What is Behavioral Health?

- Preventing and treating depression and anxiety
- Preventing and treating substance abuse or other addictions
- Supporting recovery
- Creating healthy communities
- Promoting overall well-being

a state of mental/emotional being and/or choices and actions that affect WELLNESS.
By 2020, mental health and substance use disorders will surpass all physical diseases as a major cause of disability worldwide.

SAMHSA
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
DATA RESOURCE

WHAT’S HAPPENING IN YOUR REGION?

SUND.ND.GOV

SUBSTANCE USE DATA AT YOUR FINGERTIPS.
Reported LIFETIME Use Among ND High School Students
2017 YRBS

- Alcohol: 59.2%
- Cigarette Smoking: 30.5%
- Prescription Pain Medication: 14.4%
- Synthetics: 7.0%
- Methamphetamine: 2.6%
- Heroin: 1.4%

In 2009 (the last time the question was asked), lifetime use of MARIJUANA among ND high school students was 30.7%
Substance Use Prevalence

Alcohol Lifetime Use, ND YRBS

Number of days students report consuming alcohol in their lifetime.
A significant **misperception** is revealed when perceptions of how frequently peers binge drinking are compared to actual binge drinking rates.

*ND Young Adult Survey, 2016*
OPIOID OVERDOSE

Deaths in North Dakota

<table>
<thead>
<tr>
<th>Year</th>
<th>2013</th>
<th>2014</th>
<th>2015</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>20</td>
<td>43</td>
<td>61</td>
<td>77</td>
</tr>
</tbody>
</table>
OPIOID AND ALCOHOL DEATHS - CASS COUNTY

Opioid-related Deaths

<table>
<thead>
<tr>
<th>Year</th>
<th>2013</th>
<th>2014</th>
<th>2015</th>
<th>2016</th>
<th>2017 (Jan-Sept)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deaths</td>
<td>23</td>
<td>23</td>
<td>9</td>
<td>31</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td>41</td>
<td>40</td>
<td>58</td>
<td>63</td>
<td>35</td>
</tr>
</tbody>
</table>
“Compared to national averages, North Dakota fares well on most indicators of physical and behavioral health. One exception to this is alcohol use; North Dakota ranks much higher than the national average in excessive drinking and alcohol-related motor vehicle crash deaths.”

ND Behavioral Health System Study 2018
North Dakota Prevention Priorities

- Underage Drinking
- Adult Binge Drinking
- Prescription Drug / Opioid Abuse
PREVENTION WORKS

Current Alcohol Use (past 30 days) among ND High School Students

Youth Risk Behavior Survey
Age of Initiation

The percentage of ND HS students who report having their first drink before age 13 has decreased from 32.3% in 1995 to 14.5% in 2017. (YRBS)
A high proportion of foster care children and youth admitted in 2016 and 2017 had indicated **adverse childhood events**.

- Psychological Abuse: 69%
- Physical Abuse: 51%
- Sexual Abuse: 26%
- Emotional Neglect: 56%
- Physical Neglect: 61%
- Caregiver Abandonment: 83%
- Domestic Violence: 55%
- Caregiver Substance Abuse: 77%
- Caregiver Mental Illness/Suicide: 59%
- Incarcerated Family Member: 52%

Source: PATH ND; n=366; Children and youth in the sample endorsed an average of 5.9 ACEs.
ND High School Students reported feeling sad or hopeless
(almost every day for 2 or more weeks in a row so that they stopped doing some usual activities during the last 12 months)
YRBS
CORE VALUES:

Community-based
Family-driven
Youth-guided
Culturally and linguistically competent

KEY PRINCIPLES

Multi-system collaboration
Integration
Least restrictive
Resist criminalizing
Broad array of services and supports
  Accessible (timely)
  Quality (effective, show outcome)
  Tailored to youth and family
Strengths based
The goal of this model is to ensure there is **access to a full range of high quality services** to meet the various needs of North Dakotans.
PROMOTION & PREVENTION
Continuum of Care Model
PROMOTION/PREVENTION

