

MV HOPE Coalition

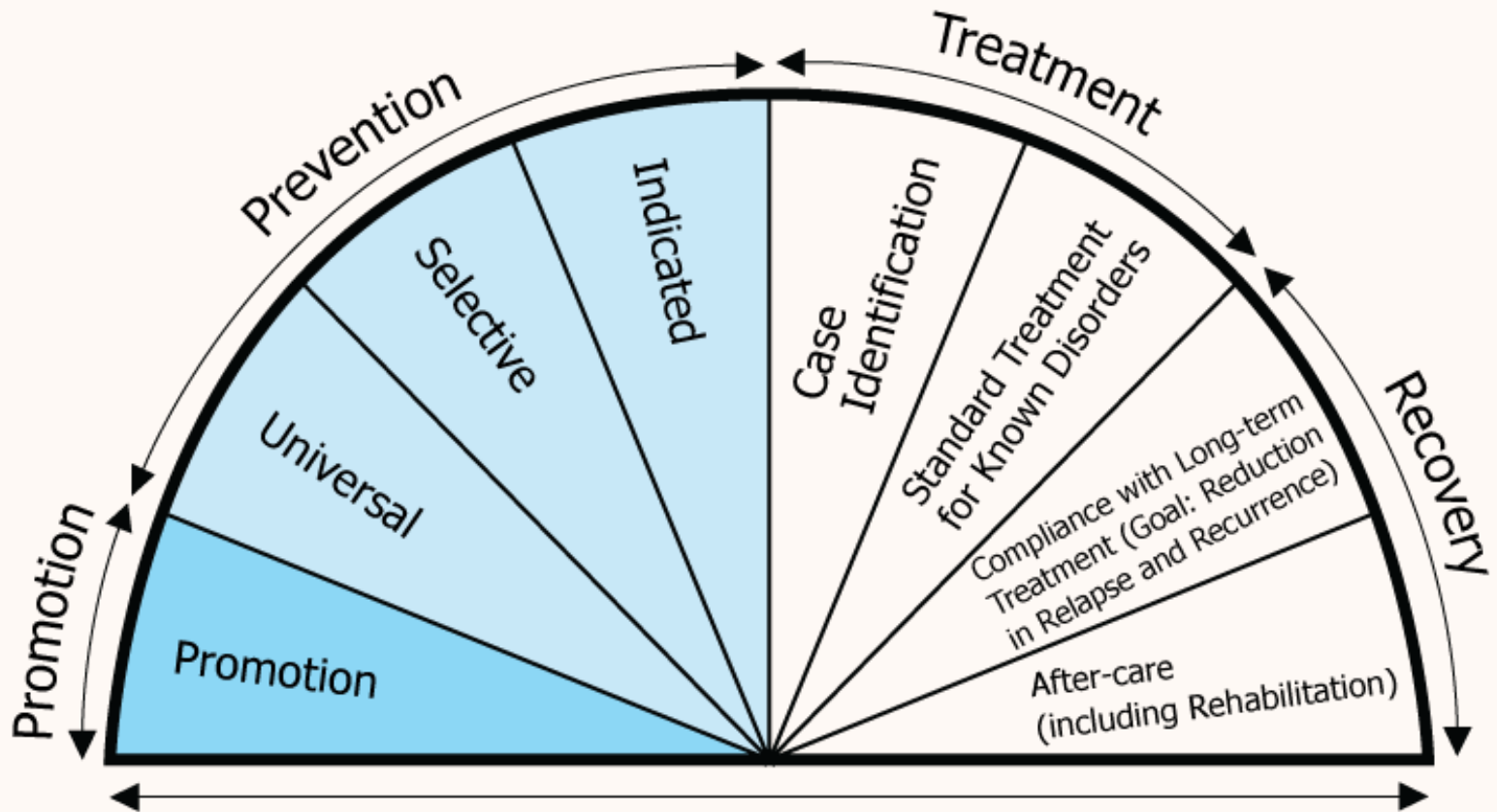
Healthy Outcomes through Prevention Efforts

