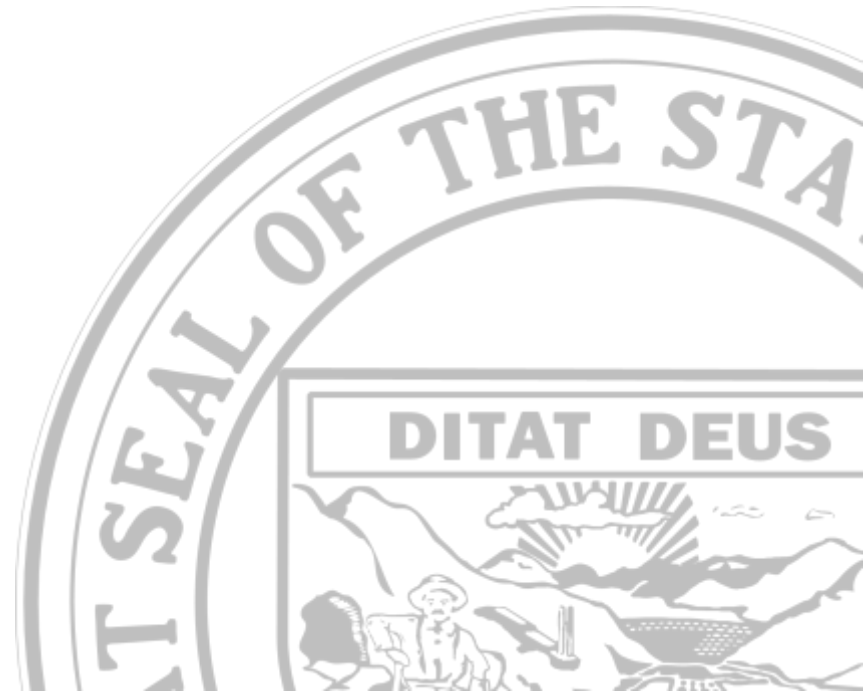


# Arizona Parents Commission on Drug Education & Prevention

## September 13, 2023



# Arizona Parents Commission on Drug Education & Prevention

## **Community Medical Services**

*Michael Lawson, MS, NCC, LAC*

*Clinical Coordinator*





# Opioids, Youth, & Medication Opioid Use Disorder (MOUD)

Michael Lawson, MS, NCC, LAC  
Clinical Coordinator

# Outline

Introduction  
into CMS

The crisis:  
Opioid  
epidemic

How it affects  
our teens and  
Families

Prevention

Treatment



## Our Mission

Our mission is to help those who are suffering from substance use disorders. We consider these people our patients, and our singular aim is to help them heal. We're proud that our clinics provide our patients an environment that is free of judgment and condescension and we're steadfast in treating everyone with the utmost dignity and respect.



## Our Vision

Leading the change to eliminate the consequences of substance use disorder in our communities.



## Our Values

We see challenges as opportunities to demonstrate initiative.

