SAMHSA 2020 Rural Opioid Technical Assistance Program

We are all in this together

Outreach, Education and Training about Opioids and Stimulants for Rural and Native Montana Youth
Who We Are

• **Michelle U. Grocke-Dewey, Ph.D.** Principal Investigator, Assistant Professor, Health & Human Development, MSU Extension FCS Health & Wellness Specialist

• **Alison Brennan, Ph.D.** Co-Principal Investigator, Assistant Professor, Health & Human Development, MSU Extension FCS Mental Health Specialist

• **Barbara Allen, M.S.** Program Director, MSU FCS Extension Associate Specialist

• **Kim Paul, M.S., Ph.Dc.** Tribal Liaison, Piikani Lodge Health Institute, Blackfeet Nation

• **Jennifer Munter, B.S.** Program Manager, MSU Extension
Outreach, Education and Training about Opioids and Stimulants for Rural and Native Montana Youth

Project start date: 8/31/2020
Project end date: 8/30/2022
12-month, NCE end date: 8/30/23

https://www.montana.edu/extension/health/opioids.html
Highlighting Evidence-Based Youth Risk Behavior Prevention Programs

Statewide Technical Assistance Training/Meeting, Fall 2021

**Generation Rx**
Safe medication practices for life.

**SBIRT**
Screening, Brief Intervention, and Referral to Treatment

**YAM**
Youth Aware of Mental Health

**Active Parenting**
Every stage. Every step.

**Brittany Sandidge**, Program Manager & Dr. **Nicole Kwiek**, Ph.D., founder of the Generation Rx national initiative

**Jim Winkle**, MPH, Project Director, SBIRT Oregon Residency Initiative

**Kelley Edwards** (YAM Program Manager) & **Brenda Richey** (YAM Instructor, MSU Extension—Flathead Reservation Ag/4-H Agent)

**Carrie Krug** (MSU Richland Co. Extension Agent) & **Jackie Rumph** (MSU Yellowstone Co. Extension Agent)
Highlighting Evidenced-Based Youth Risk Behavior Prevention Programs (cont.)

Kathleen Sheffield, Prevention Specialist, Western Montana Mental Health Center & Sloane Realbird, CTC Coach & Grants Coalition Manager at One Health

Kelsey Gummer, Program Officer, MHCF

Teresa Strader, Creating Lasting Family Connections, National Training Director, Resilient Futures Network, LLC
Highlighting Tribal Evidenced-Based Youth Risk Behavior Prevention Programs

Tribal Technical Assistance Training/Meeting, Spring 2022

- **Social-Emotional Learning (SEL) in the classroom**
  - *Marie Michels*, Dixon/Charlo School Counselor

- **Alliance for Youth Programs**
  - *Lisa Beavers*, Peer Recovery Coach & Care Coordinator

- **Native Connections-Fort Belknap**
  - *Hillary Maxwell*, Tribal Extension Agent & *Hannah Has Eagle*
Tribal Technical Assistance Training/Meeting, Spring 2022

- **Native Connections-Blackfeet**
  - Blackfeet-**Amber Williamson** & **Misty Newrobe**
- **Project Venture**
  - **Faith Price & Dana Kingfisher**, Prevention Specialists
- **EBP Guidelines-State partners**
  - **Barbara Bessette**, Tribal Technical Assistance Leader
It’s all in the science...Prevention Programming & Implementation Strategies

Statewide Technical Assistance Training/Meeting, April 2023

Prevention Science: The foundation for health education and health promotion
Nicole Hackley, Youth Connections Workforce Development Coordinator

Prevention Interventions: Considerations when adapting an intervention
Nate Riggs, Ex. Dir., Colorado State University, Prevention Research Center

Understanding Behavior Change to Maximize Intervention Efficacy
Mark Schure, Assoc. Prof. Health & Human Development, MSU

Community Systems for Prevention
David MacPhee, Dir., Colorado State University, Prevention Research Center
Mini-Grants

Mini-grant Opportunity Title: 
Youth Risk Behavior & Substance Use Prevention Programming

- Fergus County Prevention Specialist and MSU Family & Consumer Sciences Extension Agent
- Arlee High School
- Healthy Missoula Youth
- Alliance For Youth-Great Falls
- Deer Lodge Youth Coalition
- Cayuse Prairie School District
“If the kids knew more about what the drug could do, or what it could cause, it might prevent them from wanting to use it.”

