



Department of
**Mental Health &
Substance Abuse Services**

Office of Prevention and Early Intervention Services

2021

OUR MISSION:

Creating

***COLLABORATIVE
PATHWAYS TO
RESILIENCY,
RECOVERY, and
INDEPENDENCE***

for Tennesseans living with mental illness and
substance use disorders

OUR VISION:

A STATE
of resiliency, recovery,
and independence
IN WHICH
TENNESSEANS
living with mental illness
and substance use disorders
THRIVE

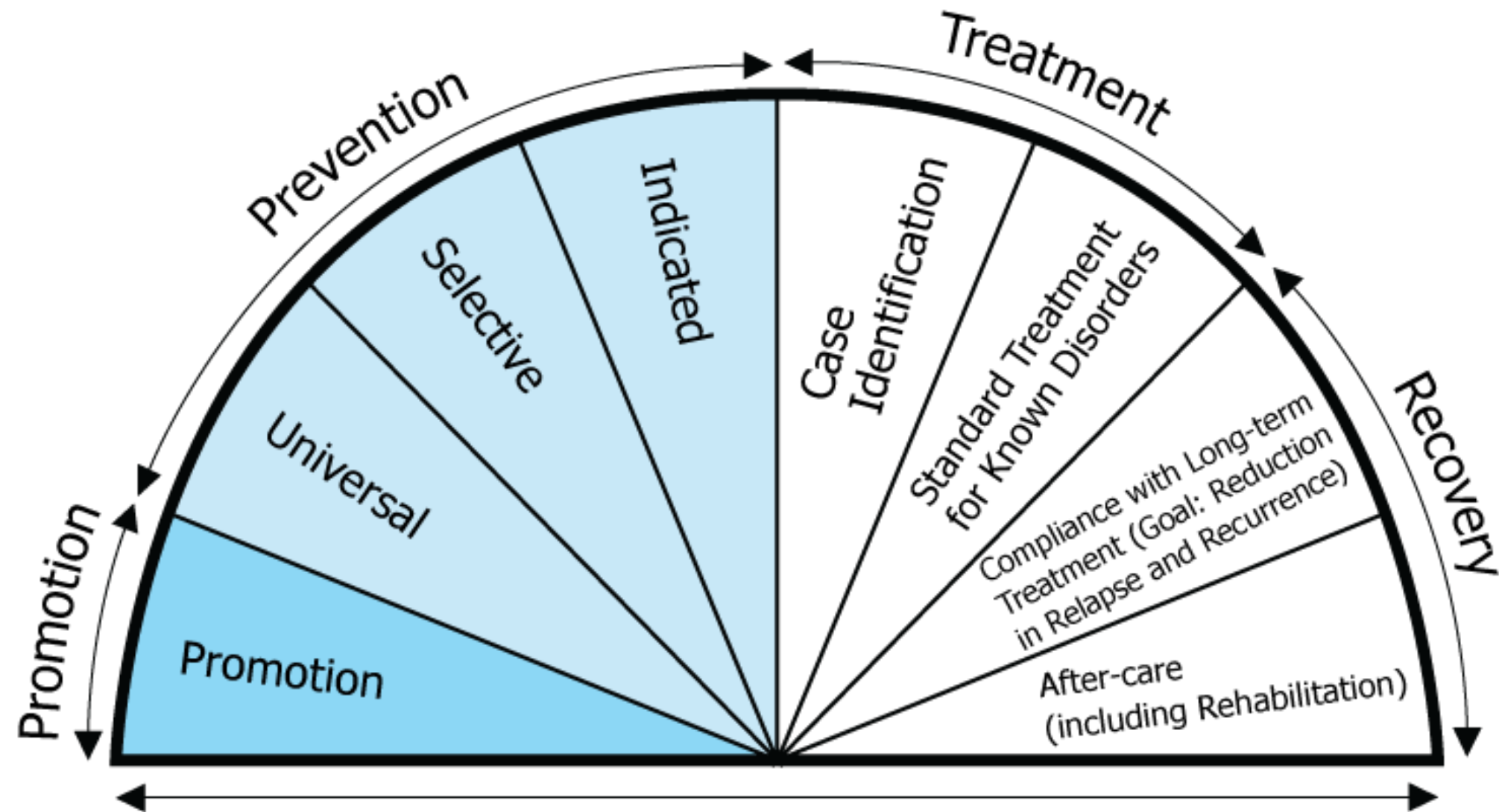




Evidence Based Prevention

What is Prevention

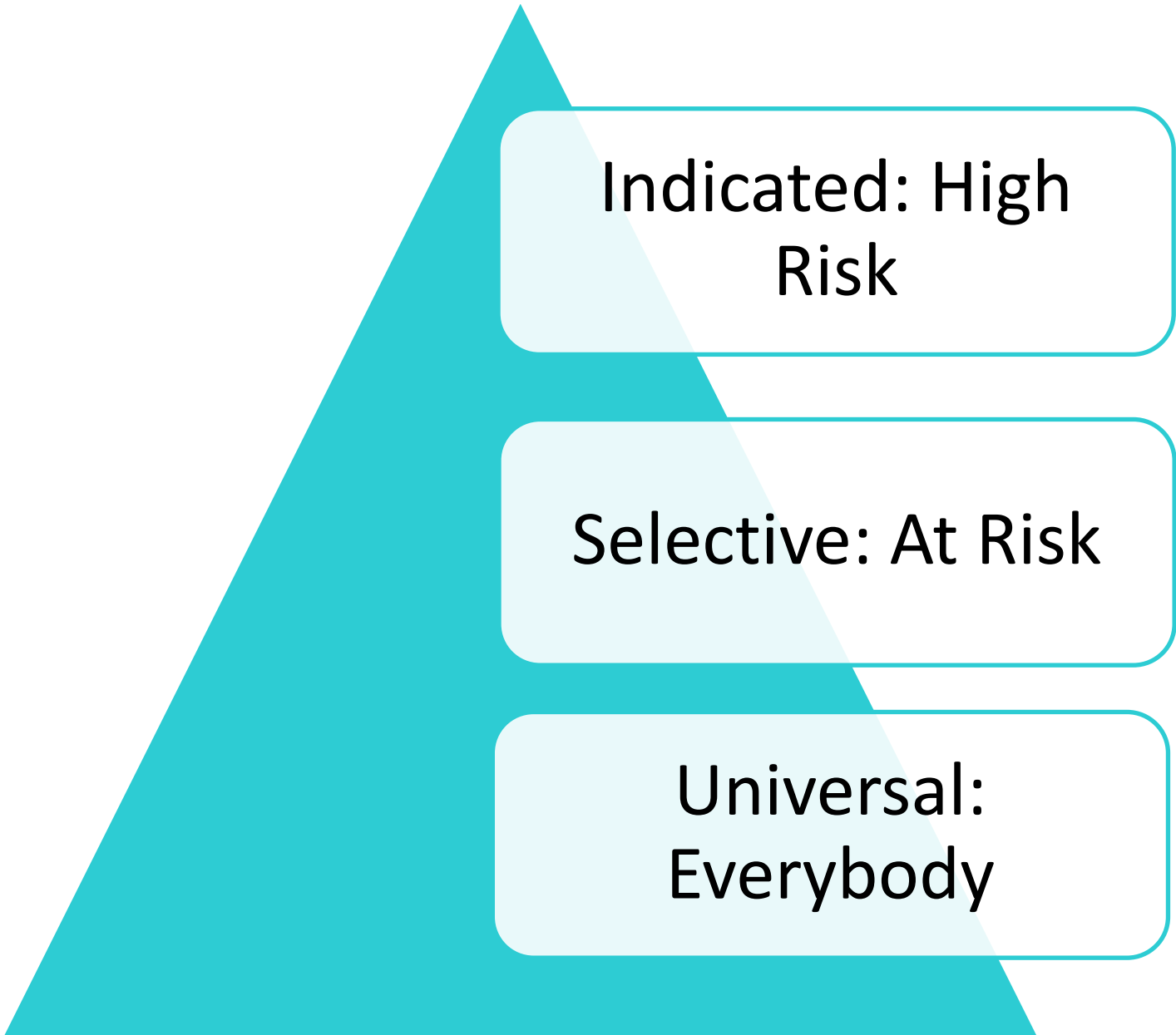
- In regards to substance use and misuse, prevention is based on past history of behavior and sets out to predict and prevent prospective negative consequences from occurring.



Which population should be the focus of prevention?

