

CARROLL COUNTY RESPONDS TO SUBSTANCE USE DISORDER

Agenda – Feb 6, 2024

Prevention – Continuum of Care Workgroup

Meets First Tuesday of Feb, Apr, Jun, Oct, Dec.

FMI: (603)301-1252

Jennifer Thomas, jennifer.thomas@graniteuw.org

Catalina Kirsch, catalina.kirsch@graniteuw.org



See Minutes and Agendas here:

<http://www.c3ph.org/initiatives/continuum-of-care-for-substance-use-disorders>

See Shared Folder for flyers and announcements here:

https://drive.google.com/drive/folders/1BFsX-kCE6IZ2VfKwWa2gB6IJ0vWaV_wr?usp=sharing

8:55 Register for Zoom Meeting <https://us02web.zoom.us/meeting/register/tZwtceigqDIuHtRorTn80ou-lizThDOxqgR8>

Attendance:

Guest Speaker:

Raetha Stoddard – Starting Point

- Teen Dating Violence Awareness/Prevention Month discussion
 - [Teen Dating Violence Awareness and Prevention Month | Youth.gov](#)
 - Associations between substance use and dating violence

Focus on Prevention: Jennifer Thomas

- Carroll County Youth Substance Misuse Prevention Subcommittee
 - Youth Peer to Peer Groups as prevention, treatment and recovery support
 - [Alternative Peer Groups | Creating Connections NH \(unh.edu\)](#)
 - Updates from New Futures on salient bills
 - Information on Big Brothers Big Sisters

- Be the 1 Youth Suicide Prevention meeting.
- DHHS/BDAS YRBS workgroups
 - Working on assessing current knowledge/barriers with administrators in schools/districts
- Carroll County Veterans Coalition
 - Summit in Spring
 - Veteran Friendly Businesses
 - <https://www.dmavs.nh.gov/nh-businesses-currently-recognized-veteran-friendly-practices>
 - Supportive practices reduce risk and provide protective factors
 - Military families and youth are high risk groups for substance misuse
 - Gathering information stage on level of knowledge and current practices for youth at youth servicing organizations
 - Medical and behavioral health provider engagement
 - Determining level of knowledge of veteran and military needs and resources
 - [2023 Veterans Resource Guide](#)
- NH DHHS Bureau of Drug and Alcohol Services BDAS
- SAU 49 – District Community Leadership Team 2023-2024
- SAU 9 – District Student Behavioral Health Collaborative 2023-2024
- NH Dept of Ed
- Upper Elementary School / Middle School strategies update

Focus on the Continuum of Care (Early Identification/Intervention, Treatment, Recovery) – Catalina Kirsch

- Assets: What areas of strength right now?
 - [Press release from NH DHHS. New opioid reversal drug.](#)
- Gaps: Where are the most critical areas of need right now?
- Data – [NH DMI Drug Environment Report - November 2023 - UNCLASSIFIED 2023-06072](#)
- Increased communication among providers
- Increased capacity and delivery of services
 - [Harm Reduction Supplies. Order here](#)
 - Harm Reduction – Planning for 24 NaloxBox community installations & harm reduction supplies distribution. Please email catalina.kirsch@graniteuw.org with input:
 - NaloxBox Installation. Seeking locations to install Naloxbox across Carroll County. What are public locations across Carroll County where a wall mounted emergency naloxone (NaloxBox) will have the greatest chance of helping to respond to overdose?
 - Fmi <https://naloxbox.org/>
 - [NH DHHS Announces Availability of New Opioid Reversal Medication](#) NH DHHS 2024 01 24

- Updates from the Field.
 - Early Identification/ Intervention –
 - Treatment – Recovery – Updates?
 - Advocacy
 - [Alcohol Fund Fact Sheet](#)
 - [New Futures 2024 Campaign Priorities](#)

10:25 Other updates? Announcements?

Do you have event flyers to share? Please upload them here: [CC Responds to SUD Flyers to Share](#)

What's posted there now?

- [Magnify Voices Expressive Arts Contest NH Students Gr 5-12](#)
- [2024 Art & Poetry Challenge. NH Racial Unity Team](#)
- [NH DMI Drug Environment Report - November 2023 - UNCLASSIFIED 2023-06072](#)
- [NH DHHS Announces Availability of New Opioid Reversal Medication NH DHHS 2024 01 24](#)
- [VITA Free Tax Preparation Assistance](#)
- [AARP Tax Help in Carroll County NH](#)
- [Project ECHO Aging Community and Equity: Honoring an Individual's End of Life Preferences](#)
- [Managing Pediatric Depression ECHO Feb – Sep 2024](#)
- [Mental Health Care for LGBTQ+ Youth ECHO Feb – July 2024](#)
- [WIOA Adults Tuition Assistance and Career Counseling](#)
- [Work Ready NH Live and Interactive Course Schedule Jan – Mar 2024](#)
- [2023 Veterans Resource Guide](#)
- [Principles for Cannabis Policy & Regulation](#)
- [UNH Living Well with Chronic Pain](#)
- [Emerging High Risk Alcohol Products](#)
- [Talking to Kids About Alcohol and Other Drugs: 5 Conversation Goals](#)

Do you have other information you would like to share? Please add it to a shared doc here: [CC Responds to SUD Updates to Share](#)

10:30 Adjourn.

Happy Groundhog Day! Happy Valentine's Day! Thanks for all you do! If you would like to unsubscribe from this email list, send a message that says "unsubscribe" to continuum@c3ph.org.

Jennifer Thomas, jennifer.thomas@graniteuw.org

Catalina Kirsch, continuum@c3ph.org

Next meeting:

You are invited to a Zoom meeting.

When: Apr 2, 2024 09:00 AM Eastern Time (US and Canada)

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZwtceigqDluHtRorTn80ou-lizThDOxqgR8>

After registering, you will receive a confirmation email containing information about joining the meeting. Resources on next page(s) (Information Dissemination)



inclusive minds llc
therapy, consultation, and professional development



MENTAL HEALTH CARE FOR LGBTQ+ YOUTH IN NH

Biweekly ECHO learning community
sessions at no cost

Every other Tuesday 9-10am
February 6 - July 9

LEARN ABOUT...

