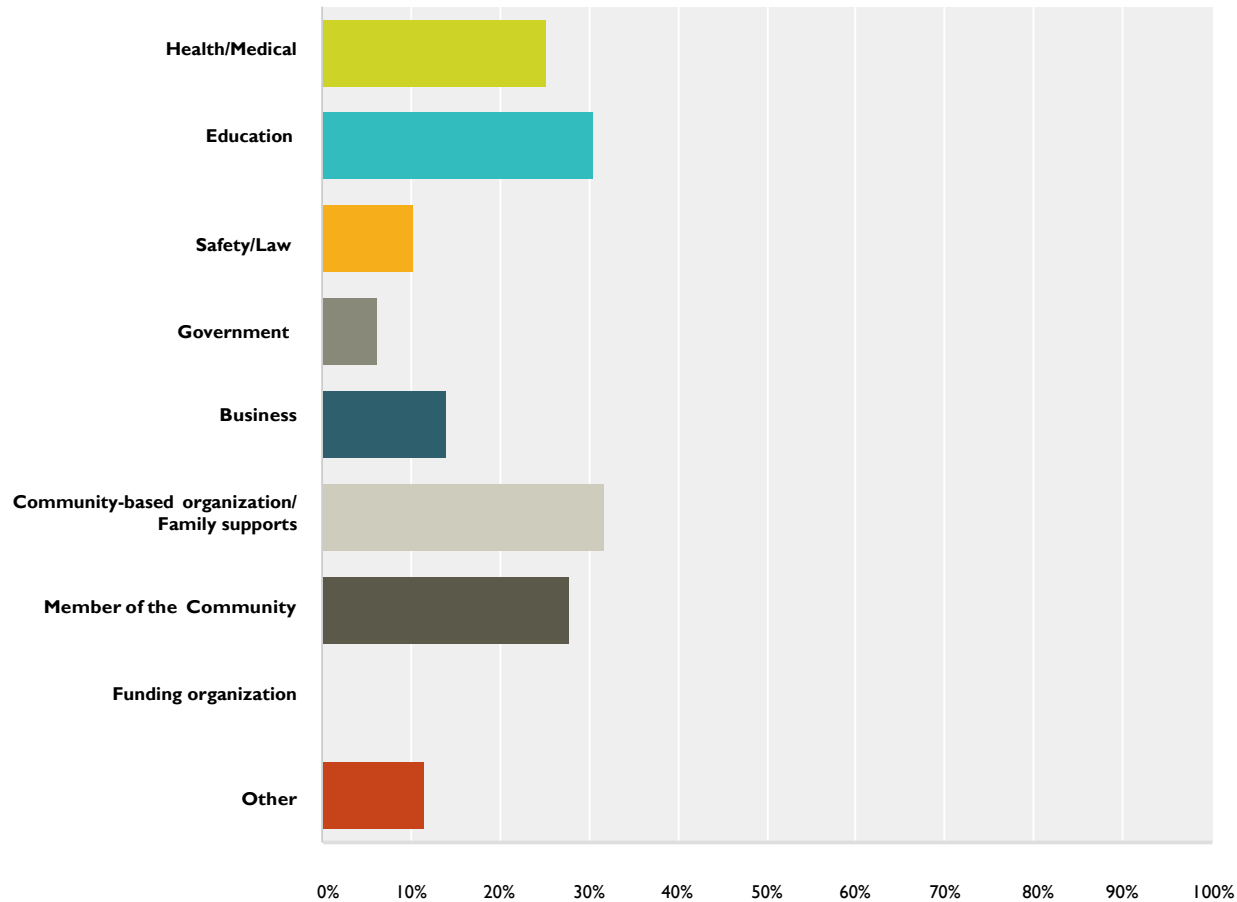


Q1) ALL Together relies on contributions from a range of community sectors to play a role in substance misuse prevention.

What sector(s) do you most closely identify with? (Check all that apply.)
(PLEASE NOTE: Because of the ability to select more than one response, frequencies may add up to more than 100%.)



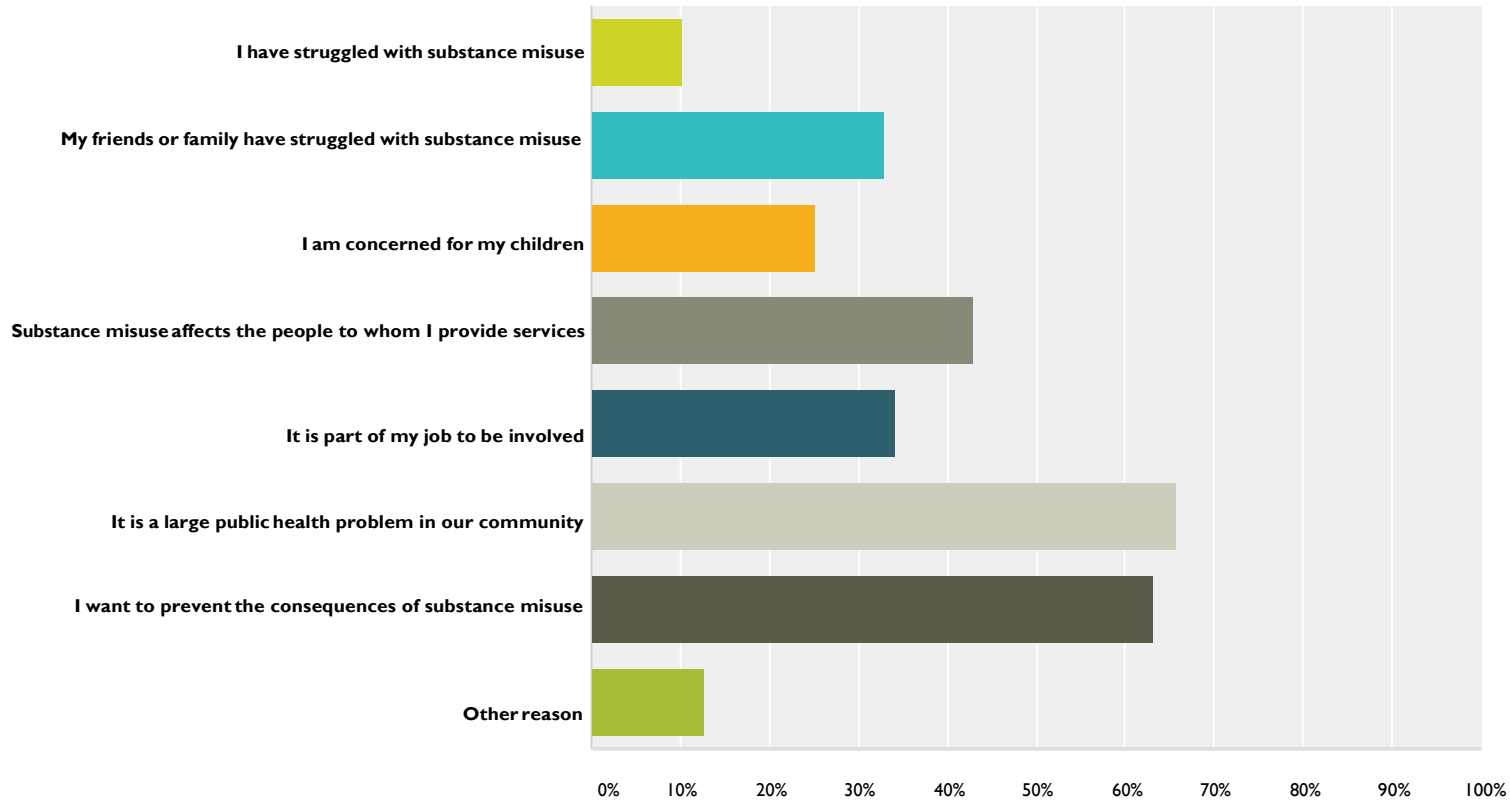
Upper Valley Public Health Network Stakeholder Survey (2017)

Answer Choices	Responses	
Health/Medical (e.g., primary care, hospitals, rural clinics)	25.3%	20
Education (e.g., elementary, middle and high schools, as well as colleges)	30.4%	24
Safety/Law (e.g., law enforcement, EMS, courts)	10.1%	8
Government (e.g., local, county and state elected officials and boards)	6.3%	5
Business (e.g., local employers and larger industries)	13.9%	11
Community-based organizations/Family Supports (e.g., local organizations that support youth, families, people in recovery)	31.6%	25
Member of the Community (e.g., youth, retired persons)	27.8%	22
Funding organization (e.g., public funding agencies and foundations)	0.0%	0
Other (please specify)	11.4%	9
Total Respondents: 79		

#	Other (please specify)
1	individual donations
2	ReThink Health: UCRV
3	not sure what this question is asking
4	Zen Center (Faith/Practice community?). Also hospital chaplaincy (Buddhist)
5	Social Worker at Brattleboro Retreat
6	student in college
7	Have worked with 2nd growth and grafton county drug court
8	parent of teenager
9	Harm reduction/syringe exchange

Q2) Why did you become involved in alcohol and other drug misuse prevention in your community? (Check all that apply.)

