

State Drug Trend and Response Task Force

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Substance Use/Misuse/Abuse Prevention

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Substance Use/Misuse/Abuse Prevention

- Substance use/misuse/abuse prevention
- Prevention defined
- Prevention as effective
- The Office of Behavioral Health Prevention and Early Intervention
- Discussion/ Q & A



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Substance: Use/Misuse/Abuse/Disorder

- Use: ingestion of alcohol or other drugs without experience of negative consequences.
- Misuse: experience of negative consequences from the use of alcohol or other drugs/use of illegal substances.
- Abuse: (an outdated term still frequently used) refers to the overuse of, or dependence on, a drug leading to effects that are detrimental to the individual's physical and mental health, or the welfare of others.
- Substance Use Disorder (SUD): a pattern of continued use of a medication, non-medically indicated drug or toxin, which results in repeated adverse social consequences related to drug use, such as failure to meet work, family, or school obligations, interpersonal conflicts, or legal problems.



Prevention Defined

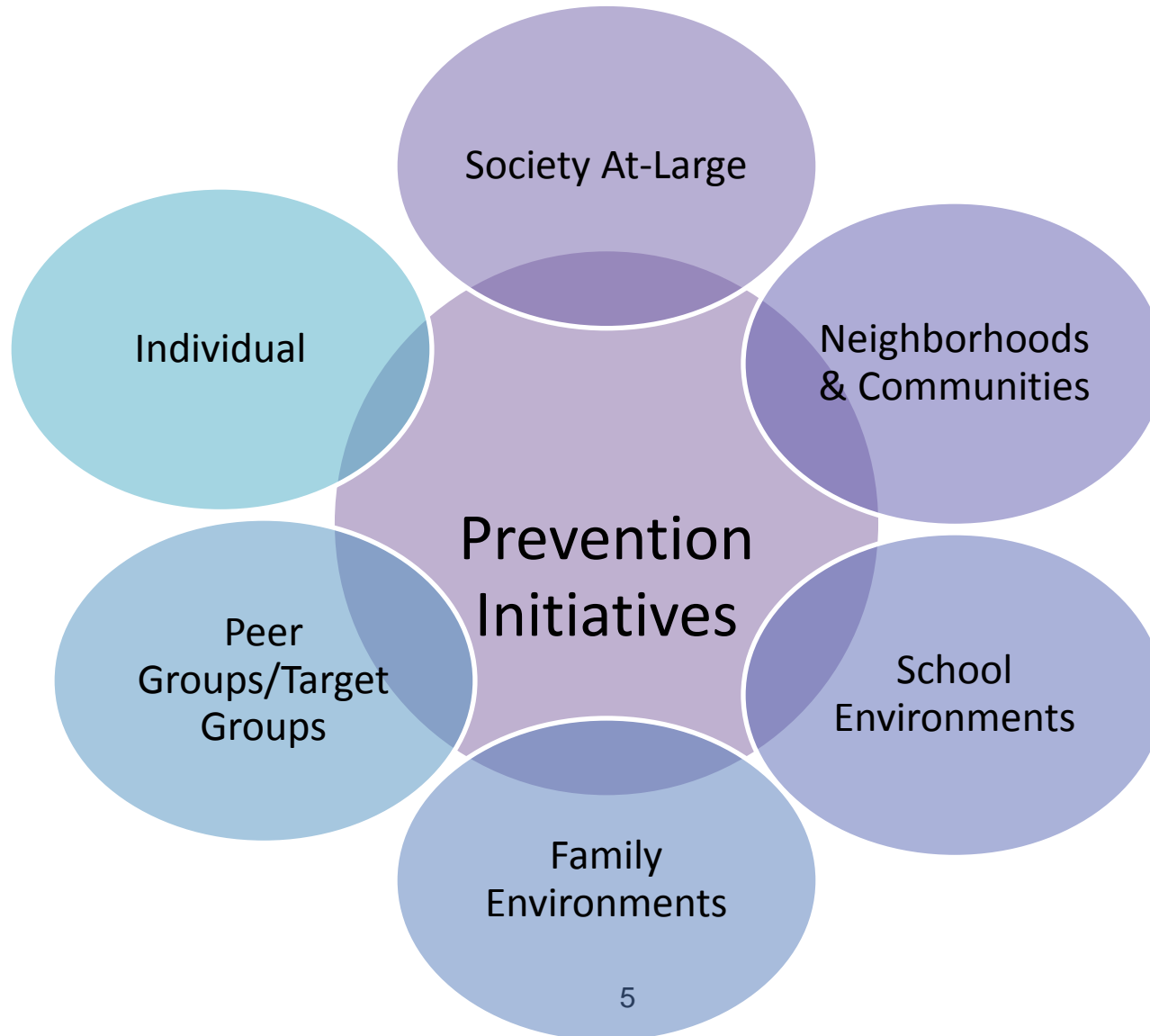
The Role of prevention is to create healthy communities where people enjoy a quality of life:

- Healthy environments at work and in schools
- Supportive communities and neighborhoods
- Connection with families and friends
- Drug and crime-free



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Behavior Change Domains



Prevention Science. . .

