

CARROLL COUNTY RESPONDS TO SUBSTANCE USE DISORDER

Agenda – December 5, 2023

Prevention – Continuum of Care Workgroup

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

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See Minutes and Agendas here:

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

8:55 Register for Zoom Meeting

<https://us02web.zoom.us/join/91276131414>

Attendance:

Catalina Kirsch	C3PH
Jennifer Thomas	C3PH
Caleb Gilbert	C3PH
Emily McArdle	C3PH
Lauren McGinley	NH Harm Reduction Coalition
Jennifer Smith	Provider at Memorial Hospital
Chuck Henderson	Office of Senator Shaheen
Chelsea Endres	Southern NH Services, WIOA Career Navigator
Jennifer Koener	Live Free Recovery
Kelly Forest	Tri County Cap, ServiceLink, on board for the Endeavor House
Kim Whitefeather	Way Station
Lisa Ransom	Inter-Lakes High School
Mitchell Henderson	White Horse Recovery

Guest Speaker: Lauren McGinley- [info@nhhrc.org](mailto:info@nhhrc.org)

Harm Reduction 101

- Overview on [NH Harm Reduction Coalition](#) (NHRC) and Harm Reduction. NHRC compassionately supports people who use drugs (PWUD) in collaboration with other harm reduction programs, evidence-based strategies, and upholds the inherent worth of all people through advocacy and education. Harm Reduction includes meeting people where they are with practical strategies and ideas aimed at reducing negative consequences associated with drug use. NHRC’s goal is to engage with people who actively use drugs to talk about overdose prevention, ideally before

Naloxone is even needed (through education about practical ways to reduce risk of overdose, signs of overdose, use of Fentanyl/Xylazine testing strips, Syringe Service Programs, public syringe disposal boxes, sterile supplies, etc.).

- NHRC can provide talks/trainings to harm reduction groups; scripting, posters, and materials to providers; presentation about wound care; recorded video for Enhancing Provider Care (Catalina/Jennifer Smith interested in a screening for Memorial Hospital); and working on NHRC Drugs 101 course.
- Resources: [Never Use Alone](#), [DrugsData.org](#)

#### Focus on Prevention: Jennifer Thomas

- Carroll County Youth Substance Misuse Prevention Subcommittee
  - Emerging Threats
    - Increasing reports of methamphetamine use
    - Increased detection of xylazine in NH drug supply
      - Need more data and standard testing.
    - Cannabis – all forms in schools
      - Difficult to know when and where being used.
      - Possible policy changes needed.
    - Vaping
      - Nicotine and Cannabis
      - Age of initiation is of concern.
      - Great Resources
        - [Truth Initiative: inspiring lives free from smoking, vaping, and nicotine](#)
    - To monitor drugs:
      - [www.streetcheck.org](#)
      - [National Drug Early Warning System \(NDEWS\)](#)
  - Great presentation at last meeting on establishing Restorative practices in schools.
    - FMI: [City of South Portland, Maine | Official Website :: SoPo Unite](#)
- Be the 1 Youth Suicide Prevention meeting.
- Working on involving youth and reaching out to partners

- Had great conversations with Wakefield police department, resource center, and welfare office.
- DHHS/BDAS YRBS workgroups formed to advocate and inform on the YRBS to School Districts
  - Assessing needs and barriers to taking the YRBS.
  - Determine how to reach out and engage partners.
  - Develop and disseminate materials to school districts.
  - Statewide effort to include DOE.
  - Jen- working directly to assist in the objectives.
- Carroll County Veterans Coalition
  - Continued interest in involving more community partners, veterans' and their families.
  - Logo contest with Kingswood Youth Center
  - Designing website specific to veterans and providers:
    - Federal, State and Carroll County resources of all kinds
    - Ongoing activities
    - Pop-up activities
  - Facebook Page available
    - [Facebook](#)
  - Possible collaboration to bring fallen soldier memorials to NH
    - FMI: [Home | The Summit Project \(square.site\)](#)
- NH DHHS Bureau of Drug and Alcohol Services BDAS
  - Department of Health and Human Services - Jen has joined the Prevention Community of Practice group.
  - Strong as Granite Campaign -
    - [Strong As Granite | New Hampshire Department of Health and Human Services \(nh.gov\)](#)
    - [Strong As Granite Toolkit | New Hampshire Department of Health and Human Services \(nh.gov\)](#)
- [National DEA Prescription Take Back Day - October 28, 2023](#) - Over 350 lbs of medications collected and safely disposed. Thank you participating Carroll County Police Departments.
- SAU 49 – District Community Leadership Team 2023-2024 – hiring for 1 yr wellness Coordinator
- 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. Here are our goals

