

# Primary Prevention Partners Meeting Minutes

January 29, 2020 1:00 — 4:00 p.m.

Present: Mallory Sattler, NDDoH; Kaitlin Atkinson, Brittany Love, Allison Burkman, Anabel Dufault, and Anna Ojczyk, CVIC;; Kristina Knutson and Ashley Kramer CAWS; Jennifer Obinna, Evaluation Consultant; Mary Thysell, Safe Shelter; Veronica Zietz, CHI St. Alexius; Melissa Williams, RACC; Renae Stromme, AARC; Debra Olson, DVAC; Jacob Davis, PCAND; Lisa Weisz and Rachelle Chazco, WARC; Darla Juma and Heather Jenkins, DVP NW ND

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- **Department of Human Services Prevention Efforts (attached PowerPoint)**
  - Laura Anderson presented on substance abuse prevention efforts in ND. They contract with Local Public Health Units and tribes to coordinate prevention coalitions, certify education providers, and develop marketing materials. Local public health can be contacted as a prevention partner to collaborate on existing violence prevention efforts.
  - ParentsLead is an evidence-based behavioral health promotion program that targets parents as a protective factor. Can send prevention messages to incorporate into ParentsLead materials.
  - Bar server training could possibly integrate bystander intervention information
- **Dating Matters**
  - Kristina Knutson provided an overview of the components of Dating Matters and how it has better results than Safe Dates alone.
  - Kristina will take the online facilitator training to understand the program better and support persons interested in implementing.
  - Dating Matters Quick Links <https://vetoviolence.cdc.gov/apps/dating-matters-toolkit/quick-links#/>
  - Dating Matters Archived Webinar <http://www.preventconnect.org/2019/10/dating-matters-strategies-to-promote-healthy-teen-relationships/>
- **Training and Technical Assistance Updates**
  - Kristina is now 50% primary prevention! Please reach out to her if you need technical assistance related to primary prevention.
  - Kristina is conducting Organizational Capacity Assessments via phone with the domestic violence/rape crisis agencies. Please schedule your call soon.
- **RPE Updates**
  - Mallory shared the new RPE Fact Sheet to be used with prevention stakeholders and potential partners
  - Mallory attended DHS's subgrantee prevention training and made some connections with local public health. She plans to survey them about current violence prevention efforts and needs.
  - State Capacity Building Team will be reviewing Sexual Violence Prevention Applications tomorrow.
  - Reviewed January Toolkit email

- Suggest using Youth Risk Behavior Survey Data to show it is a local problem  
<https://www.nd.gov/dpi/districtschools/safety-health/youth-risk-behavior-survey>

- **Member Updates**

- Mary Thysell: partnering with local public health to do sexual violence prevention awareness on campus; presenting to Community Health Partners group; prevention awareness at Bunny Run (race) in April
- Veronica Zietz: presenting on IPV at CHI Health at Home staff training; Healthy relationships program at schools, correctional centers, churches and recovery groups
- Kaitlin Atkinson: Friendships the Work in 3 elementary schools; A Call to Men and Upstanders in middle schools; Wearing orange at sporting events for Teen Dating Violence Awareness Month
- Alison Burkman: Bystander Training at UND; Consent messaging around Valentines Day; Sex and the Law presentation
- Anna Ojczyk: Green Dot Core team met and reorganized; planning spring action event; bystander trainings in February and March
- Brittany Love: doing Safer Tomorrows School Survey
- Lisa Weisz: New counselor at one school so Safe Dates is on hold; Preparing for orange week for Teen Dating Violence Awareness Month; hosting senior day through another grant but could incorporate prevention messaging
- Darla Juma: Sending packets to all schools for Teen Dating Violence Awareness Month; presenting to Women of Today for SAAM; Trying to get Safe Dates started; Doing 8-10 sessions of The 4<sup>th</sup> R
- Renee Stromme: Concert for Courage; distributing Green Dot surveys to identify early adopters

## **Future Meetings:**

Wednesday, April 22, 1:00 p.m. - 4:00 p.m.

Wednesday, July 22, 1:00 p.m. - 4:00 p.m.