October 10, 2018

Brent Thompson & Danica Sessions



Substance Use Disorder & the Continuum of Care



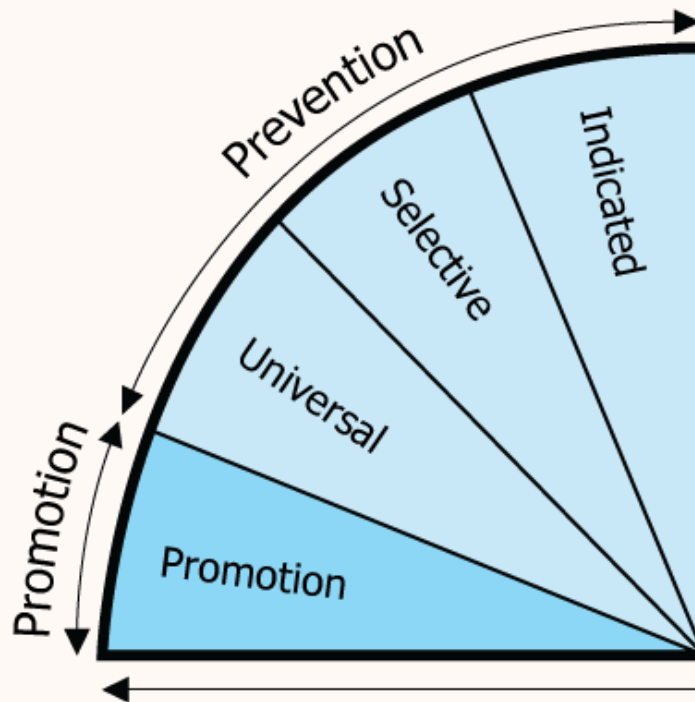
What is Prevention?



Prevention isn't solely catching youth before they go over the waterfall. It is asking, "Why did they fall into the water to begin with?"



An Upstream Approach



Prevention – Delivered prior to the onset of a disorder, these interventions are intended to prevent or reduce the risk of developing a behavioral health problem, such as underage alcohol use, prescription drug misuse and abuse, and illicit drug use.

Promotion—Strategies designed to create environments and conditions that support health and the ability of individuals to withstand challenges.

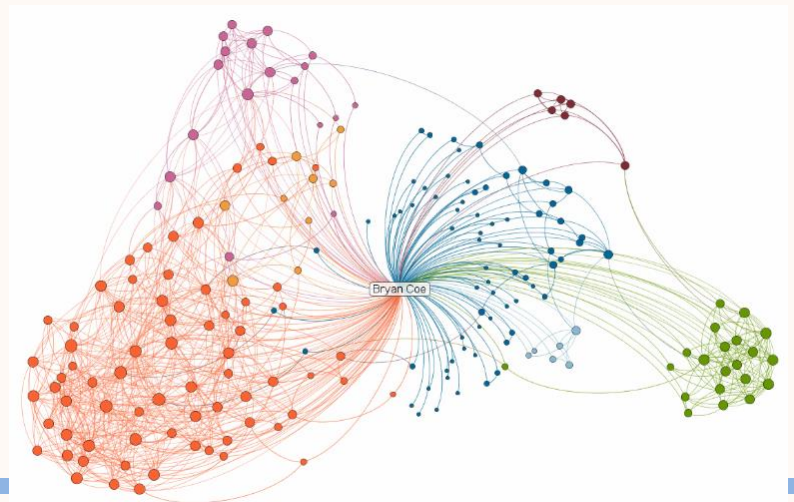
CPWI Framework

- Mount Vernon selected by the WA Health Care Authority for STR [State Targeted Response] grant opportunity in 2017
 - MV deemed a “high-risk” community based on data from Community Risk Profile
- CPWI Framework guides communities to select community actions, policies and programs with demonstrated effects



MV HOPE Coalition

- MV HOPE was created out of the CPWI Framework which prioritizes a community-wide approach to prevention
- Coalition membership consists of multi-sector representation from within our community
 - Includes schools, healthcare, local/tribal government, law enforcement, treatment & recovery services, business, media, etc.



MV HOPE – Our Mission

Our mission is to build an alliance that inspires hope; engages the community; and develops and implements strategies to prevent and reduce opioid and other substance use in Mount Vernon youth.