“As teachers, lack of education about opioids and stimulants is one of our biggest challenges. You all are talking about all of these things, and I have no idea about certain ones.”

“We need to ask, ‘What do we need to do to educate everyone to help make this community a better place?’ Because this is our responsibility.”
Learning Objectives

• Why opioids and stimulants are of concern
• Basics of adolescent development
• Risk and resilience factors related to opioid and stimulant use in youth
• Signs of opioid and stimulant use in youth
• How to start conversations with youth suspected of using opioids or stimulants
• Strategies for being an advocate for youth in your community

Author: Dr. Sandy Bailey, MSU Extension Family & Human Development Specialist (retired)

https://www.montana.edu/extension/health/parentalmodule/parenteducation.html
• Taking prescription opioids safely
• Taking prescription stimulants safely
• Reduce stigma by learning about Medication for Opioid Use Disorder (MOUD)
• 5 recovery story videos (mother, high school sports injury, rancher, pre- & perinatal, people utilizing MOUD)

https://www.montana.edu/extension/health/opioid_public_service_announcement_videos.html
Materials and Resource Development

https://www.montana.edu/extension/health/opioid_resources/community_parents_youth.html
Resources/Material Distribution:
- 5,262 suicide prevention hotline/crisis wallet cards
- 7,403 Deterra medication disposal pouches
- 3,140 Opioid Misuse Fact Cards
- 92 Statewide Survey Summary Reports
- 3,749 Table Tents (popular among Extension Agents)
- 1,420 Responding to People Under Pressure Under the Big Sky
- 1,670 Rx Opioid Use and Misuse in MT MontGuide
- 1,508 Finding Mental Health Providers in MT MontGuide
- 1,480 Stigma Free Addiction Terminology for Montanans MontGuide

https://www.montana.edu/extension/health/opioid_resources/community_parents_youth.html
Upcoming Grant Products

Look out for…

- Social Emotional Learning (SEL) curriculum for youth
- Youth Survey Summary Report
- 2nd Tribal Technical Assistance Training
  - “Effective Elements of a Tribal Prevention Media Campaign”
- Videos: Kratom; healthcare providers talk about prescription stimulants
- Extension MontGuides:
  - *Prescription Opioid Use and Misuse in Montana* – Updating to include more about fentanyl and counterfeit pills.
  - *Stigma Free Addiction Terminology for Montanans*
  - Stimulants: What are they? What you need to know? (in progress)
Piikani Lodge Health Institute
Blackfeet Nation

- Possess a keen understanding of community and what will and will not work.
- Understood how to utilize local opportunities to gather input/feedback from community members to refine efforts. (Day Camps)
- Understood the importance of direct education with youth in the school setting.
ROTA MSU and Tribal Programming

Blackfeet Culture & Hope Family Camp

- Served as a comfortable setting to gather input/feedback from community members to refine efforts.
- Made them feel a part of the process. (helping community)
- Participation – Their ideas and opinions matter!
ROTA MSU and Tribal Programming

Blackfeet Culture & Hope Family Camp

- Bringing people together to celebrate their culture.
- A safe open environment in which stories can be shared for the benefit of all.
- Opportunity to include youth
  - Their ideas and opinions matter too!
ROTA MSU and Tribal Programming

Blackfeet Culture & Hope Family Camp
Direct Outreach to Youth

- Arlee High School and Middle School
- Browning High School
- Mission High School
- Polson High School
- Ronan High School
- Two Eagle River High School, Pablo
- Hardin High School
- Northern Cheyenne Tribal School

Reaching approximately 486 students

Direct Outreach to Community

COVID Lockdowns & Restrictions:

- Lockdowns taken very seriously
- PLHI meal deliveries
- Opportunity to share opioid information and resources with households
Thank you!

- **Website**
  - [https://www.montana.edu/extension/health/opioids.html](https://www.montana.edu/extension/health/opioids.html)

- **Project Director Barbara Allen**
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