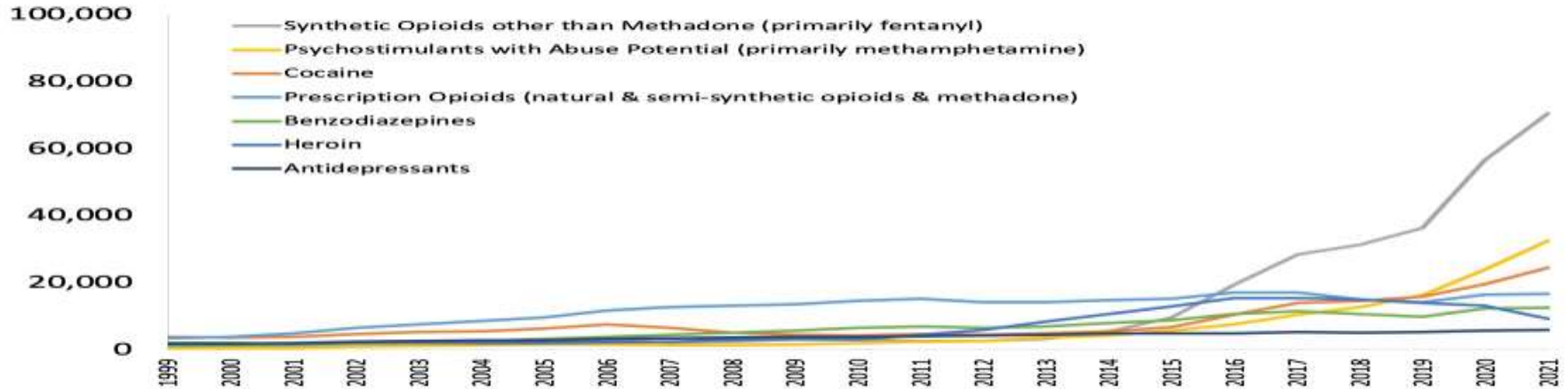
We listen to and honor the reality of those we serve.

We are evangelists for practices grounded in science and evidence.

We value people who are passionate about making an impact.

# The Crisis

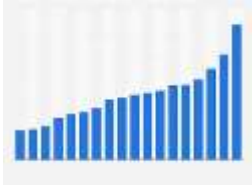
Figure 2. National Drug-Involved Overdose Deaths\*, Number Among All Ages, 1999-2021



\*Includes deaths with underlying causes of unintentional drug poisoning (X40–X44), suicide drug poisoning (X60–X64), homicide drug poisoning (X85), or drug poisoning of undetermined intent (Y10–Y14), as coded in the International Classification of Diseases, 10th Revision. Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Multiple Cause of Death 1999–2021 on CDC WONDER Online Database, released 1/2023.

National Institute on Drug Abuse (2023).

## Epidemic



## > Prevention > Treatment



- The US consumes approximately 80% of the world's global opioids supply but only accounts for 4.23% of the world's population.
- 91% of patients who overdose will receive another prescription for the same opiate that they overdosed on.
- About 45% of people who use heroin started with an addiction to prescription opioids,

## + Engagement



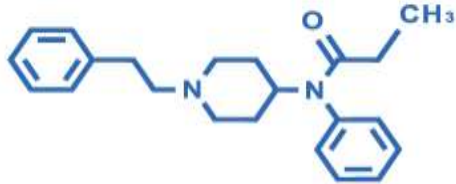
- 95.5% of active drug users don't acknowledge that they need help



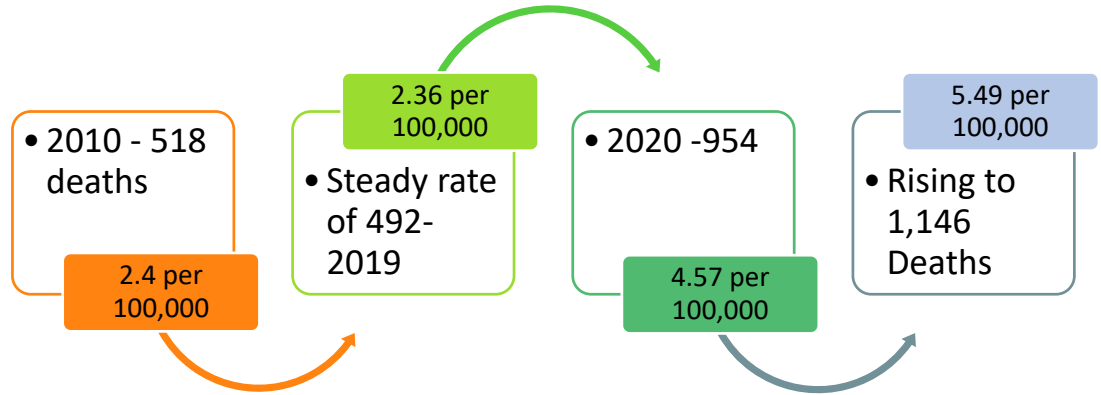
- There are 2.4 million untreated opioid dependent individuals in the US.
- Only 20% of them are receiving MAT.
- 1000+ People are treated every day in an ED for opioid related misuse

# The Impact of the Epidemic on adolescents

Between 2019 and 2020 **84%** of **opioid overdose deaths** among 10-19 year olds **involved fentanyl**.



