

2023 Breakout Sessions

Join us on Gull Lake for the 2023 MN Prevention Program Sharing Conference!

Dates

October 17 - 18, 2023

Day 1: 8:30 am - 4:00 pm

Day 2: 9:00 am - 3:15 pm

Location

Cragun's Resort on Gull Lake

11000 Craguns Blvd

Brainerd, MN 56401

This year's conference features will feature 30+ conference sessions

Learn more about each session below. More information about the speakers, plenary sessions, conference FAQs, registration, and hotel reservations is available on our website.

ABOUT THE SPEAKERS



HOTEL INFORMATION



CONFERENCE FAQs



REGISTRATION



ABOUT KEYNOTE/PANEL SESSIONS



REGISTER AT [MNPREV.EVENTBRITE.COM](https://mnprev.eventbrite.com)

Registration deadline: Friday, September 29th, 2023

Session Information

Be Extraordinary, Be You - Know the Truth about Today's High Potency Cannabis and its Potential Harms

Heather & Randy Bacchus, Be Extraordinary, Be You

Randy and Heather Bacchus lost their 21-year-old son Randy Michael to Cannabis Induced Psychosis and completed suicide in July 2021. With suicide, there are so many unanswered questions. However, taking a deep dive

into today's Cannabis and the current research that is available, Randy and Heather have learned an immense amount of information that helped them understand exactly what happened to their son. They share his story as a real-life result of adolescent cannabis use to help others from experiencing such tragic loss. In this session, attendees will understand Randy Michael's story as depicted in the vlogging he captured prior to his passing. In his delusion, he thought he was going to become a famous

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rap artist and was creating a documentary. Rather than the purpose he intended it for, this documentary footage serves as peer-to-peer education that adolescents can relate to. Randy Michael shares his love of cannabis, his difficulties quitting, and his use of high-potency products, and describes the psychosis he experienced. Attendees will be able to differentiate how today's product is much stronger than what it used to be, the various forms it comes in, and how it impacts and changes adolescent brain formation. Attendees will also understand updated statistics regarding the correlation between adolescent cannabis use and mental health, suicide, and psychosis. Attendees will be given information about coalitions parents can become involved in to aid in prevention efforts.

Cannabis in Washington State: Lessons from a Decade of Legalization

Sarah Mariani, Substance Use Disorder Prevention and Mental Health Promotion Section for Washington State

Washington legalized adult use cannabis in 2012, and the first licensed cannabis retailer under this system opened in 2014. In the ensuing decade, Washington State has developed rules, regulations, and programs to address this new market, with a strong focus on preventing youth cannabis use. During this time, Sarah Mariani has overseen that state's prevention efforts and has developed a deep expertise in this dynamic subject. She will present on lessons learned and ongoing efforts--highlighting aspects that may be useful for states that more recently legalized cannabis.

Clearing the Air, Soil, and Water: Addressing Tobacco Product Waste and Environmental Justice in K-12 Policy

Willow Anderson, Public Health Law Center; Pat McKone, American Lung Association; Molly Schmidtke, Association for Nonsmokers-Minnesota

Educating prevention professionals and youth about tobacco product waste is an effective tool for youth engagement and prevention. Tobacco product waste, including cigarette butts, vapes, and packaging, is a pervasive environmental and public health issue. This session explores including tobacco product waste in K-12 policies and programs as an effective strategy that may help prevent youth from initiating commercial tobacco use. First, educating ourselves and youth about tobacco product waste raises awareness about the environmental impact of commercial tobacco products and educational initiatives can foster a sense of environmental stewardship.

