

# Upper Valley Regional Network for Substance Misuse Prevention



## Who We Are

---

New Hampshire's Regional Network System for the prevention and reduction of substance misuse is a coordinated system made up of regional substance misuse coordinators and networks of community stakeholders who lead, plan, support, monitor, and carry out prevention efforts in their region's communities. These networks serve their communities' needs in addressing the occurrence of substance misuse and its negative impacts. Regional prevention efforts are informed by and build upon the statewide strategic plan, [\*Collective Action-Collective Impact: NH's Strategy for Reducing the Misuse of Alcohol and Other Drugs and Promoting Recovery\*](#), working primarily toward the goal of reducing the percentage of New Hampshire residents misusing alcohol or other drugs.

[ALL Together](#) is the Upper Valley Regional Substance Misuse Prevention (SMP) Network and substance misuse work group of the Public Health Council of the Upper Valley. ALL Together is a community resource for prevention, treatment, recovery and advocacy of substance misuse and suicide. ALL Together is co-coordinated by the Substance Misuse Prevention Coordinator, the Continuum of Care Facilitator and the Drug Free Communities Coordinator with regional and local partners representing community and family supports, the health and medical sector, education, safety and enforcement and the business sector. Regional prevention efforts are initiated and sustained by ALL Together's regional partners. Dartmouth-Hitchcock is the regional fiscal agent which provides additional financial and structural resources for sustainability.

In July of 2017, Dartmouth-Hitchcock also became the fiscal agent of the Greater Sullivan County Public Health Network. The Upper Valley and Greater Sullivan County SMP Coordinator and Continuum of Care (CoC) Facilitator positions work to capitalize on shared resources. The Substance Misuse Team includes the SMP Coordinator and CoC Facilitator of these two regions as well as the Drug Free Communities Coordinator of the Upper Valley. This team works together to bridge gaps between organizations and facilitate the work of the Substance Misuse Prevention workgroups under advisement of the Public Health Councils of both regions. Through collaborative efforts, the team assists with the implementation of evidence based programs and policies based on the readiness and needs of the organizations and community.

## Substance Misuse and Our Community

---

ALL together targets three main populations including youth, young adults and children 0-3. As a result of ongoing efforts to educate and engage community members, there are high-levels of readiness within the region to address substance misuse in each of these populations.

Due to the harm alcohol or other drugs use causes children, youth have been a focus of ALL Together since its formation. This population was selected based on regional needs identified using a strategic planning process.

Since the strategic planning process, young adults and children 0-3 have been identified as populations in need of prevention. After assessment, young adults became a focus due to their vulnerability to risky behaviors as a transitional age group as well as their lack of resources and prevention programming targeted at this population. ALL together also obtained additional funding from the NH Bureau of Alcohol and Drug Services for this population which increased capacity to serve young adults.

Children 0-3 have been a new focus in the last year due to assessed need, the importance of prevention early on in childhood; and the linkage of traumatic events to negative health outcomes, [including substance misuse](#), later in life. This work has been made possible through the NH Charitable Foundation.

Substances targeted include alcohol, marijuana, and prescription drugs. Alcohol continues to be the most widely used substance by high school students and by young adults. Rates of alcohol use by high school students has gone down but overall use is higher than other substances. Rates of binge drinking also remain high but continue to decrease. Young adult focus groups and community surveys reflect that alcohol consumption is an ingrained part of the culture of the Upper Valley and the Young Adult Survey showed that 38% of young adults believe that there is no risk or slight risk to binge drinking. Alcohol offers unique prevention opportunities as it is a legal substance, ingrained into our culture, that requires constant efforts in order alleviate the harms of overuse.

Marijuana was a focus of ALL Together because of the presence of therapeutic cannabis in New Hampshire, the legalization of recreational marijuana in Vermont, and the overall decreasing perception of risk of marijuana. As national and local conversations continue to normalize use and highlight benefits of marijuana, the risks of marijuana have become convoluted for parents, youth and young adults. According to the [Youth Risk Behavior Survey \(YRBS\)](#), marijuana is the most highly used illicit drug amongst our region's high-school aged youth.

Prescription drugs are a focus due to the crisis that our state is facing with opioid and heroin use. As prescription drugs are often a precursor to heroin use, effort went into educating the community around safe storage, use, and disposal of prescription medications; promoting National Take Back Day; and making lock boxes and prescription medication disposal more accessible. Strategies provided opportunities to engage law enforcement and focused on education and environmental changes which would impact the general population.

