

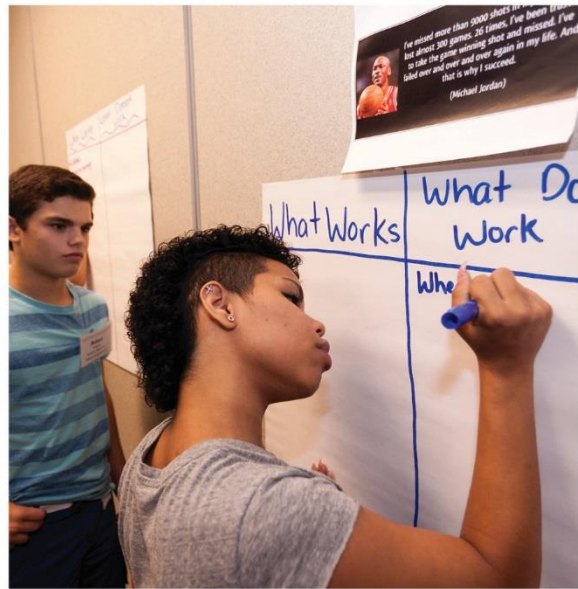
# Implementing The Seven Challenges<sup>®</sup>: New Hampshire's Continuum of Support for Youth and Young Adults with Substance Use Disorder and or Co-Occurring Disorders

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# Objectives

- ① Describe the elements of a continuum of treatment and recovery within the NH Children's Behavioral Health System of Care.
- ① Learn about the Seven Challenges<sup>®</sup>, a research-based treatment intervention for youth with SUD.
- ① Describe the promising impact of the Seven Challenges model.
- ① Learn about the partnerships involved in high fidelity implementation and sustainability.

# System of Care Definition

“ A System of Care is a spectrum of *effective, community-based* services and supports for children and youth *with or at risk for mental health or other challenges* and their families, that is organized into a *coordinated network*, builds meaningful partnerships with families and youth, and addresses their *cultural and linguistic needs*, in order to help them to function *better at home, in school, in the community, and throughout life.*”