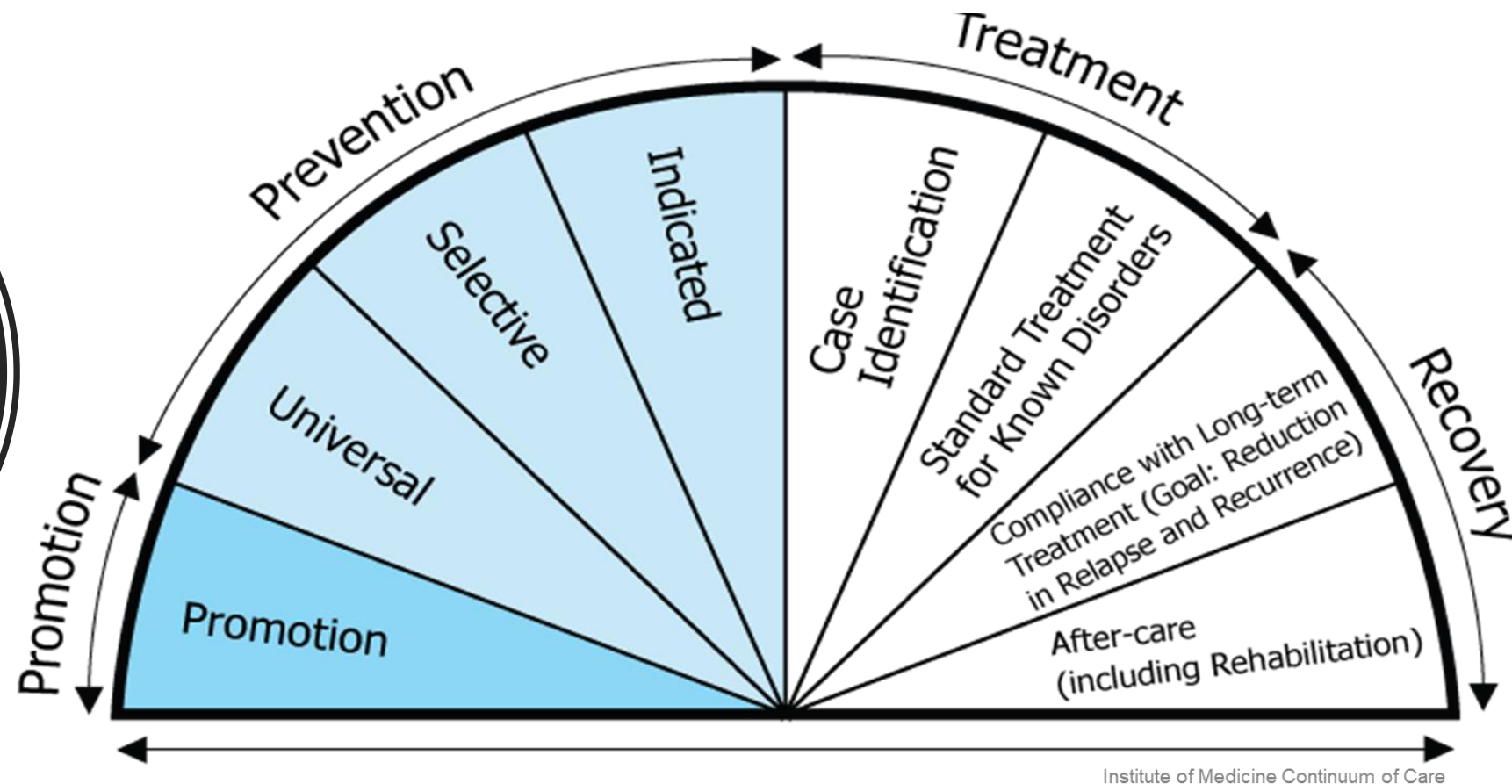
Wednesday, October 28, 1:00 p.m. - 4:00 p.m.


# Substance Abuse Prevention

North Dakota  
Department of  
Human Services  
Behavioral Health  
Division

1-28-2020

Part of the  
Overall  
Behavioral  
Health  
System





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Prevention is a proactive approach; creating an environment that promotes the health and wellbeing of individuals and communities, which prevents problems before they occur.

