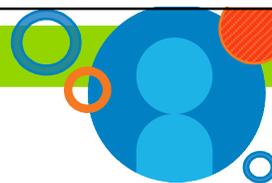


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## BUILDING PREVENTION WITH FAITH

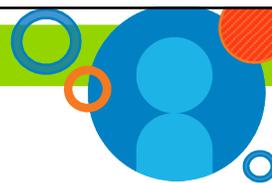
**Tracy Johnson**

Founder & Managing Partner of TTJ Group, LLC



PreventionFIRST!

2020 Coalition Academy



### Housekeeping Notes:

- Continuing education will only be awarded for those who view the live session
- You must attend the entire training to receive continuing education hours
- Post event evaluation surveys are required to receive continuing education
- For Social Work/Mental Health Counselor credits you must provide your license number in the post event evaluation survey
- For CHES credits, you must provide your CHES ID in the post event evaluation survey
- You will receive your certificate for continuing education by email within **30 days** of this training.



# "BUILDING PREVENTION WITH FAITH"

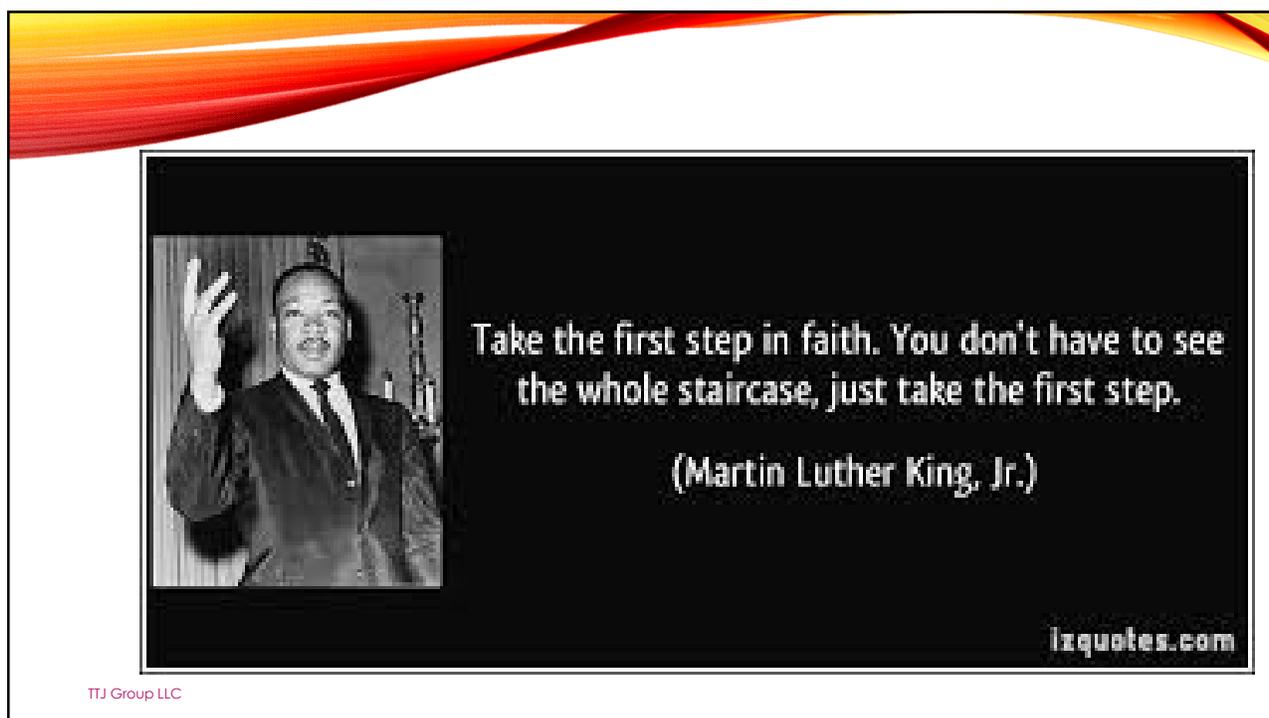
PREVENTION FIRST COALITION ACADEMY  
SEPTEMBER 29, 2020

Tracy Johnson  
TTJ Group, LLC



FAITH & TRADITION  
IN ACTION

THE POWER OF  
PREVENTION



## HISTORY OF LEADING THE WAY



## A CONNECTION WITH THE HUMAN SUFFERING



# A LONG LEGACY OF REVERSING SOCIETAL ILLS



# FAITH-BASED WAS THERE WHEN . . .



## SLAVERY

- What was the impact of the faith communities?



