

COMMUNITY CONTINUUM OF SUPPORTS:

A framework for community empowerment

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October 13, 2016



**COLLABORATIVE RESEARCH
INITIATIVE**

INDIANA UNIVERSITY

School of Education
Bloomington

Today's Presentation

- Introduction of partners
- Overview of Scott County and Austin, IN context
- Discussion of what we learned and implications for future work
- Questions and comments

Collaborative Research Initiative

Vision:

We partner to build community capacity that empowers families and individuals to optimize their own well being.

Mission:

We strive to enhance the health and well-being of youth and families through collaborative evaluation research of social and mental health services, school-based interventions, and community initiatives.

CEASe

Scott County substance abuse coalition established in 1989 to bring diverse individuals and community leaders together to:

1. Assess and address local substance abuse issues.
2. Reduce the incidence and prevalence of substance abuse and addictions among youth and adults in Scott County.
3. Make Scott County a better place to live, work, and raise a family.

Our Story



SAMHSA Ad Campaign



Broad Takeaways

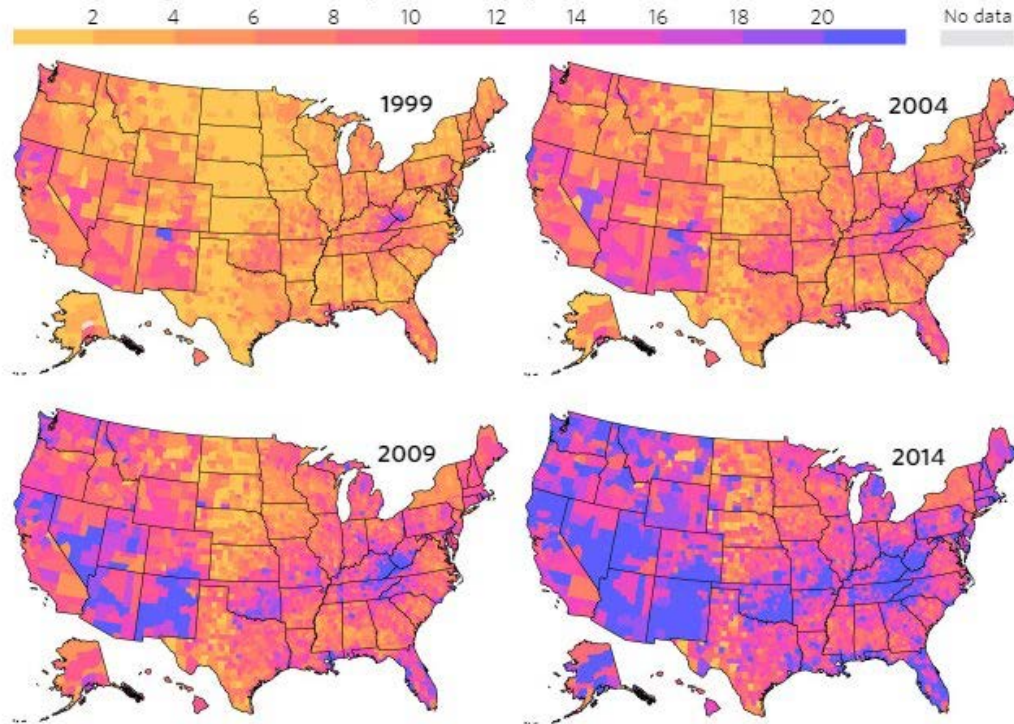
- Prevention work does not happen in a vacuum
- Prevention work should be inclusive of the people experiencing crisis
- Shift from “them” to “we”
- Improving community conditions improves the lives of all community members

Why did this happen here? To us?

