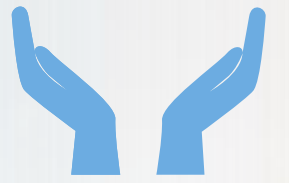




HORIZON

Providing Quality Care, Across The Lifespan.

Evidence-Based Approaches to Youth SUD Prevention
Presented by Januwaa Davis
Prevention Program Manager



www.horizonbh.org





OUR VISION

To provide behavioral healthcare services that are accessible, consumer centered, cost effective, and outcome-based.



OUR MISSION

To support and promote the health, independence and self-worth of individuals and families in Central Virginia by providing a continuum of community-based treatment, prevention, early intervention, and aftercare services for persons affected by mental health, intellectual disabilities, substance use and co-occurring disorders.



PORTFOLIO OF SERVICES

Case Management | Emergency
Housing | Outpatient | Prevention
Primary Care | Psychiatric | School Based

HORIZON'S BOARD OF DIRECTORS

Consists of 11 members representing 5 localities in Central Virginia:
Amherst, Appomattox, Bedford, Campbell, and Lynchburg.

Prevention and Wellness Services



Prevention activities work to educate and support individuals and communities to prevent the use and misuse of drugs and the development of substance use disorders. (SAMHSA)

Utilizing a public health approach, Horizon's prevention efforts focus on substance use, suicide, gambling addiction, and trauma; while promoting mental wellness and resiliency in Central Virginia.

Emphasis is placed on building capacity to collaboratively address community needs.



An Ounce of Prevention is Worth a Pound of Cure

Prevention and Wellness Services



Utilizing Prevention Science



SAMHSA's Strategic Prevention Framework (SPF)

Assessment

Profile population needs, resources, and readiness to address needs and gaps

Capacity

Mobilize and/or build capacity to address needs

Planning

Develop a Comprehensive Strategic Plan

Implementation

Implement evidence-based prevention programs and activities

Evaluation

Monitor, evaluate, and improve or replace those that are not effective

Utilizing Prevention Science



CADCA's Seven Strategies for Community Change

1. Providing Information: Educational presentations or other presentations of data.
2. Enhancing Skills: Workshops, seminars or other activities designed to increase the skills of participants, members and staff needed to achieve population level outcomes.
3. Providing Support: Supporting people in activities that reduce risk or enhance protection.
4. Enhancing Access/ Reducing Barriers: Improving systems and processes to increase utilization of systems and services.
5. Changing Consequences: Changing the consequences for behavior that reduces risk or enhances protection against substance misuse.
6. Physical Design: Changing the physical design or structure of the environment to reduce risk or enhance protection.
7. Modifying/ Changing Policies: Formal change in written procedures, by-laws, proclamations, rules or laws with written documentation and/or voting procedures.



Programs and Initiatives

Data to Action Resource Team (DART)

- Partnership with The Framework for Addiction Analysis and Community Transformation (FAACT)
- Created in 2021 to better understand how societal factors are impacting substance use and mental illness in Central Virginia.
- Annual report designed to educate and inform the community, assist with identifying gaps, prioritizing needs, developing action plans and garnering resources
- Both Qualitative and Quantitative Data
 - ✓ Medical Community
 - ✓ Behavioral Health Care
 - ✓ Schools
 - ✓ Law Enforcement
 - ✓ Department of Social Services
 - ✓ Domestic Violence
 - ✓ Housing
 - ✓ Economic Development





Programs and Initiatives

Coalition Capacity Building

- Central Virginia Addiction and Recovery Resources (CVARR)
- Established in 2018
- Vision: A safe and healthier community for all
- Workgroups: Prevention, Treatment and Recovery
- Representation from 12 Community Sectors
- SAMHSA Drug Free Communities Grant Recipient - \$125K Annually
- Highlights
 - ✓ Online Service Locator Tool (<https://www.cvarr.org/resources/>)
 - ✓ CEO/Legislative Roundtable
 - ✓ Youth Risk Behavior Survey
 - ✓ Annual State of Collaboration Event
 - ✓ Community Conversations on Substance Use
 - ✓ Comprehensive Harm Reduction Site