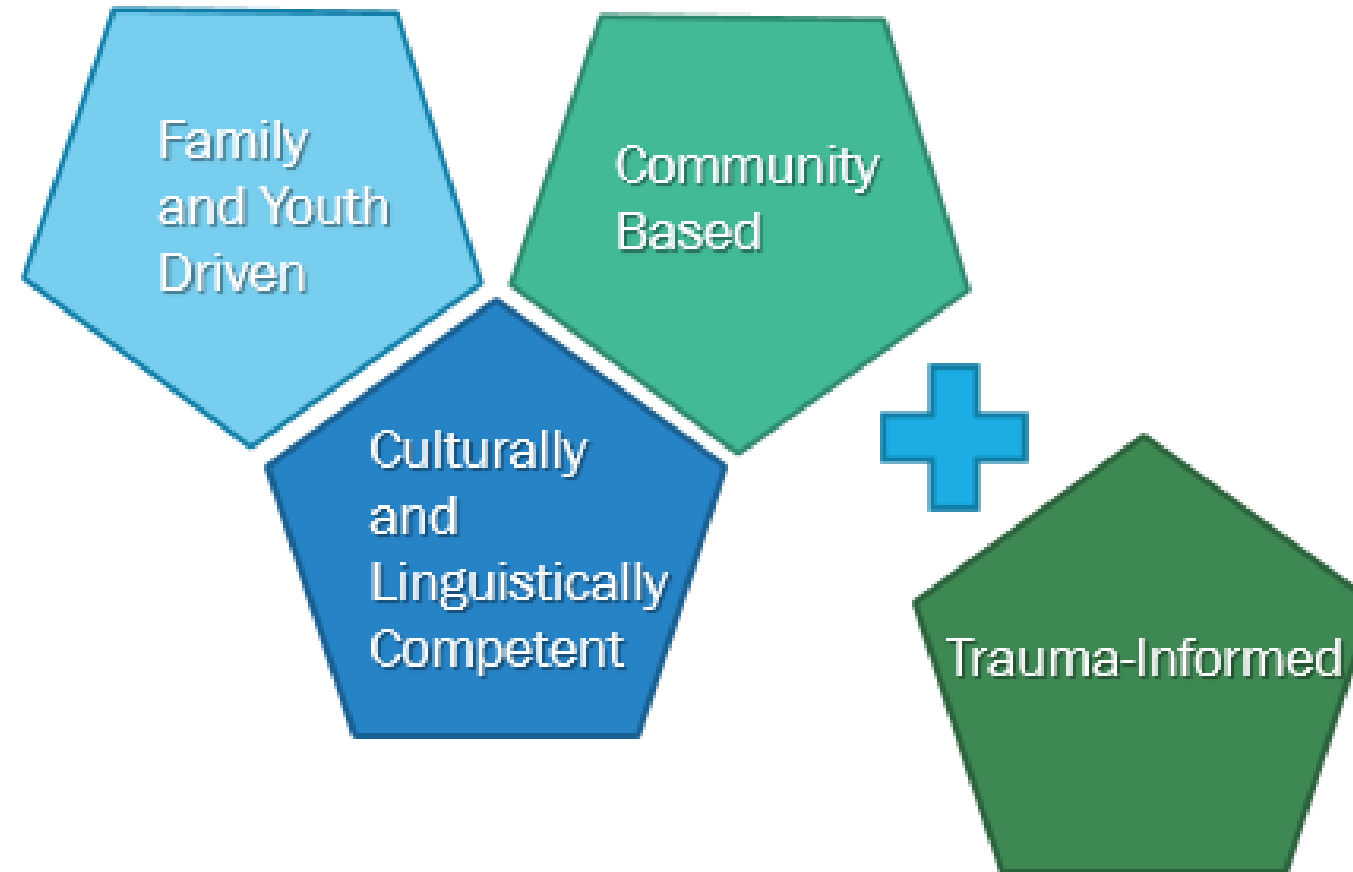
*Stroul, Blau, & Freidman, 2010*

# 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.





# NEW HAMPSHIRE'S CHILDREN'S MENTAL HEALTH System of Care

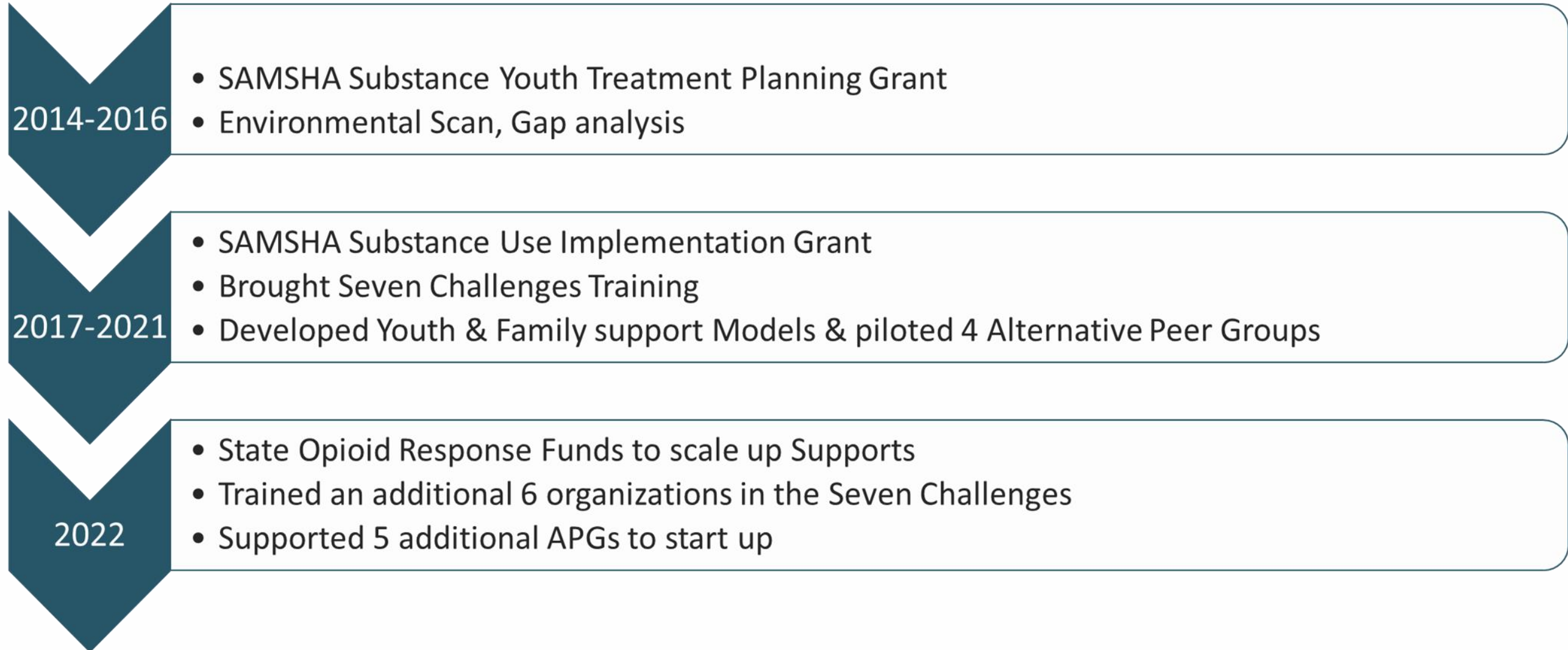
**BIRTH TO 21**  
A 5-TIER SYSTEM



# Creating Connections NH (CCNH)

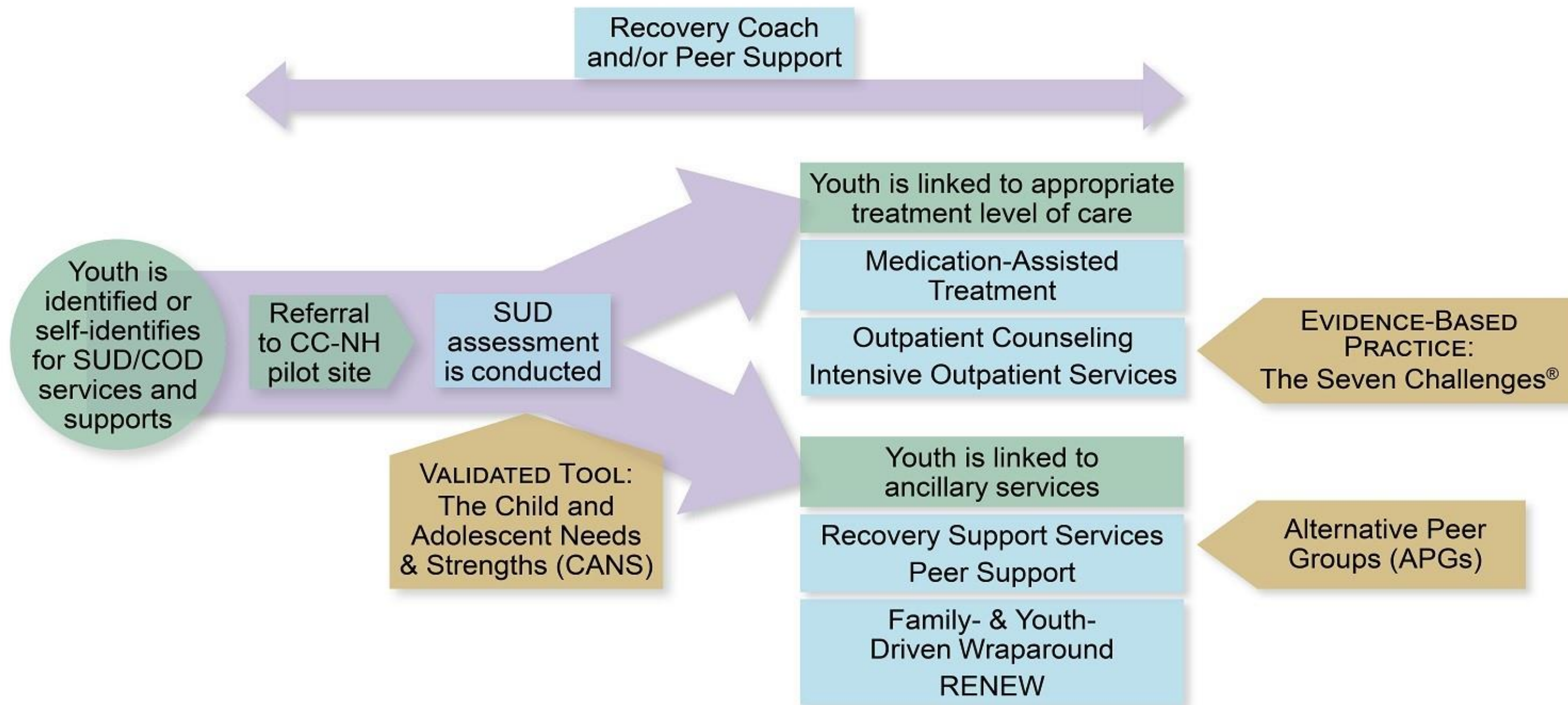
- (12-25) with substance use disorders (SUD), or SUD with co-occurring mental health disorders (SUD/COD)
- Evidence Supported, Comprehensive Counseling model, The Seven Challenges (7Cs),
- Recovery Support Model is Alternative Peer Groups (APGs)

# CCNH Timeline



# Creating Connections NH

## Youth Treatment and Recovery Continuum of Care





# TURN AND TALK: WHAT ENGAGES YOUTH?

# THE SEVEN CHALLENGES®

# What is The Seven Challenges?



- Evidence-informed, Cognitive/Emotional Decision-Making Model
- Focus on Harm Reduction rather than Abstinence
- Culturally Sensitive
- Teaches Life Skills
- Meets youth and young adults “Where they’re at”