Fatal Addiction

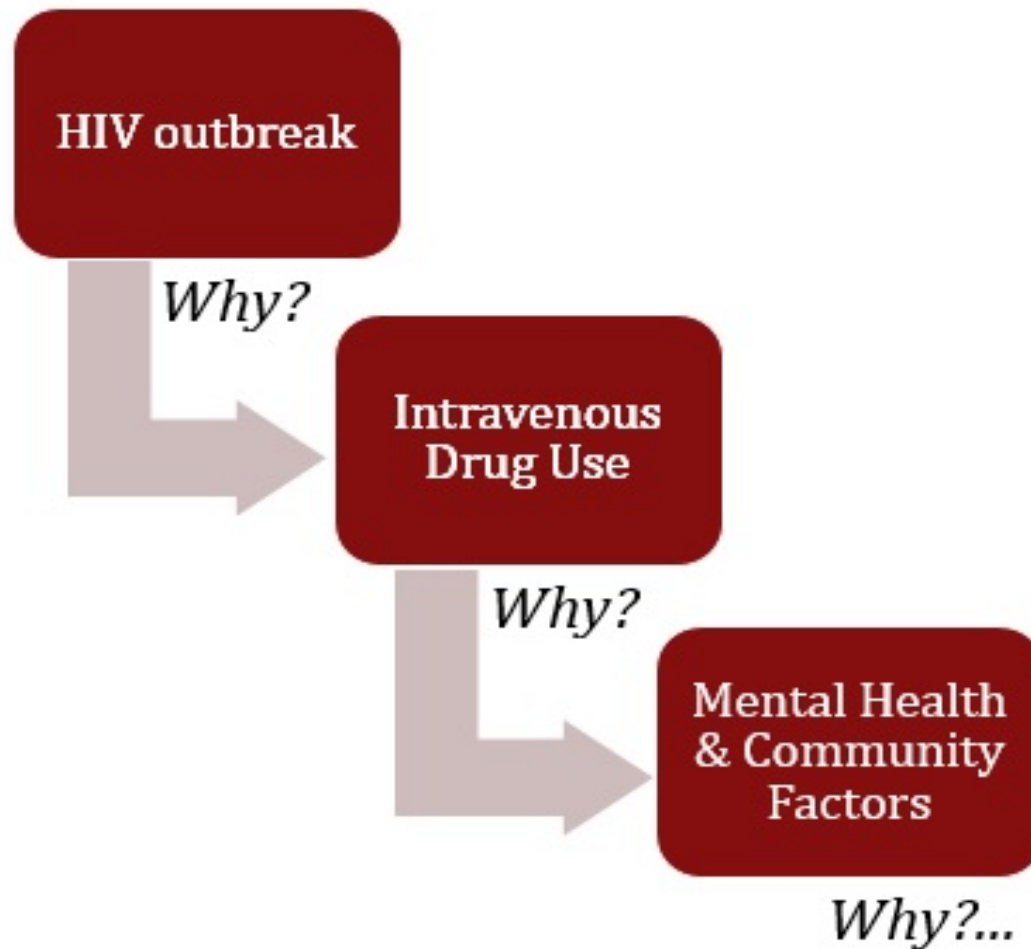
Drug overdose deaths have soared nationwide, including in many rural areas, spurred by prescription painkillers, heroin and synthetic opioids including fentanyl.

Estimated drug-overdose deaths, per 100,000 population



Source: Centers for Disease Control and Prevention

Moving Upstream



Social Determinants of Health

“individual, neighborhood, and community resources and opportunities as well as hazards and toxic exposures”

- Access to quality healthcare
- Access to quality community services
- Adverse childhood experiences
- Education and job training
- Employment
- Food security
- Housing
- Mental health
- Social supports
- Transportation

Improve population health and wellness through integrated approaches that address social and economic factors, social support networks, physical and social environments, access to health services, as well as social and health policies.

