



OCC Prevention Committee

March 27, 2019

Priority Strategies

Prevention:

- *Sustainable investment in primary and secondary prevention*, in school- & community-based programs, resources and collaborations.
- *Statewide, multi-generation prevention care continuum*, with screening & sustained home visits for pregnant & parenting women & their children.

Intervention and harm reduction programs and services statewide –

Meeting people “where they are” with syringe services, MAT*, SBINS, SUD and mental health professionals, and recovery coaches.

The Recovery Bridge –

A home, a job, and human connection (recovery coaching)



Prevention

Build a comprehensive statewide system of primary and secondary prevention.



Infrastructure for Primary & Secondary Prevention

- Investment model; statewide committee; leadership position; strong collaboratives
- Statewide, comprehensive school-based
- Afterschool programs and out-of-school activities
- Multigeneration prevention care approach for pregnant & parenting women & their children

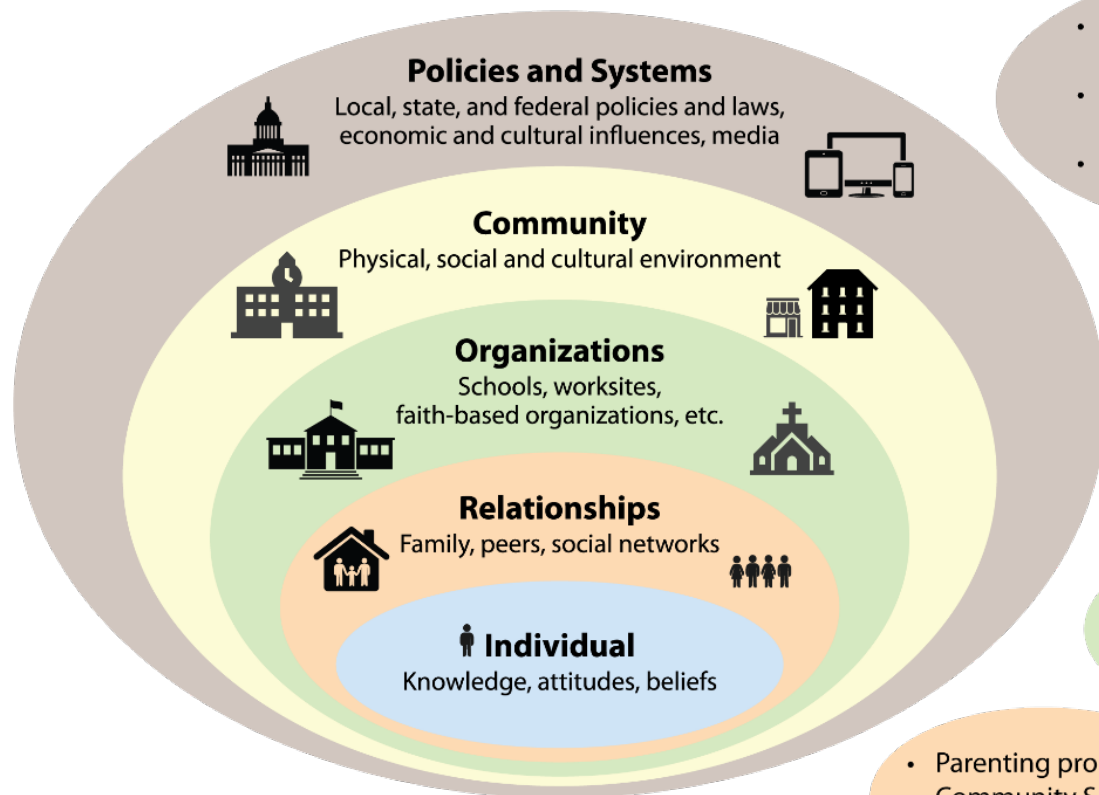




Review of Strategies and Recommendations MAC, Prevention and Education Subcommittee

Mark A. Levine, MD – Commissioner

Substance Misuse Prevention Model



What the Health Department and partners are doing in our communities

- Laws and ordinances to reduce access and density of substances
- Taxes to reduce youth and young adult consumption
- Media and educational campaigns

- Rental housing rules and recommendations
- Retail sales limits
- Town planning guidance
- Substance-free events

- School and worksite wellness
- School and worksite substance use policies and recommendations

- Parenting programs
- Community Services
- Volunteering

- Youth empowerment
- Mentoring
- Education

Lessons from Tobacco and Alcohol that Could Apply to Cannabis Regulation

- ❑ Smoke-free policies
- ❑ Limiting access to youth: outlet density, type of outlet
- ❑ Taxation, minimum price laws
- ❑ Allowing local control over outlet density and advertising
- ❑ Restrict access by age
- ❑ Child-resistant packaging
- ❑ Limiting advertising and internet sales
- ❑ Enforcement of laws

