

# GREATER MANCHESTER PUBLIC HEALTH NETWORK

## 2016-2019 Substance Misuse Prevention and Other Health Promotions –Prevention Plan

### I. THE GREATER MANCHESTER REGIONAL SUBSTANCE MISUSE PREVENTION NETWORK

The Greater Manchester Regional Public Health Network is one of 13 Regional Public Health Networks (RPHN) in the state of New Hampshire. The function of the RPHN is to deliver public health services within the region. Each region has a Public Health Advisory Council (PHAC) which represents communities, organizations and sectors interested or involved in public health activities within the region. The role of the PHAC in each region is to assess needs, guide decision-making, and encourage shared resources and investments in positive health outcomes.

New Hampshire's Regional Public Health Networks (RPHN) provide the infrastructure for a regional Substance Misuse Prevention Network (SMPN). The role of the prevention network is to conduct three core prevention functions: 1) Align regional prevention efforts with the goals of the state plan and the New Hampshire State Health Improvement Plan (SHIP), 2) Build, maintain and sustain a regional network of professionals and community members who are concerned about substance misuse in the region, and 3) Leverage resources and providing technical assistance to promote best practices within six core sectors (Safety and Law Enforcement, Health & Medical, Education, Government, Business, and Community and Family Supports) in the community.

The Greater Manchester Region along with the other thirteen Regional Public Health Networks, work in concert with other state agencies to address the goals and objectives outlined in the state plan, [Collective Action – Collective Impact \(CA-CI\): New Hampshire's Strategy for Reducing the Misuse of Alcohol and Other Drugs and Promoting Recovery](#), which was released in February 2013. During the planning process, the New Hampshire Governor's Commission on Alcohol and Drug Abuse established two over-arching goals for the state: 1) To reduce the number of residents misusing alcohol and other drugs and 2) To increase the number of residents with a substance use disorder accessing treatment and recovery support services. Within the first goal, the reduction of alcohol abuse, marijuana use and non-medical use of pain relievers and prescription drugs were specific areas identified for prevention efforts. The Commission has also identified the use of heroin and synthetic drugs as priority areas for prevention efforts since its state plan was released.

The Commission's substance misuse goals are broad and provide an opportunity within which public health regions and local communities may determine more specific goals and objectives that align with factors that contribute to the problem of substance misuse identified by those living and working in the community. The Commission also identified goals and objectives within strategy areas; leadership, financial resourcing, public education training & professional development, data utilization and effective policy, practice & programs. Commission, task force and stakeholder activities are described for each strategy area. (See *Collective Action-Collective Impact*, pages 35-43)

The Greater Manchester Regional Substance Misuse Prevention Network (GMR SMPN) is led by the Makin' It Happen Coalition for Resilient Youth, Incorporated (MIH). The GMR SMPN population is roughly 190k and includes the communities of: Auburn, Bedford, Candia, Deerfield, Goffstown, Hooksett, New Boston and Manchester. Through a long standing partnership with the Manchester Health Department (MHD) MIH strives to ensure the uniqueness of the regional communities along with the diversity of the residents as we develop and rollout prevention strategies. Every effort is made to include representatives from all six core community sectors (Business, Health, Education, Government, Safety/Law Enforcement, and Community/Family) within the regional network. The network's strength is rooted in the many community-based workgroups that meet regularly to discuss substance misuse prevention and healthy living. The Weed and Seed Advisory Council which is focused on identifying ways to support and engage Manchester's center city residence brings together social service, prevention and public health agencies monthly to talk about concerns and issues and identify ways to collaborate with a goal of increasing the quality of lives for this targeted population. The Substance Abuse Collaborative also meets monthly bringing together prevention, intervention, treatment and recovery provider agencies to share experiences, resources and discuss opportunities to address substance misuse throughout the region. Along with these two long running workgroups the Greater Manchester Domestic Violence/Sexual Assault Council and the Greater Manchester Area Service Agencies (GMASA) workgroups meet monthly to focus on how prevention efforts can be brought together to address the needs of our residents to support healthy thriving communities. All five of the region's public high schools have youth driven peer-2-peer workgroups that provide a platform for open discussion on substance misuse and other identified topics, and include strategy discussions around how to encourage and support substance-free, healthy living. A new addition to these long running robust workgroups is the formation of a Continuum of Care workgroup (CoC) which will be managed through a complementary initiative within the region. The CoC workgroup introduces the opportunity for representatives from our established workgroups to attend and support the CoC by bringing the voice and support of their workgroups to this bigger region-wide effort.

## II. NETWORK ACHIEVEMENTS AND COMMUNITY ASSETS

### PROGRESS MADE AND LESSONS LEARNED

To begin planning for the next three years, the GMR SMPN first took a look at the work we set out to do three years prior and reflected on the progress the network has made since 2012. Upon review we noted that the GMR SMPN has had some solid successes – our Life of an Athlete rollout plans, initially earmarked for 'discovery' work in year two, and start up in year three, were accelerated due to new School based leadership and enthusiasm expressed by both staff and students to move from talking about it to implementing the program in all our public school districts along with one of the region's private high schools. Our goal of increasing the regions capacity to address and support mental wellness as a key component of a healthy community surpassed our goals. Our suicide prevention initiative (SPi) and our partnership with the National Alliance for Mental Illness/New Hampshire (NAMI NH) has allowed us to train over seventy five members of our region to become trainers/presenters of the CONNECT prevention program, a national best practice program. These trainers are from all six

core community sectors and are committed to continuing the region's effort to breakdown stigma, along with getting our members engaged and educated. Trainings have been conducted at police departments, schools, and social service groups and at the community level. As a result of this effort, well over 350 of our region's citizens now know the warning signs and how to connect an individual that may be experiencing suicidal thoughts to appropriate support. This work has led to a deeper understanding, deeper involvement and deeper commitment to understand the connection between substance misuse as a coping mechanism for those experiencing mental unbalance and may be at high risk of harm. In addition, through this work participants understand how everyone can play a role in intervening and connecting individuals to support, which we believe will in turn, lead to healthier communities. Among those trained were forty youth and their school-based advisors – which has been empowering to the students and the schools. This leadership training has opened up the dialogue among the youth, and between youth and adults. The foundation is now in place which will allow for youth lead, peer-2-peer forum discussions focused on substance misuse prevention and mental wellness.

One of our media goals was to support, promote and champion for the statewide PARTNERSHIP FOR DRUG FREE NH (PDFNH) initiative. This initiative has provided a solid, neutral platform for discussion and a dependable substance misuse prevention information resource. PDFNH is now a recommended tool to both parents and youth to help answer questions and support conversations around the effects substance use may have on a developing brain. Through our partnership with the PDFNH team we have been able to team up and attend unique venues such as the summer block party series, youth forums and community events. Through these events and presentations opportunities through workgroups or community forums we know parents and community-based partners such as schools, libraries and police departments are recommending the website to all those interested in accessing New Hampshire data and tips on how to start conversations around complex substance misuse issues. Overall the idea of a site designed and dedicated to providing tools and accurate information was well received, we along with our parents and communities look forward to continuing to support and champion for this initiative.

