



Why this matters
to me...

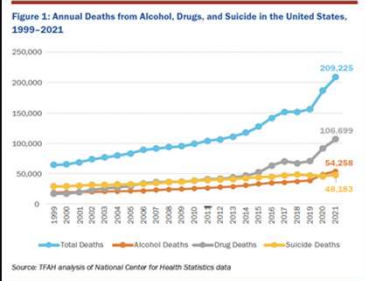
mommy

the things you provided
I took and I took
with greed and selfish tendency
I took and I took
when you warned me of danger
I gave you my back
so then you showed me and gave
my life a 2nd chance to re-track
when I stayed up all night
it was your hand on my hand
with a maternal embrace you gave me
the power to live on and wake up
head and body held high
then I strayed and I strayed
until you almost lost sight
but you never gave up no you
showed more care than ever before
so now I cry and I cry but my
head's remaining high, no substance besides
you can ever be used to comfort this
very fragile but very loving yet self-absorbed soul.
I love you mom and if I could take
all your pain, I would say my dreams have
come true, b/c the worst that I've
done is hurting you.

Teen overdose rates double in 2020, increase another 20% in 2021

Why this matters
to us all...

COD as a
preventable
public health crisis



Why mental
health matters
when it comes to
substance use
prevention...

The time between onset of a
mental health disorder and
subsequent substance use
disorder is a "key window of
opportunity" where COD can
be prevented.

Treating Adolescents with
Co-Occurring Disorders,
Hills, 2007

COD should be treated like any other disease/disorder



Harris's sister was his loyal supporter, and their love for each other never wavered. A poem he wrote to her provided the inspiration for including the two stars (one green and one white) in the logo.

Today, the two-star CODA logo embodies:

- the power of the human connection
- the benefit of linking to appropriate resources
- the 2 main components of co-occurring disorders – mental health challenge(s) & substance misuse/addiction

It is designed to raise awareness, and as a reminder that "You Are Not Alone."



PREVENTION

The Story Behind the Stars

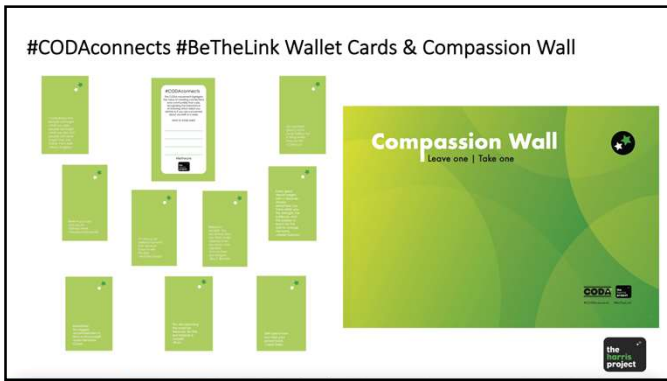


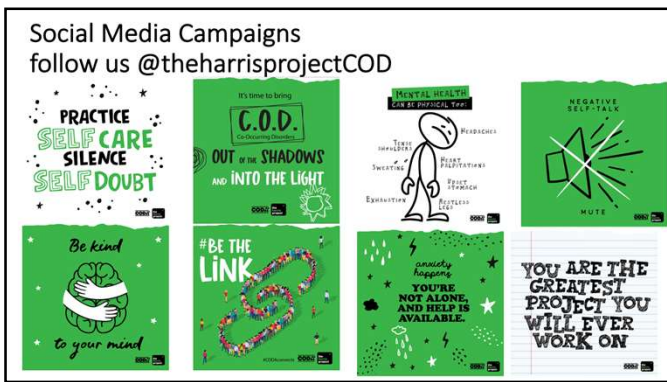
WHAT'S IMPORTANT TO ME



WHAT'S IMPORTANT TO US









Meditation and Grounding

RELAXATION

CREATING PERSONAL CALM WITH DEGROUNDING FOCUSING ON YOUR SENSES

When you are able to relax your mind and body, you are able to focus on your senses. This is the first step in creating personal calm. The following steps will help you to focus on your senses and create personal calm.