Recommendations Requiring Prevention Funding

- Establish a substance misuse prevention fund - \$7M
 - ▣ Substance misuse advisory committee
- Sustained, comprehensive strategies
- Substance misuse prevention is not substance-specific

Substance Misuse Prevention Strategy and Funding Needs

- Establish six regional prevention networks - \$6M
 - ▣ Apply Strategic Prevention Framework
 - ▣ Example of approaches: 7 Strategies for Change from Community Anti-Drug Coalitions of America
 - ▣ Examples of programming:
 - Iceland model
 - Vermont Afterschool
 - Deerfield Valley Community Partnership

Substance Misuse Prevention Strategy and Funding Needs

- Substance Misuse Advisory Committee - \$10,000
- Evaluation - \$500,000
- Media and communication strategies - \$300,000
- VDH – 1 FTE - \$100,000

School-Based Prevention - \$15M

- 1 Full time substance use prevention professional per 250 students
- Scale up over five years

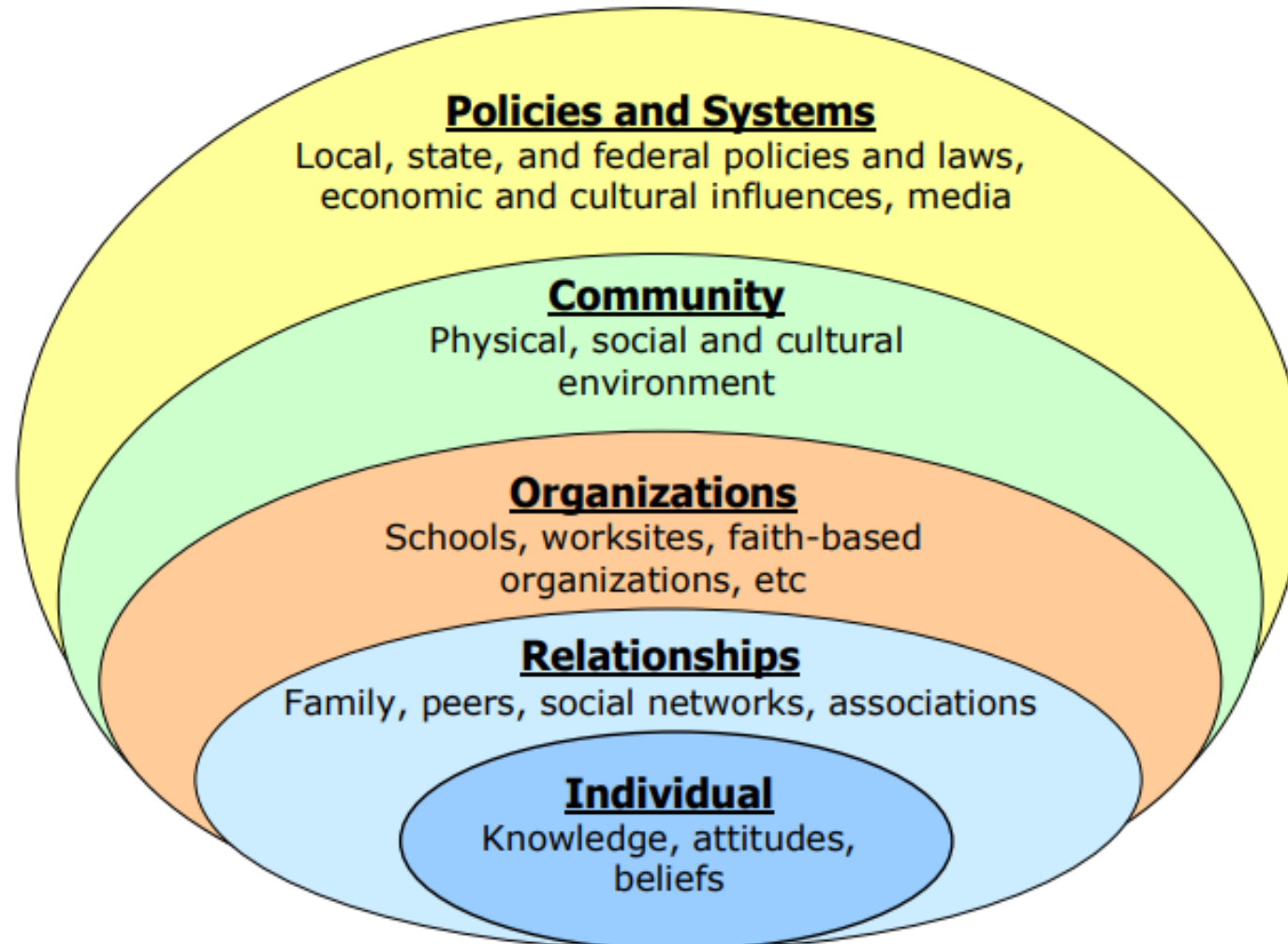
Research and Policy

- Research on health effects - \$1 M annually
- Policy Level recommendations, no funding needed
 - ▣ Put infrastructure in place before sales begin
 - ▣ Prohibit sale of edibles on the regulated market (infused products)
 - ▣ Protection for children
 - ▣ Restrict advertising