## Strategies to Prevent Substance Misuse

---

Based on statewide, regional and local data, ALL Together prioritized the five following strategies: suicide prevention and mental health promotion, prescription drug drop box/take back events, effective policy/practice/program, and media campaigns/social marketing.

### 1. Suicide Prevention and Mental Health Promotion

ALL Together identified Suicide Prevention and Mental Health Promotion as an important strategy as suicidality is a risk factor for substance misuse and vice versa. Activities included supporting the Community Crisis Resource Partnership, offering Connect Suicide Prevention and Postvention trainings, and information sharing.

ALL Together continued work through the workgroup, Community Crisis Resource Partnership (CCRP). The goal of this partnership is to increase supports to individuals and organizations in the community in the event of a traumatic event or sudden death. This is important to prevention as people may be at a higher risk for suicide and substance misuse after a traumatic event. This year, CCRP teamed up with Lebanon Partners United in Safety and Health to present the community forum, "Prevention, Response & Recovery from Traumatic Events: A Community Conversation". This forum pulled together partners from the health and medical, law enforcement and safety,

government, education and business sectors to discuss protocol and healthy responses. CCRP continues to develop strategies that capitalize on resources already in the community as well as create additional resources such as policy or protocol development, connection to mental health support, consultation on safe messaging, or information sharing.

Connect Suicide Prevention and Postvention trainings have been offered to a variety of partners including recovery coaches and young adults. One Connect Prevention training was offered to Recovery Coaches in our community and we hosted one Young Adult Connect Suicide Prevention Train the Trainer. We had 25 attendees in total at these two trainings and we now have two young adults certified to teach the Young Adult Connect training.

ALL Together shared suicide and mental health resources and information meant to de-stigmatize mental health issues on social media, at events where we tabled, and on flyers that will be posted in local restaurants. These activities targeted the general population and individuals with mental health concerns. Suicide Prevention and Mental Health Promotion will continue to be a priority for ALL Together in FY19.

## **2. Prescription Drug Drop Boxes/Take Back Events**

ALL Together continued to focus on safe use, storage and disposal of prescription medications due to the heroin crisis within the state and the fact that prescription drug misuse can be a precursor to heroin use. Prescription drug use is higher among high school students than heroin use ([see data here](#)) and our Drug Free Community Survey shows us that Upper Valley residents are concerned about prescription drug misuse ([see data here](#)).

This year, ALL Together increased its National Take Back Day efforts substantially. We supported local police departments in hosting National Take Back Day at their own police departments as well as coordinated participation at several residential facilities. Support involved encouraging police departments to participate, coordinating police officers time with residential facilities availability, delivering materials needed for the event, and advertising on social media and the radio. This strategy targeted the general population as well as those living in elderly housing. This increase in efforts more than tripled our total pounds of drugs collected.

ALL Together also continued education on safe use, storage, and disposal of medications through the distribution of our [Twin State Safe Meds campaign](#) at local events, on the radio, and on social media. This strategy targeted the general population and also included spreading information about local prescription drop boxes throughout the region.

## **3. Effective Policy/Practice/Program**

Over the past year, ALL Together completed an environmental scan of alcohol and tobacco selling practices of retailers throughout the Upper Valley. 45 alcohol and tobacco retailers were surveyed to record advertisement methods, alcohol and tobacco placement in stores and types of items for sale. This all was done to better understand the culture of alcohol and tobacco being promoted in retail stores. This information was analyzed, collated, and distributed to regional partners at the Public Health Council and the Substance Misuse Leadership Team. Letters were sent to the retail stores as a follow up with overall results of the survey as well as best practices and why they matter.

ALL Together also completed InShape Prevention Plus Wellness, an evidence-based program, with 116 young adults in the Upper Valley. This work was completed by a community health worker funded by the Partnership for Success Young Adult Strategies grant with support from the Substance Misuse Prevention Coordinator.

#### **4. Media Campaign/Social Marketing/PSAs**

ALL Together continued to put an emphasis on media campaigns, social marketing and PSAs. We developed a media campaign to increase perception of risk of marijuana use. Many community members have been confused about the level of risk associated with marijuana use due to the changing medical and legal status of the substance. When individuals and communities believe that a substance is risky to use, they are less likely to use it. This campaign seeks to address the confusion around marijuana use. Population targets for this campaign include parents and teenagers. We developed four radio PSAs and two social media ads. We are in the final stages of developing print materials. Focus has been put on creating a culturally competent campaign that will be able to be used regardless of the medical or legal status of marijuana.

We continue to use social media to highlight events, educate, and celebrate positive things happening in our community. Recently, we joined the Daily UV, a local media outlet. Our Facebook and Daily UV pages are targeted at parents and generally community members older than 18 years old.