# State Epidemiological Outcomes Workgroup (SEOW)

**SEOW Mission Statement:** Identify, analyze, and communicate key substance abuse and related behavioral health data to guide programs, policies, and practices



[www.prevention.nd.gov/data](http://www.prevention.nd.gov/data)

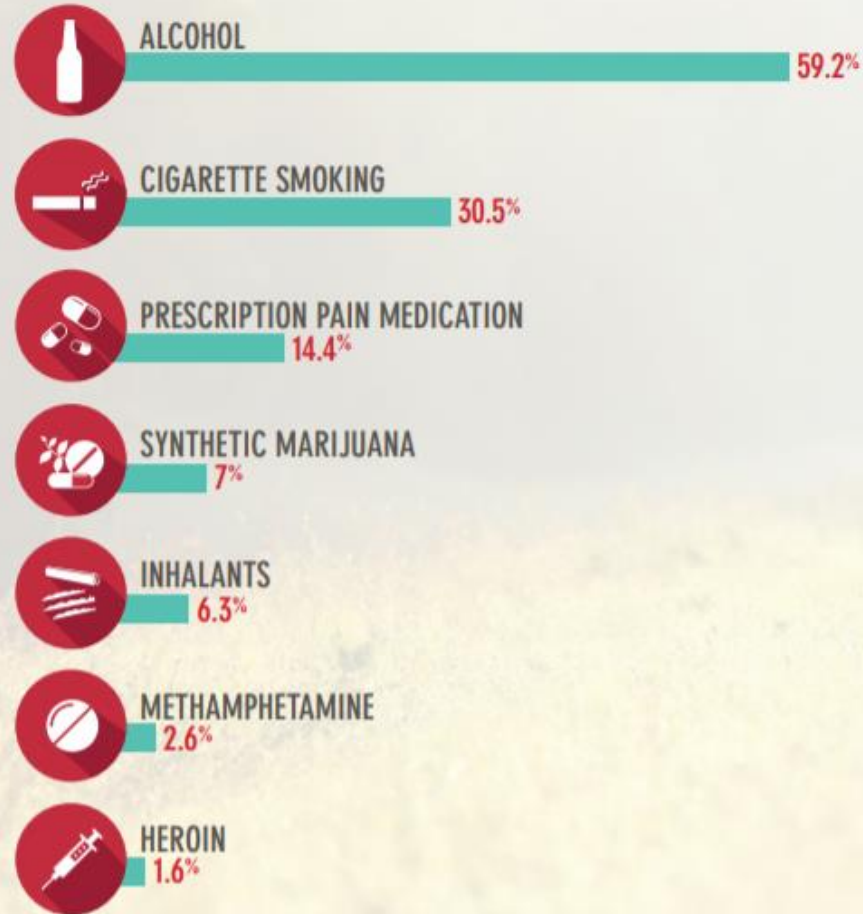
# OVERVIEW OF SUBSTANCE USE IN NORTH DAKOTA

Alcohol is the most commonly used drug in the state.



## YOUTH (HIGH SCHOOL STUDENTS)<sup>5</sup>

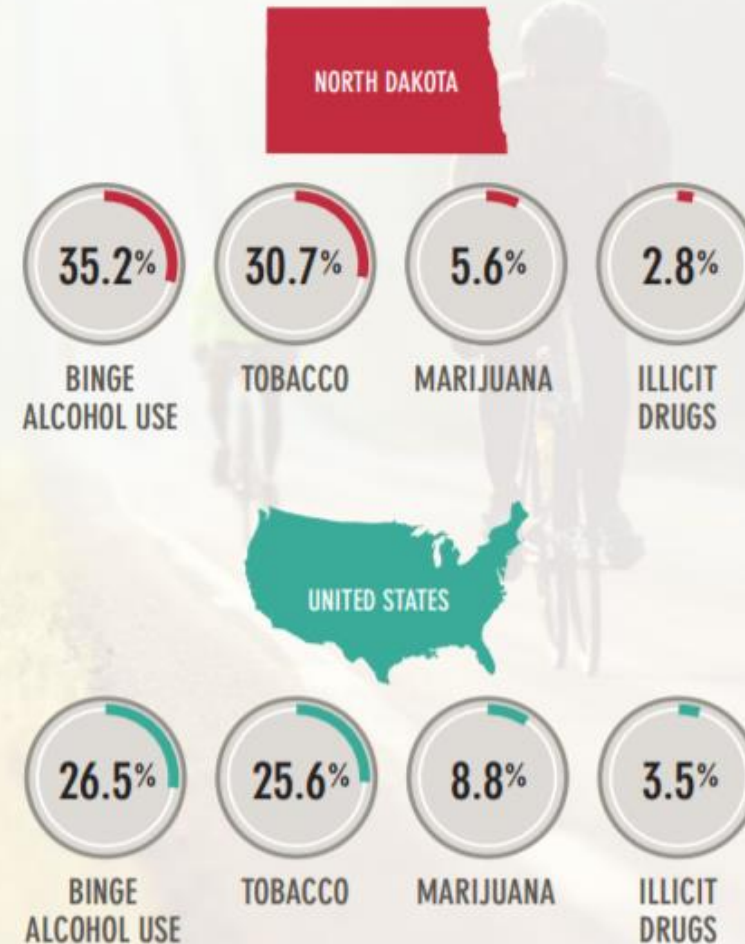
ND High School Student LIFETIME Substance Use