• Delivered prior to the onset of a disorder, these interventions are intended to prevent or reduce the risk of developing a behavioral health problem or preventing death.
Shared Risk and Protective Factors

- Research shows that some risk and protective factors are associated with multiple outcomes.
  - For example, negative life events, such as divorce or sustained neighborhood violence, are associated not only with substance abuse but also with anxiety, depression, and other behavioral health problems.
Resilience

Strengths-based

Focuses on providing the developmental supports and opportunities (protective factors) that promote success
Community-based prevention

Strategic Prevention Framework State Incentive Grant (SPF SIG)

- Blue bars are strategies impacting youth in an effort to prevent underage drinking
Recognizing the power of a parent to influence a child’s life, ParentsLEAD.org is an evidence-based North Dakota program to support parents in taking the lead to prevent underage drinking.

Of those parents involved with the website:

- 93% of the respondents said they would recommend the site to others.
- 80% of the respondents said they would use the information in their own parenting.

Research shows that parents can reduce the likelihood that their child will drink underage through ongoing conversations, healthy role-modeling, monitoring, and support and engagement.

Goals of Parents Lead

1. Increase ongoing conversations
2. Increase healthy role-modeling
3. Increase parental monitoring

Program Outcomes

- Almost half (47.2%) said they are now having ongoing conversations about underage drinking.
- Just over half (53.7%) of the respondents said they are more conscious of role modeling around their child as a result of the ParentsLEAD.org site.
- One in three (31.3%) parents said they were being more careful about monitoring their child.

Parents LEAD is a partnership between the North Dakota Department of Health, North Dakota Department of Health Services, North Dakota University System, and NDU Family Services.

Source: North Dakota Department of Health Services, North Dakota University System, and NDU Family Services.
Substance Exposed Newborns
Task Force

Senate Bill 2367
(2015 Legislative Session)

Task force purpose:

- Research the impact of substance abuse and neonatal withdrawal syndrome.
- Evaluate effective strategies for treatment and prevention.
- Provide policy recommendations.
Early Intervention
Continuum of Care Model
EARLY INTERVENTION

• These strategies identify those individuals at risk for or showing the early signs of a disorder with the goal of intervening to prevent progression.
Early Intervention/Identification

• ½ of all people with mental and/or substance use disorders are diagnosed by age 14
• ¾ of people with these conditions are diagnosed by age 24

(2009 Preventing Mental, Emotional, and Behavioral Disorders Among Young People: Progress and Institute of Medicine)
Windows of Opportunity

Intervening during windows of opportunity—**CAN** prevent the disorder from developing.
TREATMENT
Continuum of Care Model
TREATMENT

• These clinical services are for people diagnosed with a behavioral health disorder.
Adolescent Substance Abuse Treatment Programs

Substance Abuse Treatment Programs are licensed by the Behavioral Health Division.
Psychiatric Residential Treatment Facilities (PRTF)
The Behavioral Health Division licenses PRTFs.

Psychiatric Residential Treatment Facilities provide 24-hour services in a facility setting for youth who have demonstrated severe and persistent deficits in social, emotional, behavioral and/or psychiatric functioning and have not responded to interventions in the community.

All facilities serve male and female residents:

<table>
<thead>
<tr>
<th>Facility</th>
<th>Beds</th>
<th>Age</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Luther Hall</td>
<td>16</td>
<td>10-18</td>
<td>Fargo</td>
</tr>
<tr>
<td>Ruth Meiers</td>
<td>10</td>
<td>12-18</td>
<td>Grand Forks</td>
</tr>
<tr>
<td>Dakota Boys and Girls Ranch (DBGR)</td>
<td>16</td>
<td>10-19</td>
<td>Fargo</td>
</tr>
<tr>
<td>PRIDE Manchester</td>
<td>8</td>
<td>5-13</td>
<td>Bismarck</td>
</tr>
<tr>
<td>DBGR Western Plains</td>
<td>16</td>
<td>10-19</td>
<td>Bismarck</td>
</tr>
<tr>
<td>DBGR</td>
<td>16</td>
<td>10-19</td>
<td>Minot</td>
</tr>
</tbody>
</table>
About VTP:
A program to provide out-of-home treatment services for a Medicaid-eligible child with a serious emotional disorder.

