

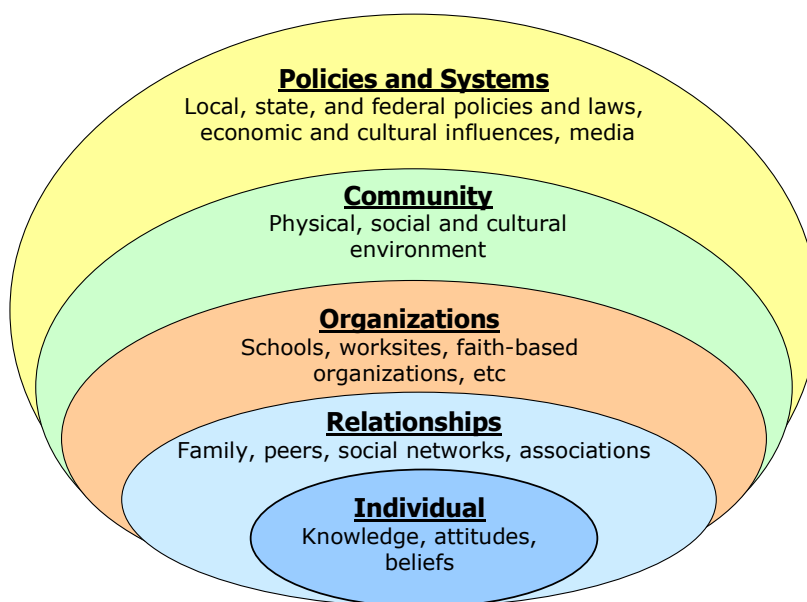
Division of Alcohol and Drug Abuse Programs (ADAP) Prevention Program Overview July 1, 2018 – June 30, 2019

Substance abuse prevention reduces the risks that contribute to alcohol, tobacco, or other drug misuse, while promoting factors that support healthy lifestyles and communities. In previous year (FY) 2018, ADAP-supported substance abuse prevention and early intervention efforts reached an estimated 638,832 Vermonters through services to individuals, children, and families, community-wide education and promotion, and technical assistance and training provided by our regional Prevention Consultants.¹

Vermont Prevention Model

It takes a combination of actions, sustained over time, to prevent and reduce alcohol and other drug use. Prevention strategies are most likely to succeed if they reach people holistically in all the environments in which they live: individual, family, school, community, and state level. The Vermont Prevention Model is a visual depiction of this wholistic, or comprehensive framework and is the basis for ADAP's prevention efforts.

Vermont Prevention Model



Adapted from: McElroy KR, Bibeau D, Steckler A, Glanz K. An ecological perspective on health promotion programs. Health Education Quarterly 15:351-377, 1988.

Funding Sources

The following funding sources support substance abuse prevention efforts across state, community, school, family, and individual environments:

- The Department of Health and Human Services Substance Abuse and Mental Health Services Administration (SAMHSA) Substance Abuse Prevention and Treatment (SAPT) Block Grant (funds Prevention Enhancement and Infrastructure grants, Prevention Consultant Program and Rocking Horse)
- SAMHSA Regional Prevention Partnerships Grant (10/1/15 through 9/30/20)

- Vermont School-based Substance Abuse Services Grant
- Act 173 (S.243): An Act Relating to Combating Opioid Use in VT provided funding to develop a statewide drug disposal system and educational media campaigns.
- State Targeted Response to the Opioid Crisis (Opioid STR) Federal Grant Program (5/1/2017 through 4/30/2019)
- State Opioid Response (SOR) Federal Grant Program (9/30/2018 through 9/29/2020)
- Strategic Prevention Framework Prescription Drug (SPF Rx) Federal Grant Program (9/1/2016 through 8/31/2021)

Prevention Programs

PREVENTION EXPANSION GRANT

Description

The purpose of this grant is to further build on the expertise and momentum of alcohol and other drug prevention efforts in Vermont by supporting the expansion of community based substance abuse prevention strategies targeted to high need populations such as low socioeconomic status (SES), LGBTQ, military & their families, refugees etc. across the lifespan.

Prevention Expansion Grantees

Grants were awarded in the amount of \$40,000 to the following lead agencies:

- Association of Africans Living in Vermont, Inc.
- Burlington Partnership for a Healthy Community
- Essex CHIPS, Inc.
- Brattleboro Area Prevention Coalition

Funded Activities:

- Outreach Worker Training & Support
- Substance Abuse Education Groups
- Community Outreach & Prevention Education
- Referral to Services
- Reducing Alcohol & Adult Only Product Outlet Density
- Reducing the Impact of Alcohol & Marijuana Promotion & Advertising
- Community Mobilization
- Student Leadership Model
- Communication Plan Development
- Active Parenting
- School-based Curriculum
- Star Stores Program

PREVENTION INFRASTRUCTURE GRANT

Description

The purpose of this grant is to support current level of capacity to implement substance abuse evidence-based and/or promising practices using the Strategic Prevention Framework (SPF) process and model. This is a two-year grant with a maximum annual amount up to \$60,000.

