

••• Welcome! We will start shortly!



Welcome/ Introductions

Raise your hand if
you are a...

- Peer Support Provider
- Recovery Coach
- Administrator
- Family member
- School based Counselor
- Clinician/ therapist private practice or community mental health
- Case Manager/ FSS Worker
- Community provider
- Researcher
- Student
- Other



Alternative Peer Groups Build Recovery Capital for Youth with Substance Use & Co-Occurring Disorders (SUD/COD)

NH Behavioral Summit December 2022

- Bob Faghan, MLADC, Live Free Recovery
- Heidi Cloutier, MSW University of New Hampshire, Institute on Disability



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.**

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



As you watch the Tariq Video, reflect...

- What are some similarities & differences in your experience working with youth with SUD challenges compared to Tariq?
- What is needed to prevent / address substance use with youth?
- What Risk and Resilience factors does Tariq demonstrate & what might you have suggested to help him?



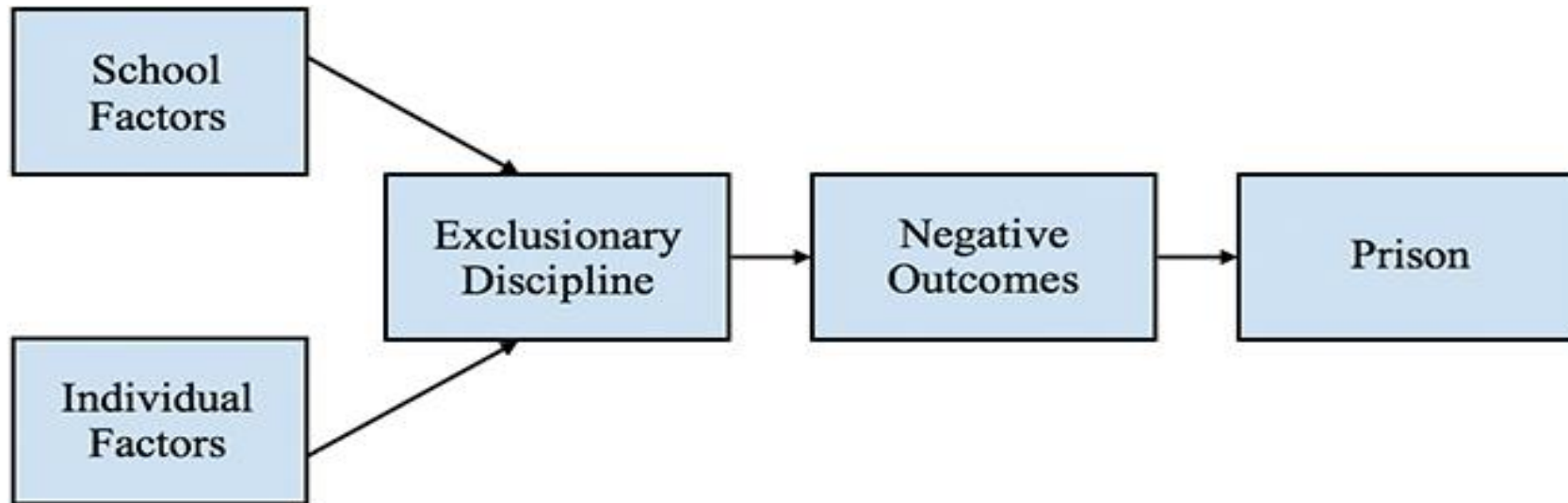
Risk Factors for Substance Use Disorder



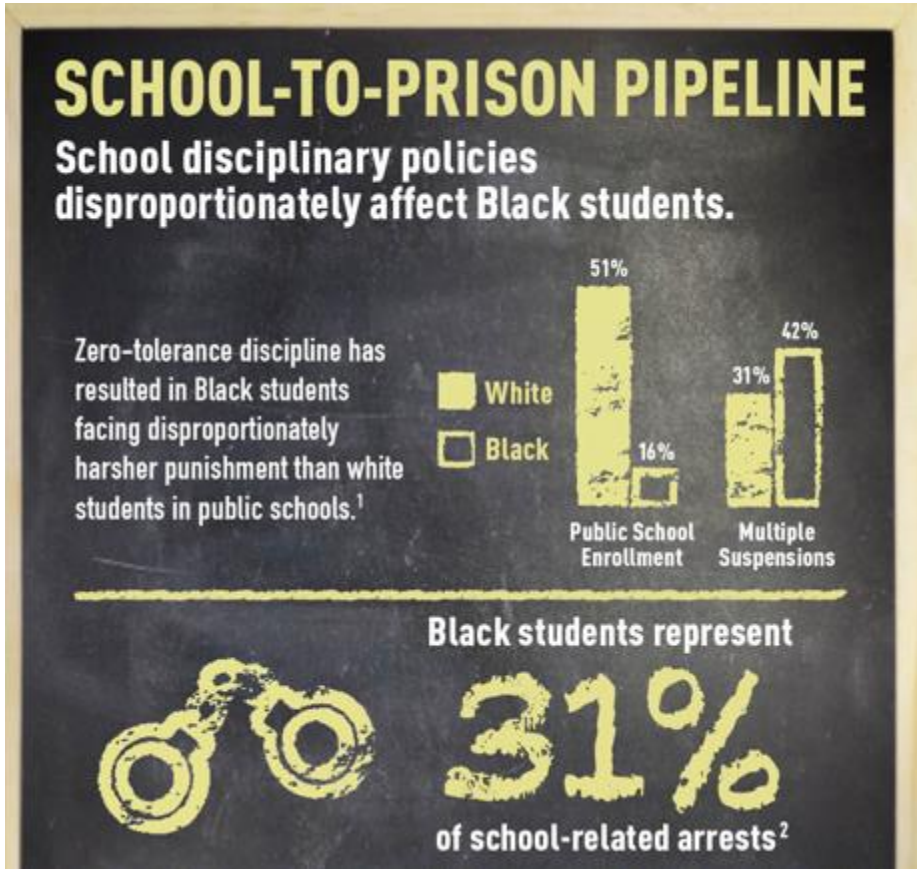
The School to Prison Pipeline

...the “school-to- prison pipeline {is} the collection of education and public safety policies and practices that push our nation's schoolchildren out of the classroom and into the streets, the juvenile justice system, or the criminal justice system”

