

2019

# Substance Use Prevention Education Think Tank Summary

GREAT RIVERS REGIONAL SYSTEM  
FOR ADDICTION CARE

## BACKGROUND

The Great Rivers Regional System for Addiction Care (System) was established in 2018 to build a sustainable infrastructure and strengthen collaborations to respond to the opioid epidemic in the very communities and neighborhoods hit hardest in West Virginia (WV). The Great Rivers Region of WV consists of Cabell, Jackson, Kanawha, and Putnam counties, located in the southwestern and central parts of the state. The System is comprised of public health, health care, community and nonprofit partners across the region who are developing a model that represents a comprehensive, systems-level approach among partners around six target areas of intervention (components). The model is being developed on the premise that creating an improved 'system for care' to address the opioid epidemic would require the combined expertise of all the partners. Thus, the System essentially serves as a hub that coordinates the efforts and collaborations across the region of four counties. Important to this regional approach is that the System provides a framework for strategic implementation and evaluation of innovative approaches so that individuals can effectively enter the Great Rivers Regional System for Addiction Care through 'any door' and at 'any time' when it meets people where they are and sees the person behind the addiction. The Great Rivers Regional System for Addiction Care is comprised of six components:

- 1) Comprehensive public health harm reduction programs;
- 2) Community-based Quick Response Teams to visit individuals following overdose events;
- 3) Project Engage as a hospital-based program to identify individuals with SUDs and link them into care;
- 4) PROACT as a community-based one stop shop of treatment and referral services;
- 5) Naloxone education and distribution, and
- 6) Community level prevention and education.



Collectively, the System components will provide a continuum of care and pathways to treatment and recovery for individuals struggling with an SUD and its sequelae. When the goals of establishing the System are accomplished, the result of this integrated Regional System, will assure that individuals can access care through 'any door, at any time' and not be alone when they are ready to be treated. Based strongly on an asset-based approach, the development and implementation of all System components in the Region recognizes and builds on the human, physical and social capital contributed through System partners. As the assets contributed by System partners are mobilized, community-based activities and interventions are realized to address the opioid crisis across the Region.

## **THINK TANK INTRODUCTION**

The Great Rivers Regional System for Addiction Care (GRRSAC) is a four year funded project supported by the Merck Foundation and is currently in Year 1 of implementation. The purpose of this program, to be implemented over the next four years, is to develop capacity and coordination for implementation and evaluation of the System for Addiction Care components in Cabell, Jackson, Kanawha and Putnam counties. The program is working to build and strengthen infrastructure to have measurable impact in saving lives and changing the course and future of individuals, children, and families impacted by the opioid epidemic in the Great Rivers Region of WV in the first year.

Key to accomplishing the goals and objectives of the Great Rivers System for Addiction Care is the need to have a process that fosters critical thinking around challenges and/or barriers as well as innovation that are identified among System partners and must be addressed to move the System forward. To foster the collaboration needed to address such challenges, partners are brought together as small groups, including community and system partners, as well as content experts, around selected topics to use a 'Think Tank' approach. A think tank is defined as an institute, conference, or session aimed at exploring new ideas and strategies around a particular subject. The purpose of the GRRSAC Think Tanks is to convene these partners in dialogue about specific topics or issues in order to deepen their collective insight, develop recommendations, and establish collective next steps that will address, strengthen, and enhance the Great Rivers System in delivering the highest quality of care to those with substance use disorders.

Think Tanks are facilitated and structured meetings, sponsored and coordinated by Marshall Health, that bring together individuals with knowledge and expertise on a particular topic area. A group of two to four Think Tank Leaders are identified to work with the Program Director to guide the Think Tank planning process. Planning includes development of the participants, information on the issue to be explored, relevant data to be presented, the agenda. Think Tank participants (thought leaders) are invited individuals representing a diversity of perspectives with a minimum of three sectors from the regional System included.

The report that follows details the Think Tank focused on Prevention Education that was held on January 29, 2019.