Prevention Infrastructure Grantees

- Deerfield Valley Community Partnership

- Healthy Lamoille Valley
- Mt. Ascutney Prevention Partnership
- Winooski Coalition for a Safe & Peaceful Community

Funded Activities:

- Local Policy Enhancements to Prevent Marijuana Use
- Responsible Beverage Seller Training
- Fake/Falsified ID Training
- Youth Empowerment Activities and Groups
- Coalition Capacity Building
- Parent Engagement
- Trauma Informed Initiatives Integration
- Embed Prevention in Community or Hospital-based population health initiatives
- Strategic Plan Development

Regional Prevention Partnerships (RPP) Grant (10/1/15-9/30/20)

The Regional Prevention Partnerships (RPP) grants are a customized regional response to reduce alcohol and drug use among adolescents, teens, and young adults. This is a federally funded program that builds on Vermont’s success with the 2012-2015 Partnerships for Success (PFS) Grant and use of the strategic prevention framework. The RPP grants will end in June 2020.

RPP continues to structure prevention efforts with the strategic prevention framework to ensure prevention programs stay on track to make a positive change in meeting prevention program goals, and to support an effective regional prevention network that will collectively cover the entire state. Additionally, the RPP grants address the health disparities related to substance use by Vermonters identified in these sub-populations: LGBTQ, low socioeconomic status (SES), and military families.

The RPP grant goals are guided by decades of substance misuse and abuse prevention best practices which are proven to be effective in preventing youth substance use and building adolescents’ sense of belonging and resiliency. The RPP grant goals, reducing underage and binge drinking (ages 12-20), reducing marijuana use (ages 12-25), and reducing prescription drug misuse (ages 12-25) among youth and young adults, are based in prevention best practice and build on the expertise of preventionists statewide from the below organizations and their local partners.

Regional Prevention Partnerships (RPP) Grantees

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 Junction	Mt. Ascutney Hospital

Permanent Prescription Drug Disposal Program

In 2016, ACT 173: An act relating to combating opioid abuse in Vermont, the legislature provided funding and support to develop and implement a state-wide drug disposal system. Through the pharmaceutical manufacturers fee, funds were directed to aid in drug disposal initiatives, prevention, and treatment. In addition, funding was provided for state-wide media campaigns on the safe use of prescription drugs and the safe disposal of pharmaceuticals. The goal of this work is to create easy access to safe disposal of Vermont’s unused prescription medication.

Activities Include:

1. Lamoille County Sherriff Department (LCSD) Drug Collection Pilot Project
2. Biannual Drug Disposal Stakeholder Group
3. Provide and fund Drug Disposal Kiosks at Pharmacies, Hospitals and Long-Term Care Facilities (LTFC)
4. Prescription Mail-Back Envelopes
5. Drug Disposal Tools: Sustain the Prescription Drug Disposal Map and Drug Disposal Website
6. Evaluation of LCSD Pilot Project and Entire Drug Disposal System
7. Pharmacy Student Medication Evaluation
8. National DEA Take-Back Days

Lamoille County Sheriff Department (LCSD) Pilot Project

The Lamoille County Sheriff Department (LCSD) coordinates a statewide effort to ensure all law enforcement agencies, both local and state, have access to LCSD to dispose of unused or unwanted medications, and provides training on proper handling and transportation of disposed pharmaceuticals. The thirteen sheriff departments work with local law enforcement in their region to collect disposed medication that is handed off to the Lamoille County Sheriff Department on a monthly basis. The LCSD collects and weighs medication and provides the state with monthly metrics reports. On the biannual DEA take-back days, the LCSD will coordinate handoff of medications stored securely at LCSD with DEA Representatives.

Biannual Drug Disposal Stakeholder Group

The Drug Disposal Stakeholder Workgroup meets for updates and discussion regarding VT’s Drug Disposal System. The stakeholder group consists of a range of partners including prevention coalitions, law enforcement, independent and chain pharmacies, Long-Term Care Facilities (LTFC) and others. The workgroup continues to meet to discuss and provide insight into barriers, assets, and resource gaps that would need to be addressed, innovation and new potential projects.

Assistance to Pharmacies, Hospitals, and Long-Term Care Facilities

By utilizing federal dollars, VDH sought applications from pharmacies and hospitals wishing to acquire a drug disposal drop box. To date, 23 facilities have received drug disposal kiosks and ultimate disposal for up to four liners/boxes. Vermont Department of Health will be funding an additional year of liners/boxes to each facility. A new contract has been initiated with a vendor to provide kiosk liners to facilities with state funded drug disposal kiosks.