Regional Prevention Partnerships (RPP) Model in Practice

Vermont Prevention Model



Strategic Prevention Framework



<https://www.samhsa.gov/capt/applying-strategic-prevention-framework>

Goals of the RPP Grant

1

Reduce underage
& binge drinking
among Vermonters
age 12 to 20

2

Reduce
prescription drug
misuse and abuse
among Vermonters
age 12 to 25

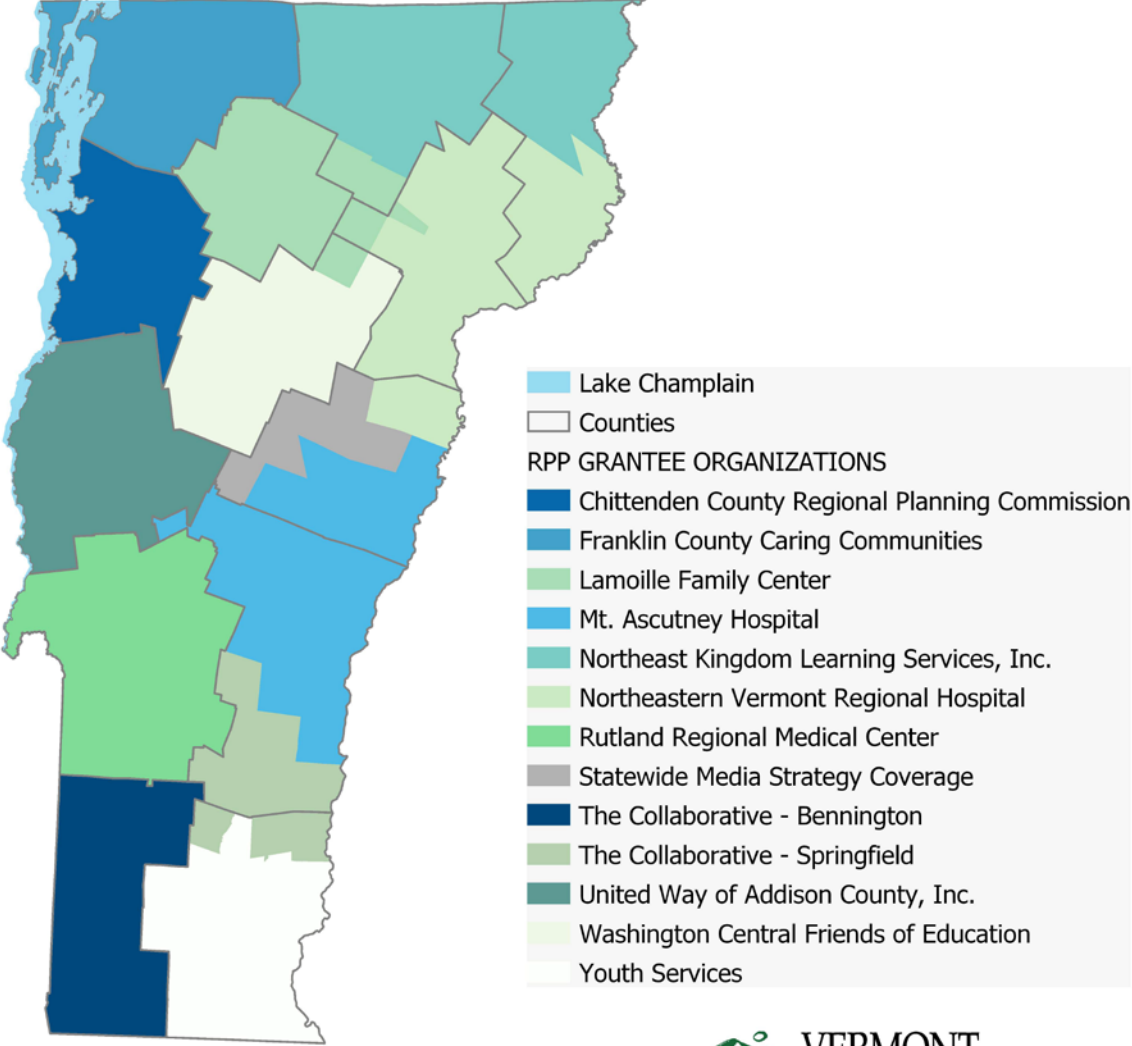
3

Reduce marijuana
use among
Vermonters age
12 to 25

4

Increase state, regional
and community capacity
to prevent underage and
binge drinking,
prescription drug misuse,
and marijuana use
through a targeted
regional approach

Where are RPP Organizations Located?



