

# Virginia Substance Abuse Prevention Block Grant

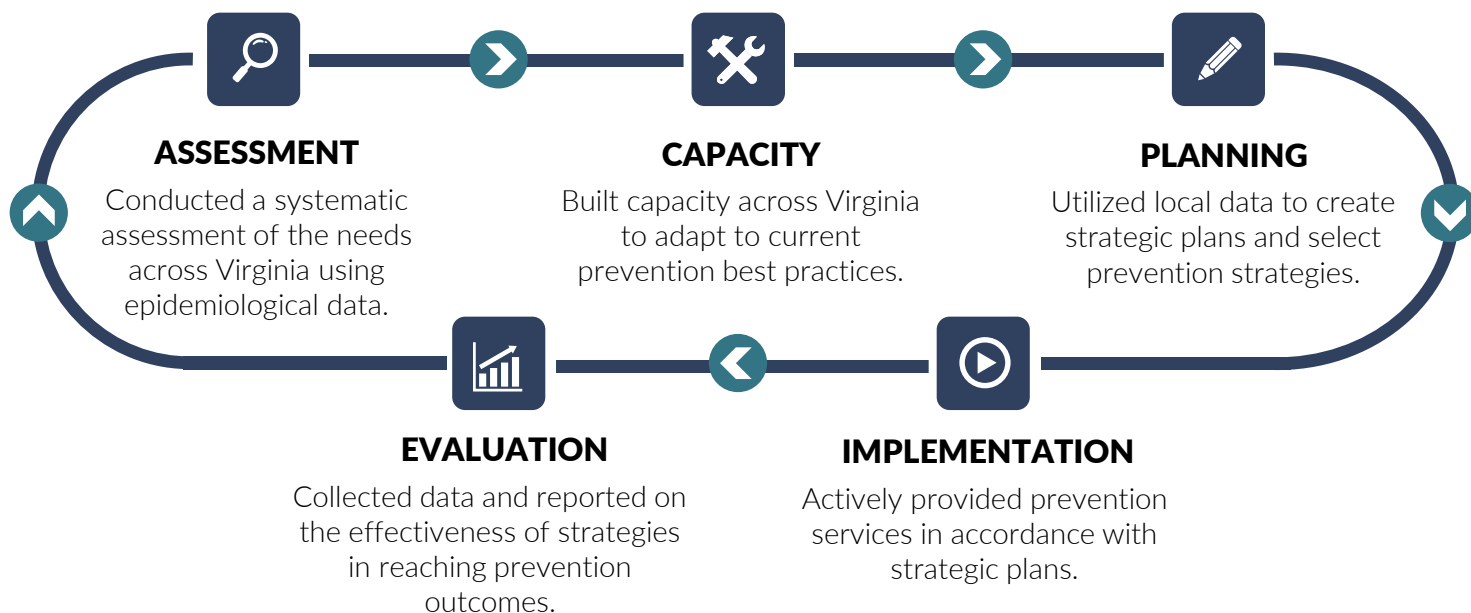
## Annual Report 2017-18

This report summarizes the work completed under Virginia's Substance Abuse Prevention Block Grant for the fiscal year spanning July 2017 – June 2018. The Block Grant is funded by the Substance Abuse and Mental Health Services Administration (SAMSHA). Virginia's Department of Behavioral Health and Developmental Services (DBHDS) distributes grant funds to all 40 Community Service Boards (CSBs) across the commonwealth to implement substance use prevention activities.

This report was prepared by The OMNI Institute, a nonprofit social science consultancy that provides integrated research and evaluation, capacity building, and data utilization services to accelerate positive social change. DBHDS has contracted with OMNI since 2014 to evaluate Virginia's Block Grant activities as well as provide training and technical assistance to build evaluation capacity among Virginia's prevention workforce.

## Data-Driven Approach

Virginia's Block Grant activities have been selected through an intentional, data-driven process based on the Strategic Prevention Framework (SPF) developed by SAMHSA.<sup>1</sup> The SPF consists of a set of steps and principles that are designed to ensure effective substance use prevention services. The figure below illustrates the five steps of the SPF and the corresponding activities completed in Virginia during this Block Grant cycle.



<sup>1</sup> SAMHSA. (December 1, 2017). Applying the Strategic Prevention Framework (SPF). Retrieved from <https://www.samhsa.gov/capt/applying-strategic-prevention-framework>

# Prevention Science in Action

Best practices in prevention science recommend the implementation of a variety of approaches to address substance use, including not only individual-level programs such as education sessions, but also environmental-level strategies that impact communities as a whole. **Virginia's prevention infrastructure has shifted to reflect current recommendations regarding prevention workforce skillsets and strategies.** These infrastructure changes and capacity-building efforts have positioned Virginia to effectively address substance use across the commonwealth.

## COMMUNITY ACTIVITIES

In addition to implementing prevention strategies, CSBs engaged in the following activities during the 2017-18 fiscal year to assess, plan, and evaluate their prevention efforts:

- 1 Engagement of local community coalitions** to incorporate the community's voice in prevention priorities.
- 2 Development of logic models** that outline risk and protective factors as well as outcomes CSBs are targeting through prevention strategies.
- 3 Creation of evaluation plans** that define how CSBs will measure short-term outcomes for each strategy implemented.
- 4 Ongoing reporting** of implementation data and periodic reports on progress to meet SAMHSA reporting requirements and ongoing planning efforts.