At the top of our successes: partnerships between prevention focused organizations has deepened. We are experiencing increased participation at regional workgroups and greater diversity. More diverse participation and honest dialogue has led to deeper understanding and willingness to collaborate. A few key leadership changes – new superintendents at two of our public school districts along with two communities introducing new police chiefs – all of which have demonstrated a focus on community. This progress has assisted us in our goal of increasing capacity throughout the region. In addition, renewed interest in partnering is emerging from a few of our regional colleges and universities, and continued support and involvement from our three core health organizations (Dartmouth, Catholic Medical and Elliot) all of which have engaged at different levels with a greater commitment to aiding in the development of sustainable prevention efforts.

Along with these successes, the GMR SMPN experiences a few set-backs such as funding shortages which forced us to reassess what we would be able to bring to the region, in terms of new programming and support. However, in the absence of funding, and the challenges that this brought, unity and resolve to move prevention forward emerged. The region has, over the past two years seen an increase of involvement from individuals from all six of our core community sectors. Honest conversations have paved the way for new ways of thinking and working together. *We have moved from, lack of funding is the problem, to we have a problem, that we need to develop a strategy for addressing, which will require funding, how can we collectively address?* Our core PHAC team has led the way in terms of this work. We now have all three leading health organizations working together to support substance misuse awareness – region-wide, along with intervention – through early collaboration around bringing SBIRT into the mix of prevention strategies along with support and participation in the New Hampshire prescription monitoring initiative.

The region has pushed through a few unexpected challenges such as the synthetics marijuana or ‘spice’ spike in the late summer of 2014. And along with the balance of the state we now find ourselves tangled in the challenges of a full blown heroin epidemic – which as we all believe will take prevention, intervention, treatment and recovery to resolve. Our challenge as we begin the important work of crafting a plan for the region for the next three years, will be to address and respond thoughtfully and consistently to this current epidemic, while planning forward to continue our work designed to inform, engage and promote positive healthy, substance free living for our youth, young adults and their families.

## REGIONAL ASSETS THAT SUPPORT SUBSTANCE MISUSE PREVENTION

The GMR SMPN is resource *and* agency rich in terms of organizations that have prevention as a primary focus or as an important contributing factor to their agencies success. We are a region that houses the main offices of many statewide – family and youth serving organizations. The Boys and Girls club, Salvation Army and the YMCA all have robust before and after school programs designed to keep our youth safe and engaged in pro-social healthy living. In the health sector we have all three of the region’s major health organizations – Catholic Medical Center, Elliot Hospital and Dartmouth Health Services, along with our region’s community mental health center – the Mental Health Center of Greater Manchester. The Office of Youth Services and Child Health Services support our youth through intervention efforts in collaboration with many other youth serving agencies. In terms of government – we have both small town administration teams such as those found in the communities of Auburn, Candia, Deerfield and New Boston. Mid-size town leadership in Goffstown, Hooksett and Bedford and of course the city of Manchester – one of the state’s most robust city governments – which includes the state’s largest and most advanced Health department, designed and focused on supporting healthy thriving communities. The region’s Safety and Law Enforcement agencies range from volunteer/part-time departments, mid-size/full time to a robust 200+ strong city policing department. Our fire and emergency response teams work alongside our police and are entrenched in the lives of individuals within their communities. The emergency response teams interact with community members that are in all stages of the continuum – many of

whom need intervention and a concentrated portion who are deep in addiction. They themselves have realized that we cannot arrest our way out of addiction issues, and that long-term continued prevention, intervention, treatment and recovery is key to developing healthy communities. The region has involvement for the Education sector at all levels – public and private primary schools, technical schools, two-year colleges and four year universities can all be found within the region. Many of these core community organizations are increasing their involvement and interest in the prevention work and are stepping forward to become engaged and showing increased willingness to contribute to the state collective action, collective plan.

### III. REGIONAL PLAN DEVELOPMENT

#### PROCESS AND PARTICIPANTS

The state of New Hampshire endorse and promotes the strategic prevention framework (SPF) as the model for conducting evidence-based prevention planning and implementation throughout the state. The SPF is designed to engage community partners within a certain defined population in five continuous stages: Assessment, capacity-building, planning implementation and evaluation (ACPIE). Cultural competence and sustainability are always considered in every step to ensure relevant and effective prevention.

To develop this plan, the Greater Manchester region engaged in the following steps:

**Assessment:** Through our collaboration with the core PHAC team and our regional prevention partners the region periodically previews the available data to check any emerging trends or spikes (high or low) in regards to substance misuse. In addition, MIH participates and hosts events throughout the year which often include looking at data, such as emergency call data, school suspensions, truancy and the number of school nurse visits. For example, beginning in late 2014 weekly data was provided and reviewed of the emergency calls of overdoses/Narcan administered. This data was broken down by age group as well as male/female. This allowed our collective group to be on the alert for spikes or emerging trends, which enabled our partners to take action and increase prevention and intervention measures for target populations.

**Capacity-Building:** The most important action that the network took, especially in the first year of our current strategic plan was show up and LISTEN. The Greater Manchester region is a unique blend of prevention partners and stakeholders that have been 'at the table' and new members that bring experience and fresh insight to familiar substance misuse issues. Sometimes leading, often supporting, our prevention focus was to listen, learn and listen some more to the views of the region, allowing the frustration and eventually solutions to be discussed and adopted to move the region towards deeper partnerships, greater trust and a general understanding that to move towards healthy thriving communities we need to create an environment that is safe and respectful of everyone's viewpoint, and an environment that encourages collaboration. Capacity within the region has increased. Evidence of this can be seen in the increased participation levels at the workgroups; willingness to participate in surveys, focus groups and forums has also increased. The region has gone from: 'something has to be done' to a 370 person strong community conversation at a forum focused on one of our most pressing issues within the region – Heroin, with suggestions and potential solutions in action within a week. A great showing that the region's capacity to move collectively and collaboratively towards solutions has indeed increased.

Planning: Our current strategic plan was moved forward through the creation of yearly work plans. To develop the work plans we naturally looked at the completed year's accomplishments, against the plan. This set the direction of our next year forward. Again, one of the most important aspects of our regional network facilitation was to engage and support existing workgroups to determine where the gaps were and what if any additional workgroups should be formed. One group that was created and facilitated by the regional network is our suicide prevention advisory group. Through this facilitation we have developed our partnership with a region-based mental health center and a statewide mental health agency which has resulted in an increase in sector participation. United in elevating the importance of mental wellness in our substance misuse prevention efforts, this workgroup has fostered great discussion and supported the region's Suicide Prevention Initiative, which brings trainings and collaborative work sessions to the community level.

## IV. GREATER MANCHESTER REGIONAL GOALS, OBJECTIVES AND STRATEGIES

The Greater Manchester Regional Public Health Network established goals and objectives that will strengthen the ability of the network to build and sustain the leadership, capacity, knowledge, coordination and collaboration necessary to promote effective practices, programs and policies and to address substance misuse within six core community sectors.