#### **5. Regional Network System Facilitation**

This year, ALL together expanded its focus to include those 0-3 who are impacted by trauma. ALL Together pulled together a group of stakeholders to identify gaps in services for children 0-3 and what strategies could be employed to fill those gaps. This group decided to work towards building more recovery friendly pediatric practices. The goal is to support caregivers in recovery so that children can be well supported and support the emotional and developmental needs of their children, increasing the child's protective factors against substance use later in life. Assessments of pediatric practices in both the Upper Valley and Greater Sullivan County have begun and changes will be implemented in the upcoming year.

0-5 year olds with trauma in childcare systems were identified as another group in need of support. This work began in Greater Sullivan County and was later on implemented in the Upper Valley. One training was held in the Upper Valley. The goal is to provide childcare providers with the skills to teach children with trauma the coping skills that they will need later in life, again building protective factors against substance misuse later in life.

ALL together continues to be actively involved in and partner with local coalitions. We continue to focus on expanding our network and our sustainability as a coalition.

## Progress in Our Region

### Section 1: Goals and Objectives for Building Capacity in the Region

Goal 1	<b>STRENGTHEN THE CAPACITY OF THE UPPER VALLEY NETWORK TO ADDRESS SUBSTANCE MISUSE PREVENTION (Regional Stakeholder Survey 2015)</b>
Objective A	Increase Upper Valley Substance Misuse Prevention network membership by 10% for each sector.
Objective B	Increase the knowledge of the ALL Together members by reducing the percentage of stakeholders who responded that they learned nothing new about alcohol and other drug misuse problems in the community from 10% to 6% by 2017.
Objective C	Increase cross-agency resourcing and related coordination for collaborative initiatives. (Adapted from <a href="#">CA-CI page 31-36</a> ).
<b>Strategic Approach</b>	
<b>Strategy 1: Regional Network System Facilitation</b>	

<b>Strategy 1: Regional Network System Facilitation</b>				
Activities	#	Sector Addressed	CSAP Prevention Strategy	Risk or Protective Factor Addressed
Distribute prevention information and information about ALL Together at 5 community events	8 events	Community and Family Supports, Education, Business, Safety and Law Enforcement, Health and medical, Government	Information Dissemination	Exposure to prevention messages (seen, read or heard)

<b>Status/Progress Updates:</b> Prevention information and information about ALL Together distributed at farmers markets, school open houses, and other community events.				
Include young adult as target population in 2 strategies that are pre-existing or being developed by ALL Together	4 strategies	Community and Family Supports, Education, Business, Safety and Law Enforcement, Health and medical, Government	Community based process	Feeling That You Matter in the Community
<b>Status/Progress Updates:</b> Young adults have been included as a target population in social media marketing, marijuana campaign, outreach activities, and InShape Prevention Plus Wellness.				
Build capacity for trauma informed care in Upper Valley Region	16 partners organizations, 2 assessments, 75 attendees at conference	Community and Family Supports, Health and medical	Community based process	Community Readiness
<b>Status/Progress Updates:</b> 16 partners were involved in identifying a strategy to target children 0-3 with parents or caregivers who use substances or are in recovery. 2 assessments were completed of pediatric practice recovery friendly practices. 75 child care providers attended trauma informed care training.				

Goal 2	<b>INCREASE PUBLIC AWARENESS RELATIVE TO THE HARM AND CONSEQUENCES OF ALCOHOL AND DRUG MISUSE, TREATMENT AND RECOVERY SUPPORT SERVICES AVAILABLE, AND THE SUCCESS OF RECOVERY</b> (Adapted from <a href="#">CA-CI page 38</a> )
Objective A	Produce and disseminate effective messages for a range of topics, public audiences and media channel regularly each year. (Adapted from <a href="#">CA-CI page 38</a> )
Strategic Approach	
Strategy 1: Media Campaign/Social Marketing/PSAs	

Strategy 1:				
Activities	#	Sector Addressed	CSAP Prevention Strategy	Risk or Protective Factor Addressed
Disseminate e-newsletter quarterly	2 newsletters	Community and Family Supports, Education, Business, Safety and Law Enforcement, Health and medical, Government	Information Dissemination, Prevention Education	Exposure to prevention messages (seen, read or heard)
<b>Status/Progress Updates:</b> We sent 2 newsletters and then decided to discontinue to e-news as the information in the e-news was being distributed elsewhere and the newsletter was not well engaged with.				