First, sit or lie down with your back straight. This is the first step in creating personal calm. The following steps will help you to focus on your senses and create personal calm.

Next, close your eyes. This is the second step in creating personal calm. The following steps will help you to focus on your senses and create personal calm.

Then, take a deep breath in and out. This is the third step in creating personal calm. The following steps will help you to focus on your senses and create personal calm.

Now, focus on your senses. This is the fourth step in creating personal calm. The following steps will help you to focus on your senses and create personal calm.

Finally, relax your mind. This is the fifth step in creating personal calm. The following steps will help you to focus on your senses and create personal calm.

Remember, creating personal calm is a process. It takes time and practice. The following steps will help you to focus on your senses and create personal calm.

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RELAXATION

PROGRESSIVE MUSCLE RELAXATION

PMR is a technique for achieving a state of deep relaxation. It involves tensing and then relaxing each muscle group in the body. This process helps to release tension and stress from the body. The following steps will help you to achieve a state of deep relaxation.

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RELAXATION

CREATING PERSONAL CALM WITH DEGROUNDING FOCUSING ON THE MIND

When you are able to relax your mind and body, you are able to focus on your mind. This is the first step in creating personal calm. The following steps will help you to focus on your mind and create personal calm.

First, sit or lie down with your back straight. This is the first step in creating personal calm. The following steps will help you to focus on your senses and create personal calm.

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Planning a CODA Game

1

Get Permission: from the school administrator and coordinate with sports teams to host a CODA game that will necessarily require an adult in the game.

2

Plan how you will use the CODA to save time during for class, clubs, and extracurricular activities.

3

Coordinate with the participating sports teams (e.g., football, soccer, basketball) to get their support. Explain the purpose of the CODA game and encourage players to attend the game during the next season.

4

Distribute Details: Distribute to players, coaches, and parents the game plan, and how to attend the game.

5

Use Announcements: to engage the team by working with the school's public relations personnel to make announcements before, during, and after the game. [Access this guide.](#)

6

Set up an Awareness Table: provide information, resources, and games to students and parents. Encourage participating with other clubs for additional support.

7

Use Social Media: when sharing plans, photos, and videos using #CODAGame and #AllAboutCODA, and tag @CODAgame on Twitter, Facebook, and Instagram. Use social media to reach out to your audience campaign. Also share to school websites and post on the local newspaper.

8

Reflect and Plan for the Future: gather feedback after the event. Use what worked and what did not to improve. Consider hosting CODA events and games for every sports season.

CODA Planning Guide

Bringing the conversation to our school community...

WHAT MESSAGE(S) CONNECTED

WHAT ARE OUR PRIORITIES

EVENTS/ACTIVITIES/SPARKS

TARGET POPULATION(S)

- Coaches and Parents
- Athletes, the Arts, Clubs
- School Administrators/Staff
- Parents/Guardians
- Community Partners
- School Officials

WHO SHOULD BE AT THE PLANNING TABLE

GOALS & ACTION STEPS


CODA

2020

2020

Multi-prong approach to CODA

Over 40 diverse school districts in Westchester County, plus additional activities and services across the nation



- Students –highly motivated
- School Administrators, teachers, counseling staff
- Coalitions of Community Organizations
- Parents/Caregivers – meet where they are
- presentations
- family universities
- field
- stage
- Local Government Partners
- Athletic Presence
- Middle School Opportunities


NOT SUSTAINABLE X

Opioid settlement funds - role of state & local government


Innovation	• Partnership to End Addiction
Collaboration	• the harris project
Assessment	• Coalitions
Consistent	• School Districts
Sustainability	• Faith Community
	• Pace University

Partnership to End Addiction

Our work:



EARLY, SOON, AND PROACTIVE



Prevention (UPSTREAM)

- Implementing social safety net programs
- Treating parental addiction and mental illness
- Screening for childhood mental health problems

Reaction (DOWNSTREAM)

- Counseling for childhood trauma
- Treating teen behavioral disorders and addiction
- Training teachers to use naloxone for overdoses

WHO WE SERVE

The Helpers

Parents
We work closely with parents which can include concerned loved ones, such as a family member, grandparent, aunt/uncle, coach, friend, etc. who are playing the role of a parent.

