

## People want a **Drug-Free and Mentally Healthy** community.

### THEIR CONCERNS

- Drug problem has grown
- Mental health plays a part in the drug problem
- The changing nature of overdoses (in the variety of drugs, age of users and use of Narcan by dealers/buyers)
- There is a mental health stigma
- We over-medicate our veterans
- Youth are more comfortable with drugs
- Low paying jobs attract poverty
- Insufficient substance abuse and mental health resources to deal with the issues, (New programs are in the works)

*“Drugs/mental health issues are known as a problem to us all. But we don’t have a positive direction yet, as we are just in the first steps of figuring this all out. No facilities for placement yet. We need to help and care for those people in this situation and their families. (All agreed).”*

Clinton County Residents, 2019

Actions that would make a difference	Who is working on it?
<p>There is a need for more long-term care facilities</p>	<p><u>No one is doing this for mental health, but ONE80 serves addiction clients.</u> Their facility is scheduled to open in 2020. The plan is to break ground in April and open in late Fall. Phase I includes 16 beds plus a live-in RA. It will be a NARR (National Alliance for Recovery Residences) Certified, level 3 facility. They may contract with mental health services. Phase II will increase to 60 beds, hopefully within the next 2 years.)</p> <p><u>We Care</u> is opening a Level II Recovery facility for women with 24-hour supervision. They are currently full with six women and there is a waiting list. They are hoping to open a second home in 2020 in Frankfort.</p> <p><u>The Way Out, a sober living home in Frankfort</u> has funding issues and may not be able to stay open. If open, they aren’t serving a lot of people. They may be closed due to business function issues.</p>

## TAKING EFFECTIVE COMMUNITY ACTION (TECA)

<p>Conduct crisis intervention training (CIT) across organizations to support collaborative efforts for more effective interactions among law enforcement, mental health care providers, individuals with mental illnesses, their families, and communities to reduce the stigma of mental illness</p>	<p><u>Community Howard</u> is in the beginning stages of bringing CIT to Clinton. Several police officers and jail staff have attended this training. Community Howard has provided the training. They are trying to bring it into the County government level, as well. Probation would also like to attend. This training includes the use of de-escalation methods instead of using force in crisis situations.</p>
<p>We need early education for children and parents about substance abuse and mental health</p>	<p><u>Healthy Communities</u> does Red Ribbon Week at all county schools. This includes social and emotional learning, such as how to develop resilience skills to deal with issues instead of turning to drugs. It is funded by a grant. The program is in every school except Rossville. Pilot curriculums have started and include: Second Steps, Paths, Building Life (5th Grade), Botvin Life Skills (HS level.) In January, Four County will train Prairie and Clinton Central staffs in Botvin Life Skills curriculum.</p> <p><u>The Not in My Room Trailer</u> educates parents and can be a classroom for teachers. It can be made into a bedroom to teach parents where kids hide things.</p> <p><u>Guiding Choices for parents of children ages 9-12</u> teaches how to communicate about drugs/alcohol, decreasing risk factors and increasing protective factors.</p> <p>There is discussion on an <u>Early Learning Grant</u>, and it is open to continued funding for evidence-based curriculum for even younger kids. They are trying to find a place it may fit with something like Pre-Schools, maybe during the Red Ribbon program. It is not evidence-based right now, so it's a struggle to find where this fits.</p> <p>.</p>

## TAKING EFFECTIVE COMMUNITY ACTION (TECA)

We need early education for children and parents about substance abuse and mental health

Sources of Strength Program trains students and adults who are recognized as sources of strength in schools (recognized and trusted by students), then those people will be present, so when someone is having issues, they can go to that trained individual for help. They are getting ready to train this month (November 2019). This is conducted through Four County. It's also a Suicide Prevention program and is funded through Community Foundation. The Youth Leadership Council help recognize the adults in the school who would be helpful/trusted by students. It operates through peer training as they try to turn the message to positive.

Four County Counseling has a Train the Trainer model for life skills and can go into places to do professional training on this topic. Third grade and up are targeted for the prevention plan. It is used when schools are out of session, but they also go into schools and teach teachers so they can use the program as part of their health curriculum.