Goal 3	<b>PROMOTE THE IMPLEMENTATION OF EFFECTIVE POLICIES, PRACTICES AND PROGRAMS ACROSS AND WITHIN THE REGION</b> (Adapted from <a href="#">CA-CI page 43</a> )
Objective A	Support implementation of effective policies, practices, and programs with sufficient on-going training and technical assistance. (Adapted from <a href="#">CA-CI page 43</a> )
Objective B	Promote on-going data collection, analysis and reporting to support quality, sustained policies, practices and programs. (Adapted from <a href="#">CA-CI page 43</a> )
Strategic Approach	
Strategy 1: Community Education and Trainings	

Strategy 1: Community Education and Trainings				
Activities	#	Sector Addressed	CSAP Prevention Strategy	Risk or Protective Factor Addressed
Organize 1 training/ workshop to promote the use	3 trainings	Business, Government, Community and Family Supports, Safety and Law Enforcement,	Information Education	Community Readiness



of evidence-based prevention practices and programs		Heath & Medical, Education		
<b>Status/Progress Updates:</b> Advocacy training, Connect Suicide Prevention Training, Young Adult Connect Training				
Sponsor attendance of 5 ALL Together partners to EB trainings if the need exists		Business, Government, Community and Family Supports, Safety and Law Enforcement, Heath & Medical, Education	Community based process, Prevention Education	Community Readiness
<b>Status/Progress Updates:</b> The need did not exist.				

## Section 2: Goals and Objectives for Substance Misuse Prevention in the Region

Goal 4	<b>DECREASE THE PERCENTAGE OF HIGH SCHOOL AGED YOUTH WHO REPORT USING ALCOHOL IN THE PAST 30 DAYS FROM 33% TO 29% BY 2019</b>
Objective A	DECREASE ADULT ATTITUDES FAVORABLE TOWARD YOUTH ALCOHOL USE FROM 29% TO 20%.
Objective B	INCREASE THE PERCEPTION AMONG HIGH SCHOOL AGED YOUTH THAT THEIR FRIENDS THINK IT IS WRONG OR VERY WRONG FOR YOUTH TO DRINK ALCOHOL REGULARLY FROM 52% TO 57%.
<b>Strategic Approach</b>	
<b>Strategy 1: Media Campaign/Social Marketing/PSAs</b>	

<b>Strategy 1: Media Campaign/Social Marketing/PSAs</b>				
Activities	#	Sector Addressed	CSAP Prevention Strategy	Risk or Protective Factor Addressed

Disseminate social host campaign at times that are a high risk for social hosting	1 dissemination, Reached 1,651 people	Community and Family Supports, Education, Business, Safety and Law Enforcement	Information Dissemination	Perception of parental disapproval
<b>Status/Progress Updates:</b> The social host campaign was distributed during the holiday season.				

Goal 5	<b>DECREASE THE PERCENTAGE OF HIGH SCHOOL AGED YOUTH WHO REPORT BINGING ON ALCOHOL IN THE PAST 30 DAYS FROM 19% TO 16% BY 2019</b>
Objective A	Decrease the perception among high school aged youth that report that it is easy or very easy to access alcohol from 54% to 47%.
Objective B	Increase the perception among high school aged youth that individuals who binge drink alcohol put themselves at risk of harm from 39% to 45%.
<b>Strategic Approach</b>	
<b>Strategy 1: Regional Network System Facilitation</b>	

<b>Strategy 1: Regional Network System Facilitation</b>				
Activities	#	Sector Addressed	CSAP Prevention Strategy	Risk or Protective Factor Addressed
Provide TA to 1 community on a high risk weekend		Safety and Law Enforcement, Education, Community and Family Supports	Community based process, Environmental	Parental Monitoring
<b>Status/Progress Updates:</b> This activity did not happen due to limited capacity.				

Goal 6	<b>DECREASE THE PERCENTAGE OF ADULTS WHO REPORT BINGING ON ALCOHOL IN THE PAST 30 DAYS FROM 17% TO 15% BY 2019</b>
Objective A	Increase the perception among adults that individuals who binge drink alcohol put themselves at great risk of harm from 58% to 65%.
<b>Strategic Approach</b>	
<b>Strategy 1: Policy or Practice Adoption or Improvement</b>	

<b>Strategy 1: Policy or Practice Adoption or Improvement</b>				
Activities	#	Sector Addressed	CSAP Prevention Strategy	Risk or Protective Factor Addressed
Implement InShape Prevention Plus Wellness with young adults	116 young adults	Business, Education, Health and Medical, Community and Family Supports	Information Dissemination, Community Based Process	Perception of harm
<b>Status/Progress Updates:</b> 116 Upper Valley young adults completed an InShape Prevention Plus Wellness activity. This was completed by a community health worker with supervision by the Substance Misuse Prevention Coordinator.				

