YOUTH COALITIONS TOOLBOX: STRATEGIES FOR VIRTUAL CONNECTION BY AND FOR YOUTH.

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LEARNING OBJECTIVES

• Establish a working definition of youth coalitions and identify the benefits for substance use prevention with youth.
• Increase awareness of digital resources, including online groups and social media platforms that are accessible to youth.
• Strategize ways to utilize toolboxes and cyber-connections with youth from a preventative standpoint.
During your youth, who did you look to for validation, praise and/or information?
“Youth and young adults are powerful agents of change in behavioral health care.”

https://www.samhsa.gov/brss-tacs/recovery-support-tools/youth-young-adults
“Although there are exceptions, most risk and protective factors associated with substance use also predict other problems affecting youth.”

“Therefore, programs and policies addressing those common or overlapping predictors of problems have the potential to simultaneously prevent substance misuse as well as other undesired outcomes.”

Now I’m going to take a moment to pause and have each of you think about what part of your life, or someone you know, has been impacted by the COVID-19 pandemic.

PLEASE RESPOND TO QUESTION IN THE CHAT BOX.
According to the Mayo Clinic, some ways in which the pandemic may impact someone’s life includes altering daily routines, financial pressures, social isolation, worry about the future, stress, anxiety, sadness, loneliness and mental health disorders can worsen.

Substance Usage & COVID19

CDC Data on COVID-19 Pandemic

% of Respondents Reporting Increased Substance Usage

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<th>State</th>
<th>Confirmed Infected (%)</th>
<th>% of Respondents Reporting Increased Substance Usage</th>
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<tbody>
<tr>
<td>Mississippi</td>
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% Increase in use

- Substance Use Related to Stress: 45%
- Substance Use Related to Anxiety/Depression: 22%
- Substance Use Related to Boredom: 43%

Substance Of Choice

- Alcohol: 89%
- Marijuana: 33%
- Opioid: 10%
- Benzos: 5%
- Meth: 5%
- Cocaine: 2%
- Heroin/Fentanyl: 2%
- Other: 2%

*Survey based on 1,000 respondents Adults 18 and older
Data Sources: The Recovery Village, CDC

https://www.therecoveryvillage.com/drug-addiction/news/covid-19-substance-use-map/?fbclid=IwAR11y0i7QY-ZpXBwkCjZFXRmtLNnrpKO810DeGbHeh-vB0jLx2ocU0YIgA
HOME IS WHERE THE DRINKING IS

According to Foundation for Alcohol Research and Education (FARE) CEO Caterina Giorgi, drinking in the home is a long-standing trend that has since intensified among all ages in both regional and metropolitan communities. "Despite what many of us assume, people who drink alcohol are more likely to do so at home – and this is true even before the lockdown measures."

WHY COALITIONS?
TRUE OR FALSE?

• A coalition’s purpose is to comprehensively look at the environment seeking to achieve population-level changes to the entire community.
TRUE!

• A coalition’s purpose is to comprehensively look at the environment seeking to achieve population-level changes to the entire community.

• Most approaches focus on addressing individuals or specific components of the environment
  – Example: teens who learn about substance use prevention in classes at school are limited to students in those classes.

• By contrast: Coalitions focus more on availability of the substance and the entire community environment

DRUG-FREE COMMUNITIES SUPPORT PROGRAM

• In 1997, Congress enacted the Drug-Free Communities Support Program (DFC) to provide grants to community-based coalitions to serve as catalysts for multisector participation to reduce local substance use problems.

By 2018, nearly 2,000 local coalitions received funding to work on two main goals.

*For the purposes of The Drug-Free Communities Support Program (DFC) grant, “youth” is defined as 18 years of age and younger.

THE PUBLIC HEALTH APPROACH

The public health approach demonstrates that problems can arise when a host (the individual or person using substances) interacts with an agent (e.g., the substance, like alcohol or drugs) in an environment (the social and physical context in which substance use does or does not occur).

PUBLIC HEALTH APPROACH VS COMMUNITY COALITIONS

• The Public Health Approach
  – Effective prevention efforts focus on impacting the individual, peers, families, and the overall community environment.

• Community Coalitions Approach
  – It is the role of coalitions to reduce substance use in the larger community by implementing comprehensive, multi-strategy approaches using a public health approach to prevention.

Community coalitions use the public health approach to look at what substances (the agent) are being used by youth and adults (the host) in the community and to impact those conditions (root causes in the environment) that promote the use of substances and strengthen those conditions that promote and support healthy choices and behaviors.