## **THINK TANK PARTICIPANTS**

GRRSAC partners who participated in the Think Tank included:

*Clendenin, Shana, Great Rivers Regional System for Addiction Care*

*Crabtree, Judy, Kanawha Coalition for Community Health Improvement*

*Koester, Deb, Marshall Health*

*O'Connell, Lyn, Marshall Health*

*O'Dell, Bill, Putnam Wellness Coalition*

*Ramirez, Tina, Great Rivers Regional System for Addiction Care*

*Roth, Rebecca, Bureau for Behavior Health*

*Saunders, Angela, United Way Substance Abuse Prevention Coalition*

*Tran, Mary Lynn, Great Rivers Regional System for Addiction Care*

*Welch, Crystal, Quality Insights*

## THINK TANK AGENDA

### **Meeting Agenda**

Building an Education Program for Impact  
for the Great Rivers Regional System for Addiction Care

**I. Welcome and Introductions**

**II. Setting the Stage**

Deb Koester, Facilitator

- Think Tank Process, Scope and Outcome
- Great Rivers Regional System of Addiction Care
- Defining the Current State - Educational Assets/Resources

**III. Visioning the Future - Setting the Stage**

- Defining the Gaps
- Identifying Target Populations
- Establishing Goals for Education Across the System

**IV. Collaborating for Recommendations**

- Recommendations for the Great Rivers  
Advisory Group

**V. Open issues**

- Challenges and Considerations

**VI. Next Steps and Adjournment**

## **THINK TANK PROCESS**

The Think Tank process for Substance Use Prevention Education was designed on the premise that there is no existing inventory or comprehensive resource that exists for the Great Rivers Region on what education is currently being provided and by whom. Therefore in order to develop recommendations the following was undertaken by the participating partners, who were considered content experts on substance use prevention education for the System:

### **Getting Started – The Affinity Diagram**

The Affinity Diagram was used to help to generate the ‘current state’ of what prevention education is occurring across the Region and then organize them into natural groupings to make them meaningful. Because of the interactive nature of this process, its’ values also lies in that it enables everyone to participate with contribution of their individual knowledge of what is occurring in the System.

#### **Step 1: Silent Brainstorming:**

Each person was asked to use a pad of Post-It notes and to consider the following question:

What substance use education is occurring, by whom, and in what county related to prevention, early intervention, treatment and recovery?

Participants used the next 30 minutes to conduct a ‘silent brainstorming exercise’, so that everyone was individually thinking about possible answers to the question above. Each person was asked to record only one response or idea on a Post-It note and to use as many Post-It notes as needed. They were then asked to place them on the wall on the appropriate pages labeled prevention, early intervention, treatment and recovery.

#### **Step 2: Grouping Ideas into Like Themes**

Once all the Post It notes were placed on the wall, the next 15 minutes was used for all partners to participate in ‘grouping’ the Post-It notes into common themes within each of the four categories. The rules for this process included: 1) anyone could move any Post-It note; 2) no talking; and 3) you could move a Post-It that had already been moved. The goal was to group the Post-It notes ‘where they best fit’ working as a group. Once they were grouped and everyone was satisfied, ‘header cards’ were created to serve as a label for the area of education represented in that grouping, thus identifying a larger theme for that grouping.

The following represent the results for the groupings in each of the four areas for education being provided across the Great Rivers System. All details for the data created are also provided in Appendix A.

### **Prevention**

- Public Health Prevention
- Law Enforcement/First Responders
- General
- Community Outreach
- Workforce Improvement
- Higher Education
- Schools K-12 Education

### **Early Intervention**

- Children
- Families/Public
- Professionals

### **Treatment**

- Community-Based
- Abstinence-Based
- Drug Court
- Inpatient
- Outpatient
- Providers

### **Recovery**

- Evidence-Based
- Faith-Based

## **THINK TANK RECOMMENDATIONS**

At the conclusion of the 'mapping' to create an initial inventory to begin to understand what substance use education is occurring across the Great Rivers System, a total of 18 groups of Post-It notes were identified from 196 Post-It notes (68 for prevention education, 49 for early intervention education, 54 for treatment education, and 25 for recovery). Following a review and facilitated discussion of the data created, the group developed the following recommendations to be presented to the Great Rivers Advisory Group for next steps. It should be noted that while each county has an individual strategic plan that identifies the priorities to be undertaken, education was identified as a Systems level, cross-cutting issue to be developed further at the regional level and for enhance integration of care across the Great Rivers Region.

### **Substance Use Prevention Education Think Tank Recommendations**

- Develop a core set of education resources that are consistent with evidence-based and best practices.
- Explore development and adoption of a set of core competencies for prevention education that can be delivered across the Great Rivers System.

