



# Upstream Prevention by Addressing Social Determinants of Health

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Arizona Coalition for  
Military Families



The Coalition is a public/private partnership and **collective impact initiative** that engages all helpers, organizations and communities to create a coordinated ecosystem of support. Established in 2009.



Be Connected is our statewide **upstream prevention program** to support Arizona's 500,000+ service members, veterans, and their families across all social determinants of health. Established in 2017.





### 2011 – 2013

Took the suicide rate within the Arizona National Guard from highest ever for 3 years to **zero suicides for 3 years.**



### 2017 – Present

Program created after suicide rate for Arizona veterans was 3-4x higher than general population during an 18-month period. Focus is **all service members, veterans & their families.**

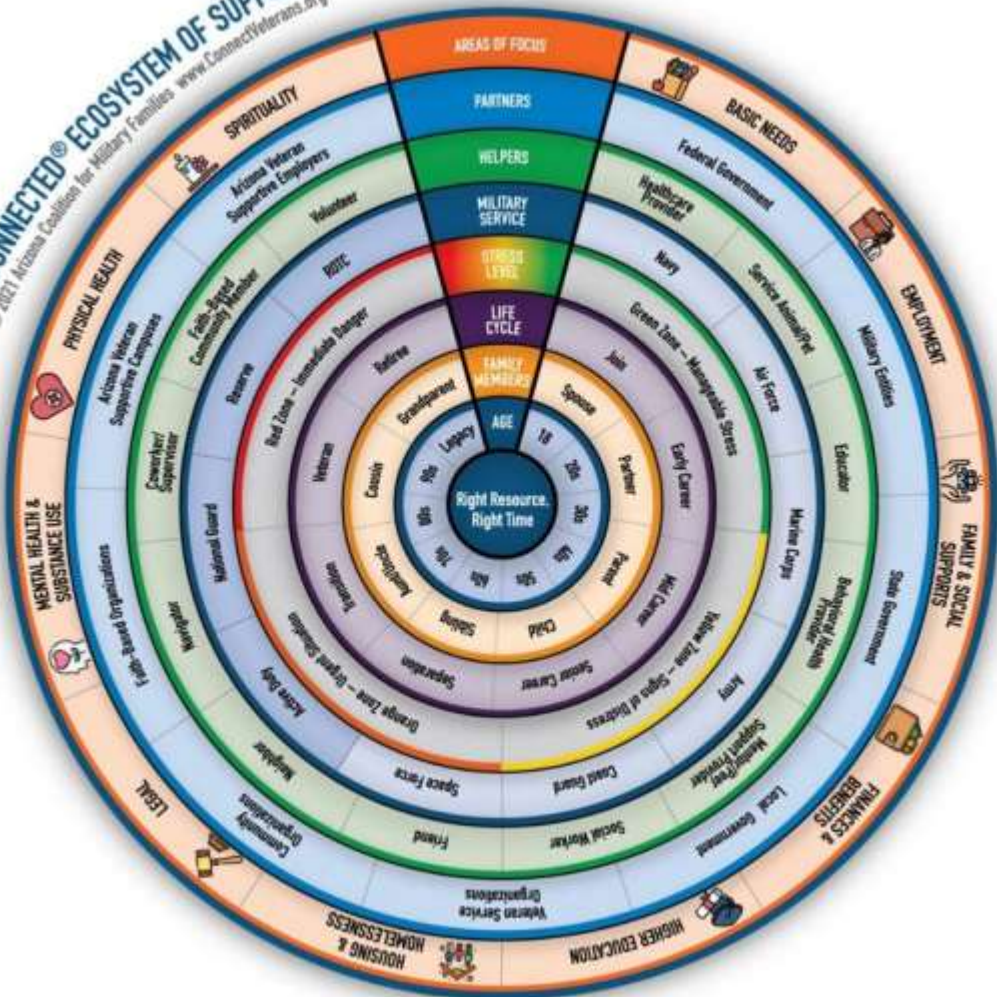


### 2020 – 2022+

Development and implementation of a data tool with CDC to focus on **proactive engagement of those at highest risk.**



BE CONNECTED<sup>®</sup> ECOSYSTEM OF SUPPORT  
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**beconnected**  
CONNECT EVERY VETERAN

[www.ConnectVeterans.org](http://www.ConnectVeterans.org)

866-4AZ-VETS (429-8387)