The Greater Manchester Regional Network is working to achieve the following over-arching goals and objectives:

- I. System-level goals and objectives that align with the goals and objectives of the state plan
- II. System-level goals and objectives necessary to create, maintain and sustain the regional network
- III. Goals and objectives indicating the substance use behaviors and risk or protective factors that the region is striving to impact through the implementation of best practices among the core sectors

To meet the goals and objectives outlined above, the regional network will oversee best practices on three levels:

- The adoption of stakeholder activities recommended by and aligned with *Collective Action-Collective Impact (CA-CI)* (pages 35-43)
- The implementation of community organizing best practices to create, maintain and sustain the regional network infrastructure for prevention
- The implementation of best practices by the six core sectors to reduce or prevent use

## REGIONAL NETWORK GOALS AND OBJECTIVES

<b>GOAL 1</b>	<b>CULTIVATE EXPANDED LEADERSHIP AMONG FOUR OF THE GREATER MANCHESTER SUB-REGIONS (ADAPTED FROM CA-CI PAGE 35)</b>
<b>Objectives:</b>	
Increase the number of satellite PHACs (from 0 – to – 4) and corresponding workgroups from 0 – 4 to address substance misuse	
Increase the number of network members who actively participate in advocacy related to substance misuse policy by 5% as measured through the Stakeholders survey	
Increase the number of organizations that actively share resources and are coordinating efforts to deliver services in the region. The effectiveness of this effort would be realized through higher numbers in the ‘coordinated’ and ‘integrated’ levels of the PARTNERS Tool survey	
<b>GOAL 2</b>	<b>INCREASE PUBLIC AWARENESS RELATIVE TO THE HARM AND CONSEQUENCES OF ALCOHOL AND DRUG MISUSE; TREATMENT AND RECOVERY SUPPORT SERVICES AVAILABLE, AND THE SUCCESS OF RECOVERY (ADAPTED FROM CA-CI PAGE 38)</b>
<b>Objectives:</b>	
Produce and disseminate effective messages for a range of topics, public audiences and media channels regularly each year. (ADAPTED from CA-CI p 38)	
Continue to expand the capacity of the Partnership for Drug Free New Hampshire (PDFNH) through public and private contributions (ADAPTED from CA – CI p 38)	
Produce and disseminate effective messages for a range of topics, public audiences and media channels designed to promote safe messaging, knowledge and understanding around substance misuse and addiction and mental wellness (ADAPTED from CA –CI p 38)	

GOAL 3	INCREASE TRAINING, TECHNICAL ASSISTANCE AND PROFESSIONAL DEVELOPMENT RESOURCES AND AVAILABILITY FOR THE CORE COMMUNITY SECTORS TO DEVELOP AND EXPAND KNOWLEDGE AND SKILLS RELATIVE TO RECOGNIZING AND ADDRESSING ALCOHOL AND DRUG MISUSE (ADAPTED FROM CA-CI PAGE 39)
Objectives:	
Ensure that ongoing training and technical assistance is available to support, policy, program and practice implementation (ADAPTED from CA-CI page 39)	
Develop/increase partnership with regional education partners to increase prevention-based education options designed to promote substance misuse prevention and healthy lifestyles (as measured by the PARTNERS Tool survey)	
Increase community capacity to address mental wellness and its connection to substance misuse (as measured by the Stakeholders survey)	
GOAL 4	INCREASE DATA COLLECTION AND ANALYSIS (STATE AND LOCAL) IN THE GREATER MANCHESTER REGION (ADAPTED FROM CA-CI P.41)
Objectives:	
Provide technical support towards the implementation and data collection through statewide data collection methods, including PARTNER Tool Survey, Stakeholder Survey and the Youth Risk Behavioral Survey	
Increase the diversity of the type of data collected (three new sources )to inform our work plans to achieve our stated goals	
GOAL 5	PROMOTE THE IMPLEMENTATION OF EFFECTIVE, POLICIES, PRACTICES AND PROGRAMS ACROSS THE REGION (ADAPTED FROM CA/CI PAGE 43)
Objectives:	
Increase the number of training and technical assistance (from 2 to 4) to organizations across community sectors in the implementation of policies, practices and programs	
Increase the implementation of prevention practices by the sectors designed to support physical and mental wellness and substance free living as measured by increased trainings from 4 to 6 per year	

## REGIONAL NETWORK STRATEGIES

The table below demonstrates the commitments of the Greater Manchester Regional Network over the next three years to meet the goals and objectives identified by the region to support the state plan and to create, maintain and sustain the regional prevention infrastructure. The strategies below focus primarily on information dissemination, the facilitation of community-based process and environmental prevention strategies.

Strategy Area (s)	Activity	Regional Objectives Addressed by this strategy	Alignment to SHIP and CA-CI
Leadership	Engage, educate and build capacity among leaders throughout the region	<p>Increase the number of satellite PHACs and corresponding workgroups to address substance misuse locally</p> <p>Increase the number of network members who actively participate in advocacy related to substance misuse policy</p> <p>Increase the number of organizations that actively share resources and are coordinating efforts to deliver services in the region.</p> <p>Expand capacity and readiness to implement new or expanded policies, practices and programs recommended for community sectors</p>	<p>SHIP: 57 – 58, 86 – 87</p> <p>CA – CI: 44 - 84</p>
Leadership	Partner with statewide agencies to increase advocacy skills and continue to promote	Increase the number of network members who actively participate in advocacy related to substance misuse policies	<p>SHIP: 57 – 58, 86 – 87</p> <p>CA – CI: 44 - 84</p>

	action through regional technical support		
Policy, practice and programs	<p>Align regional substance misuse prevention efforts with core six sector prevention efforts</p> <p>Promote, organize, lead effort for region-wide trainings and technical assistance focused on policy and practices</p> <p>Collaborate with core community sectors to encourage implementation of prevention practices</p>	<p>Increase the number of school districts that adopt the recommendation of the revised school policy guidelines issued through the Governor’s Commission for Alcohol and other Drugs</p> <p>Increase the number of organizations that actively share resources and are coordinating efforts to deliver services in the region.</p> <p>Increase the number of training and technical assistance (from 2 to 4) to organizations across community sectors in the implementation of policies, practices and programs</p> <p>Expand capacity and readiness to implement new or expanded policies, practices and programs recommended for community sectors</p>	<p>SHIP: 57 – 58, 86 – 87</p> <p>CA – CI: 44 - 84</p>
Public Education	<p>Promote statewide Drug Free NH media initiatives</p> <p>Engage regional stakeholder groups in the dissemination of public education messages and materials (all sectors)</p>	<p>Increase the implementation of prevention practices by the sectors designed to support physical and mental wellness and substance free living as measured by increased trainings from 4 to 6 per year</p> <p>Produce and disseminate effective messages for a range of topics, public audiences and media channels regularly each year</p> <p>Continue to expand the capacity of the Partnership for Drug Free New Hampshire (PDFNH) through public and private contributions</p>	<p>SHIP: 57 – 58, 86 – 87</p> <p>CA – CI: 44 - 84</p>

