



Wellness Beyond the Walls

Connecting community, Spirituality and Wellness
Chasing Circumstances or Changing Conditions!

July 30, 2019

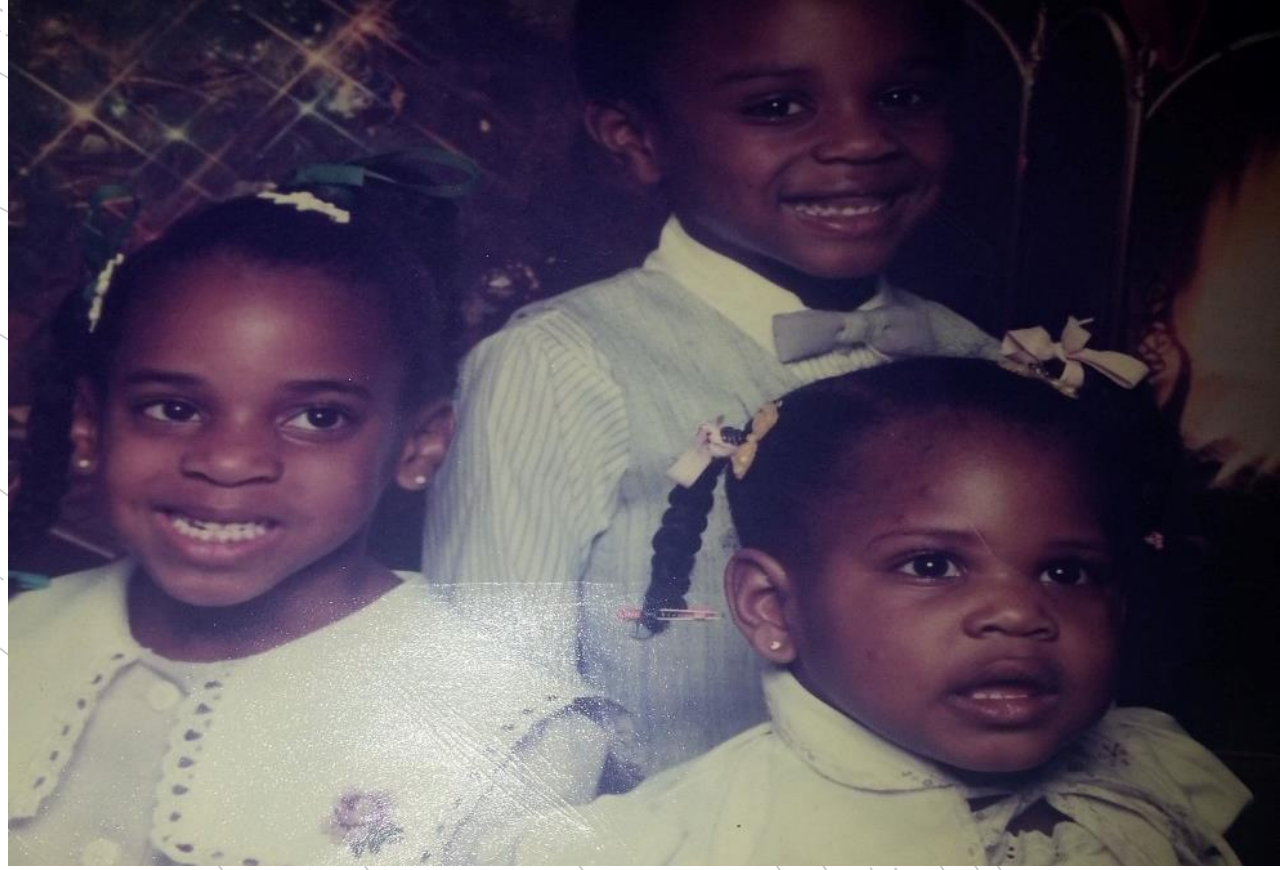
TTJ
Presentation
Template

Prevention In the Faith
Community
During the Opioid Crisis!

