



Healthy Start Family Spirit Monthly Webinar

Jan. 5th 2022

Agenda



01

Housekeeping

Calendar
Reflective supervision
Quarterly Report

02

Projects

ABEST Extension
Infant Safe Sleep
Tobacco

03

Opioid Follow up

Survey Responses
Follow up



04

Wrap up

Announcements
Questions

Calendar



Jan. 5, 2022 1:00- 4:30 HRSA/ABEST

<https://us06web.zoom.us/meeting/register/tZUrcuCqpz0rEtxPQFpArX0nbpmOfdJ8-9zt>

Jan.26, 2022. 1:00-4:30 HRSA/ABEST

<https://us06web.zoom.us/meeting/register/tZModOCqrDopE9lQADtb9VH9iDSS4WOpKcFK>

Feb. 2nd 10:00-11:30 am MONTHLY WEBINAR (REQUIRED)

Feb. 23, 2022 1:00- 4:30 HRSA/ABEST

<https://us06web.zoom.us/meeting/register/tZEsc-urpj8jEtKTNbEyCG1m30izl8Avj-At>

Mar. 2nd 10:00-11:30 am MONTHLY WEBINAR (REQUIRED)



Reflective Supervision

<https://www.surveymonkey.com/r/QNCJ8N6>



Quarterly Report

<https://www.surveymonkey.com/r/X7BJ2BK>



ABEST Extension

Infant Safe Sleep



ITCMI has just partnered with Nina Eusani and American Indian Health and Family Services to produce these two videos on Infant Safe Sleep.

The first video is a presentation style video.

The second video is a more candid interview style video.

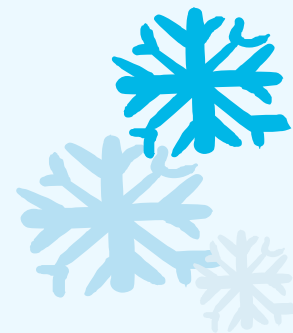
These videos can be shared with our network. Other agencies may use them to help train tribal home visitors on how to work with families on the topic of infant safe sleep.

Talking with Families about Infant Safe Sleep

<https://youtu.be/NOVMilvviY4>

An Interview with Nina Eusani on Infant Safe Sleep

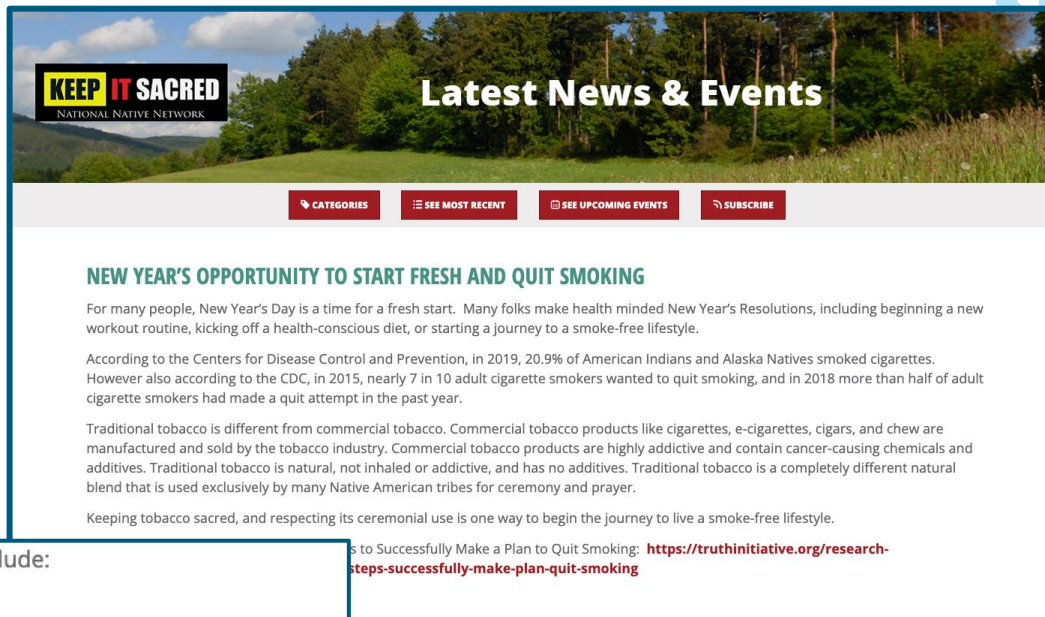
<https://youtu.be/hkrUtyMnSVg>



New Press release

Keep It Sacred has a new press release for the new year.