		Develop/increase partnership with regional education partners to increase prevention-based education options designed to promote substance misuse prevention and healthy lifestyles	
Training and Professional Development	Identify training opportunities relevant to regional SMP goals and objectives and make them available to all core community sectors region-wide	<p>Ensure that ongoing training and technical assistance is available to support policy, program and practice implementation</p> <p>Develop/increase partnership with regional education partners to increase prevention-based education options designed to promote substance misuse prevention and healthy lifestyles</p> <p>Increase community capacity to address mental wellness and its connection to substance misuse</p>	<p>SHIP: 57 – 58, 86 – 87</p> <p>CA – CI: 44 - 84</p>
Data Collection	<p>Ensure data is collected at all stakeholders/sector focused workgroups/forums (survey)</p> <p>Encourage participation in statewide data collection efforts such as the PARTNER survey, Stakeholder survey and Youth Risk Behavioral survey</p>	<p>Provide technical support towards the implementation and data collection through statewide data collection methods, including the PARTNER Tool Survey, Stakeholder Survey and the Youth Risk Behavioral Survey</p> <p>Increase the diversity of the type of data collected to inform our work plans to achieve our stated goals</p>	<p>SHIP: 57 – 58, 86 – 87</p> <p>CA – CI: 44 - 84</p>

	Participate in the statewide Young Adults rapid assessment project designed to inform the Partnership for Success initiative		
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Regional work plans are created annually based on the above commitments. Annual work plans are derived from the three-year strategic plan and are designed to serve as a roadmap for the regional network for a one year period. Annual work plans include detailed annual activities, the responsible party for each activity, targets and milestones, and timeline for completion. The Greater Manchester regional annual work plan can be accessed at: [www.makinithappen.org](http://www.makinithappen.org)

## SUBSTANCE MISUSE PREVENTION GOALS AND OBJECTIVES

### ALCOHOL AND OTHER DRUG PROBLEMS IN THE GREATER MANCHESTER REGION

The substance misuse landscape for the Greater Manchester Region (GMR) three years ago compared to today – is unsettling and familiar. The trends in risk factors associated with substance misuse within the region three years ago were surfacing in unique ways. The number of families that qualified for free and reduced lunch was on the rise in our center city schools – tipping the 50% mark during the fall of 2014. At the same time truancy rates were spiking in the elementary grade levels, which over the last two years have exceeded the truancy numbers at the high school level. Emerging trends and increase in the use of drugs such as ‘molly’, bath salts and synthetics such as K2spice have begun to elevate among our young adult population. Review of the region’s Youth Risk Behavioral Survey data, demonstrate that students are reporting that while parent disapproval rates are high – 86.9% for alcohol use, ease of access numbers are also high at 38.5% along with 30% of our regional students indicating they engage in some level of alcohol use. Marijuana usage numbers are also high. For marijuana use parent disapproval remains high at 85.0% with peer disapproval at 45.1%. However, ease of access is currently at 43.6% and reported usage at 22.1%. Statewide influence such as alcohol sales campaigns, the media and state legislation being introduced – and in some cases passing - which presents views and attitudes towards alcohol and marijuana usages as less harmful than other drug use in particular, lay the groundwork for heightened concerns and confusion at the community level. Our regional efforts along with those of our prevention partners find us struggling to maintain prevention efforts as the need for intervention and treatment begin to rise to address the growing heroin use issues. In 2015 the GMR has been peppered

with increase heroin overdoses – 624, 76 of which were fatal, compromised treatment systems due to volume of need and mixed attitudes regarding how to address the epidemic. As we move into the last few months of the calendar year a renewed sense of importance has begun to emerge around the importance of prevention at every age level, and among all core community sectors. This strategic plan has been designed to tether our communities together as we work to collectively move out of the current heroin epidemic and increase our regional capacity to build resiliency among our youth, their families and communities.

<b>GOAL 1</b>	<b>DECREASE OPIOID MISUSE ACROSS THE LIFESPAN IN THE GREATER MANCHESTER REGION (ADAPTED CA-CI P.27)</b>
<b>Objectives:</b>	
Increase public perception of risk of harm of opioid misuse (as measured through YRBS data – 63% to 70%, stakeholder survey)	
Decrease social access to opioids (YRBS 19% to 14 %) (increase in adoption of Rx monitoring) (increase in pounds of unused Rx drug collected via drop box)	
Increase coping skills to support mental wellness across lifespan (risk factor: self-medication) (measured through annual region survey)	
Increase the knowledge level for recognizing the warning signs of drug abuse and unbalanced mental health among six core community sectors (as measured through stakeholder survey)	
<b>GOAL 2</b>	<b>DECREASE ALCOHOL USE AMONG YOUTH IN MIDDLE AND HIGH SCHOOL AND YOUNG ADULTS (ADAPTED CA-CI P.27)</b>
<b>Objectives:</b>	
Increase community sectors’ knowledge of the harm of underage drinking (as measured through stakeholders survey)	

Increase knowledge level and perception of risk among target population groups, of the facts and potential consequences of substance misuse during the developing-brain years (YRBS increase perception data by 5%)	
To decrease social access to alcohol (YRBS 39% to 30%)	
To increase community (youth, parents, adults that work with youth) knowledge of the warning signs, of substance misuse and mental wellness unbalance (pre/post survey collection)	
<b>GOAL 3</b>	<b>DECREASE BINGE DRINKING AMONG YOUNG ADULTS (17 – 25) WITHIN THE GREATER MANCHESTER REGION (ADAPTED CA-CI P.27)</b>
<b>Objectives:</b>	
Decrease social access to alcohol among 17 – 20 young adults ( as measured through YRBS data)	
Decrease retail access among young adults (18 -25) (Compliance checks/SYNAR) (YRBS 35% to 30%)	
Increase peer to peer (perception of harm) knowledge and support – targeting the issue of binge drinking (YRBS 36% to 50%)	
<b>GOAL 4</b>	<b>DECREASE MARIJUANA USE AMONG MIDDLE AND HIGH SCHOOL LEVEL YOUTH IN THE GREATER MANCHESTER REGION (ADAPTED CA-CI P.27)</b>
<b>Objectives:</b>	
Increase the perception of risk of harm of marijuana use on the developing brain (YRBS 24% to 30%)	
Increase the knowledge of the community sectors of the warning signs of use, the link of marijuana use as a coping mechanism and how to connect individuals to support (measured by pre/post survey collection)	
Decrease social access to marijuana (YRBS 44% to 35%)	

Increase public safety and awareness regarding the risk of harm related to the non-prescribed cannabis and CIPs (Pre/Post event survey, stakeholder survey)

Increase knowledge of marijuana policy and practices within the state of NH (Pre/Post event survey)



## EFFECTIVE SUBSTANCE MISUSE PREVENTION PRACTICE, PROGRAMS AND POLICIES WITHIN THE CORE SECTORS

The state of New Hampshire and the Greater Manchester Region utilize a six-sector model for state and community prevention that serves as the foundation for building readiness, promoting best practices, and leveraging resources in a comprehensive and collective manner. The six sectors represent community institutions that are present in most towns and cities. The six sectors are impacted by and have the ability to positively impact substance misuse. The six core sectors are: Safety and Law Enforcement; Health & Medical, Education, Government, Business, and Community and Family Supports.