## STATEWIDE INITIATIVES

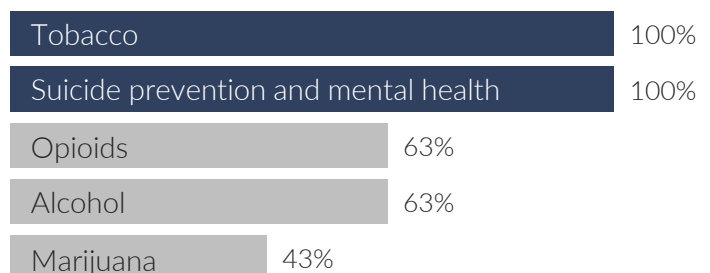
Through its partnership with DBHDS, OMNI worked across the commonwealth in the 2017-18 fiscal year to assess prevention needs and strengthen evaluation processes through three key processes:

- 1 Development of an evaluation plan** that documents suicide prevention efforts across the commonwealth and their long-term impact.
- 2 Completion of a behavioral health needs assessment** including collection and analysis of primary and secondary data to assist DBHDS in allocating resources for future prevention activities.
- 3 Provision of evaluation training and technical assistance** to CSB staff to support Virginia's effort to build evaluation capacity and employ current best practices in prevention.

## COMMUNITY SERVICE BOARD PREVENTION PRIORITIES

Each CSB set its own prevention priority areas based on local data and needs assessment results. **All 40 CSBs are working toward outcomes in the areas of tobacco and suicide prevention and mental health.** Opioids, alcohol, and marijuana are also being addressed by a large portion of CSBs.

*Percentage of CSBs with targeted outcomes in each area:*



# 2017-18 by the Numbers

From local media campaigns to trainings, CSBs implemented a variety of strategies throughout the year to engage their communities in preventing substance use.



## Community Coalitions

Over 55 coalitions were active throughout Virginia.



## Environmental Strategies

All 40 CSBs implemented at least one strategy designed to reach their entire community. These strategies made up 12% of all prevention efforts.



## Opioid Availability Reduction

More than 38 drug take-back events were held with thousands of pounds of unused prescription medications collected.



## Community Prevention Messaging

10% of strategies involved distribution of prevention messaging, such as media campaigns.



## Mental Health First Aid Trainings

5,800 Virginians participated in one of the 416 Mental Health First Aid and Youth Mental Health First Aid trainings held. To date, almost 50,000 individuals have been trained.



## REVIVE! Naloxone Trainings

114 REVIVE! trainings taught 1,900 people how to use life-saving Naloxone to reverse an opioid overdose.



## Youth Prevention Work

30% of strategies directly engaged youth in schools or community groups.



## Evidence-Based Curricula

Over 15,000 youth completed Too Good For Drugs, Botvin's LifeSkills, or another evidence-based prevention curriculum.



I can tell that change is happening because more community members are reaching out [to] the coalition to get involved and to make a difference. Our partnerships are getting stronger and more meaningful. Families with guns are approaching our parent partners to get gun locks. Our emergency services personnel are being told that families are using the locks and the medication safes to keep their children away from prescription drugs and guns...It is becoming the norm to secure potentially



# Making a Difference Across Virginia

In 2017-18, CSBs implemented a comprehensive set of prevention strategies and programs. Below are some examples of success from across the commonwealth.

## Collaborators in the advancement of prevention.

"Agencies are working together and leveraging capabilities more than [I've ever seen] in the 12 years I've been in the CSB system. You can feel and see silos disappearing. Everyone is energized around the table and creating opportunities for greater collaboration."

Rappahannock Area CSB

## Leaders in community outreach.

"The Counter Tools merchant education effort is always enlightening. Talking one-on-one with retailers always results in new staff ideas for policy change, social media outreach, youth involvement, etc. We remain so proud of Virginia for being a leader in this approach to community change."

Hanover CSB

## Champions for healthy youth.

"We have been successful in helping two out of seven of our school districts to adopt the 100% Comprehensive Tobacco-Free School Policies [and] were recognized at the 2018 Virginia Foundation for Healthy Youth Conference for being one of the state's champions."

Crossroads CSB

## Advocates for policy change.

Information shared at the Roanoke Area Youth Substance Abuse Coalition's 2017 Legislative Roundtable prompted Senator Stanley to draft Senate Bill #226 which requires veterinarians who dispense controlled substances, such as opioids, to report information to the Prescription Drug Monitoring Program. The bill was signed into law by Governor Northam in April 2018.

Blue Ridge Behavioral Healthcare

## Allies in the fight against fatal overdoses.

The Eastern Shore CSB Prevention Office collaborated with state police, state corrections officers, and Virginia District 6 Senator Lynwood Lewis, Jr. to develop and pass Senate Bill #399, authorizing localities to create drug overdose fatality review teams. As a result, the Eastern Shore Overdose Fatality Review Team was established. The team will review overdose deaths to inform future prevention efforts such as changing ineffective policies and reducing service gaps.

Eastern Shore CSB

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