UPPER VALLEY REGIONAL PUBLIC HEALTH NETWORK

(Upper Valley Substance Misuse Prevention Partnership)

SUBSTANCE MISUSE PREVENTION WORKPLAN FOR SFY 2015

The following workplan was derived from the *Lower Grafton County Regional Network 2012-2015 Strategic Plan* for substance misuse prevention (http://www.dhhs.nh.gov/dcbcs/bdas/documents/b-lowergraftonrn3yrpln2012. pdf) and from the region's proposal to serve as the region's public health network in the area of substance misuse prevention. The *Upper Valley Region (Region 2)* serves 12 towns. See http://www.dhhs.nh.gov/dcbcs/bdas/documents/townlist.pdf for a map of the region.

To contact the Substance Misuse Prevention (SMP) Coordinator in your region, please see the list of contacts at: http://www.dhhs.nh.gov/dcbcs/bdas/documents/rphncontactlist.pdf

GOALS AND OBJECTIVES

The following goals and objectives below are excerpted directly from the regional strategic plan developed by the Lower Grafton County Regional Network in 2012. The region title in the text below has been changed to Upper Valley Regional Public Health Network (Upper Valley Region) to reflect the new geographical configuration of the Regional Public Health Network (RPHN) system.

GOAL 1	Decrease first use alcohol and marijuana before age 13 among youth in the Upper Valley Region by 2015.
Objectives	
1a:	To increase the perception among elementary and middle aged youth in the Upper Valley Region that their parents think it is wrong for youth to use alcohol and marijuana.
1b:	To increase the perception among middle school aged youth in the Upper Valley Region that people who use alcohol and marijuana put themselves at risk of harm.

GOAL 2	Decrease alcohol use among high school aged youth in the Upper Valley Region by 2015.
Objectives	
2a:	To increase the perception among 9th graders in the Upper Valley Region that people who use alcohol put themselves at risk of harm.
2b:	To increase the perception among high school aged youth in the Upper Valley Region that people who use alcohol put themselves at risk of harm.
2c:	To decrease social access to alcohol among high school aged youth in the Upper Valley Region.

GOAL 3	Decrease binge drinking among high school aged youth in the Upper Valley Region by 2015.
Objectives	
3a:	To increase the perception among 9th graders in the Upper Valley Region that people who binge drink put themselves at risk of harm.
3b:	To decrease social access to alcohol among high school aged youth in the Upper Valley Region.

GOAL 4	Decrease marijuana use among high school aged youth in the Upper Valley Region by 2015.
Objectives	
4a:	To increase the perception among 9th graders in the Upper Valley Region that people who use marijuana put themselves at risk of harm.
4b:	To decrease social access to marijuana among high school aged youth in the Upper Valley Region.

GOAL 5	Decrease non-medical prescription drug use among high school aged youth in the Upper Valley Region by 2015.
Objectives	
5a:	To increase the perception among 9th graders in the Upper Valley Region that people who use prescription drugs without a doctor's prescription put themselves at great risk of harm.
5b:	To decrease social access to non-medical prescription drugs among high school aged youth in the Upper Valley Region.

UPPER VALLEY REGION STRATEGIES FOR SFY 2015

This region will be implementing the following strategies to meet the goals and objectives.

- 1. Regional Network System Facilitation
- 2. Life of an Athlete
- 3. Media Campaign/Social Marketing/PSAs (Regional or Local)
- 4. Media Campaign/Social Marketing/PSAs (Partnership for a Drug Free NH Statewide Campaign)
- 5. Rx Drug Drop Boxes/Take-Back Events
- 6. Suicide/Mental Health Interventions
- 7. Screening, Brief Intervention & Referral to Treatment (SBIRT) Initiatives

The following tables describe each strategy in relation to the following terms:

- Levels of Engagement in Regional Prevention Efforts
- Functional Stages for Strategic Prevention Efforts
- Six Sector Model
- Measurement Tools

Please refer to the **Definitions** section for further details on the terms listed above.