**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.

## The Seven Challenges

Challenging ourselves to make wise decisions about alcohol and other drugs

**7**  
CHALLENGES



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

# Reflective Journaling

- “Silent Conversation” between client and staff member
- 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 Therapist 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

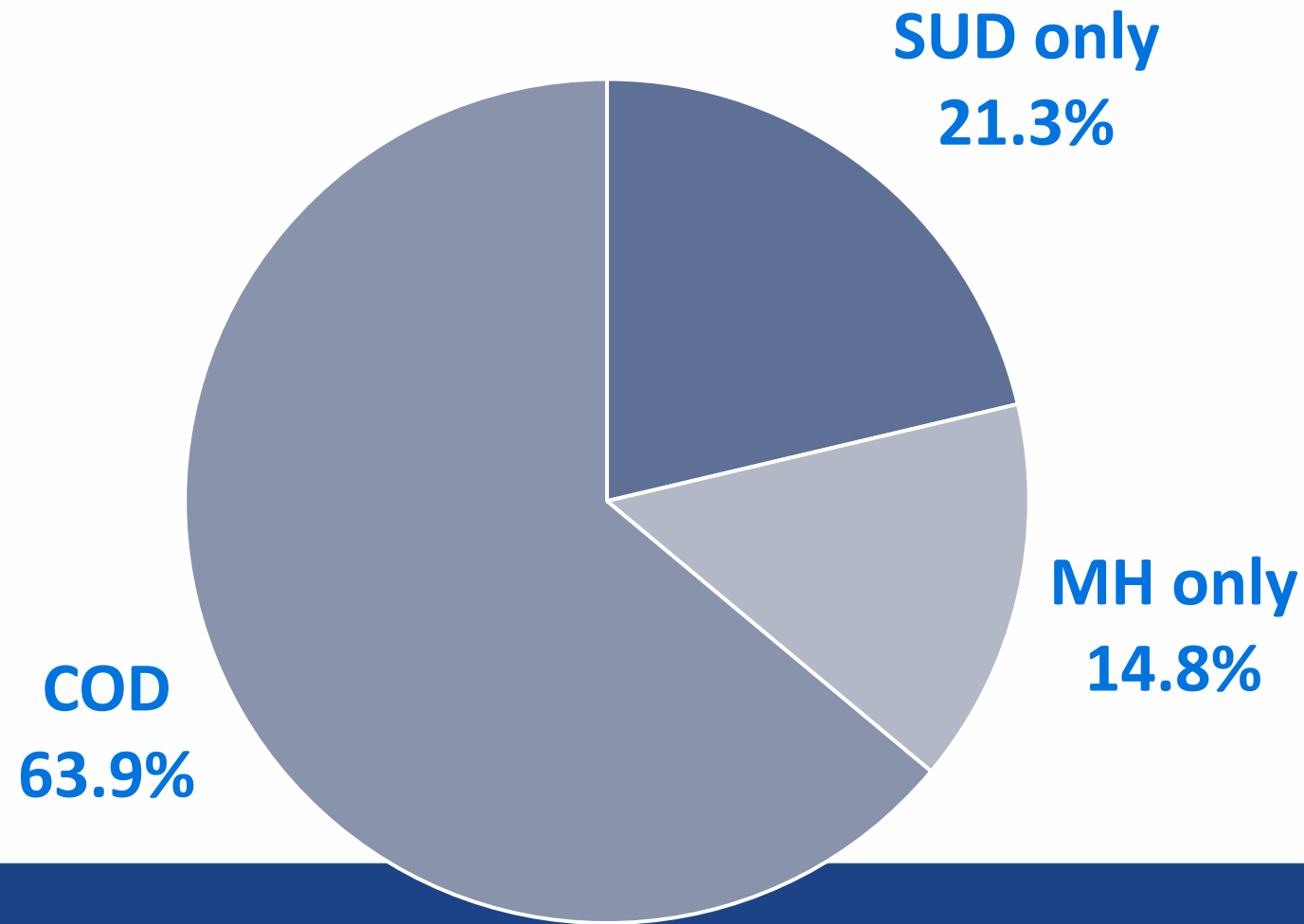
# Training and Professional Development

- Three-day Initial Training by Seven Challenges Staff on full curriculum and program development
- Two-day Leader Training by Seven Challenges Staff to develop leadership team to sustain fidelity of model and to train new 7C's staff
- Quarterly Support Call from Seven Challenges Consultant to discuss successes and challenges and to get Seven Challenges-specific information
- Professional Learning Community facilitate by the IOD