In 2009, lifetime use of marijuana among ND high school students was 30.7%<sup>6</sup>

## ADULTS (AGES 18+)<sup>7</sup>

Adults Age 18 and Older PAST 30-DAY Substance Use





# North Dakota Substance Abuse Prevention

## *Data-Driven Goals*



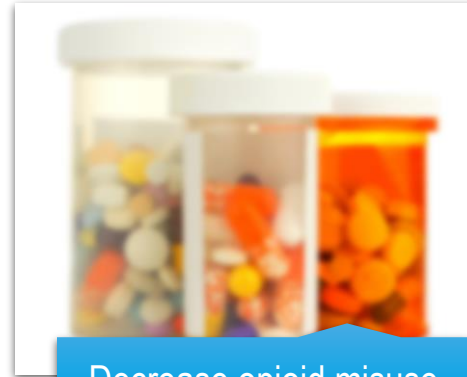
Increase implementation  
of effective prevention  
statewide



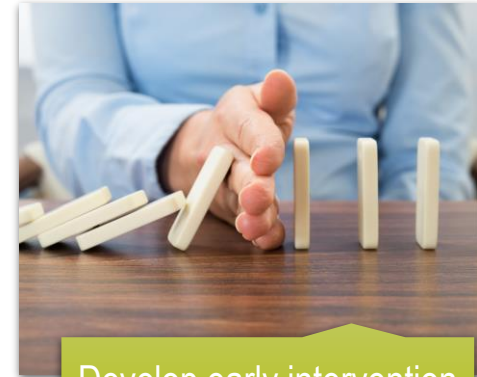
Decrease underage  
drinking



Decrease adult binge  
drinking and related  
consequences



Decrease opioid misuse  
and overdose



Develop early intervention  
capacity





Increase implementation of effective prevention statewide

## How?

- Training and Technical Assistance
- Partnership
- Certification of Minor in Possession education providers
- Certification of Driving Under the Influence education providers



Decrease underage drinking

## How?

- Training and Technical Assistance
- Administration of federal and state funding – support communities and tribes
- Parents Lead
- Certification of Minor in Possession education providers



Decrease adult binge drinking  
and related consequences

## How?

- Training and Technical Assistance
- Administration of federal funding – support communities and tribes
- Marketing/Communication: Speak Volumes
- Certification of Driving Under the Influence education providers



Decrease opioid misuse and overdose

How?

- Training and Technical Assistance
- Administration of federal funding – support communities and tribes
- Marketing/Communication