Professionals
We partner with professionals who work with parents, adolescents and young adults such as providers, health systems and government agencies, policymakers, employers, community and youth serving organizations.



Thought Leadership on Advancing Prevention & Healthy Child Development





Partnership to End Addiction

Co-Occurring Disorders: A Key Focus of Our Work




Partnership to End Addiction

Partnership to End Addiction

Project Aim

To raise co-occurring disorders awareness and knowledge of coping strategies and resources among teens and the adults who support them.

Project Strategy:

- Develop, implement, evaluate a primary prevention curriculum to help young people understand, navigate, avoid harm from COD.
- Develop, implement, evaluate complementary curricula/training for caregivers and school and youth-serving professionals so that they can effectively support students.
- Develop a solid research base of evidence for core program effectiveness, to establish credibility and allow for future tailoring and broader implementation.

Partnership to End Addiction

Curriculum development :

- Develop and manualize a core CODA curriculum designed for 9-12th graders
- Programming for youth will consist of three sessions of ~40 minutes each
- CODA-related activities offered between sessions

SESSION 1: Introduction to COD

- define COD
- common mental health challenges and substances associated with COD
- risk and protective factors for developing COD
- healthy vs. unhealthy coping skills

SESSION 2: Substance use, mental health & COD

- three ways someone can develop COD
- examples of legal medication use that can increase risk (e.g., opioids for sports injuries, dental work)
- heightened risk due to current drug landscape

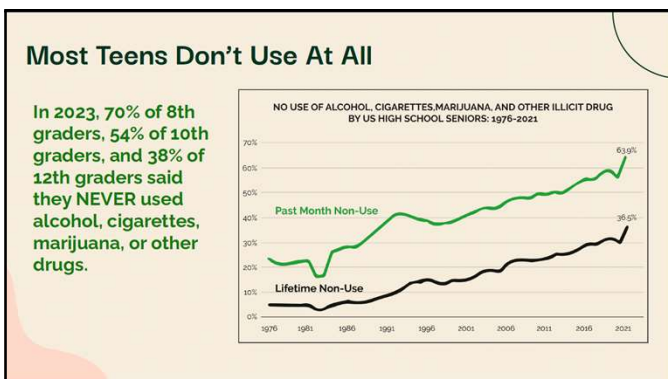
SESSION 3: How to help yourself or a friend

- identify warning signs for COD
- know how and when to help
- identify a trusted adult
- create personalized practical resources









**Those who do use are
at a higher risk than
ever before.**



So, given the risks, what's the attraction?

- Self-medicating in a misguided attempt to feel "okay" or...
 - to respond to stressful life events
 - to dull painful feelings
 - to relax, sleep, or calm anxiety
 - to boost energy, attention, or performance
 - to make socializing easier or to fit in

So What?

Now we *know the risks*.

**Use this knowledge to get the help
and support you or a friend needs
to manage these challenges.**

You got this !!

Partnership to End Addiction

Training & Implementation

- Get school/community buy-in from district administrators, prevention coalitions, health educators, etc.
- Train prevention coalition coordinators in 3 Westchester County communities and leader of faith-based groups to deliver curriculum to a socio-demographically diverse sample of ~300 high school students.
- Curriculum (along with study evaluation materials) will be implemented during health courses and other venues to those with parental consent to participate.

Partnership to End Addiction

Parent & Staff Education & Training

Develop 2 sets of one-hour training presentations for the adult targets:

- parents/caregivers (~25 per site)
- youth-serving professionals – including school personnel, faith leaders, coaches, behavioral health care providers (~25 per site)

To understand COD and how to look for signs and help a young person at risk for or with COD.

