

NH Alternatives to Suspension & "Creating a Village" to Address Youth Substance Use

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Welcome/ Introductions

**Raise your hand if
you are a...**



- Peer Support Provider/Recovery Coach
- Administrator
- Family member
- School based counselor
- School Resource Office/ Juvenile Justice or Law Enforcement
- Educator or other school based staff or faculty
- Behavioral health provider
- Community provider
- Researcher
- Student
- Other

The Problem:

.....
% of NH 12th graders reporting in the past 30 days having used...*

Alcohol.....39.3%

Marijuana.....33.9%

Vaping Products.....42.7%

.....
% of NH 12th graders reporting that in the past year they...*

Were offered illegal drugs at school..18%

Thought that it was "very easy to access alcohol"40%

Thought that it was "very easy to access marijuana"50.6%

High School Students ... USA

currently use marijuana 21.7%

currently binge drink 13.7%

Treatment & Recovery Support Services for Youth Are Limited



Most NH SUD treatment providers identify adolescents as an underserved population.**

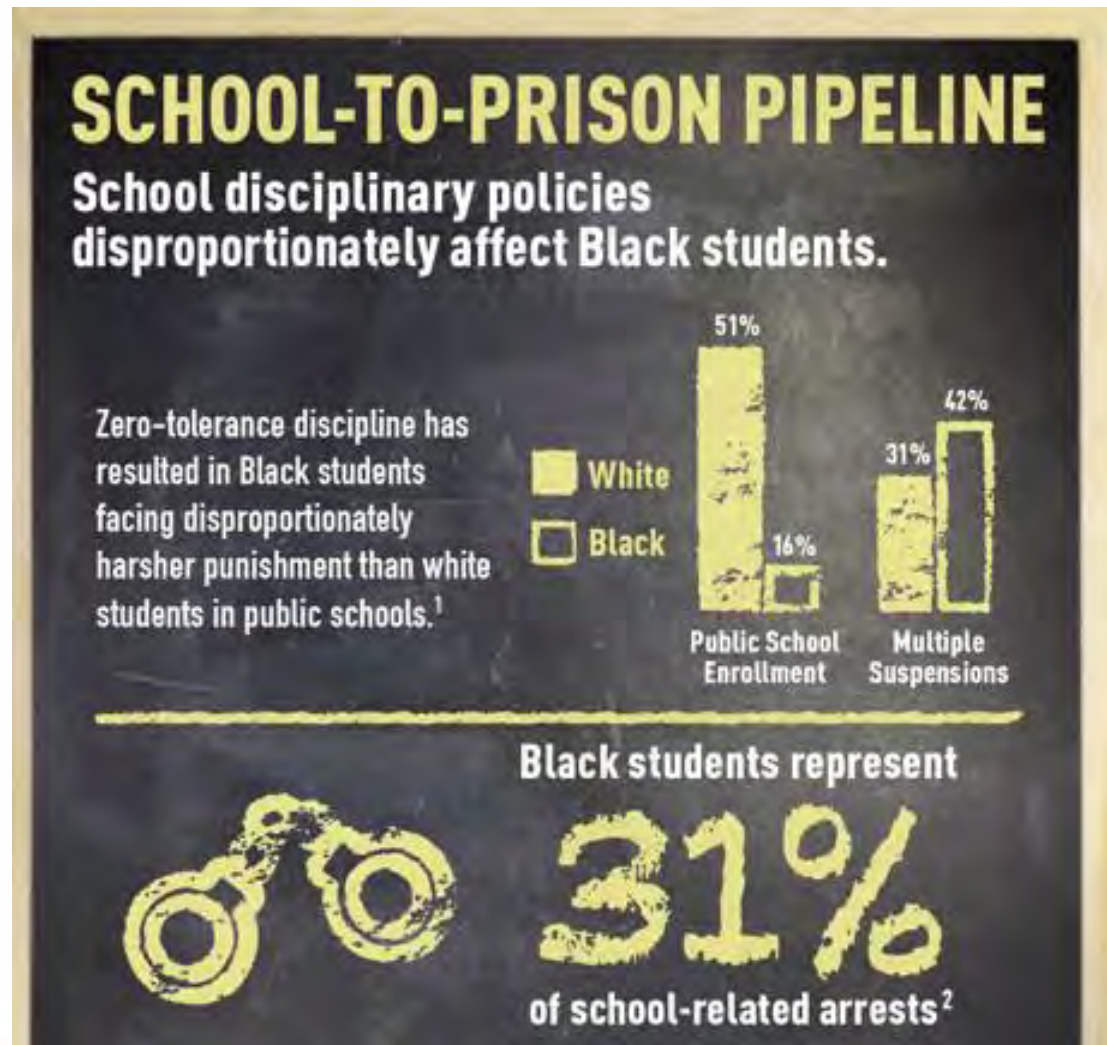
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*Centers for Disease Control and Prevention, 2019 Youth Risk Behavior Survey Data

Risk Factors for Substance Use Disorder

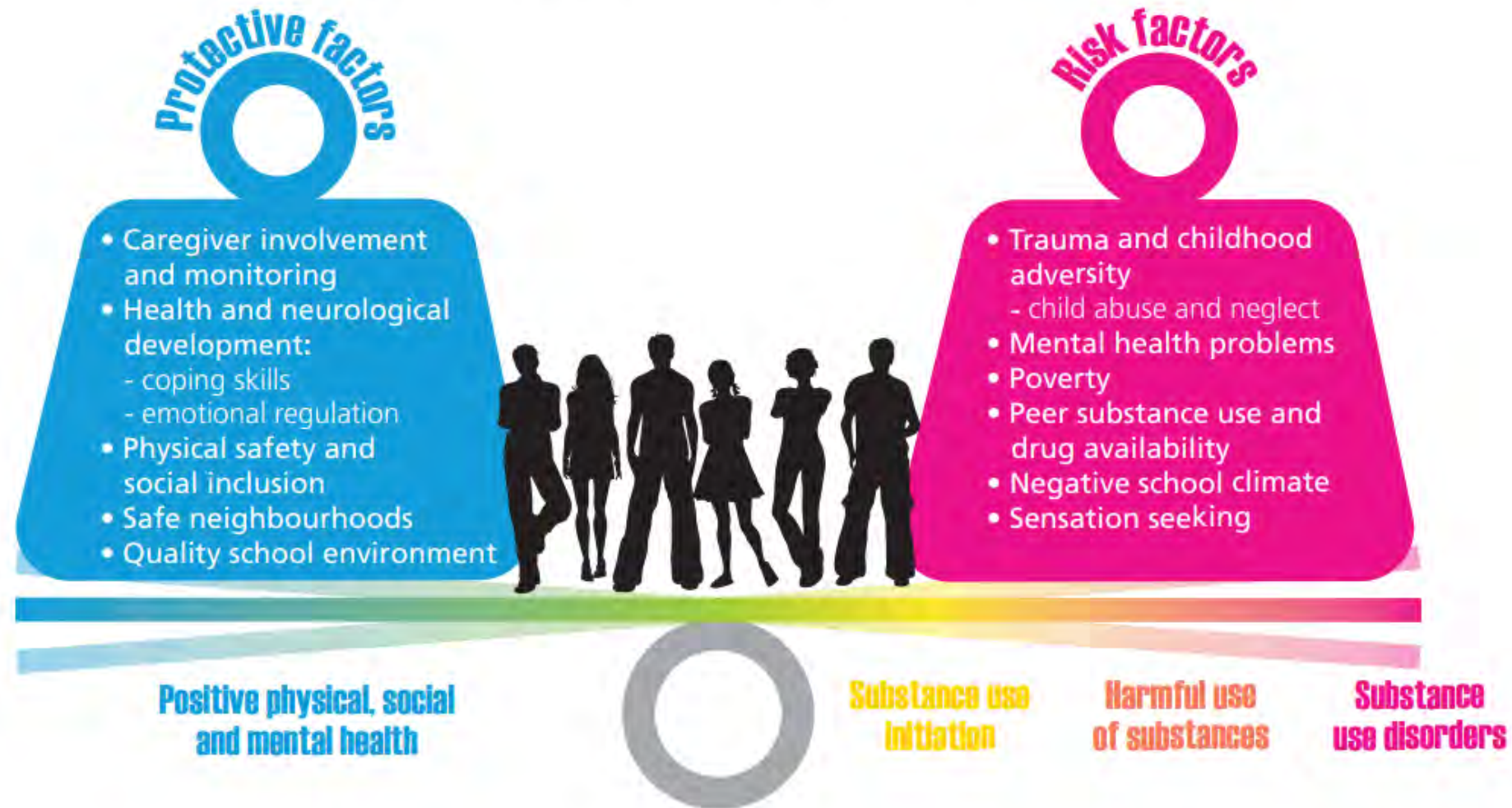


Zero Tolerance & Disproportionality



Protective Factors That can Outweigh Risk

Protective factors and risk factors for substance use



History of CCNH

2014-2016

- SAMSHA Substance Youth Treatment Planning Grant
- Environmental Scan, Gap analysis

2017-2021

- SAMSHA Substance Use Implementation Grant
- Brought Seven Challenges Training to NH & trained 4 organizations to pilot
- Developed Youth & Family support Models & piloted 4 Alternative Peer Groups

