



North Dakota Substance Use Prevention

North Dakota Behavioral Health Planning Council - 7/2024



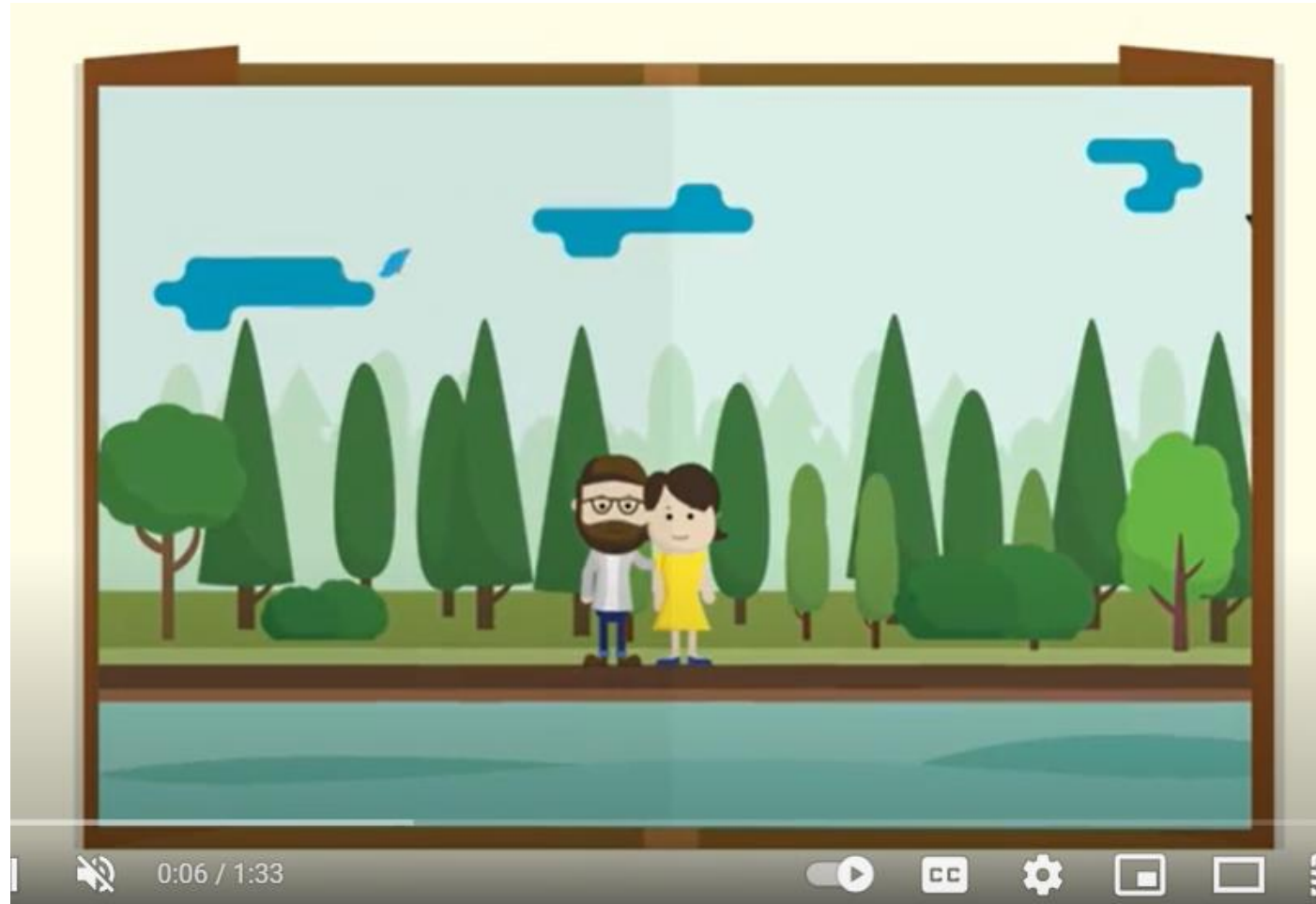
Health & Human Services



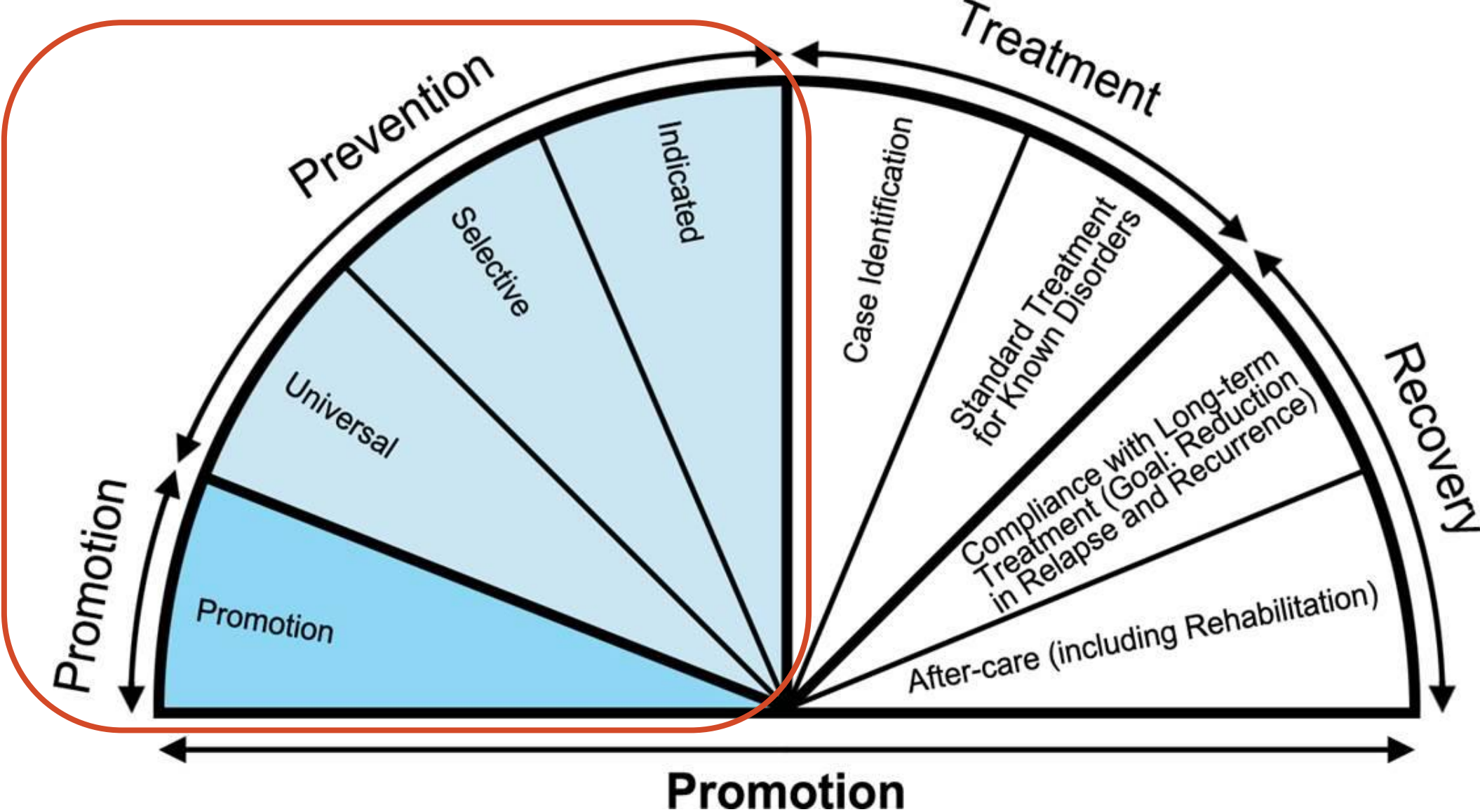
Agenda

- Overview of Prevention