The Impact on Parents

Parents with a child struggling with a mental health challenge reported:

At home:

- **Feeling overwhelmed** by their child's needs
- **Increased tension** with their spouse or partner
- **Uncertainty** about where to go for help for their child and whether to seek help at all due to fear or stigma

At work:

- **55%** reported not having enough support from their employer (such as flexibility for appointments or emergencies)
- **18%** reported negative impact on their work performance
- **14%** reported having to leave or stay out of the workforce altogether to address their teen's needs.
- **63%** felt that increased flexibility at work would help in managing their teen's mental health needs.

Cigna, 2022



Data-Driven Approach

Overall Top Priorities



- Local Community Needs Assessment
 - Need identified, partnership background
- Role of Pace University
 - Evaluation method and approach
- Community-Engaged Research
 - Background and benefits

Pace University



Inclusivity and Diversity in Pilot Implementation

- Demographics
 - Pilot program participant demographics
- Special Focus Groups
 - Approach to LGBTQIA+, neurodivergent students, and immigrant families
- Feedback Mechanisms
 - How diverse voices are heard and incorporated

Pace University

Challenges & Solutions

- Anticipated Challenges
 - Potential hurdles in implementation
- Proposed Solutions
 - Strategies to overcome these challenges
- Adaptive Measures
 - Flexibility in the pilot to address unforeseen issues

Partnership to End Addiction & the harris project

Sustainability & Future Plans

- Modify curriculum based on pilot test/feasibility evaluation results.
- Develop a middle school curriculum.
- Develop research protocol to qualify for evidence-based registries.
- Train the trainer program for health teachers, coalition leads, coaches, counselors, etc.
- Larger rollout to New York and nationally, using modified instructor manual and curriculum.

Conclusion and Call to Action



- Collaborate with key stakeholders, including colleges and universities
- Educate and empower about the relationship between substance use issues and mental health challenges
- Integrate into every health curriculum as a key component of prevention programming
- Explore potential funding streams, including Opioid Settlement dollars

Early Intervention Can Be a Game-Changer

Be proactive, not reactive. BE PREPARED...

- Explore ways to connect and support one another:
 - Listen
 - Share – “I’ve noticed that...” “I’m concerned when I see...”
 - Assure and reassure
 - Connect to Resources
 - Explore mindfulness, social emotional tools, hobbies, and passion projects that may be helpful
 - Bonding and group support opportunities



#CODAconnects

#BeTheLink



What if the young person sees themselves or a friend in the narrative?



Even if the agency was engaged in system integration



What if the clinician came up in one system or the other?



What if the supervisors don't have time or the ability to bill to support clinicians gaining mastery in addressing COD?



What if the parents/guardians were still indoctrinated to contract right, stay rooted in abstinence, felt shame?

"Avoid the training trap" – Dr. Ken Minkoff

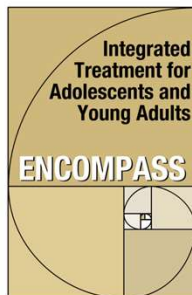
Despite the best intentions

- Individuals were still being denied admission because of co-occurring disorders
- Providers were still referring out for treatment
- Individuals were not getting treatment that addressed both their mental health and substance use disorders
- Clinicians still lacked the confidence to address co-occurring disorders
- Clinicians continue to under appreciate the impact of co-occurring disorders on success



INTRODUCTION TO ENCOMPASS: An Evidence-Based Treatment for Teens and Young Adults

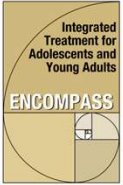

Paula Riggs, M.D., Professor
Director, Division of Addiction Sciences, Prevention, and Treatment
Vice Chair, Department of Psychiatry
University of Colorado School of Medicine



Department of Psychiatry
UNIVERSITY OF COLORADO ANNEKATIE MARSHALL CAMPUS

Encompass

- 6 Westchester providers
- 40 clinicians
- Initial 2-year pilot
- train-the-trainer component
- community and school-based
- meet a wide variety of needs
- phase 4 – SAMHSA Grant


Encompass Protocol

Treatment consists of approximately 16 weekly outpatient individual sessions.

This may also include a family component as clinically indicated to ensure that parents/caregivers have necessary tools.