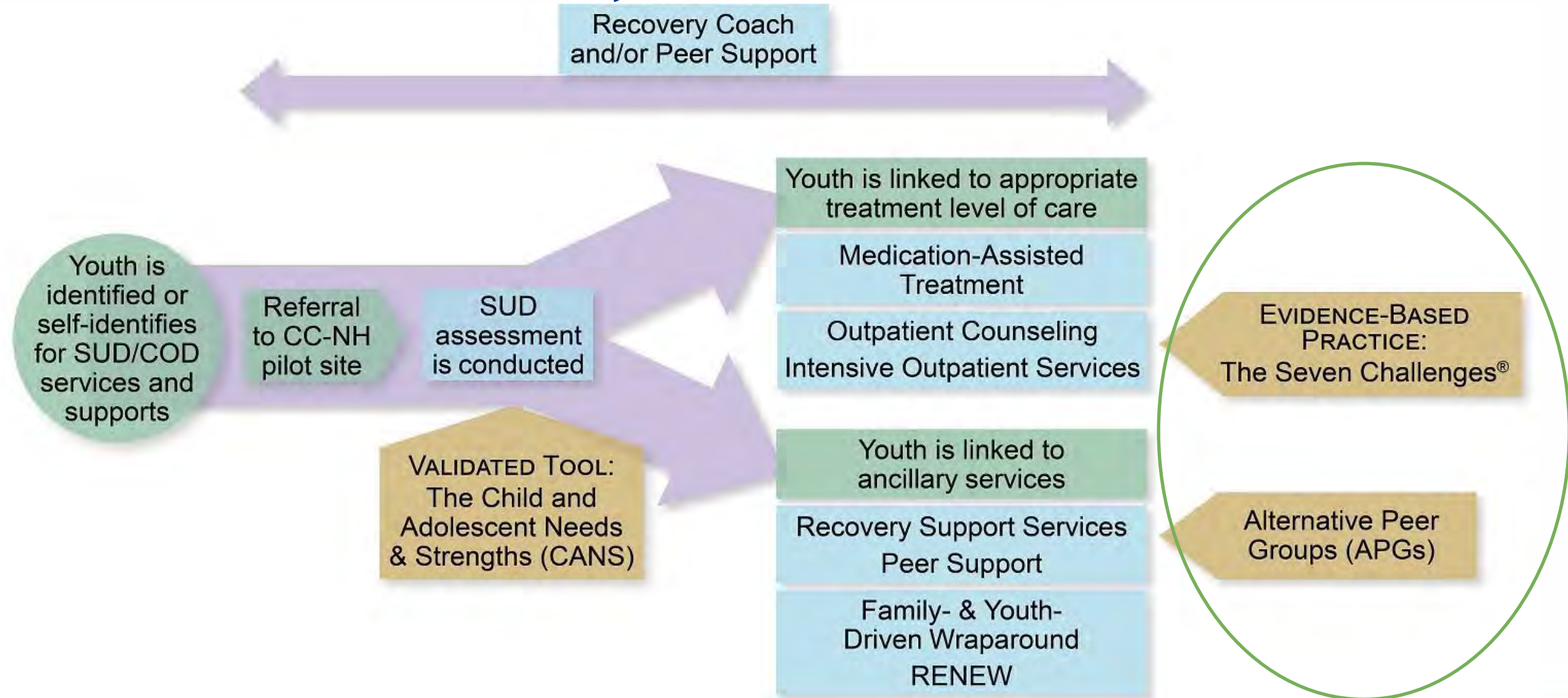
2022

- State Opioid Response Funds to scale up Supports
- Trained an additional 6 organizations in the Seven Challenges
- Provided 5 additional mini-grants to start up 5 new APGs

2023-2024

- Received continued funding to sustain existing Alternative Peer Groups, Seven Challenges Sites
- Provide ongoing coaching and facilitate Professional Learning Communities to support implementation with high fidelity

Creating Connections NH Youth Treatment & Recovery Continuum of Care



Children's System Of Care (CSOC)

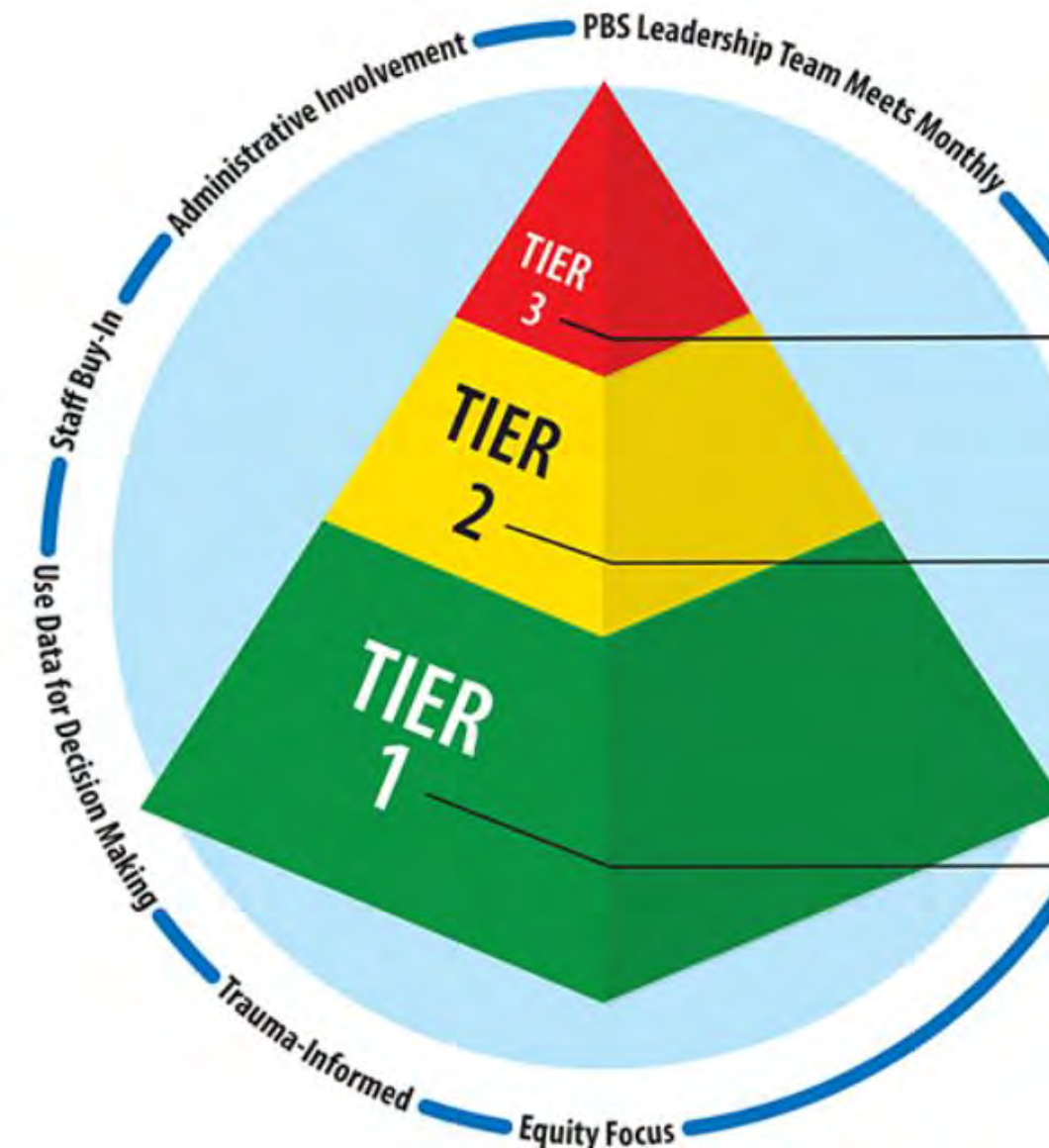
CHILDREN'S SYSTEM OF CARE FRAMEWORK

Framework is designed to ensure that children (birth to 21) and their families receive an array of services across a continuum of care.

All children and their families receive supports and services that adhere to the SOC Values.



Continuum of School-Wide Multi-Tiered Systems of Support (PBIS)



Tier 3

- Specialized, Individualized Supports for Students with High-Risk Behavior, requiring additional supports
- $\leq 5\%$ of students require individualized supports