STRATEGY: Regional Network System Facilitation

GOAL(S) ADDRESSED: 1, 2, 3, 4, 5

OBJECTIVE(S) ADDRESSED: 1a, 1b, 2a, 2b, 2c, 3a, 3b, 4a, 4b, 5a, 5b

ANTICIPATED OUTCOME(S):

Short-Term: Increased collaborative activity; Increased diversity of partner contribution; Increased trust; Increased community sector representation in activities

Intermediate: Increased community readiness, Increased perception of parental disapproval of youth alcohol use, Increased perception of parental disapproval of youth marijuana use, Increased perception of risk of harm of alcohol use in youth, Increased perception of risk of harm of binge drinking in youth, Decreased ease of access to marijuana among youth, Increased perception of risk of harm of Rx misuse in youth, Decreased ease of access to Rx for misuse among youth

Long-Term: Decreased past 30-day binge drinking for youth; Decreased past 30-day alcohol use for youth; Decreased past 30-day marijuana use for youth; Decreased past 30-day Rx misuse for youth

MEASUREMENT INSTRUMENT(S): PARTNER Tool Survey, P-WITS, Network Stakeholder Survey, YRBS

SECTOR(S) IMPACTED: Business, Education, Health, Safety, Government, Community & Family Supports

ENGAGEMENT LEVEL: Leading	FUNCTIONAL STA	GE: Assessment, Capacity-Build Evaluation	ling, Planning,		
Planned Activities	Type of Activity (P-WITS Category)	Target or Milestone	Responsible Staff/Partner	Timeframe	
Continue to review Strategic Plan	Develop/monitor local action plan	Priorities determined	Substance Misuse Prevention (SMP) Coordinator, SMP Work Team, Norman, Ely	May 2015	
Recruit SMP Work Team members	Regional Member/Partner/Sector recruitment	3 new team members	SMP Coordinator, Norman, Ely	May 2015	
Orient SMP Work Team Members	Regional Member/Partner/Sector recruitment	Orient once per quarter through email	SMP Coordinator, Norman, Ely	Ongoing	
Maintain extended SMP Work Team membership list	Regional Member/Partner/Sector recruitment	15 additional names and contacts recorded	SMP Coordinator, Norman, Ely	Ongoing	
Continue to use e-Communications systems for SMP Work Team, Extended Membership, and broader public	Resource development	12 newsletters for partners per year., 9 newsletters for parents	SMP Coordinator	Ongoing	
Present on Regional Data	Forums/ Roundtables/ Speakers	3 presentations	SMP Coordinator, Norman, Ely	May 2015	
Establish and grow 4 school-community teams in the region	Resource Development	3 sustained teams	SMP Coordinator	March 2015	
Meet key school/community stakeholders in 3 communities	Regional Appreciative Inquiry Interviewing	1 additional community	SMP Coordinator	January 2015	
Convene two School-Community Councils/ consult with successful models or offer TA	Regional Content-specific Advisory Team Coordination	1 additional council	SMP Coordinator	April 2015	
Conduct Action Planning Process with School-Community Councils	Working toward policy or practice adoption or improvement	1 additional action plan completed	SMP Coordinator, School- Community Councils	June 2015	

Planned Activities	Type of Activity (P-WITS Category)	Target or Milestone	Responsible Staff/Partner	Timeframe
Evaluate the established School-Community Councils	Regional data collection, assessment, evaluation or reporting activities	Evaluation conducted 1 time per year	SMP Coordinator, School- Community Council Members	Ongoing
Advocate for Policy/Practice change with school-based partners	Working toward policy or practice adoption or improvement	2 schools	SMP Coordinator, School- Community Councils	June 2015
ivaluate strategies	Regional data collection, assessment, evaluation or reporting activities	Micro-evaluations conducted 4 times per year	SMP coordinator, SMP Work Team, School-Community Teams, Norman, Ely	Ongoing
Convening partners to discuss details of party patrols	Develop local action plan	2 action plans	Substance Misuse Prevention (SMP) Coordinator SMP Coordinator, School-Community Councils, Law Enforcement	May 2015
nforming and/or training in party patrol model	Training	1 training provided	Substance Misuse Prevention (SMP) Coordinator SMP Coordinator, School-Community Councils, Law Enforcement	November 2014
mplementing party patrols	Working toward policy or practice adoption or improvement	4 completed party patrols	Substance Misuse Prevention (SMP) Coordinator SMP Coordinator, School-Community Councils, Law Enforcement	June 2015
Alcohol.edu for all entering students	Working toward policy or practice adoption or improvement	2 schools	SMP Coordinator, SMP Work Team	June 2015
BASICS training	Training	1 Training provided	SMP Coordinator, SMP Work Team	June 2015
Motivational Interviewing implementation	Working toward policy or practice adoption or improvement	1 location with practice adoption	SMP Coordinator, SMP Work Team	June 2015