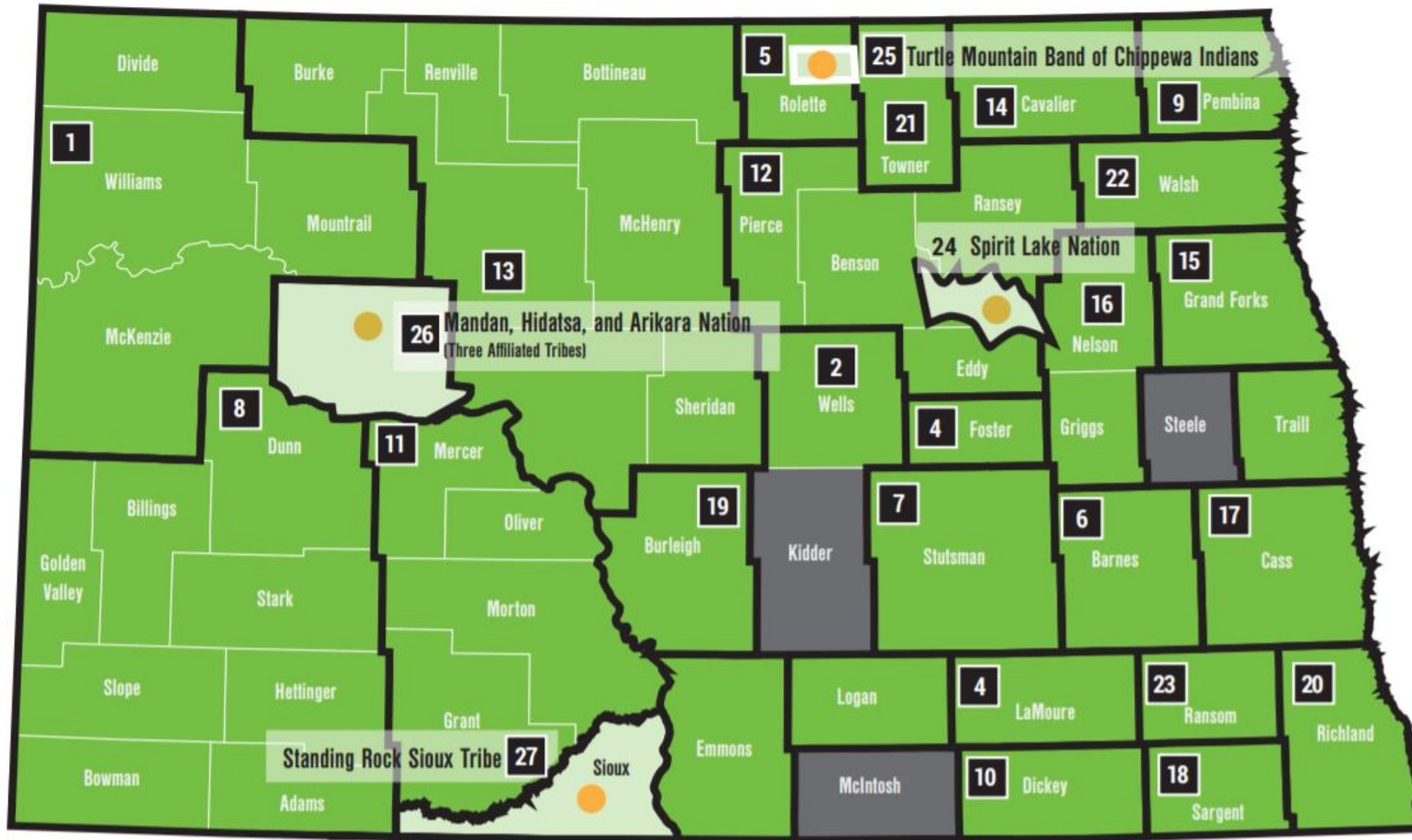
Develop early intervention capacity

## How?

- Training and Technical Assistance
- Certification of Minor in Possession education providers
- Certification of Driving Under the Influence education providers


# Substance Abuse Prevention Community Funding Distribution

NORTH DAKOTA DEPARTMENT OF HUMAN SERVICES' BEHAVIORAL HEALTH DIVISION






## Local Public Health Units


-  1. Pembina County Health Department
-  2. Emmons County Public Health
- 3. Ransom County Public Health Dept
- 4. Richland County Health Dept
-   5. Bismarck-Burleigh Public Health
- 6. Cavalier County Health District
- 7. Custer Health Unit
- 8. Dickey County Health District
- 9. Fargo Cass Public Health
- 10. First District Health Unit
- 11. Grand Forks Public Health Dept
- 12. Lake Region District Health Unit
- 13. Nelson/Griggs District Health Unit
- 14. Sargent County District Health Unit
- 15. Towner County Public Health District
- 16. Traill District Health Unit
- 17. Walsh County Health Department


-   18. Central Valley Health District
- 19. City County Health District
- 20. Foster County Health Unit
- 21. LaMoure County Public Health Dept
- 22. Rolette County Public Health District
- 23. Southwestern District Health Unit
- 24. Upper Missouri District Health Unit
- 25. Wells County District Health Unit

## Tribes

-    26. Spirit Lake Nation
-   27. Turtle Mountain Band of Chippewa Indians
-  28. Mandan, Hidatsa and Arikara Nation (Three Affiliated Tribes)
- 29. Standing Rock Sioux Tribe

 **Partnership for Success Grant**  
Total award for  
2019-2021 biennium: \$3,296,376  
*Priority: Prevention of underage  
drinking*