Second, the tobacco product waste problem includes social and cultural factors that make it an environmental justice issue. Exposing the manipulative tactics employed by the tobacco industry, inspires youth to critically analyze industry ploys and make informed decisions about their own health. Third, by educating youth they become advocates for change within their peer groups. This empowers them to challenge social norms surrounding commercial tobacco use and creates a supportive environment that discourages use. Finally, educating youth about tobacco product waste aligns with broader commercial tobacco control policies. By incorporating this information into existing educational programs, it reinforces messages related to commercial tobacco prevention, treatment, and the creation of smoke-free and litter-free environments. In conclusion, incorporating tobacco product waste education into K-12 policies and programs is an effective tool for youth prevention. Raising awareness about the environmental impact, addressing environmental justice, promoting peer-to-peer communication, and aligning with broader commercial tobacco control strategies, tobacco product waste initiatives empower young people to make informed decisions about commercial tobacco use.

Community Collaboration is KEY in Rural Health

Sadie Broekemeier, Recovering Hope Treatment Center; Kristie Bryant, Welia Health; Patti Miller, Kanabec County Public Health

This presentation will identify how to create opportunities in communities for collaboration and connection, working to identify consumer needs in the community, and ways to integrate funding, workforce, and community resources for long term sustainability. Presenters will discuss their roles and responsibilities as community members, professionals, and representatives of our systems and discuss how Kanabec County has intentionally created a collaborative community approach to prevention with the help of law enforcement, public health, and treatment. Participants will leave with action items to create a similar culture in their community and systems approach to overall wellness in the areas of behavioral health, medical and prevention needs. This presentation will go beyond forming coalition and discuss in-depth partnerships that has sustained our work.

Conversation Starters on Youth Gaming & Gambling Behaviors: Results from Discussions with Cultural Communities

Sonja Mertz, Minnesota Alliance on Problem Gambling

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As access to gambling and gaming increases, adolescents are faced with making choices about activities that are often illegal and/or unhealthy. Results from the 2022 Minnesota Student Survey indicate that 6-9% of Minnesota youth hid their gambling behavior from others. 5-8% of those youth felt that they might have a problem with gambling. Gambling and gaming can impact an adolescent's mental and physical health, their education goals, and relationships with friends and family. Cultural communities, family history of mental illness or substance use, and personal history of substance use are just a few of the risk factors that can influence how exposure to gambling can impact youth. The Minnesota Alliance on Problem Gambling received requests from members of Southeast Asian communities for talking points and prevention techniques to deal with the gaming and gambling behaviors of their teenagers and children. The need for culturally appropriate messaging and prevention methods will impact MNAPG's work, especially as sports betting and online gambling becomes available in Minnesota. This presentation will discuss the process of creating prevention materials for cultural communities and continued collaborations. This presentation will also cover the current trends and data in gambling and gaming, the impacts of gambling and gaming on youth, the link between substance use and gambling, and ways to prevent or reduce harm.

Data Party Planning Pack

Phillip Huerta, Winona County Alliance for Substance Abuse Prevention

Prevention professionals often ask how to engage communities in data and how to share findings from a survey in a meaningful way. This year, we set out to share results from the 2022 Minnesota Student Survey and tell a story about substance use prevention efforts by having "Pop Up Data Parties"! We created and pilot tested a facilitator guide that now includes games, illustrations, discussion questions, prizes, and treats that youth and adults engaged with the most. This session will be a true "breakout" so you can experience the "Data Party" and learn how to share data in a memorable way!

Empower, Engage, Inspire: Transforming Prevention Programs through Compelling Social Media Content Including Video

Carlos Morales, Viva Technology

Social media, when used strategically, has the power to empower communities, engage audiences, and inspire action. Yet, for many prevention professionals, unlocking

this power remains a challenge. This session is crafted to demystify the process of creating and promoting compelling social media content that can transform prevention programs. In this session, we will dissect the core principles of social media content creation, impart techniques to captivate and engage diverse digital audiences, and discuss effective strategies to promote prevention programs across various platforms. Utilizing case studies and the latest research, we will illuminate the transformative power of well-crafted social media content. This session is designed for a general audience, irrespective of their prior knowledge or experience. In line with the conference's theme of "Support Connections. Build Prevention. Engage Communities," this session stresses the pivotal role of proficient digital communication in establishing resilient online communities, amplifying prevention efforts, and engaging audiences in significant ways.