STRATEGY: Life of an Athlet	te (LoA)				
GOAL(S) ADDRESSED : 1, 2, 3, 4, 5			OBJECTIVE(S) ADDRESSED : 1a, 1b, 2a, 2b, 2c, 3a, 3b, 4a, 4b,		
			5a, 5b		
ANTICIPATED OUTCOME(S):					
Short-Term: Leveraged resources/funding; Incre	eased collaborative activity; Increased imple	ementation of programs; In	ncreased number of people reached by p	rograms, policies, practices	
Intermediate: Decreased access to alcohol; Inci	reased perception of risk of harm of alcohol,	; Increased perception of ri	sk of harm of marijuana		
Long-Term: Decreased past 30-day binge drinki	ng among youth; Decreased past 30-day ald	cohol use among youth; De	ecreased past 30-day marijuana use amo	ong youth	
MEASUREMENT INSTRUMENT(S): PART	NER Tool Survey, P-WITS, Network	Stakeholder Survey, Y	'RBS		
SECTOR(S) IMPACTED: Education					
ENGAGEMENT LEVEL: Supporting			FUNCTIONAL STAGE: Assessme	ent, Capacity-Building, Planning,	
			Implementation, Evaluation		
Planned Activities	Type of Activity (P-WITS Category)	Target or Milestone	Responsible Staff/Partner	Timeframe	
Continue to support implementation in 3 schools	Working toward policy or practice adoption or improvement	3 TA per school	SMP Coordinator, School- Community Councils	June 2015	
Support additional training where needed	Technical Assistance	1 training, if necessary	SMP Coordinator, School- Community Councils	Ongoing	

3 review sessions

SMP Coordinator, SMP Work Team,

School Administrators, NHIAA, CFEx

Fall 2014 – forward

Regional data collection, assessment,

evaluation or reporting activities

Review evaluation of Life of an Athlete

STRATEGY: Media Campaign/Social Marketing/PSAs - Regional or Local

GOAL(S) ADDRESSED: 1, 2, 3, 4, 5 **OBJECTIVE(S) ADDRESSED**: 1a, 1b, 2a, 2b, 2c, 3a, 3b, 4a, 4b, 5a, 5b

ANTICIPATED OUTCOME(S):

Short-Term: Increased collaborative activity; Increased diversity of partner contributions, Increased implementation of practices; Increased implementation of policies; Increased community sector representation in activities; Increased number of people reached by programs, policies and practices

Intermediate: Decreased access to alcohol; Increased perception of risk of harm of alcohol; Increased perception of risk of harm of marijuana; Increased perception of parental wrongness of alcohol use; Increased perception of parental wrongness of marijuana use; Increased exposure to prevention messages

Long-Term: Increased age onset of alcohol; Increased age of onset of marijuana use; Decreased past 30-day binge drinking; Decreased past 30-day alcohol use; Decreased past 30-day marijuana

MEASUREMENT INSTRUMENT(S): PARTNER Tool Survey, P-WITS, Network Stakeholder Survey, YRBS

SECTOR(S) IMPACTED: Community & Family Supports

· ·			FUNCTIONAL STAGE: Assessment, Capacity-building, Planning, Implementation, Evaluation		
Planned Activities	Type of Activity (P-WITS Category)	Target or Milestone	Responsible Staff/Partner	Timeframe	
Create social norms action plan	Working toward policy or practice adoption or improvement	Action plan created	SMP Coordinator, SMP Work Team	February 2015	
Develop a campaign based off the social norms action plan	Developing/testing messages	Campaign created	SMP Coordinator, SMP Work Team	April 2015	
Continue social norms newsletters and other media	Developing/testing messages	Number of people receiving newsletter and other media monthly	SMP Coordinator, SMP Work Team	April 2015	
Promote the Tip Line	Working toward policy or practice	Number of people calling in	SMP Coordinator, SMP Work Team	April 2015	

STRATEGY: Media Campaign/Social Marketing/PSAs – Partnership for a Drug Free NH Statewide Campaign

ANTICIPATED OUTCOME(S):