(Archer, 2009)



Zero Tolerance & Disproportionality



Alternatives to Suspension

- Suspensions and harsh exclusionary discipline can often worsen or increase the likelihood of youth developing substance use disorders
- Suspension & expulsion are not likely to change the student's behavior
- Suspended student's academic progress is more difficult
- Offers support to youth and their families impacted by substance misuse rather than exclusionary discipline
- Teaches the youth new skills/ coping strategies
- Promotes connection with a peer group that will promote & support substance free activities



Educators change lives by building positive relationships and empowering students to live up to their expectations. Punitive and exclusionary disciplinary consequences work against these efforts, and may accidentally encourage students to "act out" at school. Here are 15 alternatives to suspension that can help students become fluent with important life skills, support positive relationships, and keep students on-track for graduation.

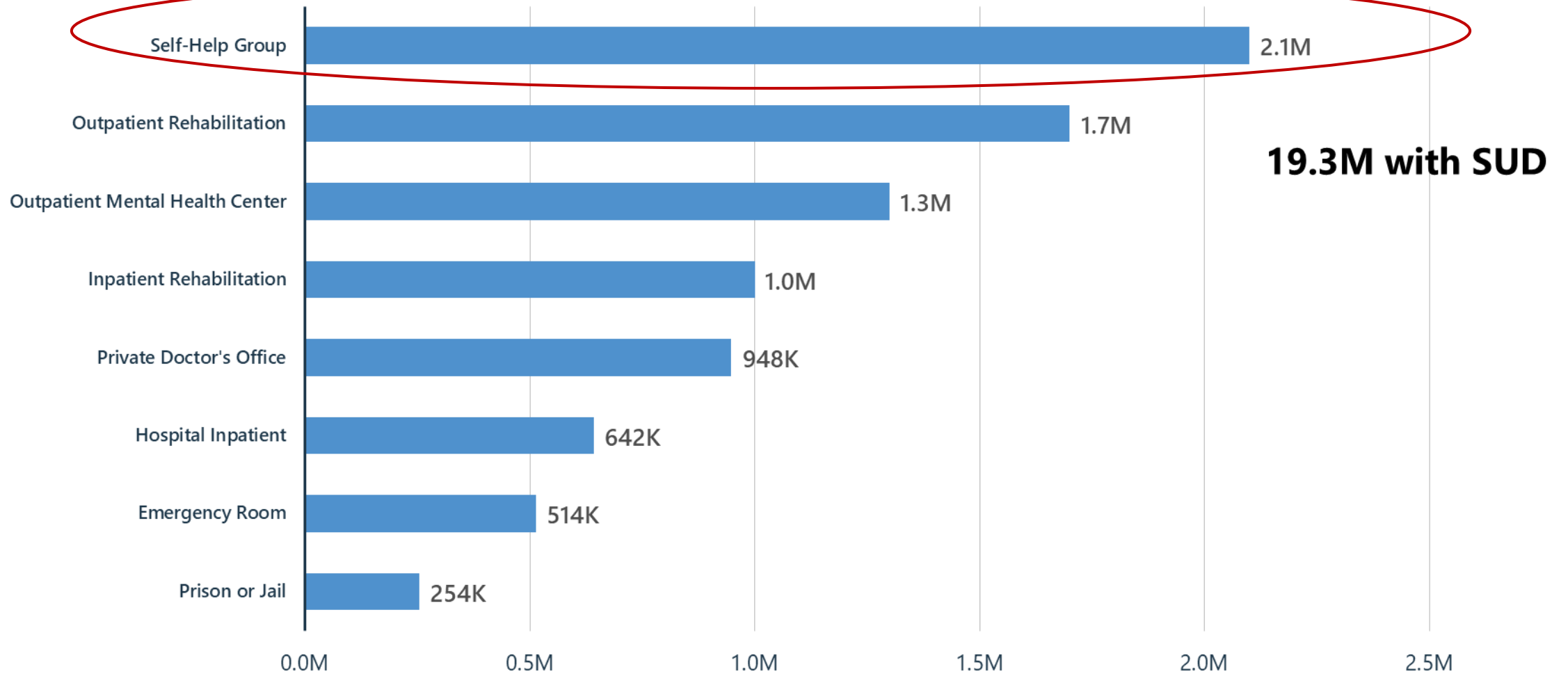


Contact your district coordinator or FLPBIS representative for more information on how these alternatives can be embedded in your school's Tier 1 system.


www.flpbis.org

Locations Where Substance Use Treatment was Received

PAST YEAR, 2019 NSDUH, 12+



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.