- Identify Assets: What areas of strength right now?
- Identify Gaps: Where are the most critical areas of need right now? Future discussion: safe sharps disposal in Carroll County. [For Household Sharps Guidance from NH DES click here.](#)
- Data –For a [copy of the October 2023 NH DMI Report click here.](#) ( NH Drug Monitoring Initiative)
- Data – [Carroll County NH YRBS](#) TA project underway
- Raising awareness of and access to services.
  - [Transportation – Carroll County Regional Coordinating Council](#)
  - C3PH resource guides <https://www.c3ph.org/resource-center/resource-guides>
- Increased communication among providers
- Increased capacity and delivery of services

Updates from the Field:

- Early Identification/Intervention-
  - Caleb- C3PH hoping to move forward with self-administered HIV testing pilot in 2024 in collaboration with RCOs/White Horse Recovery/White Mountain Community Health Center.
- Treatment- Addiction Medicine Program in development at Memorial Hospital.
- Recovery-
  - Mitchell Henderson- White Horse Recovery opening in North Conway, will have groups (SMART Recovery, bible groups, etc.), open Monday 12pm-5pm, Tuesday-Friday 9am-5pm for peer support (call ahead for counselors' schedules). Intensive Outpatient Program available in Ossipee. Additional White Horse Recovery locations in Berlin and Littleton. FMI: [Mitchell@whitehorseac.com](mailto:Mitchell@whitehorseac.com) and 603-651-1441 ext. 2
- Harm Reduction-
  - C3PH is planning for 24 NaloxBox community installations & harm reduction supplies distribution. Please email [catalina.kirsch@graniteuw.org](mailto:catalina.kirsch@graniteuw.org) with input:
  - 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/>

- C3PH also has harm reduction supplies to give out to the community (Naloxone, CPH face shields, sterile supplies, wound care, DeTerra bags, etc.), fill out this form if you're interested in receiving supplies: [Carroll County NH Harm Reduction Supplies](#)

10:25 Other updates? Announcements?

- Chelsea Endres- Southern NH Services serves Littleton, Conway, Berlin areas. [WIOA program](#) to help people cover tuition to go back to school (trying to target people in recovery), will help anyone 18+. Talking about trying to start an Al-Anon group.

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

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 Holiday Season! 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](mailto:continuum@c3ph.org).

Jennifer Thomas, [jennifer.thomas@graniteuw.org](mailto:jennifer.thomas@graniteuw.org)

Catalina Kirsch, [continuum@c3ph.org](mailto:continuum@c3ph.org)

Next meeting:

You are invited to a Zoom meeting.

When: Feb 6, 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)

## UPCOMING

### Equity and the Strategic Prevention Framework: Stories from the Field

**Thursday, December 7 from 1:00pm - 2:30pm**

Cultural competence, or individuals' or organizations' ability to interact effectively with people from diverse backgrounds, is critically important to prevention success. Doing this effectively involves examining and addressing systemic and structural factors that lead to health inequities and disparities so that everyone can achieve their highest level of health and well-being, regardless of their race, ethnicity, socioeconomic status, or other social determinants of health. Join us for an interactive session that delves deep into what it means to center equity in our prevention efforts, and how communities can infuse a commitment to equity through implementing the Strategic Prevention Framework (SPF). We will first create a shared understanding of important terms and concepts related to equity and then spend the majority of the session hearing directly from a panel of prevention practitioners who will share their real-world experiences of building inclusive coalitions and developing prevention plans with equity at the forefront.

### Family Connections: Finding Joy in Holidays & Special Days

**Thursday, December 7 from 1:30pm - 2:30pm**

It's the most wonderful day of the year! Or is it? Join our next Family Connections on December 7th as we head into the busy season. It's not just the holidays: special days – birthdays, anniversaries, weddings, and the like – can also stir up worry or anxiety. We'll take a look at practical solutions and strategies to mitigate our perceptions and expectations of upcoming events. While we want to celebrate with the people we love, it's not unusual to get overwhelmed just thinking about our loved ones. There may be tension or disagreements with a family member, whether it's the family you are born into or the family you choose. Instead of opening gifts, some may open up old hurts, arguments, or mistakes with a side dish of opinion.