Four County Counseling is new to Clinton Co., but in other counties they have offered professional development for teachers on the following needs: Signs of mental health issues, addictions, suicide, etc. When they get a request, they do what they can to provide education based on the needs expressed. They have done Parent Nights (one in White Co. on life skills and one for mental health, in general.)

Clinton Schools have a Fierce Females program so students see teachers on a more human level. Female teachers share stories and guest speakers work on self-image for kids. It is not an evidence-based program, but a group of teachers and counselors who thought this was great idea implemented this.

Male teachers at Green Meadows Elementary are doing programming with the boys to teach them life skills, such as how to cook, tie a tie, respectful behavior, etc.

## TAKING EFFECTIVE COMMUNITY ACTION (TECA)

We need early education for children and parents about substance abuse and mental health

Youth Rise does mental health campaigns and messaging. They've had mental health volleyball games, which have been televised with live messages during the game. Kids decide what campaigns they do. They have been televised on ISP network (archived.) There's also a Stepping on Stigma 5K on the first Saturday in May annually. Typically 100 walkers participate.

Send Silence Packing is a national program which involves a nationwide traveling exhibit to end the silence that surrounds mental health and suicide. It connects visitors with resources for support and action. Money has been raised to bring this program to Clinton County.

Through Partnership for Drug Free Clinton Co., there are posters and banners that get displayed around the community. The program is conducted through the Probation Office (Nancy) and posters rotate every other year.

There is a Peer Recovery Coach from IU in the ER. Four County Counseling has them, as well. This Certified Recovery Coach Program is funded through a Justice Partners Response Grant specifically to train Recovery coaches. They partner with Community Howard and Healthy Communities. They could train ladies from One80, as well. Recovery Coaches could be used if a person has served time and has been released through Probation or Community Corrections. That person could use a Recovery Coach to give them a ride and get to a place to stay instead of going back to their "old crowd". There is a Vivitrol Program in the jail, but there is no support once released – needed a Recovery Coach – so they don't get back to what they do. Intervene before they even get out.

## TAKING EFFECTIVE COMMUNITY ACTION (TECA)

We need early education for children and parents about substance abuse and mental health

The gap in services is focused on re-entry. They need a transition facility. The Department of Corrections is just dumping releases to Probation, with education in the transition. They don't know how to use the training they get. Housing is the big issue because it is not affordable. They can't partner with a landlord which is very challenging. They are trying a pilot program in Kokomo right now and eventually hope to get it to Clinton. Transportation and jobs are the biggest issue.

Unshackled Ministry teams go into jails to help the inmates who have the best chance of success at recovery. They make recommendations to Paul of One80 for those who may stay in a house his church owns. The house was previously used for church staff. They try to make it available for these men when they can and also try to provide them jobs, as well.

Paul at ONE80 wants to advocate for a Drug Court in Clinton County. Nancy (Probation Dept) says judges tell her it's her job to set this up. So, judges are trying to separate their cases between veterans, drugs/family while probation does the mental health and suicide screenings. Paul is going to contact NARR (National Affiliation of Recovery Residents) to see what may be done.

Community Howard is doing both the Crisis Intervention Training and providing the MAT (Medication Assisted Treatment) Program. They are doing same-day assessment and access determinations and then recommending clients for services in the community. They have intensive substance abuse and relaxed prevention groups, as well as servicing women at ONE80. They are also using MRT, Moral Recognition Treatment. They have school-based services that are working with families and children. They have offered parenting classes.

BeOpioidAware.org is a local website for mental health and substance abuse disorders. It is a great community resource. At The Crossing, a faith-based school, there is an evidence-based curriculum support group called Youth Connection specifically designed for a faith-based setting.