Prescription Mail-Back Envelopes

Starting in June 2018, Vermont Department of Health launched a medication mail-back envelope program. Pre-paid mail-back envelopes have been disseminated throughout Vermont communities, offering a safe, simple, and secure way to dispose of unwanted prescription medications. Envelopes are available at places like town offices, health centers,

libraries, veterinarian offices, and other locations in communities across the state. Information on specific community locations is available through Regional Prevention Consultants and Offices of Local Health. Envelopes can also be ordered online from the Health Department, at healthvermont.gov/free-prescription-medication-mail-back-envelopes. There have been over 1000 envelopes returned for destruction. A new contract has been initiated with a vendor to provide additional mail-back envelopes to the state through 2019.

VDH Drug Disposal Page and Disposal Locator

With assistance from Vermont Department of Health's Prevention Consultants, Regional Prevention Partnership grantees, and 211, an interactive prescription drug disposal map was created and launched on the Vermont Department of Health's (VDH) website.

Evaluation of LCSD Pilot Project and Entire Drug Disposal System

Vermont Department of Health is funding the evaluation of the Lamoille County Sheriff Department (LCSD) Pilot Project as well as the states entire Drug Disposal System. Product Stewardship Institute (PSI) is conducting the evaluation on the Lamoille County Sheriff Department (LCSD) Pilot Project and will be concluded by February 2019. Pacific Institute for Research and Evaluation (PIRE) will be evaluating the state system. These evaluations will help inform Vermont on the effectiveness of the many initiatives related to drug disposal, while also providing recommendations on how to improve said initiatives.

Pharmacy Student Medication Evaluation

VDH is contracting with Albany College of Pharmacy and Health Sciences (ACPHS) to conduct an evaluation of medication that has been collected through the LCSD Pilot Project. ACPHS will be working with the Lamoille County Sheriff Department to assess the number of and type of medications collected in random samples of the medication collected through the pilot project. This evaluation will help VT determine areas of the state in which specific medication is more prevalent.

National Prescription Take-Back Days

VDH has supported the biannual DEA National Take Back Days for the past three years. In 2018, Vermont contributed 6,008 lbs. of medication during April, and 5892 lbs. of medication during October DEA Take-Back Days. Vermont utilized 66 sites in which to collect and return medication to the DEA.

Opioid STR Community Prevention Grant (CURES)

The goal of Vermont's Opioid STR grant is to expand access to opioid use disorder prevention, treatment and recovery services for Vermonters, and reduce opioid-related overdose deaths. This grant has strengthened efforts previously underway in Vermont, and enhanced coordination among stakeholders throughout the state. Objectives for this project include prevention-based initiatives, increased substance-use workforce, safe disposal of prescription opiates, professional training, adult education, strengthened community capacity, infrastructure supports, and a statewide information. Seven applicants were awarded mini grants of either \$5,000 or \$10,000 out of a pool of \$60,000. The list of awardees in include:

Prevent Child Abuse VT -\$10,000

Plan to implement *Nurturing Programs for Families in Substance Abuse Recovery* for several communities. Designed to help parents in substance abuse recovery to improve their lives and relationship with their children, while simultaneously working to prevent substance use amongst the children.

Northeastern Family Institute - \$5,000

Utilize the Burlington Partnership for a Healthy Community (BPHC) to coordinate the One Voice Youth Empowerment Program (OVYE) to increase youth skills, knowledge and decision making. As well as deploy the Samantha Skunk Program that presents prevention messaging to elementary students.

Central VT Directions Coalition - \$10,000

Building capacity for youth prevention activities through two projects. Expanding the current youth group work of Hardwood Union High School and formalize a new prevention-based youth group at the U-32 Middle School.

Greater Falls Connection Coalition - \$10,000

Plan to address community priorities and challenges by strengthening collaboration amongst community partnerships. Examples include leading the Hope Forum Group, increasing Narcan access and education, development of youth leadership groups.

Hartford Community Coalition - \$10,000

Fund a prevention coordinator to facilitate community collaboration around prevention and opiate misuse. Activities include promoting Vermont drug disposal system, promote DEA Take-back day, educate pharmacist and prescribers.

Northeast Kingdom Learning Service - \$10,000

Begin a Big Brothers Big Sisters (BBBS) program within the Northeast Kingdom. Funding would be used to fund a program coordinator that would be responsible for BBBS.

Rutland Pharmacy - \$5,000

Expand on the Rutland Pharmacy Prescription Opioid Prevention Project by creating education material that focuses on warning patients about the dangers of mixing benzodiazepines and opioids.