Empowering Youth: Effective Peer-to-Peer Vaping Prevention Strategies

Elyse Levine Less, Tobacco-Free Alliance; Heather Maier, Hastings Middle School

Engaging students in peer-to-peer vaping prevention is crucial in educating and empowering youth to make healthy choices. In 2019, Tobacco-Free Alliance (TFA) developed an educational vaping prevention workshop informed by teen focus groups we conducted. The workshop aims to curb e-cigarette initiation, use and nicotine addiction, and to promote healthy adolescent development. We have conducted this workshop with hundreds of Minnesota high school and middle school classes consistently refining its content based on classroom interactions, student suggestions, and the current social and environmental context. Essential to the workshop is a newer peer-to-peer education component to strengthen youth ownership and engagement around vaping prevention. We now train teens as peer educators and workshop co-facilitators. As youth often find adult-driven tobacco prevention efforts like posters and lectures make them want to rebel and do the opposite of what they are being told, genuine youth engagement can increase message authenticity and trust. Further, meaningful youth engagement for substance use prevention and treatment can positively influence health outcomes. This session will focus on strategies for actively involving students in peer-to-peer vaping prevention efforts and providing guidance on replicating these effective strategies using a sustainable model. Co-presenter Heather Maier will describe her

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experience with her 8th grade students, explaining how they effectively implemented a vaping prevention project by utilizing TFA's workshop training and a guide developed by Ms. Maier. Specifically, the students took on the role of peer leaders, presenting vaping prevention sessions to 5th, 6th, and 7th grade classes, following the guidelines and resources provided. The session will also cover the strategies employed to establish a supportive environment for this project, and participants will have the opportunity to learn and discuss these approaches.

How has Youth Vaping Changed over Time in Minnesota?

Sharrilyn Helgertz, Minnesota Department of Health

The 2022 Minnesota Student Survey (MSS) results revealed a substantial decline in teen vaping. Is this decline the effect of education and policy changes or driven by COVID's disruption of the usual social sources of these products? This presentation will share data from the 2023 Minnesota Youth Tobacco Survey (MYTS) to describe the latest middle school and high school vaping prevalence. In addition, the presentation will cover any changes in the characteristics of users (and use) to inform opportunities for intervention in the current context.

In The Hands of Youth: Prevention Strategies in the Age of Gas Station Heroin

Elle Braland, Minnesota Prevention & Recovery Alliance

As substances are becoming increasingly more accessible to all ages, it's important that prevention strategies are adapting to the changing perceptions of substances. Youths' perception of risk in relation to substances sold at smoke shops and gas stations is changing. In order to change this perception, it's now more important than ever to understand what youth are using and how they are gaining access to these substances. This session will leave participants well-informed about Zaza and other "gas station drugs", including their risks, intended purposes, use rates, accessibility and more. In order to start the conversation with youth, we have to stay up to date in what they are accessing. Equipping youth to take ownership of their health and confidently make informed decisions will lead to preventing use from starting. We have to engage youth in a way that builds trust and empowers them to be investigative, taking it as their own responsibility to understand what they're using.

Introduction to the Minnesota Prevention Alliance (MPA) Coalition and the Drug Free Communities (DFC) Grant Program

Laura Daak, Minnesota Prevention Alliance (MPA); Angela Graham, CHI St. Joseph's Health

Join Substance Use Prevention Specialists and Program Coordinators, Angela Graham and Laura Daak as they share about the Minnesota Prevention Alliance (MPA) Coalition and the Drug Free Communities (DFC) Grant Program. MPA is working at the statewide level to reduce alcohol, tobacco and other drug use rates among youth and adults. MPA provides and/or shares advocacy information, capacity/skill building events and materials, valuable networking opportunities, relevant speakers, expertise in substance abuse prevention resources as well as partnering with many state and national organizations. The presenters will go into detail about MPA's strategic action plan and share how they can help with your local level goals in relations to substance use prevention. They will also outline how a coalition can prepare for and apply for a DFC grant application with the CDC. This session is for anyone who is interested in learning about MPA's work, becoming a member of MPA, starting a coalition or building the capacity of a funded/unfunded coalition in their community. Finally, they will discuss briefly other grant funding opportunities.