### Implicit Bias, Understanding the Impact of What We Don't See

**Monday, December 11 from 10:00am - 12:00pm**

Research indicates that race and ethnicity are predictors of how services are rendered and further suggests that implicit bias is one component that influences the provision of poor care. From a prevention perspective, the elusiveness of unconscious bias underscores provider perception, unwitting use of stigmatic language, and influences assumptions that can lead to microaggressions affecting a person's capacity to respond to care and commit to their recovery process. This interactive two-hour training will discuss how cognitive bias develops, contributes to inequitable outcomes for persons of color, and inform on bias reducing techniques for enhancing the provider-client interactions and outcomes for marginalized communities.

### Cultural Humility and Responsiveness in Behavioral Health Care

**Monday, December 11 from 1:00pm - 3:00pm**

The National Alliance on Mental Illness recognizes that current environmental factors are traumatizing people of color, which as a risk factor can also initiate or increase substance use,

and potentially developing trauma and stress complications. Prevention professionals who integrate cultural humility in practice can provide culturally responsive care and mitigate the potential impact of implicit bias. Building on what will be presented in the Implicit Bias training, this interactive presentation will review dynamics of culture in substance use prevention and recovery support services. Additionally, content will review cultural humility key components and how they translate in practice for person-centered care and enhance the opportunities that build trust and rapport. Participants are required to attend the session in its entirety, turn on their video cameras, and actively participate in order to receive credit.

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**Pregnant People with Substance Use Disorder (SUD): Strategies for Screening, Assessment, and Treatment**

**Tuesday, December 12 from 2:00pm - 3:00pm**

Given the epidemic of increased maternal mortality and morbidity in the U.S., there is growing sentiment on how to mitigate preventable causes, including that of addressing substance use disorder (SUD). This webinar will provide information on the complications of SUD in pregnancy, along with methods for effective intervention and management for clinicians and collaborators.

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**Poverty, housing and stigma: The profound effects of The Social Determinants of Health on addiction management**

**Monday, December 18 starting at 1:00pm**

In the coming years FQHC's and PHPC's are expected to take an increasing share of the country's addiction management caseload. This is particularly true of health centers serving disadvantaged populations. In this webinar, join the National Center for Health in Public Housing team as they present an epidemiological perspective of addiction management with a focus on the impact of housing, poverty and historical marginalization have had on the lived experience of Residents of Public Housing and other marginalized groups. Additionally, through the lens of the Social Determinants of Health (SDOH) we will examine the models, practices and care interventions which can assist FQHCs and PHPC's in supporting addiction management programs and promoting the staff and patient experience at their organization.

## RECORDINGS

### [The Stages of Adolescent Brain Development](#)

This webinar provides insights into adolescent brain development and shows how better understanding this developmental period can inform and improve programs and services focused on youth well-being.

### [Partnering with Schools to Improve Youth Mental Health](#)

Community mental health and substance use treatment organizations can address one of the nation's highest priorities – the youth mental health crisis – by partnering with schools and school systems to provide school-based integrated health care. To help organizations better partner with schools, the School-Based Health Alliance (SBHA) and the Center of Excellence for Integrated Health Solutions (CoE-IHS) created [Partnering with Schools to Improve Youth Mental Health: A Resource for Community Mental Health and Substance Use Care Organizations](#).

### [Suicide Prevention for LGBTQ+ Youth](#)

This recorded webinar featured a keynote speaker and moderated panel discussion focusing on the latest interventions, what research still needs to be developed, and resources with respect to Suicide Prevention for LGBTQ+ Youth.

### [Building Hope for Family Healing and Recovery](#)

This webinar introduced the new publication, [Building Hope for Families Affected by Substance Use and Mental Health Disorders: A Blueprint for an Effective System of Care to Promote Lasting Recovery and Family Well-Being](#). The National Center on Substance Abuse and Child Welfare (NCSACW) has developed a three-part “blueprint” —along with this webinar—focused on an effective system of care promoting safety, permanency, lasting recovery, and well-being for families affected by substance use and mental health disorders. The [briefs](#) incorporate lessons from 10 Regional Partnership Grants ([RPG](#)) and In-Depth Technical Assistance ([IDTA](#)) sites. All include effective “on-the-ground” strategies that improve equitable access to family-centered services, enhance outcomes, and illustrate practice-level opportunities to support service provision for families. The related webinar, which highlights concrete strategies collaboratives can use to improve outcomes for families, includes: 1) an overview of the [framework](#) used to create the 10 Essential Pillars of an Effective System of Care, 2) a description of the purpose, activities, outcomes, and lessons from the federally-funded RPG and IDTA initiatives, and 3) lessons and strategies to implement of the 10 pillars from IDTA and RPG sites. The webinar highlighted concrete strategies collaboratives can use to improve outcomes for families affected by substance use and mental health disorders.