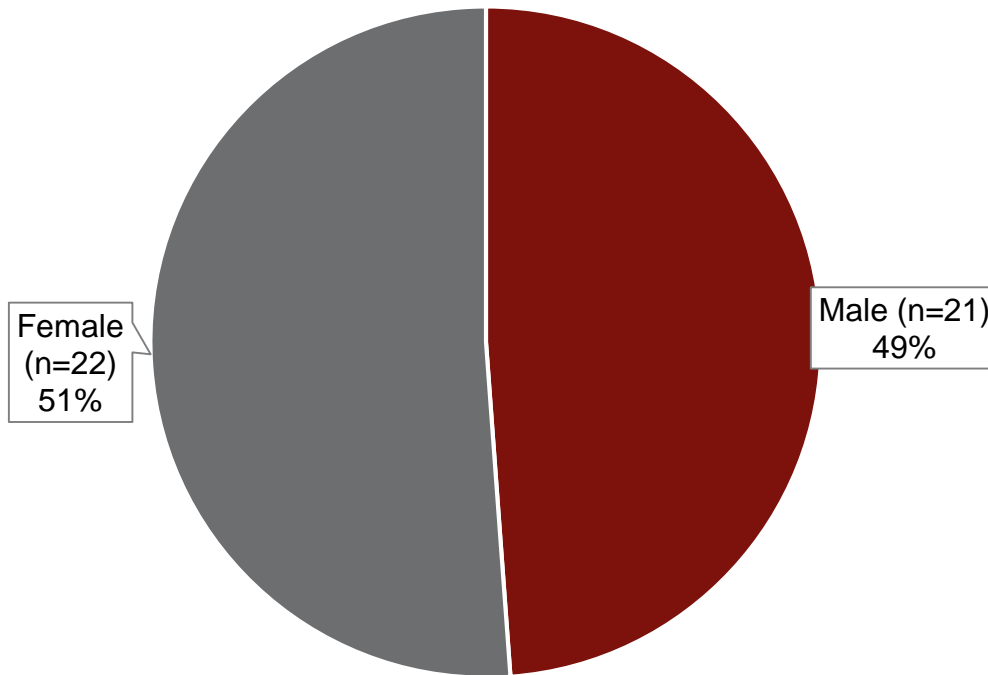
Our Goal

Talk with people at the heart of the community

- to discover and prioritize current needs
- identify strengths
- recommend potential next steps from the perspective of those most impacted by the crisis

Community Participants

Gender



- Focus groups included 43 men and women
- Of those, 22 individuals participated with their intimate partner or spouse, representing 11 couples

Comprehensive Themes

1. Substance use initiation connected to traumatic experience(s)
2. Loss of close relationships
3. Entering treatment risks losing remaining relationships
4. Challenges to entering treatment and recovery
5. Feelings of shame, isolation and discrimination
6. Reconciliation and hope for the future

Substance use initiation connected to traumatic experience(s)

“I lost my brother, I lost my nephew on the same day. He killed his 5 year-old son. Before that my mom was murdered. Before that.. [mumbling] I didn’t do nothing through all that. And all of the sudden, it’s like one day I look up and everything went all to hell.”

Entering treatment risks losing remaining relationships

“He won't go to rehab unless he can go with me... they won't let you do that.”

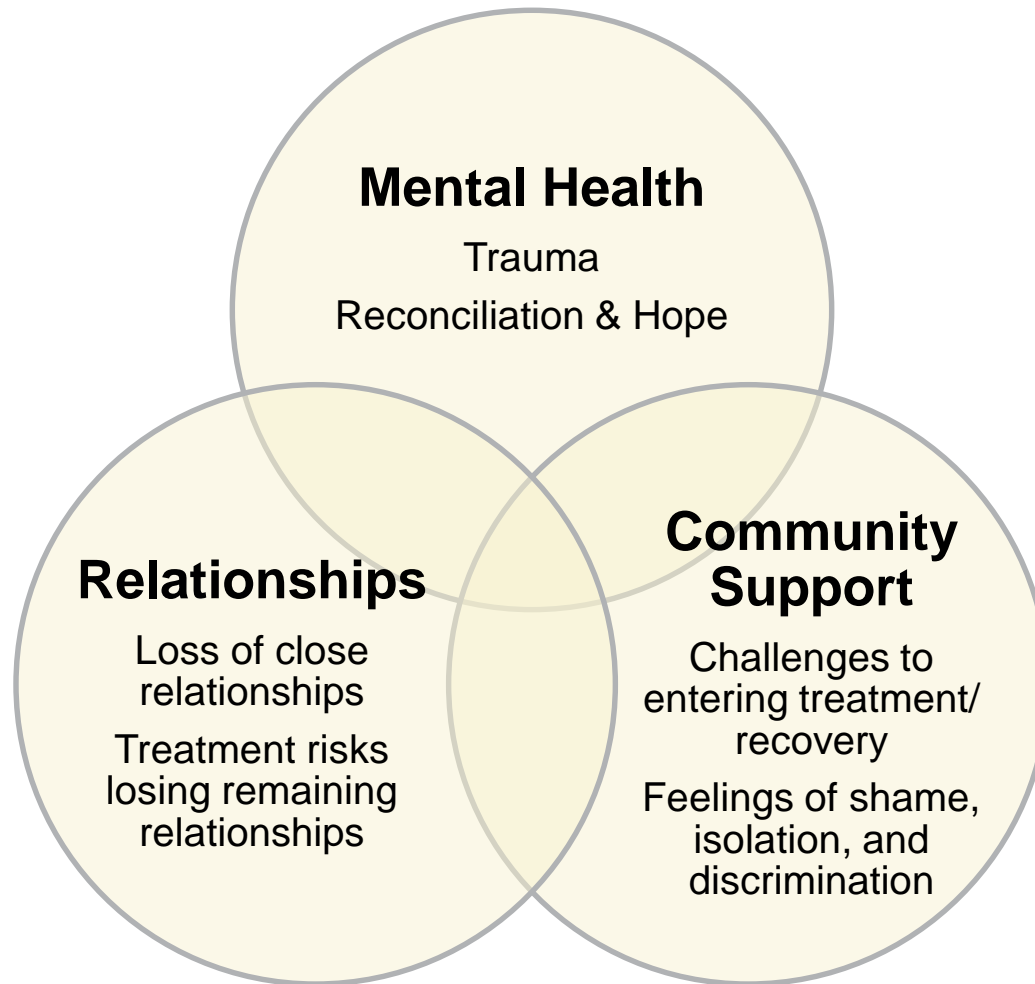
“We are never apart. Ever. Every time I go to treatment they tell me to leave my husband, then every time I get out he's using. Of course he's using, I'm using too, but we're both trying to get out though. Why would I get a divorce?”