- Language
- Identity Development Models
- Best Practice Guidelines
- Assessment for medical intervention
- Tools and resources for clients and caregivers

AUDIENCE

Behavioral health clinicians
who work with NH youth

[CLICK HERE TO REGISTER](#)

Questions? Email Maya Gelting at maya.gelting@unh.edu





Managing Pediatric Depression ECHO

Learn about...

- **Assessment:**
 - differential diagnosis
 - suicide risk
 - co-morbid conditions
- **Strategies and workflows to:**
 - monitor treatment effectiveness
 - step treatment as clinically indicated
 - support families



What & When

Monthly ECHO learning sessions

2nd Thursday of the month
12-1 pm from Feb. to Sept.



Audience

Primary care providers and teams who serve NH kids and teens



[CLICK HERE TO REGISTER](#)

Questions? Contact Maya Gelting at
maya.gelting@unh.edu



**Institute for Health
Policy and Practice**



**NH DIVISION OF
Public Health Services**
improving health, preventing disease, reducing costs for all
Department of Health and Human Services



This program is supported by HRSA (Health Resources and Services Administration) of the U.S. Department of Health and Human Services as part of an award totaling \$850,000 with 20% financed with nongovernmental sources. The contents are those of the authors and do not necessarily represent the official views of, nor an endorsement, by HRSA, the Department of Health and Human Services, or the U.S. Government. For more information, please visit [HRSA.gov](https://www.hrsa.gov).

Project ECHO® Aging, Community, and Equity: Honoring an Individual's End-of-Life Preferences

**CLICK HERE
TO REGISTER**



Join a learning community of medical, social, community & facility-based long-term care providers to explore culture and identify tools to navigate individuals' care preferences



FEBRUARY - APRIL 2024

**Every other Wednesday
12:30-1:30 PM EST on Zoom**

*Priority given to rural sites in ME,
NH, VT, and Northern NY*

TOPICS INCLUDE

- Cultural influences on our perceptions of death and dying
- Use of person-centered tools and the importance of documenting decisions
- Special considerations for honoring end-of-life preferences



QUESTIONS? CARE2.ECHO@UNH.EDU



NEW TO ECHO? LEARN MORE [HERE](#)



Institute for Health
Policy and Practice



This curriculum is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$475,000 annually with 100% funded by HRSA/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA/HHS, or the U.S. Government.

ccsnh.edu/WorkReadyNH

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Jan 16 - Feb 1	M - Th	9am - 2pm
* Jan 23 - Feb 9	Tu - F	9am - 2pm*
Jan 22 - Feb 22	M, Tu, W	5pm - 9pm
Feb 5 - 22	M - Th	9am - 2pm
Feb 12 - 29	M - Th	9am - 2pm
* Feb 20 - Mar 6	M - F	9am - 2pm*
March 4 - 21	M - Th	9am - 2pm
* March 12 - 29	Tu - F	9am - 2pm*
March 18 - 29	M - F	9am - 3pm

Improve your

- Communication
- Decision-making
- Teamwork
- Conflict resolution
- Resume
- Interview
- *Confidence*

Join In Person

- * Attend in Portsmouth
at Great Bay
Community College



- 93% of employers say **SOFT SKILLS** are critical in hiring
- 90% of recruiters use LinkedIn to find candidates
- 85% of openings are filled through networking
- 80% of job searches are done online
- 75% of resumes are never read by a human

Tuition
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system of New Hampshire

ARE YOU LOOKING FOR A CAREER, NOT JUST A JOB?

WORKFORCE INNOVATION AND OPPORTUNITY ACT (WIOA)

Healthcare/Manufacturing/Technology/Construction/Hospitality

THE WIOA ADULT PROGRAM IS OFFERING UP TO \$6,500 OF TUITION ASSISTANCE AND PROFESSIONAL CAREER COUNSELING.



YOU MAY BE ELIGIBLE, IF YOU CAN ANSWER “YES” TO ANY OF THE FOLLOWING QUESTIONS:

- Single parent
- Individual with disabilities
- Limited or no post-secondary training (beyond high school)
- Unemployed for 12+ months
- Ex-offender
- Veteran
- Have received TANF, SNAP, or other form of public assistance.
- Older individuals that are 55+
- Directly or indirectly impacted by Substance use disorder
- Low income
- English language learner

FOR MORE INFORMATION OR TO SCHEDULE AN APPOINTMENT WITH ONE OF OUR CAREER NAVIGATORS, PLEASE CONTACT US AT:

**(603) 647-4470 EXT. 8047
OR
TRAININGOPPORTUNITIES@SNHS.ORG**

We are here to open
DOORS OF OPPORTUNITY
for you to achieve your goals



www.snhs.org | (603) 668-8010

The WIOA Adult Program is supported by the U.S. Department of Labor. For program funding details in compliance with the Stevens Amendment, please visit: <https://www.nheconomy.com/office-of-workforce-opportunity/about-us/transparency>

Southern New Hampshire Services is a proud member of the American Jobs Centers Network, an equal opportunity employer/program and complies with the Americans with Disabilities Act. Auxiliary aids and services are available upon request. TDD ACCESS: RELAY NH 1-800-735-2964.

FREE TAX PREPARATION

EASY. FREE. TAX HELP YOU CAN TRUST.

Volunteer Income Tax Assistance is a **FREE** tax preparation program designed for low-to-moderate income households with an income of **\$64,000 or less**.

2 EASY WAYS TO FILE



Visit NHTaxHelp.org or call 211 to get connected with an IRS certified tax preparer. Toll-free outside of NH: 1-866-444-4211

OR



Visit MyFreeTaxes.com to prepare your own return, for free online, with guidance from a toll-free helpline.

FIND VITA SITE
LOCATIONS:
NHTaxHelp.org



In partnership with
Citizens™



[myfree
taxes.com](https://myfreetaxes.com)

CASH Coalition
of New Hampshire

SAVE THE FEE. FILE FOR FREE!