A parent or legal guardian does not have to transfer legal custody of the child in order to have the child placed in an out-of-home treatment program when the sole reason for the placement is the need to obtain services for the child's emotional or behavioral problems.

50-06-06.13. Treatment services for children with serious emotional disorders.
RECOVERY
Continuum of Care Model RECOVERY

- These services support individuals’ abilities to live meaningful, productive lives in the community.
Ensure availability and access to a broad, flexible array of effective, community-based services and supports for children and their families that address their emotional, social, educational, and physical needs, including traditional and nontraditional services as well as natural and informal supports.
System Approach

<table>
<thead>
<tr>
<th>Prevention/Promotion</th>
<th>Early Intervention</th>
<th>Treatment</th>
<th>Recovery</th>
</tr>
</thead>
</table>

**Funding**

**Workforce**

**Best Practice**

Readiness & Social Determinants of Health
Figure 7
Residential and inpatient expenditures accounted for about 85% of substance use disorder treatment services in FY2017.

Telebehavioral Health in North Dakota: 2017

Figure 1. Number of Facilities Providing, Receiving, or Not Currently Utilizing Telebehavioral Health Services in North Dakota (n = 101)

- **Mental Health Services Only**
- **Substance Use Services Only**
- **Both Mental Health & Substance Use Services**

<table>
<thead>
<tr>
<th>Category</th>
<th>Number of Facilities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Providers of Telebehavioral Health Services</td>
<td>9</td>
</tr>
<tr>
<td>Receivers of Telebehavioral Health Services</td>
<td>44</td>
</tr>
<tr>
<td>Not Utilizing Telebehavioral Health Services</td>
<td>51</td>
</tr>
</tbody>
</table>
Key Points

1. ND’s Behavioral Health system is in a state of reform
   Need for community based services

2. Stop criminalizing behavioral health

3. Support full continuum of care
Substance Abuse Prevention
Community Funding Distribution
Prevention Resource and Media Center

Free resources and assistance available to ND individuals and communities

www.prevention.nd.gov
Get Involved!

Prevention Works.

Your community can work together to become a healthier, more vibrant place to live.

Follow these steps to build a healthy community:

- Target the problem
- Find resources
- Build support
- Do what works

Get started now! Visit www.prevention.nd.gov/get-involved to access tools and resources.

The majority (72%) of North Dakota adults believe alcohol and other drug prevention programs are a good investment because they save lives and money. CRS 2017
Prescription Drug/Opioid Abuse Prevention

Goal: Reduce access to abusable medications by raising awareness about effective ways to safeguard and dispose of unused/unwanted medication.
Stop Overdose

Goal: Increase evidence-based overdose prevention in North Dakota
Stop Overdose: Good Samaritan Law

The Good Samaritan Law was passed to encourage friends, family members, and bystanders to call 911 in the event of an overdose.

The Law provides protection from prosecution for ingestion or possession of a substance or possession of drug paraphernalia for a maximum of three people, including the person overdosing.

In order to be immune from prosecution, you need to:

1. Call 911
2. Remain onsite until assistance arrives
3. Cooperate with law enforcement and emergency medical service personnel
Stop Overdose: Limited Liability

According to North Dakota law, any individual (family, friends, or community member) is protected from civil or criminal liability for giving naloxone for a suspected opioid overdose.

North Dakota Century Code 23-01-42
Research has continually shown that kids identify their parents as having the most influence on their decision of whether or not to drink alcohol.

“In automobile terms, the child supplies the power but the parents have to do the steering.”

Dr. Benjamin Spock
Risk and Protection

Parent-Specific Factors

Ongoing Conversations

Positive Role-Modeling

Monitoring

Support and Engagement
# It Works!