<b>Strategy 2: Media Campaign/Social Marketing/PSAs</b>				
Activities	#	Sector Addressed	CSAP Prevention Strategy	Risk or Protective Factor Addressed
Disseminate Young Adult Binge Drinking Campaign		Business, Education, Health and Medical, Community and Family Supports	Information Dissemination	Perception of harm
<b>Status/Progress Updates:</b> Binge Drinking messages are being shared in early fall 2018.				

Goal 7	<b>DECREASE THE PERCENTAGE OF HIGH SCHOOL AGED YOUTH WHO REPORT USING MARIJUANA IN THE PAST 30 DAYS FROM 20% TO 18% BY 2019</b>
Objective A	Increase the percent of high school aged youth who report that their guardians have clear rules and standards for their behavior from 79% to 83%.
Objective B	Decrease the perception among high school aged youth that it is easy or very easy to access marijuana from 47% to 42%.
Objective C	Increase the perception among high school aged youth that individuals who use marijuana regularly put themselves at great risk for harm from 30% to 33%.
<b>Strategic Approach</b>	
<b>Strategy 1: Media Campaign/Social Marketing/PSAs</b>	

<b>Strategy 2: Media Campaign/Social Marketing/PSAs</b>				
Activities	#	Sector Addressed	CSAP Prevention Strategy	Risk or Protective Factor Addressed
Disseminate 1 marijuana media campaign by print, radio and social media	Print: 1 ad Radio: 4 ads Facebook: 2 ads Instagram: 2 ads	Business, Community and Family Supports, Heath & Medical, Education	Information dissemination	Perception of harm
<b>Status/Progress Updates:</b> This campaign is still in the process of being disseminated.				

Goal 8	<b>DECREASE THE PERCENTAGE OF HIGH SCHOOL AGED YOUTH WHO REPORT MISUSING PRESCRIPTION DRUGS IN THE PAST 30 DAYS FROM 6% TO 4% BY 2019</b>
Objective A	Increase the perception among high school aged youth that individuals who misuse prescription drugs put themselves at great risk of harm from 65% to 69%.
Objective B	Decrease the perception among high school aged youth that it is easy or very easy to access prescription drugs from 14% to 10%.

Objective C	Increase the perception among high school aged youth that their friends think it is wrong or very wrong for youth to misuse prescription drugs from 88% to 94%.
Strategic Approach	
Strategy 1: Rx Drug Drop Boxes/Take Back Events	

Strategy 1: Rx Drug Drop Boxes/Take Back Events				
Activities	#	Sector Addressed	CSAP Prevention Strategy	Risk or Protective Factor Addressed
Disseminate information about local prescription drop boxes and prescription drug misuse	Facebook: 8 posts Radio: 1 ad Print: 1 ad	Safety and Law Enforcement, Community and Family Supports, Health & Medical	Information dissemination	Perception of harm
<b>Status/Progress Updates:</b> Print information was disseminated at 8 community events.				
Support law enforcement in preparing for National Take Back Day	6 police stations 2 Take back Days	Law Enforcement	Environmental	Perception of harm
<b>Status/Progress Updates:</b> This data reflects dissemination about 2 national Take Back Days.				

Goal 9	<b>DECREASE THE PERCENTAGE OF HIGH SCHOOL AGED YOUTH WHO REPORT SMOKING CIGARETTES IN THE PAST 30 DAYS FROM 11% TO 9% IN 2019</b>
Objective A	Increase the perception among high school aged youth that their friends think it is wrong or very wrong for youth to smoke tobacco from 69% to 73%.
Objective B	Decrease the percentage of adults who report currently smoking tobacco from 15% to 13%.

### Strategic Approach

#### Strategy 1: Community Education and Trainings

#### Strategy 1: Community Education and Trainings

Activities	#	Sector Addressed	CSAP Prevention Strategy	Risk or Protective Factor Addressed
Distribute environmental scan to community partners	<ul style="list-style-type: none"> <li>1 presentation for 36 partners</li> <li>1 Facebook post, 503 people reached, 2 shares, 4 likes</li> </ul>	Business, Government, Community and Family Supports, Safety and Law, Health and Medical, Education	Provide Information, Community based process, Environmental	Community Readiness

**Status/Progress Updates:** Information was shared with SMP Leadership Team and Public Health Council as well as [made publically available](#) on the Public Health Council of the Upper Valley website.