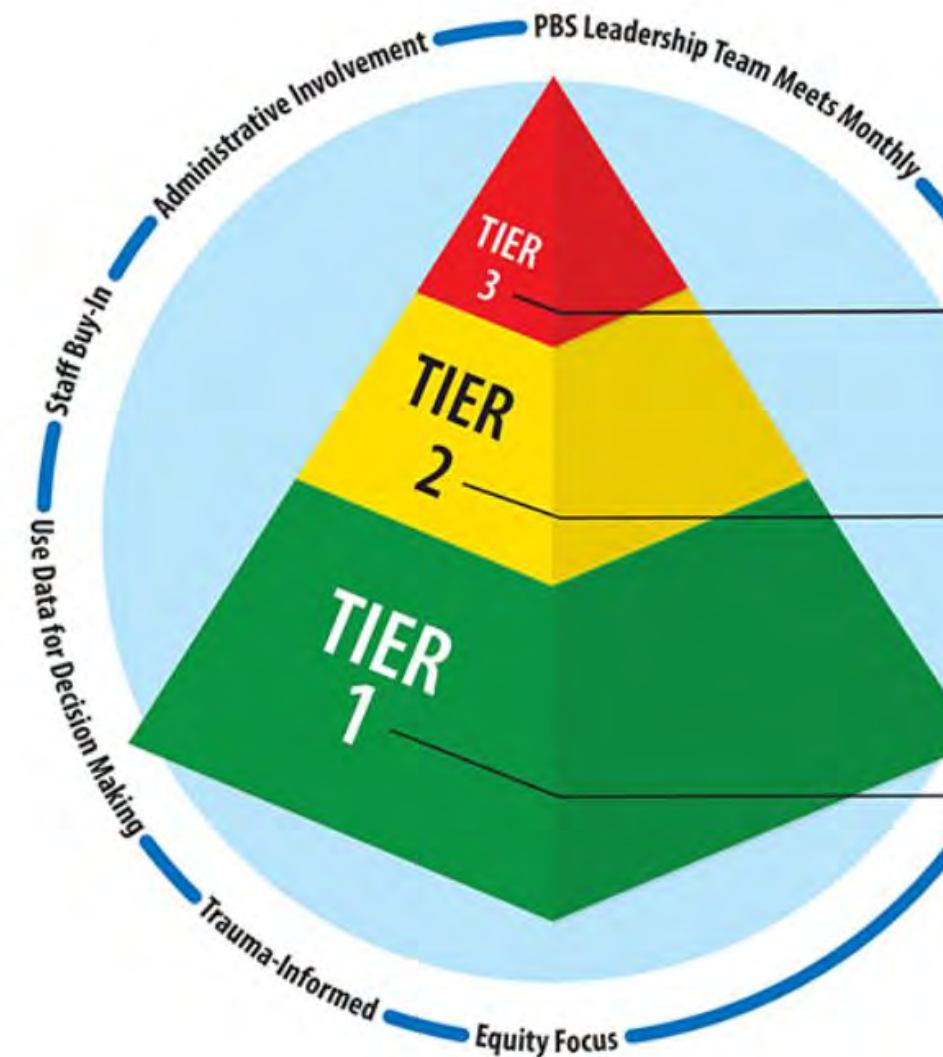
Tier 2

- Targeted small group supports for students who need another level of support
- $\leq 15\%$ of students indicate they need this level of support

Tier 1

- Primary prevention implemented schoolwide, strategies for addressing trauma, building resilience, and teaching social emotional learning, behavior expectations
- $\leq 80\%$ of students will respond when implemented effectively

Tiered SUD/ Prevention & Supports



Tier 3

- Cognitive behavioral therapy (CBT)/ Screening, Brief Intervention and Referral to Treatment (SBIRT)
- Wraparound/ RENEW
- Seven Challenges Journals
- Individual Behavior support Plans

Tier 2

- Seven Challenges Groups
- Alternative Peer Groups
- SUD Family Support
- Other Peer supports
- Student assistance Program

Tier 1

- Improve school climate and student connectedness
- Develop personal skills/ Stress management/Resiliency
- Build community connection
- Teach about brain development & substance misuse

What Youth Substance Use Treatment & Supports are available in your community

- Education & Prevention Activities
- Student Assistance Programs in School
- Intensive Outpatient Treatment
- Residential Treatment
- Individual Counseling
- Youth Peer Support
- Family Peer Support

Creating Connections NH (CCNH)

- (12-25) with substance use disorders (SUD), or SUD with co-occurring mental health disorders (SUD/COD)
- Evidence Supported, Comprehensive Counseling model, The Seven Challenges (7Cs),
- Recovery Support Model is Alternative Peer Groups (APGs)

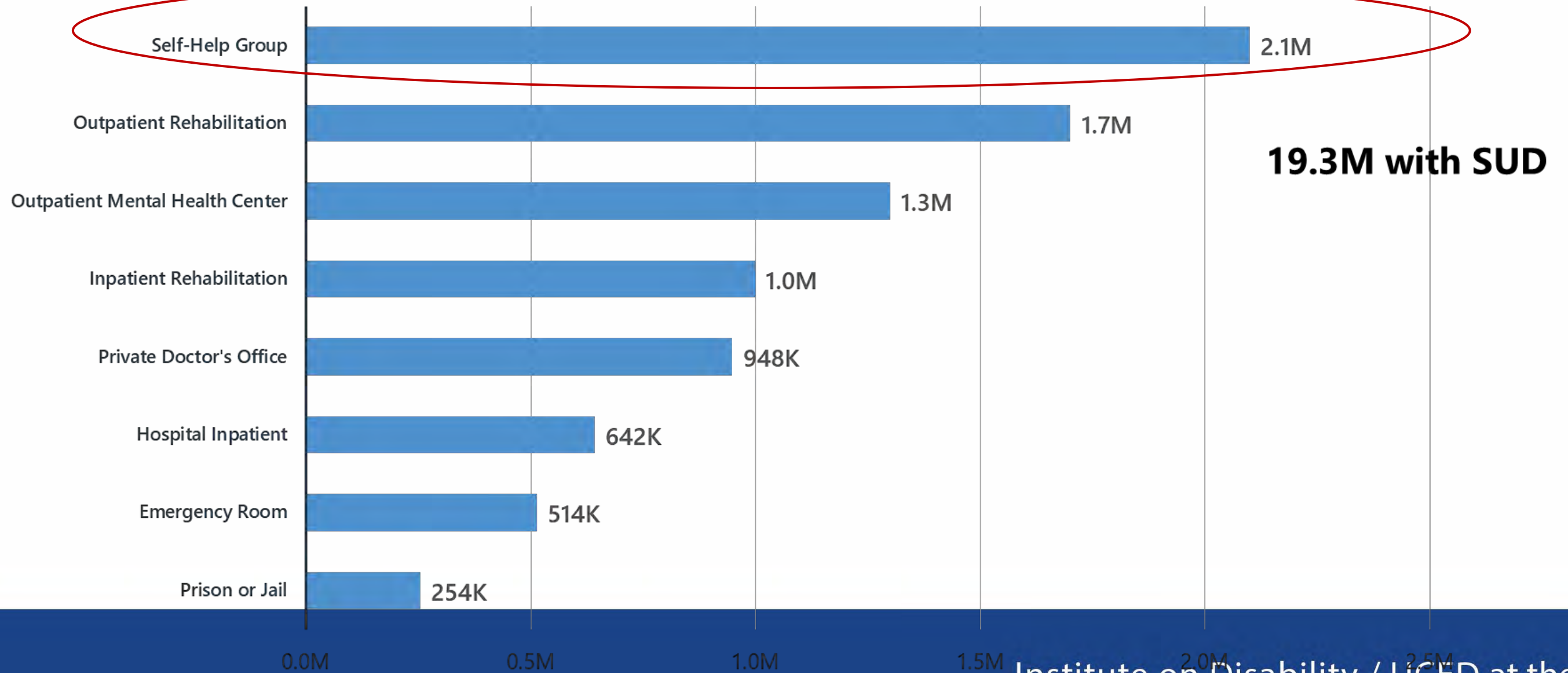
NH Alternative Peer Groups



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Locations Where Substance Use Treatment was Received

PAST YEAR, 2019 NSDUH, 12+



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Locations where people received substance use treatment are not mutually exclusive because respondents could report that they received treatment in more than one location in the past year.

Alternative Peer Groups (APG's)

- Grow youth leadership with youth taking on mentor role as they progress in their recovery
- APG Facilitators are trained recovery support professionals
- Youth help choose fun group activities that match their interests
- Youths' physical and emotional safety and privacy are a priority

How Do APGs Help? Alternative Peer Groups provide...



Safe, supportive peer environment



Fun, substance free activities



Family support

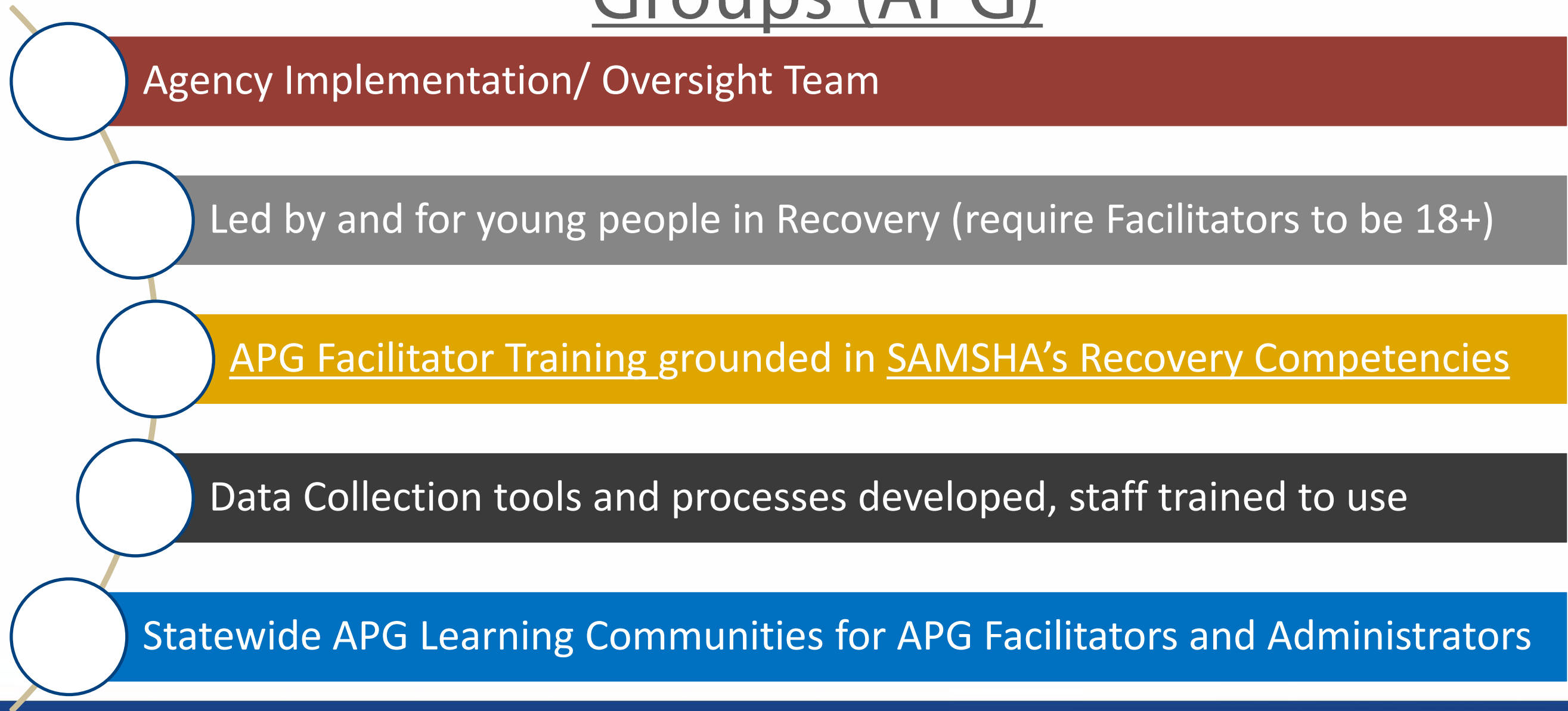


Sense of belonging



Reduce stigma of being in recovery

Essential Components of Alternative Peer Groups (APG)



Training and Resources for APG facilitators

- APG Canvas Learning Portal
- Training for APG Facilitators
- Creating Connections NH APG Website

APG Implementation Tools



In accordance with HIPAA and 42 CFR Part 2, APG and youth information is treated the same as any other Protected Health Information (PHI). Please secure any identifying information in a locked cabinet or password-protected location.