Short-term: Increased collaborative activity; Increased diversity of partner contributions

Intermediate: Increased exposure to prevention messages

Long-term: Increased awareness of substance misuse among parents and caregivers

MEASUREMENT INSTRUMENT(S): PDFNH Fidelity Tool

SECTOR(S) IMPACTED: Business, Education, Health, Safety, Government, Community & Family Supports

ENGAGEMENT LEVEL: Fostering, Supporting			FUNCTIONAL STAGE: Capacity-Buildin	g
Planned Activities	Type of Activity (P-WITS Category)	Target or Milestone	Responsible Staff/Partner	Timeframe
Recruit Champions	Member/Partner/Sector Recruitment	5 additional Champions	SMP Coordinator	November 2014
Disseminate PDFNH marketing materials, print	Print Material/Media Dissemination	Utilize media channels as directed by PDFNH	SMP Coordinator	Ongoing
Disseminate PDFNH marketing materials/PSAs non-print	Non-print material/Media/PSA Dissemination	Utilize media channels as directed by PDFNH	SMP Coordinator	Ongoing

STRATEGY: Rx Drug Drop Boxes/Take-Back Events

GOAL(S) ADDRESSED: 5 OBJECTIVE(S) ADDRESSED: 5a, 5b

ANTICIPATED OUTCOME(S):

Short-Term: Leveraged resources/funding; Increased collaborative activity; Increased diversity of partner contributions, Increased implementation of practices; Increased implementation of policies; Increased community sector representation in activities; Increased number of people reached by programs, policies and practices

Intermediate: Decreased access to Rx for misuse; Increased perception of risk of harm of Rx misuse

adoption or improvement

Long-Term: Decreased past 30-day Rx misuse for youth

MEASUREMENT INSTRUMENT(S): PARTNER Tool Survey, P-WITS, Network Stakeholder Survey, YRBS

SECTOR(S) IMPACTED: Safety

prescribing policies

ENGAGEMENT LEVEL: Fostering			FUNCTIONAL STAGE: Assessment Implementation	ent, Capacity-Building, Planning,
Planned Activities	Type of Activity (P-WITS Category)	Target or Milestone	Responsible Staff/Partner	Timeframe
Hold discussions with SMP Work Team to coordinate strategies	Working toward policy or practice adoption or improvement	Discussion held with SMP team	SMP Coordinator, SMP Work Team	Ongoing
Implement drop boxes	Working toward policy or practice adoption or improvement	1 additional box	SMP Coordinator, Regional Prevention Council, D-H	Ongoing
Develop materials to advertise drop box locations	Developing/testing messages	Distribute materials	SMP Coordinator, Regional Prevention Council, D-H	April 2015
Pilot distribution options	Developing/testing messages	1 local community	SMP Coordinator	January 2015
Discussions with community partners about Rx drug abuse	Working toward policy or practice adoption or improvement	2 conference calls	SMP Coordinator, Regional Prevention Council	January 2015
Implement education, and social norms	Working toward policy or practice adoption or improvement	2 distribution channels/locations	SMP Coordinator, Regional Prevention Council, D-H	Ongoing
Work with providers around	Working toward policy or practice	Establish a list of provider contacts	SMP Coordinator,	Ongoing

Establish a list of provider contacts

Ongoing

STRATEGY: Suicide/Mental Health Interventions						
GOAL(S) ADDRESSED: OBJECTIVE(S) ADDRESSED:						
ANTICIPATED OUTCOME(S):						
Short-Term: Leverage resources/funding, Incr collaborative of policies, Incr number of people reached by programs, Incr number of people reached by people reached b		implementation of programs,	Incr implementation of practices, I	ncr implementation		
Intermediate: Incr perception of risk of harm Alcohol, Decr	community norm favorable to substance misuse, Ind	cr exposure to prevention mes	sages, Decr in considering suicide,	Decr in planning		
suicide, Decr in attempting suicide, Incr in getting help for me	ental health, Incr in feeling they matter to the comm	nunity				
Long-Term: Decr in past 30-day alcohol use, Decr in past	ast 30 day binge drinking					
MEASUREMENT INSTRUMENT(S): YRBS						
SECTOR(S) IMPACTED: Community and Family Su	pports					
ENGAGEMENT LEVEL: Leading		FUNCTIONAL STAGE: A	ssessment, Capacity-building	g, Planning,		
Implementation						
Diamond Activities	Type of Activity	Target or Milestone	Responsible	Time of your o		
Planned Activities	(P-WITS Category)	Target or Milestone	Staff/Partner	Timeframe		