## WHEN THERE WAS HOMELESSNESS

- What was the impact of the faith communities?



## WHEN THERE WAS INJUSTICE



- What was the impact of the faith communities?

## COMMUNITY CRIME & VIOLENCE

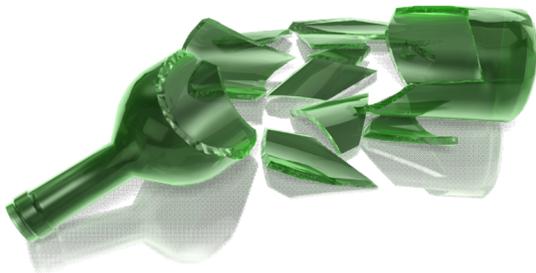


## POVERTY



- What was the impact of the faith communities?

## ALCOHOL DEPENDENCE



- What was the impact of the faith communities?

Faith-based organizations have a long history of dealing with a wide range of substance abuse issues:

- Treatment
- Aftercare support
- Prevention

MUCH OF WHAT COMMUNITY MEMBERS LEARN ABOUT ALCOHOL, TOBACCO AND OTHER DRUG USE IS CONVEYED THROUGH WHAT THE FAITH COMMUNITY SAYS OR DOES NOT SAY ABOUT IT.



THE PREVENTION FIELD HAS FORGED “LINKS” WITH THE FAITH COMMUNITY BECAUSE IT RECOGNIZED THE IMPORTANCE OF FAITH AND SPIRITUALITY AS DETERRENTS TO SUBSTANCE ABUSE.



## LOCAL RESOURCES

- What have faith-based/spiritual institutions done or are currently doing to be involved to impact the addiction epidemic?

Involvement of faith organizations in substance misuse/abuse prevention is important because...

1. Faith groups exist in nearly every community throughout the country.
2. The presence of faith groups lends credibility.
3. Faith groups touch people of all ages, economic levels, and ethnicities, and mobilize them.
4. They provide a sense of community and responsibility.
5. Members look to and respect the opinions and guidance of their faith leaders.

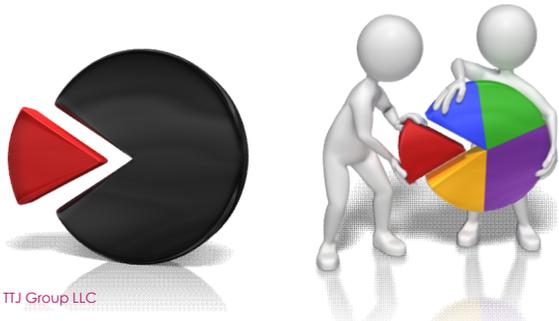
Involvement of faith organizations in substance abuse prevention is important because...(cont'd)

6. Clergy and laity recognize substance abuse as an important issue among family members in their congregation.
7. There is support from congregational members.
8. They provide opportunities to work with families who might otherwise not be involved in prevention.
9. Religion & Spirituality are key protective factors in the prevention and treatment of substance abuse and in maintaining recovery.

# CONSIDERATIONS OF FAITH

## Single Approach

- The expected impact of any single prevention program is likely to be limited and difficult to isolate.



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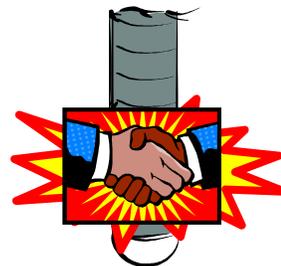
## Broad community approach

- Meaningful dialogue and an understanding of the role of faith, spirituality, and the importance of faith-based programs.
- Consideration of the medical research on faith, spirituality, religion, and health.
- Generate better outcomes.