SOURCE: SAMHSA, CDC, Drug Overdose Deaths Among Persons Aged 10-19 Years - United States, July 2019-December 2021





# Prevention, Early Intervention, and Ongoing Intervention.



## • **Prevention**

- Reduce Adolescents interest in Substances use through education at all levels.
- Education of harmful effects and consequences
  - Limit the availability of substance use.
- Make it more difficult for them to obtain at home and in the community.



- **Early intervention** of at-risk youth and watch for early signs of use
- Psychotherapy/Behavioral Health Support
- CMS Collaborates with Terro's, OpenHearts, and other Mental Health Agencies

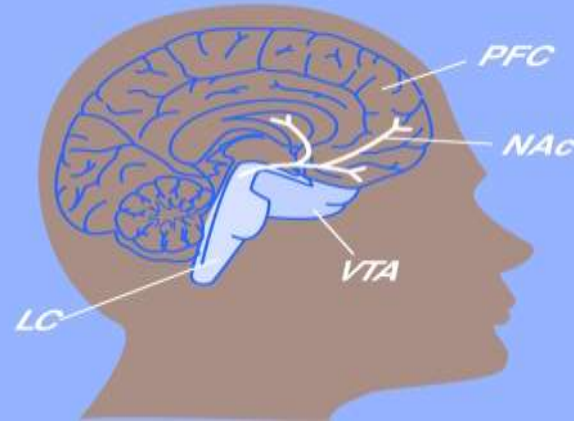


## • **Intervention for Ongoing use**

- Family involvement
  - Detox
- Harm reduction approaches
- Added Wrap around support.
  - meetings/support groups
- 2 failed detox attempts – MAT program

"WE HAVE TO HELP OUR COUNTRY SEE  
THAT ADDICTION IS NOT A CHARACTER  
FLAW OR MORAL FAILING, IT IS DISEASE  
OF THE BRAIN"

- US SURGEON GENERAL MURTHY



### The Mesolimbic Reward System

When drugs stimulate mu opioid receptors in the brain, cells in the ventral tegmental area (VTA) produce dopamine and release it into the nucleus accumbens (NAc), giving rise to feelings of pleasure. Feedback from the prefrontal cortex (PFC) to the VTA helps us overcome drives to obtain pleasure through actions that may be unsafe or unwise, but this feedback appears to be compromised in individuals who become addicted to drugs. The locus ceruleus (LC) is an area of the brain that plays an important role in drug dependence (Kosten & George 2002.)

# Medication Assisted Treatment – The Last Resort -

- Approved Medication Monitored by Medical Provider
  - Methadone
  - Buprenorphine
  - Naltrexone
- Counseling Services
  - In collaboration with Outside Pediatric Mental health providers (Terrors, Openhearts Family Wellness, Community bridges)
- Case Management Services
- Peer Support Services



Table 1  
FDA-Approved Drugs Used in MAT<sup>21</sup>

Medication	Mechanism of action	Route of administration	Dosing frequency	Available through
<b>Methadone</b>	Full agonist	Available in pill, liquid, and wafer forms	Daily	Opioid treatment program
<b>Buprenorphine</b>	Partial agonist	Pill or film (placed inside the cheek or under the tongue)	Daily	Any prescriber with the appropriate waiver
		Implant (inserted beneath the skin)	Every six months	