Programs and Initiatives

Coalition Capacity Building

- Healthy Youth Through Prevention and Education (HYPE)
- Peer Advocacy Club
- High school student members work as a team to develop and implement prevention plans to address substance use in their school / community
- Highlights
 - ✓ Kick the Habit Campaign and Kickball Tournament
 - ✓ Dodge the Smoke Campaign and Dodge Ball Tournament
 - ✓ Mental Health Awareness Month Campaign
 - ✓ Red Ribbon Week Activities
 - ✓ Annual Youth Summit





Programs and Initiatives

Evidence Based Programming

- Too Good for Drugs (TGFD)
- Funded by Virginia Foundation for Healthy Youth
- Partnership with Lynchburg City Schools
- 650 Students Annually in 9th Grade Health Classes

TGFD teaches five essential character development skills to build self-efficacy, promote healthy development, and academic success

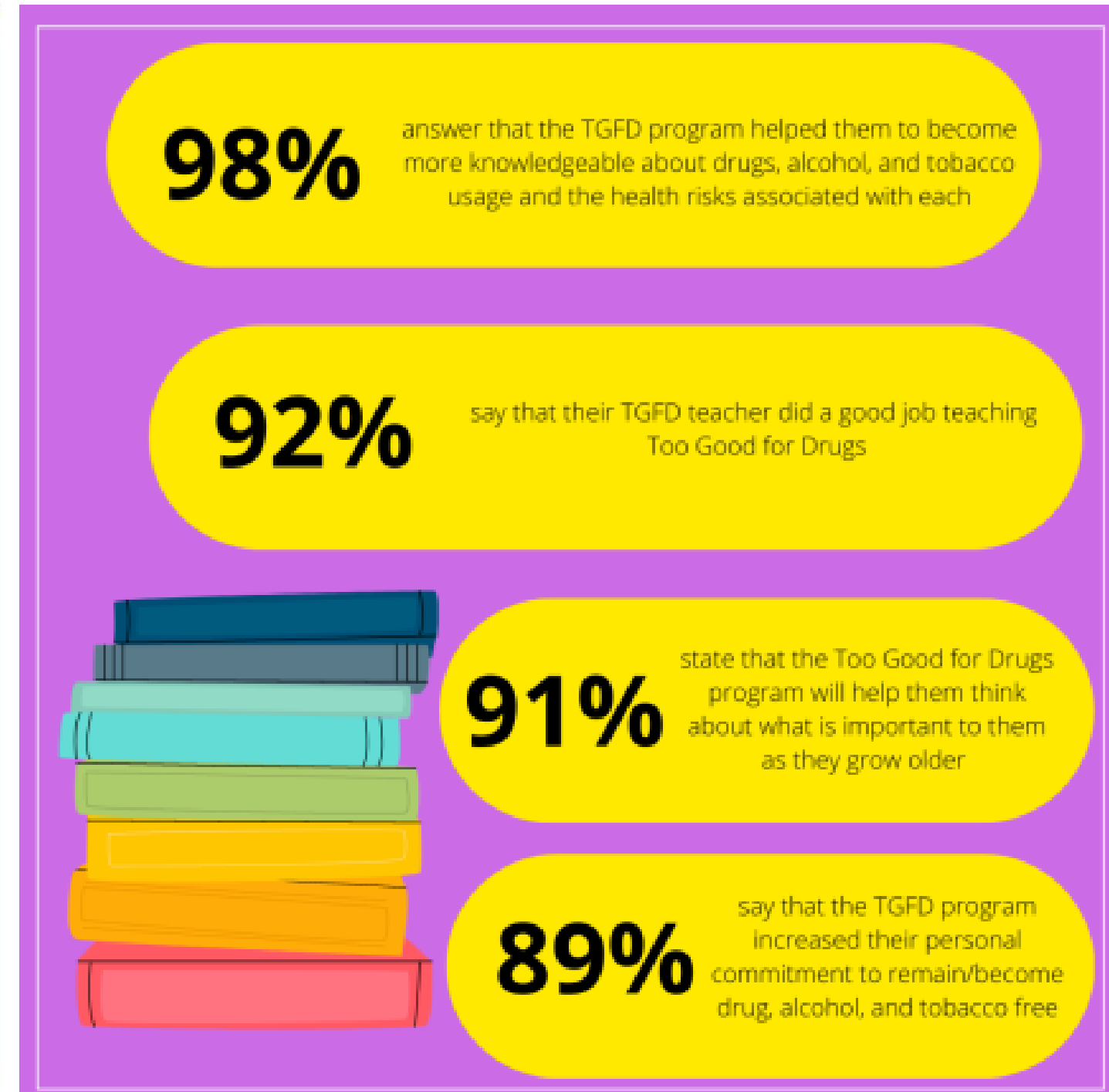
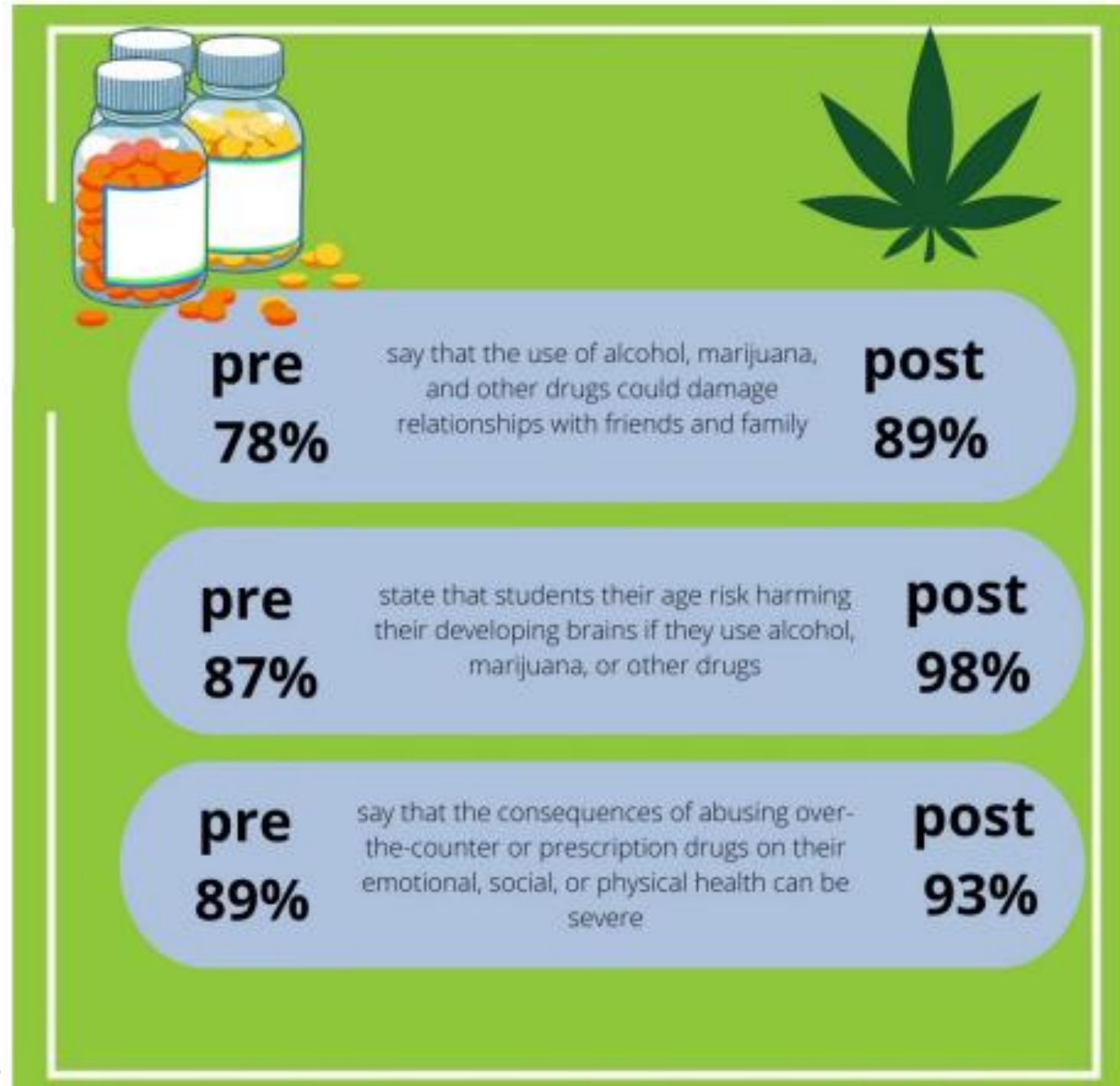
- ✓ Setting Reachable Goals
- ✓ Making Responsible Decisions
- ✓ Bonding with Pro-Social Peers
- ✓ Identifying and Managing Emotions
- ✓ Communicating Effectively
- ✓ Peer-Pressure Refusal
- ✓ Conflict Resolution