- Create an inventory of all who are providing education (i.e. who, type of education, how it is presented, what core competencies are addressed, which counties it is being provided to) and then develop a tab for each county on website to make the resources available.
- Develop a communication/branding plan to promote the prevention education
- Develop standard pre-post tools to measure effectiveness and provide mechanism for ongoing improvements.
- Develop a mechanism to log and track the prevention education that is being provided.
- Expand and build out the focus on wellness



**PREVENTION**

<b>Public Health Prevention</b>	<b>Law Enforcement/ First Responders</b>	<b>Prevention (General - Community)</b>	<b>Community Outreach</b>	<b>Workforce Improvement</b>	<b>Higher Education</b>	<b>School-Based</b>
Cabell-Huntington Health Department Harm Reduction	PRO-SRO (Cabell)	Next Generation Drugs (Prestera - Cabell, Kanawha, Putnam)	Fire Sticks (MU, Mount West Community Outreach (CCSAPP/PEP)	Wellness (City of Huntington)	Marshall Education	Too Good for Drugs (SADD - some health classes - red ribbon week) (Kanawha, Putnam)
Cabell County VLARC	Prevention Resource Officers (Kanawha)	Anti-Drug Coalition - Jackson County	Drug Prevention Summit (CCSAPP-PEP)		WVCIA	Keep a Clear Mind (Putnam Board of Ed)
Kanawha - WH Health Right Harm Reduction	Prevention Lead Organization - (Prestera)	Keep a Clear Mind (4th grade) (Cabell County)	CARA Partners (YMCA, AD Lewis, Boys & Girls Club, Big Brother, Housing Development)		Marshall Univ (SBIRT) (Cabell and available to all counties)	DEA360 - Community Outreach (CCSAPP/PEP)
Jackson County Health Dept - Harm Reduction	Sticker Shock (CCSAPP/PEP)	Westbrook Prevention Lead Organization (Jackson County)	AD Lewis Education Grant		TIPS (all counties)	DEA360 - All counties
	Bloomberg Compassion Fatigue (Cabell)	Community Outreach - CARA - PEP wrap around	Suicide Awareness (Prestera - Region 5)		Too Cool for Drugs (Kanawha)	Gen Rx (UC School for Pharmacy - Kanawha and Putnam)
	Compassion Fatigue (Doug Douglas)	Life Skills WVU Outreach (Cabell County) Family SUD	Stigma (Prestera (Cabell)		Suicide prevention (Cabell/MU)	Choices, Chances and Consequences (Prestera)
	DARE - 5th Gr (Jackson Co Police)	Underage Drinking Town Meeting (CCSAPP - PEP)	FRN		Trauma Informed Care (Cabell)	Rex the Rx (PreK) (UC School for Pharmacy - Kanawha and Putnam)
		Alcohol Ed (CCSAPP-PEP - Cabell)	TIPPS (Health Dept, CCSAPP/PEP)		Addressing Stigma (Prestera - Kanawha, Putnam, Cabell)	T.G.F.D. and K.A.C.M. School Programs (all counties)
		Addiction 101 (CCSAPP-PEP - Cabell)	Combating Addiction with Grace (WV Attorney General)		Mental Health First Aid (MU_	Too Good for Drugs (K-12) Jackson Coalition as requested
		Boys and Girls Club			Life Skills (WVU Extension)	Kanawha Co Gr 1, 4, 7, 6,000 students
		Table Events Info Dist in Community			Stigma/Prevention Training (Prestera)	Too Good for Drugs (K-12) (Kanawha Comm that Care)
		Too Good for Drugs (Partnership for African American Churches)				SADD Conference (CCSAPP/PEP - Cabell)
		Putnam Wellness Coalition				Prescription Safety 5th gr CCSAP
		Kanawha Communities that Care				Teen Summit (Cabell)
		Prescription Take Back Events				PRIDE (Cabell)
		SBIRT (Cabell)				Youth Leadership Conf (CCSAP/State)
		Faith Community United (Cabell)				
		YMCA				
		United Way				
		Choices, Chances and Consequences (Prestera)				

