

2023 Summit Workshop Session Descriptions

A Discussion about the Roles of Public Health and Public Safety in Mental Health and Substance Misuse Treatment

Presenter: Jarrod Wheeler, RP, Deputy Chief of Operations, Rochester NH Fire Department

Learning Objectives:

- Understanding compassion fatigue from the public safety perspective (ex. Cumulative stress, Adverse patient interactions, etc.)
- Understanding how to utilize the public trust public safety has built with individuals
- Identifying opportunities for practice and training to build public safety capacity and strengthen public health partnerships in a solution-oriented public safety community

Target Audiences: Public health professionals including but not limited to mental health treatment, substance misuse treatment, recovery and prevention as well as organizations dealing with food insecurity and housing insecurity.

Description: The primary objective of this discussion is to help create a better understanding between the public health community and emergency medical providers on the street, as well as management, and identify ways to collaborate to better serve our communities. Both public health and public safety professionals want solutions. The general consensus is “*let’s get to work and find them*”. Providers on the street are called on people’s worst days and at their greatest times of need. Training for these topics is scarce and providers are frustrated with their own lack of knowledge and tools to help with these complex problems. Phone numbers don’t solve problems, people do. The goal of this training and discussion is to find opportunities to work with our public health community to provide the public safety community with wanted tools and training to provide this care that is so desperately needed in our communities. The mission of Public Safety is expansive and while this is a massively important piece of the mission, it is by no means the only piece. The hope is that through this discussion, we can develop positive ways to efficiently and respectfully find solutions to our shared concerns. With that we can help make measurable and positive progress on the streets with people in need from both a public safety and public health perspective.

Creating Connections NH: Promising Alternatives to Suspensions for Youth Substance Use

Presenters: Bob Faghan MLADC, Live Free Recovery Consultants; Heidi Cloutier MSW University of New Hampshire Institute on Disability

Learning Objectives:

- participants will learn about the elements continuum of care consistent with the NH

- Children's Behavioral Health System of Care, including partners and implementation strategies
- to support scale up and sustainability.
- Participants will learn about NH's Alternative Peer Group model and implementation of APGs
- Participants will learn the benefits of school based APG's and strategies for effective partnership with schools

Target Audiences: Peer Support Providers, Administrators. School based Counselor, Clinician/therapist private practice or community mental health, Case Manager, Community provider, Student

Description: Youth and young adults are high-risk populations for the development of chronic substance misuse and yet there are few treatment interventions designed to meet their unique developmental needs. Suspensions and harsh exclusionary discipline can often worsen or increase the likelihood of youth developing substance use disorders. This workshop will focus on 2 years of implementation of Alternative Peer Groups in several NH Schools. Alternative Peer Groups are youth-led and focused on creating health-promoting social networks for youth in recovery from SUD. This workshop includes several case examples, a description of the implementation context, and factors for successful partnership with schools.

New Threats, New Tactics: Emerging High-Risk Alcohol Products, what they are and what you can do
Presenters: Hannah Martuscello, Dover Coalition for Youth Prevention Programmer; Izabelle Wensley, US Alcohol Policy Alliance Board Member

Learning Objectives:

- Attendants will be able to identify the different categories and tactics of High-risk alcohol branding and marketing
- Attendants will be able to understand how the high-risk products and advertisements attract youth
- Attendants will be able to conduct their own environmental scan in their community
- Define what is meant by Emerging High Risk Alcohol Products and use the list of 7 categories high risk alcohol products to identify products of concern.
- Describe how social media amplifies awareness of high risk alcohol products.
- Evaluate alcohol products found in their community and determine how many high risk categories it falls into.
- Describe 3 examples of community activism related to high risk alcohol products that could be replicated in their community – including how to access the materials needed to replicate a High Risk Alcohol Products presentation in your community.

Target Audiences: Coalitions, prevention networks and coordinators, public health professionals, and individuals involved in alcohol prevention or working with youth.

Description: The alcohol industry knows its message: That alcohol is part of having fun, having friends, playing sports, or being sexy or manly. This presentation will focus on the influence of advertising and alcohol industry practices on underage drinking. Presenters will provide a thorough inspection of industry practices that get kids' attention with a special emphasis on emerging, high-risk alcohol products, which are defined as products that are produced, marketed or advertised in a way that creates an unreasonable risk of being attractive to teens or kids that have been introduced to the market in the past 3 years. Presenters describe and provide examples in 7 categories of high risk products, such as products designed to be "healthy", youthfully packaged, flavorings, and the creation of alcohol versions of beverages that are traditionally teen oriented (and non-alcoholic). The session will also examine the role of social media in promoting these products.