# Our Clinic – Mesa on Arbor

- Offers intensive Outpatient treatment
- Provides a Full Intake including a Bio-Psycho-Social and Treatment plan development with client.
- Client Centered Treatment Plan
- Onsite Medical Providers and Registered Nurses
- And More



# Summary

Introduction into CMS

The crisis: Opioid epidemic

How it affects our teens and Families

Prevention

Treatment



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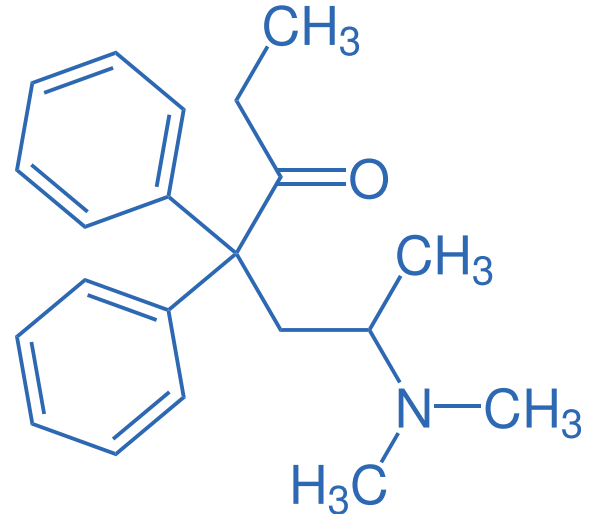
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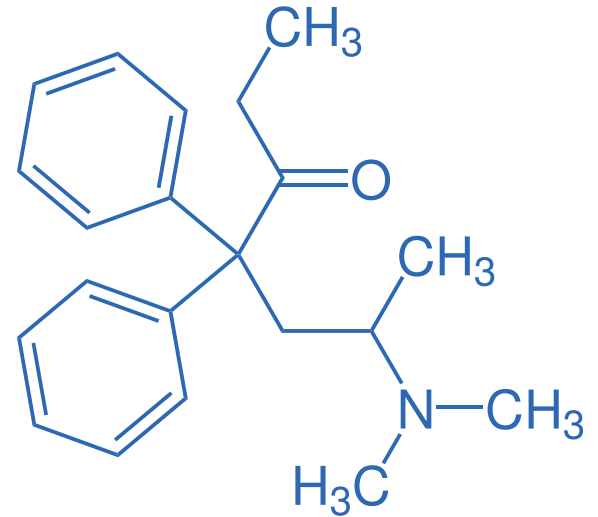
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# Arizona Parents Commission on Drug Education & Prevention

## **Casa Grande Alliance**

*Bob Shogren*

*CEO*







Arizona Parents Commission  
September 13, 2023



## OUR VISION

We build resilient communities.

## OUR MISSION

We are a force that builds stronger youth and families by delivering and providing access to essential resources and services.

## OUR VALUES

**Community** – We strive to uplift others through active participation, collaboration, and empathy.

**Integrity** – We strive to establish trust through honest, and transparent practices.

**Belonging** – We strive to create a welcoming environment that fosters creativity and growth, where everyone is celebrated, valued, respected, and supported.

**Change** – We strive to embrace and drive change as an essential part of growth and progress.

**Service** - We strive to provide exceptional service that exceeds expectations and inspires all.





**The Casa Grande Alliance** provides trauma-responsive prevention education programming and services, youth coalition leadership, and treatment and recovery resource navigation. Our community coalitions represent a network of organizations dedicated to building individual, family, and community resiliency.