## Goals of Parents Lead

<table>
<thead>
<tr>
<th>Increase ongoing conversations</th>
<th>Program Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Almost half (45.2%) said they are now having ongoing conversations about under age drinking. After visiting the website, the proportion of parents who spoke with their child once a month or more grew by 10 percentage points (from 15.6% to 24.2%).</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Increase healthy role-modeling</th>
<th>Program Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Just over half (52.7%) of the respondents said they are more conscious of role modeling around their child as a result of the Parents LEAD website.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Increase parental monitoring</th>
<th>Program Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>One in three (32.3%) parents said they were being more careful about monitoring their child.</td>
</tr>
</tbody>
</table>
There is a solution to underage drinking and substance abuse — You.

Tips and tools for engaging in ongoing conversations that matter.

Click here to access the Parents LEAD for Professional Portal

Parents LEAD for Professionals is a component of Parents LEAD specifically targeting professionals working with parents and families. The website features printable handouts and resources.
My Toddler

Even though infants and toddlers are not yet ready to learn complex facts about alcohol and other drugs, there are still several things you can do at this age to help prevent the likelihood of your child drinking, smoking, or using drugs later on.

At this age, the focus is on creating a healthy beginning and fostering positive social, emotional, and moral development that will extend through your child’s lifespan. According to the National Institute for Drug Abuse, effective prevention focuses on intervening early in a child’s development before problems develop.

There are many factors that contribute to an individual’s risk for substance abuse. For example, a lack of self-control or lack of attachment with at least one adult may make one more susceptible to alcohol and drug use later. On the other hand, there are many protective factors that reduce the risk of substance abuse in the later years. These include a strong parent-child bond, clear expectations, limits and consistent discipline, an authoritative parenting style (Find out what your parenting style is!), parent...
Customized Emails
Customized Emails

Why Is It Important To Spend Quality Time With Your Preschooler?

"Parenting: The days are long. The years are short. Enjoy every moment."
- Luann Hamas

Your continued time and attention is extremely important to your preschooler. At this stage, your child is likely to show you art, dance, and talents he has. He is seeking your attention and encouragement. Love and approval are basic needs of your child. Between work, home responsibilities, other children, and other activities, it can become difficult to find time to play with your child. By spending quality time with him, and providing a loving relationship, you are investing in his development. Do things together with your child like a craft or a game that will encourage positive interactions rather than just watching him play or watching a movie. Much like adults, if children don’t get the attention they need, they will find other ways to try to get your attention, which can become negative like acting out or having tantrums. Take time to build your relationship with your child by playing together and making memories. Your child will know he is loved and his behavior will be more positive.

Did you know?

It’s important for your child to get the vitamins, but they are only two and love the candy. It helps your child know and that he should you. Need time go vitamins, tell body grow. Eat every day and strong, but you. You and me.

Helping your Tween Make Positive Friendships

"Every kid is 2025 away from being a success story."
- Josh Ship

Children at this age are moving into the interpersonal relationship stage of development. This means they are becoming more influenced by their peers and often make decisions based on what their peers think and who will like them. That means friendships that will influence good decisions in middle and high school.

Ask your kids who the friend in the class or neighborhood and invite those children over for play times. Be neighborly when they interact with their friends and learn on some of their conversations. It can be a simple way to help children make a good friend. Remember, it’s not the best friend to know them. Add your child’s activities and use your parent’s time in the car to have discussions about friends. Talk more to them when you talk about yourself or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or something in the news. So you could play some experience or someth
# Handouts and Resources