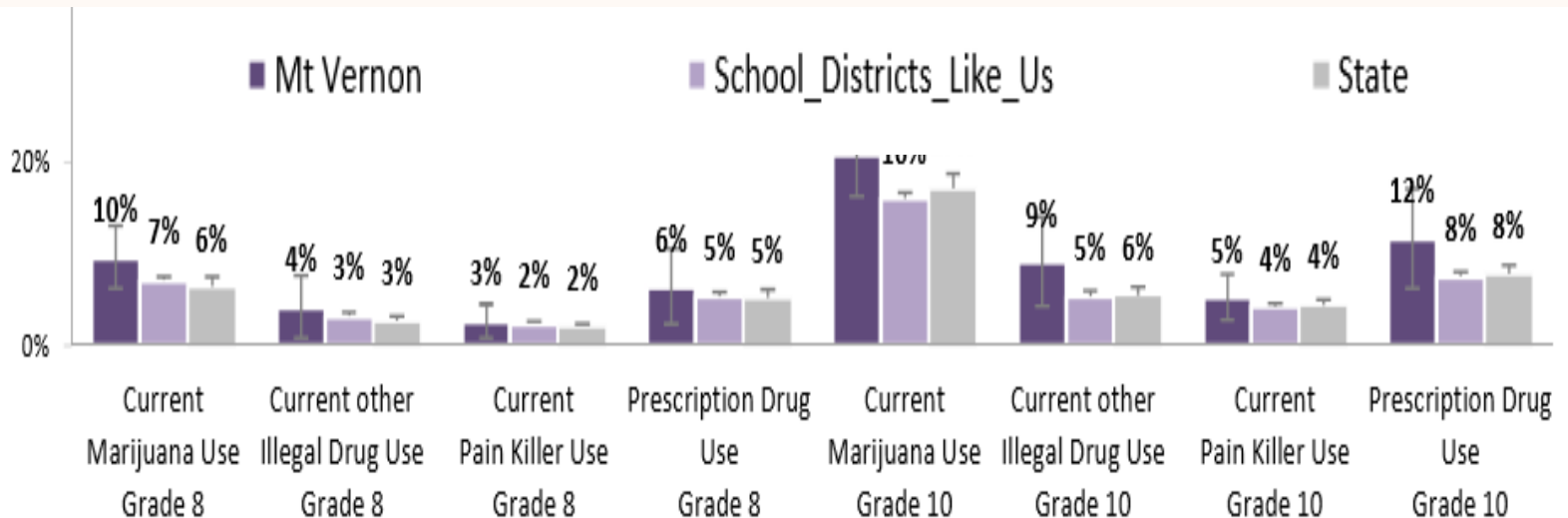
Strategy Selection

- Strategies selected by members during Strategic Planning phase in 2017
- Prevention Strategies selected based on:
 - Evidence-Based Research
 - Feasibility
 - Community-Specific Data



What the Data Tells Us

- Healthy Youth Survey (2016)
 - Approximately 1 in 20 Skagit County 8th grade students used opioids to get high within the last 30 days
- CPWI Community Survey (2017)
 - 17.2% of Skagit Co. adults lock up their medications
 - 60.6% of Skagit Co. adults believe youth are getting prescription drugs (not prescribed by a doctor) from friends or at home.



Current Strategies

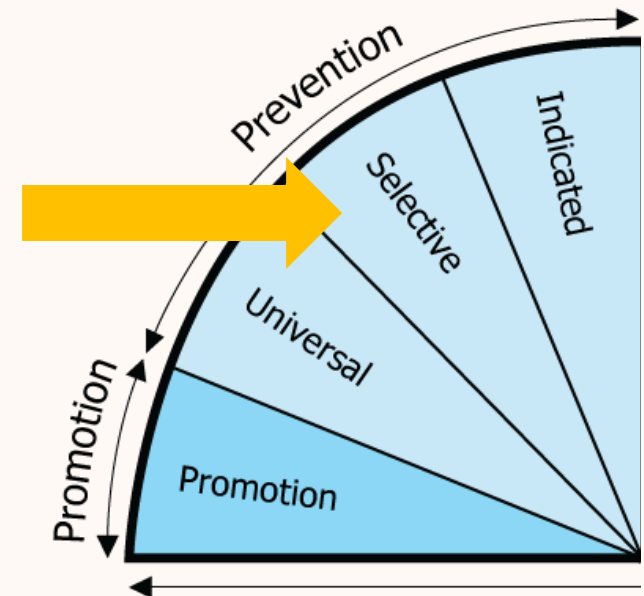
Prevention as a multi-pronged approach:

1. Shifting Community Attitudes/Beliefs surrounding opioids in the home
2. Promoting healthy families and youth through education
3. Increasing Protective Factors & Decreasing Risk Factors for youth in community
4. Encouraging open and honest communication on topics such as substance use and mental health



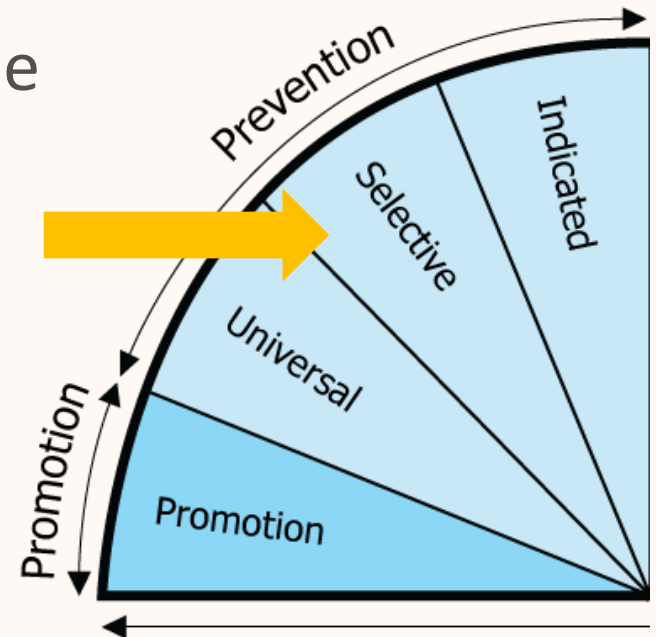
Shifting Community Attitudes/Beliefs

- Selective Approach
 - Medication Storage
 - Medication Disposal



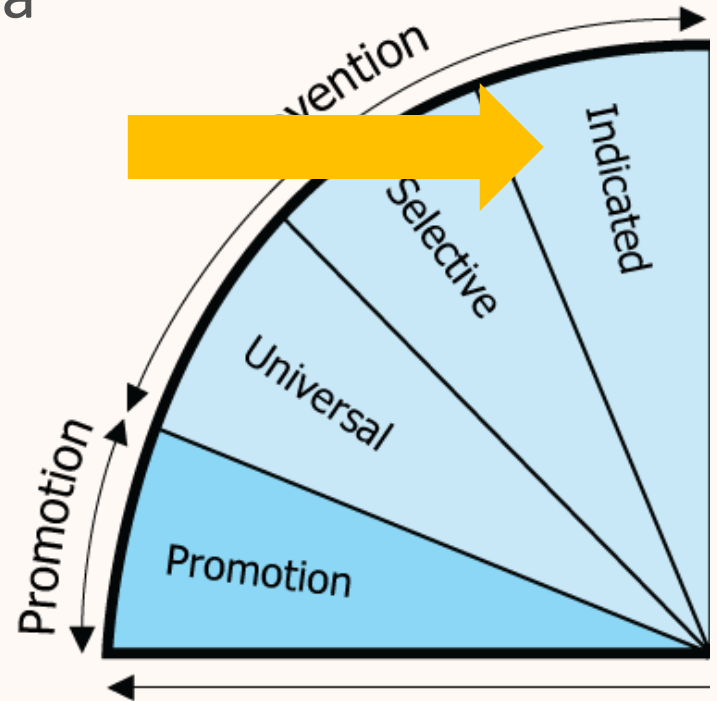
Promoting healthy families and youth through education

- Selective Approach:
 - Strengthening Families
 - Positive Action
 - PAX Good Behavior Game



Increasing Protective Factors & Decreasing Risk Factors

- Indicated Approach
 - Prevention-
Interventionist (P/I) in a
local middle school



Encouraging open and honest communication

- Universal Approach
 - Starts With One Campaign
 - Community Outreach & Events

one
simple
step

lock up your meds

STOP OPIOID ABUSE
Your choices matter

- ✓ Prescription pain medication is highly addictive. Talk with your doctor about other ways to manage pain.
- ✓ Lock up your medications.
- ✓ Safely dispose of unused medications at a take-back program near you. Find one at: TakeBackYourMeds.org

Learn more at GetTheFactsRx.com

75 percent of opioid misuse starts with people using medication that wasn't prescribed for them—usually taken from a friend or family member.¹

Simple steps, like locking up medications, can stop them from being misused.