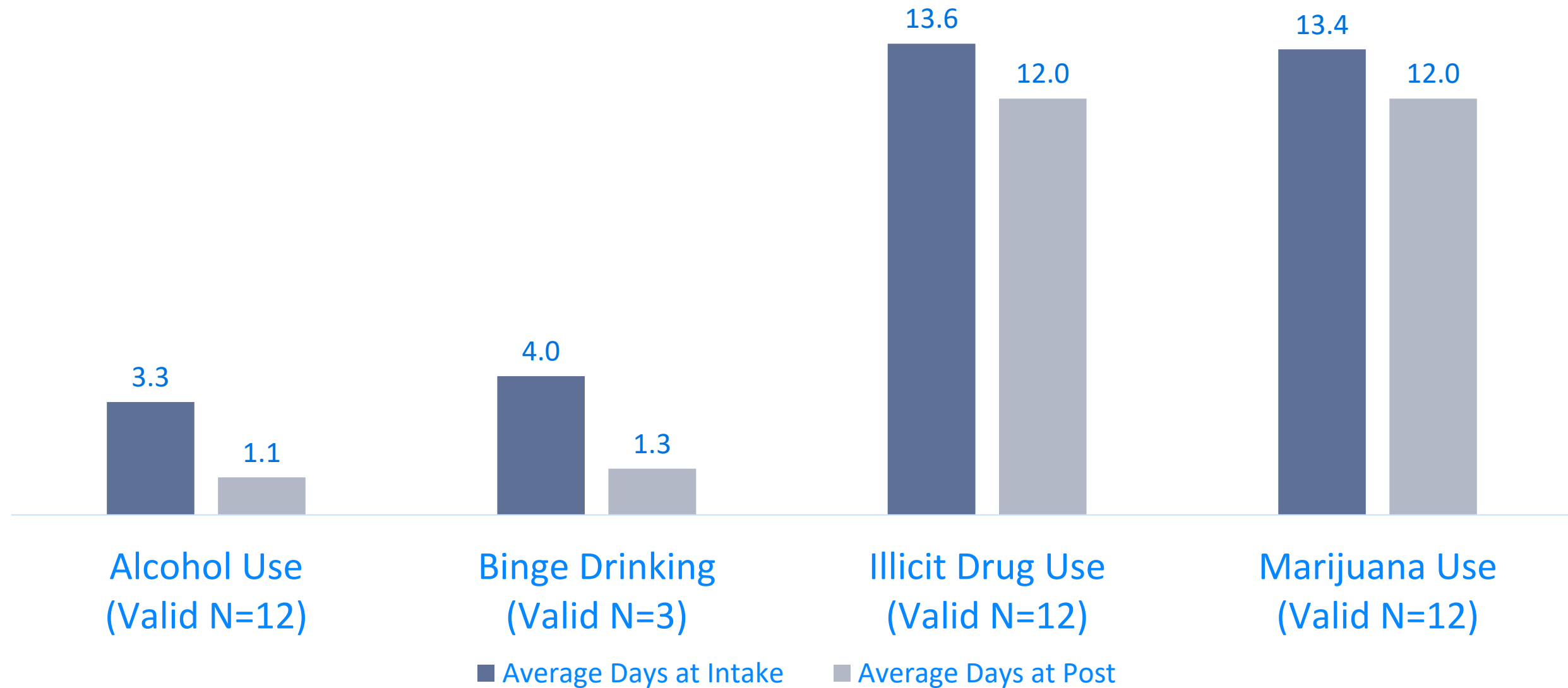
# CASE EXAMPLES



# Promising Results: Between 2019 and 2021, 64 youth received evidence-informed- counseling services.

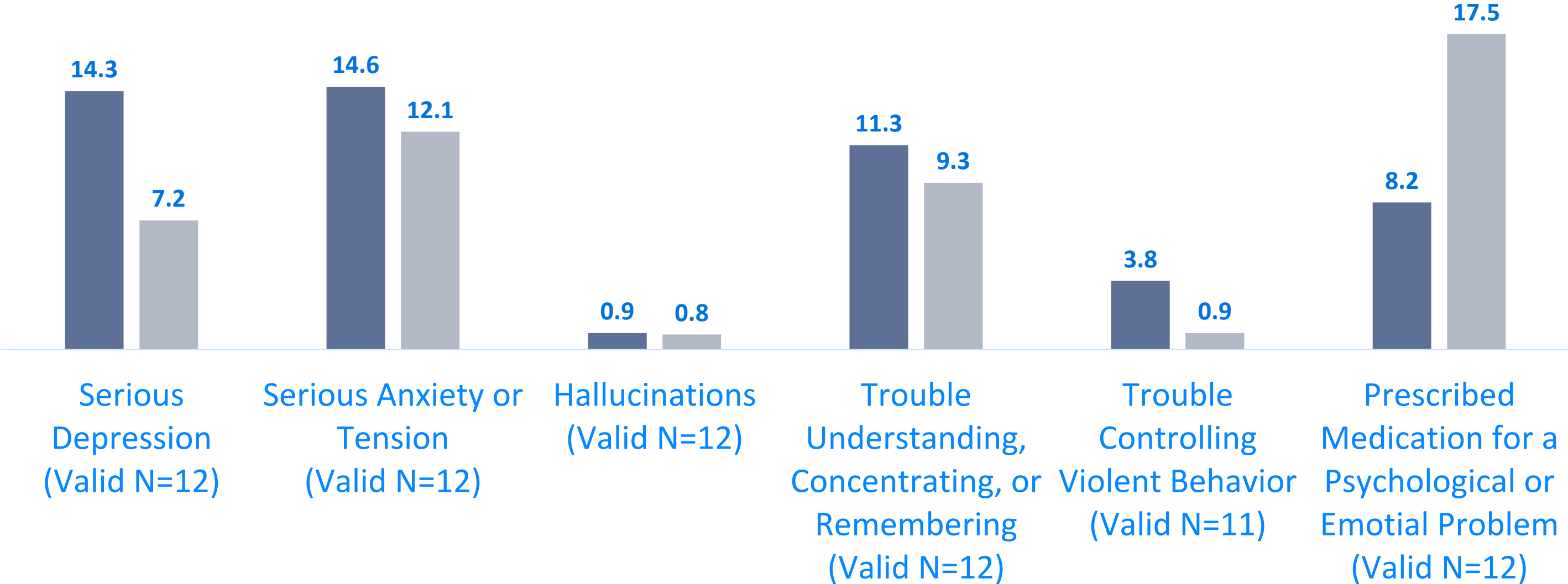