### [Xylazine 102 Webinar](#)

The Police Assisted Addiction and Recovery Initiative (PAARI) Webinar Recording

### [Xylazine Prevalence and Response Strategies](#)

Xylazine is a non-opioid tranquilizer used in veterinary medicine and is increasingly found as an adulterant in the illicit drug supply. Researchers, public health officials, and community leaders are working to address xylazine in prevention, clinical care, and overdose prevention.



### **The HEALing Communities Study: Addressing Overdose Deaths and the Fentanyl Crisis**

Addiction Policy Forum hosted a webinar discussing Addressing Overdose Deaths and the Fentanyl Crisis: Lessons from the HEALing Communities Study. In this session, Dr. Redonna Chandler from the National Institute on Drug Abuse (NIDA) discussed key interventions and strategies utilized in the HEALing Communities study sites, including innovations to address fentanyl.

### **Integrating Peer Recovery Services and Substance Use Crisis Care Across State Lines**

Substance use-related crises can have a profound impact on individuals, families and communities. Integrating peer recovery support services (PRSS), which harness the power of lived experience, has shown tremendous potential in fostering hope, promoting resilience and facilitating sustainable recovery.

### **Recovery Housing and the Americans with Disabilities Act**

Please join the O'Neill Institute's [Addiction and Public Policy Initiative](#) to talk about the current state of recovery housing and opportunities for improving recovery housing in the United States. The panelists will discuss efforts at the state and federal levels to improve access to quality housing for people in recovery from substance use disorder.

### **CoE Equity in Action: Impacts of Substance Use on BIPOC Families**

Substance use disorders (SUD) are spreading rapidly across the nation, creating significant obstacles to achieving whole health -- for individuals and families. The challenge is more complex for families who identify as Black, Indigenous and people of color (BIPOC) because of the intersections of racism, oppression and historic marginalization. BIPOC individuals and families are also less likely to access needed integrated health services, which can intensify SUDs and create disproportionate challenges in seeking recovery support. The good news is that nationwide, providers and communities are breaking down these systemic barriers by creating affirming, equitable and culturally responsive services that prioritize the strengths, wisdom and insights of BIPOC individuals and families on their recovery journeys.

### **MHTTC Racial Equity & Cultural Diversity (RECD) Resource Collection**

The mental health workforce interacts with members from a diverse range of communities each & every day. Learn about the specific mental health needs of these communities by accessing the [MHTTC Racial Equity and Cultural Diversity Resource Collection](#). With recent enhancements to the [MHTTC Cultural Responsiveness Resources and Products](#) page, it's even easier to find the right tools for specific needs. Using new Audience, Resource Type, and Time Commitment descriptors, you can determine if a resource fits your need within seconds! There are 50+ (!) handouts, podcasts, webinars, and readings to explore, all centered on cultural responsiveness and humility. In addition to MHTTC-developed resources, we also highlight key resources from other mental health organizations.

*Please note: This is an ever-evolving resource collection developed and updated periodically by the MHTTC Building Health Equity & Cultural Responsiveness Workgroup. If you have any questions or additional resources you'd like to see on this page, please email Jessica Gonzalez at [jegonzalez@stanford.edu](mailto:jegonzalez@stanford.edu).*

### **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 interactive event included 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

## **RESOURCES**

### **Nominate a Youth Leader for CADCA's Outstanding Youth Leader Award**

At CADCA, we believe in the power of youth leadership to drive change in our communities. That’s why each year, an exceptional youth prevention advocate is spotlighted at our National Leadership Forum – and this year, we’re inviting YOU to nominate a deserving young leader in your community for the chance to be spotlighted as this year’s Outstanding Youth Leader. This award is for trailblazers aged 13 to 20 who have taken a stand, dedicating their time and hearts to substance use prevention initiatives. Whether they've organized campaigns, advocated for policies, or engaged with local stakeholders to create a tangible, positive impact, their actions should embody the essence of proactive leadership. Nomination is simple and can be done online. Share your story about the youth leader you wish to nominate (self-nominations are also encouraged) and let their impact shine. Let's celebrate and empower the next generation of leaders who are actively working to make our communities safer and substance-free.