Otha & Martha Johnson



Otha & Martha Johnson



My Reasons for Involvement



Business Partner
Ms. Raylette
Pickett

Michigan 2019 Data

- **21.2 deaths** per 100,000 persons, which is higher than the national rate of **14.6 deaths** per 100,000 persons.
- The greatest increase in opioid deaths - cases involving synthetic opioids (mainly fentanyl), from **72 deaths** in 2012 to **1,368** in 2017.
- Deaths involving heroin increased from **263** to **783** deaths in the same 5-year period.
- Prescription opioid involved deaths also rose from **378** deaths in 2012 to **678** deaths in 2016 but saw a recent decline to **633** deaths in **2017**

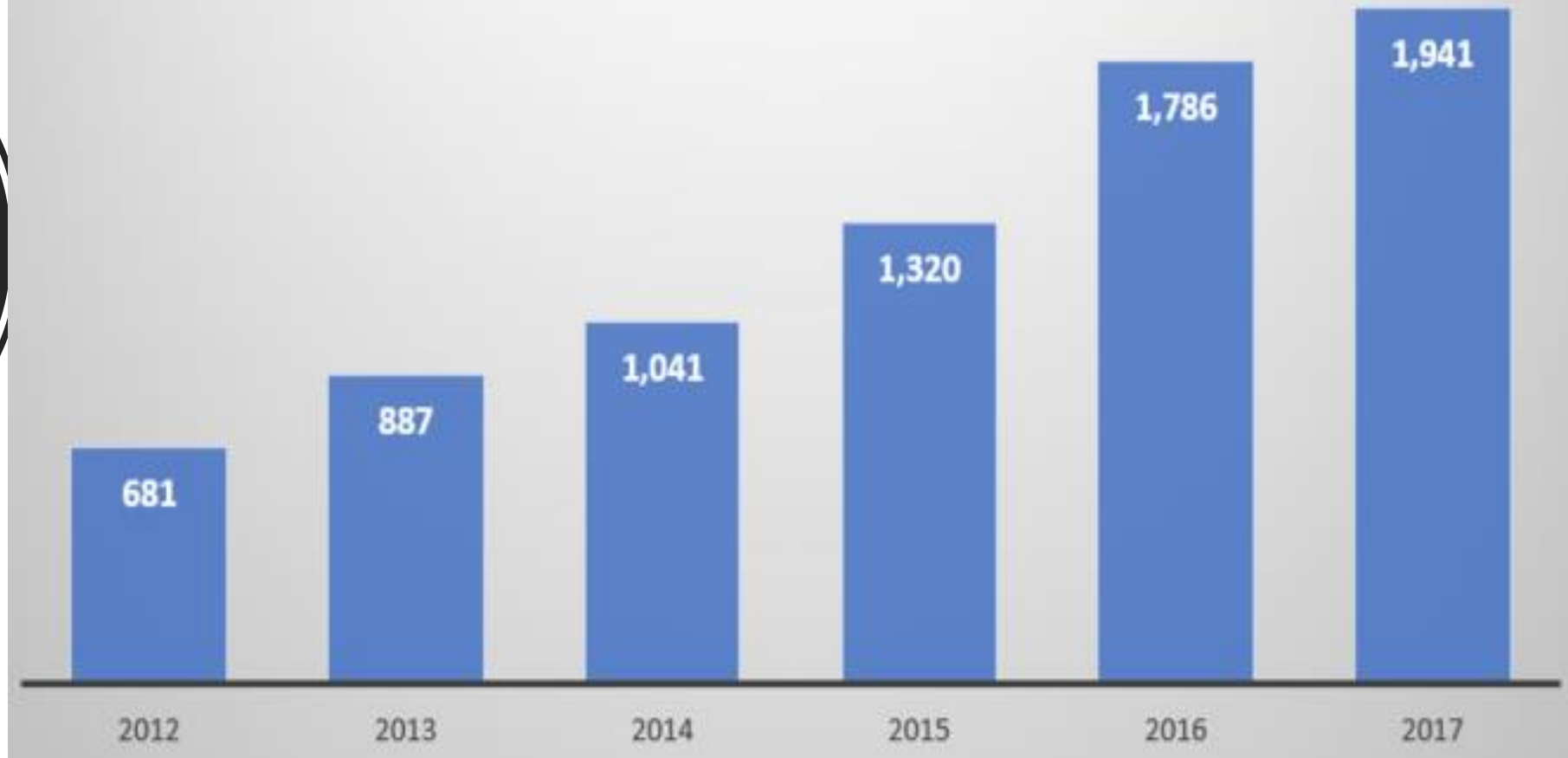
National Institute on Drug Abuse (NIDA)

Center for Disease Control & Prevention (CDC)