- APG Coaches Resources
- APG Facilitator Resources
- Oversight Team

- Home
- Modules
- Assignments
- People
- Media Gallery
- Quizzes

Alternative Peer Group Learning Portal



Welcome to the **Alternative Peer Group Facilitator's Training Portal**! This learning portal is organized in modules that include the materials, tools, assignments and timelines you need to complete the process as an **APG Facilitator**. The Canvas platform is easy to use, and there are multiple types of support available should you encounter problems.

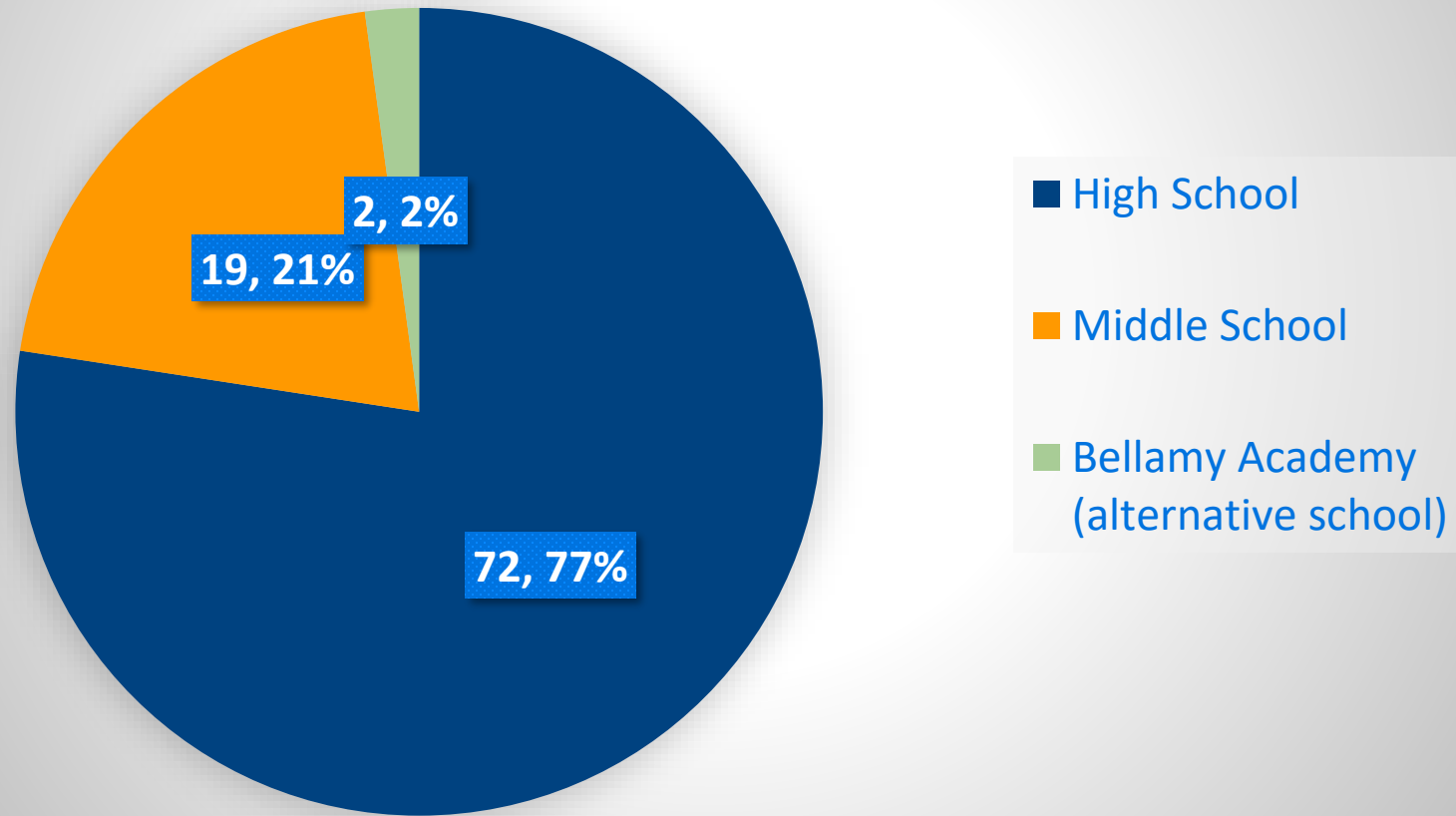
We are very excited that you are taking this path to provide recovery supports to youth!

If you have any questions, please contact your APG Coach or Heidi Cloutier at heidi.cloutier@unh.edu

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School Based Youth Engagement in APG 2021-22

