshine Residential Homes
 The Addict's Mom: Steps of Hope
 The Arizona Department of
 Education
 Thunderbirds Teen Center
 UMOM
 University of Kansas
 Young Presidents' Organization

2013-2014 Schools and Community Partners

Aire Libre Elementary
 Ajo Schools
 Alhambra Elementary School
 District
 All Saints Episcopal Day School
 Alta E. Butler Elementary
 Anthem K-8 School
 Apollo High School
 Arizona Conservatory for Arts and
 Academics
 Arizona Desert Elementary
 Arizona Lutheran Academy
 Avondale Middle School
 Balsz Elementary School
 Basis-Phoenix
 Bethune Elementary School
 Bicentennial North Elementary
 School
 Bisbee High School
 Blessed Pope John XXIII Catholic
 School
 Bogle Jr. High
 Boulder Creek Elementary
 Boulder Creek High School
 Brunson-Lee Elementary
 Buckeye Elementary
 Cactus Shadows High School
 Campo Bello Elementary
 Capitol Elementary School
 Castro Middle School
 Catalina Foothills High School
 Central High School
 Challenger Middle School
 Chandler High School
 Chaparral High School
 Cheyenne Traditional School
 Children's First Academy of
 Phoenix
 Christ Lutheran School
 Circle Cross Ranch K-8
 CJ Jorgenson Elementary
 Clarendon Elementary School
 Cloves C Campbell Elementary
 Cocopah Middle School
 Collier Elementary
 Combs High School
 Connolly Middle School
 Continental School
 Coolidge High School
 Copper Basin K-8
 Copper Canyon Elementary
 Coronado High School
 Corte Sierra Elementary
 Cortez High School
 Country Place Elementary
 Creighton School
 Crockett Elementary
 Deer Valley Crossroads

Deer Valley High School
 Deer Valley Middle School
 Desert Cove Elementary
 Desert Foothills Jr. High
 Desert Mountain High School
 Desert Shadows Middle School
 Desert Sky Middle School
 Desert Springs Elementary
 Desert Star School
 Desert Thunder School
 Desert Trails Elementary
 Desert Wind Middle School
 Diamond Canyon School
 Discovery Elementary
 Dobson High School
 Don Mensendick School
 Dunbar School
 Dysart High School
 Eagle Ridge Elementary
 Echo Mountain Elementary
 Edison Elementary
 El Dorado High School
 Eliseo C. Felix
 Emerson Elementary
 Encanto Elementary
 Estrella Vista Elementary
 Explorer Middle School
 Faith North Montessori
 Fees College Prep
 Fireside Elementary
 Florence High School
 Florence K-8
 Four Peaks Elementary
 Fremont Jr. High
 Galveston Elementary
 Garden Lakes Elementary
 Garfield Elementary
 Gateway Academy
 Gateway Early College High
 School
 Gateway School
 Gavilan Peak School
 Gilbert High School
 Gilliland Middle School
 Glendale Landmark School
 Glenn F. Burton Elementary
 School
 Globe High School
 Grayhawk Elementary
 Greenway High School
 Greenway Middle School
 Griffith Elementary
 Herrera Elementary School
 Hidden Hills Elementary
 Highland High School
 Hillcrest Middle School
 Hohokam Middle School
 Horizon Elementary