WHAT TO BRING:

- ☐ Original Social Security or ITIN cards for everyone on your tax return
- ☐ Picture ID for taxpayer and spouse
- ☐ All W-2's for all places worked in 2023
- ☐ Prior year tax return
- ☐ Bank routing # and checking and/or savings account # if direct deposit is desired (for up to 3 accounts)
- ☐ Copies of any 1099's issued
- ☐ Bank account interest year-end statements
- ☐ Student loan interest statement
- ☐ Proof of child care expenses paid (statement from provider with EIN# or Social Security #)
- ☐ Social Security year-end statements
- ☐ Forms 1095-A, -B or -C if you had healthcare coverage in 2023

IF ITEMIZING:

- ☐ Copies of 2023 mortgage interest statements
- ☐ Real estate taxes statement
- ☐ Auto registration
- ☐ Statement of mortgage points paid
- ☐ Proof of charitable contributions



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[myfree
taxes.com](https://myfreetaxes.com)

CASH Coalition
of New Hampshire



55th New England School of Addiction and Prevention Studies – June 10 - 13, 2024

Worcester State University, Worcester, MA and Virtual

2nd Annual Hybrid Summer School, with 2 Ways to Attend:

Face-to-Face: - Join us in person in Worcester! or Virtual Live Program - Join us virtually!

2024 Course Proposals: Proposal Deadline: January 25, 2024

[Click here to download Presentation Proposal Information sheet.](#)

Online Course Proposal Link: https://www.surveymonkey.com/r/nesas24_proposals

About the Summer School

The New England School of Addiction and Prevention Studies, commonly called Summer School, is an intensive 4-day learning experience to further knowledge, skills, and experience in the field of substance use disorder services. For over 55 years, participants from many disciplines have come together to form a unique, diverse learning community. This year will be our second hybrid year, with options to attend the program in person in Worcester or to attend the program virtually!

We are delighted to return to Worcester State University for a face-to-face program.

Due to the continued strong demand for intensive Summer School programming online, we are happy to also offer a live virtual program.

- Select from many intensive courses from across the continuum of treatment, prevention, and recovery.
- Virtual courses will take place live by videoconference, allowing for course group work and interaction.
- In addition to courses: plenary sessions, community, and more!
- Options are available to attend the full program, or any number of days.
- Earn 26 Contact Hours during the week.

Courses are designed for the extensive demands of today's professionals and organizations:

- Certification, licensing, and re-credentialing;
- Evidence-based practices;
- Addressing health disparities and equity issues;
- Behavioral healthcare and primary care integration;
- Recovery oriented care across the continuum;
- Addressing the opioid crisis, stimulants, and other current drug trends;
- And many other current and emerging topics!

New England summer programs have been developed to respond to specific needs in our regional workforce. Participants may attend offerings specifically for treatment, prevention, or recovery support, or select courses of interest to all.

The Summer School provides wonderful combined learning opportunities for participants working in different areas of the behavioral health services continuum.

Please join us for new knowledge, skills, virtual networking and continuing education contact hours in June!

Partial New England State Scholarships are available from most New England states.

The Summer School is appropriate for all who recognize the impact of alcohol, tobacco and other drugs on individuals, families, and communities. **We hope to see you either in person or virtually at this year's Summer School!**

Complete course information, registration, and scholarship information will be posted to this website in March. [Click here to sign up for the Email List.](#) Please contact us with any questions at neias@neias.org or 207-621-2549.



Solve Health

Mobile Dental Clinics

NH Smiles Adult Dental Medicaid

**Call 877-248-6684
to schedule an appointment**

February 23 - February 24
Friday & Saturday

We're proud to be at:
Tri-County Community Action
448-A White Mountain Highway
Tamworth, NH 03886



**TRI-COUNTY
COMMUNITY ACTION**

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Helping People. Changing Lives.

UPCOMING

Pathways to Health Equity: Expanding Community-Clinical Linkages to Improve Health Outcomes Among Low-Income Populations Nationwide (4 Part Series)

Wednesday, January 31, 2024 from 1:00pm - 2:30pm (Part 1)

Wednesday, February 21, 2024 from 1:00pm - 2:30pm (Part 2)

Wednesday, March 13, 2024 from 1:00pm - 2:30pm (Part 3)

Wednesday, April 10, 2024 from 1:00pm - 2:30pm (Part 4)

Noted in a Journal of the American Medical Association JAMA article “To reduce cancer disparities, it is imperative to understand the degree to which multiple environmental, clinical, and behavioral factors may serve as mediators of the association between county income and cancer mortality. This is important in part because a better understanding of the possible mediators of high death rates among low-income counties is needed to inform future efforts to lessen disparities.” This webinar series will address social determinants of health that impact cancer and tobacco-related health disparities.

Opioid Overdose Reduction Continuum of Care (ORCCA)

Friday, February 2 from 3:00pm - 4:30pm

This webinar will focus on key recommendations to reduce overdose fatalities from the Opioid-Overdose Reduction Continuum of Care Approach (ORCCA). An overview will be provided of the evidence-based practices and accompanying implementation strategies compiled in the ORCCA. The framework was designed as a menu of options for communities to reduce opioid overdose deaths. The science and evidence behind the framework were published in the Journal of Drug and Alcohol Dependence and outlined 3 recommended menus of evidence-based practices: overdose education and naloxone distribution (OEND), medications for opioid use disorder (MOUD), and prescription opioid safety.

Virtual RCO Bootcamp [3 Day Training]

Wednesday, February 7 – Friday, February 9 from 12:00pm - 5:00pm each day

Faces & Voices of Recovery invites the recovery community to a FREE virtual training sponsored by the Opioid Response Network. This is a leadership development program for new and emerging Recovery Community Organization (RCO) directors, program managers, and board members. The Boot Camp covers all the basics to help establish policies and procedures to build the capacity of small non-profit organizations. Breakout sessions focus on governance, sustainability, ethics, strategic planning, and staff development.

The Impact of Burnout: Compassion Fatigue & Secondary Trauma

Thursday, February 8 from 2:00pm - 3:00pm

This training is essential for anyone working with vulnerable populations. Many people who have chosen to work in this field have experiential expertise in trauma which elevates the developing compassion fatigue. Compassion fatigue can be detrimental to emotional, physical, and mental health. Learn about the risks, symptoms, and solutions to keep you healthy and balanced while helping others.