Youth Served in School Based APGs 2021-22

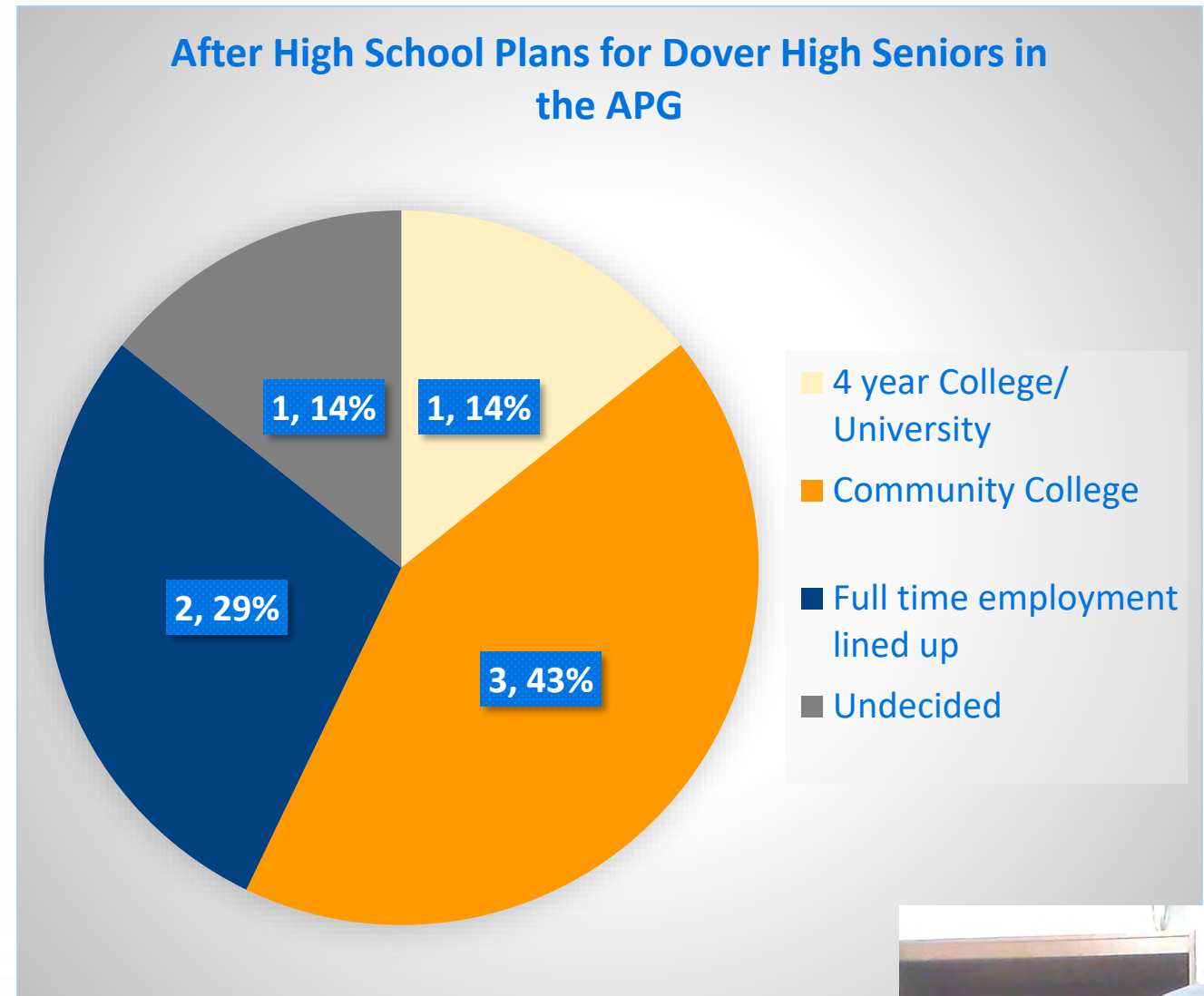
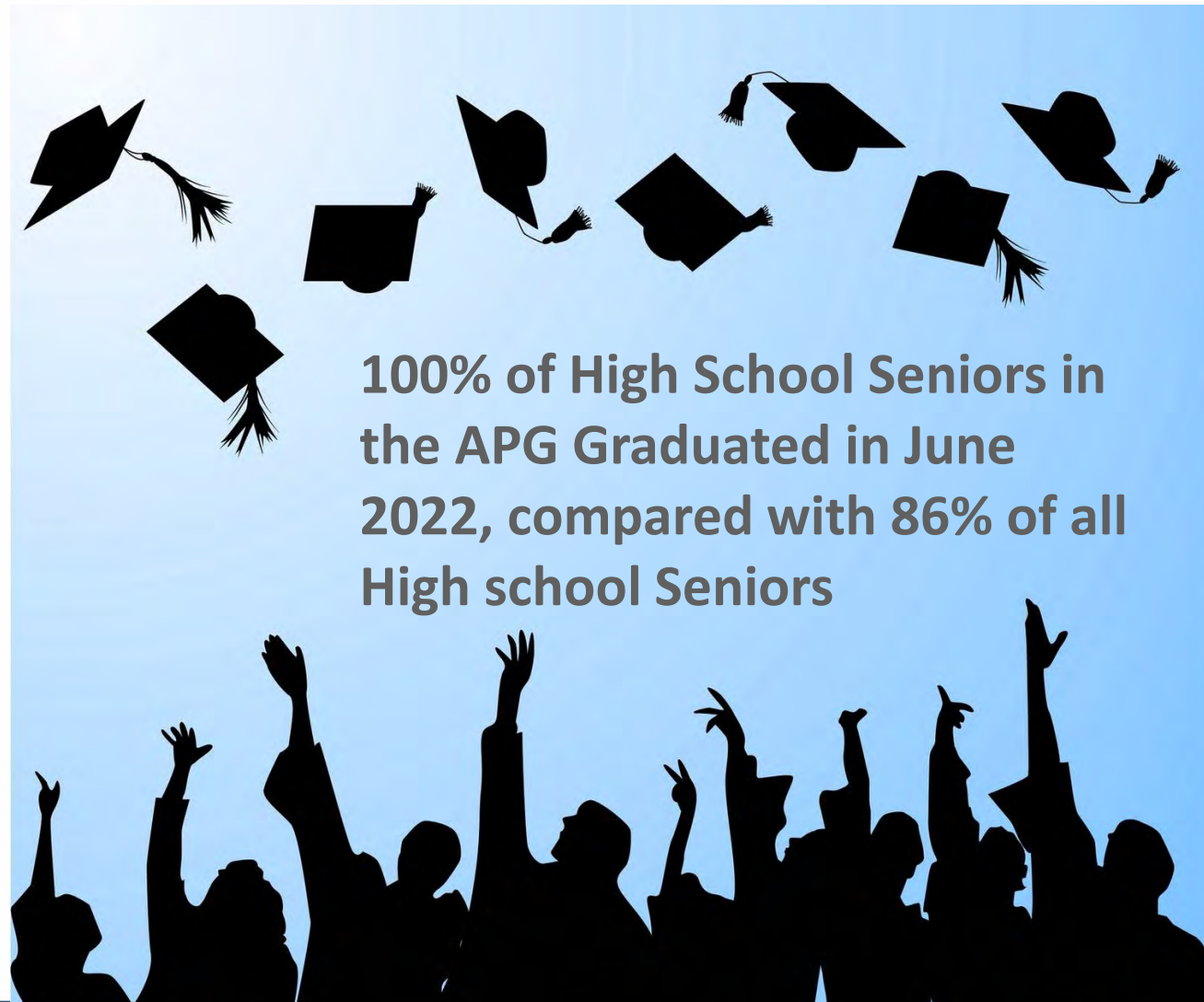


Total of 93 students served in the 2021-22 school year in this 1 community (Dover, NH)

- 72 students engaged at the High school
- 19 students engaged through their Middle school APG
- 2 students engaged through an alternative school



Post High School Plans for High School Seniors Involved in the APG



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Other Peer Recovery Supports



100% of Youth met 1:1 with a
Peer Recovery Leader at least
1 X



1 Family engaged in weekly
Family supports



What We Mean by “Family” Support



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Family Peer Supports



Family Support



Education



Opportunities for families to heal together & find joy again



Recovery Capital



Human

- Mental health
- Physical health
- School engagement
- Confidence
- Skills/ knowledge
- Sense of purpose



Financial

- Caregiver Income
- Transportation
- Stable housing
- Access to quality healthcare



Social

- Supportive, structured family
- Substance Free Home
- Supportive friends
- Recovery supports
- Participation in developmentally appropriate groups



Community

- Perceptions of peer/ cultural substance use
- A full range of addiction treatment resources
- Diverse , visible recovery role models
- Access to cultural and faith-based

Greatest Areas of Needs Indicated by the Youth Surveyed in the Cohort 1 APGs

- 18% I enjoy spending time with my family
- 45.5% I can manage my emotions well
- 45.5% I can recover from mistakes without feeling ashamed.
- 45.5% I find it easy to make new friends

Benefits of School & SUD Provider Partnerships



Increases Access to SUD supports & Decreases Harsh Exclusionary Discipline

- Schools lack resources to address substance use
- Convenience Families have competing demands & can't always get youth to the APG



Breaks Down Stigma of Getting Supports/ or of Not Using Drugs & Alcohol.

- Some families don't want their kids to receive substance use supports (youth 12+ can consent for their own supports in NH).
- Normalizes the need for education and supports



Increases Social & Recovery Capital

- Grows youth leadership & connection to others who can support their recovery
- Facilitates a more trusting, supportive school environment

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APG Representative on School Mental Health Committee/Tier II/ III Teams

- APG has administrator as a member of the school based mental health team, to problem solve supports for students;
- Facilitates referrals for family support;
- Administers assessments for students who are referred for problematic substance use (referrals come from various sources: self referral , parents, teachers, etc.) & works collaboratively with Student Assistance Program (SAP), school counselors, social workers;
- Push into health classes to provide universal education about substance use;
- Working to establish more proactive approaches and provide universal education about substance use for all students.

Activity

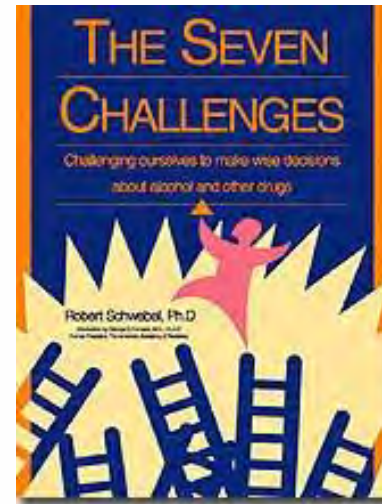


- Take 2 minutes to reflect on 1 next steps you can take to enhance behavioral health supports in your school/ or foster better collaborations
- Then, Turn & talk to share what steps you will take and learn what action they will take to connect or strengthen their collaboration with schools.
- Be prepared to report out to the larger group!

Lessons Learned

- By partnering with schools the APGS were able to reach more youth and provide substance use treatment & recovery supports to youth & families in need
- Wonderful community support
- Hybrid (in person and remote) groups are challenging to coordinate but help increase access
- Restrictive NH School Survey legislation made it challenging to track progress with youth engaged in the APGs in schools
- Location of the APGs is extremely important (access, stigma, youth privacy, etc.)
- Coaching Supports are critical
- Allow 6+ months for planning/ start up

Implementing The Seven Challenges[®] as part of New Hampshire's Continuum of Support for Youth and Young Adults with Substance Use Disorder and or Co-Occurring Disorders



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What is The Seven Challenges[®] Model?

- Evidence-Based, Therapeutic Model
- Culturally Sensitive
- Life Skills
- Focuses on youth making thoughtful decisions
- Focus on Harm Reduction rather than Abstinence

Basic premise of The Seven Challenges[®] is
"To meet youth where they are at."

Youth in the Early Stages of Change

- Don't think they have a problem
- Don't think their life would be better without drugs
- Don't know what it takes to overcome a drug problem
- Don't feel they could succeed
- Not prepared to succeed

1 We decided to open up and talk honestly about ourselves and about alcohol and other drugs.

2 We looked at what we liked about alcohol and other drugs, and why we were using them.

3 We looked at our use of alcohol and other drugs to see if it had caused harm, or could cause harm.

4 We looked at our responsibility and the responsibility of others for our problems.

5 We thought about where we seemed to be headed, where we wanted to go, and what we wanted to accomplish.

6 We made thoughtful decisions about our lives and about our use of alcohol and other drugs.

7 We followed through on our decisions about our lives and drug use. If we saw problems, we went back to earlier challenges and mastered them.

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The Seven Challenges

Challenging ourselves to make wise decisions about alcohol and other drugs



THE GOAL OF THE SEVEN CHALLENGES® IS
**HONEST
AND REFLECTIVE
EXPLORATION**
SO YOUTH CAN MAKE
THOUGHTFUL DECISIONS
ABOUT ALCOHOL AND
DRUGS.