## 2022 Accomplishments

- **2M+ Billboard Impressions** (Fentanyl and Naloxone)
- **9,458 Primary prevention materials** distributed
- **6,500 Pounds of food** distributed through the food pantry
- **1,800 Pounds of fresh vegetables** distributed to families and schools
- **2,300 Boxes of Narcan** distributed in our communities
- **1,438 Youth engaged** in primary prevention community education trainings
- **1,076 Middle school students and parents** engaged in programming
- **773 Students with improved school performance**
- **735 Adults engaged** in primary prevention community education trainings
- **414 Students engaged** in 5 weeks of AZ OnTrack Summer Camp
- **125 Individuals served** through the Clothes Closet
- **97 Youth engaged** in the Casa Grande Youth Alliance
- **52 Families engaged** in Parenting Workshops (Strengthening Families, Triple P)
- **12 New youth and family afterschool programs** developed and implemented
- **8 Public and private school districts** served

**198 Volunteers** recruited and managed; 746 hours served

**\$124,609 of in-kind resources** leveraged

**\$17,541 of additional cash resources** leveraged



### Administrative Team

Bob Shogren M.Ed., Executive Director  
 Teresa Riggs, Manager of Family Programs  
 Dee Williams, Youth Resilience Program Manager  
 Katie Vasquez, AmeriCorps VISTA Program Manager  
 Michael Robinson, Reentry Program Manager  
 Jonathan Barrancas, Youth Resilience Trainer  
 Greta Edwards, Operations Manager  
 Melissa O’Sullivan, Administrative Support  
 Carlos Soza, AZ National Guard Counter Drug Task Force  
 Mary Duarte, Bookkeeper  
 Kalleigh Morris, Student Intern

AmeriCorps VISTA Team	Parent Training Team	Casa Grande Youth Alliance	SCSEP Workers
Mike Wagner (Cactus) VISTA Team Leader (Open) Cactus Middle (Open) Casa Grande Middle (Open) Cottonwood Elementary (Open) Mesquite Elementary (Open) Palo Verde Elementary (Open) Villago Middle (Open)	Brina Sundell, Union Jessica Rosales, CGMS Tracey Rodriguez, CGMS	Briena Sundell, Adult Team Lead Melanie DeCarlo, Union Jessica Rosales, CGMS Dawn Amado, Villago Shayna Potter, MHP Cristina Salcido Griggs, Vista Devin Festa, Cactus	Laura Davila Linda Gallegos Margaret Halfete Kathy Hadsall Gail Scott David Shipp



 **CASA GRANDE  
ALLIANCE**



- Level 4 Group Triple P
- Level 4 Group Stepping Stones Triple P
- Triple P Discussion Groups
- Strengthening Families Program

- Parent Peer to Peer Mentoring
- Parent Booster Session
- Youth and Adult Workshops
- Casa Grande Youth Alliance





*for every parent*



## 2023 - 2024 Parenting and Family Skills Course Catalog & Training Calendar

The team at Casa Grande Alliance is excited to offer area families a variety of opportunities for parents to learn new and improve their parenting skills. We are scheduled to offer a variety of course options every month. In addition, parents can choose to participate in-person or online (hybrid). Additionally, childcare will be provided on request for in-person training. Please visit our website [www.casagrandealliance.com](http://www.casagrandealliance.com) to learn more about Parenting and Family Skills Courses we will be offering and to complete the quick and easy online registration form. Otherwise, please feel free to call or stop by our office with your questions or to register in person.