NH Continuum of Youth SUD Treatment & Supports



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



History of CCNH

2014-2016

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

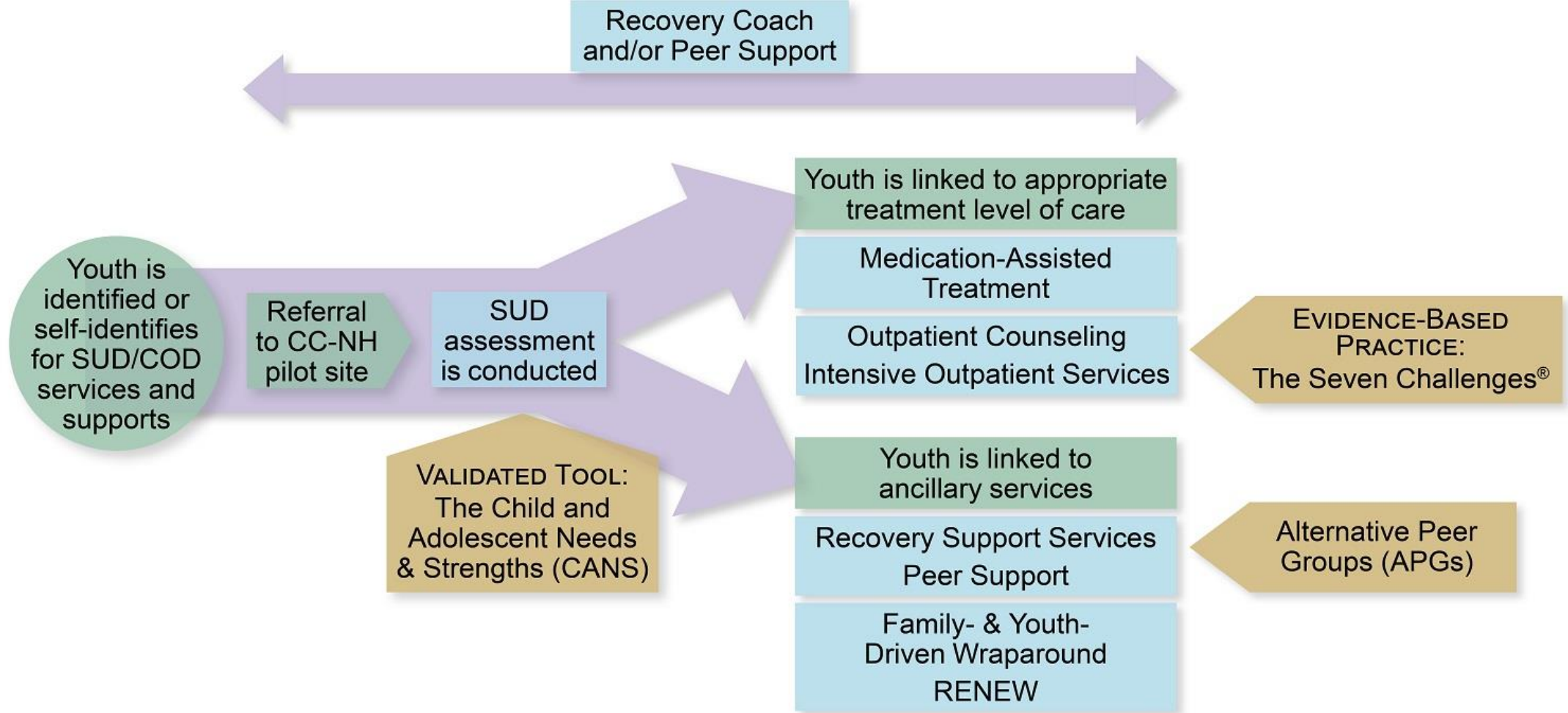
2017-2021

- SAMSHA Substance Use Implementation Grant
- Brought Seven Challenges Training
- 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

Creating Connections NH Youth Treatment & Recovery Continuum of Care



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

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

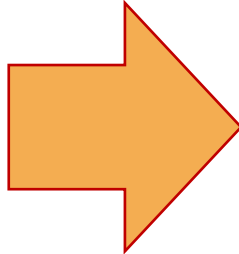
- Created from SAMHSA's Core Competencies:
 - Recovery Oriented
 - Person Centered
 - Relationship Focused
 - Trauma Informed
 - * Ethical Responsibility
Domain added by Creating Connections NH

APG Practice Profile



Alternative Peer Group Practice Profile Template

OUTCOME: APGs create a community of young people that encourage healthy lifestyle changes in a safe, socially reinforcing environment that is recovery and wellness focused



Critical Component	Define How this Critical Component Contributes to the Outcome	Define the Data or Outcomes to Measure Implementation	Ideal "Gold Standard" of the Critical Component	Emerging Practice <i>(Acceptable Variation) of the Critical Component</i>	Unacceptable Variation of the Critical Component	Resources
1. The APG is anchored in an organization with adequate support for sustained implementation.	Sustainable implementation of the APGs will help establish and maintain a recovery community that	Budget supervision/coaching structure	The APG has adequate funding, personnel, support, and supervision to sustain high-quality	The APG has funding, support, and supervision, and is learning to develop a long-term strategic	The APG does not have adequate funding, personnel, support, and supervision to sustain high	The National Association for Alternative Peer Groups http://www.aapg-recovery.com/