- BHD Prevention – What We Do
 - Federal Grants – SUPTRS
 - Training and Technical Assistance
 - Communication
 - Federal Grants - PFS
 - Early Intervention
- MHBG requirements related to prevention

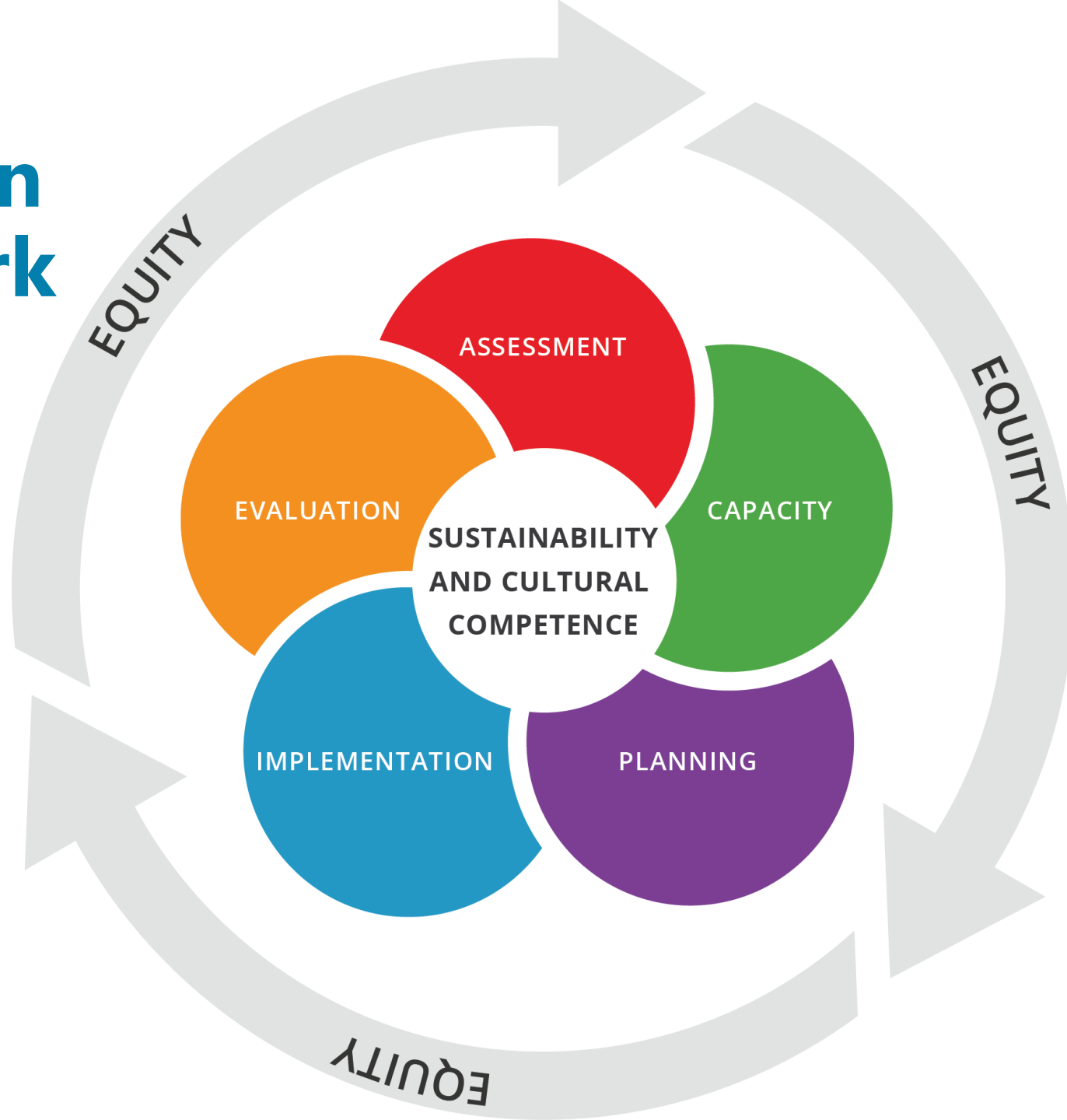
What is Prevention?



