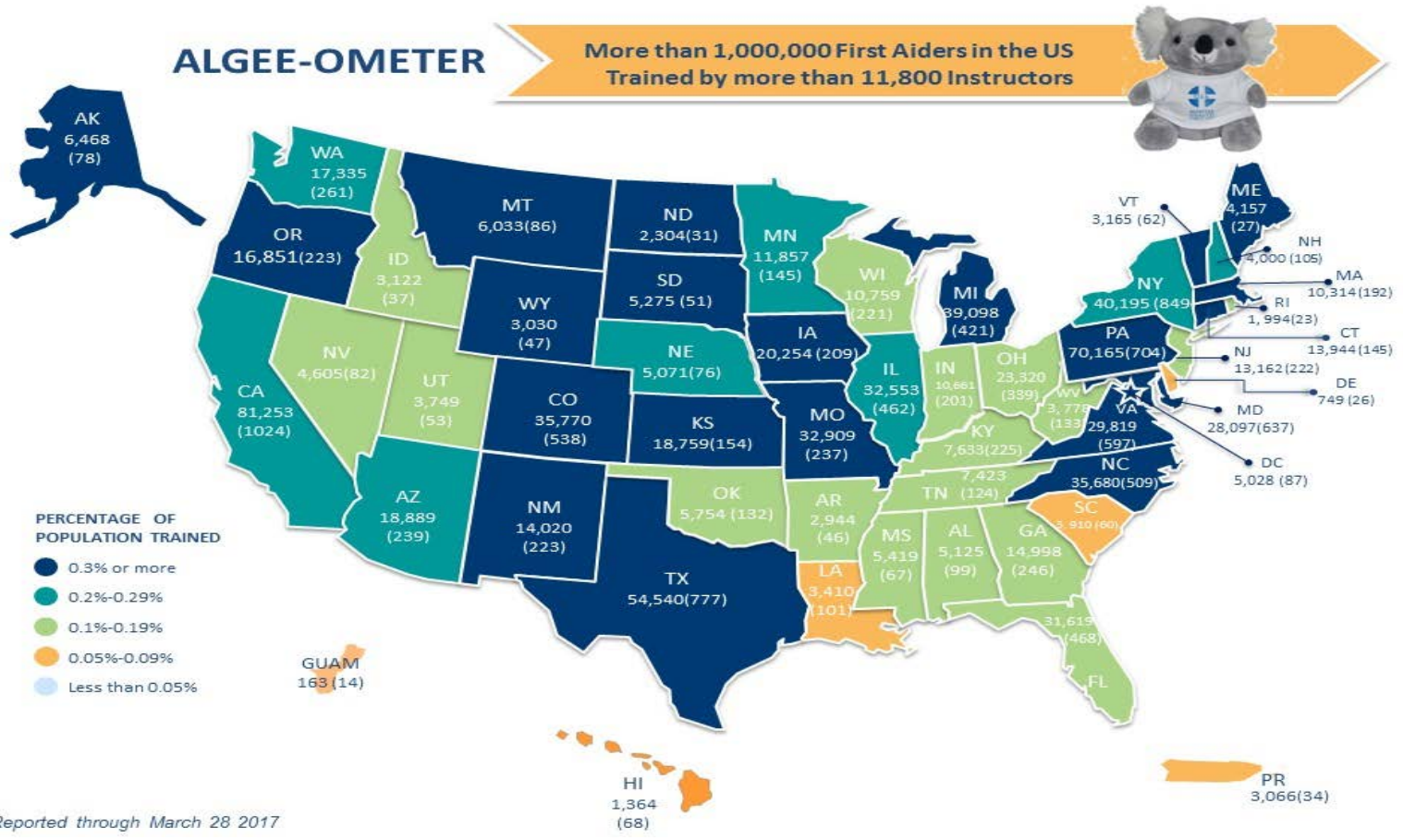




**Presentation to the Legislative Finance Committee
Director Wayne W. Lindstrom, PhD, BHSD
CEO, BH Collaborative
June 7, 2017**

Recognizing & Responding to BH Needs: Mental Health First Aid



Reported through March 28 2017

Recognizing & Responding to BH Needs: Emotional CPR



- ▶ **eCPR** teaches people to assist others through an emotional crisis by three simple steps:
 - **C** = Connecting
 - **P** = emPowering, and
 - **R** = Revitalizing.
- ▶ **Two-Day eCPR Training**

June 16 & 17, 2017 in Albuquerque

Daniel B. Fisher, MD & Gordon Eagleheart

PSRA of New Mexico & BHSD

Connecting to BH Services:

- ▶ NMCAL is a statewide BH crisis line & peer support service
 - Crisis assessment
 - Intervention and support
 - Coordination with emergency services
 - Referral to appropriate services
- ▶ 24 hours a day, 7 days a week, 365 days a year
- ▶ Crisis line staffed by professional counselors
- ▶ Warm line staffed by certified peers
- ▶ Over 16,000 calls annually
- ▶ Accredited: American Association of Suicidology
- ▶ Call 1-855-662-7474