The tables below demonstrate the anticipated commitments that will be made by each sector in the Greater Manchester Regional Network over the next three years to meet the goals and objectives identified by the region to prevent and reduce substance misuse. The strategies chosen address the various categories of prevention, as defined by the Substance Abuse and Mental Health Services Administration’s Center for Substance Abuse Prevention (CSAP). A comprehensive plan is essential to impact the substance misuse goals and objectives identified by the Greater Manchester region.

# Safety and Law Enforcement

LOCAL LAW ENFORCEMENT • DRUG TASK FORCES • JUDICIAL SYSTEMS • FIRST RESPONDERS • EMERGENCY MEDICAL TECHNICIANS • DRUG DIVERSION INVESTIGATORS • NATIONAL GUARD

<i>CSAP Strategy</i>	<i>Strategy</i>	<i>Lead Organization(s)</i>	<i>Regional Substance Misuse Prevention Objectives Addressed by this Strategy</i>	<i>Alignment to SHIP and CA-CI</i>
Dissemination of Information	Develop a media relations/communication strategy specific to the Safety and Law Enforcement sector	Safety/Law Enforcement representatives  Media technical support representatives	Increase public perception of risk of harm of opioid misuse  Increase the knowledge level for recognizing the warning signs of drug abuse and unbalanced mental health among six core community sectors  Decrease social access to alcohol among 17 - 20 young adults	SHIP: 57 – 58,  86 – 87  CA – CI: 44 - 84
Prevention Education	Develop a speakers bureau (subject matter expert) for regional forum and speaking engagements	Safety and Law Enforcement, Diversion and Judicial representatives	Increase public perception of risk of harm of opioid misuse  Increase the knowledge level for recognizing the warning signs of drug abuse and unbalanced mental health among six core community sectors	SHIP: 57 – 58,  86 – 87  CA – CI: 44 - 84

			Increase public safety and awareness regarding the risk of harm related to the non-prescribed cannabis and Cannabis infused products (CIPS)	
Alternative Activities	Consistent participation in ATOD – Free Social /Recreational Event	Safety and Law Enforcement representatives  Neighborhood Watch groups	Increase public perception of risk of harm of opioid misuse  Increase community level knowledge of the harm of underage drinking  Increase the perception of risk of harm of marijuana use on the developing brain	SHIP: 57 – 58,  86 – 87  CA – CI: 44 - 84
Community-Based Processes	Increase representation on local prevention workgroups	Safety and Law Enforcement, Diversion and Judicial representatives	Increase coping skills to support mental wellness across lifespan (risk factor: self-medication)	SHIP: 57 – 58,  86 – 87  CA – CI: 44 - 84
Environmental Approaches	Increase participation in DEA Take back events  Installation and awareness campaigns for Rx drop boxes	Safety/Law Enforcement representatives  GMR PHN	Decrease social access to opioids  Decrease social access to alcohol (underage)  Decrease social access to marijuana	SHIP: 57 – 58,  86 – 87  CA – CI: 44 - 84
Problem Identification and Referral	Implement court-mandated alcohol and other drug awareness	Safety/Law Enforcement representatives	Increase public perception of risk of harm of opioid misuse	SHIP: 57 – 58,  86 – 87

	and education programs (diversion)	Family Court representatives  School-based guidance/SRO	Increase community level knowledge of the harm of underage drinking  Increase the perception of risk of harm of marijuana use on the developing brain	CA – CI: 44 - 84
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# Health & Medical

ADDICTION TREATMENT • BEHAVIORAL HEALTH • EMERGENCY CARE • HEALTH EDUCATORS INSTITUTIONAL CARE • PEDIATRICS • PRESCRIBERS • PRIMARY CARE

<i>CSAP Strategy</i>	<i>Strategy</i>	<i>Lead Organization(s)</i>	<i>Regional Goals and Objectives Addressed by this Strategy</i>	<i>Alignment to SHIP and CA-CI</i>
Dissemination of Information	Support and disseminate PSAs and other communications developed to educate patients and the general public on the impact of ATOD misuse	Hospitals, Pharmacies, Primary Care and Behavioral health agencies	<p>Increase public perception of risk of harm of opioid misuse</p> <p>Increase community sectors' knowledge of the harm of underage drinking</p> <p>Increase the perception of risk of harm of marijuana use on the developing brain</p>	<p>SHIP: 57 – 58, 86 – 87</p> <p>CA – CI: 44 - 84</p>
Prevention Education	Provide subject matter experts for forums and regional speaking engagements	Hospitals, Pharmacies, Primary Care and Behavioral health agencies	<p>Increase knowledge level and perception of risk among target population groups, of the facts and potential consequences of substance misuse during the developing brain years</p> <p>Increase the knowledge level for recognizing the warning signs of drug abuse and unbalanced mental health among six core community sectors</p>	<p>SHIP: 57 – 58, 86 – 87</p> <p>CA – CI: 44 - 84</p>

			<p>Increase peer to peer (perception of harm) knowledge and support – targeting the issue of binge drinking</p> <p>Increase the knowledge of the community sectors of the warning signs of use, the link of marijuana use as a coping mechanism and how to connect individuals to support</p> <p>Increase public safety and awareness regarding the risk of harm related to the non-prescribed cannabis and cannabis infused products</p>	
Community-Based Processes	Active participation in substance misuse prevention workgroups	Hospitals, Primary Care and Behavioral health agencies	<p>Increase public perception of risk of harm of opioid misuse</p> <p>Increase community sectors’ knowledge of the harm of underage drinking</p> <p>Increase the perception of risk of harm of marijuana use on the developing brain</p>	<p>SHIP: 57 – 58, 86 – 87 CA – CI: 44 - 84</p>
Environmental Approaches	Adopt and utilize the New Hampshire prescription drug monitoring program	Hospitals, Behavioral Health agencies, Primary Care and others that have prescribing privileges	<p>Decrease social access to opioids</p> <p>Increase the knowledge of the community sectors of the warning signs of use, the link of marijuana use as a coping mechanism and how to connect individuals to support</p>	<p>SHIP: 57 – 58, 86 – 87 CA – CI: 44 - 84</p>

	Modify prescribing practices (reduce amount prescribed)			
Problem Identification and Referral	<p>Adopt SBIRT initiative for both adult and adolescent patients</p> <p>Promote the integration of mental health promotion and alcohol and other drug misuse prevention efforts, including professional development and service delivery</p>	Hospitals, Primary Care and Behavioral health agencies	<p>Increase knowledge level and perception of risk among target population groups, of the facts and potential consequences of substance misuse during the developing brain years</p> <p>Increase the knowledge level for recognizing the warning signs of drug abuse and unbalanced mental health among six core community sectors</p> <p>Increase peer to peer (perception of harm) knowledge and support – targeting the issue of binge drinking</p> <p>Increase the knowledge of the community sectors of the warning signs of use, the link of marijuana use as a coping mechanism and how to connect individuals to support</p> <p>Increase public safety and awareness regarding the risk of harm related to the non-prescribed cannabis and cannabis infused products</p>	<p>SHIP: 57 – 58, 86 – 87</p> <p>CA – CI: 44 - 84</p>