# BC Ecosystem of Support Video

**Public/Private  
Partnership**

**Cross-Sector  
Collaboration**

**Collective  
Impact**



Arizona Office of the Governor | Governor's Office of Youth, Faith and Family  
Arizona National Guard | Davis-Monthan Air Force Base | Ft. Huachuca | Luke Air Force Base  
Marine Corps Air Station Yuma | Yuma Proving Ground



# BE CONNECTED TEAM OF TEAMS



**LEADERSHIP TEAM**

**BE CONNECTED  
COMMUNITY NETWORK**

**BE CONNECTED  
COMMUNITY CORPS**



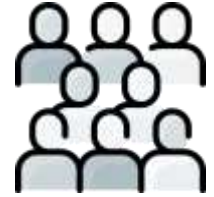
**SUPPORT  
LINE**



**CARE  
NAVIGATORS**



**CAREER  
NAVIGATORS**



**BC PARTNER  
TEAM MEMBERS**

(Arizona  
Department of  
Veterans'  
Services, VA peer  
support  
specialists,  
Community  
Engagement &  
Partnership  
Coordinators)



**RISK REDUCTION  
PROJECT TEAM**



**COMMUNITY  
OUTREACH  
NAVIGATORS**



**COMMUNITY  
ENGAGEMENT**



# A PUBLIC HEALTH APPROACH TO PREVENTION

We can't solely crisis intervene our way to improved outcomes.

We need crisis response, treatment AND proactive prevention.



## 3 KEYS TO ARIZONA'S UPSTREAM PREVENTION MODEL:

**Earlier intervention | Focus on all SDOH | Data-driven layered prevention approach**





# THE STRESS CONTINUUM

**3 KEYS:**  
**Intervene earlier**



**Crisis Intervention – the window to intervene is narrow**

# THE STRESS CONTINUUM

**3 KEYS:**  
**Intervene earlier**



← **Goal = earlier intervention to positively impact social determinants of health**

Language and communication is important with upstream  
(e.g. Be Connected Support Line vs Crisis Line)



# SOCIAL DETERMINANTS OF HEALTH

**3 KEYS:**  
Focus on all  
SDOH



**BASIC  
NEEDS**



**EMPLOYMEN  
T**



**FAMILY & SOCIAL  
SUPPORTS**



**FINANCES &  
BENEFITS**



**HIGHER  
EDUCATION**



**HOUSING &  
HOMELESSNES  
S**



**LEGAL**



**MENTAL HEALTH &  
SUBSTANCE USE**



**PHYSICAL  
HEALTH**



**SPIRITUALITY**



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**becoconnected**  
CONNECT EVERY VETERAN

# SOCIAL DETERMINANTS OF HEALTH

**3 KEYS:**  
**Focus on all**  
**SDOH**



RELATIONSHIP  
S



FINANCES

Relationships and finances were the top identified contributing factors after a review of suicides within the Arizona National Guard.

Look at all SDOH and meet people where they are at. Addressing their initial needs opens the door to help with more.