### **New Report: Cultivating Purpose in Adolescence**

A [new report](#) from the [National Scientific Council on Adolescence \(NSCA\)](#) reviews research about why a sense of purpose is so important during adolescence, and how adults, schools, and communities can help young people cultivate this internal resource. Helping youth develop a sense of purpose – a forward-looking life aim that guides actions and decisions – can build resilience, support mental health, reduce negative risk taking, and provide a sense of direction and motivation.

### **Building Strong Futures: Proactive Conversations Help Young People Navigate Social Pressures with Cindy Pierce**

In the most recent podcast episode from The Partnership @drugfreeNH, they sit down with [Cindy Pierce](#), a comic storyteller, author, and sexuality educator from New Hampshire. She shares her insights on the transformative power of open and candid conversations with teens. Cindy’s journey began with humor; her down-to-earth approach resonated with young people and led to meaningful discussions. In her discussions, she emphasizes the importance of equipping caregivers with the knowledge and tools to teach resilience and coping skills from an early age – which can serve as the first line of defense against substance use. You can see the full catalog of The Power of Prevention Podcast [here](#).

### **Substance Use: Family-based Interventions to Prevent Substance Use Among Youth**

The Community Preventive Services Task Force (CPSTF) recommends family-based interventions to prevent substance use among youth. Evidence from the systematic review came from interventions delivered primarily to families of youth ages 10-14 years and showed reductions in both initiation and use of the following: Cannabis, Alcohol, Tobacco, Illicit substances, and Prescription drug (misuse). Studies also reported reductions in sexual risk behaviors among youth and improvements in mental health symptoms and school-related outcomes.

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### **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. This report aims to:

- 1) Describe the problem of school violence and how BTA became a widely implemented school violence prevention strategy;
- 2) Report on the current state of BTA implementation and its effectiveness;
- 3) Discuss considerations for the fit and appropriateness of using BTA in schools; and
- 4) Offer recommendations for schools, policymakers, funders, researchers, and SAMHSA on addressing BTA use in schools.

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### **Findings from the 2022 National Census of School-Based Health Centers**

We're pleased to share the results of the 2022 National Census of School-Based Health Centers. The School-Based Health Alliance has conducted the Census for more than 20 years, capturing the growth and evolution of SBHCs nationwide. The 2022 Census is the first to be conducted since the 2016-17 school year and the first to capture SBHC data since the COVID-19 pandemic.

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### **National Council for Mental Wellbeing Downloadable Resources**

#### **State Models for Addressing Opioid Use Disorders: Recovery Support in Integrated Care**

**Settings:** The CoE-IHS published this resource, in partnership with the National Association of State Alcohol and Drug Abuse Directors (NASADAD), to highlight state integrated care models that provide a more effective solution to reduce and treat opioid use disorders (OUD) and prevent overdose. Check it out to learn more about using integrated care models to enhance quality and access to mental health and substance use treatment!

#### **Partnering with Schools to Improve Youth Mental Health: A Resource for Community Mental Health and Substance Use Care Organizations:**

To help health provider organizations build successful partnerships with schools and school-based health centers, the CoE-IHS and School-Based Health Alliance developed this resource. Download the guide to learn how your organization can create and expand partnerships with schools to address our nation's youth mental health crisis.

#### **Access for Everyone: Addressing Health Equity and Racial Justice within Integrated Care**

**Settings:** What steps are you taking to advance health equity in your organization? Check out our free interactive toolkit for the resources you need to help your organization address racial

inequities and the associated stigmas that lead to mental health and substance use treatment disparities.

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### **[The Model Recovery Ready Workplaces Act \(Model Act\)](#)**

LAPPA is excited to announce the publication of the Model Recovery Ready Workplaces Act (Model Act), which establishes a program by which employers can become recovery-ready participants or certified as recovery ready workplaces. Examples of recovery-ready policies may include (1) establishing a culture that values a healthy work environment; (2) encouraging the hiring of qualified people in recovery; and (3) eliminating barriers for employees seeking treatment. The Model Act was part of a package of resources released by the White House Office of National Drug Control Policy on November 9th, which also included a [Recovery-Ready Workplace Toolkit](#) for businesses, available through the U.S. Department of Labor.