Source: Washington State Department of Social & Health Services

one
honest
conversation

STOP OPIOID ABUSE
Your influence matters

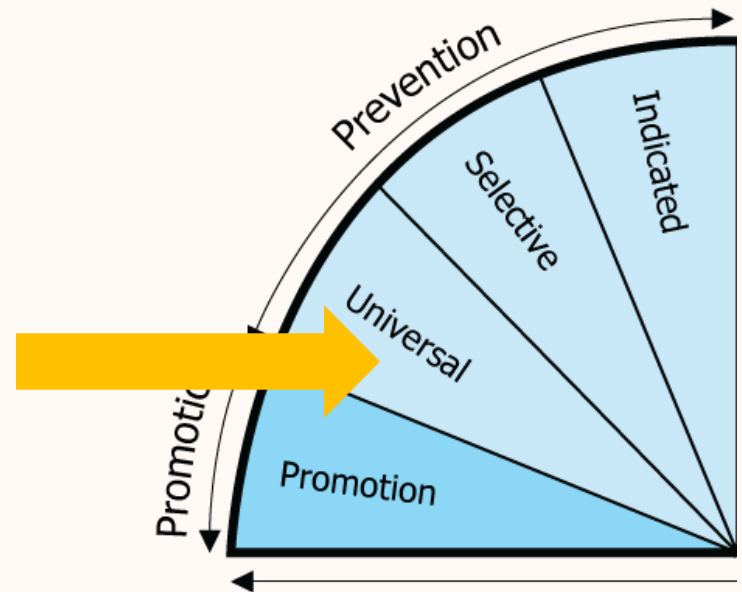
- ✓ Kids are 50 percent less likely to use drugs when parents tell them about the risks.¹
- ✓ Talk to your kids about the risks of opioid abuse.
- ✓ Encourage your kids to talk with their doctor about other ways to treat pain.
- ✓ Lock up your medications.
- ✓ Dispose of unused medications safely at a take-back program near you. Find one at: TakeBackYourMeds.org

Learn more at GetTheFactsRx.com

75 percent of opioid misuse starts with people using medication that wasn't prescribed for them—usually taken from a friend or family member.²

You can be the one to help keep your family safe. Talk with your kids and share the facts with other parents.

Source: Washington State Department of Social & Health Services



Community Outreach

MV HOPE is active in the community!

- Project Homeless Connect
- Family Resource Day
- National Overdose Awareness Day
- National Drug Take Back Day



Community Events

Thursday, October 25th

La Venture Middle School

Key Leader

5 – 6 pm

Town Hall

“An Evening of HOPE”

6 – 8 pm



Mount Vernon HOPE Coalition presents:

An Evening of HOPE



WHEN: Thursday, October 25th from 6:00-8:00 PM

WHERE: La Venture Middle School, 1200 N La Venture Road, Mt. Vernon, WA 98273

WHO: The event is **FREE** and open to the public! Translators will be available onsite.

**COME FOR THE RESOURCE FAIR AND INFORMATION,
STAY FOR THE DESSERT!**



Meet with local agencies and organizations and learn about services available to you and your family. You will also hear from several great speakers on topics such as *Bullying*, *Suicide Prevention*, *E-cigarettes/Vaping*, and more!

Enter to win PRIZES!

Thank you to our co-sponsors for making this event possible.

What is MV HOPE?

MV HOPE (Mount Vernon: Healthy Outcomes through Prevention Efforts) Coalition is a community collaboration working to implement opioid and other drug prevention through a community-based approach. The Coalition funds direct service programs and environmental strategies that are proven to reduce substance use in youth.

Want more information? Contact Danica Sessions, Coalition Coordinator, at danicas@co.skagit.wa.us.

Funded by Washington State Health Care Authority



Future Strategies

- MV HOPE has been awarded STR funds for a third year!
 - Strategic Planning phase for 2019/2020 begins NOW
- Funds are available for both Evidence-Based Programs & Innovative Strategies



Thank you for your time!

Questions?

Have more questions?

Contact Danica Sessions, Coalition Coordinator

danicas@co.skagit.wa.us