(PLEASE NOTE: Because of the ability to select more than one response, frequencies may add up to more than 100%.)

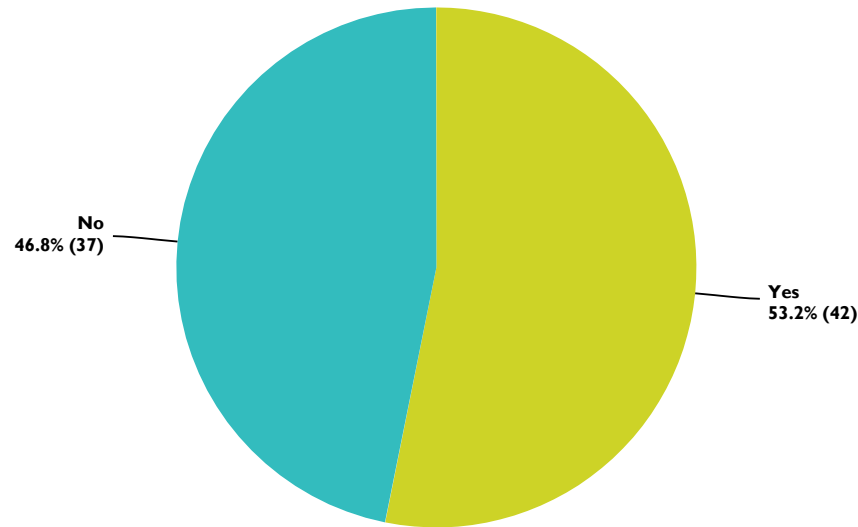


Upper Valley Public Health Network Stakeholder Survey (2017)

Answer Choices	Responses	
I have struggled with substance misuse	10.1%	8
My friends or family have struggled with substance misuse	32.9%	26
I am concerned for my children	25.3%	20
Substance misuse affects the people to whom I provide services	43.0%	34
It is part of my job to be involved	34.2%	27
It is a large public health problem in our community	65.8%	52
I want to prevent the consequences of substance misuse (drunk driving accidents, child neglect, poor health, loss to the economy.)	63.3%	50
Other Reason (please specify)	12.7%	10
Total Respondents: 79		

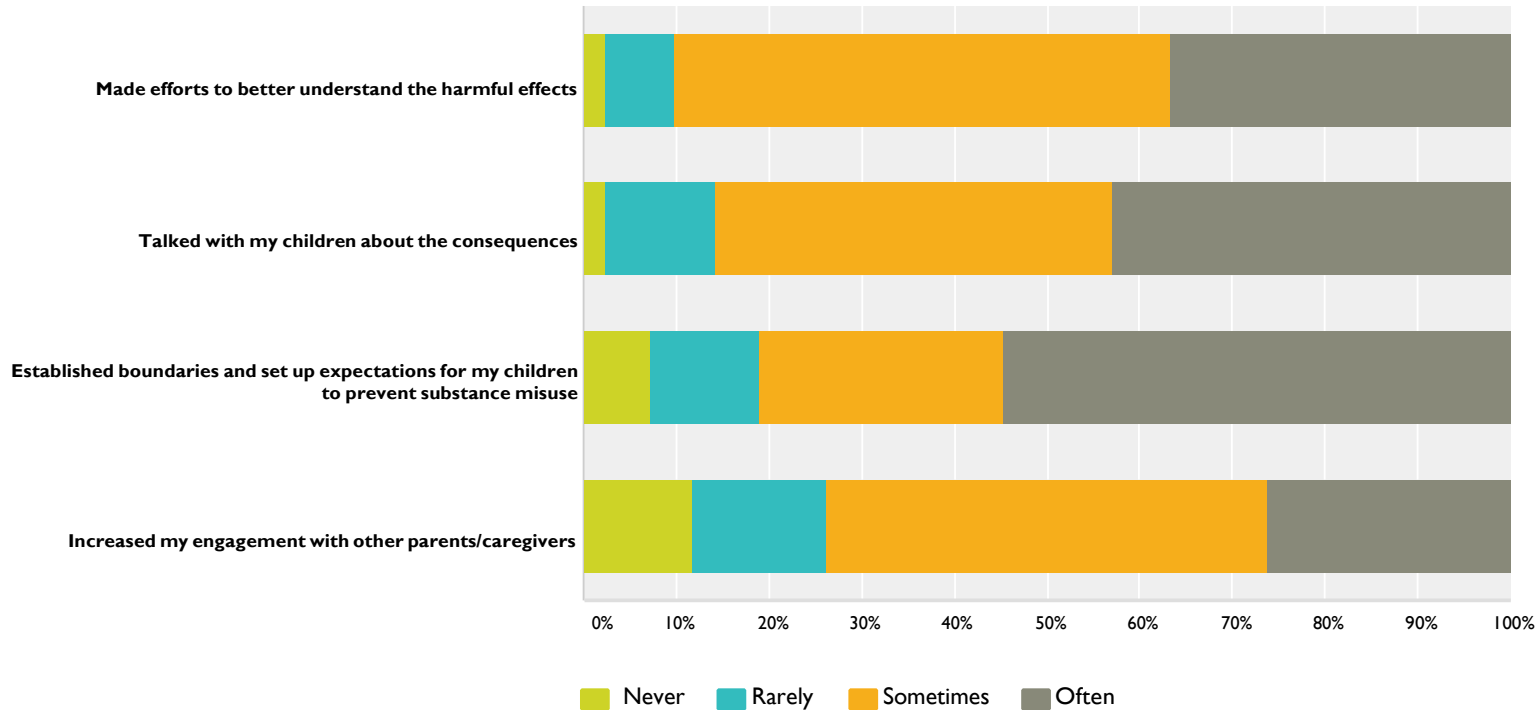
#	Other Reason (please specify)
1	Associates I work with asked for my team to be do something to help this issue.
2	recommended by a friend/neighbor
3	Church has a recovery program I co-lead
4	Because you made it fun and easy
5	I don't consider myself involved - just interested
6	To help organizations access data and collect data to support their prevention efforts and to collaborate with others working on this issue
7	Suffering of individuals and families impact all of us.
8	I have grandkids in the community and have watched a loved one struggle.
9	I don't know that it is a PROBLEM in our community but it is a problem in our culture. I have many alcoholics in my friend/family network (not local folks)
10	my son recently died from an overdose 5/21/16

Q3) Do you identify as a parent/guardian/caregiver of youth aged 25 and younger?