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Reflective Journaling

- “Silent Conversation” between youth and counselor
- Opportunity to explore various aspects of substance misuse, including connections to trauma, family issues (including generational alcoholism/addiction), etc.
- Safe place to speak freely and honestly about drinking and drug misuse without fear of judgment or criticism



Redefining the Counselor Role

- Not there to make clients quit or to take something away
- Is a problem-solving partner
- Helps clients think about their options to give them more options
- Redefines success in smaller increments
- Helps youth think through things for themselves and follow through on decisions

- Does not play “Try to make me quit” with youth
- Uses “care-frontation”
- Inspires hope and optimism and teaches skills for a better future
- Supports youth in making any behavior changes they have chosen to make, such as learning anger management or learning to cope with stress in positive ways
- Focuses less on drugs, and more on:
 - Addressing co-occurring problems
 - Teaching life skills

DATA ANALYSIS COMPLETED BY:
HUMAN SERVICE RESEARCH INSTITUTE,
CAMBRIDGE, MA

NILÜFER ISVAN, KRISTIN BATTIS, VIVIEN SOLOMON

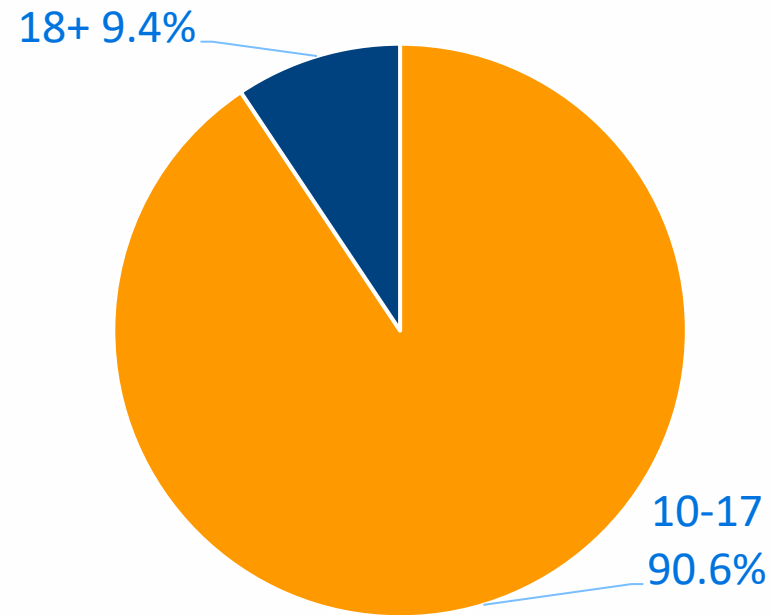


CASE STUDY: PARTICIPANT CHARACTERISTICS AT INTAKE

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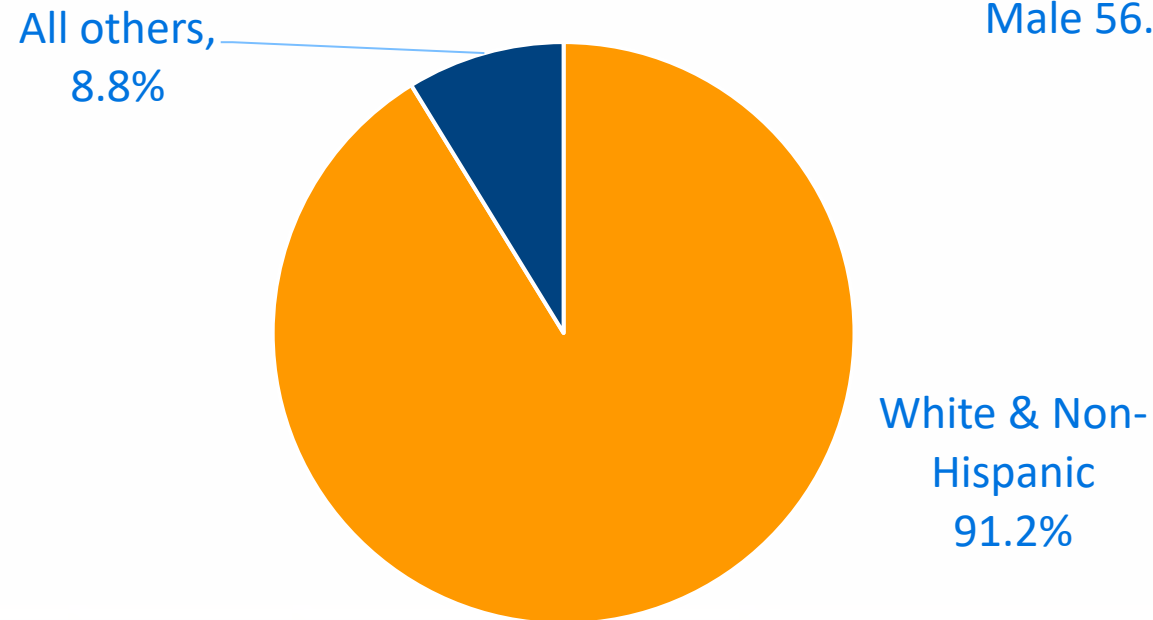
Demographic Distribution

Age

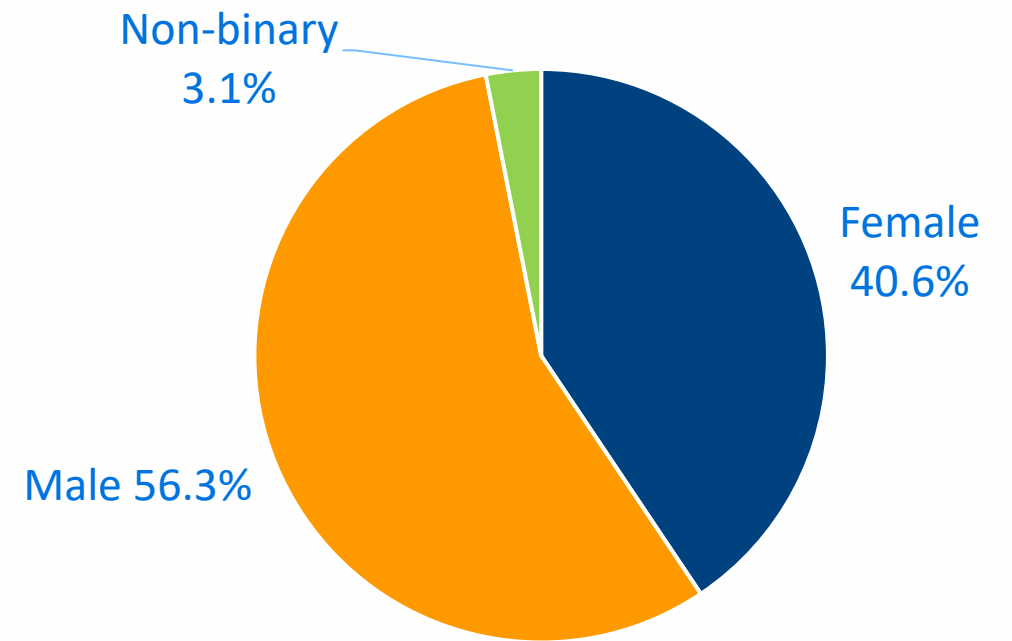


Pilot sites treated a total of **64** youth.