## 30-Day Parent Challenge

<table>
<thead>
<tr>
<th>#</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Ask, &quot;What is one thing we can do together today?&quot;</td>
</tr>
<tr>
<td>2</td>
<td>Go the whole day without raising your voice.</td>
</tr>
<tr>
<td>3</td>
<td>Hug your child 3 times today.</td>
</tr>
<tr>
<td>4</td>
<td>Ask, &quot;How was your day?&quot; and listen</td>
</tr>
<tr>
<td>5</td>
<td>Praise your child today.</td>
</tr>
<tr>
<td>6</td>
<td>Cook your child’s favorite meal together.</td>
</tr>
<tr>
<td>7</td>
<td>Be prepared to review your family’s safety plan.</td>
</tr>
<tr>
<td>8</td>
<td>Today, turn off phone, computer, or TV whenever you are with your child even for an hour.</td>
</tr>
<tr>
<td>9</td>
<td>Share your child your favorite activity when you were their age.</td>
</tr>
<tr>
<td>10</td>
<td>Focus on health goals for a week today.</td>
</tr>
<tr>
<td>11</td>
<td>Share with your child what you appreciate about them.</td>
</tr>
<tr>
<td>12</td>
<td>Discuss with a friend or parent your parenting struggles and find a solution.</td>
</tr>
<tr>
<td>13</td>
<td>Help your child while they are sleeping.</td>
</tr>
<tr>
<td>14</td>
<td>Do a household chore with your child and make it fun!</td>
</tr>
<tr>
<td>15</td>
<td>Practice your family safety plan and conduct a fire or tornado drill.</td>
</tr>
<tr>
<td>16</td>
<td>Picture what you want your child to be like at age 25.</td>
</tr>
<tr>
<td>17</td>
<td>Parent with that in mind.</td>
</tr>
<tr>
<td>18</td>
<td>Craft or complete an art project with your child today.</td>
</tr>
<tr>
<td>19</td>
<td>Teach your child one thing he/she can do on their own today.</td>
</tr>
<tr>
<td>20</td>
<td>Practice patience with your child today.</td>
</tr>
<tr>
<td>21</td>
<td>Gather around the dinner table for a family meal.</td>
</tr>
<tr>
<td>22</td>
<td>How do you want your child to feel/have about you? Be that parent today.</td>
</tr>
<tr>
<td>23</td>
<td>Forgive yourself when you make a mistake.</td>
</tr>
<tr>
<td>24</td>
<td>Listen with eye contact to your child.</td>
</tr>
<tr>
<td>25</td>
<td>Ask your child’s opinion sometime today.</td>
</tr>
<tr>
<td>26</td>
<td>Reward your child for his/her positive behavior.</td>
</tr>
<tr>
<td>27</td>
<td>Get a good night’s sleep.</td>
</tr>
<tr>
<td>28</td>
<td>Teach your child a new word and see how they use it the most today.</td>
</tr>
<tr>
<td>29</td>
<td>Help your child with their homework.</td>
</tr>
<tr>
<td>30</td>
<td>Focus on health and eat healthy today.</td>
</tr>
</tbody>
</table>

For ideas on how to continue the conversation, visit www.parentslead.org

---

## Reducing your Child’s Risk for Substance Use

**Tips for Parents**

**Have ongoing conversations with your child.**
Discuss the dangers of drinking alcohol.
- Make sure your child knows that you disapprove of underage drinking.
- Promote healthy choices.

**Be a good example.**
You are the influence in your child’s life.
- Role-model healthy behaviors and attitudes.

**Be a part of your child’s life.**
Regularly discuss your child’s interests and take time to learn about him/her.

**Get to know your child’s friends and their parents.**
Parents can help you problem-solve and offer encouragement.

**Spend time together.**
Be fully engaged with and responsive to your child.
Help your child find ways to have fun without alcohol.

**Encourage your child to get involved in school or extra-curricular activities.**
KEEPING your child engaged in healthy and positive activities decreases the likelihood of them participating in risky behaviors.

---

Follow, Like and Share!

Parenting tip: How to censor elementary, middle and high school kids from alcohol in the media.

Alcohol in the media: how to you protect your kids

Advice from Common Sense Media editors. It's in kids' movies, games, and TV, but alcohol marketing can be tamed. See our conversation starters.

COMMONSENSEMEDIA.ORG
Handouts and Resources
Email Updates

Subscribe to our mailing list:

- Email Address *
- First name *
- Last name *
- Zip Code *
- Place of Work *
- Profession *

Submit
ND Behavioral Health Division

Provides a platform for sharing professional development opportunities for behavioral health professionals

www.behavioralhealth.dhs.nd.gov
QUESTIONS?