Le(n)t's Talk About Mental Health; Combining a Five-Part Mental Health Series with Wednesday Lent Service

Brina Ellison, Stellher Human Services; Rachel Johnson, Bethany and Mt Carmel Lutheran Churches

Integrating mental health conversations with faith practices, communities, and theologies are important because we are humans with integrated systems. Our spiritual health is not separate from our mental health which is not separate from our physical health; all pieces of ourselves are connected. From a Christian perspective, there is strong theological and biblical basis for complex conversations like this. Too often though, we shy away from these hard topics because we don't feel equipped to discuss them, or because different cultural messages have weaseled their way into theology. Lent is a period where the church intentionally sits with the hard things; this is why we chose to do this series and discuss these hard topics during Lent. It's supposed to be a contemplative, thoughtful, nourishing time of spiritual reorientation. Too often, this time has become infiltrated by external

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messages about self-denial, diet culture, and shame. This series took the opportunity to refocus intentions on both difficulties and resilience by combining the spiritual leadership of Pastor Rachel and mental health expertise of prevention professionals, Brina Ellison and Tim Denney. Integrating conversations about mental wellbeing into faith-based spaces may be difficult and can be met with push back from the congregation and other faith leaders. Prevention professionals may also face barriers when trying to connect to faith communities that they are not currently a part of. This session will outline the process of developing the five-night series and how something similar could be implemented in your community. The presenters will also share what obstacles they encountered and overcame, and what their personal highlights/successes were.

Let the Students Lead

Cassandra Hainey, Rock Ridge Public Schools; Samantha Papenfuss-Krage, Rock Ridge Public Schools

Presenters from Rock Ridge Public Schools will share their experiences with youth leadership along with tips and a take-away activity to help practice holding conversations around hopes and concerns. Through their work with CORE, a student group focused on deterring and delaying youth substance use by building up protective factors within the school, adult advisors have learned from students ways to be more inclusive with a focus on hearing from students across social groups and grade levels. They have worked to allow students to lead and be the driving force with all decisions from membership requirements to event planning. Two students will share their experiences with developing their photo voice project, presenting to community adults (the school board, at the high school open house, and at a county board meeting), and reaching out to students who may often feel left out. Presenters will lead audience members through an activity to help find their hopes, concerns, and ideas for action for preventing substance use within their communities.

LiveMore ScreenLess - Promoting Digital Wellbeing

Maree Hampton, LiveMore ScreenLess

In recent reports from the U.S. Surgeon General, Dr. Vivek Murthy, points to the health risks associated with children and adolescent use of social media and technology. Though we often hear we are more "connected" than ever because of technology, loneliness rates have risen and young people are spending significantly less time socializing in person. Dr. Murthy states, "Given the

significant health consequences of loneliness and isolation, we must prioritize building social connection the same way we have prioritized other critical public health issues such as tobacco, obesity, and substance use disorders. Together, we can build a country that's healthier, more resilient, less lonely, and more connected." LiveMore ScreenLess is an organization focused on primary prevention of harms caused by overuse of digital media, including access to illegal substances. The organization engages with young people in a process called Facilitated Discussion. Through Facilitated Discussions, conversation, connection, and community are built among young people. Holding a Facilitated Discussion brings awareness to how technology use makes students feel and results in their feeling less alone. In this presentation, LiveMore ScreenLess will describe this process, share youth voices, share data from Facilitated Discussions, and describe how they train others to hold these discussions.