### COURSE CATALOG

<b>Group Triple P for All Parents</b>	For all parents of children up to age 14 with concerns about their child's behavior who seek intensive training in positive parenting or those who wish to learn a variety of parenting skills to apply in many situations. Parents learn 17 strategies for improving their children's competencies and discouraging unwanted child behavior. Through discussion, role play, and homework exercises parents learn methods for dealing with unwanted child behavior and for encouraging positive behavior and supporting emotional needs. Parents receive a workbook and certificate of completion. <b>8 weeks of 2.5-hour group sessions and 20-minute individual appointments.</b>
<b>Group Stepping Stones Triple P</b>	For parents of children with special needs up to the age of 14 with a range of disabilities (intellectual, autism spectrum, physical) and with elevated levels of disruptive behavior. A small group course that helps parents learn proven strategies to improve and manage behavior. Parents refine the use of their parenting skills and develop independent problem-solving skills. Parents receive a workbook and certificate of completion. <b>9 weeks of 2.5-hour group sessions &amp; individual 20-minute appointments.</b>
<b>Triple P Discussion Groups</b>	For all parents. A series of two-hour standalone small group sessions on common parenting challenges. Topics include managing fighting and aggression; developing good bedtime routines; hassle-free shopping with children; and dealing with disobedience. The discussion groups are also designed to provide an overview of the positive parenting principles for any interested parent. Parents receive a workbook and certificate of completion. <b>One 2-hour session per topic.</b>
<b>Pathways Triple P (By appointment only)</b>	For parents with difficulty regulating emotions and as a result are considered at risk of child maltreatment. The individual sessions focus on common parent traps, understanding and managing anger, and other strategies to improve a parent's ability to cope with raising children. Parents receive a workbook and certificate of completion. <b>Two 90-minute sessions.</b>
<b>Strengthening Families</b>	For parents and youth 10-14 years. An evidence-informed, interactive program for the whole family designed to enhance parenting skills, empathy, and promote effective parenting styles, to build decision-making and life skills in youth, including stress management, conflict resolution, peer pressure resistance, and empathy, and strengthen family bonds and promote positive communication and the ability to jointly solve problems. Both parents and youth receive certificates of completion. <b>Seven in-person 2.5-hour sessions for parents and children.</b>
<b>Parent Booster Sessions (Monthly, 1<sup>st</sup> Tuesdays)</b>	For all parents. Monthly peer to peer meetings to encourage connections between parents. Parents will have the opportunity to share struggles and challenges, problem solve and troubleshoot, share ideas, resources, and strategies, and celebrate successes. <b>One, monthly 2.5-hour sessions.</b>

### JULY 2023

Day	Date	Start	Format	Course	Type
TUES	11	6 pm	Online	Dealing with Disobedience	Discussion Group
TUES	18	6 pm	Hybrid	Parenting Booster Session	Peer to Peer Meeting
THURS	20	6 pm	Online	Triple P Parenting for All Parents	8 Weekly Sessions
TUES	25	6 pm	Online	Managing Fighting and Aggression	Discussion Group
MON	31	6 pm	Online	Triple P Parenting for All Parents	8 Weekly Sessions

### AUGUST 2023

Day	Date	Start	Format	Course	Type
TUES	8	6 pm	Online	Dealing with Disobedience	Discussion Group
TUES	15	6 pm	Hybrid	Parenting Booster Session	Peer to Peer Meeting
TUES	22	6 pm	Online	Developing Good Bedtime Routines	Discussion Group
WED	23	6 pm	Hybrid	Triple P Parenting for All Parents	8 Weekly Sessions

# UPCOMING OPPORTUNITIES FOR PARENTS AND FAMILIES

## TRIPLE P FOR EVERY PARENT!



### GROUP TRIPLE P - FOR ALL PARENTS

For all parents of children up to age 14 with concerns about their child's behavior who seek intensive training in positive parenting or those who wish to learn a variety of parenting skills to apply in many situations. Parents learn 17 strategies for improving child competencies and discouraging unwanted behavior. Through discussion, role play, and homework exercises parents learn methods for dealing with unwanted child behavior and for encouraging positive behavior, and supporting emotional needs. Parents receive a workbook and certificate of completion. **8 weeks of 2.5-hour group sessions and 20-minute individual appointments.**

#### NEXT SESSIONS STARTING

- Thursday, July 20 (online)
- Monday, July 31 (online)
- Wednesday, August 23 (hybrid)