0 10 20 40 Miles

Who are the RPP Organizations?

Region	Lead Organization
Barre	Central Vermont New Directions
Bennington	The Collaborative
Brattleboro	Youth Services
Burlington	Chittenden County Regional Planning Commission
Middlebury	United Way of Addison County, Inc.
Morrisville	Healthy Lamoille Valley
Newport	Northeast Kingdom Learning Services, Inc.
Rutland	Rutland Regional Medical Center
Springfield	The Collaborative
St. Albans	Franklin County Caring Communities
St. Johnsbury	Northeastern Vermont Regional Hospital
White River Jct.	Mt. Ascutney Hospital

Key partners



What are they doing?

- Regional and town policy enhancement
- Support law enforcement efforts
- Alcohol, marijuana, and prescription drug misuse and abuse prevention education
- Support DLL and/or local retailers' efforts to prevent underage drinking
- In and out of school substance use prevention curricula
- Advise and train peer leadership/youth empowerment groups (example: Above the Influence)
- Establishment of Gay/Queer Straight Alliance (GSA or QSA)
- Youth Mental Health First Aid Training

Community Mobilization to Prevent Substance Misuse

- In Wells River, 3 overdose deaths over a 6 month period spurred the formation of a Wells River grassroots opioid response group in November 2016
- Connections have been forged between faith communities, schools, libraries, law enforcement, and local government to:
 - Implement Nurturing Parenting Program at the Blue Mountain School
 - Increase education for youth, parents, and school staff
 - Increase law enforcement engagement in community substance use prevention



Thank you!

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Opioid Coordination Council
Prevention Strategies Committee
March 27, 2019

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Where We've Been and What We've Learned

FINLAND

- Youthwork Field
- Investment in Third Space
- Youth Centers
- Hobbies
- Youth Policies and Youth Law
- Youth Voice at Every Level
- Create Engaged Citizens

ICELAND

- Data Tool
- Community Process
- Parent Engagement
- Investment in Leisure Time
- Sports Clubs and Coaches
- Leisure Card
- Keep Youth Busy and Engaged

*Note on different audiences in VT

What Commonalities Emerge

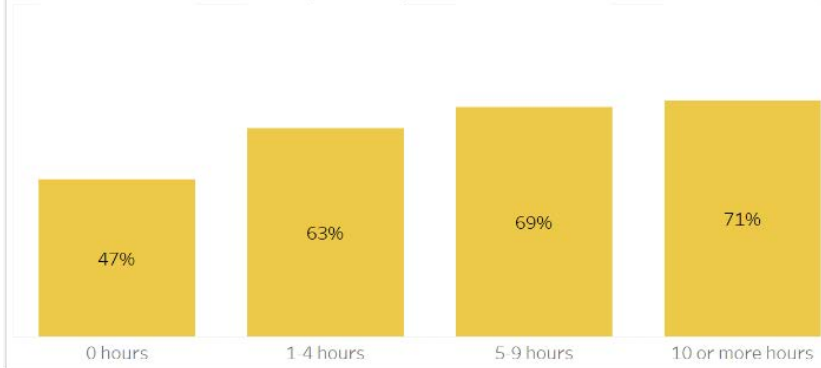
- Multiple domains – Family, School, Third Space
- Focus on protective factors- connectedness, belonging, engagement, identity
- Serious consideration of the environment that young people are growing up in
- Recognition that there is something different and special about this time in life
- Trained field of professionals specializing in youth
- Grounded in the Rights of the Child/Youth
- State leadership and investment
- Use outcome measures to drive community-wide change

What We Know in Vermont

- Focus on all substances
- Investments in prevention networks, SAPs, community coalitions, etc.
- Third Space Infrastructure
 - Quality afterschool programming (e.g., YPQI)
 - State System of Support for Professional Development, Technical Assistance, Evaluation
 - SEL/Trauma-informed practices
 - Strong field of afterschool leaders
 - Know where the gaps are



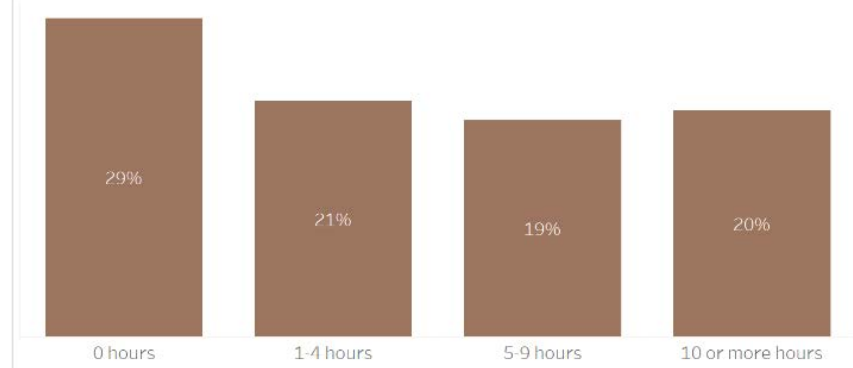
Percent of VT high school students who feel they matter to people in their community by hours of participation in afterschool activities (YRBS 2017)