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### **[Overdose Prevention 101 Guide](#)**

There is a learning curve that comes with our work in overdose prevention and coalition building. We have developed this quick reference guide to assist those looking to familiarize themselves with the basics of overdose prevention resources, tools, and strategies. We know that many people do this work in community with coalitions or other forms of collaborative partnerships, and we hope this supports their local work. Learn more along with case examples of how the tools and resources have been used in practice by checking out the recording of Overdose Prevention 101.

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### **[UVM CORA Resource Guide: Xylazine](#)**

Access related articles, videos, podcasts and other materials meant to educate health professionals on this very important topic. Note that this is a living document and will be updated as needed to reflect current information.

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### **[National Report: Rural Substance Use Disorder and Treatment Needs](#)**

In June 2023, the three Health Resources and Services Administration (HRSA) Rural Centers of Excellence on Substance Use Disorders - University of Vermont Center on Rural Addiction (UVM CORA), University of Rochester, and the Fletcher Group - collaborated to conduct an online survey of practitioners affiliated with HRSA Rural Communities Opioid Response Program grant sites throughout the country. UVM CORA is excited to share the findings of this national survey in our Rural Substance Use Disorder Stigma and Treatment Needs report, which summarizes responses from practitioners in 42 states and Puerto Rico.

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### **[Pregnancy and Substance Use: A Harm Reduction Toolkit](#)**

This information is intended for use by pregnant and parenting people who use drugs, their loved ones, and their service providers. Our goal is to promote the overall health and well-being of pregnant people who use substances and their families. Most people use substances. And when they find out they are pregnant, most people think about stopping or reducing their substance use. It is important to know that there are many things you can do, related to substance use or not, to have a healthy pregnancy. These materials can be shared with family members and service providers in order to start important conversations about our plans, hopes, goals, and dreams. This work is written, edited, and informed by people who have lived experience of substance use and pregnancy.

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### **988 Suicide & Crisis Lifeline: Increasing Awareness to Save Lives**

This new national service can be particularly important for rural communities, extending the capacity of limited and strained mental health and SUD services and suicide prevention programs to ensure more people in crisis—or family and friends concerned about someone who is—can access help.

### **Public Health's Role in Mental Health Promotion and Suicide Prevention**

The Association of State and Territorial Health Officials (ASTHO), the Centers for Disease Control and Prevention (CDC), the Center for Law and Social Policy (CLASP), and Mental Health America (MHA) collaborated to develop this framework describing public health's role in mental health promotion and suicide prevention. It is centered in fairness and justice and serves as a guide for public health programmatic and policy strategies. The intent of this framework is to help public health practitioners in communicating their role in mental health promotion and suicide prevention with multi-sector partners with effective strategies to improve mental health and prevent suicide for all people, in every community in the settings where they live, learn, work, and play.

### **Mental Health Promotion and Suicide Prevention for LGBTQIA2S+ Youth: Full Series of Guides**

The Suicide Prevention Resource Center (SPRC) is proud to release their full series of guides to help professionals, families, and communities support the mental well-being of LGBTQIA2S+ youth. This novel series offers action-oriented strategies for supporting youth and highlights sources of joy and positive elements of being LGBTQIA2S+. In addition to a resource guide and four companion focus guides designed for specific populations, the series includes recommended resources and a glossary of terms. Developed by SPRC in partnership with NORC at the University of Chicago, all content was created with input from LGBTQIA2S+ individuals and those with suicide-centered lived experience. To get started, watch the brief [webinar](#) for an overview of the series, and please spread the word about this important new resource.

### **Social Influencers of Health and Education (SIHE) Needs Assessment: A Pathway for School Health and Mental Health Professionals**

Developed by the [Center for Health and Health Care in Schools](#), the [School-Based Health Alliance](#), and the [National Center for School Mental Health](#), this provides resources that can be used by school-based health centers (SBHCs), comprehensive school mental health systems (CSMHSs), and school health and mental health providers. This resource is the most recent installment of a series of publications aimed at supporting the advancement of tools to address the Social Influencers of Health and Education (SIHE):

1. [Understanding Social Influencers of Health and Education](#)
2. [Assessing Social Influencers of Health and Education](#)
3. [Addressing Social Influencers of Health and Education Using a Multi-Tiered System of Supports Framework](#)

This document serves as a “pathway” guide, with tools and practical strategies, for identifying root causes of identified or emerging problems. It also can assist with planning effective interventions to reduce social and environmental barriers to learning as well as enhance home and community strengths. The guide uses a public health approach to identify collective solutions to address community and population-based health and mental health challenges.