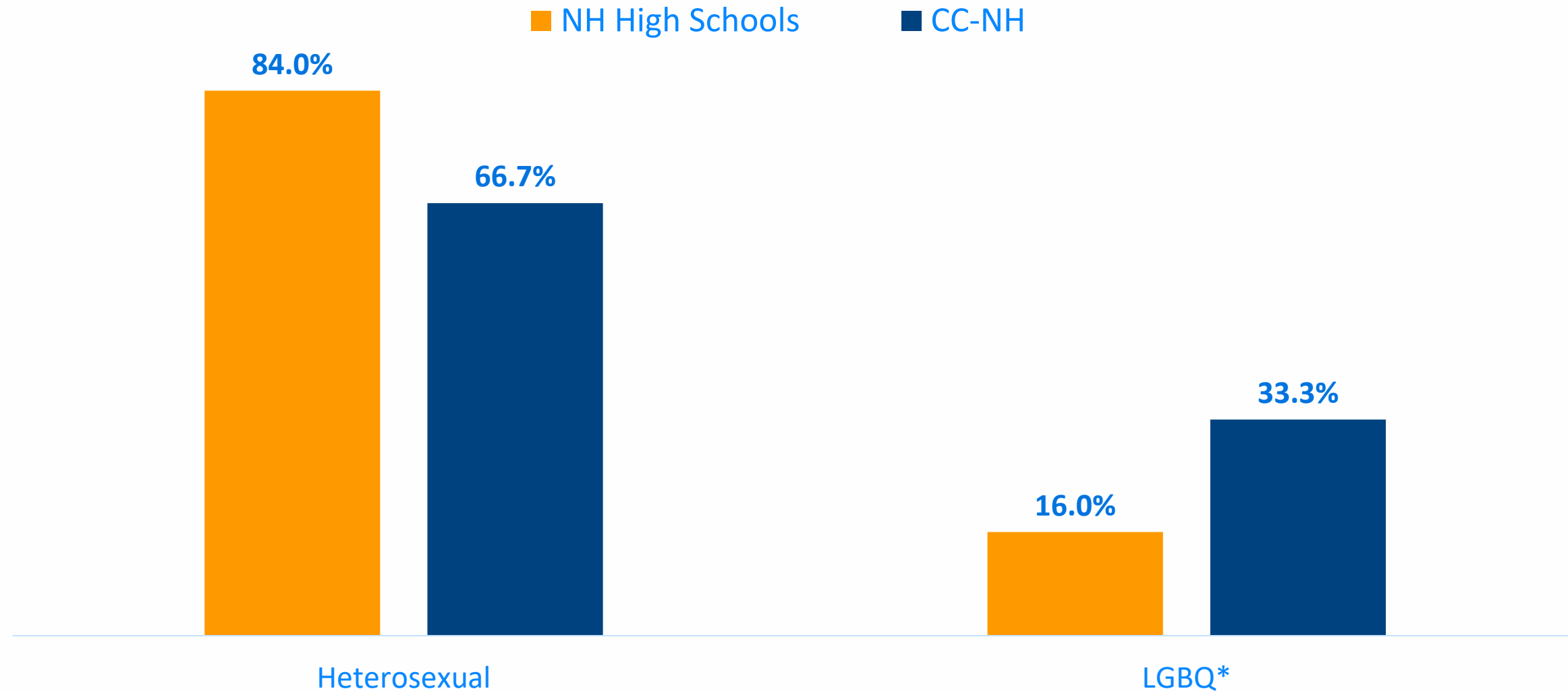
Race/Ethnicity



Gender

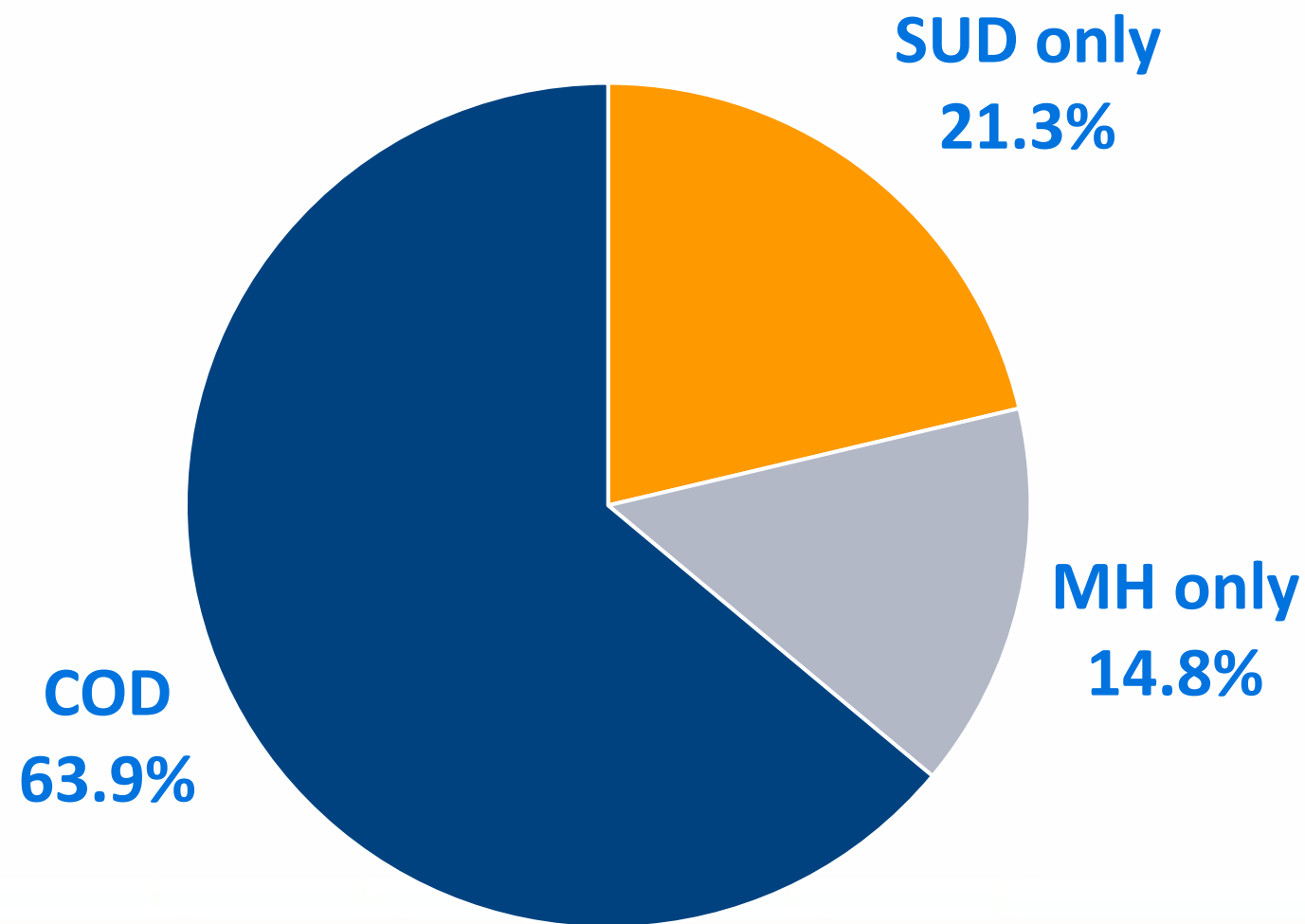


LGBTQ* Youth Overrepresented



2019- 2021 Diagnosis at Intake

N= 64 youth



Diagnosis at Intake

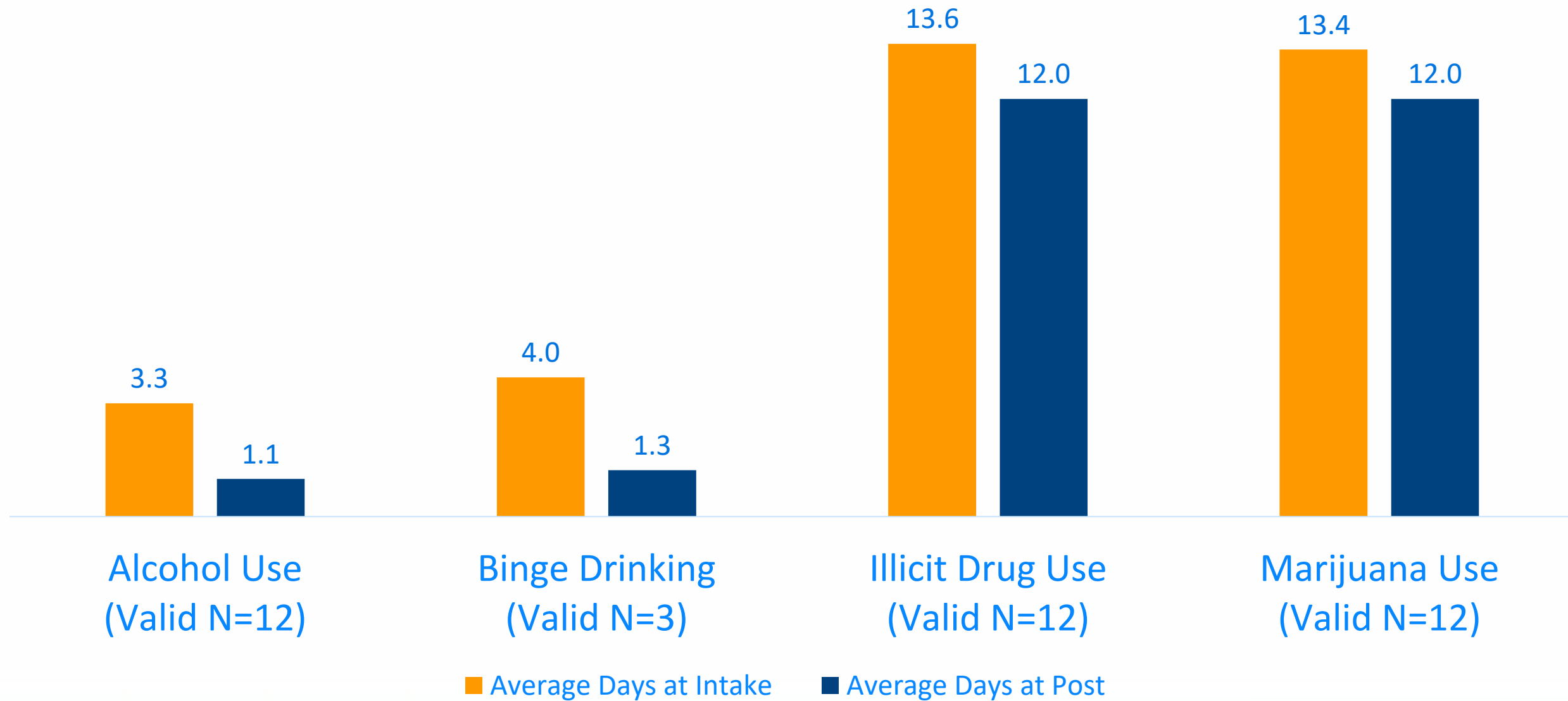
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PRE-POST COMPARISONS