# Number of Days of Substance Use, Past 30 Days

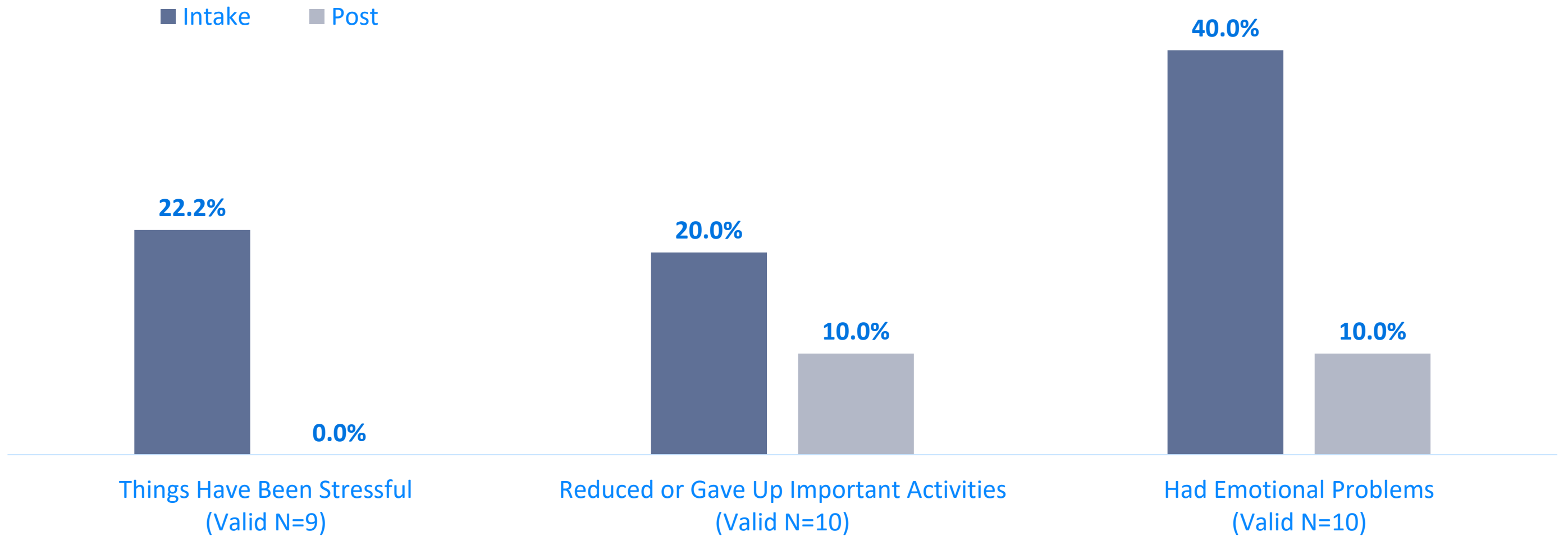


# Number of Days of Mental Health Symptoms, Past 30 Days

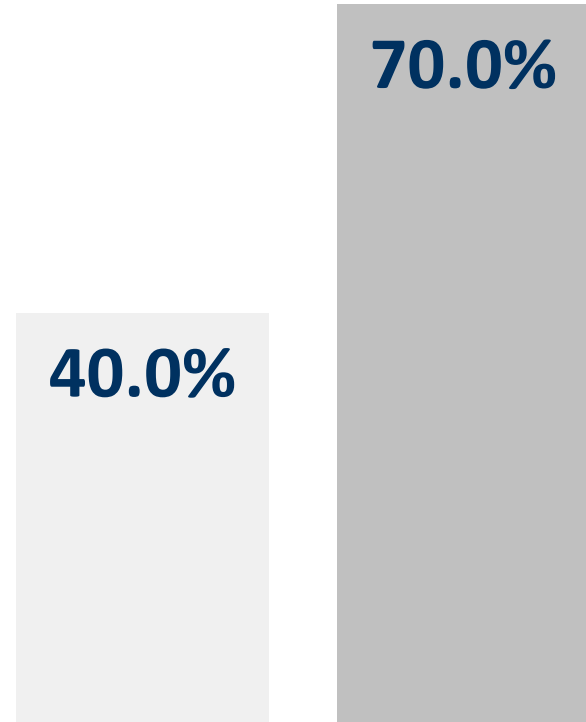