Caption

Percentage of students who strongly agree or agree that in their community they feel like they matter to people
20,009 high school students responded to both questions | Youth Risk Behavior Survey, 2017 | Data provided by the CDC

Percent of VT high school students who use marijuana by hours of participation in afterschool activities (YRBS 2017)

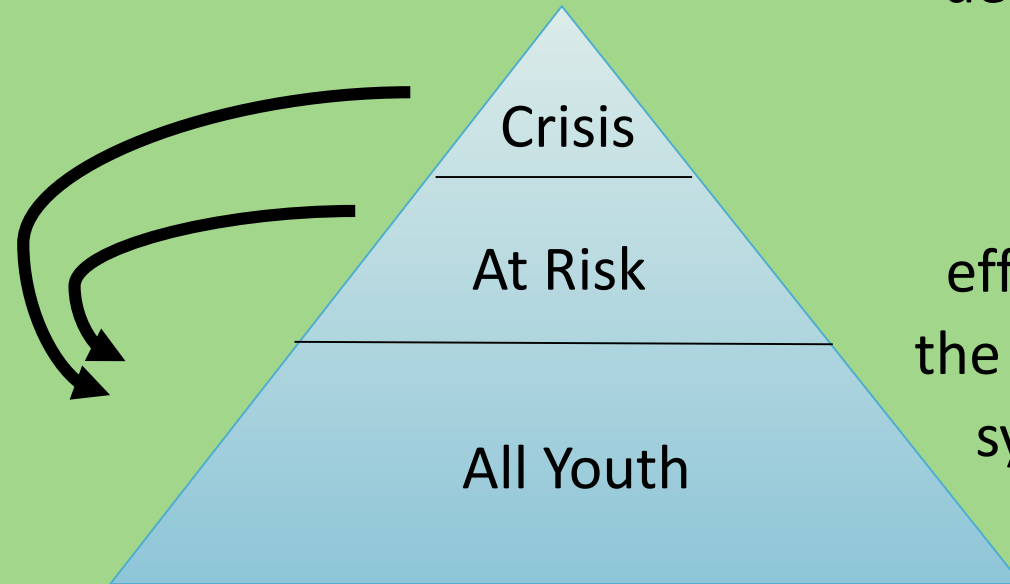


Caption

Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)
19,915 high school students responded to both questions
Youth Risk Behavior Survey, 2017 | Data provided by the CDC

YRBS: Connecting Protective Factors to Outcomes

Where We Need to Go



Avoid too narrow a definition of prevention

Focus on prevention efforts at the bottom of the pyramid and support systems and strategies that serve all youth

Where We Can Start

- Continue VT9to26 messaging and collaboration from Finland around youth policy, youth rights, and youth voice in Vermont
- Several communities using the Iceland tool in tandem with centralized, consistent support and connection for schools-families-third space
 - Connect with schools as the center of local communities
 - Vermont Afterschool's role in coordination and support for the field
 - Working with regional prevention networks on community implementation
- Supporting investment in third space programs and activities (building off the \$600k initial state investment)