Targeted Intervention/Prevention: NM Suicide Prevention Program

- ▶ NM Suicide Prevention (NMSP) Grant, 2014–2017
 - Implements the National Strategy for Suicide Prevention
 - \$1.4 million over 3 years
 - Pilots evidence-based suicide prevention strategies for adults in two counties (Curry & Otero)
 - Creates a roadmap to eliminate suicide statewide
 - Pilot sites conducted monthly Question, Persuade, Refer (QPR) trainings that included NA facilities
 - UNM conducted primary care & ED suicide prevention trainings at Gallup McKinley Indian Hospital
 - UNM & Gallup Regional Medical Center partnered to provide suicide prevention training during trauma rounds
 - Additional training webinars broadcast through IHS network to connect with IHS providers

NM Suicide Prevention–II: Building on Success

- ▶ NMSP–II proposes to pilot a comprehensive suicide prevention model for adults in McKinley County, 2017–2020 if funded (\$1.4 million over 3 years)
- ▶ Proposed project goals:
 - Promote suicide prevention as a core component of health care services
 - Implement effective clinical & professional practices for assessing & treating those at risk
 - Provide care & support to those affected by suicide to promote healing & implement community strategies to prevent suicides
 - Integrate suicide prevention into values, culture, leadership, & work of facilities / communities

Native American Suicide Prevention: Ongoing Efforts

- ▶ Two suicide prevention summits held in 2017
 - Youth Summit, “Youth Voices: Honoring Life, Creating Choices,” April 7–8: Approximately 90 youth and youth mentors attended, representing 13 tribes
 - Crisis Response Summit, “Weaving Partnerships for Community Wellness & Response,” May 8–9: 100+ participated, representing 15 NA communities
- ▶ BHSD partnership with UNM CBHTR supports telehealth webinars to educate clinicians working in rural, NA communities
- ▶ Training & TA provided to tribal communities on trauma treatment by UNM CBHTR
- ▶ Honoring Native Life initiative continues

Targeted Intervention/Prevention: Opioid Use Initiatives

- ▶ Partnership for Success (PFS) Grant, 2015–2020
 - Purpose is to address underage drinking & youth prescription drug abuse
 - 5 year grant for \$8 million
 - San Juan College participates as part of the Higher Education Prevention Consortium
 - Providers receive training and ongoing TA in prevention best practices & strategic planning for prevention implementation
 - The five higher–education institutions, participating in the Higher Education Prevention Consortium, were awarded SAMHSA’s Coaching for Success honor in 2017
 - NMSU, NM Tech, SFCC, SJC, & UNM

Opioid Use Initiatives – cont'd

- ▶ Prevent Prescription Drug/Opioid Overdose-Related Deaths (PDO) Grant, 2016–2021
 - Purpose is to reduce number of prescription drug/opioid overdose-related deaths & adverse events for adults in 4 key counties: Rio Arriba, Santa Fe, Bernalillo, & Dona Ana
 - \$5 million for 5 years
 - Trains first responders & other key community sectors to prevent opioid overdose deaths & implement prevention strategies
 - Purchases & distributes naloxone to first responders
 - Sponsors Harm Reduction 101 & naloxone trainings
 - Supports overdose prevention & naloxone use
 - Creates advisory board for statewide strategic planning

Opioid Use Initiatives – cont'd

- ▶ Strategic Prevention Framework for Prescription Drugs (SPF Rx) Grant, 2016–2021
 - Purpose is to raise awareness about dangers of sharing medications & risks of over-prescribing to youths & adults
 - \$1.86 million over 5 years
 - Promotes collaboration between states, pharmaceutical and medical communities
 - Brings prescription drug abuse prevention activities & education to schools, communities, parents, prescribers, & patients.
 - Tracks reductions in opioid overdoses & promotes increased incorporation of PMP data into needs assessments & strategic planning

Opioid Use Initiatives – cont'd

- ▶ Opioid Strategic Targeted Response Initiative (STR) Grant, May 2017–2019 (\$9.5 million over 2 years)
 - Project goals:
 - Develop a comprehensive response to the opioid epidemic
 - Implement a coordinated & sustainable approach to OUD services expansion
 - Expand opioid prevention, treatment & recovery services & supports
 - Implementation:
 - Utilizing a hub and spoke model to support implementation of evidence-based practices
 - Comprehensive planning will include a needs assessment
 - Training on buprenorphine & naloxone

Upstream Investments: PAX GBG

- ▶ PAX Good Behavior Game
 - Evidence-based intervention targeting elementary-age children (ROI is \$60 for every \$1 expenditure)
 - Children learn to “self-regulate”
 - Decreases classroom behavioral problems (60% average reduction in NM schools in 1st 3 months)
 - Proven to have a long-term positive impacts: reductions in drug and alcohol additions, serious violent crime, & suicide attempts; increases high school graduation rates & college attendance
 - Implementation of PAX in BIE schools through partnership with NM Indian Affairs Department using STR funding
 - Will build “whole school” programming to support PAX environment within each school

Upstream Investments: Education/Awareness

- ▶ A Dose of Reality (ADOR) is an integrated public relations, social marketing and advertising approach aimed at:
 - Educating & raising awareness about NM's opioid misuse & overdose problem
 - Providing information about prevention, treatment, & recovery resources
- ▶ ADOR has received national recognition
- ▶ PDO & STR funding will build upon/expand public education campaign
- ▶ Local communities can use materials to customize their own messages

Questions

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