# DON'T BE A HIGH FLYING SERVICE SILO ....

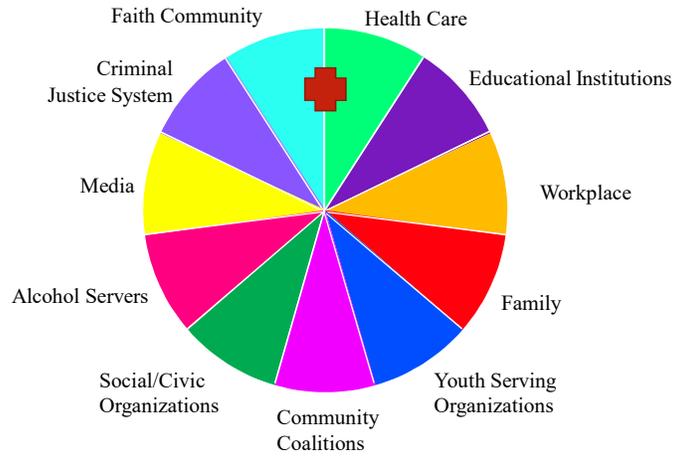
• The POWER

• is in the PARTNERSHIP!

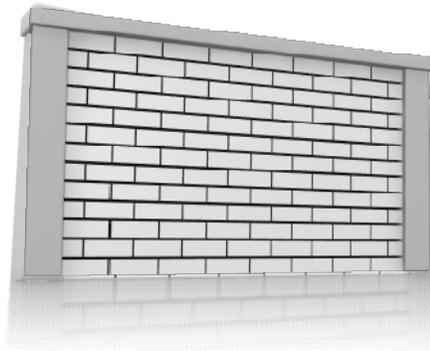


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## The Larger Community



SO WHAT ARE THE BARRIERS BETWEEN THESE SECTORS?



## WHAT CAN FAITH BASED/SPIRITUAL GROUPS DO?

- Leadership is engaged
- Infrastructure is in place to support the need of those who are using opioids and their families
- There is Strategic Plan/Direction is in place for you to participate in
- Opioid prevention knowledge at the community level
- Evidence-based programs (for youth & young adults) in place
- Staff/Personnel/Members becomes knowledgeable on opioid prevention
- Resources allocated and available to address opioid prevention, intervention and/or recovery

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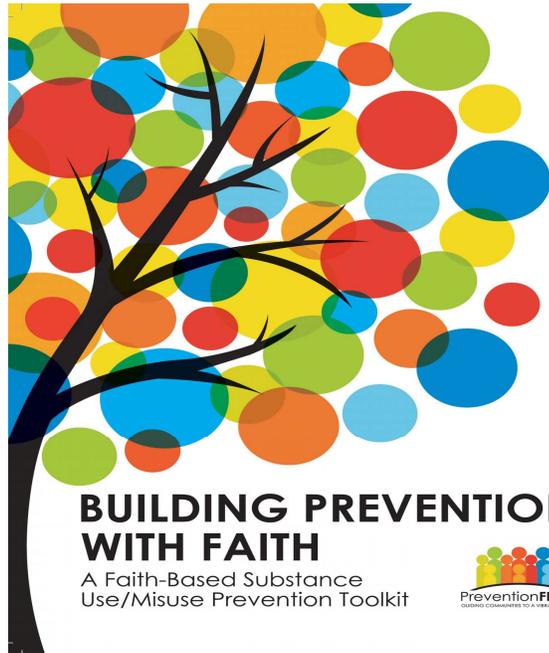
## THE FAITH COMMUNITY CAN:

- Provide assistance to congregational members and staff troubled by substance abuse problems
- Help members develop personal guidelines for substance use and nonuse
- Help members understand the spiritual dimension of substance abuse problems and prevention
- Work with other community organizations to design and implement community-based prevention efforts
- Develop a framework for integrating prevention within the congregation

## A FAITH TOOL KIT



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## THIS TOOL KIT:

- Created by Empowering Communities & PreventionFirst!
- Combines Faith Partners Team Ministry with general strategies for preventing substance misuse/abuse.
- Created by Authors Vicki Culler & Katrina Wyche(see bios)
- Edits & Updates in 2019
- Is NOT a curriculum, Does NOT need to be implemented from beginning to end
- Is NOT a one size fits all! NOT for every culture, faith, age group or city!