1

Creating Connections NH APG Practice Profile

V9 June 24, 2020



Build It And They Will Come

Dover High Current Enrollment- 1319

Students *VOLUNTARILY* participating in substance abuse services- 52

This represents 3.56% of the student population

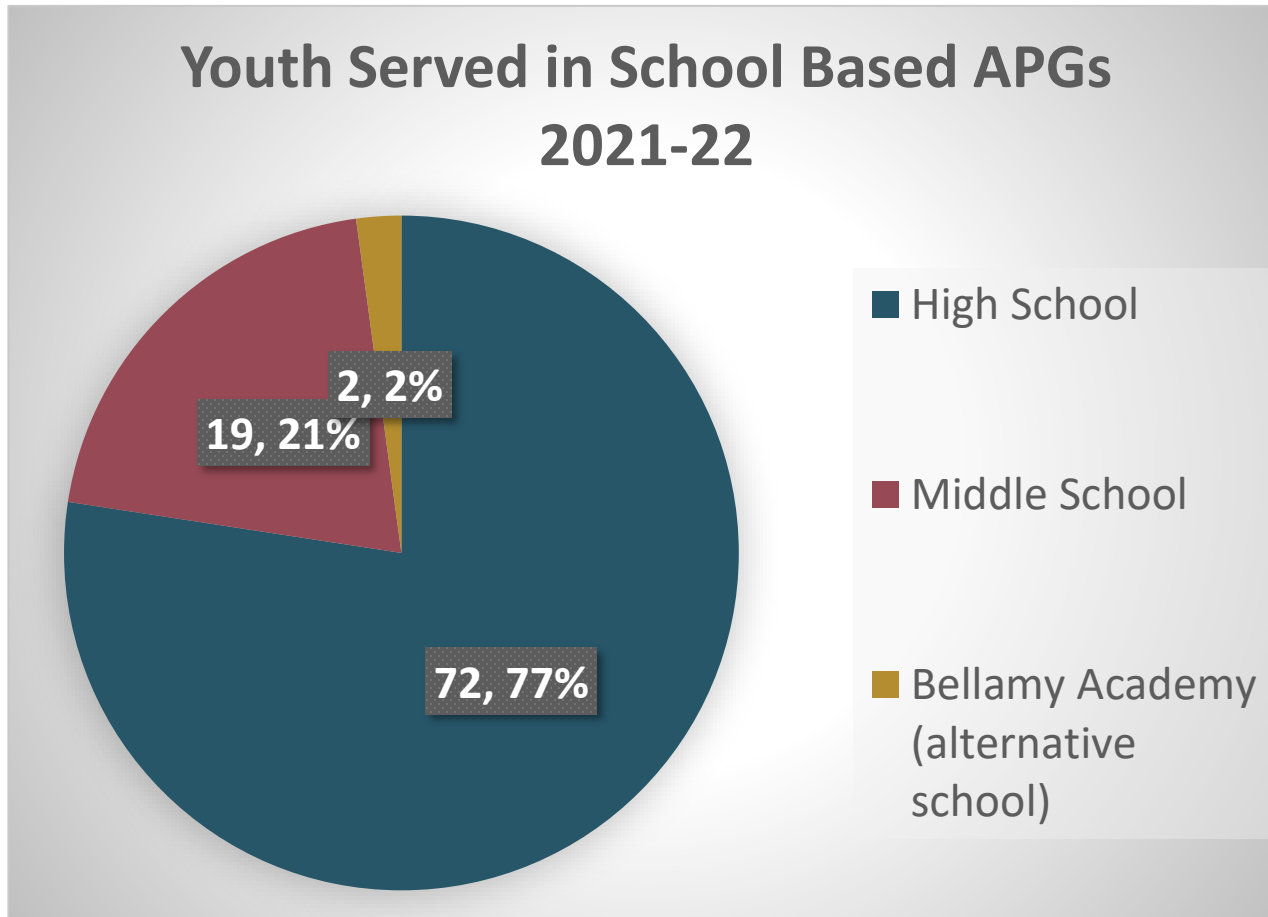
NH High Schools Current Enrollment- 135,066

We believe that Adolescent Substance Use/Mental Health treatment is also a form of prevention? Do you Agree?



