



City of Columbia, Missouri

Meeting Minutes

Substance Use Prevention Advisory Commission

Wednesday, November 12, 2025
12:00 PM

Regular

Department of Public
Health and Human
Services
Training Room 1
1005 W. Worley St.
Columbia, MO 65203

I. CALL TO ORDER

Lindner called the meeting to order at 12:00 P.M.

Present: 6 - Molly Lindner, Vinita Khanna, James Bayless, Paul Leykamp, Beth Morrison and Megan Jones

Excused: 1 - Jennifer Maddox

II. APPROVAL OF AGENDA

Bayless moves to approve the agenda, seconded by Jones. The motion passed unanimously.

III. APPROVAL OF MINUTES

• Draft Minutes August 12, 2025

Attachments: [Draft Meeting Minutes August 12, 2025](#)

Khanna moves to approve the minutes, seconded by Leykamp. The motion passed unanimously.

IV. REPORTS

A. University of Missouri

Jones begins by providing an update on their staffing at the University of Missouri. Jones mentions that they have hired a harm reduction specialist, Hanna Caldwell. Previously the harm reduction specialist position focused mainly on substance misuse now they have broaden to other areas of prevention that involve other office on the campus, including other areas of alcohol misuse and hazing prevention. Jones also mentions how they will be looking at sports betting. Coming back to give more background on Caldwell, Jones mentions that Caldwell comes to the position for the University of Missouri medicine side. Caldwell also has experience in policy administration and marketing. Jones at this time wanted to mention that they have positions open with their counseling center for substance use specialist. For an overview of the position the substance use specialist would be a licensed clinical professional working in the counseling center and assisting with early intervention for high risk students, and with students who have substance use challenges. The substance use specialist will also be collaborating with her team at the wellness resource center to do outreach and more. Jones goes on to talk about how they will be addressing the fall "Reading Day" although the fall is not as big of a concern as the spring do to the colder weather. There is talk about eliminating the fall reading day next year. Moving on to the coalition work that they will be doing. They will be bring back a community advisory council with their new staff member Caldwell taking the lead. The council will be asking people to help guide their strategic plan. Jones also reports that they are still doing lots of alcohol and cannabis education programs and they are still distributing Narcan on the campus.

Lindner brings up the reason that they are addressing hazing more is because there was a federal law passed the "Stop Campus Hazing Act" and it requires colleges and institutions of higher education to educate primary education to every faculty, staff, and student whether or not they are involved in a program that is typically known for hazing. Also mentioning that sports betting is being brought up due to Missouri getting ready to go live with their online sports betting. There is also the possibility that the NCAA will allow student athletes to bet on pro sports. The sports betting was meant to go into effect on November first, but the date got pushed back by the SEC Commissioner who asked that it be looked into more. There are mental health and substance misuse risks with sports betting, even more with it being easily accessible on the phone. Jones adds in that financial stress for students is big and is effecting mental health.

B. Columbia Public Schools

None.

C. Staff Report

Beginning the staff report, Varvaro begins by introducing new people at the meeting. Hannah Southerland, who will be taking over the minutes for Lindsey Oliver for the meetings now on. Mia Heckman, the new Public Health Education Supervisor, who is attending to get caught up on the health promotion information. Before moving on Michelle Shikles jumps in to introduce herself, Shikles is the Assistant Director at the Health Department. Vararvo gives an update on the naloxone boxes that are set up in the community, including one that is outside the front of the Health Department. There are about 40 boxes that are being distributed around Boone County. Although they are working to make sure that they are evenly distributing the boxes throughout the county while still prioritizing the higher need areas. The Overdose Data to Action Team continues to do their "SAVE-A-LIFE" events and they continue to go well. Flucas wants to share that they only had four underage sales this year out of about 260. She mentions that there is one store that she is keeping an eye on due to the fact that they have made multiple underage sales. Flucas has taken this up to the City prosecutor to try to have their license pulled. She also mentions how THC vapes in stores are becoming more popular and are selling out. That is all for the staff report.

V. OLD BUSINESS

None.