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## THIS TOOL KIT :

- Is common sense, NOT controversial
- NOT everything will fit your congregation's needs
- Use A Team approach when implementing this tool kit
- Designed to give information that will help you feel more comfortable with bringing prevention into your faith community
- Give you tools to choose from to teach or implement the information

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## THIS TOOL KIT IS :

- To give you resources to learn more
- A collection of items people have found helpful in bringing prevention into the faith community
- A foundation to work from and help you work more effectively.
- To give you choices of what strategies works best for your faith community

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## THIS TOOL KIT :

- Begins with an overview of Prevention
- Reviews Prevention models and resources to fit these models
- Reviews how to develop a Prevention team & ministry plan
- Introduces prevention to your faith community & get other ministries involved.
- How to evaluate your efforts
- Includes workshops, tools and other resources to bring prevention into your faith community

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## THIS TOOL KIT IS FOR INDIVIDUALS WHO:

- Are working to help their congregations become the asset-rich, nurturing, challenging, and healthy communities that they can be.
- Have been passionately committed to a recovery ministry for many years, but also see the urgent need for a prevention ministry.
- Are not part of a specific ministry group, but have a desire to incorporate prevention information and activities into their work within the congregation.

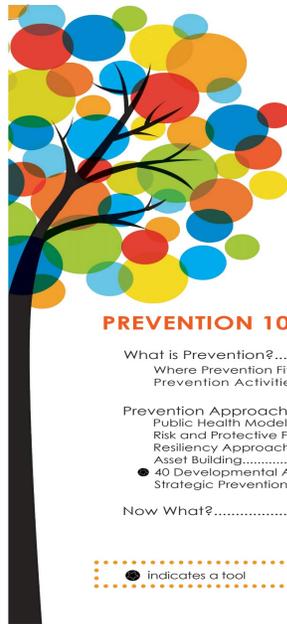
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- Introduction
- Prevention 101
- Getting Organized
- How Do I Know It Worked?
- How Do I Do Prevention in My Congregation
- What A Faith Community Can Do For Someone In Trouble with Substance Use Disorder
- Resources
- Acknowledgements

NOTE: Symbols – Tools & PowerPoint

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## PREVENTION 101

What is Prevention?.....	8
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● indicates a tool      □ indicates a USB PPT

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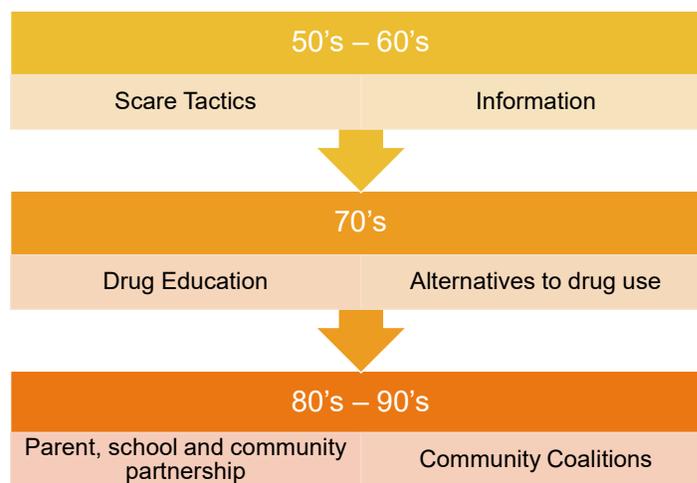
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## PREVENTION IS: ACROSS THE LIFESPAN

- Infants – FASD, effects of maternal substance use
- Children - second-hand smoke, drug endangered children, secondary effects
- Adolescents – onset and experimentation, susceptibility of developing brain and bodies
- College-aged and Adults – progressive form of substance use and dependence
- Older adults – prescription drug use and misuse

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## HISTORY OF PREVENTION



## PREVENTION IS...

Supporting people who are struggling and give them resources to help them succeed.

A collection of culturally appropriate and evidence based programs & activities which keep people from moving into misuse, abuse or substance use disorder.

Preventing or delaying the onset of behavioral health problems.