- Half of all lifetime cases of mental and substance use disorders begin by age 14, and three-fourths begin by age 24.
 - By reducing the number of youth who use alcohol, drugs, and tobacco, we can reduce the number of individuals with chronic substance use disorders in society
- People usually make decisions about substance use (alcohol, drugs, and tobacco) before the age of 18, and 18-25 year olds have the highest rate of use.
- Because perception of risk decreases with age, prevention efforts targeting children from elementary to middle school are most effective.

Institute of Medicine Classification System



Indicated: High Risk

Selective: At Risk

Universal:
Everybody

- **Indicated interventions** target those already using or engaged in other high-risk behaviors to prevent heavy or chronic use.
- **Selective interventions** target those at higher-than-average risk for substance abuse.
- **Universal interventions** target the general population and are not directed at a specific risk group.

Harm Reduction Programs

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- Harm reduction policy models are an alternative to “drug free” only campaigns.
- Unlike other prevention strategies that aim to shape pre-use behaviors, harm reduction includes a set of practical strategies intended to change the negative consequences associated with use.
- Harm reduction includes: courtesy rides for youth on prom night, distributing needles to individuals who use substances, and naloxone distribution campaigns.
- Harm reduction programs can be seen as controversial.
 - opponents argue that these programs appear to endorse dangerous behavior, as in the case of needle and naloxone distribution programs

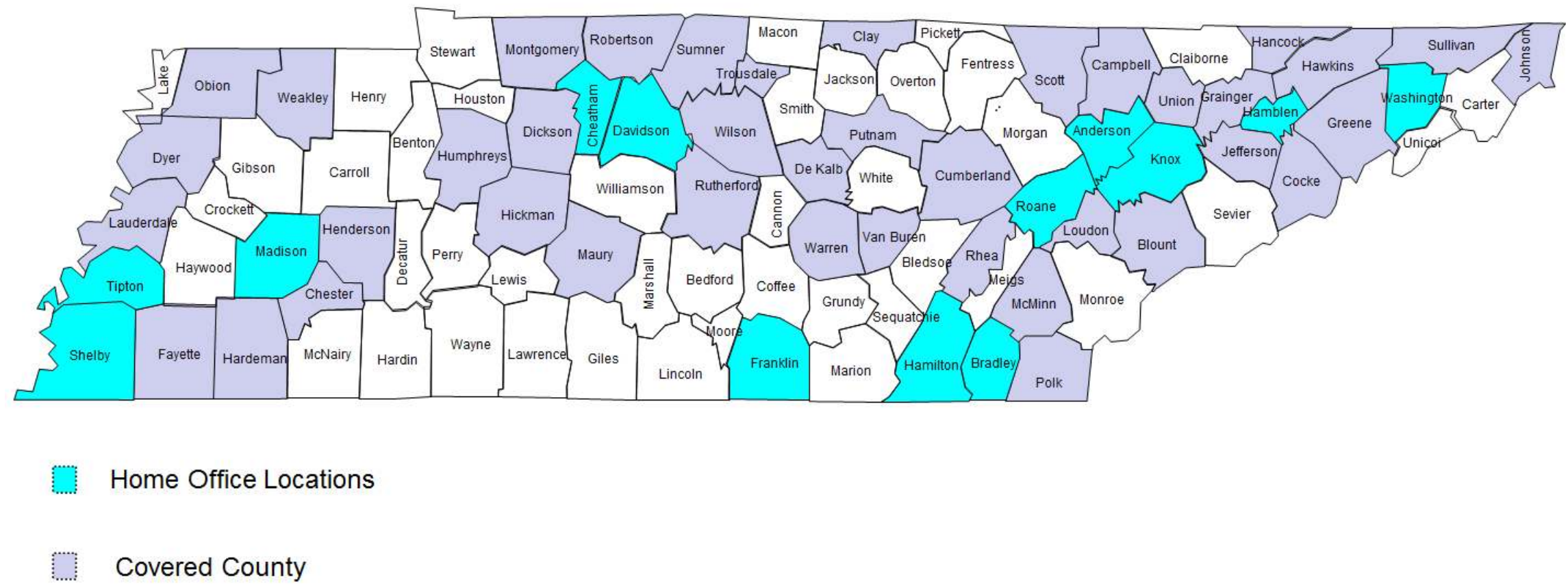


Programs for Individual Populations

Individual Program Overview

- Prevention programs for individuals are evidence-based programs targeting selective and indicated populations.
- Programs include:
 - Tennessee Prevention Network (TPN)
 - Comprehensive Alcohol, Tobacco, and Other Drugs (Comprehensive ATOD)
 - In-Home Services for infants of At-Risk Pregnant and Post-Partum Women's Program (Nurses for Newborns)
 - Other session-based evidence-based programming

Counties Served by Individual Based Programs



FY 2020: 6,500+ individuals served in 45 Counties

The logo consists of a red square containing the white letters 'TN' in a serif font. Below the red square is a thin dark blue horizontal bar.