The Next Step in Suicide Prevention

Tuesday, February 13 from 1:00pm - 2:00pm

Despite considerable effort by the mental healthcare industry and widespread use of the Columbia screening tool, suicide deaths in the US have been tragically increasing since at least 1999. The CDC estimates that 49,449 people died by suicide in 2022. In light of this critical challenge, it is important for the industry to move to the next step in suicide prevention and quality care, to grow our understanding of why people die by suicide, continually improve our ability to recognize imminent risk and systematically utilize practical tools and strategies for prevention. This webinar addresses those elements and how to access a related free program of in-depth online video training and resources for behavioral healthcare providers created by Dr. Thomas Joiner and the

Mental Health Risk Retention Group. The program represents a significant next step and is based on the same evidence-based protocol used by the 988 suicide prevention lifeline.

Learning objectives:

1. Increase understanding of why people die by suicide and be able to describe three crucial, suicide risk factors identified by the Interpersonal Theory of Suicide.
2. Improve ability to recognize suicide risk by identifying eight warning signs of imminent risk.
3. Describe why multiple channels of information are important when doing a suicide risk assessment.
4. Access a free program of in-depth online video training and resources created by Dr. Thomas Joiner and the Mental Health Risk Retention Group.

Mobile Crisis and Community Partnering Webinar 2: Establishing mobile crisis teams as trusted partners in communities of Service Members, Veterans, and their Families (SMVF)

Tuesday, February 13 from 1:00pm - 2:00pm

SMVF communities experience high rates of suicide and often widespread mistrust in organizations due to fear of repercussions within rank, firearm removal, stigma, and lack of military cultural competence among providers. Crisis teams can serve an important role in supporting SMVF through partnering with trusted community resources for awareness-building, education, and stabilization and intervention support. This webinar identifies techniques for mobile teams to make effective and robust connections within the community to both reach SMVF and make post-crisis referrals, including: partnering with local firearm shops and shooting ranges for suicide prevention efforts, provider and community training on military cultural humility and promoting use of peer outreach and the value of peers in stabilization, and partnering with schools to promote wellness and suicide prevention.

Perceptions of Substance Use and Older Adults

Thursday, February 22 from 10:00am - 11:00am

Stigma of substance use can impede appropriate and preventive care that is critical for older adults and their wellness. Biased perceptions of substance use can often dismiss health related impacts of substance use and impede prevention efforts with the aging community. The webinar will explore how stigma of substance use with older adults underscores the lack of screening and tailored prevention. Content will further inform and educate on age-related challenges that increase substance misuse, medication adherence, and person-centered brief intervention approaches.

Ethical Recovery Support Service Guidelines

Thursday, February 22 from 2:00pm - 3:00pm

We will be exploring topics such as morals, values, healthy boundaries, and governing behaviors which are pertinent to work as a recovery support service provider. This engaging conversation will allow you to begin to understand how federal, state, and local laws along with your personal core values, impact your organization as well as your community.

RECORDINGS

New Year, New Start: Talking with Teens about Social Media and Mental Health

Parents and caregivers play an important role in guiding how children and teens use social media. But starting that conversation can be hard! In this webinar, Pam Pietruszewski from the National Council for Mental Wellbeing explains four key concepts for talking with youth that can help drive them to make healthier choices: partnership, acceptance, compassion, and empowerment.

Social Media and Youth Mental Health: Tips for Teens

Are you looking for positive ways youth can use social media? In this webinar hosted by the National Council for Mental Wellbeing and the American Academy of Pediatrics Center of Excellence on Social Media and Youth

Mental Health, Lacey Rosenbaum, PhD and two teen guest speakers describe the potential risks and benefits of social media use to teen mental health, identify healthy social media habits and discuss resources and strategies to support these habits. Share this recording with the young people in your life!

Social Media Tips for Teens

Is social media good or bad for your mental health? It can be both! Create a healthy balance by trying these four things:

1. Stop and pay attention to your social media use. How does social media make you feel?
2. Ask yourself if you're checking social media constantly and missing out on other activities.
3. Consider opportunities to use social media to get inspired for activities you can do offline.
4. Take breaks and take screen-free times to eat, sleep and go outside.

The Center of Excellence on Social Media and Youth Mental Health has more tips and resources for teens and parents to learn about social media and mental health. Go to www.aap.org/socialmedia.

Talking about Social Media: Pathways for Parents & Caregivers

Parents and caregivers play an important role in supporting their child's mental health, including having discussions on social media usage. Explore different tools and skills for initiating conversations with children and teens about social media. This webinar was sponsored by the National Council for Mental Wellbeing and the American Academy of Pediatrics Center of Excellence on Social Media and Youth Mental Health.

Social Media and Youth Mental Health: Strategies for Service Providers

Are you a physician or health service provider interested in exploring ways you can address social media use and youth mental health? This webinar, featuring guest speaker Erin Belfort, MD, addresses a child-centered framework to understanding the relationship between social media and mental wellbeing and offers service providers strategies and tools for practical youth use of social media. This webinar was hosted by the National Council for Mental Wellbeing and the American Academy of Pediatrics Center of Excellence on Social Media and Youth Mental Health.

COVID-19 & Mental Health Consequences

Research over the past several years has identified many added risks of COVID-19 for people with mental health conditions, the mental health impacts from having COVID-19, and the intersection of chronic health conditions, mental health, and COVID. This recorded webinar, originally held in October 2023, provides information about practical and successful outreach to get folks vaccinated and protected, such as unhoused people, communities of color, and folks living with mental health conditions.

Recognizing Racial Stigma & Opportunities for Change

This interactive four-hour workshop reviewed how mitigating factors such as stress, discrimination, microaggressions and societal attributions influence racial stigma and differential prevention services. The intersecting challenges of social drivers of health and development of racial trauma in communities of color will also be explored. The content will offer bias reducing strategies that help mitigate stigma and benefits of integrating culturally responsive care to help attain and retain highest levels of person-centered care for people of color and other marginalized communities.

Tobacco Cessation: From Evidence to Practice

This webinar presented by NHCHC and NCHPH focused on the epidemiology of tobacco use behaviors, tobacco-related inequities, and culturally-relevant tobacco use interventions and ways to integrate them into practice.

Tobacco Cessation for Homeless Individuals and Public Housing Residents: A Brief Review

This webinar presented by National Health Care for the Homeless Council (NHCHC) and National Center for Health in Public Housing (NCHPH) focused on introducing clinicians, health educators and CHWs to the rationale for doing smoking cessation with public housing and homeless individuals served by health center programs.