Goal 10	<b>DECREASE THE PERCENTAGE OF HIGH SCHOOL AGED YOUTH WHO SERIOUSLY CONSIDERED ATTEMPTING SUICIDE IN THE LAST 12 MONTHS FROM 15% TO 11% BY 2019</b>
Objective A	Decrease the percentage of students who in the past month felt so sad or hopeless every day for two weeks or more in a row that they stopped doing some usual activities from 20% to 15%.

### Strategic Approach

#### Strategy 1: Suicide Prevention and Mental Health Promotion

#### Strategy 2: Regional Network System Facilitation

#### Strategy 1: Suicide Prevention and Mental Health Promotion

Activities	#	Sector Addressed	CSAP Prevention Strategy	Risk or Protective Factor Addressed
Host or support at least 1 Connect Suicide Training	1 Connect Suicide Prevention 1 Connect Young Adult Train the Trainer Training	Business, Government, Community and Family Supports, Safety and Law Enforcement, Health & Medical, Education	Prevention Education	Getting Help for Mental Health Concerns
<b>Status/Progress Updates:</b> ALL Together hosted one Connect Suicide Prevention Training for Upper Valley Recovery Coaches and hosted one Connect Young Adult Train the Trainer Training.				
Distribute mental health resources at local tabling events, on social media, and throughout communities	8 events 13 Facebook posts	Business, community and family supports, education, law enforcement and safety	Information Dissemination	Getting Help for Mental Health Concerns
<b>Status/Progress Updates:</b> ALL Together incorporates suicide and mental health promotion into tabling and social media opportunities.				

Strategy 1: Regional Network System Facilitation				
Activities	#	Sector Addressed	CSAP Prevention Strategy	Risk or Protective Factor Addressed
Identify systematic needs of the community during times of sudden death	1 forum held 5 strategies identified	Business, Government, Community and Family Supports, Safety and Law	Community based process	Getting Help for Mental Health Concerns

and/or traumatic events and identify strategies to meet these needs		Enforcement, Health & Medical, Education		
<b>Status/Progress Updates:</b> ALL Together identified gaps in the Upper Valley's response to traumatic events and sudden deaths then identified possible strategies to address these gaps and began by partnering with Lebanon Partners United for Safety and Health to host a community forum on how to prevent, respond and recover from traumatic events.				

Goal 11	DECREASE THE NUMBER OF OPIOID RELATED DEATHS IN GRAFTON COUNTY FROM 17 (2014) TO ≤10
Objective A	Decrease the number of opioid related ER visits in Grafton County from 28 (2014) to ≤24.
Objective B	Decrease the percentage of among high school aged youth who report using heroin one or more times during their life from 2% to 1%.
Strategic Approach	
Strategy 1: Regional Network System Facilitation	

<b>Strategy 1: Regional Network System Facilitation</b>				
Activities	#	Sector Addressed	CSAP Prevention Strategy	Risk or Protective Factor Addressed
Support education in medical sector if the need exists	1 Conference 115 Attendees	Health and Medical	Community Education	Access to substances
<b>Status/Progress Updates:</b> ALL Together supported 1 medical sector conference called "No Health without Mental Health"				
Distribute NH crisis cards to the		Business, Community and Family Supports,	Information dissemination	Getting Help for Mental Health Concerns



5 community sectors		Health and Medical, Law Enforcement and Safety, Education		
<b>Status/Progress Updates:</b> These cards were not provided by the state, however, we distributed cards and information with local crisis information on it.				

## Highlights – A “Story” of Prevention Efforts in Our Region (a.k.a. Logic Model)

---

### Introduction

To address the problem that 45% of New Hampshire adults 18-25 years old report bingeing on alcohol in the past 30 days ([National Survey on Drug Use and Health](#)), we chose activities that would increase the perception of harm of bingeing on alcohol. Strategies included implementing InShape Prevention Plus Wellness, offering young adults the support of community health workers and sharing messaging regarding alcohol use (see Appendix for logic model). Binge drinking campaign materials were not shared through the ALL Together facebook page, but were instead shared on [a facebook page](#) maintained by the Center for Excellence. This was more appropriate as the ALL Together Facebook page does not have a large young adult following.

This strategy addresses the following goals and objectives from our regional three year strategic plan:

- Goal: Decrease the number of adults who report bingeing on alcohol in the past 30 days from 17% to 15% by 2019 ([Strategic Plan, Goal 3, page 21](#)).
- Objective: Increase the perception among adults that individuals who binge drink alcohol put themselves at great risk of harm from 58% to 65% ([Strategic Plan, Goal 3, page 21](#)).