Minnesota Suicide Prevention Regional Coordination

Meghann Levitt, Carlton County Public Health and Human Services; Stephanie Hamlin, Canvas Health

Suicide Prevention Regional Coordinators cover all Minnesota's 87 counties. Come learn about the ways they can assist communities, schools, worksites, and other community partners in implementing suicide prevention strategies across the spectrum of prevention, intervention and postvention. Regional Coordinators aim to coordinate local suicide prevention efforts and work with partners to implement strategies, both evidence-based/informed as well as innovative to reduce the prevalence of suicide and related behavior. There is not a "one size fits all" approach to suicide prevention, however, with a basic framework to guide partners, equity considerations can easily be integrated to fit the needs of an identified population. The audience will be encouraged by the presenters to think in new ways to approach suicide prevention, and collaboration with substance use prevention partners, while also considering ways to align with a community/school approach to the implementation of Minnesota's updated Suicide Prevention Plan.

Moving 100 Conversations Into Action

Karen Johnson, Crow Wing Energized; Lowell Johnson, Crow Wing Energized

Crow Wing Energized has focused on the mental health and well-being of our community members in Crow Wing County. In the fall of 2021, the Mental Fitness Goal Group and ACEs and Resiliency Coalition collaborated with

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FamilyWise Services and MDH to conduct 100 community conversations. This community driven initiative listens to the voices of those who are not typically at the decision-making table. We are now working on moving these 100 conversations into action. We will share the findings of this initiative as well as our ongoing work plan including increasing housing, and promoting mental health and belonging in our community.

Out of the Haze and Into Your DMs: A Comprehensive Teen Vaping Prevention & Cessation Approach

Allyson Cavaliere, Rescue Agency; Chris Matter, Blue Cross Blue Shield of Minnesota

As teen vaping has matured from an alarming new trend to a stubborn on-going crisis, patterns have emerged in how prevention messaging can foster new motivations for quitting along effective pathways to build self efficacy in the cessation process. This session aims to address how tobacco control stakeholders can strategically utilize prevention media to maximize exposure and create a successful cessation pipeline for teens. During the session, Rescue will highlight the comprehensive teen vaping prevention & cessation approach that has been utilized in several states. The approach layers in prevention messaging (Behind the Haze campaigns) with cessation support (Quit the Hit) in order to reach teens and young adults at all levels on the spectrum of vape use—from susceptible non triers, to regular users and those who are ready to quit. Additionally, Rescue will share how they leverage an “Equitable by Design” model of behavior change messaging. This means intentionally differentiating between lower and higher risk individuals and developing tailored strategies based on the intended audience’s level of risk. While lower risk individuals require fewer messages to motivate them toward making desired changes, messaging to high-risk populations needs to be over-delivered. This approach ensures messaging is being directed to the populations who need it most and ensures that empathy is applied to message development—from the beginning, utilizing insights from research with high risk audiences to develop media strategies that are needs-based and messages that address the unique barriers of higher risk populations. During the session, Rescue will also highlight how they utilized “Equitable by Design” approach with the aforementioned cessation program, Quit the Hit, to deliver tailored intervention support to young adults in the LGBTQ+ community in Minnesota. Through this session, participants will gain insight into why

it is necessary to reevaluate media delivery across prevention and cessation efforts to live as one integrated, comprehensive approach and find opportunities to deliver impactful cessation programs in mediums where vape-addicted teens are spending their time; how to develop impactful messaging across the spectrum of vape use (susceptible to addicted) that is equitable and empathy-driven; and how important authentic and inclusive outreach is when trying to reach sexual and gender minorities and other priority populations.

Partnering with Youth: E-Cigarette Prevention

Gabby Fitzgerald, myHealth for Teens & Young Adults

Why don't any teens show up? How do you authentically engage youth? How do you ensure youth feel supported, valued? How can we have youth leadership while still meeting program objectives? If these questions have ever come up in your meetings- this workshop is for you! myHealth for Teens & Young Adults has been partnering with youth since our doors opened in 1972. We continue to be a leader in youth engagement and leadership. As recipients of the MDH Youth E-Cigarette Prevention and Cessation Initiative grant, we have spent the last 15 months partnering with youth to create sustainable, engaging e-cigarette prevention programming. This workshop will define youth equity and provide tangible examples organizations working with youth can adopt and outline myHealth's current youth programming as a model for others. Youth equity is promoting just and fair inclusion and creating conditions in which all young people can participate, prosper and reach their full potential. Many prevention programs aim to engage young people but struggle with follow through. This presentation will help coalitions, organizations, and other entities examine their current practices and find ways to more authentically engage youth. Based on University of Minnesota's Youth Equity Guiding Principles, this workshop will work through common issues in youth and engagement and realistic solutions. The goal of this workshop is for the prevention community to move from viewing youth as just participant but viewing youth as partners and leaders in this work.

