

Montana Prevention Coalition Communication Post

March 2016

PREVENTION AT WORK IN MONTANA

BOYD ANDREW
MANAGEMENT SERVICES

If Building Capacity was an Olympic Sport....

by Brandee Tyree, Missoula Underage Substance Abuse Prevention (MUSAP) Coordinator

I had a really exciting opportunity this month that reminded me how amazing people are and just how deeply our “community” wants to help raise healthy youths. Capacity building is a continuous effort in the prevention world - it’s a never ending process - you never know when a relationship you have built or are building will turn out to be an asset, collaborator, funder, or mentor down the road. As odd as it may sound, capacity building is my favorite part about being a prevention specialist because you never know who is around the corner to help prevent underage substance abuse.

So the other day I received a presentation request from Missoula Youth Rugby (MYR). They wanted to think outside the box and fight the common perception that it’s a sport heavily associated with hard drinking. MYR wanted to help young rugby players have respect for the sport and have parents and their players learn more about substance abuse and the possible effects it could have on athletic performance and on just being a good team mate in general. I was very impressed by this bold move by a youth organization. I know most sports pretty well but did not know a lot about Rugby so I made some calls. It turned out USA Rugby Olympic team member played here in Missoula and for the University of Montana. So I thought what the heck, maybe he would be interested in helping me with this presentation!

It's all about you....The choices you make will
shape your future.



Avoid a Scrum go for the Try instead:

What is your goal for the day?

I cold-called USA Rugby and three phone calls later was on the phone with that very USA Olympic team member, Martin Iosefo. He was very interested in passing along a healthy message to young rugby players and their families. He was happy to collaborate with our efforts. He and I came up with a message for me to relay to the players and we created post cards for the players and families with talking points and prompts to the players to think about what their goals were. Throughout the discussions and brainstorming with Martin I was reminded that preventing underage substance abuse is not about preventing the use of substances, it’s about having youth visualize what they want out of their lives and to go for it - even if it’s aiming for the grand podium at the Olympics.

Prevention is about creating opportunities to discuss decision making and talk about how the choices we make affect our everyday lives, as well as the lives of others. This unique opportunity with USA Rugby inspired me to want to point out that you never know who is out there supporting our youth, encouraging our efforts, and wanting to collaborate with us. So who should you cold-call today to build more capacity for your community? Don’t forget to reach out and ask, you never know unless you ask.

**The
Forum**
Missoula Forum for Children & Youth

The following article is reprinted here with permission from the **Ravalli Republic**

http://ravallirepublic.com/news/local/article_fb529f42-ddab-11e5-a0d1-6f3dfdc388f7.html

Reach reporter Michelle McConnaha at 363-3300 or michelle.mcconnaha@ravallirepublic.com

Group to give away lock boxes for prescription drugs at event



ReACT Against Corporate Tobacco and Youth Advocating Prevention students from Darby, Victor and Hamilton hold “Load and Lock” boxes in front of Hamilton City Hall at 223 S. Second St., in Hamilton.

By Michelle McConnaha

“Load and Lock” is the new campaign of the Prevention Program at Western Montana Mental Health Center to help prevent prescription drug abuse in Bitterroot homes.

The campaign focuses on locking up or disposing of prescription drugs properly.

Faylee Favara is the prevention program manager for Western Montana Addictions Services.

“The concept is that people hold onto old prescriptions in their medicine cabinets,” Favara said. “We say dispose of them properly. Old medications can be tempting for kids and we need to protect our kids from old and current medicines. Younger kids can experience poisoning and in older kids we are seeing a rise in drug abuse from peer pressure.”

At the next Friday Family Fun Night, the Bitterroot Cares for Kids will give away lock boxes. The free evening will have a great meal, fun games for the whole family and a free lock box to help prevent prescription drug abuse.

“Prescription drug abuse has a high risk factor for Montana and Ravalli County,” Favara said. “We hope to keep kids safe. The Load and Lock Campaign is ours. Walmart helped us with a grant to gather the materials we are giving away. We’ll give away the lock boxes and look at the drug abuse in Ravalli County.”

Favara said prescription drug abuse is increasing, especially among youth. She stated that from 2011 to 2013, in Montana alone, prescription drug abuse was responsible for at least 369 deaths and more than 7,200 hospital inpatient admissions and emergency department encounters.

Favara said people should take action

“Dispose of old and expired medications and any drugs not being used,” Favara said. “Do not hang on to leftover drugs. Do not flush them or throw them in the garbage, as that will damage our waterways and our landfills. We have a drop off at city hall in Hamilton where medicines are collected and sent for proper disposal or check with your pharmacist.”

The official drop box site in Ravalli County is the Bedford Building at 223 S. Second St., in Hamilton.

Favara said to keep children safe from current medications, “Load and lock ‘em!”

The next Friday Family Fun Night will be from 6 p.m. to 8 p.m. on March 11 in the Bedford Building.

“It’s a great event and we’re looking forward to it,” Favara said.

For more information, contact Faylee Favara, prevention program manager for Western Montana Addictions Services at (406) 532-9149. There are a limited number of lock boxes available.

From the Prevention Resource Center

Under Health Care reform, there is a little known opportunity for primary substance abuse prevention on the local level, called the Community Benefit. If a non-profit hospital receives public funded health care (i.e. Medicaid) they must do a community health assessment and post results to their website. Then, they need to pull together a plan to address the results of the assessment, and likely substance abuse prevention and mental health will bubble to the top of the priorities. This is the prevention opportunity to get your foot in the door to begin and/or solidify your partnership with health care to address population overall health (to include primary prevention).

Office of National Drug Control Policy hosted a Webinar in January 2016 about the Community Benefit and how recent changes in legislation have changed how local non-profit hospitals are required to work with their communities.

The Webinar can be viewed at: <https://m.youtube.com/watch?v=qIBPZhqRIbw>

I highly recommend taking 90 minutes to watch the video.

Vicki J. Turner, Director

Prevention Resource Center

Hello prevention specialists,

To make prevention efforts in Montana easier and more cohesive, the PRC is developing a map of prevention coalitions across Montana. This requires the name of coalition and a contact person, and their location. Each coalition will be linked to a map which will make finding out who is working nearby or on similar projects much easier.

For example:

Youth Connections Coalition. Coleen Smith. Helena, MT. 406-324-1032. coleen@youthconnectionscoalition.org

I realize everyone is busy, but if you could each take a few minutes to provide me with a couple or at least one coalition(s) in your area, we will have a decent starting point.

Thank you for your help,

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**Local Pride—Put your
Coalition on the Map!**



Check out the new addition to the E-Learning Library.....

The new " Introduction to the Montana Partnership for Success Grant " has been uploaded to the E-Learning section of the DPHHS website.

<http://dphhs.mt.gov/amdd/SubstanceAbuse/ELearning.aspx>

Spring has sprung: dig it