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Tennessee Prevention Network

Tennessee Prevention Network: Program Goals

- Delay the onset of substance use and substance use disorder
- Reduce illegal use of substances
- Reduce the prevalence of negative consequences associated with substances
- Primary Prevention Focus

Individual Based Programming in Shelby County

- Pyramid Recovery Center - Botvin LifeSkills
 - curriculum includes lessons on self-esteem, decision making, assertiveness skills, communication skills, and negative peer pressure
- Shelby County Schools - Positive Action
 - a comprehensive, prevention group Intervention strategy that addresses multiple student-related environments, including school, family, and community
- University of Memphis - Sports to Prevention Plus Wellness; Let the Circle Be Unbroken: Rites of Passage" Curriculum
 - this program also promotes active, healthy, and substance-abuse free lifestyles in high-risk youth and young adults

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Universal Prevention Programs



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Substance Abuse Prevention Coalitions

Coalitions: Overview

- **Coalitions** are partnerships of the many sectors of a community which gather together collaboratively to solve the community's problems and guide the community's future.
- **Substance Abuse Prevention Coalitions (SAPCs)** work to prevent dependence and addiction to harmful and potentially lethal substances such as prescription drugs, alcohol, and tobacco, using the Strategic Prevention Framework (SPF).

Did You Know?

A group of male cheetahs that live together is called a coalition.



The Strategic Prevention Framework (SPF)

- A planning process for preventing substance use and misuse
- The five steps offer a comprehensive process for addressing the substance misuse and related behavioral health problems facing the community.
- The effectiveness of the SPF begins with a clear understanding of community needs and involves community members in all stages of the planning process.

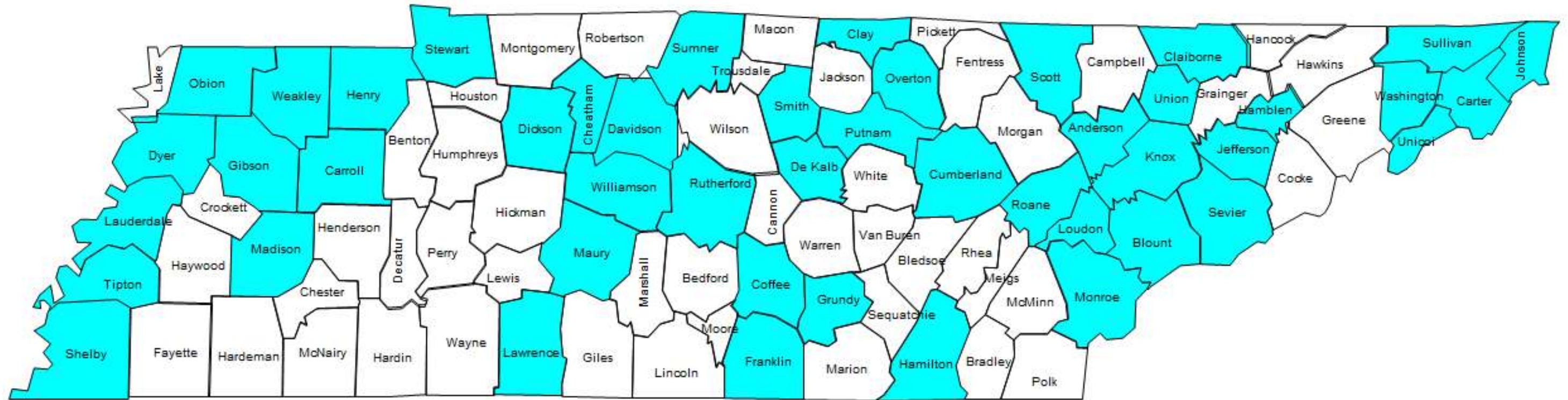
Strategic Prevention Framework (SPF) Wheel