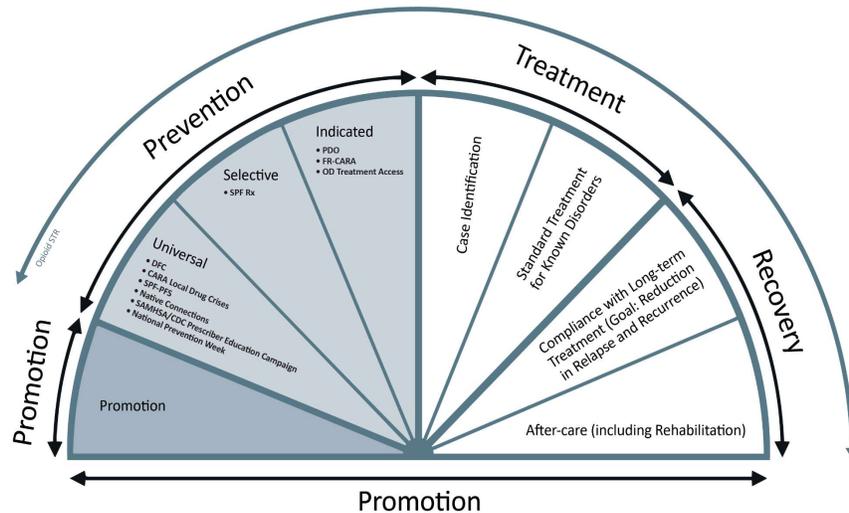
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## PREVENTION IS...

- The adoption of effective prevention practices within a framework better than service silos
- Common data sets across service systems can help assess prevention efficacy and promote accountability
- Understanding where it is as a key part of a continuum

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## Behavioral Health Continuum of Care



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**Information Dissemination:** One-way communication from source to the audience. This strategy provides information about the signs and symptoms of drug use, abuse, and substance use/misuse disorder. This also provides information on available prevention programs and services.

**Prevention Education:** Two-way communication and interaction between the educator and the audience. The goal is to positively affect the life, social skills, and decision-making skills of the participants.

**Alternative Activities:** Planned alcohol, tobacco, and other drug-free activities for a targeted population.

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**Community-Based Processes:** Equips the community to provide more effective prevention and treatment services for substance use/misuse through various activities. These activities include organizing, planning, collaboration, coalition building, networking, and training.

**Environmental Approaches:** Seeks to establish or change community standards and norms, ultimately affecting the use and prevalence of substance use/misuse in the general population.

**Problem Identification and Referral:** Identifies those who may abuse, or become dependent on the use of alcohol or other drugs. The goal is to determine if their behavior can be reversed through education, or whether they need a referral for assessment.

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## FIVE APPROACHES TO PREVENTION

- Public Health Models
- Risk & Protective Factors
- Resiliency Approach
- Asset Building/40 Developmental Assets
- Strategic Prevention Framework

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## TYPES OF PREVENTION STRATEGIES

- Direct
  - Directly serve an identifiable group
  - Includes interpersonal and ongoing/repeated contact
- Indirect
  - Interventions supporting population-based programs and strategies
  - Include programs and strategies implemented by coalitions

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## COMMON INEFFECTIVE PREVENTION STRATEGIES INCLUDE:

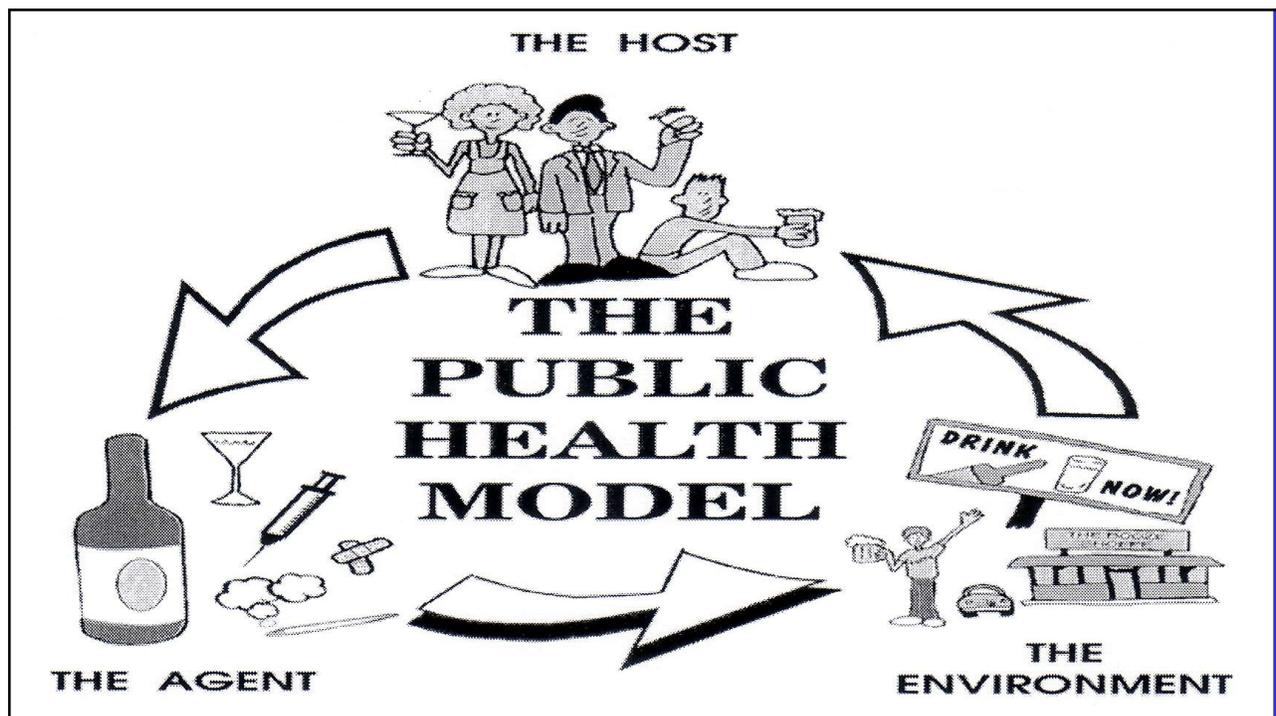
- Student drug testing
- Motivational/Cautious speakers
- Punitive or zero tolerance approaches
- Scare tactics

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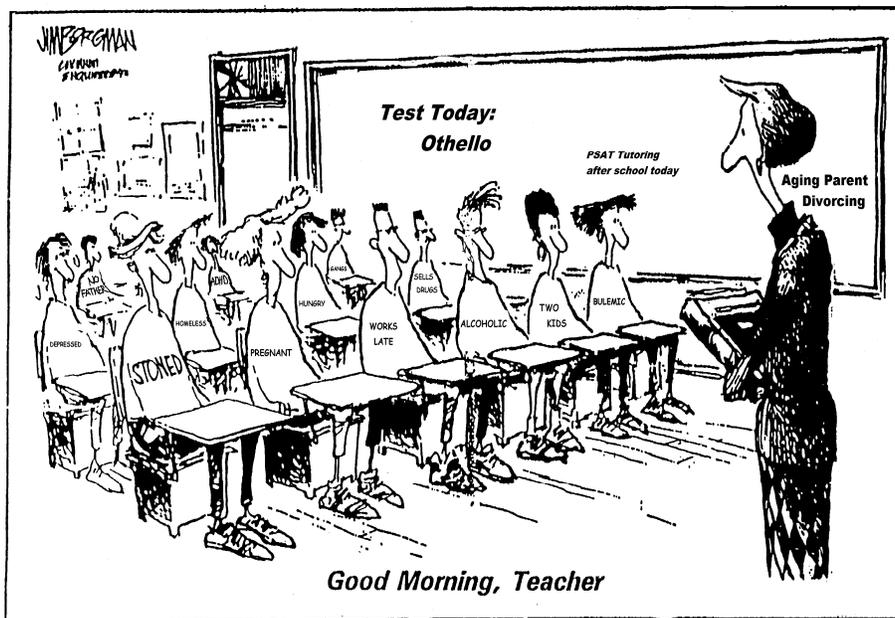
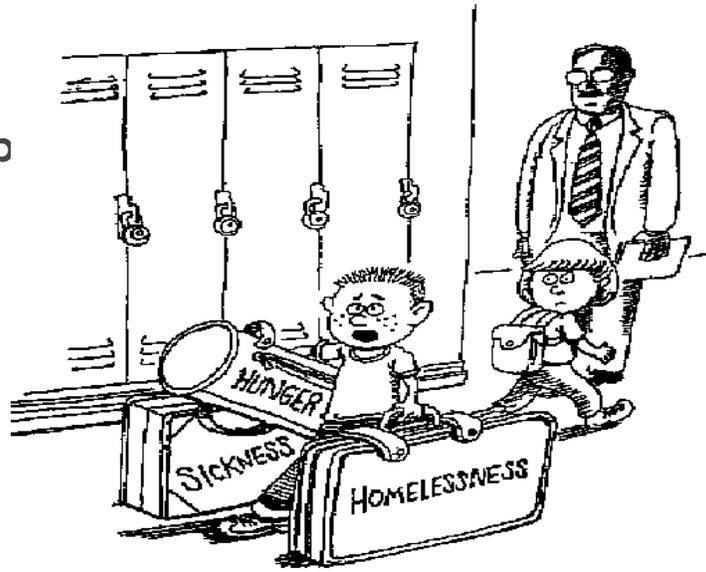
## PUBLIC HEALTH MODEL