<https://keepitsacred.itcmi.org/2021/12/new-years-opportunity-to-start-fresh-and-quit-smoking/>



The screenshot shows the 'Latest News & Events' section of the Keep It Sacred National Native Network website. The header features a landscape image with a forest and a banner that reads 'KEEP IT SACRED NATIONAL NATIVE NETWORK'. Below the header are navigation buttons: 'CATEGORIES', 'SEE MOST RECENT', 'SEE UPCOMING EVENTS', and 'SUBSCRIBE'. The main content area displays a press release titled 'NEW YEAR'S OPPORTUNITY TO START FRESH AND QUIT SMOKING'. The text discusses the health benefits of quitting smoking and the importance of traditional tobacco in Native American culture. It also provides a link to a research report on successfully making a plan to quit smoking.

KEEP IT SACRED
NATIONAL NATIVE NETWORK

Latest News & Events

NEW YEAR'S OPPORTUNITY TO START FRESH AND QUIT SMOKING

For many people, New Year's Day is a time for a fresh start. Many folks make health minded New Year's Resolutions, including beginning a new workout routine, kicking off a health-conscious diet, or starting a journey to a smoke-free lifestyle.

According to the Centers for Disease Control and Prevention, in 2019, 20.9% of American Indians and Alaska Natives smoked cigarettes. However also according to the CDC, in 2015, nearly 7 in 10 adult cigarette smokers wanted to quit smoking, and in 2018 more than half of adult cigarette smokers had made a quit attempt in the past year.

Traditional tobacco is different from commercial tobacco. Commercial tobacco products like cigarettes, e-cigarettes, cigars, and chew are manufactured and sold by the tobacco industry. Commercial tobacco products are highly addictive and contain cancer-causing chemicals and additives. Traditional tobacco is natural, not inhaled or addictive, and has no additives. Traditional tobacco is a completely different natural blend that is used exclusively by many Native American tribes for ceremony and prayer.

Keeping tobacco sacred, and respecting its ceremonial use is one way to begin the journey to live a smoke-free lifestyle.

Steps to Successfully Make a Plan to Quit Smoking: <https://truthinitiative.org/research-steps-successfully-make-plan-quit-smoking>

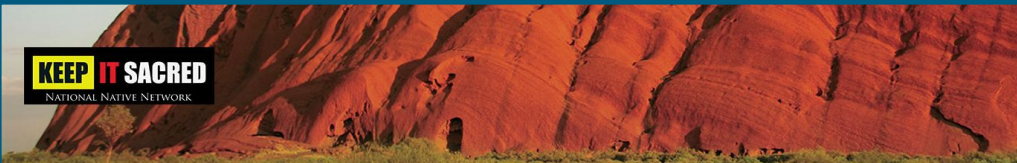
Some tips that are outlined include:


1. Set a quit date, and be strategic
2. Identify triggers and track cigarettes
3. Beat your triggers
4. Get smart about your smoking addiction
5. Choose a quit smoking aid with your doctor (such as gum, patch, etc)
6. Tell someone, anyone
7. Out with the old and in with the new
8. Get ready, and get set with your quit aids along with your support group
9. Go! Focus on getting through one day at a time
10. If you need to, pick yourself back up

American Indian Commercial Tobacco Program



<https://keepitsacred.itcni.org/quitlines/>





1-800-QUIT-NOW

From **CDC**, How to Quit Smoking

It's never too late to quit smoking. Quitting smoking now improves your health and reduces your risk of heart disease, cancer, lung disease, and other smoking-related illnesses. **LEARN MORE HERE**. You can quit smoking for good and live a healthy, smokefree life. Take the first step and call **1-800-QUIT-NOW** for FREE support.

State Quitline Services:

Learn about quitline services available in your state by going to the **North American Quitline Consortium's map** and clicking on your state.


American Indian Commercial Tobacco Program (AICTP)

1-855-5AI-QUIT

1-855-524-7848

The American Indian Commercial Tobacco Program (AICTP) is LIVE and ready to use!

Call today to receive free, culturally-tailored help, including:

**AMERICAN INDIAN**
Commercial Tobacco Program





Opioid Project Feedback

Goal:

Identify professional development, and other needs, through evidence and listening: local and state data and Home Visitor staff; October polls, chat comments, jam board posts, and December Qualtrics survey with OPEN-MSU.



Identified Professional Development Priorities– Top 5



1. Maternal Mental Health/Depression
2. Substance Use Pregnancy/Motherhood
 - NAS/NOW*
 - MAT/MOUD*
3. Naloxone-Training of the Trainer
 - ITC TOT*
4. Harm Reduction 101
5. Substance Use Disorder 101
 - Understanding Substance Use Disorder*

*Existing ITC Resource/Opioid Modules



ITC-MI Healthy Start - Family Spirit Home Visitor Survey



Which training themes did you find important?