Strategic Prevention Framework Partnerships for Prescription Drugs (SPF Rx) Grant

The Vermont Department of Health Division of Alcohol and Drug Abuse Programs (ADAP) has a grant from the U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration grant to strengthen drug misuse prevention efforts. The SPF Rx grant is \$371,616 per year for five years, that began on 9/1/2016. This funding is used to raise community awareness and bring prescription drug misuse prevention activities and education to communities, parents, prescribers, and their patients. Some of the activities include:

- “Over the Dose” media campaign
- Educating prescribers (medical and dental) on use and benefits of VPMS data and the Opioid Prescribing Rules
- Development of a Pharmacy opioid education booklet/handout
- Continue working relationship with Spectrum and the Cultural brokers to address substance use and proper drug disposal among the refugee community
- Provide funding for college coalition meetings that attempt to address substance use among college students through, policies, interventions and collaboration with other colleges

School-based Substance Abuse Services Grant (SBSAS)

Twenty supervisory unions have a School-based Substance Abuse Services (SBSAS) grant to support a menu of substance abuse prevention, education, and early intervention services. Awards of \$40,000 each (totaling \$800,000) were made in FY17 based on a competitive process that took into consideration need, readiness, strength of the proposed plan, budget and number of students to be served. A 10% match in funds or in-kind services was required. These are 3-year continuation grants contingent on satisfactory performance and the availability of funds. The SBSAS grants are aimed at the Healthy Vermonter 2020 objectives of reducing past month use of alcohol, marijuana, or any illicit among adolescents (ages 12-17); and reducing binge drinking among adolescents (ages 12-17).

FY18 School-based Substance Abuse Services Grantees

- Addison Northwest SU
- Addison Rutland SU
- Barre SU
- Burlington SD
- Chittenden East SU
- Champlain Valley SD
- Essex Caledonia SU
- Franklin Northeast SU
- Franklin West SU
- Lamoille South SU
- Maple Run Unified SD
- North Country SU
- Southwest Vermont SU
- Springfield SD
- Two Rivers SU
- Washington South SU
- White River Valley SU
- Windham Northeast SU
- Windham Southeast SU
- Windham Southwest SU

Funded Prevention Strategies

- Substance abuse screening and referral services
- Whole School, Whole Community, Whole Child (WSCC) initiatives
- Classroom evidence-based health curricula
- Training for peer leadership groups
- Parent education
- Teacher and support staff training
- Delivery of educational support groups

Rocking Horse

The Rocking Horse program is an educational support group serving low income pregnant and parenting women who are at risk for substance abuse or experiencing the effects of a partner's substance abuse. The program is designed to provide knowledge, build skills, and offer a safe and caring interpersonal climate in which to discuss needs, problems, and issues.

Rocking Horse Program Grantees

Rocking Horse grants were awarded in 8 Agency of Human Services (AHS) regions. A total of 13 groups were offered in 8 towns in FY'19 . Funding to support the groups for FY'19 is as follows:

- Addison County Parent Child Center, Middlebury (\$6,200)
- Central Vermont Substance Abuse Services, Barre (\$7,200)
- Clara Martin Center, Springfield (\$8,792)
- Howard Center, Burlington, St. Albans, and Winooski (\$12,172)
- Lamoille Family Center, Morrisville (\$9,700)
- Northeast Kingdom Human Services, St. Johnsbury and Newport (\$31,000)
- Rutland Mental Health Services, Rutland (\$8,000)
- United Counseling Service, Bennington (\$10,300)

Participant Outcomes

The following participant outcomes of the Rocking Horse program have been reported:

- Decreased binge drinking pattern
- Increased perception of ability to cope with stress
- Increased sense of social support
- Decrease in problem relationships

Regional Prevention Consultant Network

Ten Regional Prevention Consultants (PCs) provide technical assistance on substance abuse prevention around the state through the Health Department's Office of Local Health (OLH). The PCs serve the agencies, organizations, and individuals within those District catchment areas with the goal of increasing local community capacity to carry out effective substance abuse prevention efforts to impact positive changes in behavior, attitudes, skill development and environmental changes.

Prevention Consultant Services

Substance Abuse Prevention Consultants offer five essential services:

- Community organizing and mobilization
- Program planning, organizational development and consultation
- Presentations, training, and technical assistance
- Community grants information and guidance
- Information and referral

In FY18, Prevention Consultant's served over 5,600 Vermonters including, but not limited to, families, parents, youth, young adults, community members, service providers, and educators from K through college level.

Examples of Regional Prevention Consultant Services in FY18

- Provided information and education on proper disposal of prescription drugs and worked with local law enforcement and coalitions to organize bi-annual prescription drug take-back events.
- Participated in the planning, delivery & facilitation of community events to educate and organize communities to address substance abuse issues. Topics addressed at these forums included opioid prevention, underage drinking, substance use and misuse on college campuses, childhood trauma, and prescription drugs.
- Provided presentations on opioids, addiction, alcohol, marijuana, prescription drugs, substance abuse & older adults, and a variety of other topics to community groups, agency staff, and coalitions.