Behavioral Health Continuum of Care



Strategic Prevention Framework (SPF) model



Risk and Protection

Many factors influence an individual's likelihood to develop a substance abuse or related behavioral health problem.



Risk Factor

A characteristic at the biological, psychological, family, community, or cultural level that precedes and is associated with a higher likelihood of problem outcomes

Protective Factor

A characteristic at the individual, family or community level that is associated with a lower likelihood of problem outcomes

Risk and Protective Factors

RISK FACTORS

- **Early initiation of problem behavior**
- Gang involvement
- **Academic failure** beginning in late elementary
- Lack of commitment to school
- **Family** history of problem behavior
- **Family** management problems
- **Family** conflict
- Availability of alcohol/other drugs (retail and social)
- **Community** laws and norms favorable to drug use
- Transitions and mobility
- Low neighborhood attachment and **community** disorganization

PROTECTIVE FACTORS

- Bonding to **peers, family, and community** with healthy beliefs and standards
- Attachment to peers, family, and community with healthy beliefs and clear standards
- Opportunities for pro-social involvement
- Recognition for pro-social involvement

Risk and Protective Factors



Effective prevention focuses on

- **reducing those RISK factors,** and
- **strengthening those PROTECTIVE factors,**

that are most closely related to the problem being addressed.

Evidence-Based Prevention

Population-Based Approach

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



Prevention Works

68%

of North Dakota adults agree/strongly agree, prevention is a good investment.

(CRS, 2022)

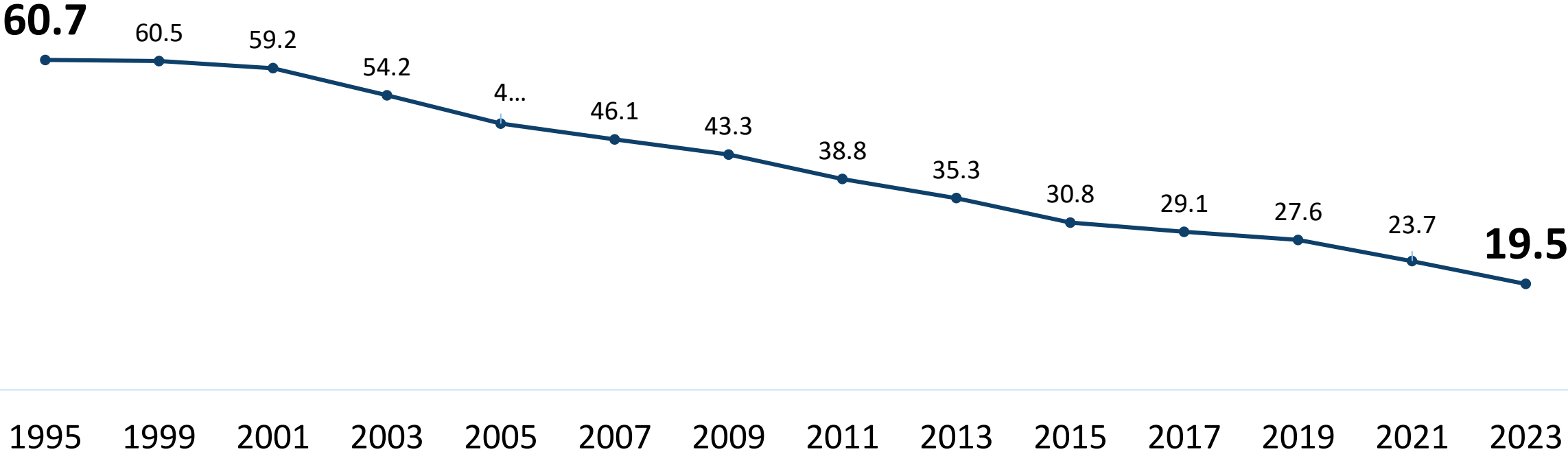
Evidence-based prevention strategies decrease the likelihood of disease, suffering and death – saving lives and money.