Uses cognitive behavioral therapy (CBT) and motivational enhancement therapy (MET) to facilitate acquisition of new skills and coping strategies to reduce harmful substance use and improve mental health.

Motivational incentives are used to reinforce abstinence and increase engagement in non-drug pro-social activities to promote a healthy, sustainable drug-free lifestyle.



Encompass Agencies and Clinicians

- Training
- Bi-weekly clinical consultation for 2 years
- Alternate week agency clinical consultation
- Supervisor and leads meetings quarterly
- Train the trainer
- Grant and opioid settlement awards to fill gaps



Role of the Wraparound Coordinator

(don't ask, if you can't help)

How can we identify those who could benefit from treatment?

How best to motivate them to engage in treatment?

So.... Is SBIRT Working?

Their screening results indicate that you may have a substance use disorder. I'm going to refer you to substance treatment.

Is that something you would be interested in?

No

SBIRT has increased substance screening but not % entering treatment

< 10 % of adolescents who could benefit from substance treatment receive it.

SBIRT hasn't changed this

So, what do we do?
How do we fix this?

Substance Screening

Screening to Brief Intervention (S2BI) Tool

The following questions will ask about your use of alcohol, tobacco, and other drugs. Please answer every question by checking the box next to your choice.

IN THE PAST YEAR, HOW MANY TIMES HAVE YOU USED:

Tobacco? or nicotine (e.g. vaping)? <input type="radio"/> Never <input type="radio"/> Once or twice <input type="radio"/> Monthly <input type="radio"/> Weekly or more	Alcohol? <input type="radio"/> Never <input type="radio"/> Once or twice <input type="radio"/> Monthly <input type="radio"/> Weekly or more	Marijuana? <input type="radio"/> Never <input type="radio"/> Once or twice <input type="radio"/> Monthly <input type="radio"/> Weekly or more	STOP if answers to all previous questions are "Never." Otherwise, continue with questions on the back.
Prescription drugs that were not prescribed for you (such as pain medication or Adderall)? <input type="radio"/> Never <input type="radio"/> Once or twice <input type="radio"/> Monthly <input type="radio"/> Weekly or more			Inhalants (such as nitrous oxide)? <input type="radio"/> Never <input type="radio"/> Once or twice <input type="radio"/> Monthly <input type="radio"/> Weekly or more
Illegal drugs (such as cocaine or Ecstasy)? <input type="radio"/> Never <input type="radio"/> Once or twice <input type="radio"/> Monthly <input type="radio"/> Weekly or more			Herbs or synthetic drugs (such as salvia "K2", or bath salts)? <input type="radio"/> Never <input type="radio"/> Once or twice <input type="radio"/> Monthly <input type="radio"/> Weekly or more

S2BI Tool developed at Boston Children's Hospital with support from the National Institute on Drug Abuse. It is best used in conjunction with "The Adolescent S2BI" Tool for Providers. Please go to childrenshospital.org for changes.

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Substance screening: Interpretation and response

No use in past year

- ACTION:** Teen should be congratulated (positive reinforcement) for making a healthy decision; ideally link decision not to use drugs/alcohol to their goals/values (e.g. good grades; sports performance, etc)

Examples:

- "It's a great decision to avoid tobacco, alcohol, and drugs — it's one of the best ways to protect your health."
- "I think you're making a great choice to stay away from drinking and smoking. From our conversations I know getting good grades and doing your best on the track team are important to you and avoiding substances makes those things easier. The truth is, most kids your age aren't drinking or smoking and I'm glad you've made that decision too. If that changes and you decide to experiment with alcohol, marijuana or tobacco, please talk about it with me so I can help answer any questions you might have and make sure you have the facts you need to make an educated decision."

ONCE OR TWICE IN PAST YEAR

- ACTION:** Brief Advice

EXAMPLE:

- "Thank you for answering questions honestly. I see that you used marijuana once or twice last year. As your doctor, my hope is you will stop using it completely for the sake of your health. If it's OK, I'd like to give you a little information about marijuana. Over time it's likely to interfere with your brain's development, making it harder to do well in school, as well as impact your lungs which work directly against all the training you're doing at track practice."