This webinar also provided information on the seven FDA approved cessation medications as well as proven behavioral counseling techniques to help individuals stay quit permanently.

Low-Barrier Shelter Models for People Who Use Drugs

This webinar will feature Camillus House (Miami, FL) and Beacon House (Philadelphia, PA) sharing information about their low-barrier shelter models for people who use drugs. Attendees will learn about different models for providing low-barrier shelter access for people who use drugs and will have the opportunity to hear from people about their own experiences staying in low-barrier shelter programs.

What You Need to Know About Xylazine: A discussion with The American College of Medical Toxicology

Xylazine, also known as “tranq”, is a growing concern in our drug supply, and increases the risk of overdose when combined with fentanyl. To be effective in our response, it's crucial to grasp the relevant data and explore actionable steps. Join our webinar in collaboration with the American College of Medical Toxicology to learn about their surveillance data and valuable insights on fentanyl and xylazine. Please help spread the word and register today. This Web Forum is sponsored by the National Overdose Prevention Network, a program of PHI Center for Health Leadership & Impact and produced by Dialogue4Health.

The Growing Threat of Xylazine and Its Mixture with Illicit Street Drugs

This presentation reviews the history of US street drug markets since the early 1990s to explain the emergence of xylazine, fentanyl, and crystal methamphetamine in regional markets formerly dominated by heroin and cocaine. It will examine the relationship between each of these newly prevalent synthetic substances and describe what we know so far about their impact on related comorbidities. Finally, it will assess how the public health impact of recent transformations to the US narcotics supply relates to the experience of drug consumption and the actual way that people use drugs in their everyday lives. It will conclude with lessons learned to help determine what prevention strategies could be used to counteract the impact on communities.

Evidence-Based Treatment of PTSD in Individuals with OUD, and Innovative Approaches for Increasing Access to Care in Rural Communities

The speaker in this recorded webinar is Kelly Peck, PhD, Assistant Professor with joint appointments in the Departments of Psychiatry and Psychological Science at the University of Vermont (UVM) and the Director of Clinical Operations for the UVM Center on Rural Addiction (UVM CORA). This presentation discusses effective treatment approaches for posttraumatic stress disorder (PTSD) in individuals with co-occurring opioid use disorder (OUD). It will also explore ways to increase access to evidence-based trauma treatment for members of rural communities. Download Slides [here](#).

The Power of Collaboration: Success Stories of Harm Reduction and Public Safety Partnerships to Prevent Overdose

The National Council is now pleased to share success stories and lessons learned from pilot project grantees and their public safety partners. Attend this free 90-minute webinar to learn about successful case studies of harm reduction and public safety partnerships. This virtual learning opportunity will include a historical background of harm reduction and public safety collaborations, two case studies of National Council grantees implementing harm reduction strategies with public safety and a facilitated discussion of harm reduction organizations and their public safety partners.

The Value of Storytelling to Enhance Prevention

In this recorded webinar, viewers will learn why storytelling is an important tool in prevention efforts, as well as storytelling strategies from experts in the field.

PTTC Video Series: Building Management Skills for Prevention Professionals

In this video series, trainer Robert Kenney, PhD, discusses practical strategies and approaches to address common supervision and management challenges. Using these videos and the accompanying handouts,

prevention professionals will learn useful tips for building team relationships, providing feedback, conducting performance appraisals, and evaluating their own supervisory skills. The videos can be used together to build skills across several areas or can be used as independent lessons for those interested in a specific topic. As you work through these videos and exercises, you will see how many of the skills we develop as prevention specialists can also be used to lead and support teams as supervisors and managers. This series is intended for new and experienced supervisors as well as those aspiring to a supervisory role and may be useful to those supervising volunteers as well as staff.

Planning SMART - Strengthening Goals & Objectives to Improve Your Prevention Planning Process

During this webinar, participants explored the steps in data-driven public health planning processes to guide prevention efforts and examine the role and importance of goal- and objective-setting within such a process. We examined the differences between goals and objectives and described how to develop clear goals and SMART objectives, working through examples of each to improve them. Also considered were barriers to setting and pursuing goals and objectives in prevention planning efforts and the real-world benefits and challenges of committing to this type of process.

Strategic Tools: Using Logic Models for Organizational Planning and Evaluation - Part 1

Strategic Tools: Using Logic Models for Organizational Planning and Evaluation - Part 2

This training will prepare participants to conduct data-informed program planning and evaluation using logic models as a part of their strategic planning process. We will learn about logic models and the ways that they guide planning and programming. We will touch on types of data, data storage and prep, and data analysis. We will wrap up with components of a strategic plan, including an evaluation plan, and how to incorporate a strategic plan into all aspects of organizational operations.

Equitable Language: Why It Matters

Using equitable language is a skill that can be learned and applied in the work we do as prevention professionals, paving the way to greater successes at achieving our outcomes. This recorded webinar has the following learning objectives:

- Defining “equitable language” to support prevention professionals’ efforts to reach their intended audience
- Learning about the benefits of using equitable language in communication tools and events
- Identifying strategies for using equitable language as part of a community engagement approach when building partnerships and sharing information with communities of focus

2023 Grief Sensitivity Virtual Learning Institute

The MHTTC Network hosted a two-day, no-cost, training experience for the mental health and school mental health workforce. They worked with leading grief experts across the country to strengthen grief sensitivity skills, techniques, and interventions. The theme for the 2023 GSVLI was “*Working with grief in the context of violence: Strengthening our skills to strengthen ourselves.*” Access the full program inclusive of speaker bios and further details [here](#).

Operation Prevention

Through the collaborative efforts of the Drug Enforcement Agency (DEA) and Discovery Education, Operation Prevention provides no-cost online tools for students, educators, families, and professionals on topics of substance use prevention. The [Culture-Based Resource Bundle](#), designed for elementary and middle school students, uses the wisdom of Native practices of wellness combined with the insights of modern science to help Native and non-Native students avoid the dangers of substance use. For those practicing outside of academic settings, the project has released [Workplace Resources](#) designed to empower professionals by providing information, including perspectives on science, health, society, and the legal system, to give clarity to the opioid epidemic.

Sharing Substance-Related Information with Youth 11-18: Integrating the Best Available Evidence to Prevent Unintended Harm

This guide was created by the Prevention Intervention Resource Center and is designed to provide evidence-informed considerations for how to share substance-related information with youth 11-18 grounded in the science of social norms to reduce the risk of unintended harm.