Every dollar invested in evidence-based prevention strategies yields **\$64** in savings.¹



Prevention Works - Underage Drinking

Percentage of ND high school students who currently drank alcohol (past 30 day use) ND YRBS



Prevention Outcomes

The percentage of ND high school students who report having their **first drink before age 13** has decreased from **32.3% in 1995 to 11.4% in 2023.**

The percentage of ND high school students reporting **current cigarette use** dropped from **39.6% in 1995 to 5.9% in 2021.**

Behavioral Health Division Prevention

What We Do



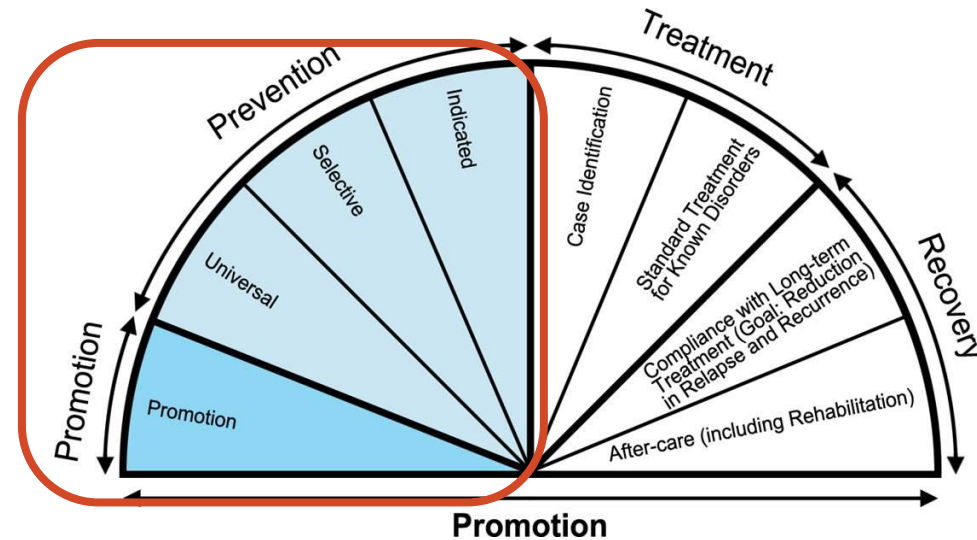


Federal Grant Administration

Substance Use Prevention, Treatment and Recovery Services (SUPTRS) Block Grant

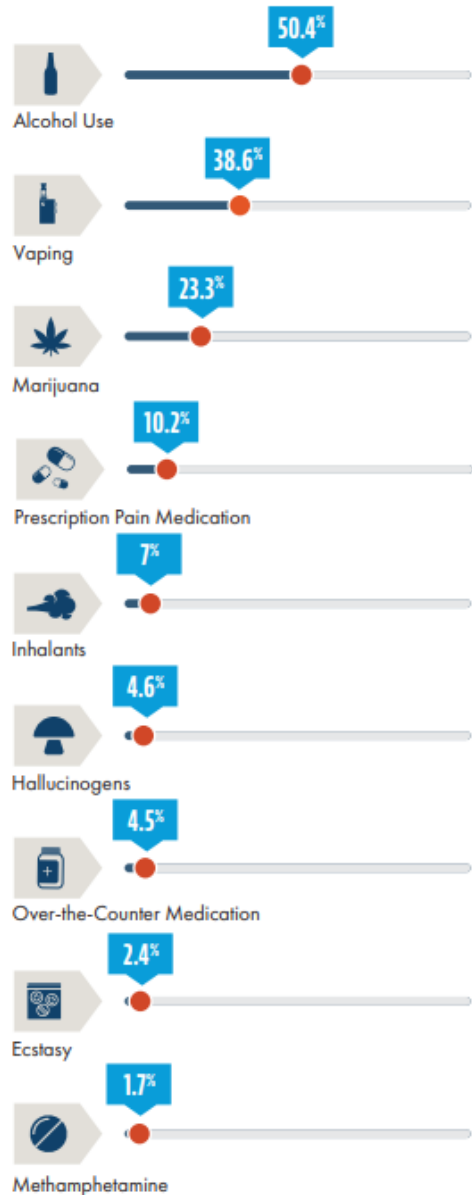
SUPTRS Block Grant Prevention Set-Aside

- SAMHSA requires that grantees spend no less than 20% of their SUPTRS allotment on substance use primary prevention strategies.
- These strategies are directed at individuals **not identified to be in need of treatment**.