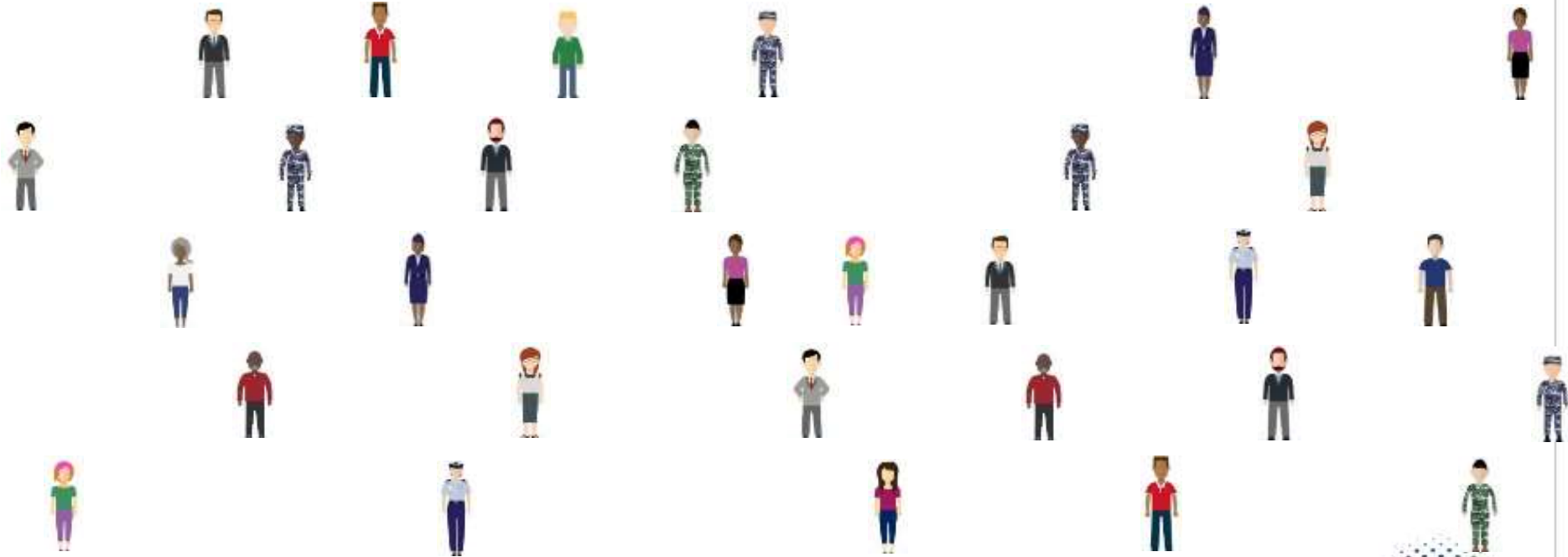
Example: Pet owner & treatment

**3 KEYS:**  
**Data-driven**  
**layered**  
**prevention**

**A layered approach to get the right help when and where needed**

- Goal is to create many open doors
- Connect people to help and support
- Tailor help to what is needed
- Use data to guide efforts and focus
- Prevention layers: Universal | Selective | Indicated

# How do we find these individuals?



# How do we find these individuals?



# Be Connected Community Corps

Training, equipping, connecting & supporting community helpers for service members, veterans & their families.



Coworker



Battle Buddy



Peer Support



Provider



Coach



Service Officer



Librarian



HR Rep



Teacher



# BCCC Goals



- **Increase the number of community helpers** statewide who can be an open door (“thousands of doors”).
- **Increase the support available to helpers**, including ongoing training, connection, tools and guidance (knowledge, skills and confidence to help).
- Better **understand the breadth and depth** of how community helpers assist service members, veterans and families.
- **Recognize outstanding helpers.**
- **Connect helpers** to new and ongoing service opportunities with Be Connected and our partners.

# Training Pathways for Community Helpers



- **Military/Veteran Resource Navigation Training**
  - Focuses on military/veteran culture and how to connect people to resources and support.
  - Over the past decade, ACMF has trained over 6,200+ community members.
- **Follow up training options**
- **Be Connected Community Helper Training Series**



beconnected

COMMUNITY CORPS

# Community Helper Curriculum

# Goals and Audience

## WHY

To strengthen how Arizona cares for, supports and connects all who serve and their families.

To proactively address factors that put service members, veterans and their families at higher risk for substance use, suicide, violence and other harmful outcomes.

## WHAT

A self-paced Community Education program to educate participants on the social determinants of health.

To provide participants with the tools, information and avenues to help connect service members, veterans and their families to Be Connected support and resources.

## WHO

- Community groups
- Faith-based organizations and communities
- Veteran Service Organizations (VSOs)
- Civic groups
- Community coalitions
- Social service programs
- Legal advocates
- Caseworkers
- Employers

# Project Work Products



- Ten Training Modules on the Social Determinants of Health.
  - Teaching Curriculum (PDF and online format)
  - Videos
  - Handouts
  - Certificate of Completion
- Feedback from community member testing on user experience and content impact.
- List of community and civic groups to promote training.
- Communications and outreach plan.