Programs and Initiatives

TGFD 2022-23 Local Evaluation Data





Programs and Initiatives

Trainings

- REVIVE and Narcan Distribution
- Mental Health First Aid
- Understanding ACE's
- Hidden in Plain Sight

Events

- National Fentanyl Awareness Day (May 7th)
- International Overdose Awareness Day (August 31st)
- Addiction is a Family Disease
- Responding in Faith Summit
- Annual Walk for Recovery



Programs and Initiatives

Safe Storage and Disposal

- Permanent Medication Drop Boxes and Incinerators
- Medication Lock Boxes
- Medication Disposal Bags
- Pharmacy Bags and Inserts
- Drug Take Back Day (April and October)





Programs and Initiatives

Preventing Prescription Misuse In Your Home





Programs and Initiatives

Awareness Campaigns

(Media Platforms)

- Websites — abovethehigh.org
- Television
- Radio
- Billboards
- Social Media
- Over-the-Top (OTT)
- Bus Ads
- Restaurant Posters
- Movie Theaters
- Gas Pump Screens
- Sports Arena Advertising
- Direct Mail

(SWAG)

- Pill Organizers
- Drawstring Backpacks
- Waist Bags
- Chapsticks
- Notebooks
- Pens
- Sports Bottles
- Fidgets
- Stress Balls
- Flying Disc
- T-Shirts
- Sunglasses

2023 Fentanyl Awareness Media Campaign



mpiTOO
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2023 Youth Mental Health Media Campaign



AboveTheHigh.org Website

IF YOU OR SOMEONE YOU LOVE NEED TREATMENT SERVICES, [CLICK HERE.](#)



[JUST FOR YOU](#) ▾

[FIND HELP NOW](#) ▾

[LEARN THE FACTS](#) ▾

[OVERCOMING STIGMA](#) ▾

[STAY CONNECTED](#) ▾

Fentanyl can ruin more than the party.



Fentanyl can be in any
drug and can be deadly.



[Download PDF Poster](#)



FY23 KEY PREVENTION INITIATIVES

PRESCRIPTION DRUG COLLECTION

738.8 lbs.

Collected in partnership with local law enforcement.

LOCK & TALK

181

Medication Lock Boxes Distributed

701

Med. Disposal Bags

345

Gun Trigger & Cable Locks

UNDERSTANDING ADVERSE CHILDHOOD EXPERIENCES (ACES) TRAINING

307

Residents trained to identify, understand, and respond to ACEs.

REVIVE OPIOID OVERDOSE RESPONSE

324

Residents trained in emergency response with life-saving Naloxone.

**“There comes a point
where we need to stop
just pulling people
out of the river.
We need to go upstream
and find out why
they’re falling in.”
-Desmond Tutu**



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