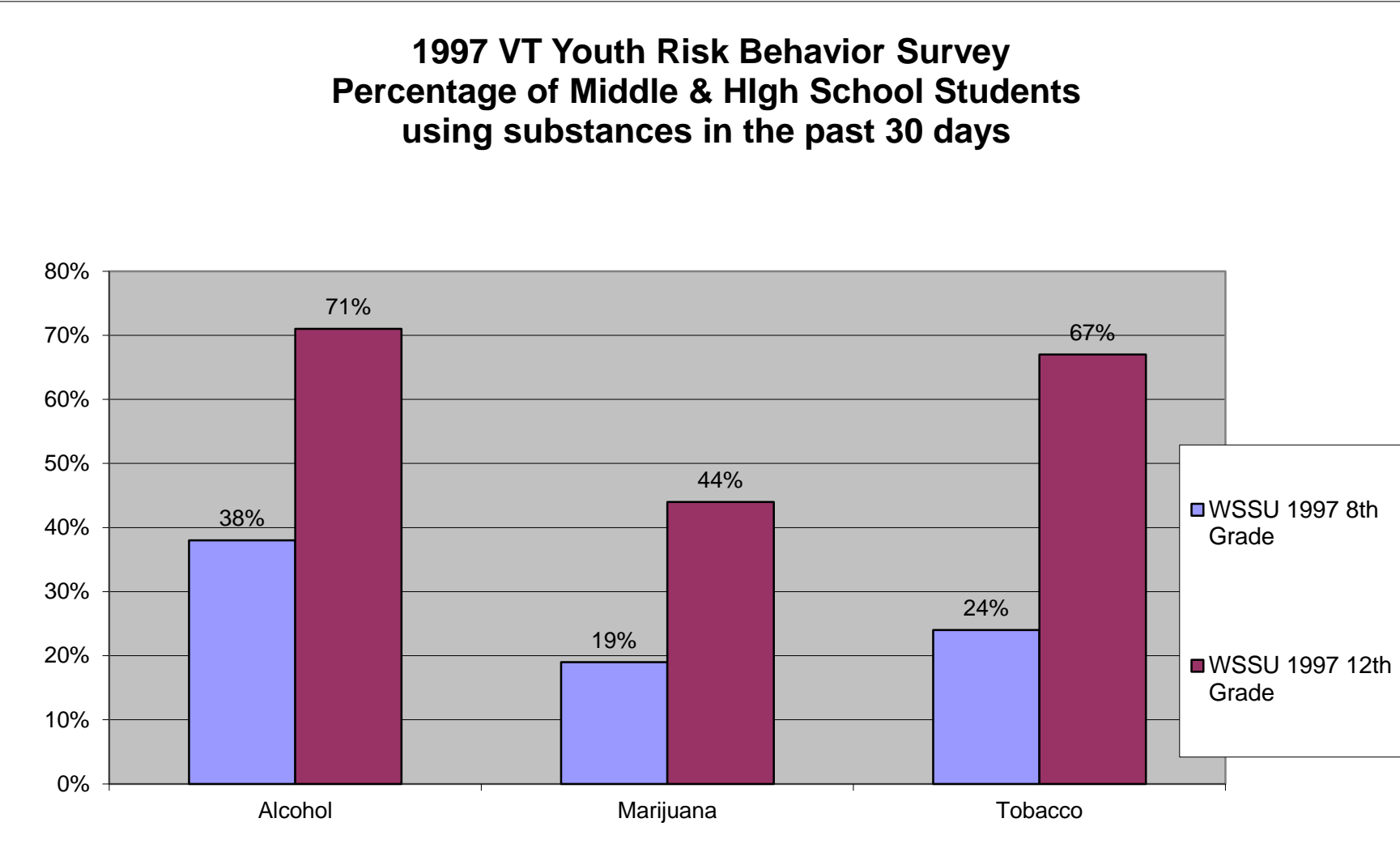


Community Coalition since 1997

- All sectors of our community come together to develop a comprehensive coordinated, inclusive solution to our community's substance abuse problems.
- Focus on Primary Prevention- Preventing the early onset of any substance use
- Addressing Community Needs



Local Problem- *Youth Substance Abuse*



The Strategic Prevention Framework

Supports Accountability, Capacity, and Effectiveness



Assessment: Why is this happening??

- What are the Root Causes of the Problem?
- Intervening Variables: Risk Factors & Protective Factors
- Why does the problem exist?

Problem	Root Cause-(But Why?)
Too many High School students are smoking tobacco. Data: 1997 YRBS-67% of Twin Valley High School seniors smoked in the past 30 days	Root Cause #1-Easy Access/Availability



WHY is this Happening Here??

- What are the Local Conditions that exist?
- What contributes to how each Root Cause is occurring in our community?

Problem	Root Cause-(But Why?)	Local Conditions (But, Why Here?)
<p>Too many Twin Valley High School students are smoking tobacco.</p> <p>Data: 1997 YRBS-67% of High School students smoked in the past 30 days</p>	<p>Root Cause: Easy Access/Availability</p>	<p>Local Condition: Youth are able to purchase cigarettes at the local stores</p>



Planning- WHAT can we do?

Problem	Root Cause- (But Why?)	Local Conditions (But, Why Here?)	Strategies/Interventions
<p>Too many Twin Valley High School students are smoking tobacco.</p> <p>Data: 1997 YRBS-67% of High School students smoked in the past 30 days</p>	<p>Root Cause: Easy Access/ Availability</p>	<p>Local Condition</p> <p>Youth are able to purchase cigarettes at the local stores</p>	<p>Provide Information- Send information to retailers about the consequences of selling tobacco to minors</p> <p>Enhance Skills-Offer Retailer training on not selling tobacco to minors.</p> <p>Provide Support: Connect Retailers with DLC staff and resources.</p> <p>Enhance Access/Reduce Barriers: Have the trainings occur locally.</p> <p>Change Consequences: (Incentives/Disincentives): Implement Tobacco Compliance Checks at the stores. Send recognition certificate to retailers that successfully pass compliance checks.</p> <p>Modifying Policies: Store owners implement store policy requiring their employees to attend in-person trainings</p>