Passing a Flavored Tobacco Restriction in Rural MN (during a pandemic)

Jason McCoy, Clay County Public Health

Big Tobacco did not sleep during the pandemic, and neither should we! Passing a tobacco policy under any circumstances requires diligent, patient work. Moorhead & Dilworth, MN both passed flavored tobacco restrictions

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during the covid-19 pandemic. One policy was inclusive, and the other was not. This session will compare and discuss successful methods to recruit coalition members from a wide variety of organizations and population groups and bring them into interaction with elected officials. We will also explore utilizing technology to maximize your community outreach, including when public hearings are held virtually.

Pathways and Strategies to Creating Change: Lessons Learned from Commercial Tobacco Prevention

Amber Kerrigan, Advocates for Better Health; Lucy Faerber, Advocates for Better Health

The Pathways & Strategies to Creating Change: Lessons Learned from Commercial Tobacco Prevention presentation will provide attendees with an opportunity to reflect on their unique background, gifts, and skills, and how they fit into the larger advocacy picture. Using examples from commercial tobacco prevention, Advocates for Better Health (formerly Twin Cities Medical Society) staff will highlight eight pathways and strategies individuals and groups can use to influence change in their communities. The session will include a presentation from ABH staff to provide an overview and examples of what each strategy looks like in practice, small group discussions exploring one of the eight pathways in depth, and a time for small groups to share with other attendees their key takeaways and how they hope to apply their strategy in their advocacy work.

Paving the Way: Leveraging Local Values and Best Practices to Successfully Adopt Tobacco Prevention Policy

Mariah Klein, Benton County Public Health; Jennifer Lezer, Benton County Public Health; Katie Engman, Association for Nonsmokers-Minnesota

Evidence-based best practices for tobacco prevention include reducing the appeal of and access to commercial tobacco through policy, systems and environmental (PSE) changes. Local PSE changes can be impactful because they often lead to state or national change. However, pursuing PSE changes at the county level can be challenging because leaders can be reluctant to pursue the often-contentious issue of tobacco prevention, especially when adjacent communities have not done so. To alleviate concerns of lawmakers, it is vital to recognize community values and frame policy change initiatives within those values. In preparation for approaching the Benton County

Board with an updated tobacco ordinance, we made sure to identify the core values of our community and focus our presentation, materials, and messaging on those values. This included bringing local data and experts that could help lawmakers understand what is happening in our community, as well as evidence-based approaches that will help. Overall, Benton County takes pride in their small-town feeling centering around schools and locally owned businesses. Addressing public health issues like commercial tobacco can be a balancing act for lawmakers who may be hesitant to make decisions that might be perceived as undermining local values. To support lawmakers, we concentrated our efforts on community-focused engagement, assessment, outreach and implementation strategies. These strategies included collecting and using local data to determine priorities and goals, working with lawmakers to understand their values and desired outcomes, using education to advocate for policy change, staying ahead of the media to control the narrative, and organizing a diverse group of stakeholders to demonstrate support. Health care, law enforcement, schools, attorneys, Public Health, churches, parents, and students all had a seat at the table to share their expertise and lived experience. These strategies enabled us to successfully pass a comprehensive tobacco ordinance restricting the sale of flavored commercial tobacco, capping the number of tobacco shop licenses, and increasing fines for retailers. In this session, we will share the process of implementing a policy that is unique to our region, as well as lessons learned, and examples of our successful strategies.

