



Center for Rural Opioid Prevention, Treatment & Recovery

State Prevention Enhancement (SPE) Policy
Consortium Meeting

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Center for Rural Opioid Prevention, Treatment & Recovery


- **Project Years:** 2019-2021 (2 years)
- **Funder:** Substance Abuse and Mental Health Services Administration (SAMHSA)
- **Joint PIs:** Michael McDonell (Medicine) & Elizabeth Weybright (HD)
- **Collaborators:** Washington State University - Human Development, Extension, ESF College of Medicine, College of Nursing
- **Goal:** To develop and disseminate training and technical assistance to rural communities throughout Washington State for prevention, treatment, and recovery from opioid misuse/use/abuse.



APPROACH

1. Create and sustain a CROP+TR Advisory Board that can guide our work addressing the needs of rural Washington communities.
2. Build on existing WSU Extension prevention programs.
3. Conduct a needs assessment process to inform priority areas for training and technical assistance.
4. Coordinate efforts with other regional efforts including SAMHSA State Targeted technical assistance teams and three Region 10 Technology Transfer Centers. Provide public, on-demand training through the CROP+TR website.





Leveraging Extension to Implement Prevention Initiatives Promoting Individual, Family, and Community Health

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Prevention Aims

Create model prevention programs that are tailored for opioid prevention and provide linkages to opioid treatment and recovery resources.

1. Adapt **Strengthening Families Program (10-14)** to an opioid context.
2. Use **4-H Youth Participatory Action Research** in an opioid context.
3. Close the gap between prevention and treatment by providing resources on opioid treatment and recovery.
4. Offer TTA on other prevention interventions through webinars, virtual and in-person training, and online Communities of Practice.



SFP 10-14 Adaptation

- Strengthening Families Program 10-14 (SFP) is an evidence-based intervention targeting youth ages 10-14 and their caregivers.
- While SFP is associated with reductions in opioid use, it does not include opioid specific material.
- **CROP+TR aims to adapt SFP 10-14 content for opioids.**
- Currently, WSU is also working on adapting SFP content for marijuana through a second grant (USDA/CYFAR).



SFP + Opioid

CROP+TR Goal: tailor SFP 10-14 content for opioids (SFP + Opioid).

- Study feasibility of SFP adaptation through focus groups of caregivers and facilitators with experience in SFP (underway).
- Amend and/or addend SFP curriculum to include opioid specific content.
- Partner with three Extension sites currently implementing SFP including one Spanish-language site:
 - Benton/Franklin County (AnaMaria Diaz-Martinez)
 - Cowlitz County (Jennifer Leach)
 - King County (Kevin Wright)
- Pilot SFP + Opioid adaptation at the above sites in 2020-2021.



4-H YPAR Adaptation

- Youth Participatory Action Research (YPAR) provides TTA to 4-H youth, 4-H leaders, and their communities to conduct needs assessments and youth-led health promotion projects.
- WSU Extension is currently implementing 4-H YPAR with a focus on mental health promotion.
- **CROP+TR aims to adapt 4-H YPAR to focus on opioids.**
- To do this, we will create educational information for 4-H youth and adults.
- Youth will then conduct a relevant needs assessment and formulate a plan for improving prevention, treatment, or recovery in their own communities.



YPAR + Opioid

CROP+TR Goal: adapt 4H-YPAR to focus on opioids (YPAR + Opioid).

- Partner with Extension sites and ESFCOM faculty to adapt the 4H-YPAR intervention to include youth-appropriate opioid focused curriculum materials.
- Offer 4-H youth training in opioid use/misuse facilitated in part by ESFCOM faculty and community members (April 2020—Cle Elum, WA).
- Pilot YPAR + Opioid in three counties in 2020-21:
 - Kittitas County (Allison White)
 - Clallum County (Joy Lile)
 - Spokane County (Jennifer Fees)



Evaluation

After piloting SFP + Opioid and YPAR + Opioid, we will:

- Conduct surveys regarding opioid-related health literacy before and after participation.
- Evaluate intervention satisfaction and acceptability.
- Make final adaptations to programs based on findings.
- Develop SFP + Opioid and YPAR + Opioid Implementation Toolkits.
- Offer TTA to disseminate programs through WSU Extension.



Integrating Treatment/Recovery


CROP+TR Goal: close the gap between prevention and treatment by providing resources on opioid treatment and recovery.

- Include information on local community treatment/recovery resources in opioid portion of SFP and 4H-YPAR curricula.
- YPAR + Opioid youth-led community project may be directly related to treatment/recovery.
- Coordinate with speakers from ESFCOM and community members to teach youth about opioid use disorder treatment and recovery at 4-H youth retreat.



Dissemination

CROP+TR Goal: Disseminate TTA through online, virtual, and in-person methods.

- **CROP+TR website** — www.croptr.org (coming April 2020)
 - Public, on-demand training
 - Resources on evidence-based prevention programming
- **CROP+TR social media and listserv** —  @CROP_TR
 - Disseminate relevant TTA information to rural communities
 - Coordinate efforts with other TTA providers
- Establish SFP and 4H-YPAR **Communities of Practice** to assure a platform for sustained implementation.





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*Thank
You*

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