I'm worried it's going to make it harder to do the things you say are important to you. For these reasons, I recommend that you quit. You may have heard lots of different things about marijuana and all of that information can be confusing.

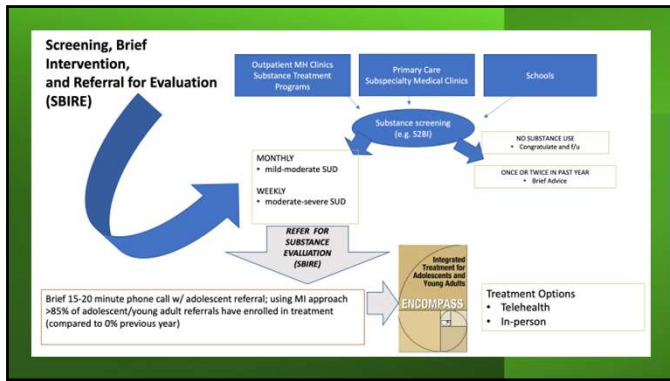
Do you have any questions about how marijuana can affect your body, mood or brain?"

Monthly to Weekly in Past Year

Screening, Brief Intervention and Referral for Evaluation (SBIRE)

Brief telephone outreach using MI

> 70% of referred youth have enrolled in Encompass/substance treatment compared to 0% previous year



Encompass Referral Form

Patient Name:	
Patient DOB:	
Patient Phone:	
Patient Insurance:	
Medi-Cal ID:	
Patient Email:	
Patient Photo ID:	
Referral Source and Date of Referral:	
Clinical Information:	Include screening information, brief patient history and E/U to correct parent if adolescent unavailable
Encompass Therapist:	

Welcome Teens!

Inclure

GET READY FOR INCLURE!

- Fun, prevention centers for ALL high school aged youth
- Safe space to create friendships
- Engaging activities that support wellness and recovery
- Building confidence through positive interactions

WE WOULD LIKE YOU TO JOIN US!

Are you ready to provide your perspective to develop an exciting new event and activity platform for high school aged youth across Westchester?

Contact Devinda James, Inclure Coordinator for more information:
@damez@wchs.com

BECOME A TEEN INCLURE AMBASSADOR

Scan the code to register and learn more!

In Partnership with:

Interested in becoming an Inclure Teen Ambassador?

Let's get started! →

Programming for High School Age Youth in Westchester County

WHAT IS INCLURE ALL ABOUT?

- Inclure is a brand new initiative created to bring high school aged youth social and recreational programming in a safe space geared towards supporting teen wellness and recovery.
- DID YOU KNOW INTERACTING WITH OTHERS:
 - Boosts feelings of well-being
 - Decreases feelings of depression
 - Improves mood and physical health
- ALL INTERESTED HIGH SCHOOL AGED YOUTH ARE WELCOME TO GET INVOLVED!
- Give youth an opportunity to have a voice about what they want, so they have a vested interest - Inclure Teen Ambassadors.
- Inclure - French for "encompass" is a multi-community organization collaborative project to include all of Westchester County.

What would an Inclure Teen Ambassador Do?

Ambassador

a person who acts as a representative or promoter of a specified activity.

Represent
An Inclure Teen Ambassador would get to be the "face" of the Inclure project!

Promote
An Inclure Teen Ambassador would get to promote Inclure activities and programs!

Plan
An Inclure Teen Ambassador would get to plan/attend Inclure's activities and programs!

Shape
YOU would get to create the Inclure model and make Inclure what teens want it to be!

Inclure provides substance-free social and recreational events for high school age youth in Westchester County.