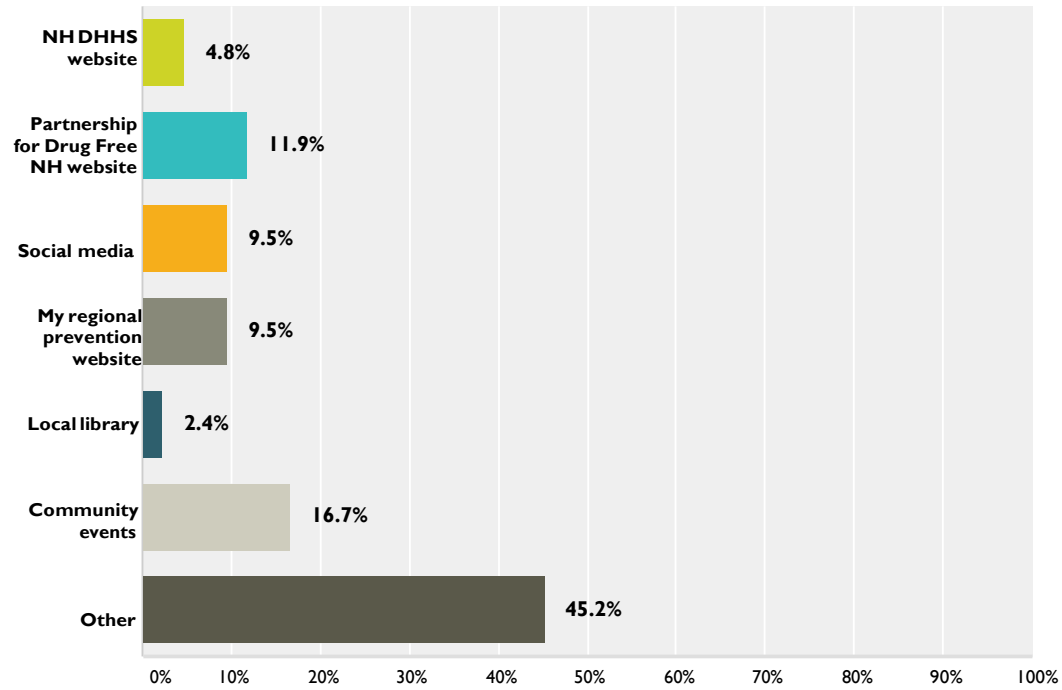
Q4) In the past 12 months, as a parent/guardian/caregiver, to what extent have you participated in the following to address substance misuse?

(PLEASE NOTE: Responses to questions 4 through 7 reflect the opinions of stakeholders who identified as parent/guardians only.)



	Never	Rarely	Sometimes	Often	Total	Weighted Average
Made efforts to better understand the harmful effects	2.4%	7.3%	53.7%	36.6%	41	3.24
Talked with my children about the consequences	2.4%	11.9%	42.9%	42.9%	42	3.26
Established boundaries and set up expectations for my children to prevent substance misuse	7.1%	11.9%	26.2%	54.8%	42	3.29
Increased my engagement with other parents/caregivers	11.9%	14.3%	47.6%	26.2%	42	2.88

Q5) Where do you go for information about substance misuse prevention? (Check your primary source.)
(PLEASE NOTE: Responses to questions 4 through 7 reflect the opinions of stakeholders who identified as parent/guardians only.)

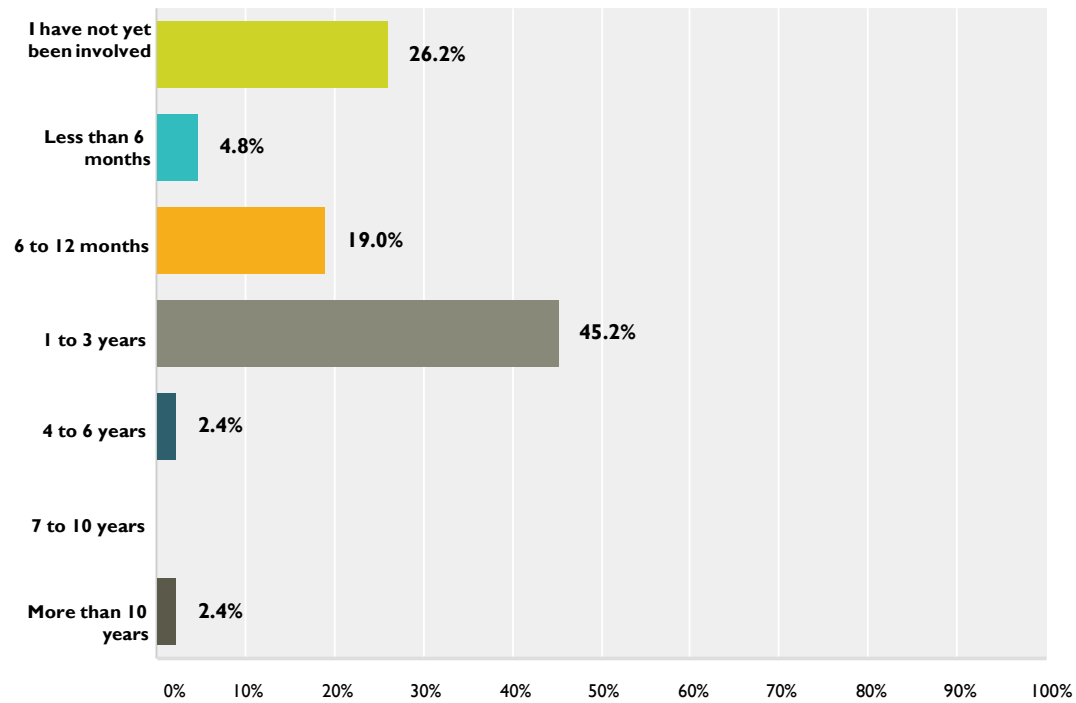


Answer Choices	Responses
NH Department of Health and Human Services (NH DHHS) website	4.8% 2
Partnership for Drug Free NH website	11.9% 5
Social media (Facebook, Twitter etc.)	9.5% 4
My regional prevention website	9.5% 4
Local library	2.4% 1
Community events	16.7% 7
Other (please specify)	45.2% 19
Total	42

Upper Valley Public Health Network Stakeholder Survey (2017)

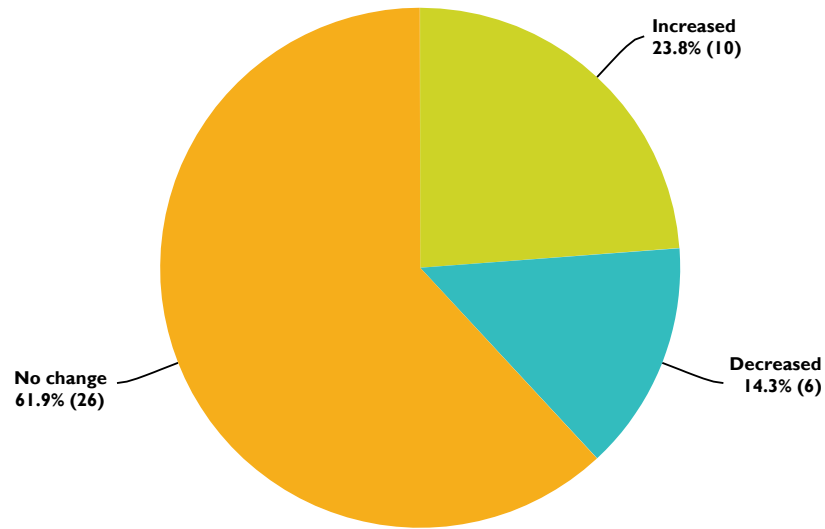
#	Other (please specify)
1	SAMHSA and NH drug and alcohol counselors assoc.
2	mental health seminars
3	Training Conferences
4	internet in general
5	News media
6	internet
7	Information from the Vermont Department of Health
8	Medical journals
9	Medical literature
10	internet searches to reliable sites
11	SAMSHA
12	Clinical references
13	Medical/public health research
14	Health Education materials
15	friends
16	nowhere...
17	experts' research, books, articles and studies
18	research articles
19	Google or online search

Q6) How long have you been involved with ALL Together to prevent substance misuse?
 (PLEASE NOTE: Responses to questions 4 through 7 reflect the opinions of stakeholders who identified as parent/guardians only.)



