

Engaging Community Members to Support Prevention & Recovery



Prevention Is:

- Working with schools and communities to empower youth to make healthy choices
- Delaying onset of substance use
- Universal, Selected, and Indicated populations

Prevention Is also:

- Education and awareness efforts with adult populations
- Overdose prevention and NARCAN distribution
- Harm reduction, including safer use supplies, syringe access, wound care supplies

Recovery Is:

- "A process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential." www.samhsa.gov
- Recovery looks different for everyone, individuals can and do define it differently.
- People access recovery through multiple pathways.

Strategies to Support Prevention and Recovery

Many factors influence a person's chance of developing mental health and or substance use disorder. Effective prevention focuses on reducing those risk factors and strengthening protective factors.

Protective Factors:

Characteristics that are associated with a lower likelihood of negative outcomes or a reduction in a risk factor's impact. Protective factors may be seen as a positive countering event. These factors seem to build resiliency in individuals, communities, and systems.

Risk Factors:

Characteristics at the biological, psychological, family, community, and/ or cultural level that increase the likelihood of negative outcomes.

Some risk and protective factors are fixed, meaning they don't change over time. Others are considered variable, meaning they can and do change over time. These can include income level, peer group, adverse Childhood Experiences (ACES), or employment status. Implementing individual and community level strategies in a community to address these factors can have an impact.

Individual

Individual strategies can include youth prevention education, one to one recovery support.

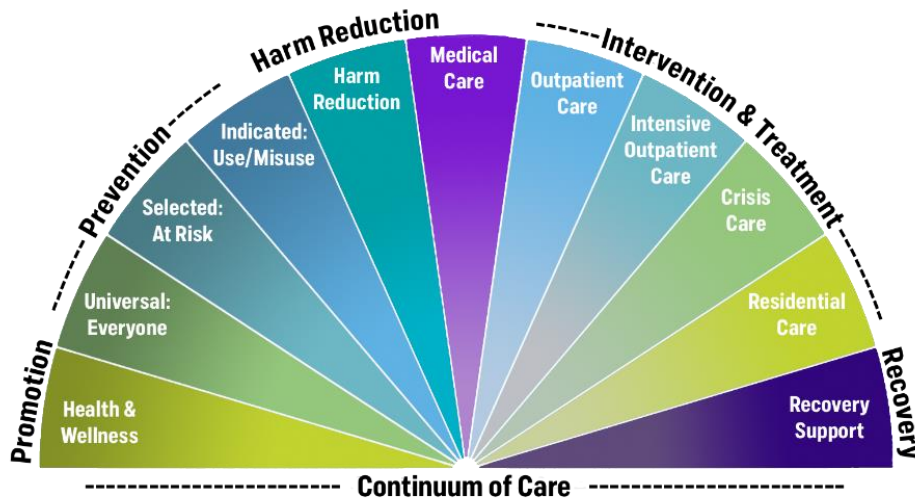
Environmental & Community

Environment/ Community strategies can include- parent community-norms, reducing access- Retail monitoring, Recovery oriented community- employers hiring people with recovery experience, providing substance free social activities



Continuum of Care

To better understand how to effectively engage community members in prevention and recovery, it is helpful to know where they land in the substance use continuum of care.



Part of the Continuum	Description	Examples: <i>(not exhaustive)</i>
Promotion	Strategies designed to help people improve their overall emotional, mental, and physical well-being.	<ul style="list-style-type: none"> • Safe prescription disposal education • Primary medical care access
Prevention	Universal - Efforts that are offered to whole populations.	<ul style="list-style-type: none"> • Substance use prevention education programs that are delivered to an entire grade level
	Selective - Efforts that are offered to those who may be at risk of a substance use disorder.	<ul style="list-style-type: none"> • Education programs for youth whose parents use substances
	Indicated - Efforts offered to those in which use has been identified.	<ul style="list-style-type: none"> • Vaping cessation programs for students caught vaping at school
Harm Reduction	Supports provided to lessen the negative consequences of substance use.	<ul style="list-style-type: none"> • Naloxone • Fentanyl test strips • Safe syringe programs • Wound care
Intervention & Treatment	Services designed to identify individuals experiencing or exhibiting a substance use disorder.	<ul style="list-style-type: none"> • Outpatient treatment • Intensive outpatient treatment • Crisis care • Residential care
Recovery	Supports and services for individuals that assist with recovery maintenance.	<ul style="list-style-type: none"> • 12 step groups • Secular recovery support groups • ROSCs & RCOs



Understanding Community Needs

Community Conditions that Impact Substance Use and Recovery

- Social Norms
- Housing
- Social Inequity
- Political Climate
- Access to Substances
- Employment Opportunities
- Generational Trauma
- Access to Treatment
- Transportation
- Stigma
- Awareness/ Education
- Access to Recovery Supports

The Strategic Prevention Framework

The Strategic Prevention Framework also known by the acronym SPF- Is a planning model that is driven by data, community groups and coalitions can use this model to better understand and more effectively address substance use and related mental health problems in their communities.



- Assessment** - Identify local needs based on data; also helps identify assets
- Capacity** - Build resources and readiness to address needs
- Planning** - Identify methods that will be effective to address needs
- Implementation** - Deliver programs and practices as planned
- Evaluation** - Examine the process and outcomes of implemented programs and practices.

All steps of the SPF should incorporate:

- Sustainability** - Creating an adaptive and effective system that achieves and maintains long-term goals
- Cultural Competence** - Ensuring that all steps, methods, programs, and processes effectively interact with people who have different values, lifestyles, and traditions based on their heritage and social relationships.

Who are the people in your neighborhood?

Community Sectors:		
Business	Civic Groups	Faith
Family Members with Living Expertise	Healthcare	Parents of Youth
Law Enforcement	Local Government	Media
Individuals with Living Expertise	Recovery Support Circles	Schools
Substance Use Organizations	Youth	Youth Serving Agencies



Bringing it All Together

Thinking of your community...

- Which sector would be relatively easy to engage in the work?
- Which sector(s) would be more difficult to engage in working to change community systems in support of prevention and/or recovery efforts?



Community Member Engagement Next Steps

- Create a list of Community members that represent various sectors in your community.
- Prepare an “elevator speech” on the specific you plan to discuss.
- Make connections - “Why should they care?”
- Meet them where they are...and try to bring them along.
- Form partnerships...how can we help them?

Community engagement requires commitment and takes time. It takes a community to create community change. The effect of engaging various community members from different sectors can impact local prevention and recovery efforts.



Center for
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Engagement**
at Chestnut Health Systems

To inquire about resources, trainings, assistance or for further information, please visit our website at

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