Detroit Wayne Mental Health Authority

Opioid OD deaths in Michigan, 2012-2017

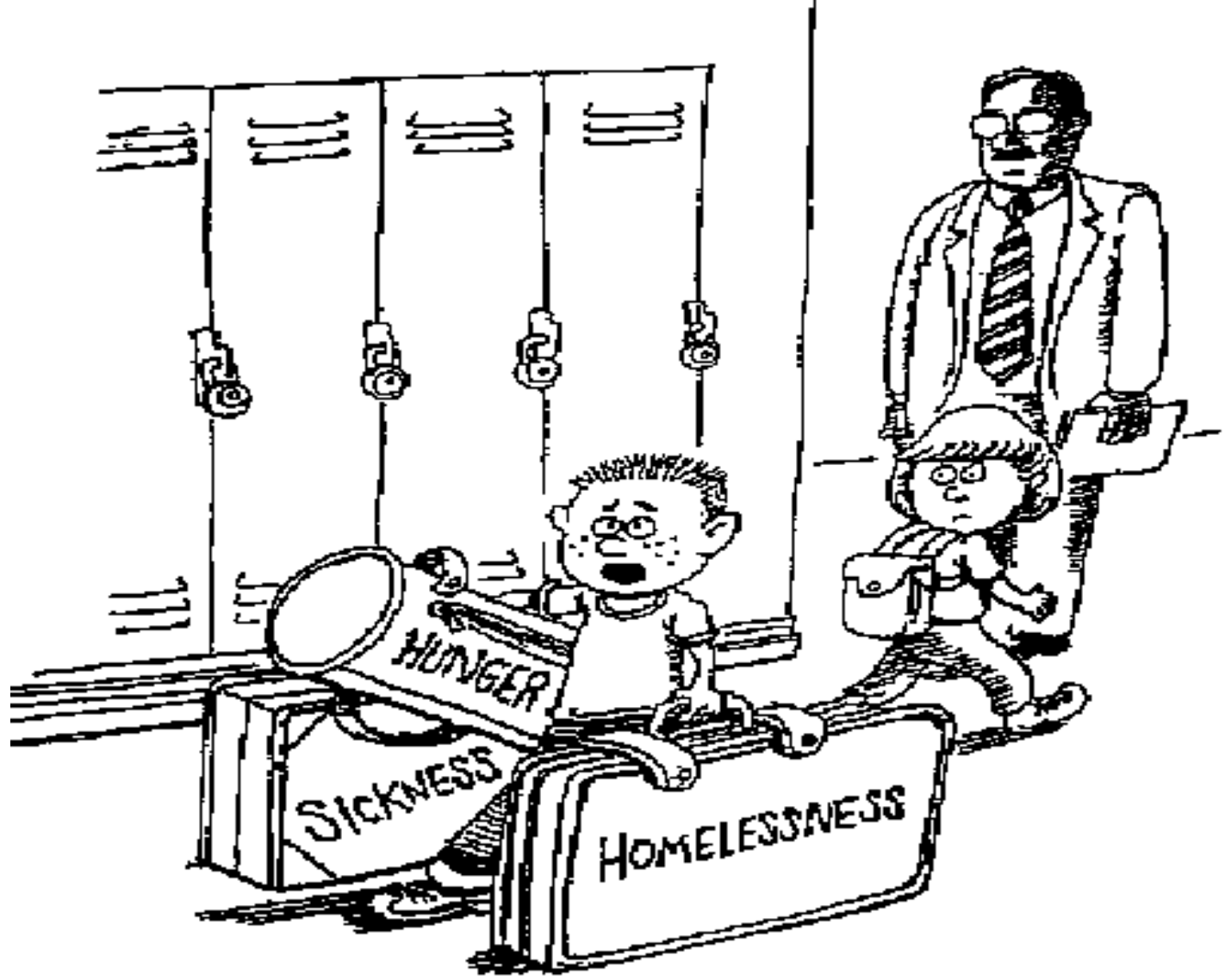


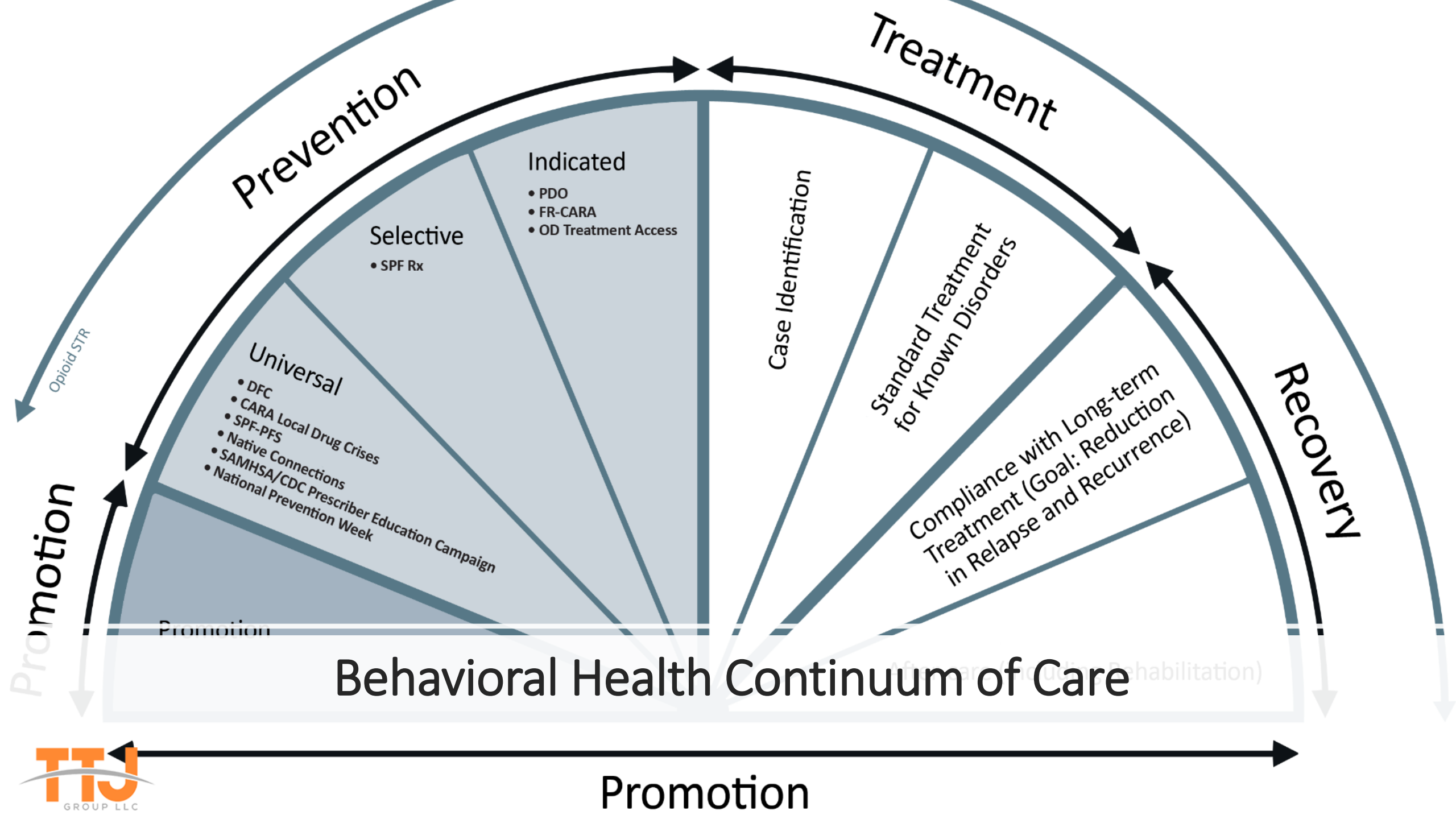
Overdose deaths have almost tripled in 5 years

Wayne County Hospital Admits FY 2018

Top 5 Primary Drug Admits	Top 5 Primary Drug Admits for FY18
Heroin	5,100
Alcohol	4,172
Cocaine / Crack	1,785
Marijuana/Hashish	1,472
Other Opiates / Synthetics	780

**“Could someone help me
with these?
I’m late for math class.”**





Public Health Model

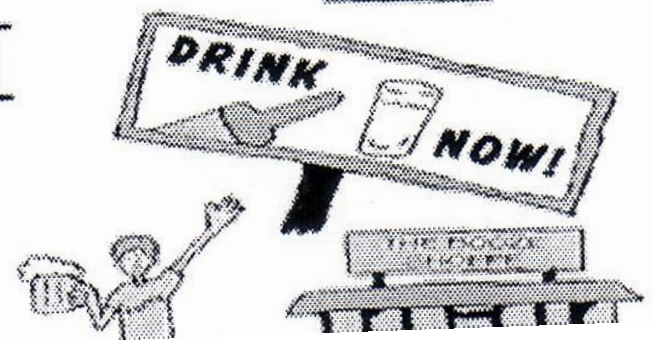
Who is likely be affected
by the problem? (the host)

