

We are all in this together

SAMHSA 2020 Rural Opioid Technical Assistance Program

*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

SAMHSA 2020 Rural Opioid Technical Assistance Program



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



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.)

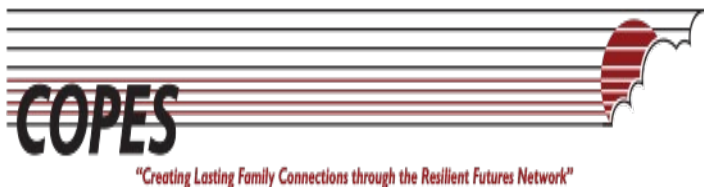
Statewide Technical Assistance Training/Meeting, Fall 2021



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**



Highlighting Tribal Evidenced-Based Youth Risk Behavior Prevention Programs (cont.)

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



Rural Focus Groups



Rural Opioid & Stimulant
Education, Outreach & Training Team

Summary Report: 2021 Focus Groups

August 2022

Authors: KayAnn Miller, Alison Brennan,
Michelle Grocke-Dewey, Jennifer Munter, & Barb Allen

This project is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA).
For more information, visit our website: http://health.montanaextension.org/opioid_mitose.html

“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.”

Parent Module

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>



Video Series



- 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



Search pages & people



MSU Extension / Extension Family & Human Development / Opioid Project Educational Resources

Opioid & Stimulant Educational Resources



Community Resources

(View, Download, Print)



Parent Resources

(View, Download, Print)



Youth Resources

(View, Download, Print)

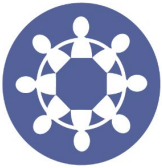
https://www.montana.edu/extension/health/opioid_resources/community_parents_youth.html

Materials and Resource Development



MSU Extension / Extension Family & Human Development / Opioid Project Educational Resources

Opioid & Stimulant Educational Resources



Community Resources
(View, Download, Print)



Parent Resources
(View, Download, Print)



Youth Resources
(View, Download, Print)

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)

ROTA MSU and Tribal Programming



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



ROTA MSU and Tribal Programming



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>

➤ Project Director Barbara Allen

- Blallen@montana.edu

➤ Project Manager Jennifer Munter

- Jennifermunter@montana.edu