### Evaluation Methods

To understand the impact that InShape Prevention Plus Wellness had on young adults’ perception of harm of alcohol use, ALL Together measured the number of young adults who set a goal to avoid drinking 5 or more drinks if male, or 4 or more if female, in one day. Number of young adults that set a goal to stop all alcohol use was also measured. These numbers were measured in a survey that was given to each young adult at the end of the session. This data was collected in a system called RedCap.

Intermediate Outcomes included data from the annual [Drug Free Communities Survey](#), the [Young Adults Survey](#), and the [InShape Prevention Plus Wellness Fitness and Health Survey](#). The Drug Free Communities Survey is given to community members electronically as well as at community events, the Young Adult survey is an incentivized semi-regular survey given to young adults in New Hampshire via Facebook, and the InShape Prevention Plus Wellness Fitness and Health Survey was texted to participants and completed by participants on survey monkey 90 days after their session. Updated data from the Community Survey and Young Adult Survey are not available at the time of this report. Measures address perception of harm of young adults and Upper Valley community members as well as young adults willingness to change behavior.

The long term goal was to decrease percent of adults reporting that they binged on alcohol in the past 30 days. This will be measured by the [Behavioral Risk Factor Surveillance System](#) (BRFSS) as well as the InShape Prevention Plus Wellness Fitness and Health Survey. BRFSS data is collected by mail and phone for those 18 and older. This data is not yet available for 2017.

### Results

The implementation of InShape Prevention Plus Wellness was implemented as planned. The Binge Drinking Campaign was not disseminated but information in regards to adult alcohol and binge alcohol use was disseminated. These activities were all done to increase perception of harm of bingeing alcohol. The following were outputs of the program:

- 5 Referral streams for InShape
- 149 young adults referred
- 116 Young adults complete InShape PPW
- 116 Young adults who complete InShape Prevention Plus Wellness Feedback Survey
- Binge drinking campaign materials were distributed at 0 community events as there were no print materials
- Binge drinking campaign materials distributed were distributed to 0 partners as this was done all via social media
- 3 social media posts
- 0 partners distributing binge drinking campaign materials

#### Short-term Results:

- 37 Young adults set goal to avoid drinking 5 or more drinks if I am a male, or 4 or more if I am a female, in one day
- 17 Young adults set goal to stop all alcohol use
- 0 Binge Drinking Campaign materials distributed
- 1 like, 1 share, 155 people reached by alcohol and binge drinking social media posts

#### Intermediate Results:

- 32% of Young Adults surveyed stated that they were somewhat or very willing to reduce binge drinking in the next six months
- Results TBD: Increase % community members who perceive moderate or great harm if they take five or more drinks of an alcoholic beverage in a row once or twice each weekend
- Results TBD: The percent of young adults who perceive moderate or great risk if they have five or more drinks of an alcoholic beverage once or twice a week is still yet to come from

#### Long Term Results:

- Results TBD: Percent of young adults who report that they did not drink during the past 30 days increased by 24%
- Results TBD: Percent of young adults who had 5 or more drinks in a row if you are a male, or 4 or more drinks in a row if you are a female on 0 days during the past 30 days increased by 36%
- Results TBD: Percent of adults of binged on alcohol in the past 30 days

#### Discussion

Programatically, it was essential to be able to offer incentives to young adults to ensure their participation. Many strengths of the program came directly from the work of ALL Together's community health worker. Constant outreach to young adults and to partners was essential to maintain a stream of participants. Facebook was also heavily utilized with much success. The other strong prevention benefit of this program was that our community health worker was able to establish relationships with young adults in the community and was able to be a support in times of crisis, whether that involved a substance use crisis, a mental health crisis, or a crisis related to social determinants of health.

Improvements were made on an ongoing basis as this program was rolled out. In this last year, Facebook has been the most steady referral source. Due to concerns about the sustainability of Facebook as a referral source, the Substance Misuse Prevention Coordinator and Community Health worker continue to look for other referral sources. Currently, the team is investigating the possibility of integrating this program into such as schools or pediatric clinics.

Ongoing findings were used to make improvements to our program over the last year. Findings came from data collected as well as regular interactions with young adults. For instance, after this year, use of InShape Prevention Plus Wellness will be discontinued as young adults found the program not to be highly relatable. [Screening, Brief Intervention and Referral to Treatment](#) (SBIRT) will be used in this upcoming year, which will easily fold into the program already established.