Horizon High School
 Imagine Prep Surprise
 Ingleside Middle School
 Inspire Academy
 IntelliSchool - Chandler
 IntelliSchool - Glendale
 IntelliSchool - Paradise Valley
 IntelliSchool - Phoenix
 Ira A. Murphy
 Isaac Middle School
 J.O. Combs Middle School
 Kyrene Middle School
 La Joya Community High School
 Larkspur Elementary
 Larry C. Kennedy School
 Laveen Elementary
 Liberty Elementary
 Liberty High School
 Lincoln Elementary
 Longview Elementary
 Madison Meadows Middle School
 Magma Ranch K-8
 Magnet Traditional School
 Maryland School
 Maxine O. Bush School
 Mesquite High School
 Miami High School
 Michael Anderson School
 Mohave Middle School
 Monte Vista School
 Montebello School
 Moon Mountain Elementary
 Morenci Jr/Sr High School
 Most Holy Trinity Catholic School
 Mountain Ridge High School
 Mountain Trail Middle School
 Mountain Vista Middle
 Mountainside Middle School
 New Way Learning Academy
 Norterra Canyon School
 North Canyon High School
 North Ranch Elementary
 Notre Dame Preparatory
 Orangewood Elementary School
 Osborn Middle School
 Our Lady of Perpetual Help
 Palomino Elementary
 Paradise Valley Christian Prep.
 Paradise Valley High School
 Payson High School
 Pendergast Elementary School
 Peoria Elementary School
 Peoria High School
 Phoenix Advantage Charter School
 Phoenix Christian School
 Phoenix Collegiate Academy
 Phoenix Country Day School
 Pima Elementary School

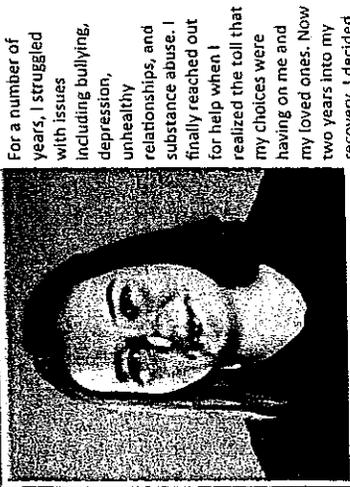
notMYkid[®]

INSPIRING POSITIVE LIFE CHOICES

Meet our Peer Educators
They inspire Arizona youth to make positive life choices.

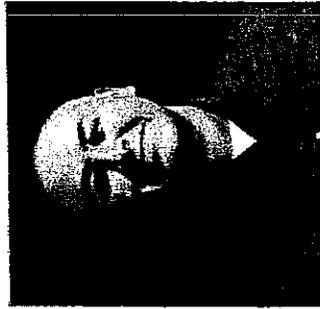
amplifit[®]

A PROGRAM OF notMYkid



For a number of years, I struggled with issues including bullying, depression, unhealthy relationships, and substance abuse. I finally reached out for help when I realized the toll that my choices were having on me and my loved ones. Now two years into my recovery, I decided to speak for amplifit because I want to help others understand that help is available in a number of places, including places you could never even imagine. No matter how alone you may feel, you are never alone.

For 20 years, of my life, I struggled with depression. After hitting rock bottom, I reached out and asked for help. I soon realized that my life was worth much more than I had thought it was worth. I'm now four years into my recovery, and use healthy outlets such as communication, music, and exercise to deal with depression. I started speaking for amplifit because I wanted to let kids who



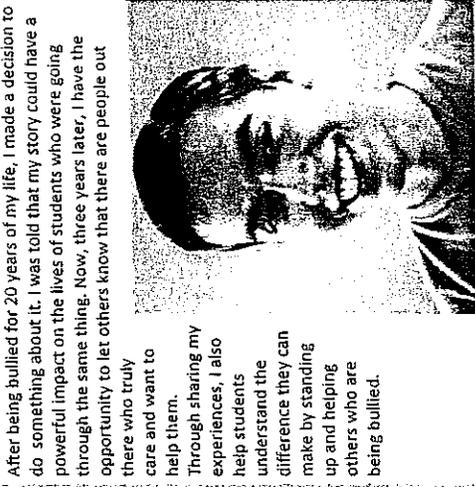
are struggling with depression know that there is a light at the end of the tunnel, and that they're not alone. There are always people out there who will understand and can help.



After I suffered a year of bullying, a bystander finally spoke up on my behalf. It made a major difference in my life. It was then that I was inspired to do the same for other people who were being bullied. I couldn't pass up the opportunity to let young people know how important they are, how much they matter, and that they have a purpose. I now use my story to help them find the confidence to take control and do something awesome with their lives.