. . . is defined as the **scientific** study of systematic efforts to reduce the incidence of unhealthy or maladaptive behavior and to promote health and adaptive behavior across the life span through designing and evaluating interventions, and utilizing knowledge about them.



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Substance Abuse and Mental Health Services Administration (SAMHSA)

Center for Substance Abuse Prevention (CSAP) – 6 Prevention Strategies:

- Information dissemination
- Education
- Alternative activities
- Problem ID and referral
- Community-based processes
- Environmental



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Effective Prevention Programs

- Long term
- Comprehensive
- Designed to prevent use/misuse/abuse of any substance
- Multi-strategic: individuals, families, schools, health care, media, law enforcement, agencies, community organizations. . .



Effective Prevention Programs

- Address specific target group(s)
- Identify needs, resources, infrastructure within the community
- Identify and analyze multiple data sources
- Comprehensive and involve a broad range of components:
 - social competence
 - resistance skills
 - positive peer influences
 - anti-drug as the social norm
 - Multiple years of intervention



Environmental SUD Prevention

Change aspects of the environment that contribute to the use of alcohol and other drugs

- Limit access to substances
- Change social norms
- Change public laws, policies and practices



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The Strategic Prevention Framework

The Strategic Prevention Framework model is utilized for prevention delivery and is designed to assess population needs, resources and gaps, mobilize and build capacity, develop a strategic plan, implement evidence –based prevention programs, practices, policies, and to evaluate, sustain, and improve strategies within the context of cultural congruence.



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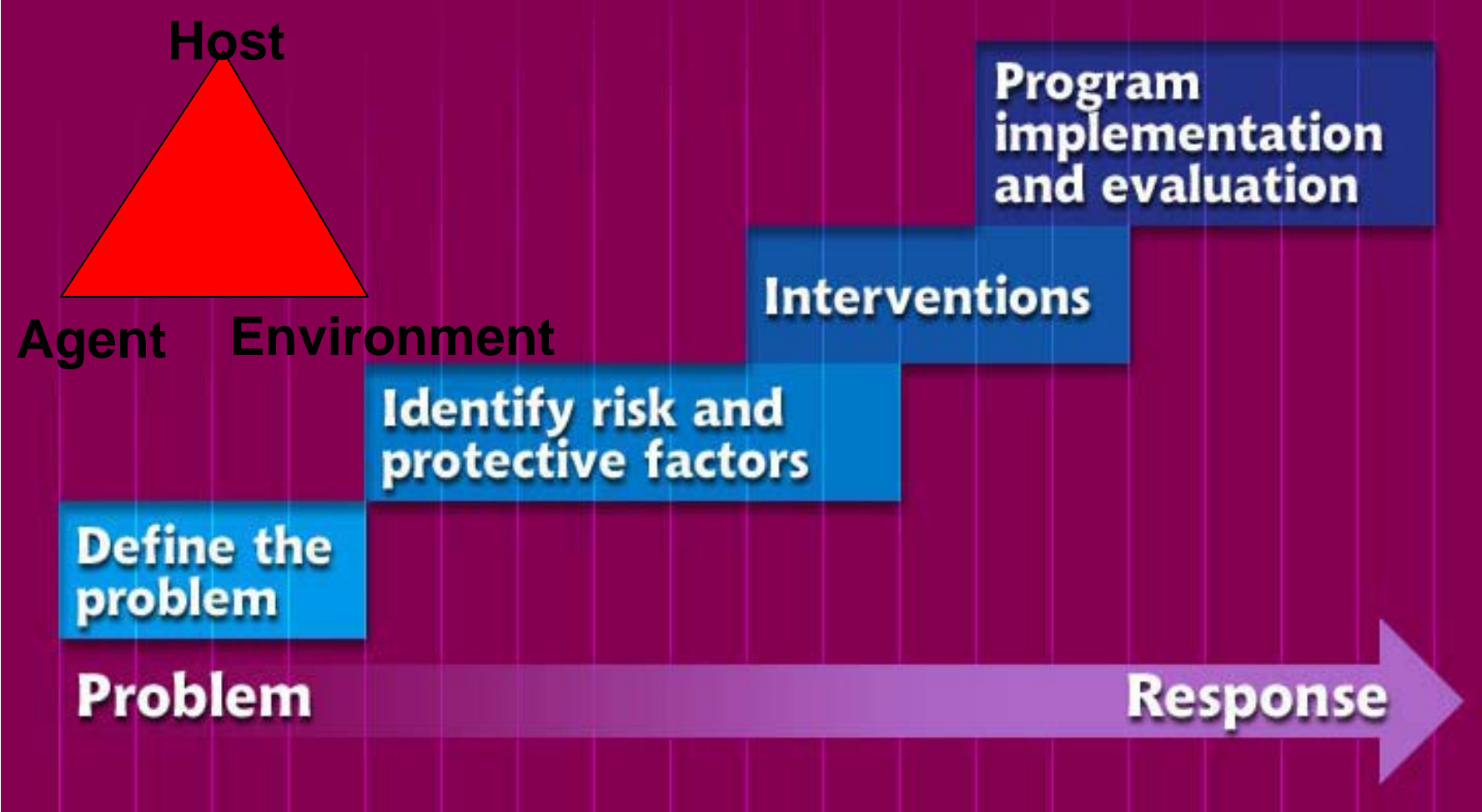
Key Principles of the SPF