# Modules



**BASIC  
NEEDS**



**EMPLOYMEN  
T**



**FAMILY & SOCIAL  
SUPPORTS**



**FINANCES &  
BENEFITS**



**HIGHER  
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**LEGAL**



**MENTAL HEALTH &  
SUBSTANCE USE**

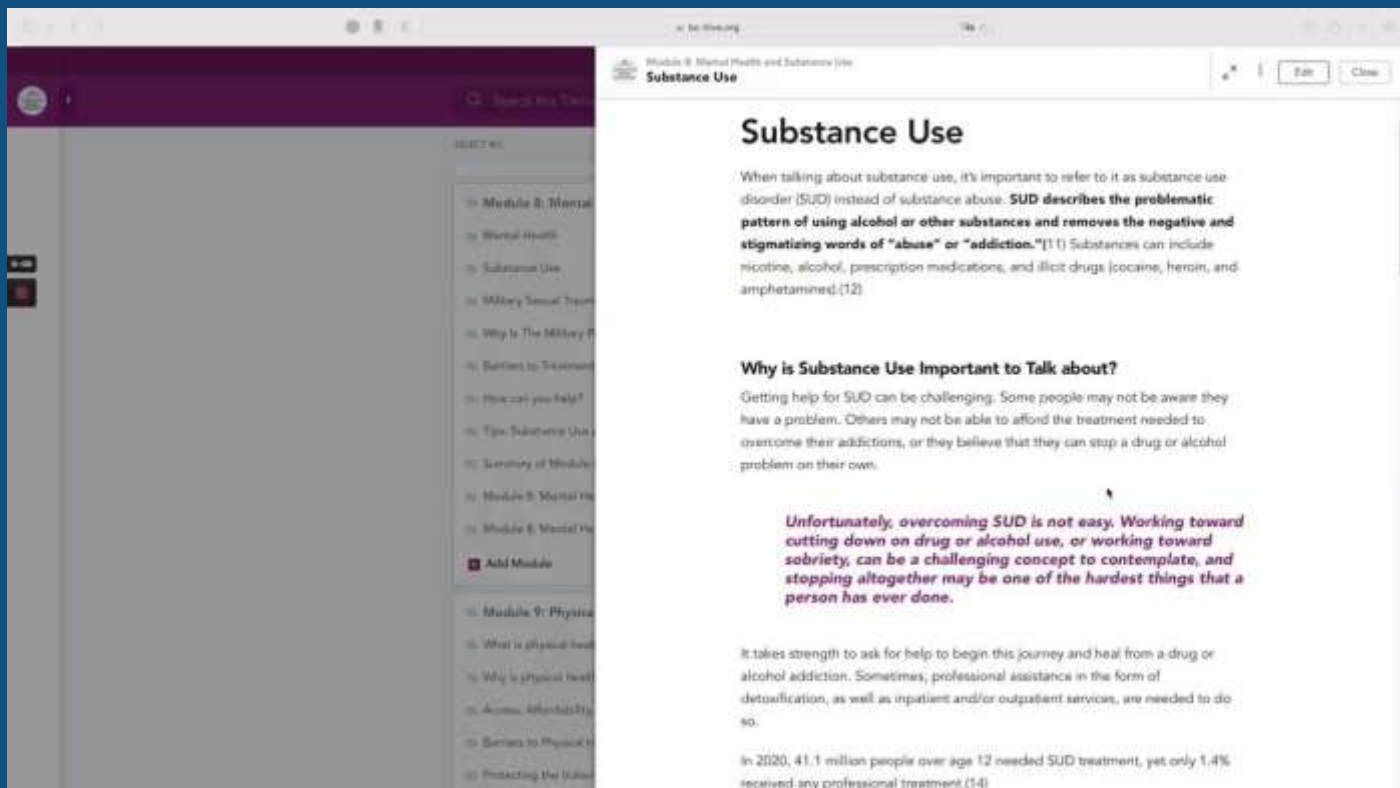


**PHYSICAL  
HEALTH**



**SPIRITUALITY**

# Online Training Format



The screenshot shows a web browser displaying an online training module. The browser's address bar shows 'in:training'. The page title is 'Module 8: Mental Health and Substance Use' and the specific section is 'Substance Use'. The page has a dark red header with a search bar and 'Edit' and 'Close' buttons. A sidebar on the left lists various modules, with 'Substance Use' highlighted. The main content area has the following text:

## Substance Use

When talking about substance use, it's important to refer to it as substance use disorder (SUD) instead of substance abuse. **SUD describes the problematic pattern of using alcohol or other substances and removes the negative and stigmatizing words of "abuse" or "addiction."**(11) Substances can include nicotine, alcohol, prescription medications, and illicit drugs (cocaine, heroin, and amphetamines).(12)

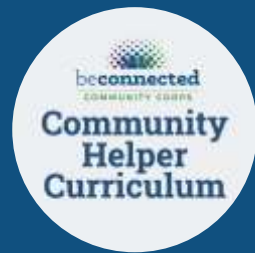
### Why is Substance Use Important to Talk about?

Getting help for SUD can be challenging. Some people may not be aware they have a problem. Others may not be able to afford the treatment needed to overcome their addictions, or they believe that they can stop a drug or alcohol problem on their own.