## TRIPLE P FOR PARENTS OF SPECIAL NEEDS CHILDREN!



### GROUP TRIPLE P - FOR ALL PARENTS

For parents of children with special needs up to the age of 14 with a range of disabilities (intellectual, autism spectrum, physical) and with elevated levels of disruptive behavior. A small group course that helps parents learn proven strategies to improve and manage behavior. Parents refine the use of their parenting skills and develop independent problem-solving skills. Parents receive a workbook and certificate of completion. **9 weeks of 2.5-hour group sessions & individual 20-minute appointments.**

#### NEXT SESSIONS STARTING

- Monday, October 2 (online)
- Monday, January 22 (hybrid)
- Monday, April 8 (hybrid)

#### LEARN MORE AND REGISTER

## DISCUSSION GROUPS FOR EVERY PARENT!



### DISCUSSION GROUP TRIPLE P

For all parents. A series of two-hour standalone small group sessions on common parenting challenges. The discussion groups are also designed to provide an overview of the positive parenting principles for any interested parent. Parents receive a workbook and certificate of completion. **One 2-hour session per topic. Wednesdays, 6:00 pm (online)**

#### TWICE A MONTH 2-HOUR SESSIONS

**Dealing with Disobedience** - Provides examples of common forms of disobedience and reasons why children have difficulty learning to follow instructions. A number of positive parenting strategies are then introduced to help parents develop a personal plan to prevent and manage disobedience.

- July 11
- August 8





## **\$200,000 (Year 2 of 3)**

- Triple P Parenting Programs
- Strong Families Program
- Youth and Adult Workshops
- Casa Grande Youth Alliance

## **\$250,000 (Year 1 of 3)**

- Middle school peer support
- MTSS Tier Two Supports
- Encouraging restorative practices

## **\$162,576, Programmatic (4 of 4)**

### **\$77,800 Operational**

- Improve student Attendance
- Parent/Student Advisory Boards
- Afterschool Enrichment Programming
- THRIVE Resilience Curriculum



### **\$150,000 (Year 2)**

- Summer Enrichment Camp
- Four weeks of programming
- Incoming 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> graders
- Reading and Math skill building
- Safe Supportive Schools Model



### **\$24,000 (Year 4)**

- Prescriber Mailings, OAR Line Promotion
- Prescription Drug Prevention



### **\$54,000**

- Community Reentry Project (Year 4)
- SACLaz – SOR (Year 4)
- SACLaz – SABG (Year 2)



### **Two Year National Collaborative**

- Build capacity to implement culturally responsive, trauma-informed policies and practices into a comprehensive school mental health system





## CASA GRANDE YOUTH ALLIANCE

We promote and build positive mental health and resilience. The CGYA mobilizes our members to research and take on issues important to youth.

- Youth Voice
- Youth Participatory Action Research
- Youth Engagement
- Student Leadership Challenge
- Community Service
- Action Research



***"Being a member of the Casa Grande Youth Alliance was a game changer in my life. When I started as a Freshman I struggled with voicing opinions and ideas. The CGYA provided an open space where every single idea was accepted. I was able to talk to people my own age and supportive adults and work with them to create opportunities to help our community. I would highly recommend membership to those looking for service!" - Caitlyn Richter***



## CG students report feeling unseen during pandemic

CASA GRANDE — Members of a local student advocacy group gave a presentation to the Casa Grande Union High School District Governing Board Tuesday about youth wellness.

Casa Grande Alliance Executive Director Bob Shogren told the board about a survey conducted with the affiliated group Casa Grande Youth Alliance. He said he wanted his organization to understand the impact of COVID-19 on school life.

“A year ago when everybody returned to school we were meeting with kids and everybody kind of thought about how do kids deal with school being online and what has the experience been like,” Shogren said. “And about 1,500 high school youth completed the survey.”













# SAGUARO

## BEFORE & AFTERSCHOOL CHILDCARE PROGRAM

*A project of*





# "Nurturing young minds for a brighter future: Our schools, your educational

Building a stronger future for our educational family

CONTACT US







**QUESTIONS?**