1. Adheres to a public health model.
2. Utilizes data-driven decision making.
3. Emphasizes outcomes-based prevention and community level change.



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Key Principle #1: Public Health Model



Key Principle #1: Public Health Model

- ❑ A public health approach focuses on change for entire populations and/or communities – the goal is sustainable community level change.
- ❑ Population-based public health focuses efforts across the lifespan.



Key Principle #2:

Data Driven Decision Making

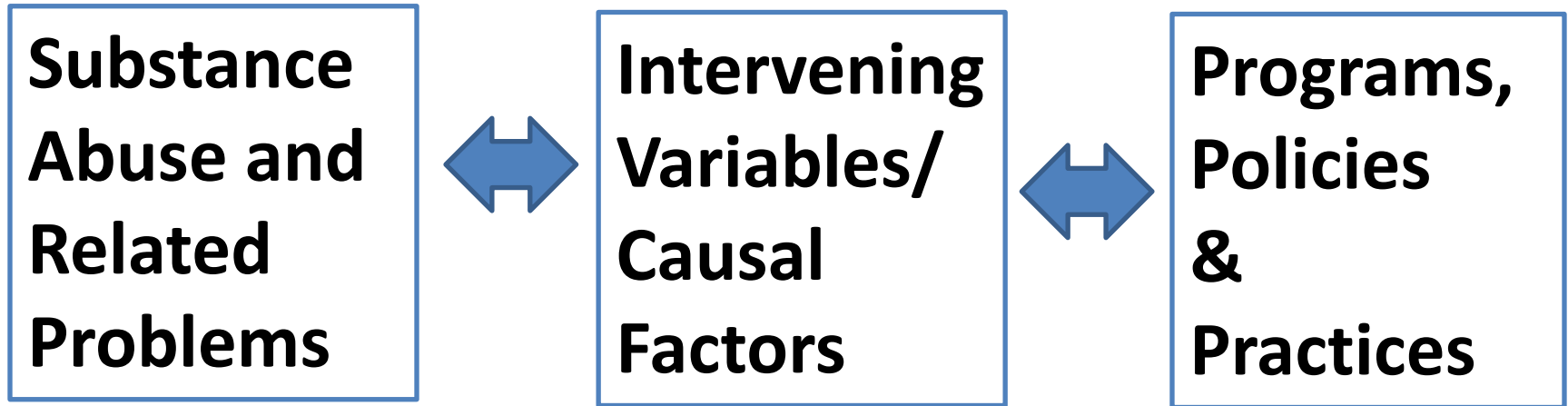
Using data to:

- Identify substance use patterns and related consequences.
- Assess community resources and capacity.
- Make planning decisions.
- Select evidence–based strategies.
- Provide a baseline against which outcomes can be measured.