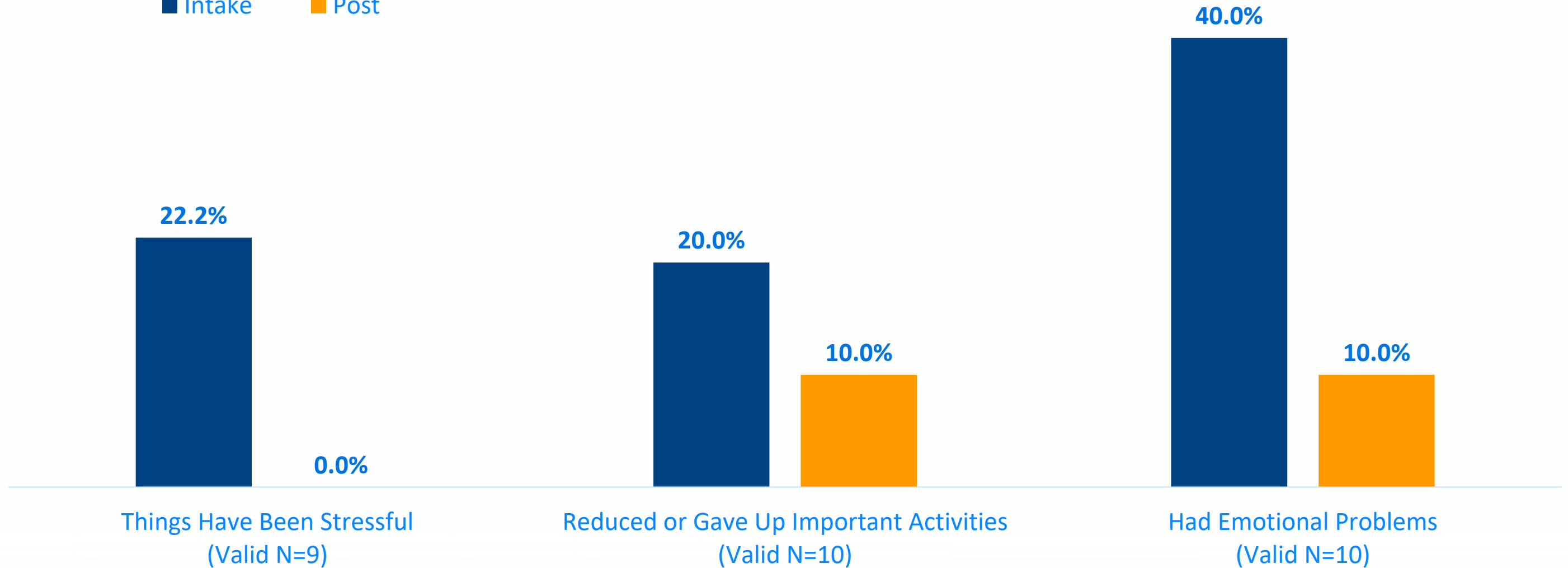
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Number of Days of Substance Use, Past 30 Days



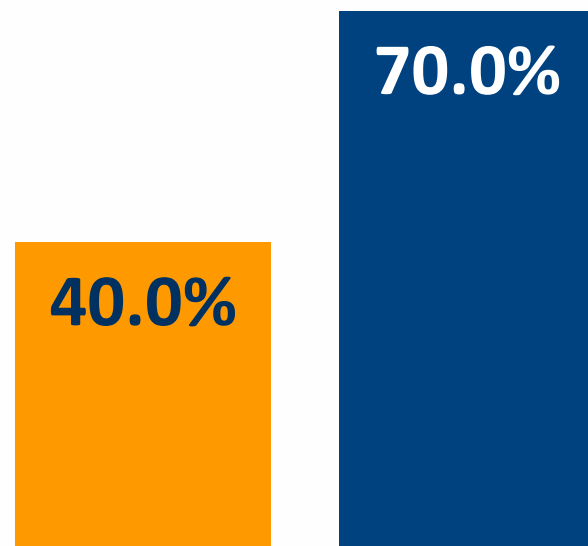
Reported Impacts of Substance Use, Past 30 Days

■ Intake ■ Post

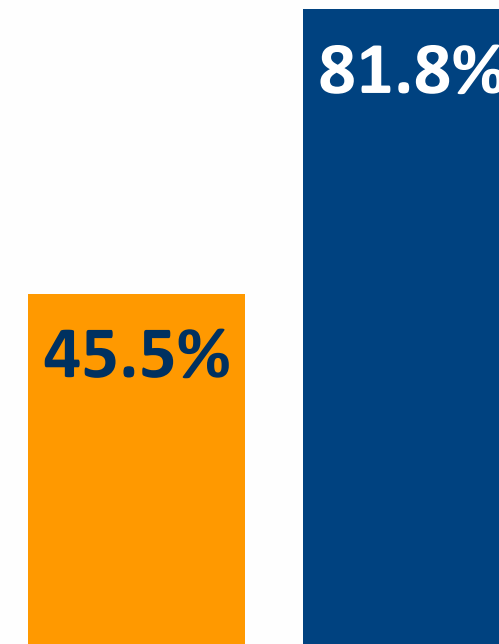


Self-Reported Health and Quality of Life

■ Intake ■ Post

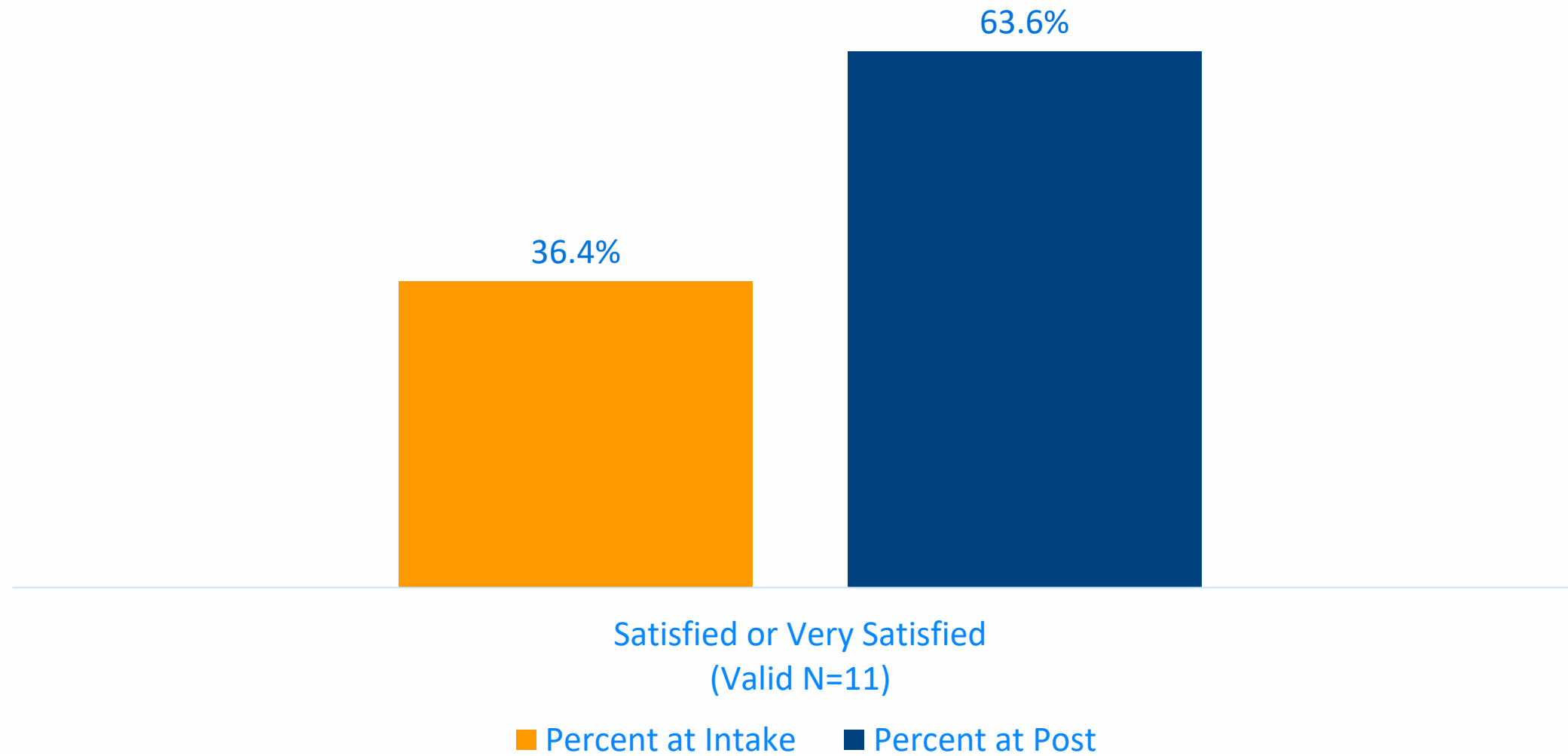


Overall Health is Excellent, Very Good, or Good
(Valid N=10)



Quality of Life is Good or Very Good
(Valid N=11)

Overall, how satisfied are you with yourself?



Questions?



Thank you!

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Resources to Help Jumpstart School/ Behavioral Health Collaborations

- [APG Coaches Resources](#)
- [APG Facilitator Resources](#)
- [Oversight Team](#)
- [APG Activities on APG website](#)
- [You and Substance Use](#)
- [Creating Connections NH](#)
- [MOU School Template](#)
- [Effective School-Community Partnerships to Support School Mental Health](#)
- [Supporting Mental health in Schools \(American Academy of Pediatrics\)](#)
- [Center on PBIS | Opioid Crisis and Substance Misuse](#)
- [Resource: Fact Sheet— Interconnected Systems Framework 101: An Introduction](#)

Resources

- [Opioid Crisis & Substance Misuse PBIS.org](#)
- [US Department of Education Guidance Around the Opioid Crisis](#)
- [Using the PBIS Framework to Address the Opioid Crisis in Schools](#)
- [CVS Health Pharmacists Teach online resources](#)
- [Treatment Considerations for Youth and Young Adults with Serious Emotional Disturbances and Serious Mental Illnesses and Co-occurring Substance Use](#)
- [Reducing Vaping Among Youth and Young Adults](#)
- [SAMSHA Treatment Considerations for Youth & Young Adults with Serious Emotional Disturbances and Co-Occurring Substance Use](#)
- [Drug Guide for Parents from Partnership for Drug Free Kids](#)
- [Drug Guide for Parents from Partnership for Drug Free Kids \(Spanish version\)](#)
- [Medicine Abuse Project's Parent Talk Kit](#)

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