Answer Choices	Responses	Count
I have not yet been involved	26.2%	11
Less than 6 months	4.8%	2
6 to 12 months	19.0%	8
1 to 3 years	45.2%	19
4 to 6 years	2.4%	1
7 to 10 years	0.0%	0
More than 10 years	2.4%	1
Total		42

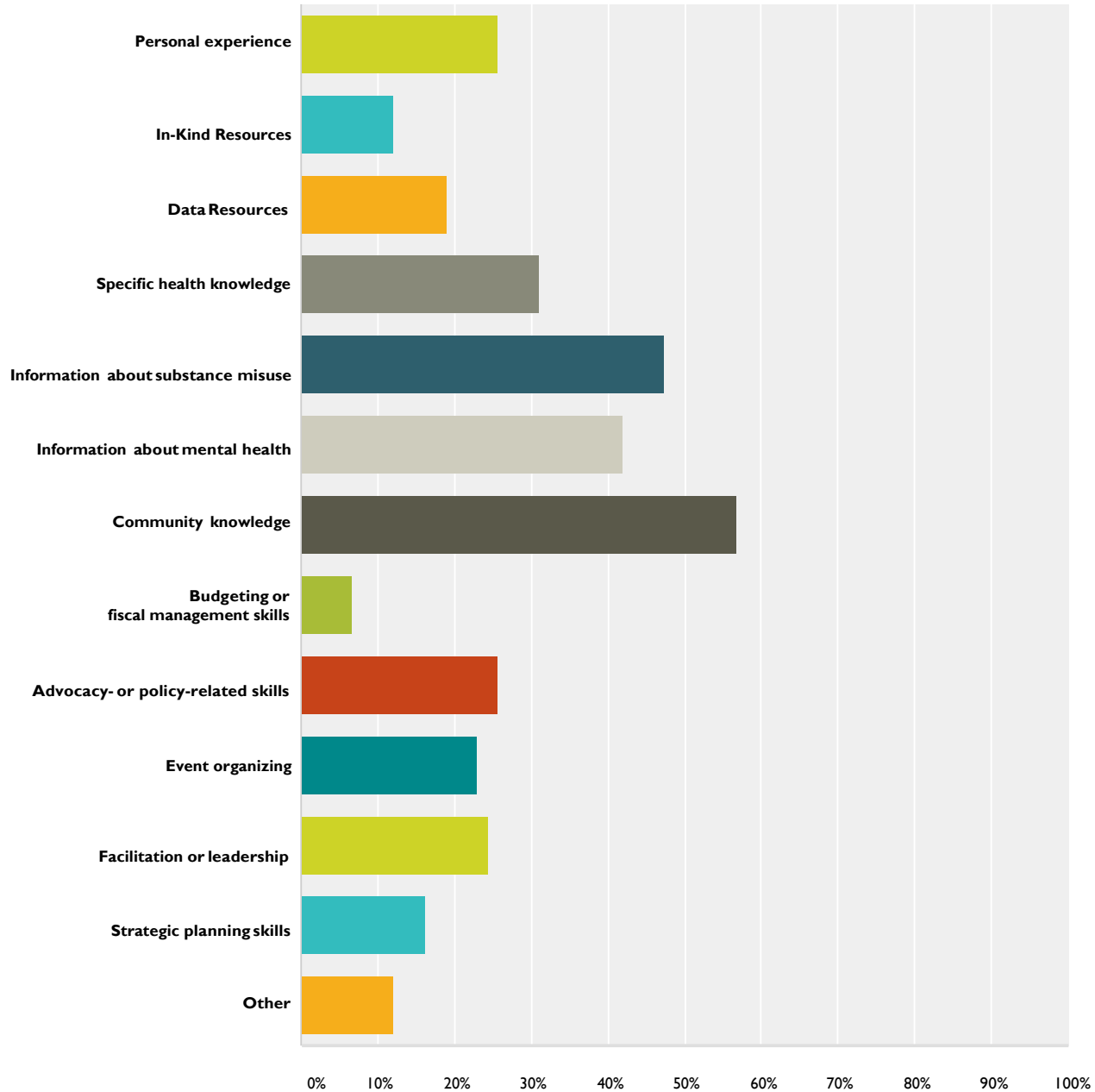
Q7) Has your involvement in substance misuse prevention efforts changed over the past year?
(PLEASE NOTE: Responses to questions 4 through 7 reflect the opinions of stakeholders who identified as parent/guardians only.)



Answer Choices	Responses	
Increased	23.8%	10
Decreased	14.3%	6
No change	61.9%	26
Total		42

Q8) The contributions of each member of the region are valued. What are the contributions you feel that you bring to substance misuse prevention efforts in your community? (Check all that apply.)

(PLEASE NOTE: Because of the ability to select more than one response, frequencies may add up to more than 100%.)

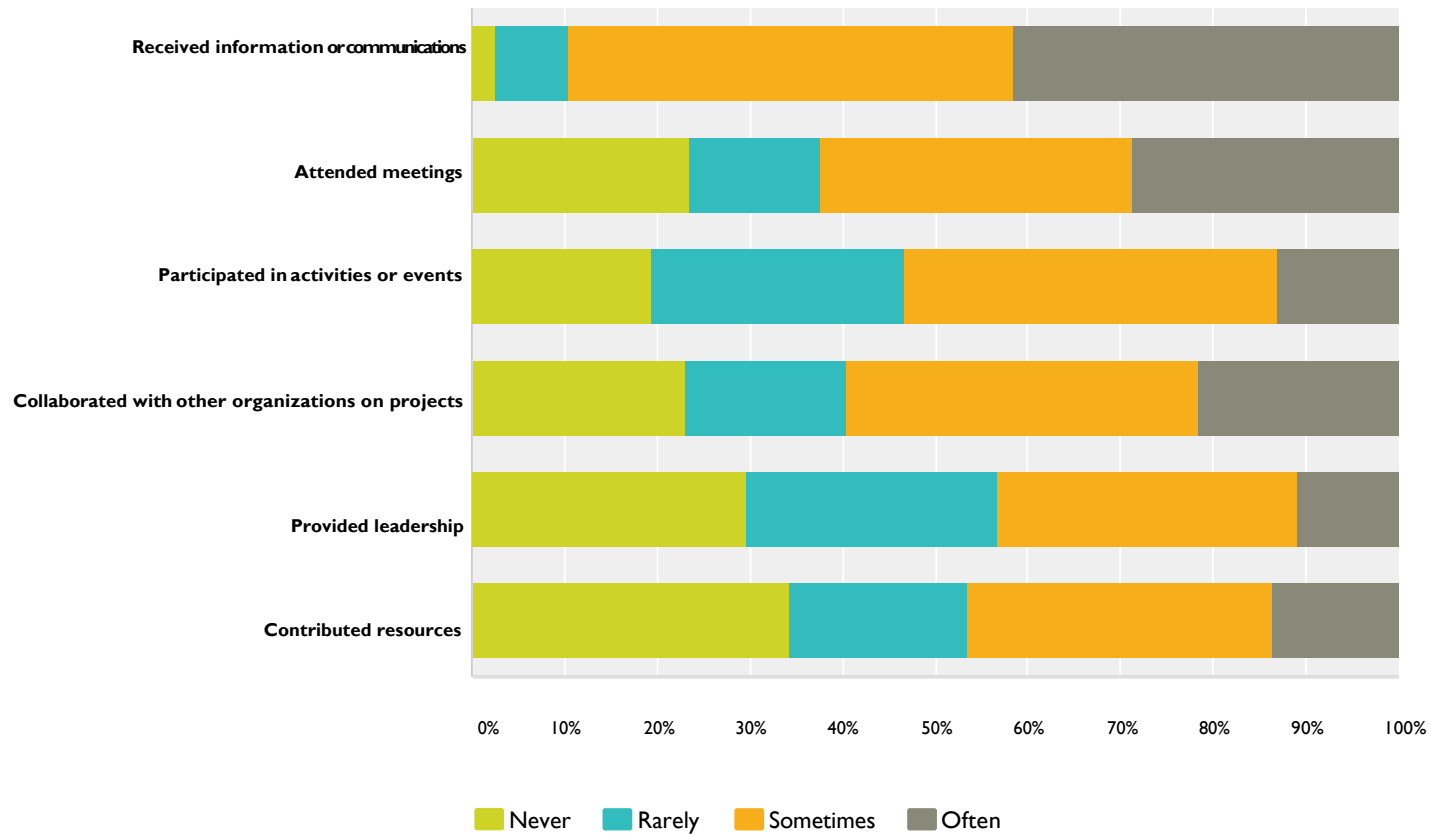


Upper Valley Public Health Network Stakeholder Survey (2017)

Answer Choices	Responses	
Personal experience with substance misuse	25.7%	19
In-Kind Resources	12.2%	9
Data Resources	18.9%	14
Specific health knowledge	31.1%	23
Information about substance misuse	47.3%	35
Information about mental health	41.9%	31
Community knowledge	56.8%	42
Budgeting or fiscal management skills	6.8%	5
Advocacy or policy related knowledge or skills	25.7%	19
Event organizing	23.0%	17
Facilitation or leadership	24.3%	18
Strategic planning skills	16.2%	12
Other (please specify)	12.2%	9
Total Respondents: 74		

#	Other (please specify)
1	funder of programs
2	experience w safe and unsafe drugs
3	I don't really make contributions besides talking to my child and his friends
4	Assisting likelinded people collaborate and network through our Community Health Hub
5	Skilled in working with youth
6	Disciplined spiritual practice
7	Thankfully I have had little need but I am a member of alanon
8	being a parent and an educated and smart adult who knows about the issues
9	Marketing and Advertising

Q9) In the past 12 months, to what extent have you participated in the following activities to address substance misuse in your community?