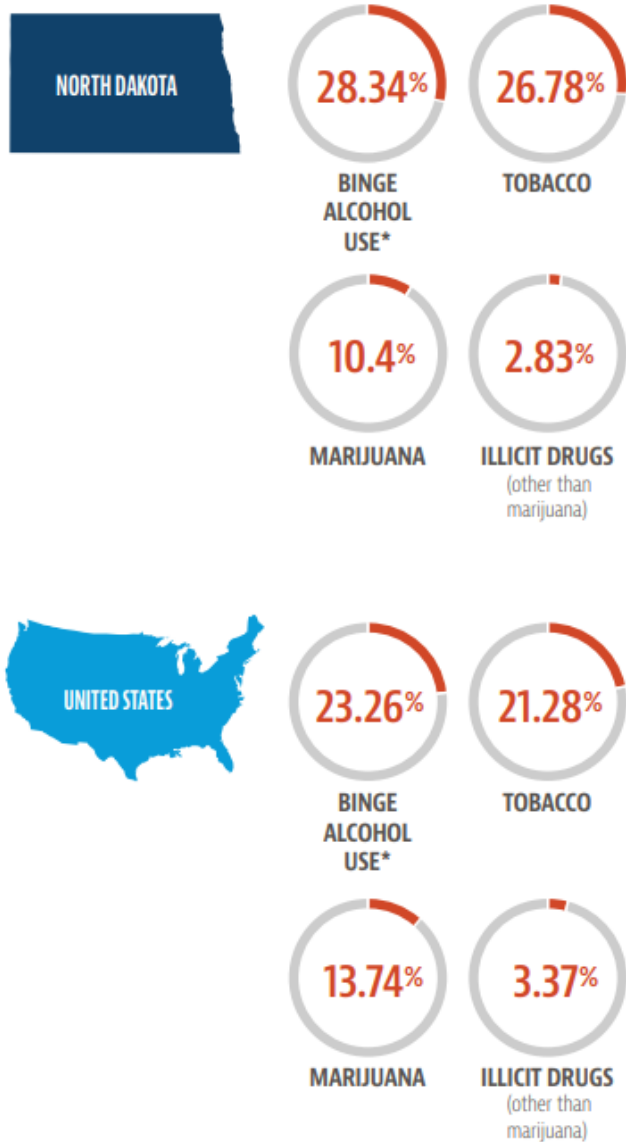
YOUTH (HIGH SCHOOL STUDENTS)¹

LIFETIME Substance Use



ADULTS (AGES 18+)³

PAST 30-DAY Substance Use



Driven by data

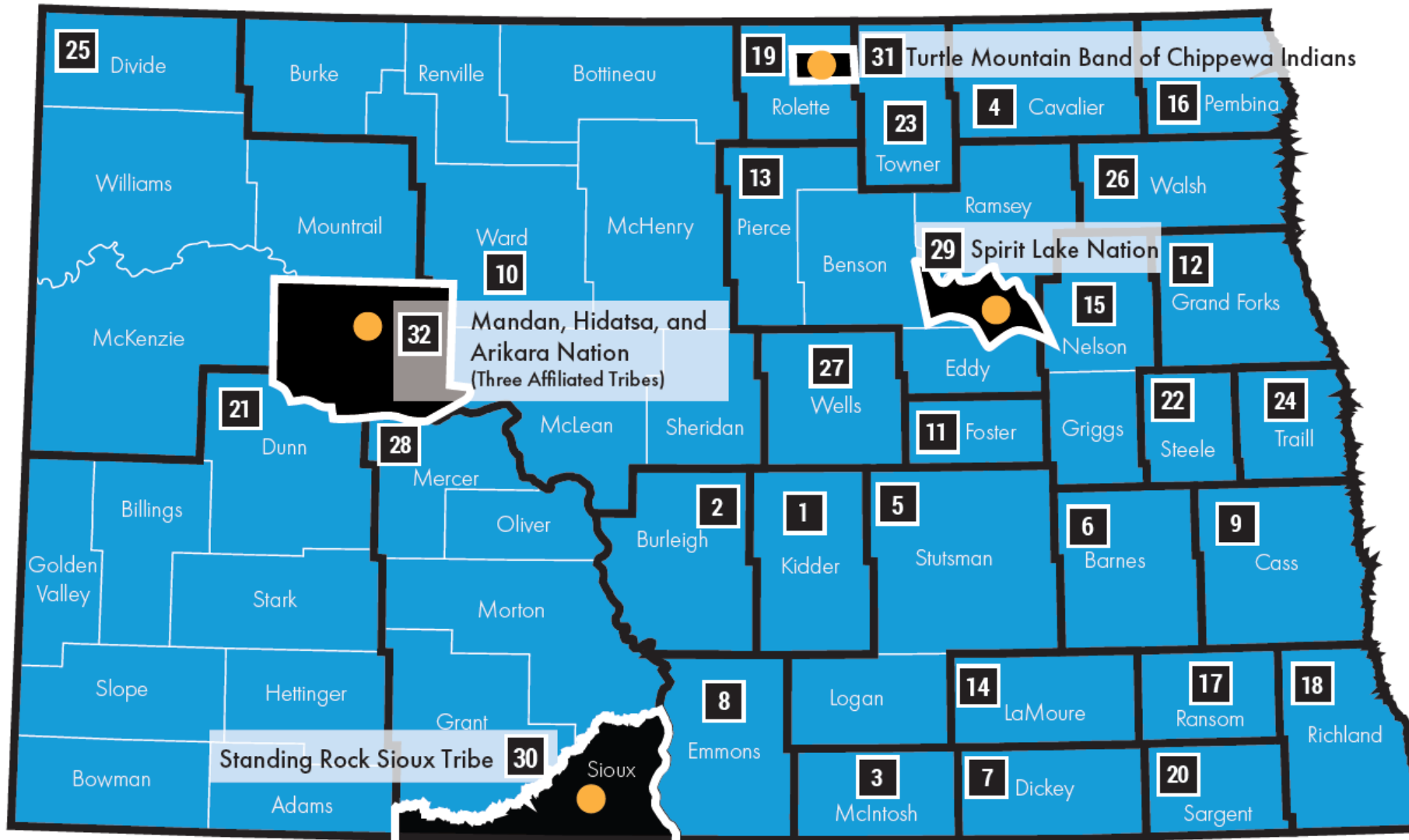
North Dakota Prevention Data-Driven Priorities

- Underage Drinking
- Adult Binge Drinking
- Opioid misuse

*SUPTRS priority areas



Local Prevention Providers (Local Public Health Units & Tribes)



Of the 28 total LPHUs and Tribes:

- **23** are focusing on underage drinking
- **4** are focusing on adult binge drinking
- **1** is focusing on both priority areas

Local Prevention Providers (Local Public Health Units & Tribes)