 **Substance Abuse Prevention and Treatment Block Grant:  
Substance Abuse Prevention Community and Tribal Grants**  
Total award for 2019-2021 biennium: \$750,400  
*Priority: Prevention of underage drinking, adult binge drinking,  
and prescription opioid misuse*

 **State Opioid Response (SOR)**  
Total award through August 2020:  
Approximately \$2,463,180.50  
*Priority: Prevention and treatment of opioid  
misuse*



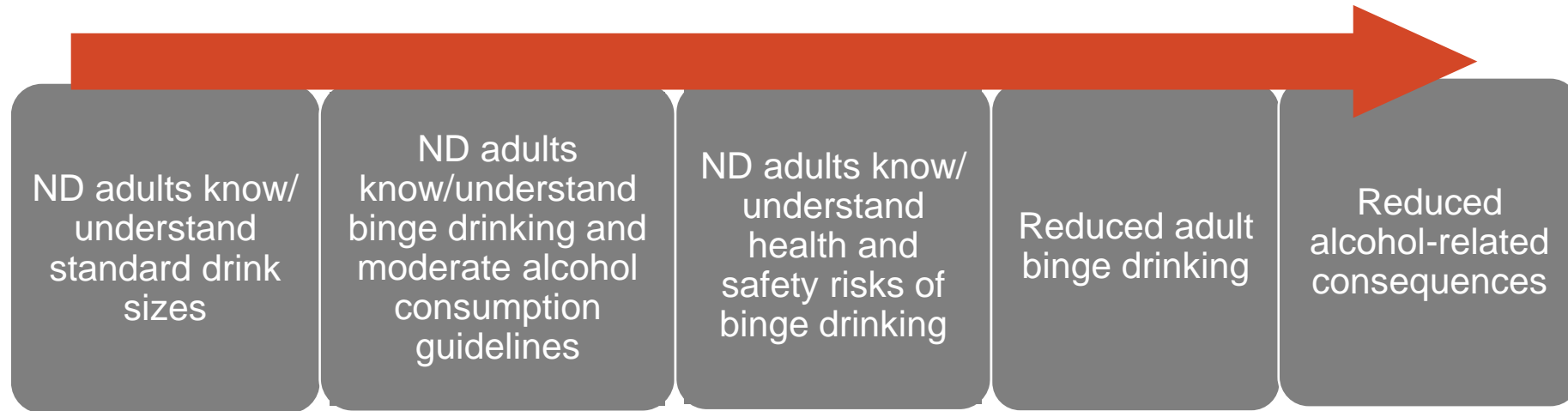
Through four primary parental behaviors, all parents can make a difference in the lives of their children:

- 1 Ongoing communication
- 2 Effective monitoring
- 3 Positive role-modeling
- 4 Engagement and support



# SPEAK VOLUMES

Speak Volumes addresses adult binge drinking and related consequences through comprehensive messaging about binge drinking, standard drink sizes, and alcohol volume.



For more information, visit [speakvolumes.nd.gov](https://speakvolumes.nd.gov)

# Get Involved!

Your community can work together to become a healthier, more vibrant place to live by investing time, energy and money in prevention. In fact, it is one of the best investments we can make in our state's future - creating safe and healthy individuals, families, businesses and communities.

Follow these steps to build a healthier community:



**Target the Problem**



**Find Resources**



**Build Support**



**Do What Works**



The North Dakota Department of Human Services' Behavioral Health Division has a team of prevention experts ready and willing to help communities get started with implementing effective prevention.



Request assistance from our training and technical assistance team.



Order or download free prevention materials.

Learn more at [www.prevention.nd.gov/get-involved](http://www.prevention.nd.gov/get-involved)



Behavioral Health  
HUMAN SERVICES

[behavioralhealth.nd.gov](https://behavioralhealth.nd.gov)





# DATINGMATTERS®

STRATEGIES TO PROMOTE HEALTHY TEEN RELATIONSHIPS

## DATING MATTERS AT-A-GLANCE

Dating Matters: Strategies to Promote Healthy Teen Relationships is a comprehensive teen dating violence prevention model developed and evaluated by the Centers for Disease Control and Prevention (CDC). Dating Matters aims to promote healthy relationship behaviors and prevent teen dating violence before it starts. The model is based on current evidence about what works in teen dating violence prevention and focuses on 11- to 14-year-olds. It includes multiple prevention components that focus on individuals, peers, families, schools, and neighborhoods. These components work together to reinforce and promote respectful, nonviolent dating relationships.