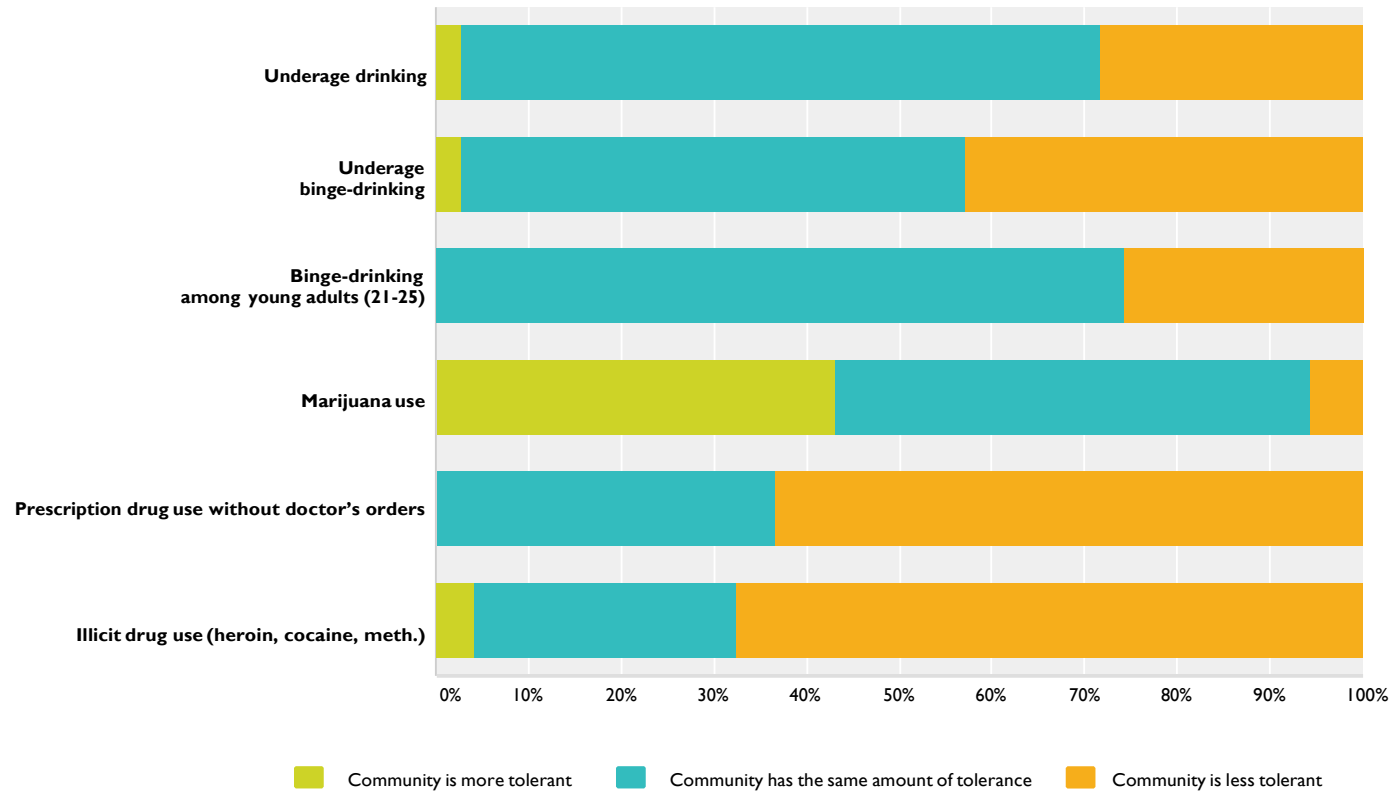


Upper Valley Public Health Network Stakeholder Survey (2017)

	Never	Rarely	Sometimes	Often	Total
Received information or communications	2.6% 2	7.8% 6	48.1% 37	41.6% 32	77
Attended meetings	23.4% 18	14.3% 11	33.8% 26	28.6% 22	77
Participated in activities or events	19.5% 15	27.3% 21	40.3% 31	13.0% 10	77
Collaborated with other organizations on projects	23.0% 17	17.6% 13	37.8% 28	21.6% 16	74
Provided leadership	29.7% 22	27.0% 20	32.4% 24	10.8% 8	74
Contributed resources	34.2% 25	19.2% 14	32.9% 24	13.7% 10	73

#	Comments
1	The Good Neighbor Health Clinic hosts the HIV/HCV needle exchange. We also provide SBIRT screening
2	I am interested in ways that our Zen practice community can be more involved.
3	The connections in the area seem to be more professional than community members outside of the schools.

Q10) Compared to one year ago, how do you think your community feels about each of the following NOW:

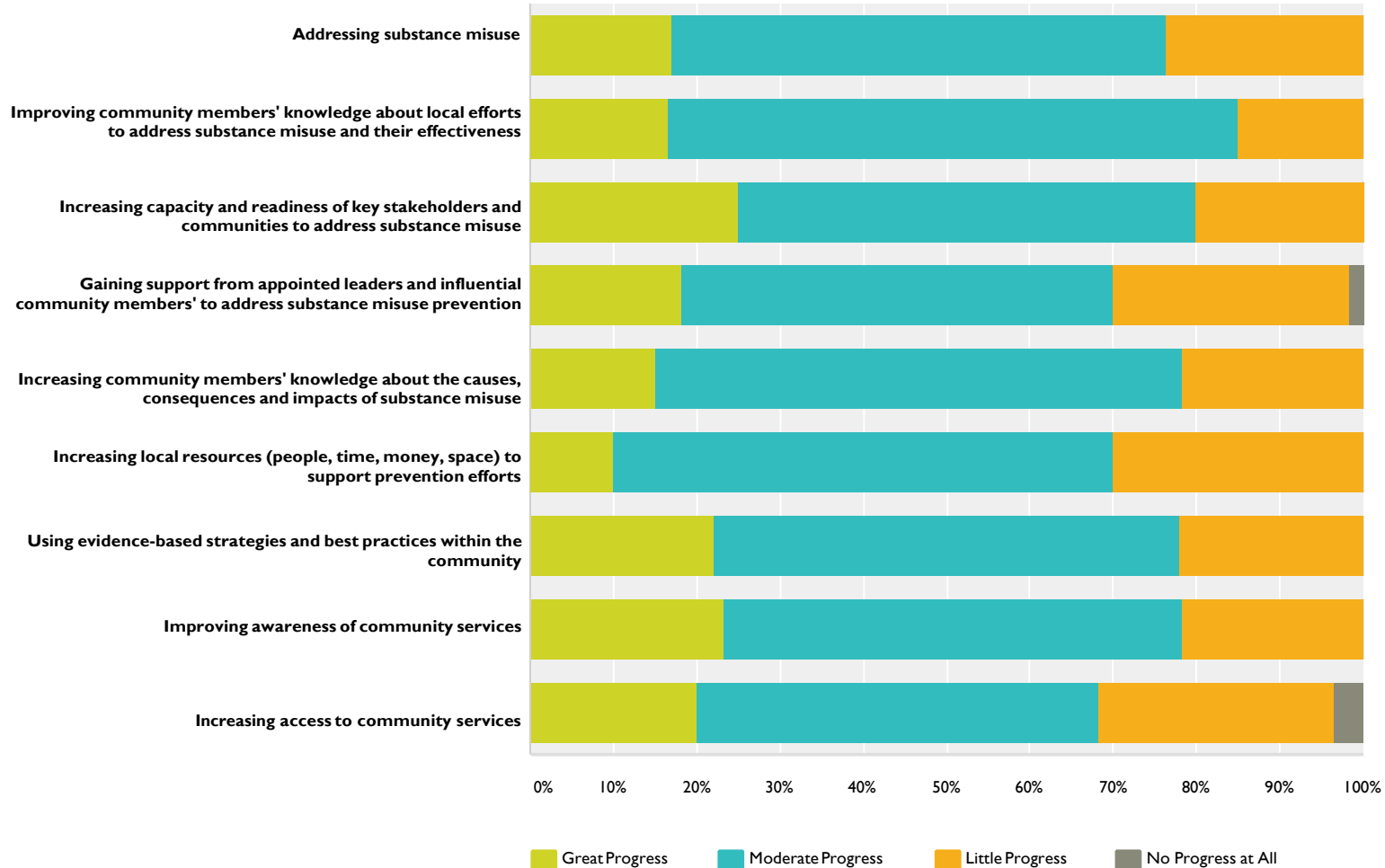


Upper Valley Public Health Network Stakeholder Survey (2017)