Coalitions: Program Goals

- Coordinate the implementation of substance abuse prevention environmental strategies within the Grantee's communities to address
 - binge drinking among 14-25 years olds
 - tobacco use among 12-17 years olds,
 - non-medical prescription drug use among persons ages 12-25 years in the community, region, and statewide

Coalitions: Counties Served



46 funded county coalitions (5 new coalitions in FY2019):

- Carroll, Claiborne, Cumberland, Loudon, Maury

Universal Prevention in Shelby County

- Memphis Area Prevention Coalition (MAPC)
 - Working w/ local health dept to implement quit smoking policies in treatment centers.
 - Partnered w/ Mothers Against Drunk Driving to deliver an online training to parents on talking to their children on alcohol use.
 - Participate in Take Back Day

Ages 12–17	Tennessee 2011–2012	National 2011–2012	Tennessee 2016–2017	National 2016–2017
 Pain reliever misuse in past year	6.6%	5.6%	3.3%	3.3%
 Alcohol use in past month	10.2%	13.1%	9.0%	9.5%
 Binge alcohol use in past month	6.5%	7.3%	4.8%	5.1%
 Tobacco use in past month	11.5%	9.3%	7.1%	5.1%
 Marijuana use in past year	11.1%	13.9%	11.7%	12.2%
 Marijuana use in past month	5.9%	7.6%	5.8%	6.5%

- Comparing state-specific statistics over time, Tennessee youth reported misusing alcohol, tobacco, and pain relievers at lower rates in 2016–2017 than in 2011–2012.
 - Pain reliever misuse **down 50%**
 - Tobacco use **down 38%**
 - Binge alcohol use in past month **down 26%**

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Higher Education Initiative

Higher Education Initiative : Program Goals

- Reverse Tennessee's upward trend in binge drinking
- Reduce binge drinking-related consequences
- Support public and private colleges and universities in their efforts to promote a healthy and safe campus community devoid of alcohol and other drug abuse and misuse

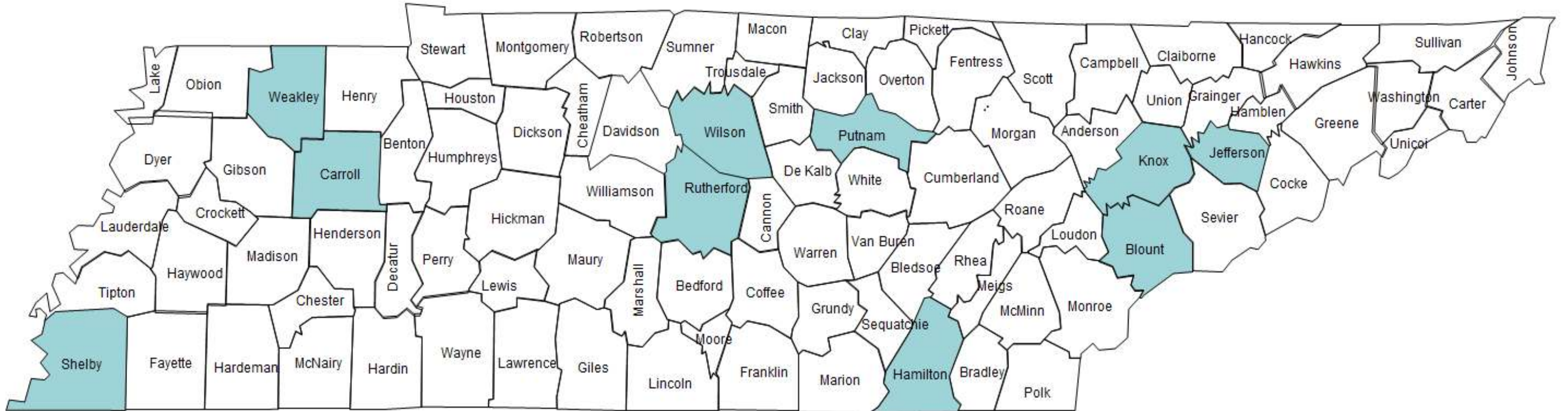
Higher Education Initiative

- **Coalitions for Healthy and Safe Campus Communities (CHASCo)** is a state-wide coalition that address campus safety prevention issues such as:
 - high-risk drinking behavior
 - drug use, and
 - incidents of violence
- Primary objectives:
 - promote a healthy and safe campus community
 - provide primary prevention services
 - connect and support institutions of higher education in Tennessee to address campus health and safety issues
- 10 campus prevention plans that include the following colleges and universities:
 - Bethel University, Carson-Newman University, Cumberland University, Maryville College, MTSU, TN Tech University, UT Chattanooga, UT Knoxville, UT Martin, **University of Memphis**