MTSS-B: Improving school districts' substance misuse prevention efforts by strengthening school-community partnerships and leveraging YRBS data

Presenters: Stefanie King, MTSS-B Consultant, NH Department of Education; Heather Clogston, MTSS-B Consultant, NH Department of Education; Celeste Clark, Executive Director, Raymond Coalition for Youth; Samantha Horrigan, Director of Student Wellness, Raymond School District

Learning Objectives:

- Participants will learn about the NH Multi-Tiered System of Supports for Behavioral health and wellness (MTSS-B) framework and explore tools that districts implementing MTSS-B utilize to strengthen community partnerships.
- Participants will analyze state/regional Youth Risk Behavior Survey (YRBS) data and consider ways districts can use their data to inform substance misuse prevention efforts.
- Participants will hear how Raymond's strong school-community partnership and use of YRBS data has led to effective substance misuse prevention efforts.

Target Audiences: School professionals (school/district leaders, interventionists, counselors, etc.), youth-serving community resource providers (e.g. mental health center coordinators, clinicians, substance use treatment centers, recreation departments, out-of-school programs, community coalitions, etc.), and family members with school-age youth.

Description: In this workshop, participants will learn about the MTSS-B framework and the core process by which collaborative substance misuse prevention efforts are undertaken by the DCLT. Participants will explore a tool for inventorying community partnerships and examine state and regional YRBS data through the lens of decision-making around implementation of appropriate pre- and postvention supports in schools. Finally, a case example of the successful partnership between the Raymond Coalition for Youth and the Raymond School District will be shared by leaders from these entities.

When implemented with fidelity, MTSS-B positively impacts students' behavioral health and wellness. Participants will leave with resources and ideas to strengthen school-community

partnerships, as well as an appreciation of why district-level collaboration with families and community partners and data-driven decision-making is essential to providing effective substance misuse prevention and support services for youth in schools.

Suicide Prevention & LGBTQ+ Youth

Presenters: Marissa Carlson, MS, CPS, Executive Director NH Teen Institute; Maura McGowan, CPS, Program Director NH Teen Institute

Learning Objectives:

- Participants will be able to define and understand the difference between gender and sexual orientation, identity, and expression.
- Participants will understand the risk factors at play causing higher rates of suicide for the LGBTQ+ community, including the increased risk of substance misuse.
- Participants will identify and strengthen protective factors for suicide in LGBTQ+ youth.
- Participants will be connected to resources to continue learning and supporting LGBTQ+ youth.

Target Audiences: This workshop is appropriate for professionals at any level of experience.

Description: LGBTQ+ Youth are at 4xs greater risk of suicide than their non-LGBTQ+ peers but why? This workshop will discuss the risk factors that will bring into view what our LGBTQ+ youth are experiencing and the impact it is having on their mental health and substance misuse as well as the protective factors that increase their supports and connections.

Operationalizing Advocacy to Advance Your Policy Priorities

Presenter: Meg Helming, Chief Operating Officer of the YMCA Alliance of Northern New England

Learning Objectives:

Attendees will leave understanding a methodology for prioritizing public policy issues based on an organization's mission and values, and determining rules of engagement on policy issues that take into account organizational culture and capacity.

Target Audiences: Coalitions, Prevention networks, and public health professionals.

Description: Join us to learn how the New Hampshire YMCAs work with each other and community partners to advocate for positive change in their communities. We will discuss the structures and processes the YMCA uses to set its public policy priorities, decides when and how to engage on specific issues and legislation, and leverages both its collective voice and external partnerships to advance shared priorities.

Setting Compassionate Boundaries in Substance Use Treatment

Presenter: Jen Stout, LICSW, MLADC, The Doorway at Wentworth Douglass Hospital

Learning Objectives:

- Discuss concepts of compassion and empathy from a trauma-informed perspective and the benefits of the intentional use of compassion in your work.
- Explore concepts of interpersonal boundaries with client and consider how, and why, we seek to set limits and maintain healthy boundaries in compassionate and therapeutic ways.
- Learn about the roles we may take as providers and how to create healthy boundaries within ourselves to manage compassion fatigue and burnout.

Target Audiences: Social workers, Recovery coaches, nurses, criminal justice, teachers, hospital staff, and clinicians.