### **People and organizations they trust:**

- Our police officers
- Emergency medical technicians and emergency personnel
- COACH Kids of Clinton County
- Mayor Chris McBarnes
- Paul Phillippe Resource Center
- The Department of Child Services
- The Department of Family and Social Services Administration

### **Additional Notes from Research Sessions for the Community Foundation's Reference:**

*We asked each member of the group where the community foundation could make the most impact regarding this aspiration?*

**ONE80** – Transitional facility/process

**Probation** – Transitional services, housing, transportation, education; skills training, substance abuse, etc.

**Community Howard** – agrees with everyone else above and communicating services

**Additional Community Howard Rep.** – Transportation to services

**Four County Counseling** – agrees, but transportation is big and insurance is an issue

**Additional One80 staff** - transition, transport, and jobs

**Additional Four County Staff** – transition, education, and walking a person through the process

Probation talked about a call-in center to assist people. 211 has gotten so big, it's disconnected from all the local resources. Jail is made up mostly of probation violations so if they could focus on transitional facilities, it would be a big help.

Insurance is a gap and if they don't follow-up with Medicare once inmates are released, then they are out of luck. They have 5 health care navigators, but there is a need for more assistance.

Recovery Works (Community Howard) is an insurance program for inmates for 60 days. Every person who goes into community corrections meets with one of their community navigators.

Center Township will pay one year of the Power Account through the state. The other townships don't have that. Paul Phillippe Center has countywide transport but limited hours & fees. Discussions are starting about creating set routes.

### Drug-Free and Mentally Healthy community

#### Harwood stage of community life is

Catalytic

#### Discussion on what role the Community Foundation could play in this Aspiration:

- Trying to get everyone focused on the education process. The Community Foundation supported One80 but maybe we need to do more and do it louder.
- We have done a lot of funding for the Paul Phillippe Resource Center transportation services.
- We need better communication of what services are available, making resources and actions known.
- How much do the providers communicate with each other? Collaborate and offer referral services as well as communicate what each agency/provider is doing.
- We need more synergy among services.
- The United Way established meetings of the United Non-Profits of Clinton County a year or two ago. They referred people to the Center Twp. Trustee who then would work with the client to get them to the correct resource. This cut down on fraud and everyone was working together. Can we re-establish a “clearing house” of services or navigator of those or expand on this as it is currently in effect? When people are referred places there is two-way communication back to the Center Twp. Trustee so they can track and ensure people were helped adequately. The trustee office does screen for people who may be dangerous or have other issues. Their primary focus is poor relief.
- The Community Foundation could help fund the Non-Profits that participate in the United Non-Profits of Clinton Co. effort under the Center Twp. model as listed above.
- Sit down with the leaders of all the mental health/drug free groups to see how we can address these issues as a group.
- A Navigator of poor relief exists in Center Twp., but we need a navigator of the mental health/drug free, law enforcement, educators.
- Conduct a “summit” to bring all the experts together. Also market the message to the public. Utilize Healthy Communities as part of this; maybe they could be the navigator. Also, Four County Counseling could have a major role.



### Other thoughts:

- Identify the people qualified to solve the issues (the people with boots on the ground and in these areas) and bring them together.
- What about a vision for housing all of these services under one location: offices/treatments/resources/total services and housing facility with a navigator?
- Housing issues/poverty issues are also big and impact the mental health/drug issues, as well.
- Allow time at Summit or SWOT session to let each agency elevator pitch what they do.
- Start with what we are doing in Howard, then Clinton, then Carroll; then maybe we could all come together for one project.
- If transportation is the issue, then bring in the Paul Phillippe center. The Community Foundation staff needs to look at calendars and figure out a timeline for when they could conduct the Summit. Mid- January? Get some of these people to help develop a list of who should be there: emergency room personnel, law enforcement, mental health providers, probation, etc.

### **The community foundation will focus on the following actions:**

- Holding a “Summit”

### **And this role:**

- Convener



### Action Plan for **Drug-Free and Mentally Healthy** Community

Action	Lead	Completion by
Conduct a summit of the key stakeholders in this issue.	Community Foundation Staff/Project Matters, LLC	Early to Mid-January
Speak to the board about considering setting aside funds that could support non-profit grant applications that address this aspiration.	Greg Aaron	January 31, 2020
Contact the Center Township Trustee and the Director of the United Way of Clinton County to determine the current status of the United Non-Profits of Clinton County. Gather information to determine if they could be a partner in this Aspiration.	Greg Aaron	December 31, 2019