	Community is more tolerant	Community has the same amount of tolerance	Community is less tolerant	Total
Underage drinking	2.8% 2	69.0% 49	28.2% 20	71
Underage binge drinking	2.9% 2	54.3% 38	42.9% 30	70
Binge drinking among young adults (aged 21-25)	0.0% 0	74.3% 52	25.7% 18	70
Marijuana use	43.1% 31	51.4% 37	5.6% 4	72
Prescription drug use without doctor's orders	0.0% 0	36.6% 26	63.4% 45	71
Illicit drug use (including heroin, cocaine, methamphetamine)	4.2% 3	28.2% 20	67.6% 48	71

#	Comments
1	One year is a minuscule time period; these things can take years or decades to change substantially. That said, tolerance for general practices (e.g. marijuana use; underage drinking) often breeds lower tolerance for excesses and misuses (e.g. binge or addiction) in my experience.
2	I don't know if hte above is true -- it reflects my view more than anything else
3	Not sure we have reached the people who are in general more tolerant of these behaviors.
4	I am personally very concerned about the legalization of Marijuana. I really do not believe that the "medical benefits" of Marijuana have been extensively studied to show that there is in fact more benefit than harm. I am willin gto bet that there are NO benefits to outweigh the harm. I wish this would be fixed, it seems like we are going in the wrong direction.
5	I don't know
6	I don't have an opinion about the unanswered topics
7	I don't feel I have a good sense of this, a part from public news reports. Generally, there seems more awareness and concern. It also seems more obituaries are willing to mention drug addiction as a factor.
8	It's hard to read what's happening
9	I have no idea how people are addressing drinking- I only know we are addressing the drugs.

Q11) In the past 12 months, how much progress has ALL Together made in the following:



Upper Valley Public Health Network Stakeholder Survey (2017)

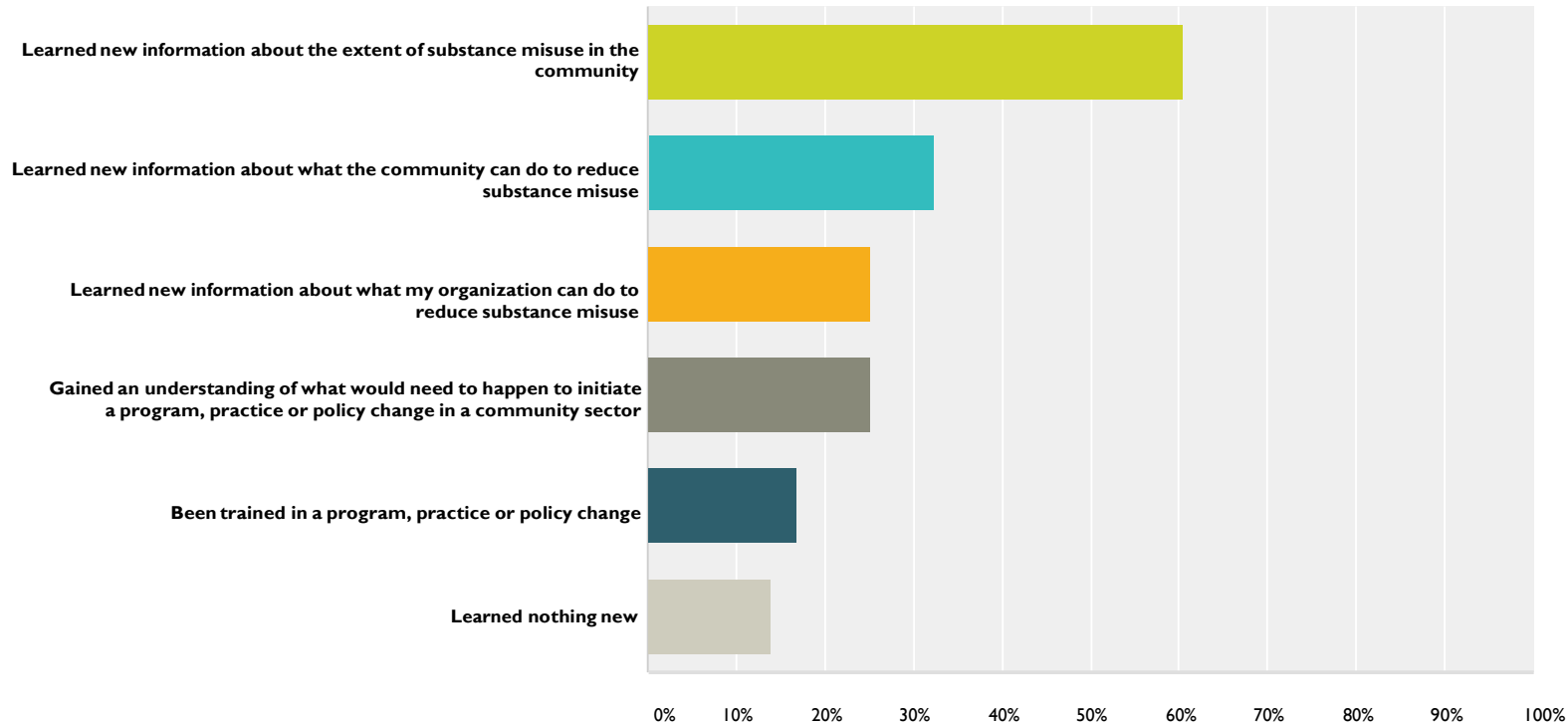
	Great Progress	Moderate Progress	Little Progress	No Progress at All	Total
Addressing substance misuse	16.9% 10	59.3% 35	23.7% 14	0.0% 0	59
Improving community members' knowledge about local efforts to address substance misuse and their effectiveness	16.7% 10	68.3% 41	15.0% 9	0.0% 0	60
Increasing capacity and readiness of key stakeholders and communities to address substance misuse	25.0% 15	55.0% 33	20.0% 12	0.0% 0	60
Gaining support from appointed leaders and influential community members' to address substance misuse prevention	18.3% 11	51.7% 31	28.3% 17	1.7% 1	60
Increasing community members' knowledge about the causes, consequences and impacts of substance misuse	15.0% 9	63.3% 38	21.7% 13	0.0% 0	60
Increasing local resources (people, time, money, space) to support prevention efforts	10.0% 6	60.0% 36	30.0% 18	0.0% 0	60
Using evidence-based strategies and best practices within the community	22.0% 13	55.9% 33	22.0% 13	0.0% 0	59
Improving awareness of community services	23.3% 14	55.0% 33	21.7% 13	0.0% 0	60
Increasing access to community services	20.0% 12	48.3% 29	28.3% 17	3.3% 2	60

Upper Valley Public Health Network Stakeholder Survey (2017)

#	Comments
1	You guys have done a wonderful job.
2	I have seen little to nothing from ALL Together in the past year, so I do not feel public presence has increased substantially.
3	I have never heard of you so I'm not comfortable evaluating your efforts
4	I am unable to comment as I don't know ALL and it's activities
5	I am not in a great position to evaluate
6	For some of the above, I am not quite sure. I can't say that there has been little progress because from what I hear through my job and my connections, there have been progress but I cannot be sure if the community at large knows about much of it.
7	i have no knowledge of these issues
8	Maybe we could be doing more to, specifically, increase access to community services.
9	not sure
10	It is hard to qualify progress since All Together is educating and training other agencies and schools. Then it is up to them to run with what they have learned and incorporate it to their work.
11	Again, I have not been involved enough to be a good judge of this.
12	I cannot comment. This is the first I'm hearing of ALL TOGETHER
13	not sure
14	Again not being immersed in the community I can't tell. If needed I'll share my experiences.
15	sorry I have no idea what All together has been up to.
16	All Together is providing a lot, but parents are not engaging enough
17	Really I don't know what they have done

Q12) In the past 12 months, have you learned any of the following about alcohol and other drug misuse problems in your community? (Check all that apply.)