### **Naloxone Education for School Nurses Toolkit**

The National Association of School Nurses now 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. The toolkit's resources related to overdoses were created in collaboration with the National Institute on Drug Abuse. The toolkit includes sample presentations about the drug overdose crisis, the value of a naloxone program in schools, and training for school staff on naloxone.

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### **[SAMHSA New Downloadable Resources](#)**

#### **[Results from the 2022 National Survey on Drug Use and Health \(NSDUH\): A Companion](#)**

**[Infographic](#)**: Review this high-level visual representation of key outcomes from the 2022 National Survey on Drug Use and Health (NSDUH). This infographic, accompanying the [2022 NSDUH National Report](#), covers substance use, substance use disorders, mental health issues, suicidality, and perceived recovery from substance use problems or mental health issues among the noninstitutionalized population aged 12 or older in the United States. Read the Press Announcement [here](#).

#### **[Results from the 2022 National Survey on Drug Use and Health \(NSDUH\): Key Substance Use and Mental Health Indicators in the United States](#)**

This report provides key findings from the 2022 National Survey on Drug Use and Health (NSDUH) on substance use, mental health, and treatment among the noninstitutionalized U.S. population aged 12 or older. Estimates are presented by age group and by race/ethnicity for selected measures.

#### **[Exploring Value-Based Payment for Substance Use Disorder Services in the United States](#)**

This report provides an overview of the current adoption of Value Based Payments (VBP) for substance use disorder (SUD) services and provides a summary of best practices and strategies to overcome barriers to implementing SUD-focused programs.

#### **[Counseling Approaches To Promote Recovery From Problematic Substance Use and Related Issues Treatment Improvement Protocol \(TIP\) Series No. 65](#)**

This Treatment Improvement Protocol (TIP) provides guidance to counselors, administrators, and supervisors about recovery-oriented services, supports, and care, allowing them to better serve individuals in or seeking recovery from problematic substance use.

**[First Response](#)**: A 1-hour online training course designed for first responders nationwide who are responding to the opioid crisis, its research-based resources, coping strategies, and exercises are useful in any type of stressful event. This learning activity is accredited by CAPCE for CEUs for EMS professionals. Once the course is complete, learners will be able to use healthy coping and stress management strategies, have a knowledge base of research-based self-care practices, and be able to recognize signs of mental and substance use disorders in themselves and others.

#### **[First Responder's Service to Self Training Course](#)**

This hour-long online course provides free, interactive, and relatable training to first responders about their increased vulnerability to substance use and mental health conditions while also providing resources and support to address these concerns. Those who complete this course are eligible for continuing education units (CEUs) from the Commission on Accreditation for Pre-Hospital Continuing Education (CAPCE), the accrediting body for continuing education for emergency medical services (EMS) personnel.



**Disaster Responder Stress Management:** Disasters may involve trauma, and those responding are exposed to survivor experiences in a deep and often personal way. To help responders cope with this exposure, SAMHSA DTAC has developed educational content to help disaster responders manage stress. Included on this webpage is a compassion fatigue wallet card to help disaster responders keep track of their mental health needs. Self-awareness is critical for effective stress management, and this resource also provides many strategies and resources for first responders to use so that they can best manage the stress that comes with the disaster response field.

**A Guide to Managing Stress for Disaster Responders and First Responders:** Including information for disaster and first responders, this guide provides education on the effects of stress on the body and suggests strategies to manage stress for both individuals and organizations. It teaches about the stress cycle, promoting positive workplace environments, stress management planning for organizations, suicide risk and management, and self-care for responders before, during, and after disasters and other crisis events.

**Shield of Resilience:** This free online course teaches law enforcement officers about stress, how to recognize it in themselves and others, and how to best manage it with research-based practices. It includes resources, videos, and quizzes. By the end of the course, law enforcement officers will recognize symptoms of stress and other mental health issues like posttraumatic stress disorder, suicidal thoughts and actions, and depression.