# Education

SCHOOL SAFETY OFFICERS • CAMPUS HEALTH SERVICES • SCHOOL NURSES • CAMPUS POLICE • STUDENT ASSISTANCE COUNSELORS • COLLEGE COUNSELING DEPARTMENTS • COACHES & CO-CURRICULAR ADVISORS • TEACHING STAFF & ADMINISTRATION

<i>CSAP Prevention Category</i>	<i>Strategy</i>	<i>Lead Organization(s)</i>	<i>Regional Goals and Objectives Addressed by this Strategy</i>	<i>Alignment to SHIP and CA-CI</i>
Dissemination of Information	Adopt/refine Model Alcohol and Drug Policy	All administration primary school districts within region	<p>Increase public perception of risk of harm of opioid misuse</p> <p>Increase community sectors' knowledge of the harm of underage drinking</p> <p>Increase the perception of risk of harm of marijuana use on the developing brain</p>	<p>SHIP: 57 – 58, 86 – 87</p> <p>CA – CI: 44 - 84</p>
Prevention Education	Promote the expansion of evidence-based education focused on Substance Misuse Prevention education - all core levels: upper elementary, middle, high	Core community sector representatives with School administration	<p>Increase knowledge level and perception of risk among target population groups, of the facts and potential consequences of substance misuse during the developing brain years</p> <p>Increase the knowledge level for recognizing the warning signs of drug abuse and unbalanced mental health among six core community sectors</p>	<p>SHIP: 57 – 58, 86 – 87</p> <p>CA – CI: 44 - 84</p>

	<p>school and freshmen college level</p> <p>Increase community education and support groups</p>		<p>Increase peer to peer (perception of harm) knowledge and support – targeting the issue of binge drinking</p> <p>Increase the knowledge of the community sectors of the warning signs of use, the link of marijuana use as a coping mechanism and how to connect individuals to support</p> <p>Increase public safety and awareness regarding the risk of harm related to the non-prescribed cannabis and cannabis infused products</p>	
Alternative Activities	<p>Develop mentoring program with at risk youth teamed with young adults in recovery</p>	<p>School district Student Assistant Professionals (SAP) and regional recovery center representatives</p>	<p>Increase peer to peer (perception of harm) knowledge and support – targeting the issue of binge drinking</p> <p>Increase the knowledge of the community sectors of the warning signs of use, the link of marijuana use as a coping mechanism and how to connect individuals to support</p> <p>Increase public safety and awareness regarding the risk of harm related to the non-prescribed cannabis and cannabis infused products</p>	<p>SHIP: 57 – 58, 86 – 87</p> <p>CA – CI: 44 - 84</p>
Community-Based Processes	<p>Collect and disseminate data on alcohol and other drug misuse among school-aged and</p>	<p>All public school districts within region</p>	<p>Increase public perception of risk of harm of opioid misuse</p> <p>Increase community sectors’ knowledge of the harm of underage drinking</p> <p>Increase the perception of risk of harm of marijuana use on the developing brain</p>	<p>SHIP: 57 – 58, 86 – 87</p> <p>CA – CI: 44 - 84</p>

	college level populations			
Environmental Approaches	Adopt model athletic and extra-curricular policies	LOA – representative with School administrations plus core community sector representatives		SHIP: 57 – 58, 86 – 87 CA – CI: 44 - 84
Problem Identification and Referral	Maintain and expand Student Assistance Programs	Representatives from all public school	Increase public perception of risk of harm of opioid misuse  Increase community sectors’ knowledge of the harm of underage drinking  Increase the perception of risk of harm of marijuana use on the developing brain	SHIP: 57 – 58, 86 – 87 CA – CI: 44 - 84

# Government

COUNTY OFFICIALS • FEDERAL GOVERNMENT • MUNICIPAL GOVERNMENT • LOCAL GOVERNING BOARDS • STATE REPRESENTATIVES • OTHER ELECTED OFFICIALS • CITY AND TOWN OFFICERS

<i>CSAP Prevention Strategy</i>	<i>Strategy</i>	<i>Lead Organization(s)</i>	<i>Regional Goals and Objectives Addressed by this Strategy</i>	<i>Alignment to SHIP and CA-CI</i>
Dissemination of Information	Promote statewide substance misuse Prevention material distribution – via established resource dissemination	Town Administration GMR SMPN	<p>Increase peer to peer (perception of harm) knowledge and support – targeting the issue of binge drinking</p> <p>Increase the knowledge of the community sectors of the warning signs of use, the link of marijuana use as a coping mechanism and how to connect individuals to support</p> <p>Increase public safety and awareness regarding the risk of harm related to the non-prescribed cannabis and cannabis infused products</p>	SHIP: 57 – 58, 86 – 87 CA – CI: 44 - 84
Prevention Education	Educate on the collateral damage of substance abuse on local resources by conducting government	GMR SMPN	<p>Increase knowledge level and perception of risk among target population groups, of the facts and potential consequences of substance misuse during the developing brain years</p>	SHIP: 57 – 58, 86 – 87 CA – CI: 44 - 84

	sector specific forums		<p>Increase the knowledge level for recognizing the warning signs of drug abuse and unbalanced mental health among six core community sectors</p> <p>Increase peer to peer (perception of harm) knowledge and support – targeting the issue of binge drinking</p> <p>Increase the knowledge of the community sectors of the warning signs of use, the link of marijuana use as a coping mechanism and how to connect individuals to support</p> <p>Increase public safety and awareness regarding the risk of harm related to the non-prescribed cannabis and cannabis infused products</p>	
Community-Based Processes	Organize and host community-based forums which focus on substance misuse prevention and highlight the governments support of healthy communities	<p>All community tow administration</p> <p>Core community sector representatives</p>	<p>Decrease social access to opioids</p> <p>Decrease social access to alcohol (underage)</p> <p>Decrease retail access among young adults (18 -25)</p> <p>Decrease social access to marijuana</p>	<p>SHIP: 57 – 58,</p> <p>86 – 87</p> <p>CA – CI: 44 - 84</p>

Environmental Approaches	Support state government policy and practice that require legislative support regarding prevention of substance misuse	All community town administration, local and state representatives	<p>Decrease social access to opioids</p> <p>Decrease social access to alcohol (underage)</p> <p>Decrease retail access among young adults (18 -25)</p> <p>Decrease social access to marijuana</p>	<p>SHIP: 57 – 58,</p> <p>86 – 87</p> <p>CA – CI: 44 - 84</p>
Problem Identification	Develop a protocol for reviewing community data as it relates to town/city ordinances/guidelines for addressing substance misuse issues	Local community leadership	<p>Decrease social access to opioids</p> <p>Decrease social access to alcohol (underage)</p> <p>Decrease retail access among young adults (18 -25)</p> <p>Decrease social access to marijuana</p>	<p>SHIP: 57 – 58,</p> <p>86 – 87</p> <p>CA – CI: 44 - 84</p>