May 2024

EVENT DETAILS

Interested in attending events...Register [HERE!](#)

For more information, please contact Daveda James at (914)462-0022/djames@wjcs.com

To become an Inclure Member click the [HERE!](#)

To become an Inclure Teen Ambassador click the [HERE!](#)

FOLLOW US [@inclure4teens](#)

- Inclure Event
- Community/Inclure Event
- Community Partner Event
- Virtual Event

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 MENTAL HEALTH MONDAYS Hunk on Fuel 11:00-1:00	6 MENTAL HEALTH MONDAYS 5p-7p Point in the Garden 11:00-1:00	7 MENTAL HEALTH MONDAYS Walk Around Memorial Field 5:00	8 MENTAL HEALTH MONDAYS Walk Around Memorial Field 5:00	9 MENTAL HEALTH MONDAYS Walk Around Memorial Field 5:00	10 MENTAL HEALTH MONDAYS Walk Around Memorial Field 5:00	11 MENTAL HEALTH MONDAYS Walk Around Memorial Field 5:00
12 MENTAL HEALTH MONDAYS 5p-7p Point in the Garden 11:00-1:00	13 MENTAL HEALTH MONDAYS 5p-7p Point in the Garden 11:00-1:00	14 MENTAL HEALTH MONDAYS 5p-7p Point in the Garden 11:00-1:00	15 MENTAL HEALTH MONDAYS 5p-7p Point in the Garden 11:00-1:00	16 MENTAL HEALTH MONDAYS 5p-7p Point in the Garden 11:00-1:00	17 MENTAL HEALTH MONDAYS 5p-7p Point in the Garden 11:00-1:00	18 MENTAL HEALTH MONDAYS 5p-7p Point in the Garden 11:00-1:00
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SAMHSA TREE GRANT

Westchester Co-Occurring System of Care (COSOC)- TREE
Supporting Adolescents and Transitional Aged Youth with Co-Occurring Disorders,
and their Families, through a Wraparound System of Care

Westchester County Office of Mental Health

GOALS

- Increase awareness & identification of youth with substance use issues and mental health challenges
- Increase clinical workforce, capacity and youth access & engagement in integrated treatment for co-occurring disorders---Encompass
- Enhance recovery support services and resources & services for parents/caregivers

ENCOMPASS training > 40 clinicians @ 5 participating agencies
Youth & Recovery Support Coordinator (YRSC)---Encompass therapist and trainer; SBIRE trained (L.R. LCSW) provides centralized "concierge" referral triage

- SBIRE ---Direct outreach using MI to youth referrals throughout the county
- Actively facilitates treatment engagement & Encompass therapist assignment across 5 participating agencies
- Leads learning collaboratives w/ Encompass therapists at each site alternating w/weekly Encompass clinical consultation calls
- Supports intervention fidelity & collects detailed clinical progress and outcome data on all Encompass enrolled patients (reductions in substance use/psychiatric symptom severity, treatment compliance)

- **CRAFT and Invitation To Change** (parents of Encompass-enrolled youth)
- **INCLURE PROGRAM**---leveraging community-based resources to provide substance free social and recreational activities to support well-being and recovery (theharrisproject.org)

What's next...

- Where does prevention fit in?
- Are you interested in implementing Encompass?
- How can you do the model with fidelity?
- What are potential funding streams?
- How do you engage with existing youth-serving places and spaces?

Stephanie Marquesano,
Founder and President
the harris project
stephanie@theharrisproject.org
 914-980-6112




the
harris
project

CONTINUING EDUCATION

A certificate of continuing professional development for up to 4.25 contact/clock hours will be made available by TAMHO to all participants upon request for documentation of clock/contact hours earned during this conference.

Please visit the conference landing page, using the QR code for CE details.

It is the responsibility of the event attendee to use their professional judgment, to justify that the continuing educational programs attended meet the guidelines of their respective licensure or certification boards/agencies and is relevant to their professional practice.



SCAN ME

The following accrediting agencies have approved this event for up to 4.25 units/contact/clock hours.

National Association of Social Workers, Tennessee Chapter

Professional Counselors, Marital and Family Therapists, and Clinical Pastoral Therapists

Licensed Alcohol and Drug Abuse Counselors (LADAC)

Tennessee Certified Peer Recovery Specialist (CPRS)

Tennessee Certified Family Support Specialist (CFSS)

Tennessee Certified Young Adult Peer Support Specialist (CYAPSS)