Higher Education Initiative - University of Memphis

- 2020 Virtual Wellness Fair-distributed water bottles with social norms messaging, and 100 things to do in Memphis without Alcohol, gave presentations about Alcohol and Other Drug (AOD) awareness to fraternities and sororities, and host an Instagram live about AOD trivia.
- Distribute AOD material such as USBs with drinking and driving information pre-loaded, and safe drinking question flow chart in self-care kits and final exam packs.
- Partnered with state AOD coalition to provide trainings on campus
- Host focus groups to gain student input of substance use on campus
- Sent bi-annual notification of University of Memphis Annual Alcohol and Other Drug Notification of Standards, Sanctions, Health Information, Programs and Services

Counties Served by CHASCo





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TN Opioid Response Overview:

Fatal Drug Overdose Timeseries Trends

Select the options below to view timeseries trends.

? Why isn't a rate showing for my selected geography?

Category:

☐ Count

☒ Rate

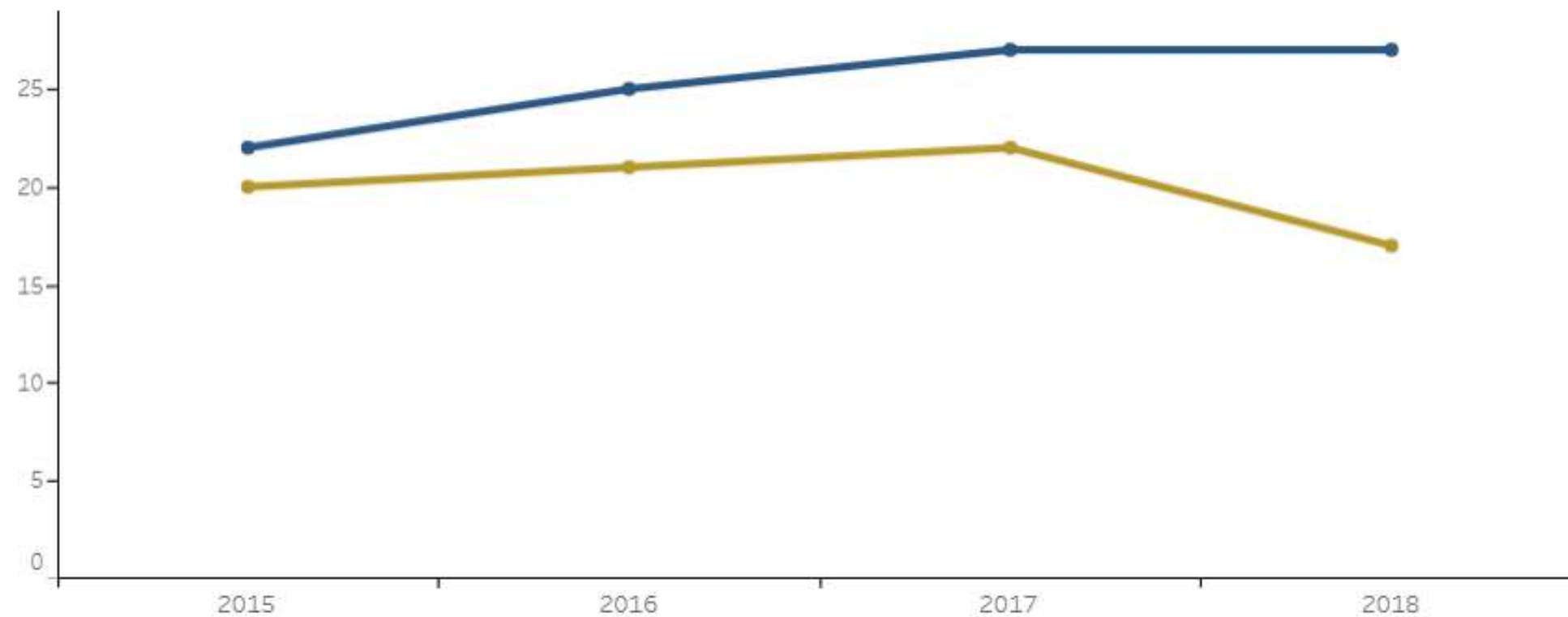
Fatal Overdose Type:

All Drug Overdose Deaths

County or Region:

(Multiple values)

All Drug Overdose Deaths- Rate in Tennessee, 2015-2018



? What are TDH Public Health Regions?