# Business

BUSINESS OWNERS AND OPERATORS • EMPLOYEE ASSISTANCE PROGRAMS • HEALTH EDUCATORS • HUMAN RESOURCE DEPARTMENTS • RISK MANAGEMENT • SAFETY COMPLIANCE OFFICERS • SENIOR MANAGEMENT

<i>CSAP Prevention Category</i>	<i>Strategy</i>	<i>Lead Organization(s)</i>	<i>Regional Goals and Objectives Addressed by this Strategy</i>	<i>Alignment to SHIP and CA-CI</i>
Dissemination of Information	Adopt model workplace policies	Business sector workgroup	<p>Decrease social access to opioids</p> <p>Decrease social access to alcohol (underage)</p> <p>Decrease retail access among young adults (18 -25)</p> <p>Decrease social access to marijuana</p>	<p>SHIP: 57 – 58,</p> <p>86 – 87</p> <p>CA – CI: 44 - 84</p>
Prevention Education	Work place substance misuse prevention education	GMR SMPN	<p>Increase knowledge level and perception of risk among target population groups, of the facts and potential consequences of substance misuse during the developing brain years</p> <p>Increase the knowledge level for recognizing the warning signs of drug abuse and unbalanced mental health among six core community sectors</p> <p>Increase peer to peer (perception of harm) knowledge and support – targeting the issue of binge drinking</p>	<p>SHIP: 57 – 58,</p> <p>86 – 87</p> <p>CA – CI: 44 - 84</p>

			<p>Increase the knowledge of the community sectors of the warning signs of use, the link of marijuana use as a coping mechanism and how to connect individuals to support</p> <p>Increase public safety and awareness regarding the risk of harm related to the non-prescribed cannabis and cannabis infused products</p>	
Alternative Activities	Mentoring program – pairing businesses with individuals in recovery (work force development)	<p>Recovery center representatives</p> <p>Business sector representatives</p>	<p>Increase knowledge level and perception of risk among target population groups, of the facts and potential consequences of substance misuse during the developing brain years</p> <p>Increase the knowledge level for recognizing the warning signs of drug abuse and unbalanced mental health among six core community sectors</p> <p>Increase peer to peer (perception of harm) knowledge and support – targeting the issue of binge drinking</p> <p>Increase the knowledge of the community sectors of the warning signs of use, the link of marijuana use as a coping mechanism and how to connect individuals to support</p> <p>Increase public safety and awareness regarding the risk of harm related to the non-prescribed cannabis and cannabis infused products</p>	<p>SHIP: 57 – 58,</p> <p>86 – 87</p> <p>CA – CI: 44 - 84</p>
Community-Based Processes	Participate in Substance Misuse	Representatives from business sector	<p>Decrease social access to opioids</p> <p>Decrease social access to alcohol (underage)</p>	SHIP: 57 – 58,

	Prevention workgroups	Chamber of Commerce Representative	Decrease retail access among young adults (18 -25)  Decrease social access to marijuana	86 – 87  CA – CI: 44 - 84
Environmental Approaches	Endorse and promote safe messaging in regards to substance use, and substance misuse prevention	Business sector reps.	Increase knowledge level and perception of risk among target population groups, of the facts and potential consequences of substance misuse during the developing brain years  Increase the knowledge level for recognizing the warning signs of drug abuse and unbalanced mental health among six core community sectors  Increase peer to peer (perception of harm) knowledge and support – targeting the issue of binge drinking  Increase the knowledge of the community sectors of the warning signs of use, the link of marijuana use as a coping mechanism and how to connect individuals to support  Increase public safety and awareness regarding the risk of harm related to the non-prescribed cannabis and cannabis infused products	SHIP: 57 – 58,  86 – 87  CA – CI: 44 - 84
Problem Identification and Referral	Review policies which address substance misuse within work place, adopt	Business sector reps.  GMR SMPN	Increase knowledge level and perception of risk among target population groups, of the facts and potential consequences of substance misuse during the developing brain years	SHIP: 57 – 58,  86 – 87

	intervention/support policies		<p>Increase the knowledge level for recognizing the warning signs of drug abuse and unbalanced mental health among six core community sectors</p> <p>Increase peer to peer (perception of harm) knowledge and support – targeting the issue of binge drinking</p> <p>Increase the knowledge of the community sectors of the warning signs of use, the link of marijuana use as a coping mechanism and how to connect individuals to support</p> <p>Increase public safety and awareness regarding the risk of harm related to the non-prescribed cannabis and cannabis infused products</p>	CA – CI: 44 - 84
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# Community and Family Supports

VOLUNTEER ORGANIZATIONS • COMMUNITY PROGRAMS • RECOVERY SUPPORTS • YOUTH-SERVING ORGANIZATIONS • FAITH-BASED ORGANIZATIONS  
 SENIOR/ELDER SERVICES • FAMILY RESOURCE CENTERS

<i>CSAP Prevention Category</i>	<i>Strategy</i>	<i>Lead Organization(s)</i>	<i>Regional Goals and Objectives Addressed by this Strategy</i>	<i>Alignment to SHIP and CA-CI</i>
Dissemination of Information	Distribute resource cards, prevention materials	Community-based organizations Faith based organizations	Decrease social access to opioids Decrease social access to alcohol (underage) Decrease retail access among young adults (18 -25) Decrease social access to marijuana	SHIP: 57 – 58, 86 – 87 CA – CI: 44 - 84
Prevention Education	Champion and support statewide Drug Free NH initiative	Community-based organizations Faith based organizations	Increase knowledge level and perception of risk among target population groups, of the facts and potential consequences of substance misuse during the developing brain years  Increase the knowledge level for recognizing the warning signs of drug abuse and unbalanced mental health among six core community sectors	SHIP: 57 – 58, 86 – 87 CA – CI: 44 - 84

			<p>Increase peer to peer (perception of harm) knowledge and support – targeting the issue of binge drinking</p> <p>Increase the knowledge of the community sectors of the warning signs of use, the link of marijuana use as a coping mechanism and how to connect individuals to support</p> <p>Increase public safety and awareness regarding the risk of harm related to the non-prescribed cannabis and cannabis infused products</p>	
Community-Based Processes	Participate in the establishment of Satellite PHAC and community level workgroups	Community-based organizations Faith based organizations	<p>Increase knowledge level and perception of risk among target population groups, of the facts and potential consequences of substance misuse during the developing brain years</p> <p>Increase the knowledge level for recognizing the warning signs of drug abuse and unbalanced mental health among six core community sectors</p> <p>Increase peer to peer (perception of harm) knowledge and support – targeting the issue of binge drinking</p> <p>Increase the knowledge of the community sectors of the warning signs of use, the link</p>	<p>SHIP: 57 – 58, 86 – 87 CA – CI: 44 - 84</p>

			<p>of marijuana use as a coping mechanism and how to connect individuals to support</p> <p>Increase public safety and awareness regarding the risk of harm related to the non-prescribed cannabis and cannabis infused products</p>	
Environmental Approaches	Promote and participate in the Drug take back events; promote utilization of drop box initiatives	<p>Community-based organizations</p> <p>Faith based organizations</p>	Decrease social access to opioids	<p>SHIP: 57 – 58,</p> <p>86 – 87</p> <p>CA – CI: 44 - 84</p>

## V. Monitoring and Evaluation

Monitoring and evaluation are fundamental to understanding the progress Greater Manchester region is making towards reaching its goals and objectives. The table below describes the tools that are available and will be used to measure the progress and outcomes related to the implementation of systems-level strategies that align to the *Collective Action-Collective Impact* plan and support the regional network.