DIGITAL RESOURCES
FOR YOUTH
SELF MANAGEMENT AND RECOVERY TRAINING: SMART RECOVERY

• Who is SMART Recovery?
  – “SMART” Recovery is an acronym that stands for “Self-Management and Recovery Training.”
  – SMART Recovery is a nationwide, nonprofit organization which offers free support groups to individuals who desire to gain independence from any type of addictive behavior. SMART Recovery also offers a free Internet Message Board discussion group, and sells publications related to recovery from addictive behavior.

http://www.smartrecovery.org/teens/
SELF MANAGEMENT AND RECOVERY TRAINING: SMART RECOVERY CONTINUED

MEETINGS

ONLINE DISCUSSION GROUPS

PEER LED

http://www.smartrecovery.org/teens/
WHO
- For adolescents and young adults
- Health care providers and youth-serving professionals

WHAT
- Youth friendly substance use online resources
- Support Groups, peer networks, helplines, treatment locators and advocacy opportunities.

WHERE
- Direct link on my resource page (slide 35) and below!

https://www.adolescenthealth.org/Resources/Clinical-Care-Resources/Substance-Use/Substance-Use-Resources-For-Adolesc.aspx
YOUTH PROVIDERS 2.0 INITIATIVE

• Substance use resources for adolescents and young adults
  • One page
  • Includes youth friendly substance use online resources
  • Shows substance use resource institutes
  • Links to treatment service locators
  • Support groups
  • Helplines

https://www.adolescenthealth.org/SAHM_Main/media/Clinical-Care-Resources/Substance-Use-one-pager-for-Adolescents_jhedt-FINAL.pdf
YOUTH MOVE NATIONAL PEER RESOURCES COVID-19 AND SOCIAL DISTANCING

• Members of Youth MOVE Chapters are invited to contribute the resources you have found to be supportive in this time of coronavirus and required social distancing. Together we can care for each other.

Strengthen collaboration between public & private organizations in communities.

Address factors in the community that increase the risk of substance misuse.

Support interventions that promote environmental strategies to address substance use disorders in the community.

https://www.ruralhealthinfo.org/toolkits/substance-abuse/2/prevention/community-coalition
RURAL YOUTH ENGAGEMENT TOOLKIT

Created By:
Community Anti-Drug Coalitions of America (CADCA), in partnership with The National Grange of the Order of Patrons of Husbandry with the support of Rx Abuse Leadership Initiative

“In order to assure sustainability and long-term viability of prevention efforts, youth must play a key role in strategies and policy goals related to substance use and misuse prevention. Youth represent the future and offer unique perspectives on how certain drugs impact their communities. These perspectives, ideas, and energy are imperative to cause a generational disruption in substance misuse in rural America and increase the safety and health of communities.”

RURAL YOUTH ENGAGEMENT TOOLKIT CONTINUED

PART 1: BACKGROUND AND HOW TO MEANINGFULLY ENGAGE RURAL YOUTH

• Discusses the protective and risk factors that exist for rural youth and how to meaningfully engage them in the community change process.

• Youth Engagement Mistakes:
  1. Projects without purpose
  2. Shielding youth from hard truths
  3. Using youth for optics
  4. Recruiting to type
  5. Giving youth the facts instead of teaching them to research facts on their own
  6. Controlling the agenda
  7. Not being available to address concerns

RURAL YOUTH ENGAGEMENT TIPS

1. Listen, Listen, Listen
2. Treat them with respect
3. Learn what is motivating youth
4. Use their communication sources and include them in our communication sources
5. Approach them at multiple stages
6. Guide and educate them, do not lead and tell them what to do

• 7. Allow youth to plan their own strategies and facilitate their own implementation plans
• 8. Go to youth where they are now
• 9. Form a strong relationship with youth serving entities, i.e. schools, churches, etc.
• 10. Don’t try to have all the answers
• 11. Make it exciting and fun
• 12. Know and understand pop culture

PART II: APPLICATION OF COMMUNITY ANTI-DRUG COALITIONS OF AMERICA (CADCA)’S SEVEN STRATEGIES

1. Provide information
2. Build skills
3. Provide social support
4. Reduce barriers/enhance access
5. Change consequences/incentives
6. Alter the physical design of the environment
7. Change policy and rules

Some of the most effective efforts in substance misuse prevention have been accomplished through advocacy and policy change. Ritu R. Sharma from the Academy for Educational Development describes advocacy as a tool for “putting a problem on the agenda, providing a solution to that problem and building support for acting on both the problem and the solution.”
As we wrap up for today, I’d like you to think about the following:

• What’s the most important thing you learned today?

• What’s one thing you plan to implement?

• What’s something you’re already doing well?
RESOURCES

- https://www.smartrecovery.org/smart-recovery-toolbox/
- https://www.adolescenthealth.org/Resources/Clinical-Care-Resources/Substance-Use/Substance-Use-Resources-For-Adolesc.aspx
REFERENCES


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Youth Providers 2.0. *Substance Use Resources for Adolescents and Young Adults*. Retrieved from https://www.adolescenthealth.org/SAHM_Main/media/Clinical-Care-Resources/Substance-Use-one-pager-for-Adolescents_jhedt-FINAL.pdf

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