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Key Principle #3: Outcomes-Based Prevention



Planning, Monitoring, Evaluation, and Re-planning



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Colorado Department of Human Services Office of Behavioral Health

The Office of Behavioral Health (OBH) serves as the federally designated Single State Authority (SSA) for substance use disorder prevention and treatment to oversee distribution of the federal block grants for substance use disorder treatment and substance use disorder prevention.

Office of Behavioral Health

Vision

Transforming and Strengthening Behavioral Health for Coloradans as a leader in behavioral health prevention, early intervention, treatment and recovery.

Mission and Goals

We are dedicated to strengthening the health, resiliency, and recovery of Coloradans through quality and effective behavioral health prevention, intervention, treatment and recovery.



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Six Overarching Goals:

1. Public Education/stigma reduction

- “Healthy mind. Healthy body. Healthy Colorado.” We want a state where we talk about the importance of behavioral health in the context of overall health. The state will integrate behavioral health as an equal discussion point to health.

2. Wellness, Prevention, and Early Intervention

- Promote and increase wellness and health promotion with a focus on prevention and early intervention.



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Six Overarching Goals:

3. Accessible Behavioral Health Care

- “Accessible Colorado.” We want a State where there is “No Wrong Door” to behavioral health care. Health care must be coordinated and integrated between physical health and behavioral health.

4. Quality Behavioral Health Care

- Quality care is well integrated and coordinated across all public and private systems:
 - Improved linkage/integration/information sharing between physical and behavior health care, criminal/juvenile justice, education, labor and employment, child welfare, nursing homes, and other public systems.
 - Commitment to quality of care leads to greater continuity of care, symptom reduction, patient/family satisfaction, and cost containment.



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Six Overarching Goals:

5. Recovery-Oriented Behavioral Health Care
 - We want a State to fully recognize that people recover from behavioral health disorders. Life satisfaction, success, resilience and hope are essential elements to recovery. Recovery Services are necessary for individuals with behavioral health issues and requisite to containing and reducing public costs.
6. Administering a strong and transformed Behavioral Health Care system
 - We want to ensure the execution of policy, data and financing for a strong and transformed system.



Community Behavioral Health Services

Dedicated to strengthening the health, resiliency, and recovery of Coloradans through quality and effective behavioral health prevention, early intervention and treatment services.

- Employs 59.3 FTE (Long Bill appropriated)
 - Staff work primarily within seven program/activity areas:
 - Prevention and Early Intervention Programs
 - Treatment and Recovery Programs
 - Quality Assurance and Standards
 - Child, Adolescent and Family Services
 - Trauma Informed and Integrated Care
 - Crisis Services
 - Data and Evaluation
 - Business & Support Services



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Office of Behavioral Health Community Prevention Programs:

- Committed to providing comprehensive primary substance abuse prevention services and efforts throughout the state of Colorado to best meet the local needs of communities.
- Relies on organizations to implement evidence-based strategies and practices in reducing the current alcohol, tobacco, and other drug use rate.



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Office of Behavioral Health Community Prevention Programs:

- The Community Prevention Programs staff provides technical assistance to Colorado consumers, organizations, stakeholders, and the public regarding prevention services.
- The staff ensures quality of services and advocates for greater public awareness of alcohol, tobacco, and other drug use and abuse issues.



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OBH Funded Prevention Programs:

- State Cash Funds:
 - Law Enforcement Assistance Fund (LEAF) – 5 communities
 - Persistent Drunk Driver (PDD) – 8 communities



OBH Funded Prevention Programs:

- Substance Abuse and Mental Health Services Administration (SAMHSA) Substance Abuse Prevention and Treatment Block Grant
 - Required by law a minimum 20% state allocation for prevention programs
 - Colorado allocates approximately 23% - approximately \$6M



OBH Funded Prevention Programs:

- The federal block grant guidelines include primary prevention activities that are directed at individuals who do not require treatment for substance use and abuse. In implementing comprehensive primary prevention programs, a variety of strategies are utilized including but not limited to the six SAMHSA strategies



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Five priority areas for the prevention Block Grant for the current funding cycle (5 years: 2010-2015)

Goal: reaching individuals, families, schools, communities and larger systems:

- Prevention and Reduction of Under Age 18 Alcohol, Tobacco and Other Drug Use (14 initiatives)
- Changing Community Norms Regarding Alcohol, Tobacco and Other Drug Use (6 initiatives)
- Addressing Population-based Needs Regarding Alcohol, Tobacco and Other Drug Use (7 initiatives)
- Statewide Priority Initiatives (7 initiatives)



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Statewide Priority Initiatives (7 initiatives)