Working toward policy or practice adoption or

Working toward policy or practice adoption or

improvement

improvement

Train community members and partners in Connect

Support utilization and dissemination of Connect Suicide

Suicide Prevention Training

prevention training practice

2 Organizations and/or 20

1 TA provided per quarter

people

Substance Misuse Prevention

SMP Coordinator, SMP Work

(SMP) Coordinator

Team

May 2015

May 2015

STRATEGY: Screening, Brief Intervention and Referral to Treatment (SBIRT) Initiatives

GOAL(S) ADDRESSED: 2, 3, 4, 5 **OBJECTIVE(S) ADDRESSED**: 2a, 2b, 3a, 4a, 5a

ANTICIPATED OUTCOME(S):

Short-Term: Leverage resources/funding, Incr collaborative activity, Incr diversity of partner contributions, Incr implementation of programs, Incr implementation of policies, Incr number of people reached by programs, policies, practices

Intermediate: Incr perception of risk of harm Alcohol, Incr perception of harm Marijuana, Incr perception of harm Rx misuse, Incr perc of harm Substance Misuse General, Decr community norm favorable to substance misuse, Incr exposure to prevention messages, Incr in getting help for mental health, Incr in getting help for substance misuse, Incr in feeling they matter to the community **Long-Term:** Decr in past 30-day alcohol use for youth and young adult, Decr in past 30 day binge drinking for youth and young adult, Decr in past 30 day Rx misuse for youth and young adult

MEASUREMENT INSTRUMENT(S): Health care aggregate data reports, YRBS

SECTOR(S) IMPACTED: Health

ENGAGEMENT LEVEL: Participating		FUNCTIONAL STAGE: Assessment, Capacity-building, Planning,		
Planned Activities	Type of Activity (P-WITS Category)	Target or Milestone	Responsible Staff/Partner	Timeframe
Attendance at on-site technical assistance meetings	Working toward policy or practice adoption or improvement	Attendance at 5 meetings	SMP Coordinator, Pediatric Team	May 2015
Attend in person Learning Collaboratives	Working toward policy or practice adoption or improvement	3 Learning Collaboratives	SMP Coordinator, Pediatric Team	April 2015
Eight hour on-site SBIRT training	Working toward policy or practice adoption or improvement	1 staff training	SMP Coordinator, Norman, CFEX	Sept 2014
Implement DartScreen/SBIRT at DHMC Lebanon Pediatric Clinic	Working toward policy or practice adoption or improvement	Routine screening initiated in the Lebanon clinic	SMP Coordinator, Norman, Pediatric Team	Sept 2014

DEFINITIONS

Prevention efforts typically progress through different stages, with different levels of engagement by a spectrum of stakeholders. In order to understand the context of the network's role in strategies presented in the workplan, a framework for a range of engagement levels, functional stage, sector involvement and measurment instruments are described as follows:

Levels of Engagement in Regional Prevention Efforts Below is a general explanation of the varied levels of engagement at which a substance misuse coordinator and/or its network may be involved.

- *Fostering:* The network is seeding the formative stages of an initiative, but does not antici pate any significant, long-term role.
- *Leading:* The network leads the strategy, driving activities, determining deadlines, facilitating communications, and carrying the responsibility of deliverables.
- *Participating*: The network plays a participatory role, taking the lead from other stakeholders regarding the network's role and responsibilities.
- Supporting: The network is aware of the initiative and is prepared to respond supportively when requested.

Functional Stages (ACPIE) for Strategic Prevention Efforts The following federally recommended evidence-based components of strategic prevention efforts help to articulate the stage of a strategy or the function an activity serves.