Description: Research suggests that using tools of compassion can improve client outcomes as well as increase staff job satisfaction. This training aims to explore the concept of healthy boundaries through a trauma-informed lens with a focus on compassion. Setting and maintaining boundaries with clients is essential to care, however boundary setting may be experienced strict, authoritarian, or even re-traumatizing to our clients, potentially leading to conflict and poor outcomes. This training will help participants to better understand the purpose of boundaries and to intentionally incorporate theories of compassion, empathy, and resilience into the concrete work they do. Finally, the training will support participants in understanding their personal boundaries and build skills of self-reflection and self-care address feelings of compassion fatigue and burnout.

Strategies to Build Capacity for Harm Reduction in Individual Practice, Organizations & Communities

Presenters: Kerry Nolte, PhD, FNP, Associate Professor of Nursing, University of New Hampshire; Adriane Apicelli, MSW, HRETA Project Manager, University of New Hampshire

Learning Objectives:

Participants will have the evidence-base and concrete strategies to support expanding harm reduction capacities in their own practices and in community.

Target Audiences: Providers serving people who use drugs (PWUD) and community members.

Description: The Harm Reduction Education and Technical Assistance (HRETA) project seeks to educate people who interact with PWUD, to reduce drug related harms. The presentation will provide a brief introduction of harm reduction principles/practices and the socio-ecological

model, the academic detailing (AD) framework used to engage individuals and build harm reduction capacity for individual practitioners, and illustrate different collaborative mechanisms recently undertaken to expand harm reduction capacity within NH organizations and communities. We have developed many resources for different audiences over the project's lifespan, and electronic PDFs will be made available to attendees upon request.

Understanding the driving factors of substance use, the history and evidence-base of harm reduction practices, the landscape of drug related harms and harm reduction services in New Hampshire, and the power of collaborative and inclusive approaches creates opportunities to expand our capacities to meaningfully respond to and mitigate drug related harms.

The “Art of Outreach,” Best Practices in Outreach Work

Presenter: Michael Andrick M. Ed LCPC, Director of Adult Services & Emergency Services at Community Partners, Consultant at the Pine Street Inn Boston Mass

Learning Objectives:

Defining Best Practices in Outreach work, involving Housing First thinking and action, harm reduction, contingency management, stabilization, relationship building, and diversion work.

Target Audiences: Homeless stakeholders, shelters, outreach workers, health care agencies, CoC stakeholders, city officials, addiction providers, first responders, and peer support

Description: The process of outreach and engagement is an art, best described as a dance. Outreach workers take one step toward a potential client, not knowing what their response will be—will the client join in or walk away? Do they like to lead or follow? Every outreach worker has a different style and is better at some steps than others. To dance with grace, when the stakes are high, is the challenge for all of us. Dancing with grace is something we do each and every day in our collective work with the homeless in the City of Boston in shelter or on our streets.

The Behavioral Health Outreach Team, Overnight Outreach Services, and the DMH MATCH Team at PSI work with some of the most vulnerable homeless persons in the City of Boston sheltered, and or unsheltered. We embrace a “no wrong door” approach to the work on the street's day and night with around the clock services. These presentations are frequently tri-morbid, where persons experiencing homelessness are struggling with chronic and acute medical problems, struggling with substance/poly substance abuse, and behavioral health problems. Persons experiencing homelessness frequently struggle with complex trauma from experiences in their lives and or on the streets or our shelters.

The Greater Portsmouth Recovery Coalition - A Model for Recovery Ready Communities

Presenters: Dr. Larry McCullough, Mark Lefebvre

Learning Objectives:

Attendees will gain a working knowledge of a model for Recovery Ready Communities with the Greater Portsmouth Recovery Coalition serving as a case study example.

Target Audiences: Community sector leaders (city/town government, first responders, law enforcement, court system, and educators), corrections, healthcare professionals, businesses.

Description: The most effective approaches for addressing long-term substance use disorder (SUD) challenges have provided ways to engage all sectors of the community including law enforcement, schools, recovery centers, medical facilities and all community services. These approaches are most effective when they provide a collaborative platform and adopt a trauma-informed approach that considers the underlying impact of Adverse Childhood Experiences (ACEs) on the individuals who are experiencing personal health challenges.

The Greater Portsmouth Recovery Coalition has convened a cross-sector team of leaders and volunteers to raise the recovery capacity of the Portsmouth community by closing gaps in SUD/Co-Occurring Illness services, and addressing the barriers individuals and families face when seeking these services.

The coalition, originally convened in 2019 as the Portsmouth Coordinated Response to SUD, is focused on the following areas based on needs assessment conducted by the coalition. A steering committee and task forces have convened to advance the coalition agenda.