■ Average Days at Intake ■ Average Days at Post



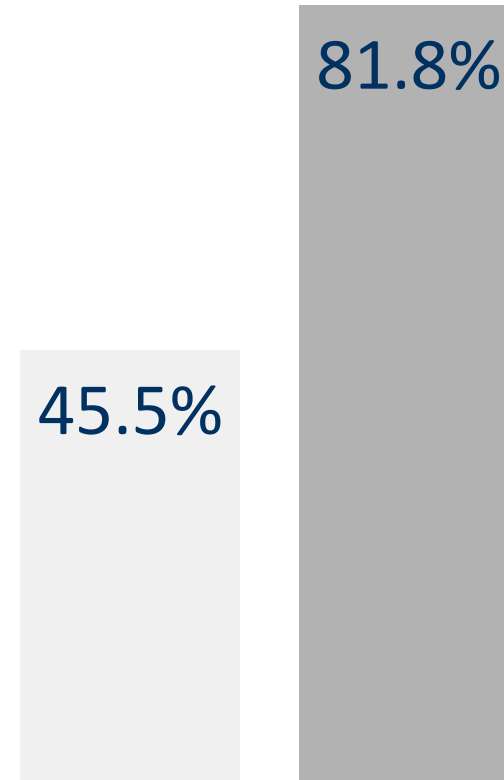
# During the past 30 days, did your alcohol or drug use cause you to experience any of the following?