Selected County or Region

Tennessee

Shelby

Source: <https://www.tn.gov/health/health-program-areas/pdo/pdo/data-dashboard.html>

Nonfatal Drug Overdose Timeseries Trends

Select the options below to view timeseries trends.

? Why isn't a rate showing for my selected geography?

Category:

☐ Count

☒ Rate

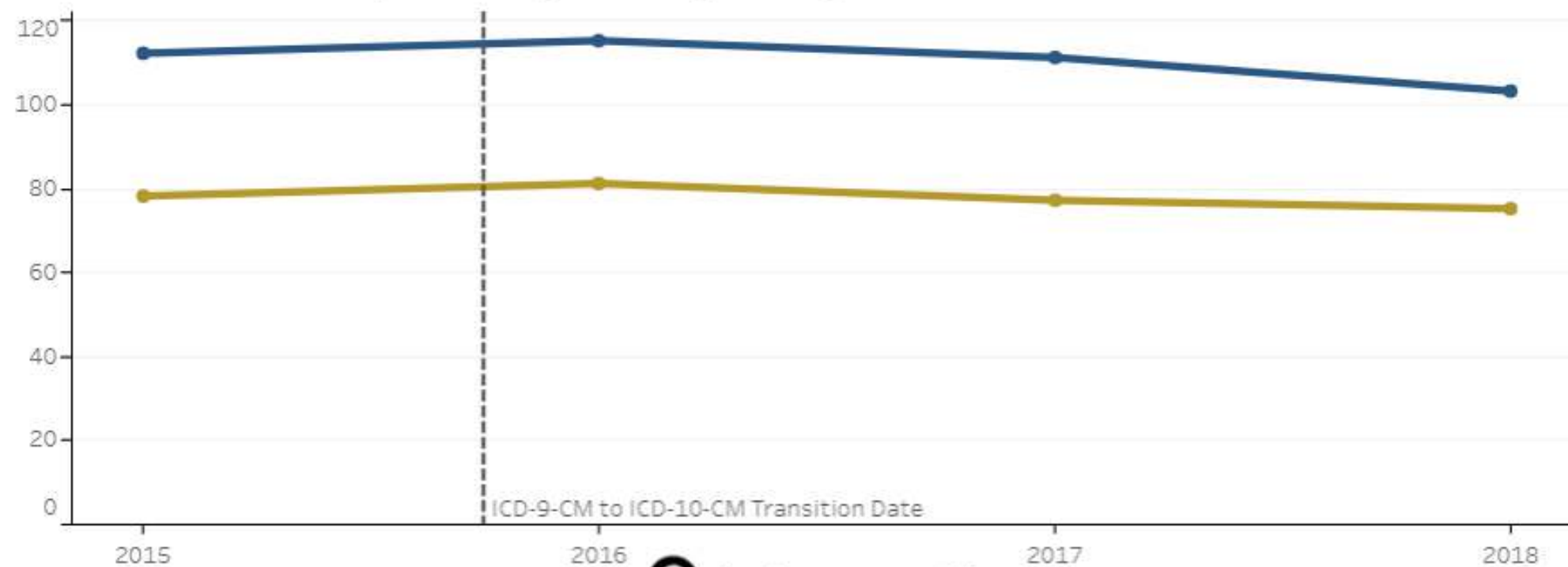
Nonfatal Overdose Type:

Inpatient Stays Involving All Drug Overd... ▼

County or Region:

(Multiple values) ▼

Inpatient Stays Involving All Drug Overdose- Rate in Tennessee, 2015 to 2018



? What are TDH Public Health Regions?

? What is an ICD Transition?