## WHAT ARE THE COMPONENTS OF DATING MATTERS?

The Dating Matters comprehensive teen dating violence prevention model is comprised of 7 prevention components (shown below). These components address key risk and protective factors for teen dating violence across the social environments that influence young people, including peers, their families, their school, and their neighborhood. The seven Dating Matters components are designed to reinforce consistent messages about healthy relationships across these contexts; promote complementary skills for youth, parents, and educators; and support these skills and messages with policy efforts.



**Centers for Disease  
Control and Prevention**  
National Center for Injury  
Prevention and Control



# THE SEVEN COMPONENTS OF DATING MATTERS

## Youth Programs

The Dating Matters youth programs provide middle school students with the knowledge and social-emotional skills (i.e., emotional expression and management, social skills) they need to expect and engage in healthy, safe relationships when they start dating. CDC developed the 6th and 7th grade programs and adopted an existing evidence-based program, Safe Dates, for 8th grade. Teachers, school staff, or a prevention educator from the community deliver the programs during the school day.

## Parent Programs

The Dating Matters parent programs provide parents and caregivers of 11- to 14-year-olds with skills for positive parenting and effective parent-child communication while also helping them engage in a dialogue with their kids about healthy, safe relationships. CDC developed the 6th and 7th grade programs, and adopted an existing evidence-based program, Families for Safe Dates, for 8th grade. The programs use a combination of group sessions facilitated by prevention educators in community-based settings and self-guided activities for parents and teens to complete at home.

## Understanding Teen Dating Violence Prevention Training for Educators

The Dating Matters Training for Educators provides teachers and other school personnel with critical knowledge about teen dating violence as well as the specific skills, strategies, and resources needed to prevent violence from occurring and to implement prevention activities in their schools.

## i2i: What R U Looking 4? Youth Communications Program

i2i What R U Looking 4? reinforces messaging from the Dating Matters youth programs for all grades and promotes healthy dating behaviors by using teen-led communications strategies (e.g., social media, community events) to reach youth in their communities.

## Capacity Assessment and Planning Tool

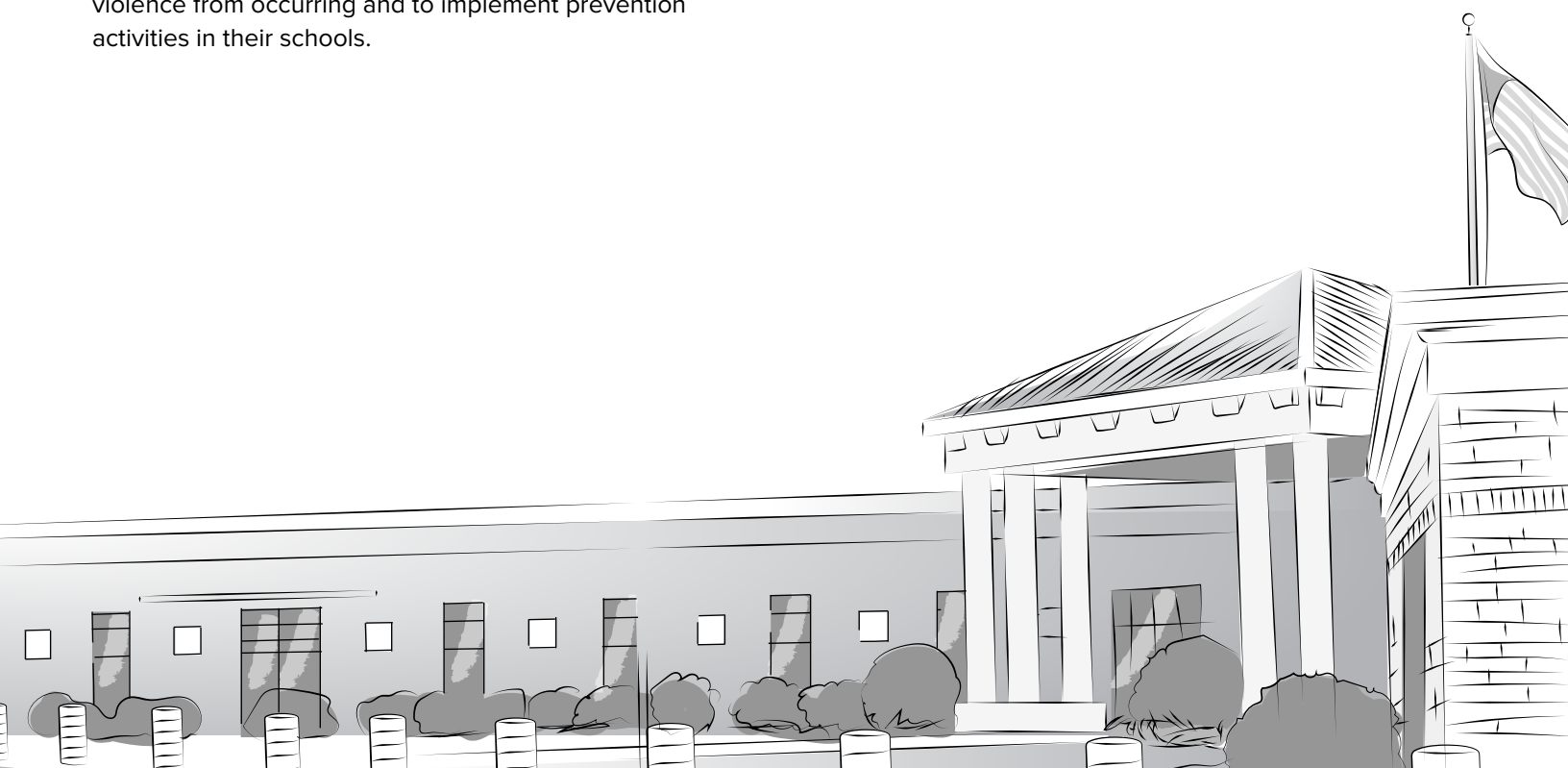
The Dating Matters Capacity Assessment and Planning Tool guides organizations in enhancing local public health capacity to implement comprehensive teen dating violence prevention across their communities. It uses a collaborative four-step planning and action process developed by CDC.