- Who is likely be affected by the problem? (the host)
- What causes the problem? (the agent)
- Where does the host live? (the environment)

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“Could someone help me with these?  
I’m late for math class.”

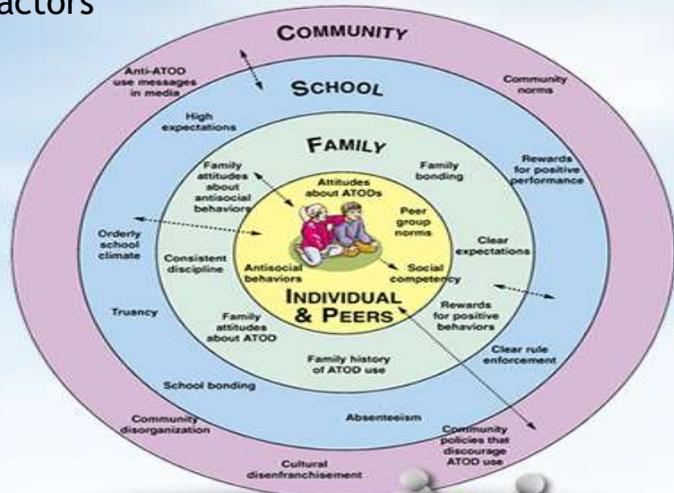


# KEY INFLUENCERS OF RISK & PROTECTIVE FACTORS

- Social Development Research Group, University of Washington
  - J. David Hawkins, Ph.D., Founder,
  - Richard (Rico) Catalano, Ph.D., Co Founder
  - Kevin Haggerty, Ph.D. Director
- Risk and Protective Factors associated with health and risk behaviors in youth (1992)
  - Source: Hawkins, J.D., Catalano, R.F., & Miller, J.Y. (1992). Risk and protective factors for alcohol and other drug problems in adolescence and early adulthood: Implications for substance abuse prevention. Psychological Bulletin 112, 64-105

## Risk Factors & Protective Factors

A number of factors have been identified that protect adolescents or, alternatively, put them at risk for drug use and other high-risk behaviors. These factors concern different personal and environmental factors, e.g. the community, the school setting, family, peer group and individual characteristics



*Saving Lives & Money*



## KEY STRENGTHS OF RISK AND PROTECTIVE FACTORS

- Exist in Multiple Contexts
- Are Correlated and Cumulative
- Individual Factors Can Be Associated With Multiple Outcomes
- Are Influential Over Time

## RESILIENCY APPROACH

- Based on the concept that there are protective factors (personal, social, familial, and institutional safety nets)
- Which enable individuals to maintain competent functioning in the face of major life stressors.
- An individual's resilience at any moment is calculated by the ratio between the presence of protective factors & the presence of hazardous circumstances.