*Unfortunately, overcoming SUD is not easy. Working toward cutting down on drug or alcohol use, or working toward sobriety, can be a challenging concept to contemplate, and stopping altogether may be one of the hardest things that a person has ever done.*

It takes strength to ask for help to begin this journey and heal from a drug or alcohol addiction. Sometimes, professional assistance in the form of detoxification, as well as inpatient and/or outpatient services, are needed to do so.

In 2020, 41.1 million people over age 12 needed SUD treatment, yet only 1.4% received any professional treatment.(14)



# Handout Examples

**GRANT DELIVERABLE 3**

Module 11  
**Higher Education**  
Community Helper Curriculum

For individuals going back to school, sometimes getting started can be the most difficult piece of the puzzle. With so many training programs, colleges, and degrees to choose from, being required to make so many decisions can keep someone from even taking the initial steps toward higher education.

Factors to consider when choosing a degree or training program:

- Longterm Career Goals
- Longterm Lifestyle Goals
- Required Hard Skills
- Anticipated Soft Skills
- Personal Passion/Interest

Source: Florida Community College System

My Longterm Career Goals: \_\_\_\_\_

My Longterm Lifestyle Goals: \_\_\_\_\_

My Personal Passion/Interest: \_\_\_\_\_

Required Hard Skills: \_\_\_\_\_

Anticipated Soft Skills: \_\_\_\_\_

**GRANT DELIVERABLE 4**

Module 08  
**Mental Health & Substance Use**  
Community Helper Curriculum

**Take Care Of Yourself First**  
Incorporating wholesome activities throughout the day can make a big impact on mental health. Read through some suggested self-care activities in the chart below.

SELF-CARE IN MINUTES EVERY DAY	
<b>5 min</b>	<ul style="list-style-type: none"> <li>Drink a glass of water</li> <li>Recite positive affirmations</li> <li>Listen to an upbeat song</li> <li>Stretch</li> <li>Deep breathe</li> <li>Outside a pet</li> </ul>
<b>15 min</b>	<ul style="list-style-type: none"> <li>Read a book</li> <li>Write in your journal</li> <li>Eat a healthy snack</li> <li>Declutter your space</li> <li>Meditate</li> <li>Send a card</li> </ul>
<b>30+ min</b>	<ul style="list-style-type: none"> <li>Watch a funny show</li> <li>Go for a long walk</li> <li>Call and catch up with a friend</li> <li>Listen to a podcast</li> <li>Take a nap</li> <li>Exercise</li> </ul>
<b>1 hour or more</b>	<ul style="list-style-type: none"> <li>Go for a hike</li> <li>Take a bike ride</li> <li>Take unwanted items to a donation site</li> <li>Volunteer at a local organization</li> <li>Visit a local library and find a new book or video to check out</li> </ul>

Next time I need to take care of myself I will...

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

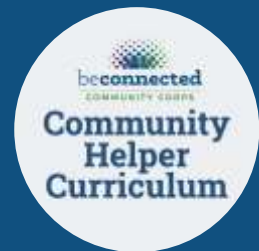
**GRANT DELIVERABLE 5**

Module 09  
**Finances & Benefits**  
Community Helper Curriculum

**How's your financial health?**  
Use the list below and check off the healthy financial habits you have in place. Want to get better at something? Circle it so you remember to come back to this page later.

- Build a financial plan and use it.
- Create or add to an emergency fund.
- Plan for expenses by creating a monthly budget.
- Save for future goals by spending wisely.
- Consider, eliminate, and optimize debts and loans.
- Start investing to build your wealth.

**\$1000 Emergency Fund Savings Tracker**  
Track your progress below. By seeing our progress, we are more likely to reach our goals.

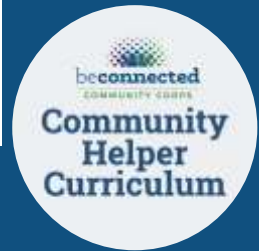




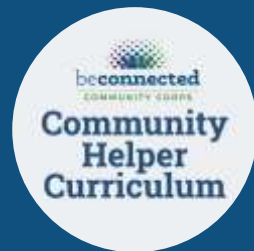
# Custom Graphics Examples

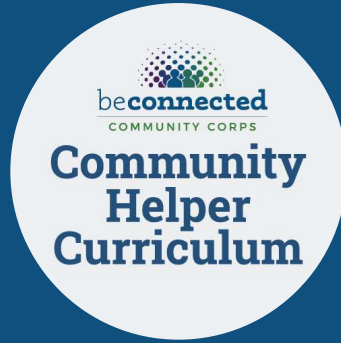


# BCCC Intro



# Mental Health & Substance Use





Thank You!



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