Local Public Health Units

1. Kidder County (Western Plains Public Health Collaborative)
2. Bismarck-Burleigh Public Health
3. McIntosh District Health Unit
4. Cavalier County Health District
5. Central Valley Health Unit
6. City-County Health Department
7. Dickey County Health District
8. Emmons County (Western Plains Public Health Collaborative)
9. Fargo-Cass Public Health Unit
10. First District Health Unit
11. Foster County Health Department
12. Grand Forks Public Health Unit
13. Lake Region District Health Unit
14. LaMoure County Public Health Department
15. Nelson-Griggs District Health Unit
16. Pembina County Health Department
17. Ransom County Public Health
18. Richland County Health Department
19. Rolette County Public Health Unit
20. Sargent County District Health Unit
21. Southwestern District Health Unit
22. Steele County Public Health Department
23. Towner County Public
24. Traill District Health Unit
25. Upper Missouri District Health Unit
26. Walsh County Health Department
27. Wells County District Health Unit
28. Western Plains Public Health

Tribes

29. Spirit Lake Nation
30. Standing Rock Sioux Tribe
31. Turtle Mountain Band of Chippewa Indians
32. Manda, Hidatsa, and Arikara Nation (Three Affiliated Tribes)

BG Substance Use Prevention, Treatment, and Recovery Services Block Grant
Substance Abuse Prevention Community and Tribal Grants
Total award for October 1, 2023 - September 30, 2026 reporting period: \$5,460,0000
Priority: Prevention of underage drinking and adult binge drinking

SOR State Opioid Response Grant (SOR) Community Implementation Grant
Total SOR award for September 30, 2023 – September 29, 2024: \$4,000,000
Priority: Prevention, harm reduction, treatment, and recovery related to opioid and stimulant use and misuse

Community Implementation Highlights

Cavalier County Health District

- 15 out of 18 bars participating in Responsible Beverage Service Training with use of forensic ID Scanner and partnership with local law enforcement
- Working on ordinance making RBST a condition of liquor licensing

Wells County District Health Unit

- Revitalizing a previously disbanded coalition
- Providing sober rides during the county fair
- Back to school presentations for school administration about youth prevention curriculum

Turtle Mountain Band of Chippewa

- Working towards Responsible Beverage Service Training implementation and tribal policy

Richland County Health Department

- Working with ND State College of Science towards a social host policy

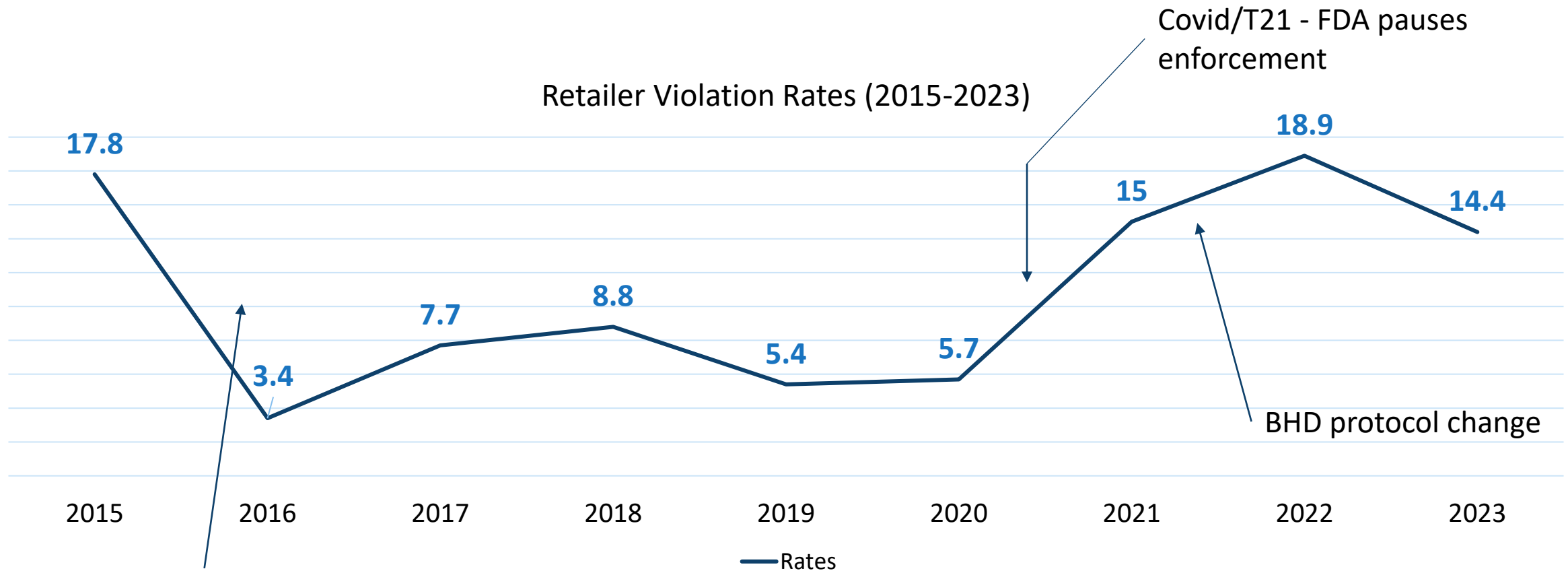
SUPTRS – SYNAR Requirement

Requires states to enact and enforce laws prohibiting sale or distribution of tobacco products to youth.

Responsibilities

- Enforce underage access laws to a degree that reasonably can be expected to reduce the illegal sale of tobacco products
- Conduct annual, unannounced inspections that provide a valid probability sample of tobacco sales outlets accessible to minors (Synar Survey)
- Maintain tobacco retailer violation rate to 20% or less (a violation refers to youth being able to purchase tobacco products)
- Submit an annual report detailing activities to enforce the law

SUPTRS – SYNAR Requirement



- Letters to tobacco retailers
- Tobacco retailer site visits
- Statewide enforcement (partnership with DOT and LPHUs)

Training and Technical Assistance

Goal

- Strengthen the capacity (resources and readiness) of individuals, groups, and organizations to implement and sustain effective strategies and positive outcomes.