**Professional Well-Being:** Produced by the Mid-America Mental Health Technology Transfer Center (MHTTC), part of the [SAMHSA MHTTC Network](#), this interactive toolkit was developed for healthcare professionals serving as frontline responders during the COVID-19 pandemic to address compassion fatigue, stress, and burnout using research-based learning content. Although it was developed for responders during COVID-19, it can be used to support behavioral health for responders to other incidents as well. The 10-module training includes adult positive psychology and organizational theories for both individuals and organizations. Although many first responders and healthcare professionals are familiar with self-care practices, these practices are frequently not understood or prioritized. This learning content teaches new and innovative ways for professionals to improve and maintain their well-being and mental health.

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### **Coordinated Specialty Care Basics Course**

This 5-hour, asynchronous course is a free, self-paced, basic orientation to the components of coordinated specialty care for early psychosis. It is appropriate for new staff working on an early psychosis team or anyone interested in learning more about this topic. Each course module is co-presented by individuals with professional and lived experience. Topics cover: introduction to psychosis, culturally responsive coordinated specialty care, peer support services, individual therapy, medication management, family psychoeducation and support, and supported education and employment.

**Providing Culturally Responsive Care & Addressing Cross-Cultural Barriers in Early Psychosis:** This clinical brief is intended to introduce mental health providers to the current understanding of culturally responsive care in early psychosis by providing an overview of culturally responsive

tools and models for early psychosis (EP) care and highlighting the need for the continued development of a culturally responsive care (CRC) model within EP care.

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### **[Mental Health America's Mental Health During Global Conflict Webpage](#)**

Safety is a basic human need. Peace is protective. While we may be far from peace at present, for the sake of our collective mental health and that of our children, we must support ourselves and one another in understanding and coping with the impact of war, trauma, and crises. This webpage includes information on common emotional responses and actionable ways to cope. It also includes additional resources – from both MHA and trusted partners – regarding many challenges individuals face during war, including:

- Supporting youth
- Dealing with traumatic online and news content
- Self-care during direct advocacy work
- Community care
- Understanding trauma
- Coping with fear, anger, and grief
- Sexual violence

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### **[How to Access Mental Health & Substance Use Disorder Benefits Guide \(NH\) – Updated for 2023](#)**

Getting health insurance in a time of need can seem overwhelming. To help individuals and families obtain needed care, the UNH Franklin Pierce School of Law, Institute for Health Policy and Practice, in collaboration with New Futures, released the updated "Resource Guide for Consumers: How to Access Mental Health and Substance Use Disorder Benefits". The Guide provides a basic explanation of how to find treatment, enroll in health insurance, make sure treatment is covered and paid for, and appeal when coverage is denied. It also includes a detailed section intended to assist providers in helping their clients and patients navigate this process. The Guide is updated for 2023 and enhanced to reflect changes in the law and delivery system, particularly as it relates to benefits for children and the designation of 988 as the new three-digit dialing code for the nationwide Suicide and Crisis Lifeline.

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### **[Aging and Health Matters Podcast Series: Prevalence and Characteristics of Arthritis Among Caregivers](#)**

While caregiving provides numerous benefits, it can negatively affect caregivers' mental and physical health because caregivers often provide care while neglecting their own health care needs. A recent CDC study found that nearly 1 in 5 caregivers report fair or poor health; almost 2 in 5 caregivers have at least two chronic diseases; and 1 in 8 caregivers aged 45 or older self-reported worsening memory loss. Listen to this latest episode of Aging and Health Matters podcast episode to learn more!

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### **[Domestic Violence Awareness Month: SAMHSA's Commitment to Raising Awareness and Hope for Survivors](#)**

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### **[Recognizing the Role of Peers in Recovery for Veterans](#)**

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### **[CDC announces strategy to address health staff burnout](#)**



[Exposure to e-cigarette advertising and young people's use of e-cigarettes](#)

[Non-Medical Use of Cannabis Increases Risk for Moderate-to-Severe Cannabis Use Disorder](#)

[Marijuana addiction is real. Those struggling often face skepticism.](#)

[Marijuana and hallucinogen use, binge drinking reached historic highs among adults 35 to 50](#)

[White House urges all US schools to stock overdose reversal drug naloxone](#)

[Despite successes, addiction treatment programs for families struggle to stay open](#)

[COVID-19 worsened staff shortages at veterans' medical facilities, IG report finds](#)

[New Study on Stigmatizing Imagery for Substance Use Disorders Released](#)

[Studies Illustrate Moderate Awareness—and Room for Growth—with New 988 Lifeline](#)

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