Final findings of this program will not be complete until more data becomes available. InShape Prevention Plus Wellness evaluation materials imply that this program was of benefit. However, follow up data with young adults is unreliable as a small number of young adults who met with the Community Health Worker completed this survey. This could easily attribute to the drastic increases in young adults not drinking and not binge drinking.

## What We Are Doing Next

---

Moving forward, ALL Together will continue to identify ways to better coordinate efforts with the Greater Sullivan County Public Health Network Substance Misuse Workgroup as well as continue to build capacity within the Upper Valley region. There will be a continued focus on marijuana, prescription drugs, alcohol and suicide and there will also be a focus on increasing strategies targeting youth tobacco use and vaping more specifically.

ALL Together will support data collection and distribution, assess where more prevention resources are needed, build capacity for suicide and substance misuse prevention, and continue to share prevention messaging and evidence-based trainings. We will also increase our efforts to educate and help partners develop policies that influence substance misuse and substance misuse prevention. 0-3 year old and Young Adult efforts will continue to be supported by the Substance Misuse Prevention Coordinator with the goal to tie outcomes to reduced substance misuse harms. Youth will remain a focus for ALL Together.

## Conclusion

---

ALL Together benefits from its dual role as the Upper Valley Regional Substance Misuse Prevention Network and regional Drug Free Communities Coalition as well as from its close partnership with the Greater Sullivan County Public Health Network. The coordination and resource sharing amplifies the impact of regional work. ALL Together coordinators actively involve health and medical, education, law enforcement and safety, community and family supports, and business partners as well as community members in the foundation of the regional network.

This past year, ALL Together expanded its target populations to young adults and children 0-3 years old with trauma. We also began our work with the Greater Sullivan County Public Health Network. Our focus has continued

to be on building capacity for prevention in the community. We continue to provide prevention messaging by print, radio and social media and we have expanded our efforts in data collection. By using a team approach to complete SMP deliverables, ALL Together has been able to increase its impact on many strategies.

We have been able to build off of a strong foundation of suicide prevention and mental health promotion as well as strong strategies to address prescription drug misuse. We will continue to grow programs aimed at alcohol and marijuana misuse with an emphasis on creating sustainability through broad community ownership.

Communication and data sharing will continue to be important. It has been a successful year and ALL Together will continue to recruit and invite others to get involved in ALL Together sponsored activities and initiatives.

## Contact Information

---

Jacqui Baker

[info@uvaltogether.org](mailto:info@uvaltogether.org)

603-932-6375

[www.uvaltogether.org](http://www.uvaltogether.org)

**Appendix:**  
**Upper Valley FY18 Logic Model**

Upper Valley Regional Public Health Network Substance Misuse Prevention Logic Model July 1, 2017 – June 30, 2018						
Problem Statement	Risk Factor	Strategies and Activities	Outputs	Short-term Outcomes	Intermediate Outcomes	Long-term Outcomes
17% of adults report bingeing on alcohol in the past 30 days.	Perception of harm	<ul style="list-style-type: none"> <li>Support implementation of InShape Prevention Plus Wellness with young adults</li> <li>Disseminate Young Adult Binge Drinking Campaign (edited: disseminate information on binge drinking)</li> </ul>	5 Referral streams for InShape  149 young adults referred  116 Young adults complete InShape PPW  116 Young adults who complete InShape Prevention Plus Wellness Feedback Survey  binge drinking campaign materials distributed to 0 community events (no print material)  3 social media posts  0 partners distributing binge drinking campaign materials	37 Young adults set goal to avoid drinking 5 or more drinks if I am a male, or 4 or more if I am a female, in one day (RedCap)  17 Young adults set goal to stop all alcohol use (RedCap)  1 like, 1 share, 155 people reached by binge drinking social media posts (PWITS)	Increase % community members who perceive moderate or great harm if they take five or more drinks of an alcoholic beverage in a row once or twice each weekend (DFC Community Survey- data not yet available)  Increase young adults who perceive moderate or great risk if they have five or more drinks of an alcoholic beverage once or twice a week (Young Adult Survey - data not yet available)  32% of Young Adults surveyed stated that they were somewhat or very willing to reduce binge drinking in the next six months (InShape Prevention Plus Wellness Feedback Survey)	Decrease Adult 30 day bingeing on alcohol. (NSDUH - data not yet available)  % of young adults who report that they did not drink during the past 30 days increased by 24% (InShape Fitness and Health Survey)  % young adults who had 5 or more drinks in a row if you are a male, or 4 or more drinks in a row if you are a female on 0 days during the past 30 days increased by 36% (InShape Fitness and Health Survey)