Youth Suicide: Current Trends and the Path to Prevention

JED's newly released report offers actionable insights into the mental health challenges of young people and the concerning increase in youth deaths by suicide. Created in collaboration with mental health researchers and clinicians who work directly with youth, the report explores the most recent data on youth mental health and suicide. The report also offers a detailed look at what youth are experiencing and specific ways schools and educators can lower suicide risk.

Behavioral Threat Assessment in Schools: Evidence, Fit, and Appropriateness

School violence, including school-based gun violence, is a major public health issue that has negative consequences for students, families, schools, and communities (Basile et al., 2020; Peterson et al., 2021). One approach that schools have adopted to address school violence is behavioral threat assessment (BTA). Based on a request from our funder, the Substance Abuse and Mental Health Services Administration (SAMHSA), we developed a report on behavioral threat assessment and its intersection with youth mental health.

Promoting Mental Health and Well-Being in Schools: An Action Guide for School and District Leaders

Schools are prioritizing students' mental health, and there are many tools and resources to choose from. CDC created this action guide as a place to start. It can help school and district leaders build on what they are already doing to promote students' mental health and find new strategies to fill in gaps. The action guide describes six in-school strategies that are proven to promote and support mental health and well-being. For each strategy, the guide also describes approaches, or specific ways to put the strategy into action, and examples of evidence-based policies, programs, and practices. Download this guide [here](#).

2024 School Mental Health Quality Guides

University of Maryland School of Medicine's National Center for School Mental Health is excited to share that the revised School Mental Health Quality Guides are now available! These 2024 editions contain major updates and an easy-to-follow format complete with action steps, best practices, examples from the field, and more. There are seven guides available: Teaming, Needs Assessment & Resource Mapping, Screening, Mental Health Promotion Services & Supports (Tier 1), Early Intervention & Treatment Services & Supports (Tiers 2 & 3), Funding & Sustainability, and Impact.

Naloxone Education for School Nurses Toolkit

The National Association of School Nurses offers a Naloxone Education for School Nurses Toolkit with resources to assist school nurses and other school leaders in evaluating and responding to the drug overdose crisis. School nurses are leaders in student health, and they have the education and expertise to assist the community and school leadership in assessing the need for and implementing a campus naloxone program. The decision to implement a naloxone program in schools can be a community decision, and it can save lives.

Generations United's Building Resilience: Supporting Grandfamilies' Mental Health and Wellness

Generations United released their 2023 State of Grandfamilies Report in November, along with a report overview, an accompanying infographic, key findings and recommendations, and a recording of the product release event. Share these resources with grandfamilies and those who work with grandfamilies to increase knowledge about how to build resiliency for this key population of family caregivers.

Adverse Childhood Experiences Prevention Policy Toolkit

Adverse childhood experiences (ACEs) include abuse (emotional, physical, and sexual), household challenges (violence in the home, substance use, mental illness, parental separation or divorce, and incarcerated household member), and neglect (emotional and physical) experienced before age 18. A substantive body of evidence demonstrates that ACEs are risk factors for negative physical health, mental and behavioral health, biological health, substance use, and social outcomes in adulthood. However, ACEs and their consequences can be prevented through policies that support children and families. Research also shows that many people who experience ACEs can build resiliency through individual, family, and community protective factors.

Addiction & the Brain - For Kids!

This kid-friendly video explains how repeated substance use can hijack brain function, and the importance of delaying use until the brain has fully developed.

Vaping: The Hit Your Brain Takes

"Vaping: The Hit Your Brain Takes" debunks common myths about vaping and boils down the science on the real harms of adolescent e-cigarette use.

Truth Initiative Launches Animated truth® Campaign: 'Toxic Therapy from Your Vape' to Address Alarming Connection between Vaping Nicotine and Youth Mental Health

Truth Initiative launched a new campaign composed of five animated videos featuring a vape-turned-faux-therapist to illustrate the misconception that feelings of stress and anxiety can be alleviated by vaping nicotine.

[Toxic "Therapy" From Your Vape | Hypnotherapy :15 | truth](#)

[Toxic "Therapy" From Your Vape | Texting Anxiety :15 | truth](#)

[Toxic "Therapy" From Your Vape | Sleep Exercises :15 | truth](#)

Empower Vape-Free Youth Campaign

The Centers for Disease Control and Prevention Office on Smoking and Health launched new Empower Vape-Free Youth campaign resources including fact sheets, social media materials, conversation cards, brief videos, and other materials for educators. This campaign was developed to help decrease middle and high school student vaping as educators can make a real difference by engaging in meaningful conversations about the dangers of vaping and ways to quit.

National Institute of Justice's Five Things About Vaping and E-Cigarettes

Electronic cigarettes (e-cigarettes) have rapidly expanded in popularity since first entering the U.S. market in 2006. Vaping has emerged as a serious public health issue that has dramatically changed the substance use landscape. Access the vaping research used in this pdf document [here](#).

FDA's Center for Tobacco Products

[Vaping Misperceptions \(2022\)](#) - This 8.5x11 infographic provides information on the health risks e-cigarette use (vaping) poses to youth. Spanish language version [here](#).

[Vaping Harms Your Health](#) - This digital flyer is a visual guide that explains the dangers of vaping e-cigarettes for teens, including how vaping harms teens' physical and mental health.

[Talk to Kids About the Risks of Vaping](#) - This digital flyer is a guide for parents and educators about how to talk to teens about the dangers of vaping. The guide walks readers through alarming facts about current e-cigarette use among teens, provides examples of how a parent can instruct their child to say "no" when they are offered vapes, and suggests how parents can create healthy habits at home.

What's Trending: E-Cigarettes

CADCA understands the importance of coalitions staying well-informed about emerging issues in the realm of substance use prevention. Download and share the newest installment of the "What's Trending?" infographic series to equip your team, engage your community members, and inform the broader public about the dynamic landscape of e-cigarette trends, igniting vital discussions to create lasting change.