Tool	Description of Tool and Measurement
PWITS	PWITS is a database that is used to monitor and track the process of all regional network activities.
PARTNER Survey <a href="https://nh.same-page.com/studio/v7/files/index.cfm?FID=55377&amp;PID=398576#">https://nh.same-page.com/studio/v7/files/index.cfm?FID=55377&amp;PID=398576#</a>	PARTNER is an evidence-based, web-based survey tool used to measure collaboration, trust, and partner contributions within networks.
Regional Network Stakeholder Survey (RNSS) <a href="https://nh.same-page.com/studio/v7/files/index.cfm?FID=65389&amp;PID=398577#">https://nh.same-page.com/studio/v7/files/index.cfm?FID=65389&amp;PID=398577#</a>	<p>The RNSS is a survey developed to measure the impact of the regional network on the members. This survey is administered to regional partners on an annual basis. The RNSS measures the following:</p> <ul style="list-style-type: none"> <li>• The community participation in substance use prevention</li> <li>• Increase in knowledge of alcohol and other drug misuse</li> <li>• Increase in knowledge of effective strategies to prevent or deter misuse</li> <li>• Readiness to adopt or change policies or practices to prevent</li> <li>• Adoption of new policies or practices</li> <li>• Challenges and successes related to community involvement</li> <li>• Perception of changes in risk factors in the community (access, perception of risk, perception of wrongness, community norms)</li> </ul>

The table below describes the data that will be collected to measure the impact of the prevention policies, practices and programs implemented by the core sectors on substance misuse and related risk factors.

Tool	Definition of tool and measurement
Youth Risk Behavior Survey (YRBS) <a href="http://www.cdc.gov/HealthyYouth/yrbs/index.htm">http://www.cdc.gov/HealthyYouth/yrbs/index.htm</a>	The YRBS measures substance use risk factors and behaviors among high school youth locally, statewide and nationally. It is administered every other year.
National Survey on Drug Use and Health (NSDUH) <a href="https://nsduhweb.rti.org/respweb/homepage.cfm">https://nsduhweb.rti.org/respweb/homepage.cfm</a>	The NSDUH measures substance use nationally and statewide among all ages.
Behavioral Risk Factor Surveillance System (BRFSS) <a href="http://www.cdc.gov/brfss/">http://www.cdc.gov/brfss/</a>	The BRFSS measures substance use among adults in New Hampshire.
County Health Rankings <a href="http://www.countyhealthrankings.org/">http://www.countyhealthrankings.org/</a>	The annual <i>County Health Rankings</i> measure vital health factors, including high school graduation rates, obesity, smoking, unemployment, access to healthy foods, the quality of air and water, income, and teen births in nearly every county in America.

## OTHER DATA COLLECTION

Within the Greater Manchester Region, the gaps in available data are focused on what we term as secondary supporting data. Data that looks at the impact of family/support groups – are they getting support, training and resources they need to prevent, intervene in regards to substance misuse? The long-term effects of childhood trauma - with the fairly recent rollout of the Project Launch initiative we will now be able to tap into the data that is being collected to help inform our work. Workforce data is another area of data collection that we believe will bring great value to our work – however we must research how and what data may be collected (now and in the future), we believe this will mature as our relationship with the business community grows. Recovery data – this data will be critical to help guide us through selecting prevention strategies that help support long-term sustained recovery and will help to inform our prevention efforts and strategies in the future years. We know recovery works, and through focus group data we have discovered that recovery presents two opportunities for prevention – engaging those in recovery - youth and young adults to help us promote positive healthy substance free lifestyles helps keep their recovery strong and allow us to connect to youth (peer 2 peer) and advance the data collection opportunities for this hard to reach group.

## QUALITY ASSURANCE AND OVERSIGHT

The regional efforts to monitor and evaluate data will take a more prominent role in our next three year strategic plan. Reviewing the data collected through focus groups, training evaluations, the Youth Risk Behavioral Survey (YRBS), as well as community-based data such as emergency calls and the previously listed new data collection opportunities will influence our work plans and serve as an indicator of the impact of our selected strategies. Regionally we are just beginning our to develop our involvement in the continuum of care initiative, this effort will allow us to learn about unique data sets that we may be able to utilize to inform our prevention work. Data such as school nurse visits, and the reasons for the visits, truancy numbers at the elementary level, data from our emergency responders has begun to show new trends that may require a shift in our prevention efforts. Review and evaluation of the available data for the Greater Manchester region and our state will be a critical component of our work in the upcoming three years. Currently we do not know exactly what guidelines we will use for this work, however involving our senior PHAC leadership along with representatives from our satellite PHAC groups and key regional stakeholders will be essential. In addition we will continue to review the YRBS data, as it becomes available, the PARTNER Tool and Stakeholder survey data and any new data that the region determines relevant to our substance misuse prevention efforts.

## VI. Conclusion

Research shows that multi-sector, multi strategy approaches to substance abuse prevention (which include the entire spectrum of the Center for Substance Abuse Prevention (CSAP), prevention categories) and are implemented by communities, reduce alcohol and other drug use significantly. Based on the socio-ecological framework, environmental prevention strategies, such as public information and policy development and enforcement, are most effective for impacting population-level change.

The work achieved by the GMR SMPN over the past three years will serve as our foundation for the next three years. Regional efforts will continue the important collaboration and partnership development and will work to expand to include all eight communities. Our stated network goals and objectives will serve as our framework for strategy selection.

The GMR SMPN will use its ability to build upon our capacity by reaching out and engaging others to make the largest impact to decrease substance misuse in the region and increase resiliency of the region to respond effectively to emerging opportunities and challenges that may arise. In addition the regional network will:

- Increase public awareness relative to the harm and consequences of alcohol and drug misuse, the importance of intervention treatment and recovery support services and the important role the core community sectors play in supporting a healthy thriving community
- Increase training, technical assistance and professional development resources and availability to develop and expand knowledge and skills relative to addressing alcohol and drug misuse and the importance of mental and physical wellness
- Promote the implementation of effective policies, practices and programs across the region that will encourage and support positive change
- Increase data collection and data review to inform our yearly work plans and strategy selection
- Develop a sustainable partnership with the regional Continuum of Care initiative and other public health initiatives as appropriate to our stated goals and objectives

# THE GREATER MANCHESTER SUBSTANCE MISUSE PREVENTION NETWORK

*Supporting the communities of:*

Auburn, Bedford, Deerfield, Candia, Goffstown, Hooksett, Manchester and New Boston

More information about the network and the collaborative partnerships and leadership that have come together to bring this **Substance Misuse Prevention and other Health Promotions three year strategic plan** to the region can be found at:

[www.makinithappen.org](http://www.makinithappen.org)

Questions and comments can be sent to: [info@mih4u.org](mailto:info@mih4u.org)