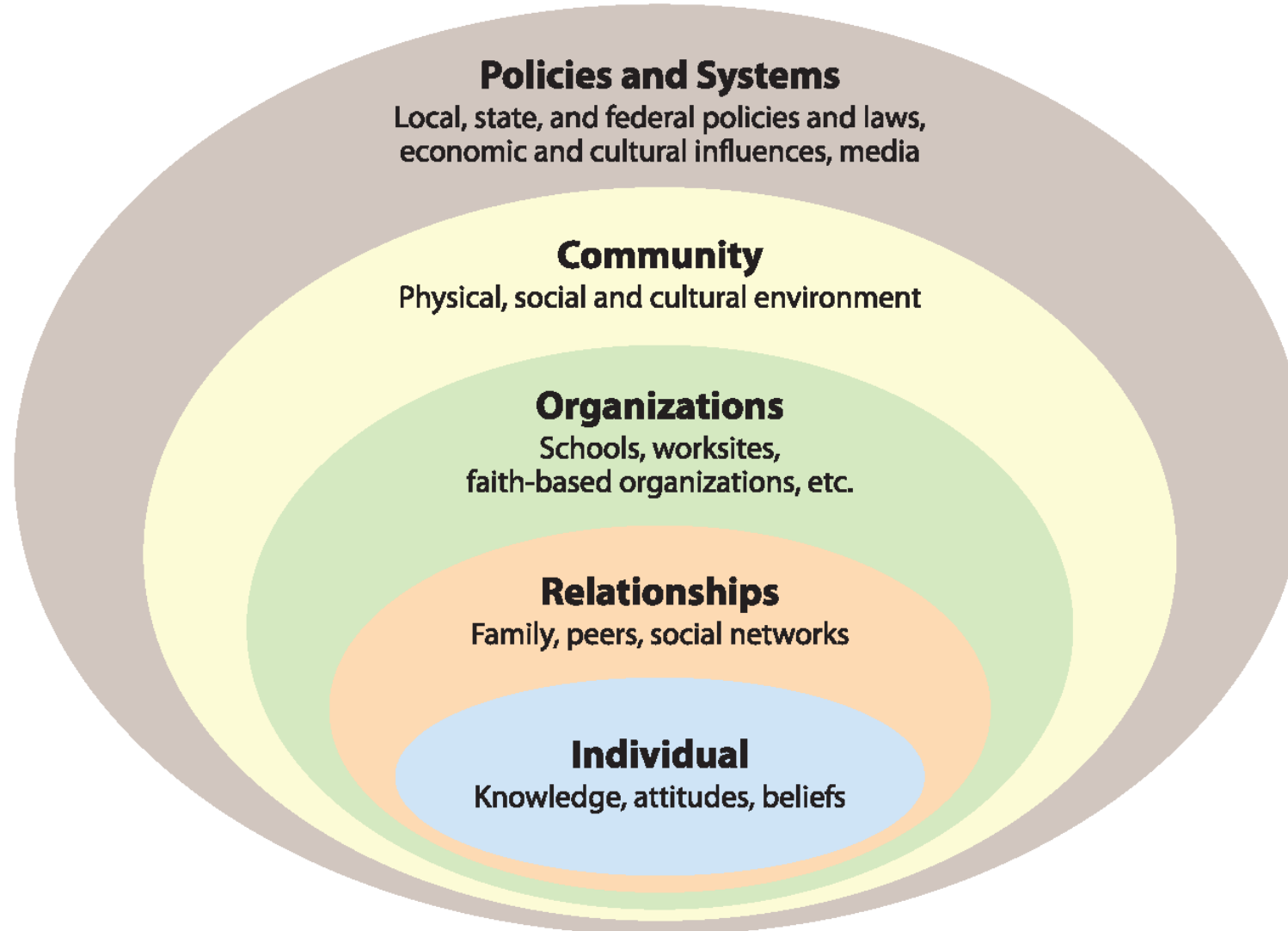
Planning: WHAT can we do?

Strategies to address the Local Conditions

- Comprehensive Seven Strategies for Community Change
 - Providing Information
 - Enhancing Skills
 - Providing Support
 - Enhancing Access/Reducing Barriers
 - Changing Consequences
 - Physical Design
 - Modifying/Changing Policies



VT Prevention Model



Implementation of Strategies (One Size does not Fit all):

- Youth Empowerment Programs
- Drug & Alcohol Prevention Skill-Based Curriculum in the Schools
- Community & School Policy Work
- Student Assistance Program & Counseling Services in the schools
- School Staff ATOD Education
- Retailer Trainings
- Community Dialogues & Meetings
- Parenting Education Programs and Community & Parent Information
- Substance Free Recreation- afterschool, family events, youth events
- Rx Medication Misuse Prevention-Lock Boxes, Pharmacist/Prescriber Dialogues



Evaluation:

- Evaluated the strategies & made changes to our plans.