## Guide to Using Indicator Data

The Dating Matters Guide to Using Indicator Data aids local health departments (and other implementers) in collecting and using the best available health indicator data to inform community-level teen dating violence prevention activities.

## Interactive Guide to Informing Policy

The Dating Matters Interactive Guide to Informing Policy provides an overview of policy approaches to teen dating violence prevention, important considerations for informing policy, guidance for developing a policy plan, and tools and resources related to policy development, implementation, and evaluation.



## THE DATING MATTERS TOOLKIT

CDC developed the Dating Matters Toolkit to give you everything you need to kick-off and sustain the Dating Matters comprehensive teen dating violence prevention model in your community. In addition to all of the materials you need to implement each of Dating Matters' seven prevention components, the Toolkit also includes:

### Guide to Implementation

This Guide aids local health departments, or other lead community based organizations, in planning and successfully implementing the Dating Matters model, including information on:

- capacity-building
- staffing needs
- building community partnerships
- engaging stakeholders
- planning a budget
- recruiting and engaging participants
- tracking outcomes
- sustainability planning

### Coaches' Playbook

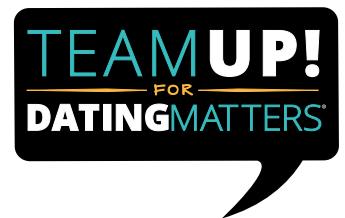
The Coaches' Playbook provides guidance for Dating Matters Coaches in their role as health department staff members responsible for overseeing and supporting youth and parent program facilitators. The guidance includes information on characteristics of good facilitators, training, supervision, and monitoring fidelity.

### Online Facilitator Training for Youth and Parent Programs

Free, online training is available for youth and parent program facilitators. The training includes interactive exercises, quizzes, video demonstrations featuring experienced youth and parent program facilitators, and homework assignments to reinforce skills and knowledge. The site includes an accompanying training manual.

### Team Up! for Dating Matters Community of Practice

Team Up! is an online community of practice for everyone involved in Dating Matters implementation. It utilizes a free, web based or mobile application to create a virtual place for communities to collaborate, problem solve, and share knowledge about Dating Matters.



## READY TO GET STARTED?

The Dating Matters Toolkit—with all of the materials, guidance, and tools you need to implement Dating Matters—is available on CDC's VetoViolence website at <https://vetoviolenecdc.gov/apps/dating-matters-toolkit/#>. The Toolkit is your one-stop-shop for everything Dating Matters.