EARLY INTERVENTION		
Children	Families/Public	Professional
Drug Courts - Adult & Juvenile Case Planning	Alcohol education	Day Report Center Counseling for Drug Court
RVCDS (RVCARES - Kids Clinic)	Peer recovery @ harm reduction (Cabell Co)	LEAD (Prestera - Cabell)
Juvenile Drug Court	Naloxone Training (Cabell-Huntington Health Department)	NAS Training (OMCHF and WVPP)
Right from the Start (Office of Maternal Child Health - OMCH)	Narcan Training Health Dept and United Way CCSAPP-PEP	Webinars on NAS (Quality Insights)
Home Visitation (OMCH)	Harm Reduction 101 (Dr. Kilkenny to faith community and First Responders and City of Huntington)	Interdisciplinary Treatment Teams
Birth to Three	Naloxone Education (Univ of Charleston)	WVCIA
Alternative School	Healthy Families Team for WV Children	ECHO
handle with Care	EMS Naloxone Education	Stigma in the Hospital (CHHI and MH)
Time 4 WV Kids (Cabell/Wayne)	Motivational Interviewing	Motivational Interviewing and Practice Groups (KPCC Counseling - Sky Kerzner)
Planned ACES Training (Connections Matter WV ACES Coalition - all counties)	CRAFT (Forrest Burdette - Putnam Co; Sky Kershner)	Project Engaged Medical Professionals Training (Cabell, Kanawha)
Juvenile Drug Court (Putnam/Kanawha)	Beyond Addiction	SBIRT (Cabell)
Synar Comp Checks	Motivational Recovery (WV Council of Churches-Sky Kershner- Kanawha Co)	
Big Brothers Big Sisters	CRAFT Family Education - Loves Ones	
	Mountain State Healthy Families (Cabell) and Parents as Teachers (Kanawha)	
	Stigma Free WV (Kanawha Co)	
	Drug Takeback (CCSAPP-PEP Cabell MU)	
	Drug-X Needle Boxes (CCSAPP PEP)	
	Celebrating Families	
	FRN	

TREATMENT					
Community-Based	Abstinence-Based	Drug Court	Inpatient	Outpatient	Providers
FRN	Stigma and KIDS Clinic (Quality Insights)	Drug Court (Putnam)	Prestera (Renaissance Program)	SW LBHC	INR (Cabell, Kanawha)
Naloxone training	She Has a Name (web-based)	Drug Court (Jackson)	Project Engage (inpatient - Cabell, Kanawha)	Cornerstone	Bob Hansen (Drug Czar)
MOMS Program (NTU @ CHH)	Recovery Point Friday Humanizing Videos		Recovery Point of WV	CHH Employee Assistance	Professional Associations (Primary Care, Hospital, etc.)
Wellness Recovery Action Plan (WRAP) (Bomar - Jackson)	HER Place		Recovery Dynamics (Kelley Foundation - Cabell, Kanawha)	MOMS	American Society of Addiction Medicine (ASAM)
First Steps (Cabell)			Marshall Health Licensed Behavioral Health Center)	PROACT	
Harmony House (Cabell)			Lilly's Place	MU Maternal Addiction Recovery Center (MARC)	
Healthy Grandparenting (WVSU)			NTU	COAT	
Regional Partnership Grant			Dr. Horton Help and Hope (online resources)	St. Mary's Counseling	
Recovery Coaches			Project Hope for Women and Children	Kanawha Comprehensive Treatment	
Recovery Point			Genesis Home Program	Huntington Comprehensive	
Perinatal Partnership DFMB			The Rock (Putnam)	Valley health (planned)	
Community Focused Treatment (Westbrook - Jackson)			Life Skills through KISRA		
DUI (Welt brook - Jackson)					
Recovery Comes First (WV Council of Churches stories, podcast, website)					
QRT (Cabell, Kanawha)					
Scholarships for career/higher ed for people in recovery (TGKVF Lynn Fruth)					
Assertive Community Treatment (Westbrook - Jackson)					
WVCIA					
Lily's Place Peer Recovery					

<b>RECOVERY</b>	
<b>Evidence-Based</b>	<b>Faith-Based</b>
PAAC Recovery Coaching	Celebrate Recovery (River Ridge - Putnam)
Reentry Council	Sojourners (Kanawha)
Project Hope for Children (Cabell)	Al Anon, NA, AA (Putnam, Kanawha, Jackson, Cabell)
Help4WV (all counties)	Rebuild Huntington (Cabell)
CORE	Oxford House (Cabell)
Catholic Charities	12 Steps (BoMar - Jackson)
Unlimited Futures	Karma Yoga
	GRASP
	Redeemed Calvary Baptist (Putnam)
	GRO Huntington
	Life house (Cabell)
	Loved Ones (Putnam)
	Day of Hope (all counties)
	Reentry Resource Fair (WV Council of Churches)
	Bible Center (transportation for recovery)
	FaithHealth Appalachia (Cabell)