School Based Youth Engagement in APG

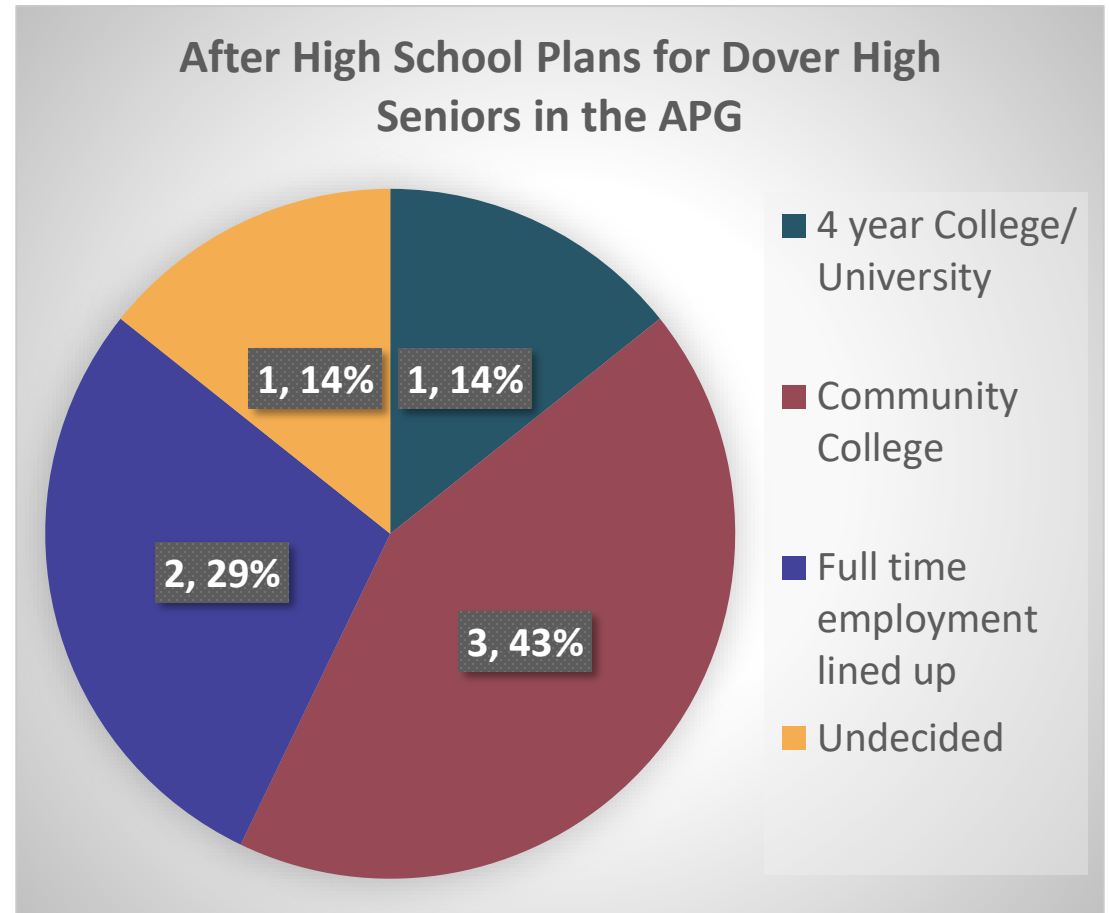
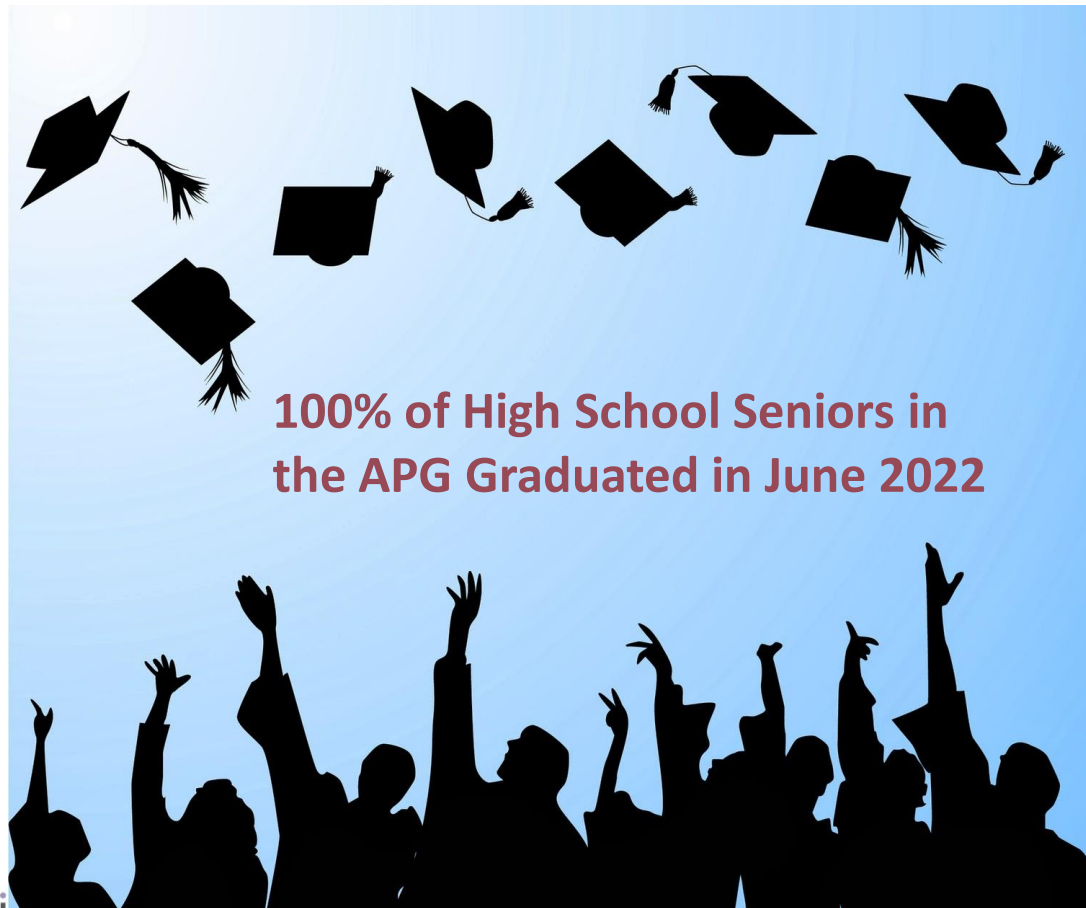
2021-22 school year



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



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



I DON'T CARE WHOSE DNA HAS
RECOMBINED WITH WHOSE.

When everything goes to hell, the people who stand by
you without flinching
- *they* are your family.

- Jim Butcher



Family Peer Supports



Family Support



Education



Opportunities for families to heal together & find joy again



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

APG Facilitators participate monthly in a statewide APG Learning Community

Training and Resources for APG facilitators

APG Canvas Learning Portal Training for APG Facilitators

Creating Connections NH APG Website APG Implementation Tools

- 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



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

Building Futures Together Training Program



Behavioral Health
Summit 2022



Institute on Disability/UCED



11/10/2022

Level I Training: 3 Courses

Course #1

Certified Recovery Support Worker training (CRSW)

- Intensive knowledge of substance use disorders, treatment, and recovery
- Taught by Addiction Counseling professor at NHTI

Course #2

Child, Youth, and Family Systems and SUD

- Impact of substance misuse on child youth development, including the impact on transition-age youth
- Family systems and SUD
- Taught by Nick Mian, Assistant Professor, Clinical Psychology, UNH