(PLEASE NOTE: Because of the ability to select more than one response, frequencies may add up to more than 100%.)

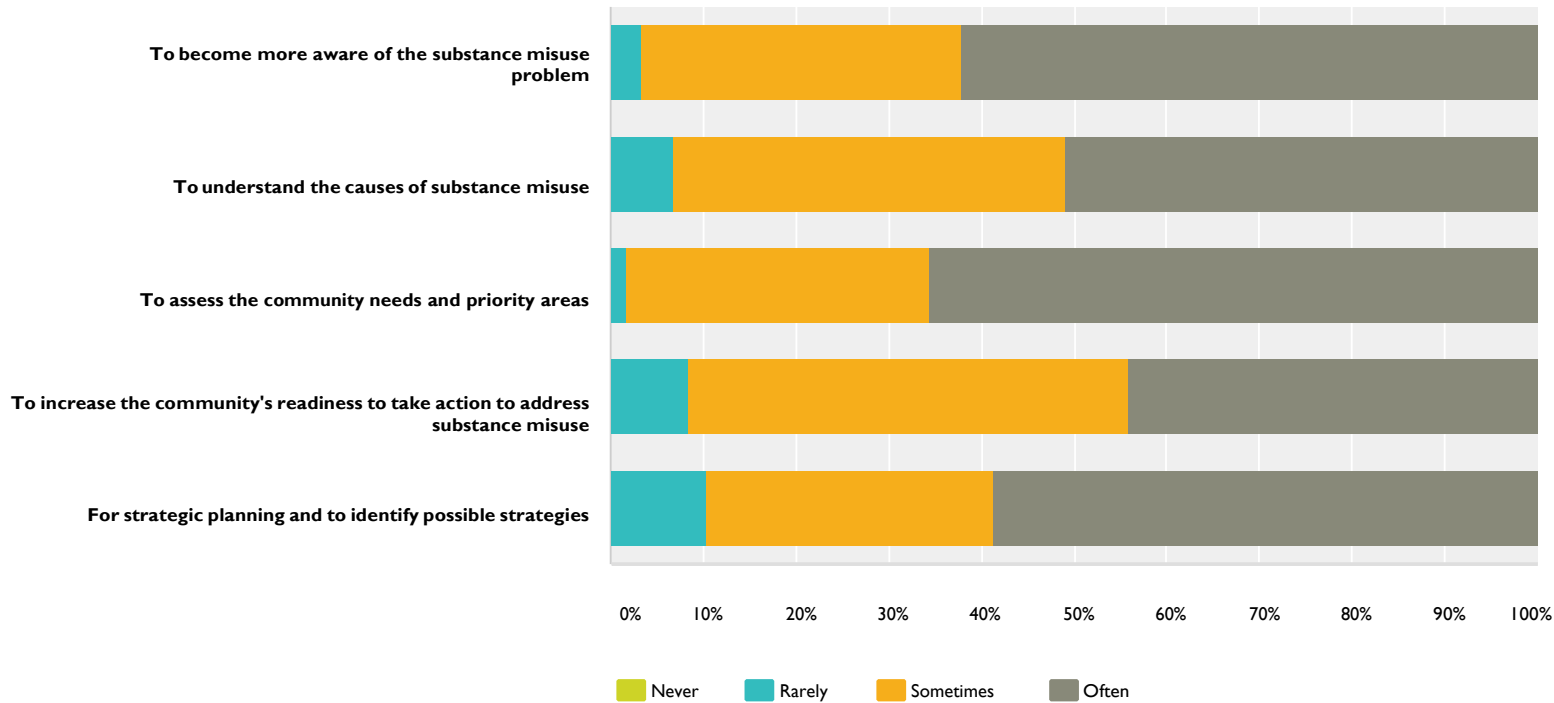


Answer Choices	Responses
Learned new information about the extent of substance misuse in the community	60.6% 43
Learned new information about what the community can do to reduce substance misuse	32.4% 23
Learned new information about what my organization can do to reduce substance misuse	25.4% 18
Gained an understanding of what would need to happen to initiate a program, practice or policy change in a community sector	25.4% 18
Been trained in a program, practice or policy change	16.9% 12
Learned nothing new	14.1% 10
Total Respondents: 71	

Upper Valley Public Health Network Stakeholder Survey (2017)

#	Comments
1	Substance misuse is much less prevalent than I had previously thought! Learned this from the police department.
2	I am reading and talking more about meth and its dangers
3	we have been focusing more on teen stress
4	I think that All Together can benefit from some data visualization to the community and stakeholders to gain more traction.
5	I'm willing. Our story is on Second Growth s website

Q13) Please indicate how much ALL Together uses substance misuse data for the following:



	Never	Rarely	Sometimes	Often	Total	Weighted Average
To become more aware of the substance misuse problem	0.0% 0	3.4% 2	34.5% 20	62.1% 36	58	3.59
To understand the causes of substance misuse	0.0% 0	6.8% 4	42.4% 25	50.8% 30	59	3.44
To assess the community needs and priority areas	0.0% 0	1.7% 1	32.8% 19	65.5% 38	58	3.64
To increase the community's readiness to take action to address substance misuse	0.0% 0	8.5% 5	47.5% 28	44.1% 26	59	3.36
For strategic planning and to identify possible strategies	0.0% 0	10.3% 6	31.0% 18	58.6% 34	58	3.48

Q14) What are some of the challenges that your community has faced in preventing or reducing alcohol and drug misuse?

#	Responses
1	My sub community (focus of my work) likely does not capture highest risk youth.
2	funding for sustaining recover resources
3	no focus which has been communicated with a "slogan/logo" to help community recognize efforts
4	Social acceptance of underage drinking and use of marijuana, areas of homeless people and housing that permits drug use/dealers
5	People (especially young adults) say "there's nothing else to do but use/drink/etc" Clearly there are other things but perhaps we are not meeting the needs that young adults have. Young adult use seems to me to be the largest challenge because of work force loss.
6	families are so busy and overwhelmed that they don't have energy to come to engage in the discussion or the work.
7	Parental and community acceptance of alcohol/drug use.
8	Insufficient funds for prevention and treatment Isolation, poor transportation, lack of affordable and supportive housing.
9	Funding
10	The community doesn't seem ready to act unless it becomes a personal issue/experience for the individuals that comprise the community.
11	negative stigma still remains and continues to be a barrier
12	Treating any use as detrimental and abstention as the only solution: this sets up an environment in which failure is almost guaranteed, and progress can only be marked in boolean terms.
13	Providing info to students and parents about extent of existing abuse and the recent trends
14	don't know - but PRESUMABLY - wealth, parents not paying attention
15	Getting parents to attend events so they learn of best practices to prevention youth substance misuse
16	Not everyone is on the same page with what they allow or accept for youth usage. Mixed messages for teens
17	A subset of parents that, if not encourage, look the other way with the use of alcohol.
18	I believe that people still need to be educated more about it. I also think that there is a strong connection between substance abuse and mental health. Both also come with a stigma that needs to be addressed. Most people who do not related to either, need to be made aware that these are 2 very serious illnesses and most of the time NOT by choice. Furthermore, there are lots of correlations between the above and social determinants of health. Again, we need to work harder at building awareness about all of that.
19	Many adults in my area do not believe that underage drinking is an issue.
20	Culture, unspoken rules
21	Heroin is viewed as "hip" by a certain group of young people. The school system needs to do a better job of providing more than college prep for post- secondary jobs.