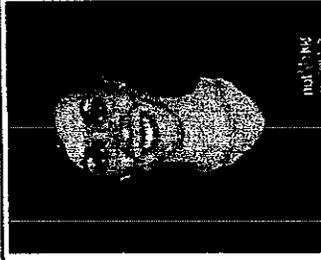
Growing up I was surrounded by unhealthy relationships. I eventually struggled with a life threatening addiction and abusive relationship for five years. Life became so bad that I finally reached out for help when I literally lost everything and got into trouble with the law. I received the help that I needed and today I have been sober from my addiction for 7 years and living healthy from abusive relationships for 3 years. I started speaking with notMYkid because growing up I desperately needed someone to be my voice when I had none. I needed someone to push me to talk and ask for help. That's why today when I share my story with kids, I want every child to know that it is never too late to ask for help, they can take a stand for themselves and others and become a leader.



After being bullied for 20 years of my life, I made a decision to do something about it. I was told that my story could have a powerful impact on the lives of students who were going through the same thing. Now, three years later, I have the opportunity to let others know that there are people out there who truly care and want to help them. Through sharing my experiences, I also help students understand the difference they can make by standing up and helping others who are being bullied.



For 18 years, I suffered from bullying. I began making negative choices and my life got worse over time. I hit rock bottom and ended up in legal trouble. It was then that I knew I had to reach out and ask for help. I'm now five years into my recovery and thankful for the opportunity to speak for amplifit. I want to let kids know that there is always hope, and that the future can be beautiful if we choose to make positive choices. Value who you are, and remember that any passing moment is a chance to turn everything around.



For three years I struggled with substance abuse. I reached a point where I was so miserable that I realized something had to change. It was then that I finally reached out for help. I began speaking for notMYkid because it was put upon my heart to share my experience to benefit others. I'm in my sixth year of sobriety and people understand that pain is inevitable, but misery is optional. We have the choice to deal with our problems and move forward, rather than making things worse by making negative life choices. I love speaking for notMYkid because I don't want anyone to have to go through the things I've been through. If even one kid decides to make different choices than I did because of my story then it was worth it.



For more than three years, I struggled with substance abuse. After I hit rock bottom, I realized that my life was out of control and decided I no longer wanted to live that way. I spoke up and got the help I needed. Now, over two years into my recovery, I've decided to speak for amplifit because I feel like I am supposed to share my story in order to help others overcome their struggles. I want kids to know that every person has a voice and a story that matters. In your personal story, you may not be able to change what has already happened, but it's never too late to change how it ends.

Facebook posts from students impacted by notMYkid/amplif(i) presentations

facebook

Michaela posted on amplifi's timeline

"Today, Anthony gave a speech to the 6th, 7th, and 8th graders at my school and changed my life. I am in 8th grade and I cried during and after his slideshow he made. I had realized that some of the things I had said to people in the past were unnecessary and I was ready to make a change so I set a goal to send this exact message to every single one of my friends on Facebook. The message reads: This is a message to everyone I've ever wronged. After the 'Not My Kid' assembly today I've realized I need to start over. I'm sorry if I've ever said or did anything that hurt you. I would like to pave a new road with everyone I know. Pass this message on to anyone you wish to start over with. Thanks guys! ♥ Getting several people to re post, I was very glad to make a change and decided to make a page called Reach Out where we give advice and compliment people. I am also going to talk to my principal about creating a club to support people with these same problems. Anthony, this is just a letter to let you know that you changed my life for the best. I watched your story on YouTube and cried. You are an amazing person and I am so glad you came as a speaker to my school. You are officially my hero. Thank you for everything you have done. You saved my life.♥"

Reply to this email to comment on this post.

[View Post](#)

facebook

Christina posted on amplifi's timeline

"There was a presentation at my school about bullying and Anthony was our speaker. I want to sincerely thank you for what you did that day because that day alone the 12 people that publicly humiliate me and called me so many names came up to me in tears and asked for my forgiveness because of what Anthony talked about. Ever since I was little I was bullied because of everything I wasn't the right weight, height, color, etc. But there is something about what Anthony had talked to the students at my school that changed everybody's hearts and I know I'm going to have to start trusting people again and it might take a while but with what Anthony said about speaking up and being heard I'm actually going to start. I'm going to stop being a bystander and tell someone. Thank you Anthony the founders of notMYkid and thank you to everyone of their speakers."