Photovoice for Substance Misuse Prevention: Empowering Communities through Visual Narratives Using Positive Community Norms

Amy Louhela, REACH

Conference attendees will learn how to implement photovoice as a participatory tool in substance Misuse prevention programs. They will learn how photovoice facilitates community engagement, fosters dialogue, and generates actionable strategies to address substance misuse. Attendees will be able to recognize the importance of community-driven approaches and learn practical techniques for incorporating photovoice into their prevention initiatives. By utilizing photovoice, attendees can enhance their understanding of community perspectives, identify new strategies for prevention, and ultimately contribute to more effective substance MI prevention efforts. Photovoice can be a transformative approach to substance misuse prevention, as it empowers

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communities to actively participate in identifying and addressing the root causes of substance misuse. The use of visual narratives helps to uncover community strengths and challenges, fostering a sense of ownership and commitment to prevention efforts. Participants will learn how to enhance community engagement, promote dialogue, and develop contextually relevant strategies by incorporating photovoice into substance misuse prevention programs. Attendees will be provided with the photovoice framework to create a successful project within their communities.

Preventing Adverse Childhood Experience (PACES) Data to Action (D2A)

Melissa Adolfson, Wilder Research; Barite Dawud, Wilder Research; Melissa Serafin, Wilder Research

Communities across Minnesota are working to reduce and prevent ACEs, and to enhance protective factors to build resilience. The Minnesota Department of Health collaborated with Wilder Research to develop tools communities can use to assess local needs, learn about effective strategies for addressing those needs, and to share lessons learned with other communities. In this session we'll walk through the new PACES data dashboard featuring numerous risk and protective factors, and highlight a digital storytelling toolkit that can help bring the numbers to life.

Sources of Strength: Promoting Peer Leaders to Model Well-being

Kathy Magnusson, Wildewood Learning

Suicide is the second-leading cause of death among people ages 15 to 24 in the U.S. Nearly 20% of high school students report serious thoughts of suicide, and 9% have attempted to take their lives, according to the National Alliance on Mental Illness. The research shows increased substance misuse directly affects suicidal ideation and attempts. Sources of Strength is an upstream school-wide mental health promotion program that boosts resilience and builds protection in the lives of young people to become better equipped to navigate life's natural ups and downs. Sources of Strength utilizes Social Network Theory to recruit diverse and influential students known as Peer Leaders to model positive behaviors such as help-seeking and healthy coping. The peer leaders team up with caring, connected, and positive Adult Advisors to organize a Sources of Strength initiative in their school or community through a series of messaging campaigns targeted to increase protective factors and resilience-promoting

behaviors in the lives of high school students. Sources of Strength outcomes include an increase in connectedness to adults, an increase in school engagement, an increase in the likelihood to increase positive perceptions of adult support, and referring a suicidal friend to an adult.

St. Louis County, MN Opioid Settlement Funds - Planning, Implementation, & Beyond

Maggie Myers, St. Louis County Public Health & Human Services; Jana Blomberg, St. Louis County Public Health & Human Services

National Opioid Settlement Funds have become a focus for Public Health professionals around Minnesota. Public Health Departments were named as the Chief Health Strategist in the Minnesota Opioids State-Subdivision Memorandum of Agreement. Opioid settlement funds are being distributed to local public health for opioid mitigation, including treatment, prevention, recovery, harm reduction, research, and training. The overall goal of the Opioid Settlement Funds is to not only save lives, but reduce the lifelong harms associated with substance misuse. This session will walk participants through St. Louis County's journey from January 2022 to date in distributing over \$1.2 million to 8 community organizations to support county-wide prevention efforts with a focus on populations who have been most impacted by substance use disorder and the opioid epidemic. Through this presentation you will learn about St. Louis County's process of collecting community feedback and fostering evidence-based or practice-informed approaches through convening a multi-sector, County board appointed committee, how St. Louis County staff built upon existing local efforts to provide additional funding to organizations to further the work in enriched, broad prevention strategies, community stigma reduction, and harm reduction efforts, lessons learned locally, state-wide, and nationally, program successes and grantee progress updates, and internal work being done to enhance communication strategies across the county regarding stigma reduction and improved education, including strategies focused on our youth.