Challenges to entering treatment and recovery

“It's a burden on your shoulders the things that you done to people.”

“When you go in they give you Suboxone, they started me on that, and once you get out they give you a 30 day supply. It's alright, but you have to go to a doctor, but you cannot find a doctor that easy. They're just not around. And the ones that are around want so much money \$1500.”

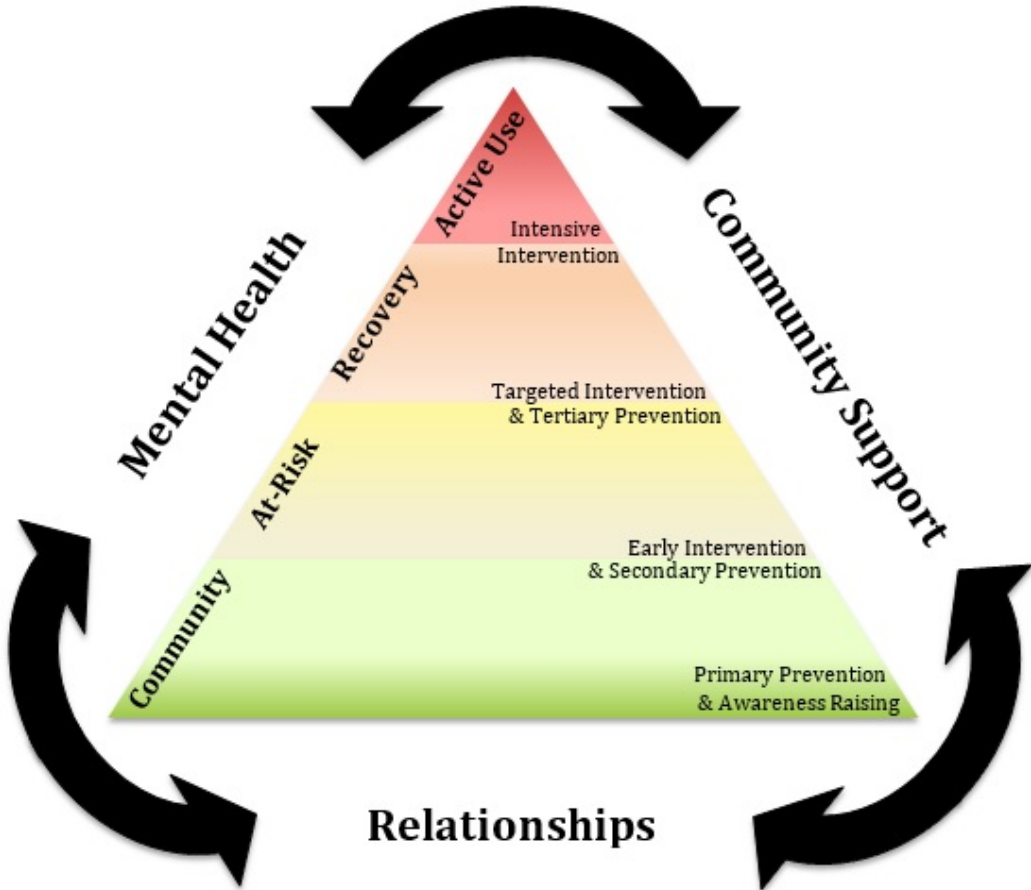
Themes Grouped by Root Causes



A Framework for Empowerment

People are the experts of their own lives and have the ability to leverage their resources in order to strengthen and support their communities.