VI. NEW BUSINESS

- Presentation by Heather Harlan

Harlan begins the presentation by giving an overview of the main topics that will be covered throughout the presentation. Topics that will be covered include: the drop in overdose deaths, cannabis products, high THC levels, and emerging drugs threats. Starting with the drop in overdose deaths Harlan states that nationally drug overdose deaths have gone down almost 27% (per the CDC) and in Missouri they have gone down 26%. Some of the possible reason as to why the overdose deaths have gone down are, people who use drugs have gotten the message and are changing the way they use, Missouri has created easier access to treatment, the ones who were higher risk have already died due to overdose, there is a lower potency of fentanyl in the drugs in Missouri (per the DEA), and naloxone distribution and bystander readiness. Harlan mentions that there have been 35 completed monthly "SAVE-A-LIFE" events in the past three years that are going well, and also mentions the 24/7 free access to the naloxone boxes. Moving forward to the next topic, cannabis products. These products are easily accessible online for underage youth. At the time of the 2018 Farm Bill pro-hemp advocates assured people and the government that the THC levels were so low in the crop that there would be no danger to public health, but those material can be taken to a lab and can make hallucinogenic properties with Delta 8 and 10. Mentioning that Delta 8 products can be sold in Missouri but only in dispensaries. Harlan moves on to the topic of edibles and gives an example of how easy it is to purchase these products online, with it being as simple as websites asking you to choose between the option of being 21 or under 21, not further verification of age. Copy cat marketing is mentioned as well, where there will be well know products, but they will be infused with THC. The product and packaging is changed just slightly making it where it looks the same as the well know product. The product that is infused with THC are not sponsored by the companies that they are coping. These products can be found mostly in convince store and vape shops, but the CBD and THC infused drinks can be found in store like Target and Wal-Mart. Harlan speaking about Delta 10 telling how it is a more recently discovered cannabinoid and it is similar to Delta 8 chemically, also mentioning that there is limited research on Delta 10 right now. Then there is Delta 8 and it is generally less potent than Delta 9 and can be found in products like drinks and gummies. There are still no age restrictions on the sale of intoxicating hemp products to minors, this is even with the executive order that was implemented by the Governor. Harlan list the dangers of THC infused drinks mixed with alcohol. There can be unpredictable reactions, it can cause you to become more intoxicated, impair judgment, and it could have serious health consequences. There is then mixing THC and alcohol with energy drinks which could mask the feeling of intoxication and dampen the vomiting reflex making one have a higher risk of getting alcohol poisoning. Harlan moves on to seltzer waters that are infused with THC and mentions how they are marketed as an alternative to alcohol. Lindner jumps in to say that they market the infused drinks in a way that says they will help you quit drinking or will help you drink less. Harlan continues her presentation stating that a majority of the people who use cannabis have no experience with the plant based product, it is more focused on the drinks, vapes, and edibles. She also states that Missouri is now the 5th largest cannabis market in the US, with the THC levels rising in cannabis products. Emerging drug threats are there are now synthetic drugs that are produced in labs verses in the past when drugs were developed from plant based sources. Bringing up 7-hydroxymitragynine (7-OH) which is a powerful chemical that is derived from kratom and can be sold in the forms of gummies, pills, shot, and drink mixes. Causing serious health effects such as addiction and overdose and it is illegal to sell in Missouri. Harlan takes this time to mention the family resource guide that can be found on the City's website. Finishing her presentation Harlan quickly mentions Zyn nicotine pouches which are becoming more popular in schools and are easily concealed.

• Discussion of state statute 311.2026. Sale of intoxicating liquor at 2026 FIFA World Cup Tournament, section 4

Beginning the discussion with the "American Beer Act" which was signed into law in July of this year. This act reduces that states malt liquor tax from \$1.86 per barrel to \$0.62 per barrel, if it is produced in the USA. Moving into the World Cup which is being held this summer in Kansas City. During the time of the 2026 FIFA World Cup any person or establishment that has the qualifications and is licensed to sell liquor is allow for the time of the World Cup, which begins June 11th and will go till July 19th, to be open 24 hours a day to sell and serve from between the hours of 6:00 A.M to 5:00 P.M. of the following day. That would be leaving one hour where these establishments won't be allowed to sell. There is an exception which states that if there is a City, County, District, or other political subdivision that does not agree to the hours that they may exempt itself by ordinance from provisions or they could modify to change the hours. Lindner mentions that multiple municipalities are already taking advantage and putting ordinances in to place to lessen the hours, making it so there won't only be one hour where they won't be serving. Bringing up that they could make a recommendation to City Council about it to have it be reviewed. Shikles mentions that Council has not formally received anything yet that has prompted them to look at this state law. The suggestion is that they would get input for some of the establishments to present to Council in the memo.

Yes: 5 - Lindner, Bayless, Leykamp, Morrison and Jones

Excused: 2 - Khanna and Maddox

Bayless motions to make the recommendation to opt out, but if not opting out then they would present their recommendations for modifications to the law, seconded by Leykamp. The motion was approved with 5 votes in favor, and 2 excused.

Yes: 5 - Lindner, Bayless, Leykamp, Morrison and Jones

Excused: 2 - Khanna and Maddox

VII. GENERAL COMMENTS BY PUBLIC, MEMBERS AND STAFF

None.

VIII. NEXT MEETING DATE

December 17, 2025

IX. ADJOURNMENT

Meeting adjourned at 1:03 P.M.