Training Ranked Choice Score



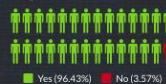
Ranked Choice Score Key

1. Mental Health/Depression
2. Substance Use Disorder and Pregnancy/Motherhood
3. Substance Use Disorder 101
4. Naloxone/Narcan - Train the Trainer
5. Harm Reduction 101
6. Opioids
7. Stimulants, Illicit Pills, and Polysubstance Use
8. How to Find Community Data



How You Voted On Individual Trainings

Substance Use and Pregnancy/Motherhood



Mental Health/Depression



Harm Reduction 101



Naloxone/Narcan - Train the Trainer



Substance Use Disorder 101



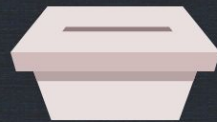
Stimulants, Illicit Pills, and Polysubstance Use



Injection Drug Use



How to Find Community Data





Moving toward implementation of ITC Opioid Modules



- Addressing Some Identified Implementation Barriers through Offering Opioid Module Training as Professional Development

“Not trained on implementing modules”

“Don’t know how to access them (modules) at site”

Increasing Naloxone Access to Community Members

- Increasing Direct Distribution through TOT and Standardizing Referral Processes

“More information about trainers in the area or online so families can seek out their own Naloxone training- that way all of the responsibility doesn’t fall on us as Home Visitors.”

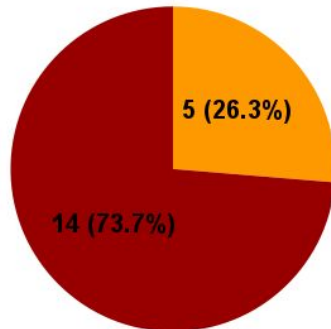


“Would be nice to have someone at the site to be Train the Trainer.”



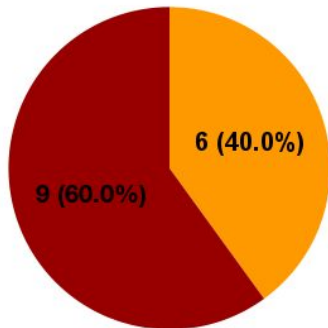
Trained to implement the ITC Opioid Modules?

● Yes ● No



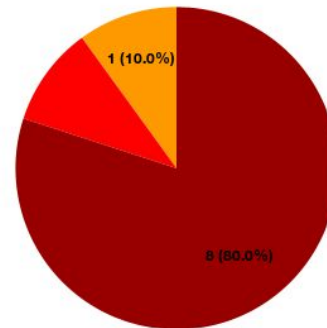
Implemented the Opioid Modules?

● Yes ● No



If yes, how many times?

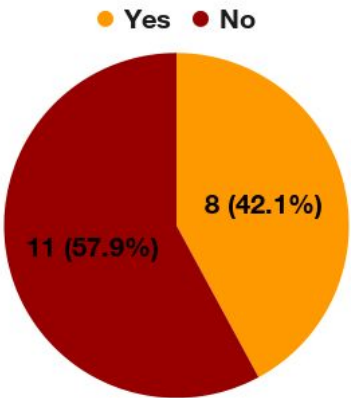
● 1-3 ● 3-5 ● 5-7



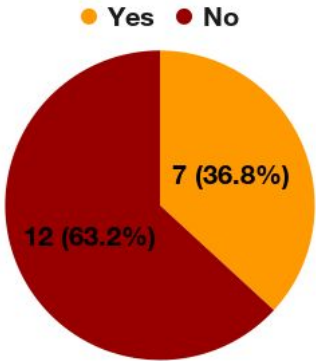
Naloxone- Training of the Trainer (TOT)

- History of Community Naloxone; [Naloxone administration](#)
- Safer Use- [Overdose prevention strategies](#)
- Evidence- [Navigate the State Opioid Dashboard for local data and identify current local Naloxone availability](#)
- [Utilize Naloxone supply through the MDHHS Naloxone Portal](#)
- Michigan Legislation- [Naloxone Distribution](#) and [Good Samaritan](#)

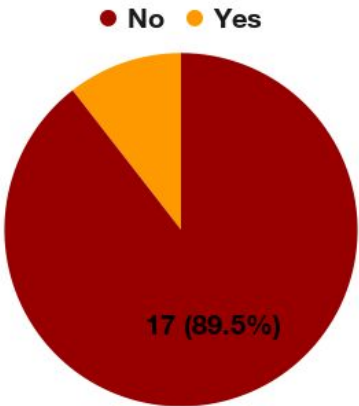
Do you currently refer families to a Naloxone resource?



Do you feel comfortable training someone to administer Naloxone?



Do you currently train families to administer Naloxone?