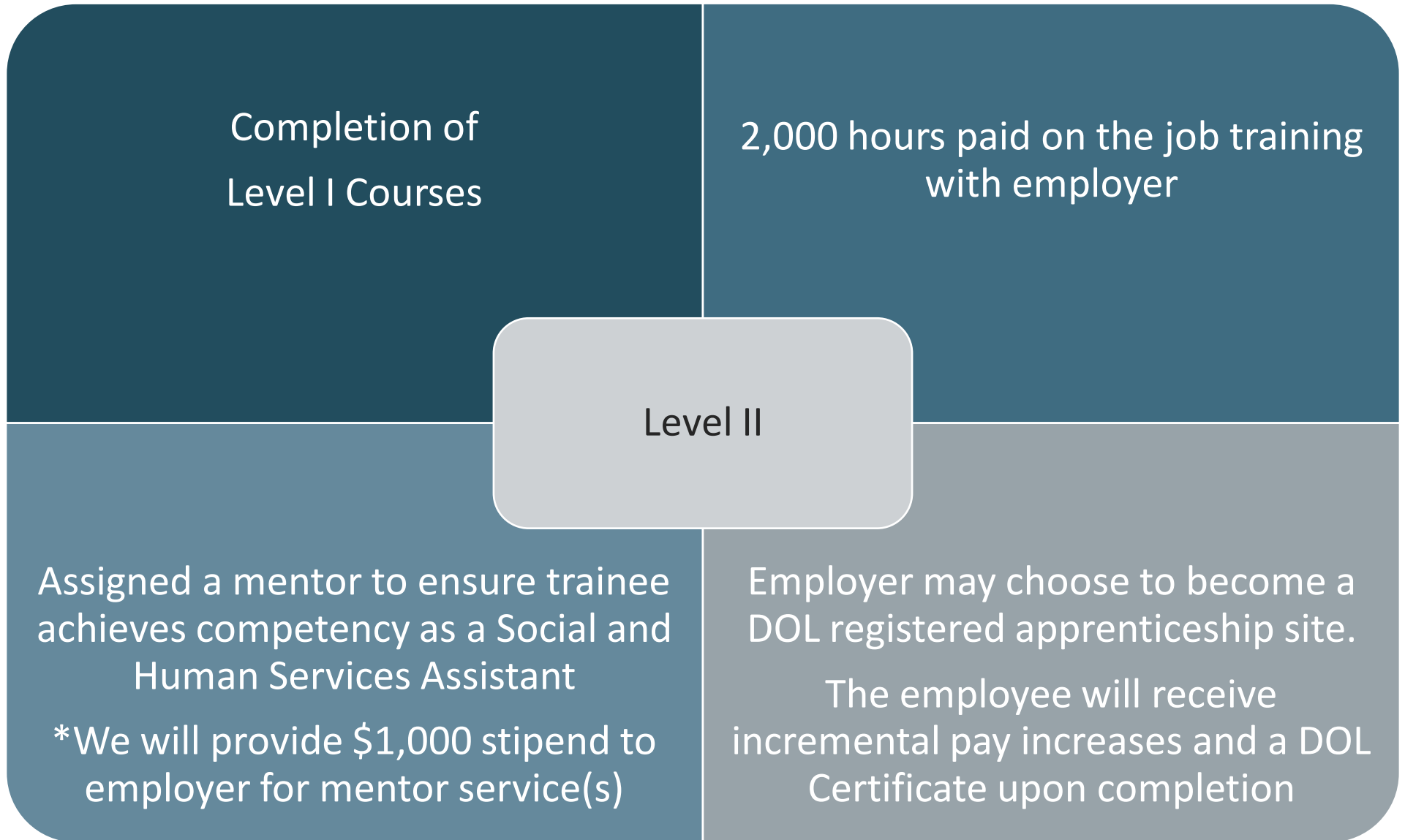
Course #3

Enhanced Care Coordination

- Person centered planning, risk assessments, service coordination, behavior-based supports and interdisciplinary teaming
- Taught by JoAnne Malloy, Associate Research Professor, UNH Institute on Disability and Social Work

- Attend 1 seminar, the first Saturday of each month
- Receive a UNH Certificate upon completion

Level II: On The Job Training



Our trainees work for....