Upper Valley Public Health Network Stakeholder Survey (2017)

22	A common challenge that our community has faced in preventing/reducing alcohol and drug misuse is connecting to the youth suffering from these related issues. Talking to them and getting information acts like a wall in providing support and help.
23	I think that there is a misconception that children of wealthy families do not have problems with substances--and if they do, they want it quiet.
24	community is spread out- very rural- mothers are more interested and motivated than spouses or kids re substance abuse issues
25	Unable to take a more treatment oriented view on those arrested for drug charges. Need to start assisting those charged with drug offences instead of jail time. There is no recovery space for those in recovery to go such as the Turning Point.
26	The need to change the culture of our communities.
27	it seems like heroin has become such a huge problem in the upper valley and trying to figure out how to best deal with it
28	Gaining access to parents of adolescents. We have not figured out how to get more people in the room when we have valuable discussions about how parents can impact their children's experimentation and use.
29	Funding, providers
30	Access
31	The issues and addicts are stigmatized. Perceptions of an individual problem rather than a community problem.
32	Treatment availability
33	transportation and access to resources
34	Families that normalize or condone substance use. Lack of coordinated services through designated agency (HCRS) to serve adults, caregivers and youth.
35	Implied consent by parents
36	The acceptance of social hosting
37	Stigma reduction
38	Counseling, SAP in upper grades
39	Ingrained stereotypes in culture Lack of other "fun" things to do in the Upper Valley
40	Lack of residential substance abuse treatment programs in NH for youth.
41	Parents are in denial and unwilling to draw boundaries. Many think kids using drugs and alcohol is inevitable. They are often not aware of current brain and addiction research and rely on info of their own teen experience. A lot of brilliant people around here without a clue.
42	Marijuana acceptance
43	Legal system--resistance.
44	I'm not sure but I think lack of resources and the community may not know how serious the problem is
45	Drugs are everywhere. More common among kids than drinking. There is no real consequences to getting caught anymore so kids don't care. Forced treatment isn't the answer because it doesn't work. If a person doesn't want help all it does is delay the next crime or death.
46	Lack of treatment resources, stigma towards those who have addiction, lack of support to families who have lost a child to addiction, no support groups for families who have lost a child to addiction such as GRASP.

Q15) Please provide an example of how substance misuse prevention has been successful in your community?

#	Responses
1	I work in a community where adults are talking with youth about their use of substances.
2	grassroots initiatives and community working together on this issue. Public Health Council convening.
3	no evidence either positive or negative
4	People are more willing to talk about it now. High attendance at screenings of the Hungry Heart. Medical students being given really info about what the state of these issues are in the Upper Valley.
5	I've heard a few teens say that they are not interested in MJ or ETOH because of the mental health consequences.
6	Empowers youth and adults who do not misuse drugs/alcohol.
7	Increased education in schools and the community
8	Presence of ALL together at community getherings such as farmers markets.
9	There is general acceptance of efforts (ex needle exchange) to address drug use in the community.
10	many more resources, more information on how to find resources, public funding
11	Acknowledgement that some substance use is acceptable, but that the issue is addiction or dependency.
12	I see a trend of less abuse but we have a long road ahead
13	I know that my daughter's school (Hanover) is talking about it - which I think is great
14	We have seen increased use of Drop Boxes for the disposal of old medications.
15	Good attendance to community forums and parents and community members using same language and message wait as long as you can for brain development
16	Not sure
17	Increasing recovery coaches
18	I don't know.
19	Having school talks on these issues bring awareness to the students involved and not involved with alcohol and drugs, planting a "seed of knowledge" in the youths brains to consider and think about their own choices, and others. This has been particularly effective from my experience as a student, it also inspires students to help students get support.
20	A small decrease in opiate misuse and a new appreciation that addiction is a disease and we need to be open about the problem
21	I am not sure I have a concrete example but I think the Hartford Police department under the leadership of Chief Kasten has become more involved in prevention I think this is a good example of stronger community collaboration, I am not sure how I could measure the impact on prevention.
22	Turning Points
23	The diversion program is amazing. Better collaboration with schools/parents/police in the past five years.

Upper Valley Public Health Network Stakeholder Survey (2017)

24	Information shared in the press, in obituaries. I thought the "drugs over dinner" program was excellent. I attended on session and led another.
25	enforcement
26	Clara Martin Center's programming with adolescents, Second Growth, awareness campaigns and groups in the locals schools, as well as the coordinated effort between police, school and agencies to educate the public.
27	Students want more health education at the high school level, as indicated through surveying the students
28	I have heard that doctors are being more stringent about prescribing opiates
29	Haven't heard of any suicides. Yeah!
30	I think speakers in the schools and educational events in the community have been helpful.
31	If parents were required to attend an info meeting. It is too bad a school couldn't withhold SAT scores and grades until parents went through a certain amount of training or a presentation with the current facts. Not possible but parents won't engage.
32	Safe Meds and training programs
33	WRAP Windsor Rapid Accountability Program--getting repeat offenders into substance misuse treatment
34	I'm not sure
35	I have not seen success. Just death, illegal activity and continued problems
36	They had a wonderful candlelight vigil that I hope will happen again and a 5K for Critter's Crusade which should have been better attended with more resources offered for family members and friends. Maybe not considered prevention, but I'm sure many that attended would rather their name not be on the list.

Q16) What areas of substance misuse prevention do you feel the region should be focusing on?

#	Responses
1	programs for employers
2	it is beyond my understanding of the breadth of the issues
3	Parental responsibility, peer pressure
4	Young adults and increasing options for them besides substance use - expanding community engagement and economic opportunities by partnering with businesses and other groups. Increasing access to treatment is so important but also access to alternative opportunities.
5	the misconception that MJ is harmless or not as bad as ETOH. Maybe some facts about the difference between MJ and the derivatives used in therapeutic treatments.
6	Effects on the development of the brain.
7	Increased access to crisis and treatment services No wait when treatment is requested
8	not sure
9	Awareness of the extent and reach of drug issues needs to be increased! People in the community still feel somewhat insulated from the effects/impact of drug use. It needs to be recognized as a community issue, not just a personal issue.
10	education, family support resources and sustaining recovery
11	Causes, e.g. isolation or futility.
12	Educating our children to the long term realities of bad choices What these choice are and where they can lead
13	I've attended some meetings that the Hartford Community Coalition have held and found them very helpful.
14	I don't know
15	Why people misuse substances. There seems to be very little for young people to do for entertainment in this area, which could be a leading cause for ending up abusing. Also, they seem to have access to money to buy drugs and alcohol (from parents?).
16	Programs to educate, build skills, change behavior are needed in addition to policy level change.
17	Preventing Selling drugs, hosting parties for teens, drinking and driving, providing alternative social venues for teens, continue to share facts about drug effects on the brain
18	Other aspect of a person's life that predisposes them to substance abuse. Like behavioral health, social determinants of health, social connectedness, social support, education.
19	Marijuana use
20	Children, I saw a summit for school aged children that was held in southern region, schools attended and participated in the education of the children.
21	Parental education; closer work with high school age students; mentorship programs
22	Educating parents on teen trends.
23	underage drinking
24	pregnancy and effects on the newborn

Upper Valley Public Health Network Stakeholder Survey (2017)

25	Over prescribing of opioids for medical treatment of pain.
26	heroin and possible issues re psychosis and frequent MJ use
27	Building a larger in-patient facility for those in need of a 28-day program or longer term care.
28	Comprehensive Health Education in schools
29	Youth/Teen Usage
30	underage drinking, teaching tweens and teens about the dangers of smoking and drugs
31	Early marijuana use. Find a way to encourage the local middle and high schools to give 15 minutes in a parent assembly to raise awareness on the dangers of early marijuana use. Marijuana is likely to be legalized in VT in 2017, increase in parent knowledge around the dangers of use in adolescents should be a priority. It seems like school leadership does not understand the dangers and they dismiss this topic as a high priority.
32	Anything is better than nothing!
33	Collaboration with Norwich PD, and education about marijuana misuse/legalization.
34	1) Medical prescription of pain meds. 2) Community and individual resilience. How do we create an environment where these drugs have no appeal?
35	opium
36	prevention, specifically vaping as a gateway and marijuana.
37	Over-prescription of drugs that are used recreationally.
38	Promoting healthier habits with respect to athletic endeavors by students
39	social hosting
40	I feel like the prevention is most important at the youngest age. The less trauma that a child is exposed to the more likely they will be to make healthy decisions.
41	It starts with pot and alcohol and accelerates from there. I worry greatly about the children.
42	High schoolers
43	I think we should be focusing on the heroin epidemic in the community.
44	I think kids struggle with feeling enough and socially adequate. Social media fuels anxiety and adds layers of reminders of how they are not enough - that angst inspires the use of drugs and alcohol to give them a false sense of courage. Meditation, conversations about pressures, reducing screen time - these could help with the underlying causes of angst among young people.
45	OD's
46	Prevention, MAT for incarcerated people, immediate access to residential treatment
47	Heroin and other opiates
48	I think education at a much younger age and stricter punishments when laws are broken.
49	Family support and more NA meetings - perhaps that's not considered prevention tough. I don't see prevention really working.