Responsibilities

- In-person training, consultations, online events, collaboration and resource sharing, information dissemination, etc.
- Free Resource Center: behavioralhealth.x-shops.com





Statewide Messaging





Prevention communication is most effective when used as part of a larger prevention strategy.

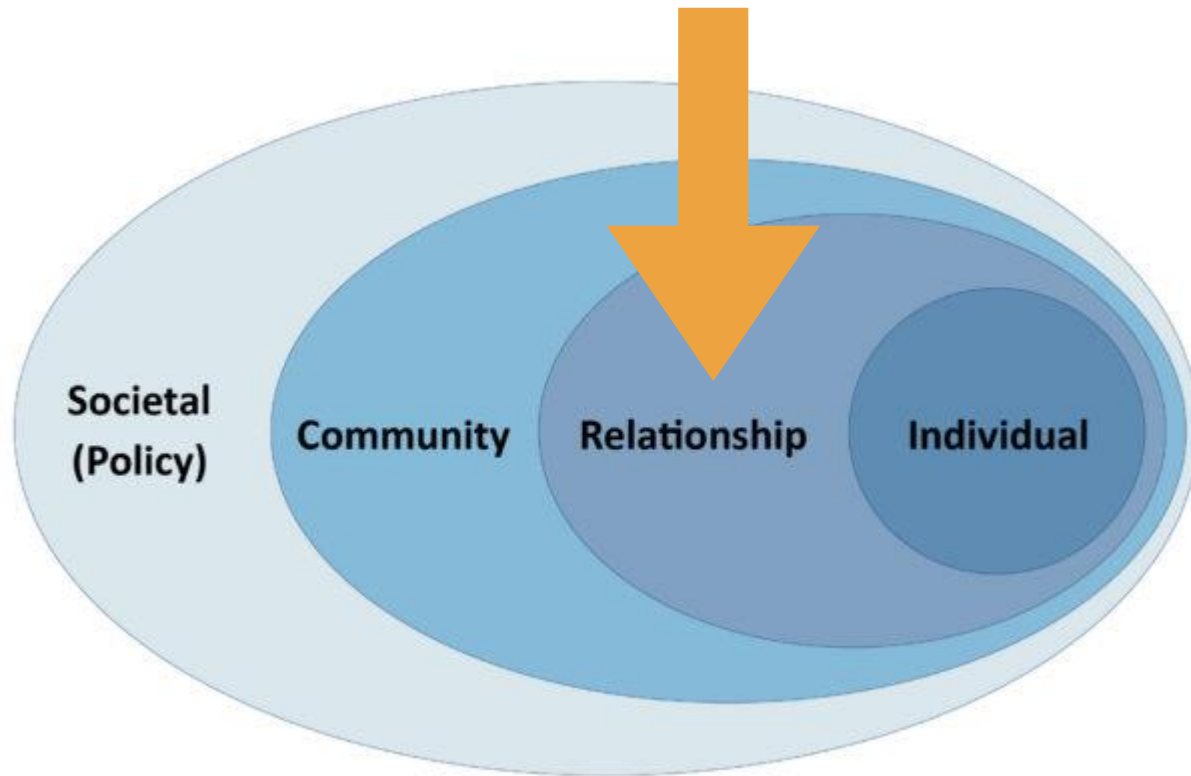
Communication alone isn't the answer.
Part of a multifaceted approach.
Based on evidence and research.

PARENTS LEAD.ORG



Based in Research

Parents are the single greatest influence on children.



Key Parental Protective Factors

- ☑ Role Modeling
- ☑ Ongoing conversations
- ☑ Monitoring
- ☑ Support and engagement

A man in a checkered shirt is holding a young girl in a field of wheat at sunset. The man is seen from the side, looking towards the girl. The girl is wearing a light-colored dress and has her hand on the man's head. The background is a soft, golden sunset over a field of wheat.

PARENTS LEAD.ORG

Mission: Support behavioral health of children by providing parents and caregivers with tools, resources and tips based on research and best practice. This is done by focusing on risk and protective factors through prevention methods.



Target Audience

- **North Dakota parents/caregivers** of children birth to young adult
- **Professionals** who are in contact with high-risk parents
- **Communities** sharing our tools within their local areas through different messaging

Key Messages

Behavioral health begins at home.



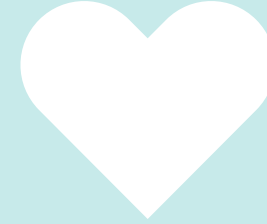
Look.

It's as simple as just being present with them. By paying attention to their behaviors, understanding their needs and encouraging them during all times it will help build that trusting relationship.



Listen.

One of the most effective ways to promote positive behavioral health in your home is to make sure that you and your children talk.



Love.

Children need to know and feel that they are loved and valued.



Federal Grant Administration

Partnership for Success (PFS) Grant

BHD was awarded the PFS grant in September of 2023 from SAMHSA.