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## RESILIENCY APPROACH

- Adventure Learning!
- Arts-Based Learning!
- Service-Learning!
- Cooperative Learning!
- Project-Based Learning!
- Mentoring/Peer Helping

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## THE ASSET APPROACH

- Search Institute, non-profit organization
- Since 1989, research on developmental assets that promote healthy behavior in youth
- Current framework: 40 developmental assets
- Based on research with 217,000 sixth to twelfth graders in 318 communities: consistent relationship between *the* number of assets present in young people's lives and the degree to which they develop in positive and healthful ways

• © 1999 by Search Institute<sup>SM</sup>, Minneapolis, MN; [www.search-institute.org](http://www.search-institute.org). All rights reserved.



- ✘ Emphasizes strengths in people
- ✘ Focuses on youth as resources, not problems
- ✘ Focuses on increasing the number of assets present in youth's lives
- ✘ Is a "promising framework"

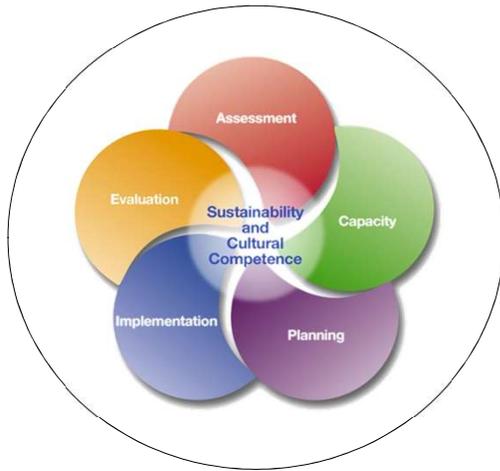
## DEVELOPMENTAL ASSETS FRAMEWORK

## ASSETS

Receive Support  
 Neighbors Encourage  
 Feel Safe  
 Adult Positive Models  
 Feel Valued  
 Family has Standards  
 Parents feel that the  
 school helps

Want to do well  
 Read for Pleasure  
 Stand up for Beliefs  
 Accept Responsibility  
 Resist Peer Pressure  
 Optimistic  
 Life has Purpose

# SAMHSA'S STRATEGIC PREVENTION FRAMEWORK (SPF)



## **Assessment**

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

## **Capacity**

Build capacity to address needs

## **Planning**

Develop a Comprehensive Strategic Plan

## **Implementation**

Implement evidence-based prevention programs and activities

## **Evaluation**

Monitor, evaluate, sustain, and improve or replace those that fail

## FEATURES OF THE SPF

- Data-driven decision making
- Outcome-based prevention
- Population-level change

## CULTURAL COMPETENCE AND SUSTAINABILITY

### Cultural competence

Involves recognizing and embracing racial, ethnic, and socioeconomic similarities and differences to meet diverse community needs and offer inclusive and targeted services.

### Sustainability

The process through which a prevention system becomes a norm and is integrated into ongoing operations.

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## INTRODUCING PREVENTION TO THE CONGREGATION

- What Is Prevention (pg. 88)
- Why the Faith Community (pg. 89)
- Getting Started in Your Faith Community (pg. 90)
- Working with other Ministries (pg.91)
- Reflections (pg. 93)
- Sample Bible Study Sessions on Prevention (pg.94-96)
- Developmental Assets & Scripture (pg.99)

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## INTRODUCING PREVENTION TO THE CONGREGATION

- Sample Newsletter Article (pgs. 100-102)
- Guidelines for Alcohol Use (pgs. 104-105)
- Dietary Guidelines for Alcohol Use (pgs.105-107)
- Hazards of Excessive Drinking (pgs.107-110)
- Drinking Guidelines Summary (pg. 111)

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**STRONGER TOGETHER**  
*Faith & Community*



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## REMEMBER

**You don't change culture through emails and memos. You change it through relationships... one conversation at a time.**

@SteeleThoughts

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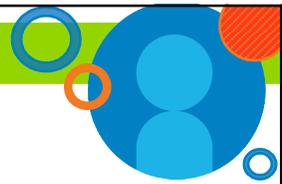
## QUESTIONS



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# PreventionFIRST!

## 2020 Coalition Academy



### Post Training Info:

- Please complete the evaluation survey in the post event email.
- The recording and supplemental materials will be available on the PreventionFIRST! website under **TrainingHUB**.

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