Not Your Grandfather's Cigar: Cheap and Sweet Cigars Lure America's Kids

This report issued by the Campaign for Tobacco-Free Kids and Rutgers Institute for Nicotine and Tobacco Studies examines how the tobacco industry aggressively targets youth with flavored tobacco marketing efforts. The report recommends numerous policy actions to reduce the harms of tobacco products including supporting the FDA ruling to prohibit tobacco flavorings.

Menthol Fact Sheet

The CDC's Office on Smoking and Health recently released Menthol Fact Sheets for all 50 states and the District of Columbia. The data presented in the fact sheets include state-specific estimates of the number of adults who currently smoke, usually use menthol cigarettes, and are seriously considering quitting smoking; the economic cost of cigarette smoking in the state; the projected number of people in the state that would quit smoking if menthol cigarettes were no longer available; state Medicaid coverage; state smoking quitline utilization; and the amount of funds CDC provides the state for the quitline.

CTP Releases Five-Year Strategic Plan

The new strategic plan outlines CTP's programmatic and workforce initiatives for the next five years and defines five goals, 10 outcomes, and several corresponding objectives. As outlined in the goals and outcomes in the plan, the center is collectively committed to issuing impactful regulations, using robust science to inform application reviews, pursuing timely and impactful compliance and enforcement strategies, and educating the public about the risks of tobacco products. In conjunction with the strategic plan, CTP also published the center's [policy agenda of rules and guidance documents](#) that are in development or planned for development. This policy agenda will create a more efficient approach to meeting CTP's strategic plan and will be updated annually.

Campaign Resources to Counter Tobacco Marketing to Individuals with Mental Health and Substance Use Disorders

Check out our resource that outlines the tobacco industry's history of predatorial marketing towards individuals with mental health and substance use disorders and suggests campaign methods that providers and public health professionals can use to counter big tobacco's efforts. Download the resource [here](#).

Youth Protection Provisions Within Marijuana Liberalization Laws

Partnership to End Addiction produced this report to help inform policymakers and community stakeholders of the most effective ways to protect young people on the precipice of state marijuana drug law reforms. The recommendations are derived from literature reviews of marijuana, nicotine/tobacco, and alcohol research, as well as landscape assessments of states that have laws permitting the sale of marijuana for adult nonmedical use. As described by Partnership to End Addiction, the goal of the report is to aid "researchers, policy

professionals, communities, families, health care providers, educators, youth, and lawmakers help ensure that efforts to reform historically punitive drug laws accomplish the goal of ending the ‘War on Drugs’ without exacerbating the risk to young people of marijuana exposure, access, normalization, and use.”

A Skill-Building Course Addressing Teen Substance Use from The Partnership to End Addiction

If you suspect or know your child is engaging in substance use or other unhealthy behaviors, all you want to do is get them back on track. More effective communication and proven ways to change challenging behaviors are key to healthier outcomes. You can learn simple techniques to start applying right away — and you don’t have to do this alone. Throughout the course, you will also have easy access to our helpline specialists for more personalized guidance at any time. This course will teach you how to: respond when your child pushes your buttons, have a conversation rather than a confrontation, encourage healthier behaviors, set reasonable limits, and use consequences effectively. This course is designed to be taken at your own pace. There are nine lessons in total and each can be completed in 10 to 15 minutes. You can start, pause, or stop at any point along the way. After registering and answering a few initial questions, you can get started right away on changing things for the better.

Shatterproof’s Overdose Safety Wallet Card

These free, printable cards are easy to use. Just print, fold in half, and stick in your wallet so you're always prepared in an emergency. You'll get four cards you can share with friends and family to keep them safe. Download the pdf [here](#).

2022 SUDORS Fatal Drug Overdose Data Now Available

The 2022 fatal drug overdose data is now available on CDC’s State Unintentional Drug Overdose Reporting System (SUDORS) dashboard. You can access the interactive visual dashboard to explore data and details surrounding overdose deaths in the U.S. during 2020, 2021, and 2022. The features of the SUDORS data dashboard provide deeper insight into each death and can help inform prevention and response efforts for public health professionals, leaders, decision-makers, and researchers in their states. How can SUDORS data be used for action?

- Educate partners about location-specific circumstances and risk factors associated with overdose deaths.
- Alert healthcare providers, public health professionals, medical examiner and coroner offices, and other partners of newly emerging drug threats.
- Inform drug overdose prevention and response planning and strategies using toxicology and circumstance data.
- Evaluate the impact of overdose prevention and response efforts.

Overdose Risk Self-assessment: A Guide for Peer Specialists

The National Council for Mental Wellbeing, in partnership with the Centers for Disease Control and Prevention (CDC), created this tool to support peer recovery support specialists (PRSS) within justice settings who provide overdose prevention and linkage-to-care as they engage in overdose risk reduction and safety planning. This overdose risk self-assessment is intended for people who use drugs (PWUD). Once complete, the PRSS and PWUD will discuss the results. The tool includes discussion points and resources to reduce overdose risk.

Legality of Drug Checking Equipment in the United States

Contaminants including fentanyl and fentanyl analogs are now present in the illicit drug supply throughout the U.S. Because no safe supply of most illicitly used drugs is available, helping people determine what is in the drugs they obtain can be an impactful harm reduction intervention. The easiest and most inexpensive way to accomplish this is often through use of fentanyl test strips and xylazine test strips. This resource outlines the legality of drug checking equipment in 50 states and the District of Columbia.

Legal Interventions to Reduce Overdose Mortality: Naloxone Access Laws

This resource summarizes the characteristics of naloxone access laws in 50 states and the District of Columbia.

SAMHSA's Recovery from Substance Use and Mental Health Problems Among Adults in the United States

This brief report presents self-reports of recovery among adults aged 18 and older in the United States who thought they ever had a problem with their use of drugs or alcohol and/or mental health. These findings provide a clearer characterization of the factors associated with recovery among adults and how future efforts can foster a whole-health approach to sustain recovery from mental health and substance use conditions.

Trans-Affirming Schools Project Resource Guide

This resource guide from Advocates for Youth serves as a working document to answer some preliminary questions about gender identity and sexual orientation through a racial justice lens, but it will not answer every question, solve every problem, or respond to every need. This guide can serve as a foundational starting point that quickly connects to other community vetted information and support.