Community Continuum of Supports Model



Mental Health

Active Use

- Access to quality and affordable opioid treatment programs
- Supported referrals to mental health professionals for on-going treatment
- Access to quality and affordable mental health professionals

Recovery

- Access to quality and affordable opioid and mental health treatment programs
- Educational programs that build coping skills
- Trauma-informed treatment options

At-Risk

- Targeted life skills training (self-regulation & problem solving skills)
- Treatment for trauma exposure (i.e. adverse childhood experiences)
- Organizational practices that avoid re-traumatization

Community

- Promote social and emotional competence
- Screen and identify symptoms/issues among children and adolescents
- Prevent adverse childhood experiences

Relationships

Active Use

- Access to support groups for family members and friends
- Skill building (such as boundary setting) for family members and friends

Recovery

- Access to support groups for those in recovery their family members
- Educational programs about co-dependency

At-Risk

- Parenting support – Information on recognizing signs of use and red flags

Community

- Parenting support to promote positive and effective parentings skills
- Building healthy relationships

Community Support

Active Use

- Shelter and housing for individuals who are homeless
- Syringe exchange programs
- Education about & access to overdose intervention treatments

Recovery

- Monitored and supported use of medication-assisted opioid treatment
- Opportunities for employment

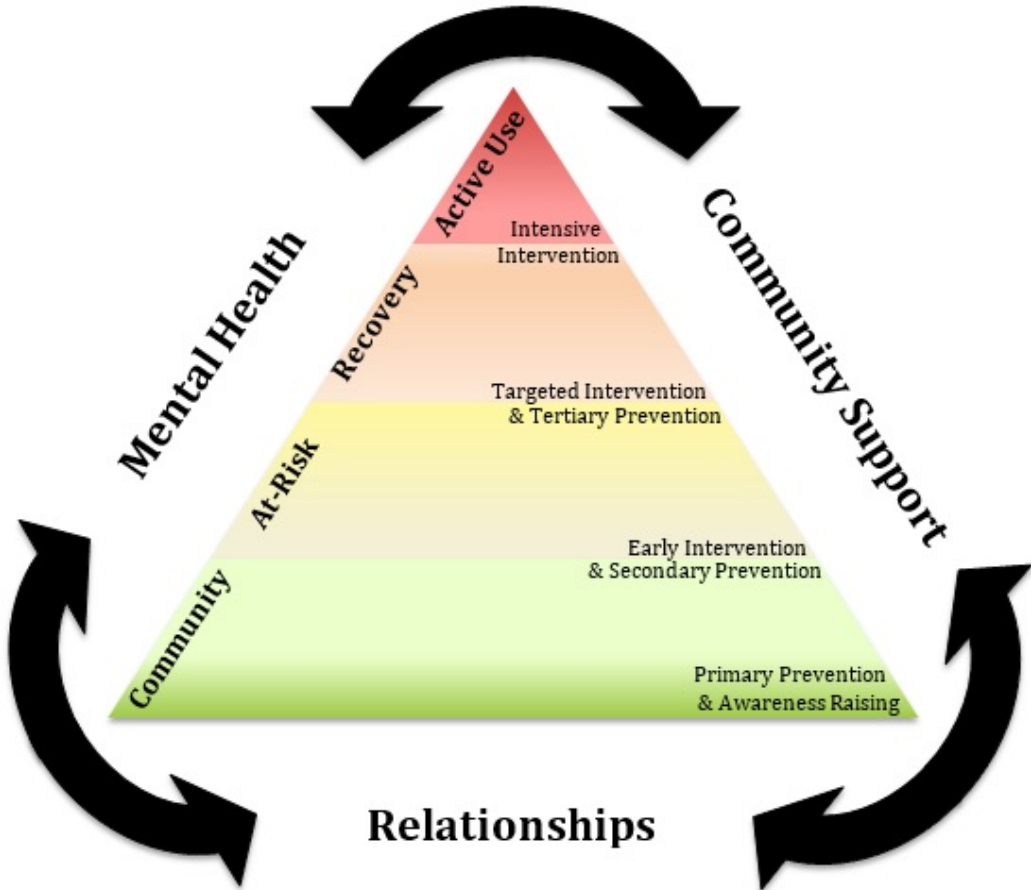
At-Risk

- Monitored and supported step down approach to reducing dependence on prescribed opioid medications
- Promotion of positive activities for youth

Community

- Promoting development assets for youth
- Access to healthy and affordable food; affordable housing and healthcare
- Safe public spaces for community engagement and recreation

Community Continuum of Supports Model



Discussion

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