- Assessment: An initial or on-going formative stage of an initiative in which information is being gathered and studied to inform planning, including comparing local data to regional or state aggregates
- *Capacity-Building*: An early and on-going developmental stage of building the readiness of partners, stakeholders, and the community to prepare for new or enhanced strategies or activities
- *Planning*: The developmental stage of an initiative wherein strategies are considered and selected, commitments are finalized, resources are acquired, and other preparatory activities such as training take place
- *Implementation*: An initiative is underway, with staff, volunteers, and/or other resources being used to implement planned activities
- *Evaluation*: The practice of collecting data relative to implementation activities and outcomes of implementation, analyzing data to reach conclusions about the activity, communicating achieved goals to community stakeholder, and the utilization of analyzed data to celebrate achievements, design improvements, and/or make changes to strategy or resource allocation

Six Sector Model The state's design of its substance misuse prevention efforts is grounded in a community engagement model that benefits from the participation of six core community sectors who are both impacted by substance misuse and who can play a valuable role in community-based prevention efforts.

SECTOR	SECTOR REPRESENTATIVES	ROLE
BUSINESS	Employers, Human Resource Professionals, Business Associations, and others who have experienced the impact of substance misuse on the businesses and economy of the community	Sponsoring community messages or initiatives, assessing the impact of alcohol and other drug misuse in the workplace, helping weave best practices into their worksite, such as prevention education and model workplace policies
EDUCATION	School Administrators, Faculty, Staff, Coaches, Parent-Teacher Association members, Students, and other associated with schools at any level, such as early childhood education; elementary, middle, and high schools; and post-secondary programs such as technical institutes, apprentice programs, colleges, and universities	Reviewing and improving alcohol and drug policies, expanding alcohol and drug prevention education to more grade levels, including parents meaningfully in prevention education and awareness, and promoting alcohol and drug-free choices clearly and consistently in all aspects of school or campus life
HEALTH	Health and Medical Staff, professionals in community health centers, mental health centers, hospitals, substance abuse treatment, private practice, specialty clinics such as SIC and other members of the health and medical community	Help educate youth, parents, young adults and adults regarding the risks involved in alcohol and other drug misuse; serving on community panel to build awareness; and adopting best practices such as early screening and identification of potential patient alcohol and drug misuse
SAFETY	Professionals in various aspects of safety, from probation and parole, courts, corrections, law enforcement, and emergency response among others	Helping to enforce and promote the enforcement of alcohol and other drug laws, including social host laws and underage drinking. Help educate the community about the real harm and risks being caused by alcohol and other drug misuse in local communities. Help reduce access to prescription drugs by collecting unused medications either during the special events or by providing permanent drop-off locations
GOVERNMENT	Local and county governing boards, elected officials, municipal programs, and other local, regional and state governing bodies	Reviewing and improving municipal or other ordinances that can help reduce access to alcohol or other drugs in the community. Help secure sustainable resources to support local prevention efforts, and serve as leaders in community education activities
COMMUNITY & FAMILY SUPPORTS	Individuals and organizations who provide support services to communities and families, including housing and homeless programs, transportation providers, family resource centers, employment services, language and cultural supports, local 12-step programs, faith-based communities and services, volunteer organizations and other supports	Expanding prevention services, helping individuals and families get connected to resources to learn about, prevent and treat substance misuse; helping to advocate for expanded services and resourcing; and serving as community leaders in community education activities

Measurement Tools The instruments below will be used to measure the region's progress towards reaching its goals and objectives.

TOOLS				
Tool	Description	What the Tool Measures		
P-WITS	A performance management database system for the NH Bureau of Drug and Alcohol Services	Extent of activitiesOutcome of strategies		
PARTNER Tool Survey	A web-based social network analysis tool sent to organizations which have worked with the regional networks.	The extent of the growth of the network and the partnership development within each existing network and the joint public health network. (Includes collaboration, trust, resource contributions)		
Network Stakeholder Survey	A web-based survey sent to all community stakeholders who have had contact with the regional network.	Community participation in substance use prevention Increase in knowledge of: - alcohol and other drug misuse - effective strategies to prevent or deter misuse Readiness to adopt or change policies or practices to prevention Adoption of new policies or practices Challenges and successes related to community involvement Perception of changes in risk factors in the community (access, perception of risk, perception of wrongness, community norms)		
Youth Risk Behavior Survey (YRBS)	A national school-based survey conducted by the Centers for Disease Control	Substance use risk factors and behaviors among high school aged youth		
PDFNH Fidelity Tool	A web-based tracking tool administered to coordinators to identify the activities completed for PDFNH's statewide media strategy.	The extent to which the implementation activities of the statewide media campaign are carried out in the regions.		