- Colorado Fetal Alcohol and Other Prenatal Substance Abuse Prevention (University of Colorado)
- Employee Assistance/Workplace Prevention Services Program (Peer Assistance Services)
- Prescription Drug Abuse Prevention (Peer Assistance Services)
- Prevention Evaluation Partners (OMNI Institute)
- Regional Prevention Services (OMNI Institute)
- The Health and Learning Resource Center (RMC Health)
- Colorado Family Education, Resources & Training (Colorado State University)



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Substance Abuse Prevention and Treatment (SAPT) Prevention Block Grant funds

- Description of current funded OBH prevention programs/initiatives: www.colorado.gov/cdhs scroll down to “Behavioral Health” click on “Community Behavioral Health” left column: “directories” Community Programs Prevention Providers Directory
- New funding cycle 2015 – 2020
- Competitive Request for Proposals (RFPs) available January or February 2015
- Contracts begin July 2015



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SAMHSA Prevention Discretionary Grants:

- Colorado Prevention Partnership for Success (CPPS)
- Screening, Brief Intervention and Referral to Treatment (SBIRT)



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Partnership for Success (CPPS)

- In 2009, Colorado was awarded a Partnership for Success (PFS) grant through the Center for Substance Abuse Prevention (CSAP) of the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA)
- The overall goal of CPPS is preventing binge drinking behaviors statewide within the high school Hispanic/Latino population, as well as reducing underage drinking more generally.



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Partnership for Success (CPPS)

- Adams County Prevention Partnership (Arapahoe House)
- Denver Colorado Partnership for Success (Denver Department of Human Service, Office of Drug Strategies)
- Pueblo Alliance for Healthy Teens (Crossroads Turning Point)
- Weld County Prevention Partners (North Range Behavioral Health)



Partnership for Success (CPPS)

- PFS grant program performance measure:
 - to reduce statewide 30-day binge drinking with Hispanic/Latino high school youth from a baseline of 30.75% by 5% in 3 years (25.75%; measured by the 2011 HKCS State sample) and by 8% in 5 years (22.75%; measured by the 2013 HKCS State sample).
- Based on the 2011 State HKCS data, the prevalence of binge drinking among Hispanic youth in year three was 22.3%, exceeding both the 3rd and 5th year PFS goals.



Partnership for Success (CPPS)

- The Colorado Prevention Partnerships for Success (CPPS) designed a statewide awareness campaign, *Speak Now!* Talk with your kids about the dangers of teen drinking, to prevent binge drinking among minors by targeting their parents.
- The overall strategy of the campaign is a three-step process: *Awareness, Education, and Conversation (Call-to-Action)*.
- The primary target audiences are parents of teens and the secondary target are community coalitions, teen influencers (coaches, band directors, drama teachers, etc.), faith/youth groups, and parks and recreation districts, etc.
- <http://speaknowcolorado.org/>



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Screening, Brief Intervention, Referral to Treatment (SBIRT)

- SBIRT Colorado is a federally funded initiative directed at expanding the state's continuum of care by integrating SBIRT procedures and services into the standard of care practices of primary healthcare settings around the State.



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1st SBIRT Grant: ACCOMPLISHMENTS OF SBIRT COLORADO *(SBIRT Colorado Grant End Report 2006-2011)*

During the grant period of 2006-2011, SBIRT Colorado's goal was to broaden awareness and sustain implementation of SBIRT services throughout Colorado. SBIRT Colorado is proud of the many accomplishments achieved, including

- 115,215 individuals screened, and an additional 2,500 clients living with HIV
- Following grant funding, 11 of the 12 sites report plans to sustain SBIRT
- Medicaid codes enacted for payment of SBIRT services
- Identification of best work flow practices to implement screening in primary care practices



1st SBIRT Grant: ACCOMPLISHMENTS OF SBIRT COLORADO *(SBIRT Colorado Grant End Report 2006-2011)*

- Expanded SBIRT practice into additional sites
- Influenced additional organizations to implement SBIRT, such as the Colorado State EAP
- Trained community advocates and champions in western Colorado
- Developed online training module for healthcare providers
- Developed guidelines and supplements for SBIRT implementation
- Increased visibility of SBIRT throughout Colorado
- <http://www.improvinghealthcolorado.org/>



2nd SBIRT Grant

- Colorado received two consecutive, five-year grants from the Substance Abuse and Mental Health Services Administration (SAMHSA) to implement SBIRT in our state. The second five-year grant will end in September 2016.



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Discussion and Questions. . . .

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