Sustainability: Partnering

- Middle School Summer Recreation Program
- Student Assistance Program
- Big Brothers/Big Sisters of Windham County
- DVCP writes the first 21st Century Grant for Afterschool
- Shared staff between DVCP and Wings Community Programs
- DVCP serves on the WSSU Whole School, Whole Community Whole Child Team.
- Mount Snow Program



Funding 1998-2019

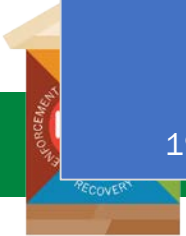
- 21 years, averaged: \$140,000 per year.
- Sources:
 - VDH ADAP (New Directions Grants, Community-Based Grants, School-Based Grants, Strategic Prevention Framework Grants, Partnership for Success Grants, Regional Prevention Partnership Grants)
 - VDH HPDP (Tobacco Grants)
 - Federal Grants (Drug Free Communities & STOP)



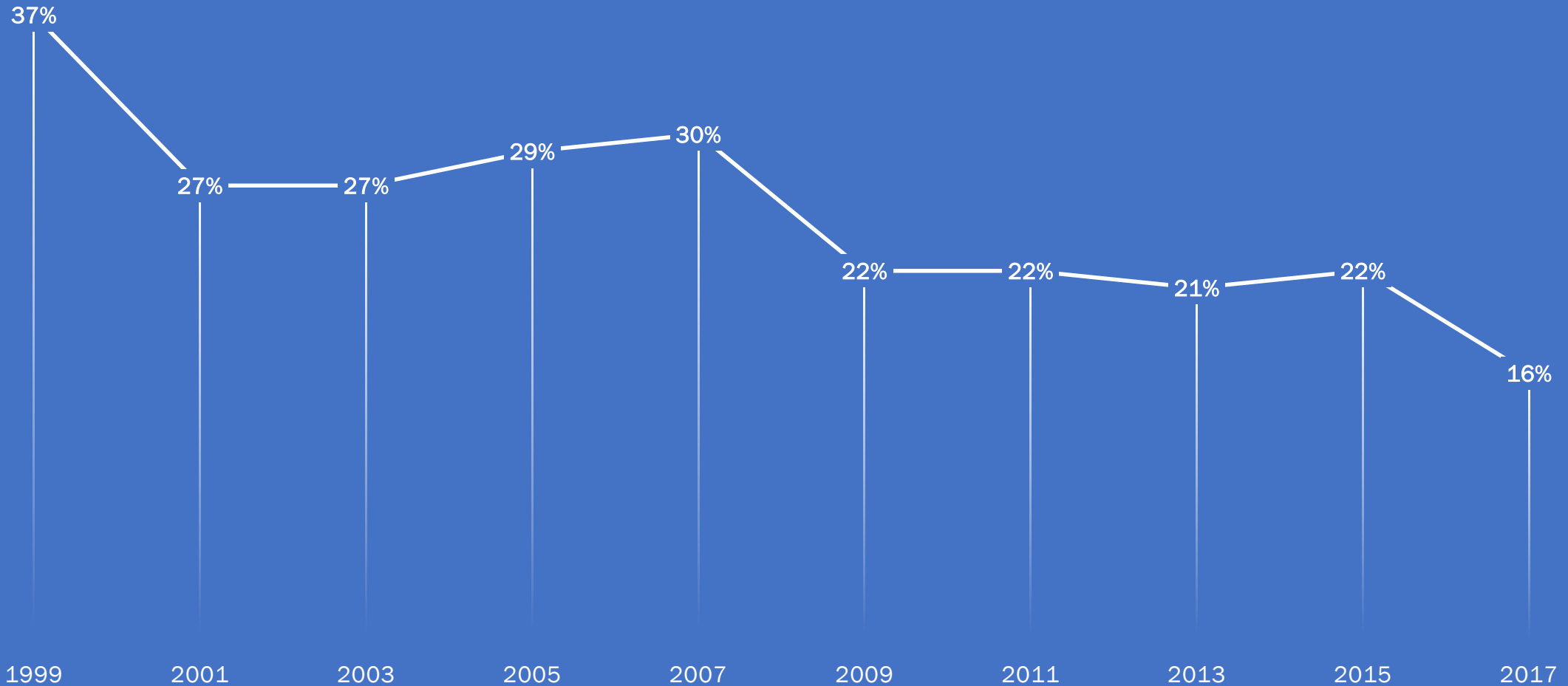
Impact.



WINDHAM SOUTHWEST SUPERVISORY UNION YRBS GRADES 9-12 PAST 30 DAY ALCOHOL USE 1999-2017



WINDHAM SOUTHWEST SUPERVISORY UNION YRBS GRADES 9-12 PAST 30 DAY MJ USE 1999-2017



Funding Makes the Difference!

Percent of High School Students Reporting Any Use of Alcohol in Past 30 Days



Culture Shift



Key Points:

- Youth Engagement
- Family Engagement
- Connection and Relationships are Key
- Sustainable Funding