Source: <https://www.tn.gov/health/health-program-areas/pdo/pdo/data-dashboard.html>

TN Opioid SOR Prevention Objectives:

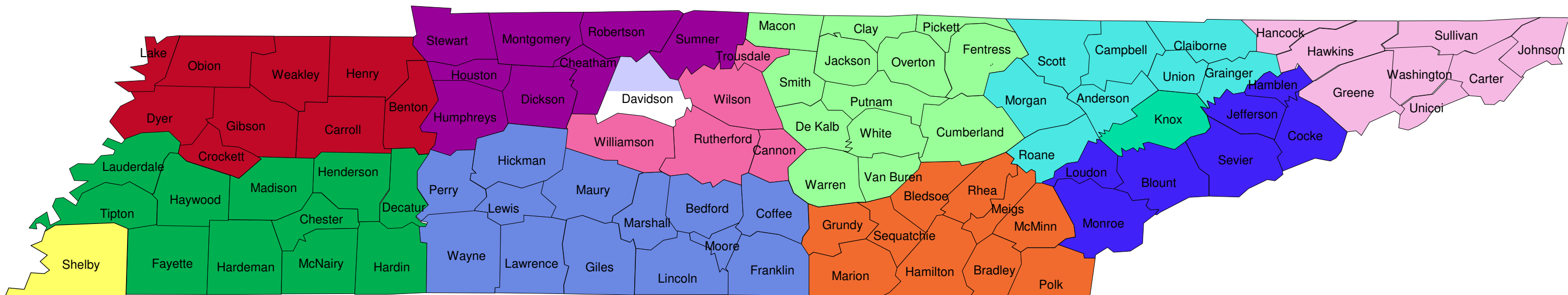
1. Provide **opioid awareness and overdose trainings** in **every county** in Tennessee to:
 - First Responders
 - Individuals at high risk of overdose, their families, and/or friends
 - Agencies/Organizations that provide treatment/recovery services or community resources
2. Implement an **advertising/media campaign**
3. Develop **resource guides** on treatment, recovery, and social services
4. Distribute **Naloxone** to:
 - Individuals at high risk, their families, and peers
 - first responders
 - Agencies providing treatment, recovery, or community resources

TN Opioid SOR Prevention Objectives (cont.):

5. Coordinate timely, on the ground **responses to overdose outbreaks**
6. Train **healthcare professionals and students** to assess & treat OUD
7. Increase access to **Medication-Assisted Treatment**
 - Emergency Departments
 - Rural areas
 - Recovery Courts

Regional Overdose Prevention Specialists

- 13 Regional divisions across the State
- 20 – 24 ROPS in total



Key Goals of the ROPS

1. Harm Reduction
2. Reduce Stigma
3. Increase Public Awareness

Harm Reduction

Harm Reduction is a way of **preventing disease** and **promoting health** that *meets people where they are.*

Not everyone is **ready or able** to **stop drug use**;
therefore, **scientifically proven** ways of decreasing
risks are *essential.*

(e.g., MAT, Naloxone, Syringe Exchange)

Harm Reduction Core Principles

- **Non-judgmental approach:** treating every person with dignity, compassion, and respect
- Accept behavior change as an **incremental process**
- Focus on **enhancing quality of life**
- Recognize **complex social factors** that **influence vulnerability** to drug use and drug-related harm (e.g., poverty, social inequality, discrimination, and trauma)
- **Empower those who use drugs** to be the primary agents in reducing the harms of their drug use

Reducing Stigma

- Do away with labels
- Use “**person first**” language
- Understand that drug use falls on a continuum
- Embrace **positive change**
- Beware of unintentional **bias**
- Reflect on personal experiences
- Understand substance misuse is often linked to **trauma**

Increase Public Awareness

- **Trainings** that cover topics such as:
 - The Opioid Crisis
 - Harm Reduction
 - Reducing Stigma
 - How to administer Naloxone
- **Media Campaign**
 - Range of activities tailored to each region
 - Billboards, radio ads, TV commercials, etc.

TN Save a Life

- **ROPS** have distributed **over 170,000** units of Naloxone across the state of Tennessee since October 2017
- **Naloxone** has saved **over 17,000 lives** in Tennessee since 2017
 - This is a conservative estimate based on reported uses of Naloxone
- **Shelby County Naloxone distribution:**
 - In the past 18 months (Sept 2019 - March 2021):
 - 23,612 units

Shelby County ROPS Activities

- STOP: Street Team for Overdose Prevention; occurs about quarterly
- Partnerships with SSPs (Safepoint and a Betor Way)
- Other populations they work with:
 - individuals coming out of treatment, individuals experiencing homelessness, sex workers, faith based groups in areas most affected by overdose crisis, providing training to professionals-in-training through colleges/universities (nurses and social workers)

- Contact Info:

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