Reply to this email to comment on this post.

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Feedback from School Administrators

"Patrick was an amazing speaker. He kept the students' attention. Not only did he speak to our students during his presentation, but he took 4 hours of his extra time to talk to our students after. He clearly inspired my students to come forward and get help. I was amazed with his performance."

"I wanted to give a brief recap on the presentation yesterday. I was able to go sit in on the presentation and it was FANTASTIC. I highly recommend this program to anyone that is working with teens. We were blown away by the speaker. I was observing the teens in the auditorium and he literally held everyone's attention 99%, if not 100%, of the time. Jason, the presenter, was animated, real, honest, captivating and open. Afterward, several students came up to him to ask him questions. I could see how these teens were impacted by his story, and I could see that he got many of those students thinking twice about what he was sharing with them. Highly, highly recommend this."

"The presentations have been very well done, with good messages on current issues with our students. Resources provided for students as a follow up have been a positive option for our students in need. Thank you for providing us these opportunities for our students."

"Gordie was wonderful! He was genuinely enthusiastic about presenting to 8th graders on their second to last day of school (no small feat!). He engaged them every moment he spoke even though they literally have one foot out the door on the way to high school. Gordie's story was very appropriate for the needs of our community and the kids were definitely able to relate. The timing was perfect. We are very grateful to have hosted Gordie and wish him the best on his journey to help others."

"Our students felt a strong connection to the presenter. Several of them stayed behind and asked her advice and even disclosed some bullying situations. We were very satisfied with the caliber of the presenter."

"Rachel was fabulous! She not only related and spoke well with the students but adjusted her presentation for the time allotment and varied grade levels."

"Suz was incredible. Her story was so relatable to our students and her presentation style was wonderful. She had the perfect balance of being funny at the rights times yet serious when needed and was very engaging from start to finish. We were so pleased with her talk and would HIGHLY recommend notMYkid."

"Anthony did a great job presenting the topic of bullying to 5th-8th graders. The students appeared engaged and had appropriate questions for Anthony. Several students stayed back after the presentation to speak with Anthony and to give him compliments. After the presentation, there were reports that several students who had bullied their peers in the past made apologies to the targets."

"Brenna did an excellent job of connecting with a number of students which has been evident by the number of self-referrals I have seen in my office (school counselor). She definitely added "I need help" to the vocabulary of some struggling teens at our school."



HOUSE OF REPRESENTATIVES

HB 2139

controlled substances; schedules

Sponsor: Representative Carter

X Committee on Health

Caucus and COW

House Engrossed

OVERVIEW

HB 2139 updates the schedules of controlled substances, contained in the Arizona Uniform Controlled Substances Act (Act), to conform to federal changes.

HISTORY

The Controlled Substances Act, passed by Congress and effective October 27, 1970 is the federal policy under which the manufacture, importation, possession, use and distribution of certain substances is regulated. Two federal agencies, the Drug Enforcement Administration and the Food and Drug Administration, determine which substances are added to or removed from the five schedules.

Schedules I and II include drugs that have a high potential for abuse and Schedule I drugs have no accepted medical use. Schedules II-V have accepted medical uses. Schedule III includes drugs or substances that have less potential for abuse than Schedules I and II. Schedule IV and Schedule V contain drugs or other substances with a low potential for abuse. 21 U.S.C. Ch. 13 §812 requires that the five schedules of controlled substances be updated and republished on an annual basis. [Hyperlink](#)

The Act is contained in Title 36, Chapter 27 of the Arizona Revised Statutes and included therein are the schedules of controlled substances.