Addressing Health Equity and Racial Justice Webpage with Tools & Resources

The National Council acknowledges that many of our country's institutions were founded upon and continue to perpetuate systemic racism. Our health care system is no exception. It is rife with less obvious but deeply insidious examples of these inequities. We know that eliminating disparities will improve individual and community health, which is why we must continue to address the behavioral health disparities rooted in systemic racism and support our members as they seek to improve health care access in their communities. To help you address racial inequities and the associated stigmas that lead to persistent behavioral health disparities — and to ensure you have the tools to support your patients and providers — we compiled this directory of internal and external resources and learning opportunities.

Please note: We will continue to update this webpage as new information and tools become available to better serve you and your organization.

Prevention: A Public Health Strategy for Affecting Change

Prevention is a public health strategy that has been implemented for centuries. Whether to reduce the spread of disease or to mitigate the use of substances, educating the public on the dangers and potential negative outcomes of risky behaviors has become a mainstay of preventative actions. Educating the general public about health prevention is complex. Within society are cultures and subcultures with their own values, systems of belief, education levels, cultural traditions, and socioeconomic statuses. Additionally, demographics concerning age, racial identity, access to healthy food and healthcare, quality of available education, safe neighborhoods, and affordable housing also factor into prevention-oriented messaging. In short, blanket, one-size-fits-all prevention strategies often fall short of expected outcomes. Download Full Research Brief [here](#).

Resources for Public Safety Personnel Serving BIPOC Communities

The Public Safety-led Community-oriented Overdose Prevention Efforts (PS-COPE) Toolkit is a new approach to overdose prevention and response for Black, Indigenous and people of color (BIPOC) communities. A new animated video series and the revised toolkit, along with two additional companion documents, are available now.

Updated toolkit: The PS-COPE toolkit contains new examples and more information about working with diverse BIPOC populations, such as Hispanic/Latino and tribal communities.

Companion documents: The two companion documents focus on [Tribal communities](#) and [Hispanic/Latino communities](#). They provide information on distinct issues related to public safety-led overdose prevention and response in each community, examples of existing overdose prevention programs, how the PS-COPE framework can be applied and cultural considerations for adapting PS-COPE tools.

Animated video series: This series of animated videos provide public safety stakeholders with background information on trauma-informed approaches, recovery-oriented approaches and the PS-COPE framework for overdose prevention. Each video is accompanied by an informational one-pager that reinforces core concepts mentioned in the videos.

Rural Policymaking - Resources to advance rural prosperity & racial equity

We have created a suite of resources to support local and state policymakers, community organizations, and changemakers in advancing racial equity and rural prosperity across the United States. These resources are part of the Toward Better Rural Futures project, which aims to foster greater collaboration and alignment across local, regional, and state levels of government, equipping leaders with the tools and knowledge to fundamentally shift power, opportunity, and resources in order to create healthy rural places where everyone can thrive. Download Full Brief [here](#).

Lessons in Rural Leadership Publication

The Mountain Plains Leadership Academy staff and trainers collaborated to produce a white paper, [Lessons in Rural Leadership](#), that summarizes lessons learned from conducting the Mountain Plains MHTTC Leadership Academy for the past four years. Currently, there does not exist a specialized leadership program tailored to the unique needs of individual rural behavioral health leaders. Lessons in Rural Leadership provides an insightful commentary on the complex nature of leadership in rural communities. The paper presents a treatise on internal and external challenges individuals face when taking on a leadership role and the strategies the Academy staff have developed to address these challenges and support new and emerging leaders in rural communities. The paper concludes with two stories from Leadership Academy participants who have become facilitators at the Leadership Academy.

Best Practices for Email Etiquette

Email is a simple, fast way to communicate. As a result, [email management](#) is an important part of many job roles. The main difference between sending a personal email and a business email is the level of formality. That said, it is important to tailor every email you send to make sure its tone suits the intended recipient and the message content. Some common themes can be applied across the board, for example, using an appropriate subject line and easy-to-read text formatting. With so many emails sent and received each day, it can be easy to forget the correct email etiquette. But doing so can leave a poor impression on the recipient.

The Communication Process

Communication is a natural element of being human, and it's something we all do without thinking much about it. However, communication is also a skill we can develop to become more effective and create the outcomes we want – which can be very useful in the workplace. This [article](#) takes a closer look at communication styles and processes that can help you develop better communication skills in your professional role.

Nonverbal Communications Skills -- The 10 Skills You Need to Learn

Many research studies show people have more trust in nonverbal communication over the spoken word. Nonverbal communication is when a person conveys their thoughts, feelings and mood through visual rather than verbal cues. These visual signals include: facial expressions, eye contact, subtle (and not so subtle) gestures, tone of voice, touch, posture, and personal space. These physical signals are essential, especially if you are looking to impress an employer with your interpersonal skills.

The Visual You - Why Body Language Matters When You Speak

Do you think only in terms of the content you're delivering in your speeches and presentations? The information you convey to your listeners is only the tip of the iceberg. Data of one sort or another can only go so far in influencing audiences. You, on the other hand, are a gold mine of information for your listeners. Your attitude and expertise, your honesty and good will, even how you feel about yourself come through loud and clear by what you're showing an audience. In other words, your body language is helping reveal who you are. [Here](#) are 5 secrets of nonverbal communication to help you speak with power and maximize the language of your body!

SAMHSA's New Year's Resolutions: Building Good Mental Health Habits

SAMHSA's Food and Mood

[SAMHSA's Program to Advance Recovery Knowledge \(SPARK\) Launched](#)

[US FDA approves first test to identify opioid use addiction risk](#)

[US FDA Warns Online Retailers for Sale of Unauthorized E-cigarettes Resembling Alcohol Bottles](#)

[Court orders FDA to reconsider vape marketing denial](#)

[CDC Feature Article Highlights the Possibilities for Improved Health When You Quit Smoking](#)

[Exposure to e-cigarette advertising and young people's use of e-cigarettes: A four-country study](#)

[Scientists eye nitazenes as potential public health issue](#)

[Defense Department to Begin Tracking Drug Overdoses, Providing Antidote Drug Naloxone](#)

[Reported drug use among adolescents continued to hold below pre-pandemic levels in 2023](#)

[Adolescents get less sleep with more screen time](#)

[New study on the mental health of LGBTQ+ young people with disabilities](#)

[Seeking shelter from mass incarceration: Fighting criminalization with Housing First](#)

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