Substance Use Disorder Prevention in the Indigenous Community

Zhawin Gonzalez, Minnesota Indian Women's Resource Center

This session will prevent SUD in the Indigenous community and worldwide. Illicit drug use is a part of our world. The good news is it is preventable with the help of new ideas, values, and beliefs. The problem is not so much the

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substances but rather the individual's historical experiences (especially for Native Americans), both childhood and generationally. We must throw out our old ideas and replace them with new ideas. The importance of spiritual fitness, awareness and healing past trauma are fundamental in preventing SUD. Culture is prevention, and understanding the impacts of how lost culture plays a role in SUD prevention. Dismantling structural racism in the public education system and how it relates to children reverting to informal activities in the form of SUD. You will leave having a greater understanding of your role in preventing SUD in the Native American community by learning how to decolonize the education systems so it will fit everyone through the doorway and learn how to apply Indigenous teachings in the workplace, home life, and leadership practices.

The Role of Emotional Intelligence Skills in Addressing Trauma and Reducing the Risk of Substance Abuse

Elizabeth Power, The Trauma Informed Academy

This session explores the skills common to emotional intelligence and trauma informed responses. These skills, notably self-regulation and the social skill of connection, focus on the role of substances in helping users manage strong feelings, a skill many miss because of overwhelming experiences in their early environments. It asks participants to consider trauma-responsive emotional intelligence as a foundation in community and client education and aftercare. The rationale for this positioning provides clear perspective on the role of this kind of education in primary prevention as well as secondary and tertiary prevention across time and generations.

True North: Science, Streets, and Skating Rinks of Optimism

Jane Barrash, Continuum Center; Cynthia Wilson, Mpls-NAACP; Odell Wilson, Federal Probation Services

The film True North documents the impact of the Discovery of Self training on a failing inner-city boys basketball team in a failing school in the Minneapolis neighborhood with highest rate highest crime, violence, poverty. DoS concepts and strategies speak to the heart of needed systems change. DoS presents a non-medical, non-clinical approach to mental, emotional, social, behavioral health and a new approach to close achievement gaps. The film itself is very engaging, and the Q&A after is very stimulating and engaging. Over the course of 8 years, the film follows the Mpls North High I.

Polars from worst in the city to State champions, from a 35% to a 95% grad rate, and beyond; featuring life lessons and unexpected developments that entertain and inspire! Get a behind-the-scenes look a focus and mindset journey that helped transform a team and a school.

Vape Storage and Disposal in Schools

Cathy Mackiewicz, Washington County Public Health & Environment; Kjirsten Anderson, Dakota County Public Health

Schools confiscate hundreds of vaping devices each year from students. Vape devices may catch fire and pose a threat to people, property, and environment if thrown in the trash or recycling, making it extremely important that they are handled appropriately. To address this, Washington and Dakota Counties implemented pilot projects in the 2022-2023 school year for the safe collection, storage, and disposal of vaping devices. School Resource Officers and districts were offered free vape collection containers designed for the safe storage of vaping devices along with messaging for students, parents and staff on safe disposal. In addition, technical assistance was offered for tobacco policy review and development. Procedures for safe storage and disposal were developed and containers were delivered to interested districts in the 2022/2023 school year.

Whole Child, Whole Family, Whole Community—A Holistic Approach to Prevention and Health Promotion

Melissa Adolfsen, Wilder Research; Melissa Serafin, Wilder Research

A whole child approach focuses on ensuring young people are healthy, safe, engaged, supported, and challenged (in a good way!) A whole family approach focuses on services and policies that address the needs of young people and their caregivers, ensuring stability and support. In turn, healthy and stable families create healthy and stable communities. A whole community approach focuses on ensuring strong collaboration across agencies, organizations, coalitions, task forces, and other work groups with similar goals and/or use similar strategies to support youth and families. In this session, we will outline how communities can identify and map these groups to identify areas of alignment, overlap, and opportunity to improve collaboration and information sharing, minimize duplication, and ultimately leverage each group's unique strengths and resources to increase impact.