PROVISIONS

1. Updates the schedules in the Act to conform to federal changes.

**ARIZONA HOUSE OF REPRESENTATIVES
Fifty-second Legislature - First Regular Session**

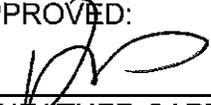
ROLL CALL VOTE

COMMITTEE ON HEALTH BILL NO. HB 2139

DATE January 20, 2015 MOTION: dp

| | PASS | AYE | NAY | PRESENT | ABSENT |
|--------------------------|------|-----|-----|---------|--------|
| Mr. Boyer | | | | | ✓ |
| Mr. Friese | | ✓ | | | |
| Mr. Lawrence | | ✓ | | | |
| Mr. Meyer | | | | | ✓ |
| Mrs. Cobb, Vice-Chairman | | ✓ | | | |
| Mrs. Carter, Chairman | | ✓ | | | |
| | | 4 | 0 | 0 | 2 |

APPROVED:



 HEATHER CARTER, Chairman
 REGINA COBB, Vice-Chairman



 COMMITTEE SECRETARY

ATTACHMENT _____



HOUSE OF REPRESENTATIVES

HB 2141

prescription monitoring program; disclosure

Sponsors: Representatives Carter, Meyer, Senator Bradley, et al.

X Committee on Health

Caucus and COW

House Engrossed

OVERVIEW

HB 2141 allows a county medical examiner, alternate medical examiner or an authorized delegate to receive information from the Controlled Substances Prescription Monitoring Program (CSPMP) when conducting a death investigation.

HISTORY

Arizona Revised Statutes (A.R.S.) § 11-594 outlines the powers and duties of the county medical or alternative medical examiner. In part, these duties include; direct the death investigation and determine whether an external examination or autopsy is required, take charge of the dead body, certify to the cause and manner of death, have subpoena authority for documents deemed useful in the death investigation, execute a death certificate, give approval for cremation and record the approval of the death certificate, notify the county attorney or other law enforcement authority when death is found to be from other than natural causes and carry out other specified duties.

Laws 2007, Chapter 269 established the CSPMP. The CSPMP is a program developed to promote the public health and welfare by detecting diversion, abuse, and misuse of prescription medications classified as controlled substances under the Arizona Uniform Controlled Substances Act. The CSPMP maintains a computerized central database tracking system that tracks the prescribing, dispensing and consumption of schedule II, III and IV controlled substances that are dispensed by a licensed medical practitioner or pharmacy (A.R.S. § 36-2602).

A.R.S. § 36-2604 states that the information from the CSPMP may be released to a person who is authorized to dispense a controlled substance and an individual requesting their own information as allowed by law. Statute also allows a medical professional licensing board, law enforcement or criminal justice agency and the Arizona Health Care Cost Containment System to receive information from the CSPMP, if the request is put in writing and the information is necessary for an open investigation or complaint. Statute additionally permits a person who is serving a lawful order of a court of competent jurisdiction or a person authorized to prescribe or dispense a controlled substance and performs an evaluation of an individual as it relates to worker's compensation to receive information from the CSPMP.

PROVISIONS

1. Specifies that a county medical examiner, alternate medical examiner or an authorized delegate may receive information from the CSPMP for the purpose of a death investigation.
2. Modifies the definition of the term *delegate* to include:

HB 2141

- An unlicensed medical records technician, medical assistant or office manager employed in the office or hospital with the prescriber or a *dispenser* and who has received training pursuant to law.
 - A forensic pathologist, medical death investigator or other qualified person in connection with a death investigation.
3. Makes technical changes.

**ARIZONA HOUSE OF REPRESENTATIVES
Fifty-second Legislature - First Regular Session**

ROLL CALL VOTE

COMMITTEE ON _____ HEALTH _____ BILL NO. HB 2141

DATE January 20, 2015 MOTION: dp

| | PASS | AYE | NAY | PRESENT | ABSENT |
|--------------------------|------|-----|-----|---------|--------|
| Mr. Boyer | | ✓ | | | |
| Mr. Friese | | ✓ | | | |
| Mr. Lawrence | | ✓ | | | |
| Mr. Meyer | | ✓ | | | |
| Mrs. Cobb, Vice-Chairman | | ✓ | | | |
| Mrs. Carter, Chairman | | ✓ | | | |
| | | 6 | 0 | 0 | 0 |

APPROVED:



 HEATHER CARTER, Chairman
 REGINA COBB, Vice-Chairman



 COMMITTEE SECRETARY

ATTACHMENT _____