■ Intake    ■ Post



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



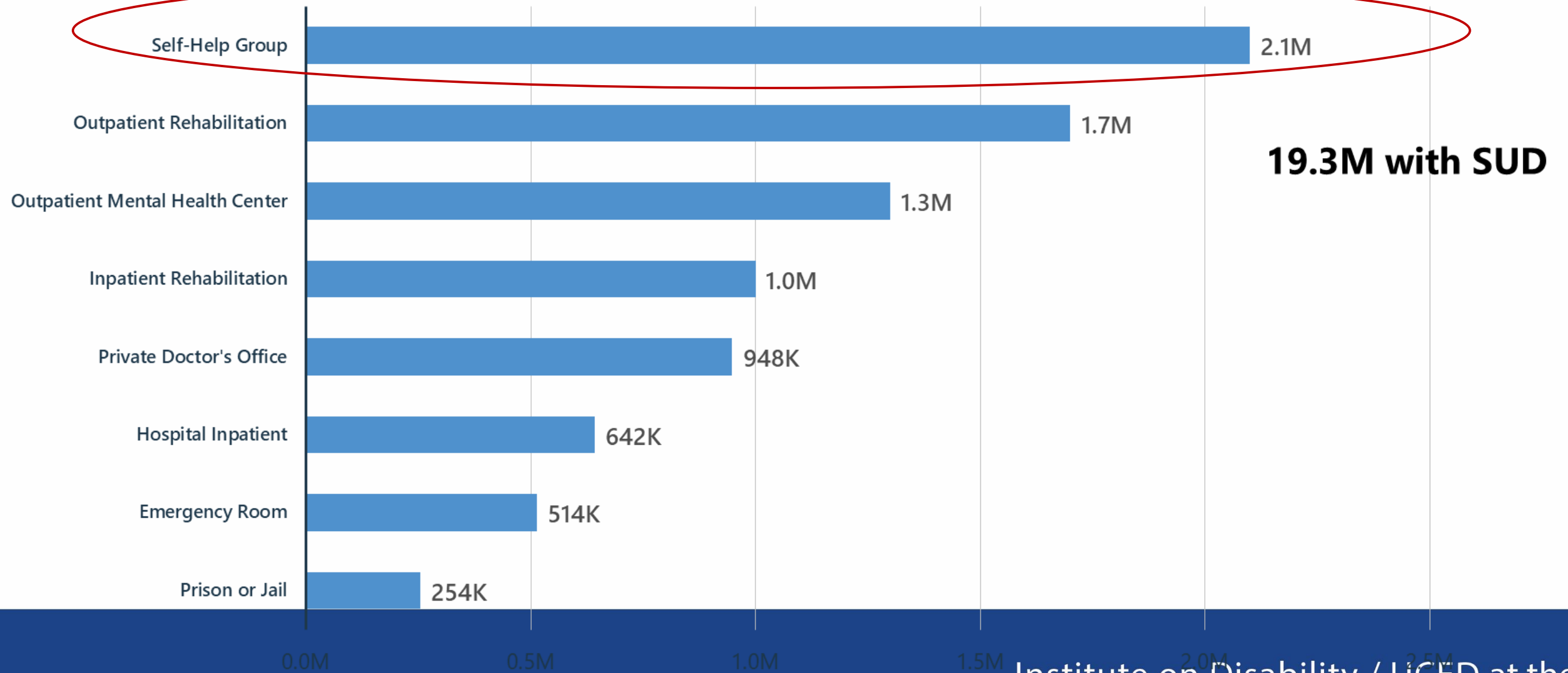
Quality of Life is Good or Very Good  
(Valid N=11)

# NH Alternative Peer Groups



# Locations Where Substance Use Treatment was Received

PAST YEAR, 2019 NSDUH, 12+



**19.3M with SUD**

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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)

- APGs in NH
  - 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
  - Alternatives to suspensions

**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



# Process Used to Define the NH APG Model

## Convened Partners

- Reviewed existing literature about Alternative Peer Groups.
- Convened Contributors (youth, families, peer and recovery support providers, SUD treatment providers, state and University partners) to define critical components of the APG.
- Aligned the critical components to SAMSHA's Peer Recovery competencies



BRINGING RECOVERY SUPPORTS TO SCALE  
Technical Assistance Center Strategy (BRSS TACS)

### CORE COMPETENCIES FOR PEER WORKERS IN BEHAVIORAL HEALTH SERVICES

- Created from SAMHSA's Core Competencies:
  - Recovery Oriented
  - Person Centered
  - Relationship Focused
  - Trauma Informed
  - \* Ethical Responsibility  
Domain added by Creating Connections NH

# Essential Components of Alternative Peer Groups (APG)

Agency Implementation/ Oversight Team

Led by and for young people in Recovery (require Facilitators to be 18+)

APG Facilitator Training grounded in SAMSHA's Recovery Competencies

Data Collection tools and processes developed, staff trained to use

Statewide APG Learning Communities for APG Facilitators and Administrators

# 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](mailto:heidi.cloutier@unh.edu)

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# APG Implementation Checklist Focus Areas



- Used to assess level of implementation & develop an action plan for the APG at the organizational level

# 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 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

# Lessons Learned from Cohort 1

- 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.)

# Questions?





# Where to access The Seven Challenges in NH

- Community Mental Health Centers:
  - Nashua
  - Manchester
  - Concord (Riverbend)
  - Lakes Region
  - Seacoast MH
  - Community Partners-Dover
  - Derry (CLM)
- Archways - Franklin
- Live Free Recovery Consultants
- Plymouth Area Recovery Connection
- Harbor Care (Nashua)
- Foundations Counseling (aligned with DCYF)

# Where to access APGs in NH

- Addiction Recovery Coalition of NH (ARCNH): Group flier - Milford, NH
- Archways - Franklin, NH
- Safe Harbor Recovery Center Granite Pathways - Portsmouth, NH
- Hope for New Hampshire Recovery - Manchester, NH
- Live Free Recovery Consultants: Group flier - Newton, NH
- Plymouth Area Recovery Connection (PARC): Group flier - Plymouth, NH
- Revive Recovery - Nashua, NH
- The Youth Council - Nashua, NH

# Thank you!

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