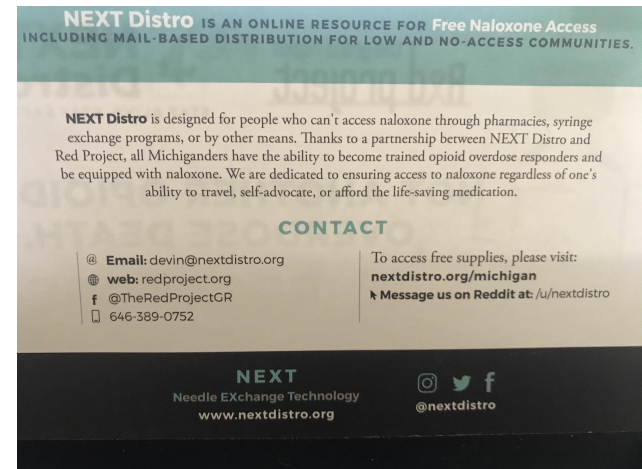
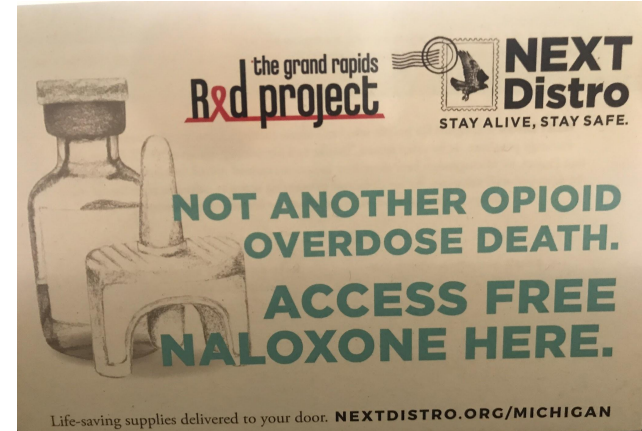
Standardize Naloxone referral: Identify referral resources and tools for community member Naloxone access

NEXT Distro Red Project Partnership
Local Health Department
Tribal Health Center
Community SSP/Harm Reduction Org
Pharmacy
ITCMI

[Navigate the State Opioid Dashboard for local data and identify current local Naloxone availability](#)

“I don’t know local prevalence”

Educate families on the importance of being trained to administer and carry Naloxone





Other Identified Barriers to implementing Opioid Modules– Capacity Fear and Trust

- **Time- Capacity of Home Visitors**

“Time is a HUGE issue”

“Most people deny use so it falls even further down the list of what we need to get accomplished.”

“We have too many requirements and priorities of parents, so it falls down the list of what we need to get done.”

“So many things to cover. If the need isn't right in front, we ignore it.”

“These are all important! It's just a matter of being available for training with so much going on!”

- **Time- Capacity of Families**

“Most clients are involved with another local home visiting program that does 2 times a month, plus WIC, plus dr appointments.”

- **Clients deny drug use; denial of drug association**

“Families have said they weren't interested because they don't use drugs/know anyone who does.”

“Unfortunately, many of the big drug users/dealers are not involved with our program and steer clear of services in the community, so their children I feel get lost in the shuffle sometimes.”





Other Expressed Needs/ Concerns

- State and local resource guide- centralised to be easily accessible when needed
- Education and resources for family members of people who use substances
- Education for community members to understand the scope of the problem and opportunities to work toward solutions together
- More ways to help children of parents who are using substances

“How kids in homes are being affected. There are so many young kids that are being exposed to parent's daily use.”

“How it is affecting children of all ages in home and how to address helping them”

“Children get lost because parents w/SUD are afraid to engage and avoid interactions with home visiting program”





Other Expressed Needs/ Concerns

I need assistance in identifying your current state and local resources **related to substance use** for creation of a **Resource Guide** for use during home visits.

[Google Sheet for Resource Guide](#)

Upcoming Professional Development:

ITC will coordinate offering **ITC Opioid Module Training**- We will try to incorporated into our existing meeting schedule

[Sign up](#) for **Naloxone Training of Trainers** or

Feel free to reach out if you have any questions or to request help with **Site Specific Naloxone Referrals**.

Christy.Thrasher@ITCMI.org

Thank you for everything you do for your communities.



Naloxone distribution



We are working on sending out your kits if you have not filled out our survey and would still like to receive yours please do so.

<https://www.surveymonkey.com/r/RXBJC7R>



Site Share: What do you do for discharge appointments?



❄ Do you do something fun?

❄ Give anything away?

❄ Do a normal lesson?

❄ Other Ideas?

Gifts, Concrete countdown methods ex. Paper chain, certificates, crafts, pictures





ITC Department Announcements



Questions???