Hope on Haven Hill



Formerly
CHILD AND FAMILY SERVICES



Credentials Awarded



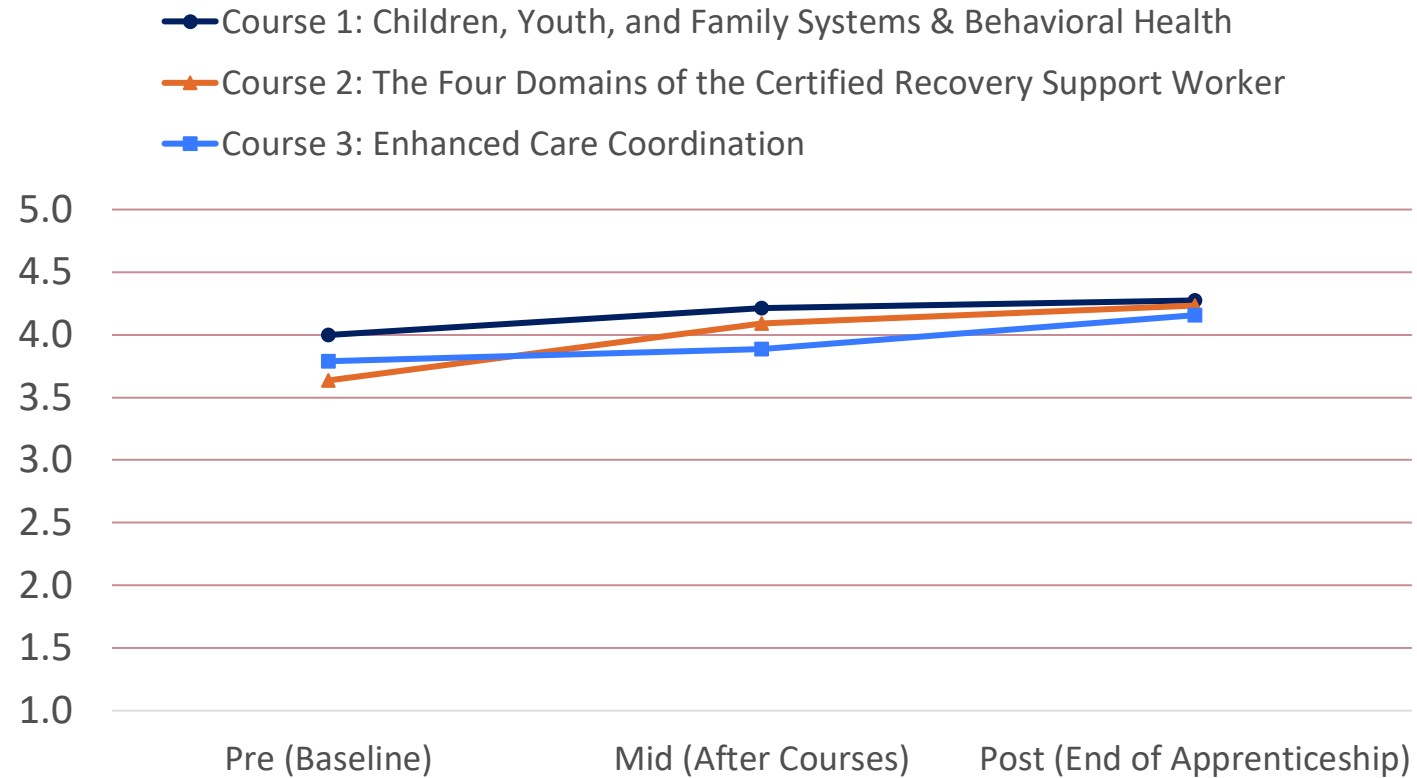
Type: Learning

Level: Foundational

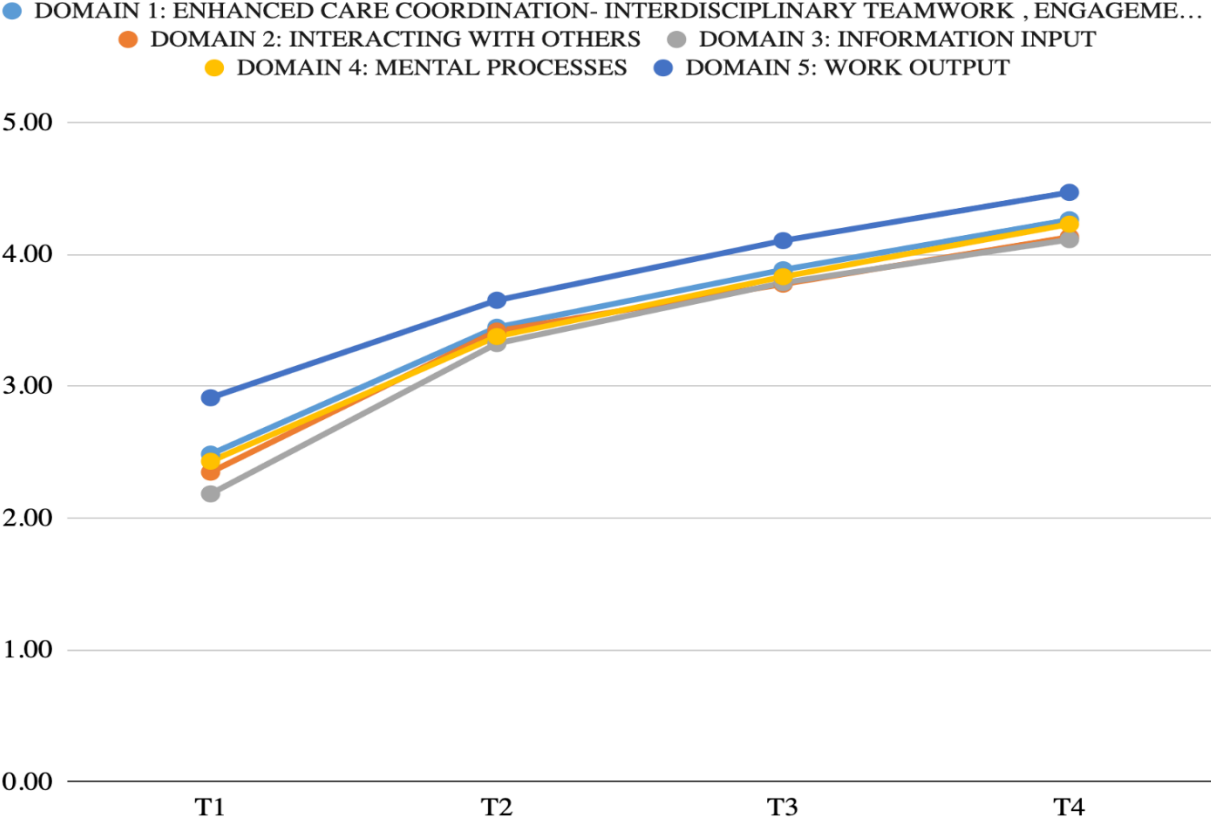
Time: Weeks



Knowledge Change (n=11)