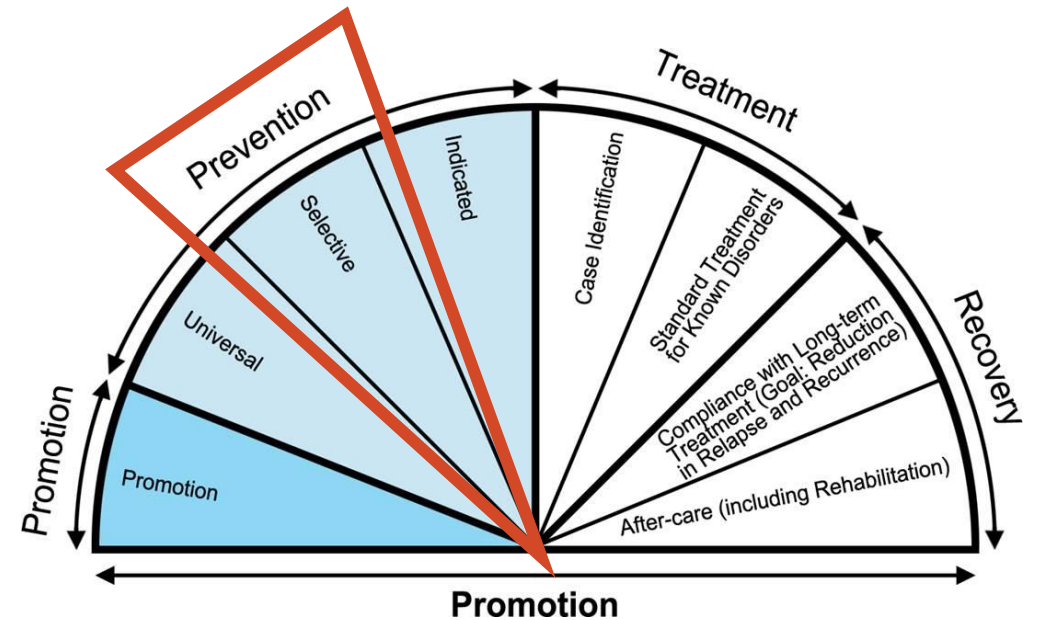
- \$1,250,000 per year, for up to 5 years

Partnership for Success (PFS) Grant

60% (\$750,000) of the funds will support local underage drinking prevention efforts with a focus on underserved populations such as children living with adults with SUD, college students and military members.

- BHD is currently identifying and selecting 5 communities with underserved populations and the providers with capacity to serve with the PFS grant.

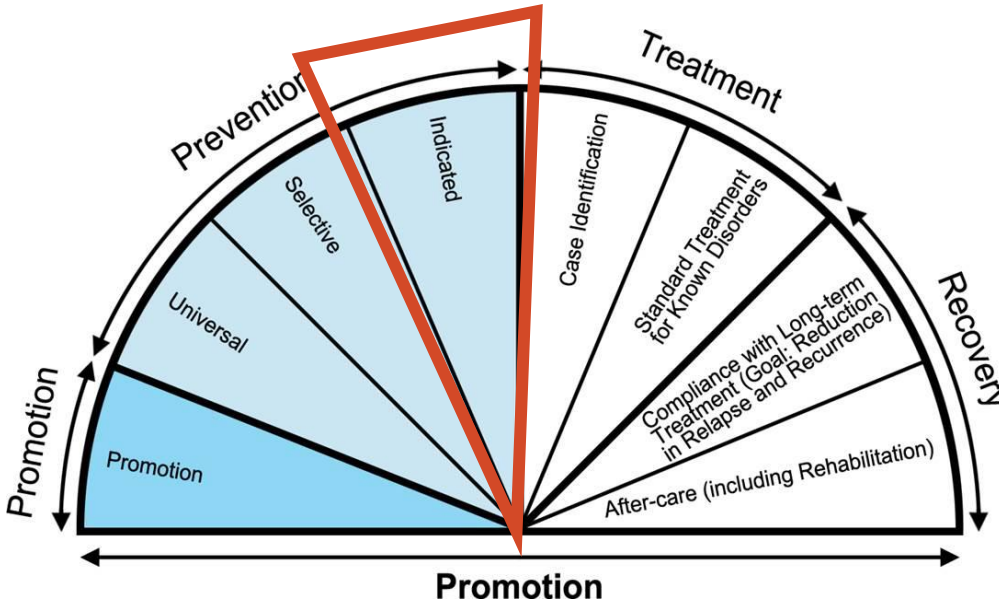
The goal of North Dakota's PFS is to support prevention implementation with a focus on environmental strategies to decrease underage drinking rates and related consequences by increasing capacity in selected communities to implement evidence-based prevention efforts.





Early Intervention

Early intervention refers to recognizing the warning signs of a mental health or substance use disorder and providing intervention to decrease the likelihood of continued development and consequences.



DUI Early Intervention

38 DUI Seminar Instructors

- 9 DUI Instructors offer virtual seminars
- 14 out of 53 counties are currently being served

MIP Early Intervention

21 MIP Seminar Instructors

- 4 MIP Instructors offer virtual seminars
- 10 out of 53 counties are currently being served

www.hhs.nd.gov/behavioral-health/prevention/early-intervention

Mental Health Block Grant



MHBG Purpose and Role in Prevention

MHBG Purpose: Providing community mental health services for adults with a serious mental illness and children with a serious emotional disturbance as defined by federal code.

Early serious mental illness: a State shall expend not less than 10% of the amount the State receives to support evidence-based programs that address the needs of individuals with early serious mental illness, including psychotic disorders, regardless of the age of the individual at onset.



NORTH
Dakota

Be Legendary.

Behavioral Health

HEALTH & HUMAN SERVICES

www.behavioralhealth.nd.gov