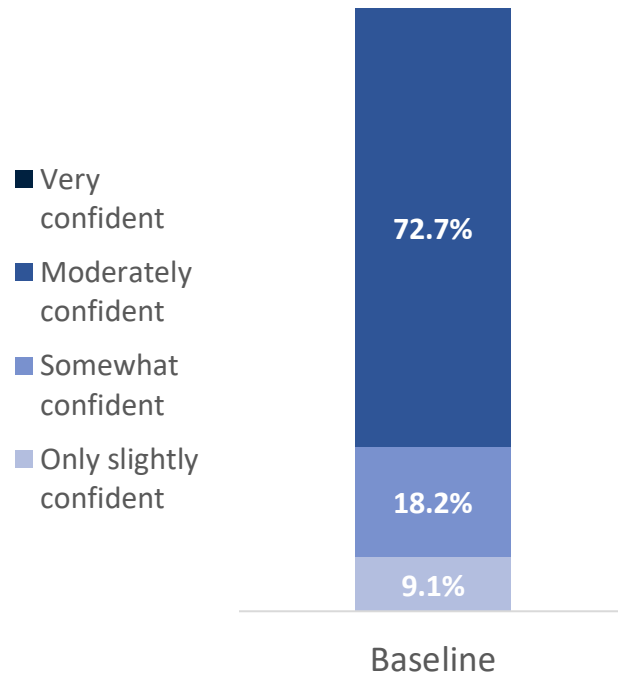
Cohort 1 Competency Portfolio Data (n=15)



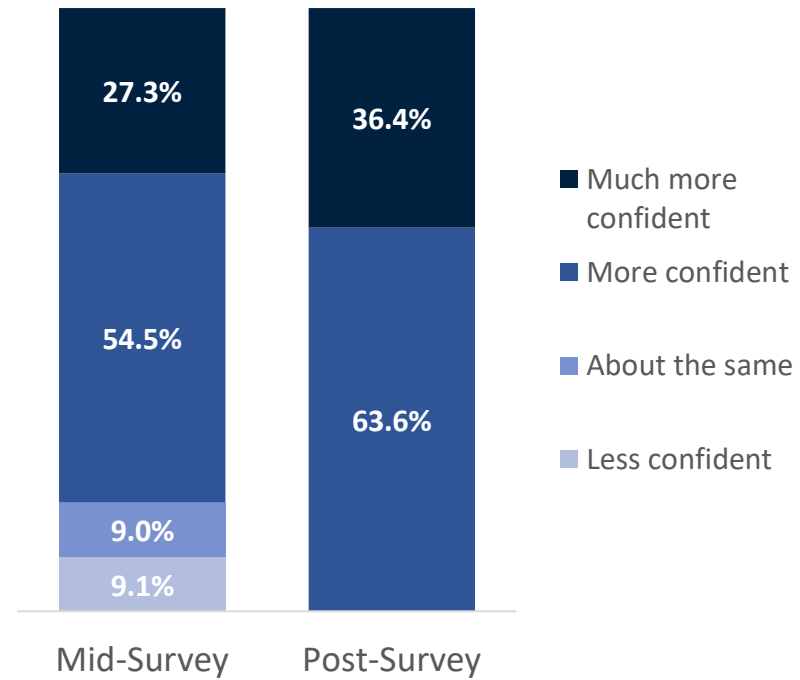
**Note: Scores range from 0 (Learning) to 5 (Master). Level 3 (Competent) ratings are expected for each performance indicator within each competency for successful completion of an apprenticeship program.*

Cohort 1 Increase in Confidence

Overall Confidence in Supporting Youth Impacted by Family Substance Misuse (n=11)



Compared to Before Starting the BFT Program, I Would Rate My Confidence as... (n=11)



Building Futures Together: Cohort 4



The first course for the next cohort will begin **May 9, 2023!**

Applications will open early 2023 online:

[Apply Here](#)

- <https://iod.unh.edu/building-futures-together/apply>

Questions?

Contact Macey Muller, Project
Coordinator Macey.Muller@unh.edu

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

Activity: Recovery Capital Gaps

- Which Recovery Capital dimensions are most and least represented in your community?
- How does this strengthen or hinder health & wellness for youth?



It Takes a Village

- Collaborative effort to help youth & Families engage in therapeutic supports/ two way referral process
- APGs work with Facilitators to understand when a youth/ family may need more intensive supports and refer to a higher a higher level of care
- APGs set norms with youth and encourage youth to hold each other accountable, as well as establish appropriate boundaries
- Youth & Family supports are a critical component of the continuum of care in behavioral health and enhance Therapeutic Services

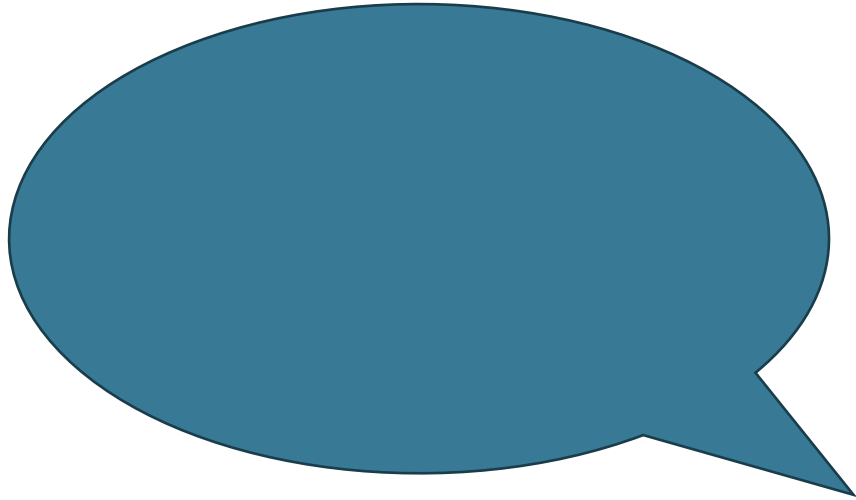


Where to access APGs in NH

- [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



Turn & Talk: Do you think the APG model could benefit youth in your area?



- Why/ Why not?
- When would you refer a a youth or family to an APG?
- What concerns would you have about referring a youth or family to an APG?
- What would you need to know to help youth and families connect with an APG in your area?



Questions?



Contact us With Questions

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