What causes the problem?
(the agent)

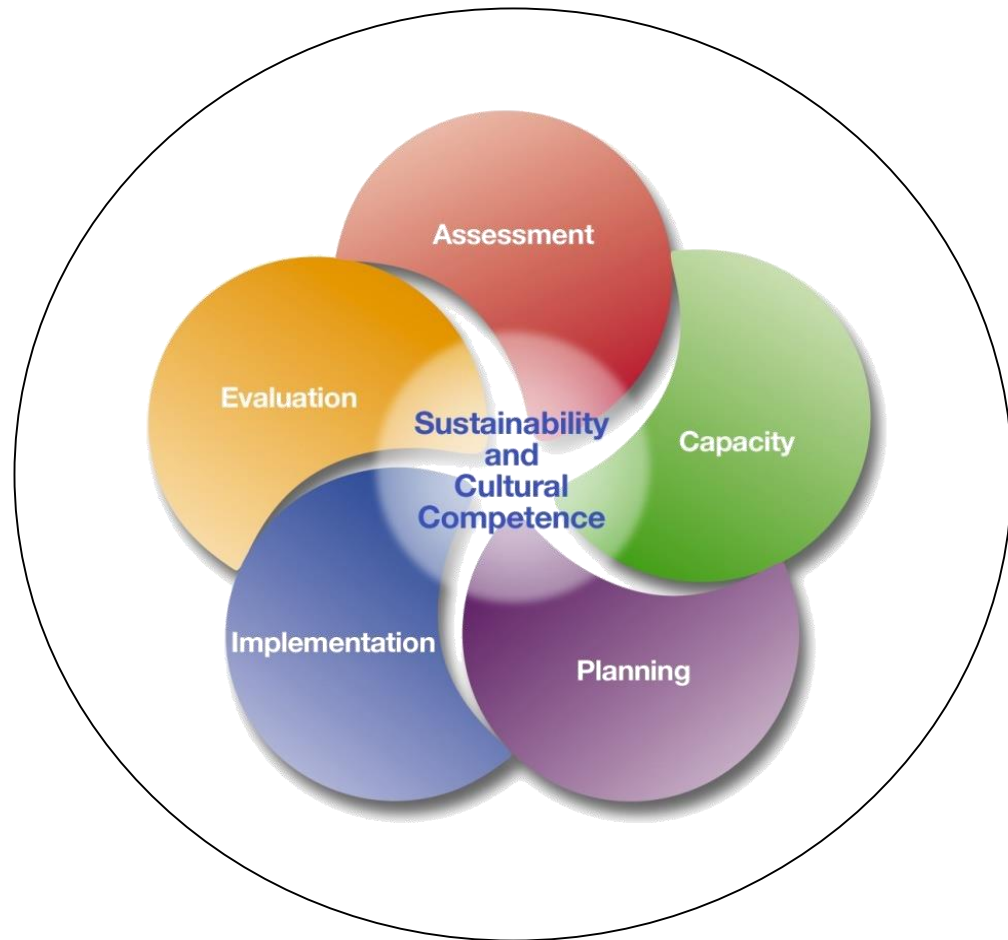
Where does the host live?
(the environment)



THE PUBLIC HEALTH MODEL



SAMHSA's Strategic Prevention Framework (SPF)



Assessment

Profile population needs, resources, and readiness to address needs and gaps

Capacity

Build capacity to address needs

Planning

Develop a Comprehensive Strategic Plan

Implementation

Implement evidence-based prevention programs and activities

Evaluation

Monitor, evaluate, sustain, and improve or replace those that fail

Features of the SPF

Data-driven decision making

Outcome-based prevention

Population-level change

Cultural Competence and Sustainability

Cultural competence

Involves recognizing and embracing racial, ethnic, and socioeconomic similarities and differences to meet diverse community needs and offer inclusive and targeted services.

Sustainability

The process through which a prevention system becomes a norm and is integrated into ongoing operations.



The prevention field has forged “links” with the faith community because it recognized the importance of faith and spirituality as deterrents to substance abuse.



History of leading the way



Take the first step in faith. You don't have to see
the whole staircase, just take the first step.

(Martin Luther King, Jr.)

izquotes.com

A Connection with The Human Suffering

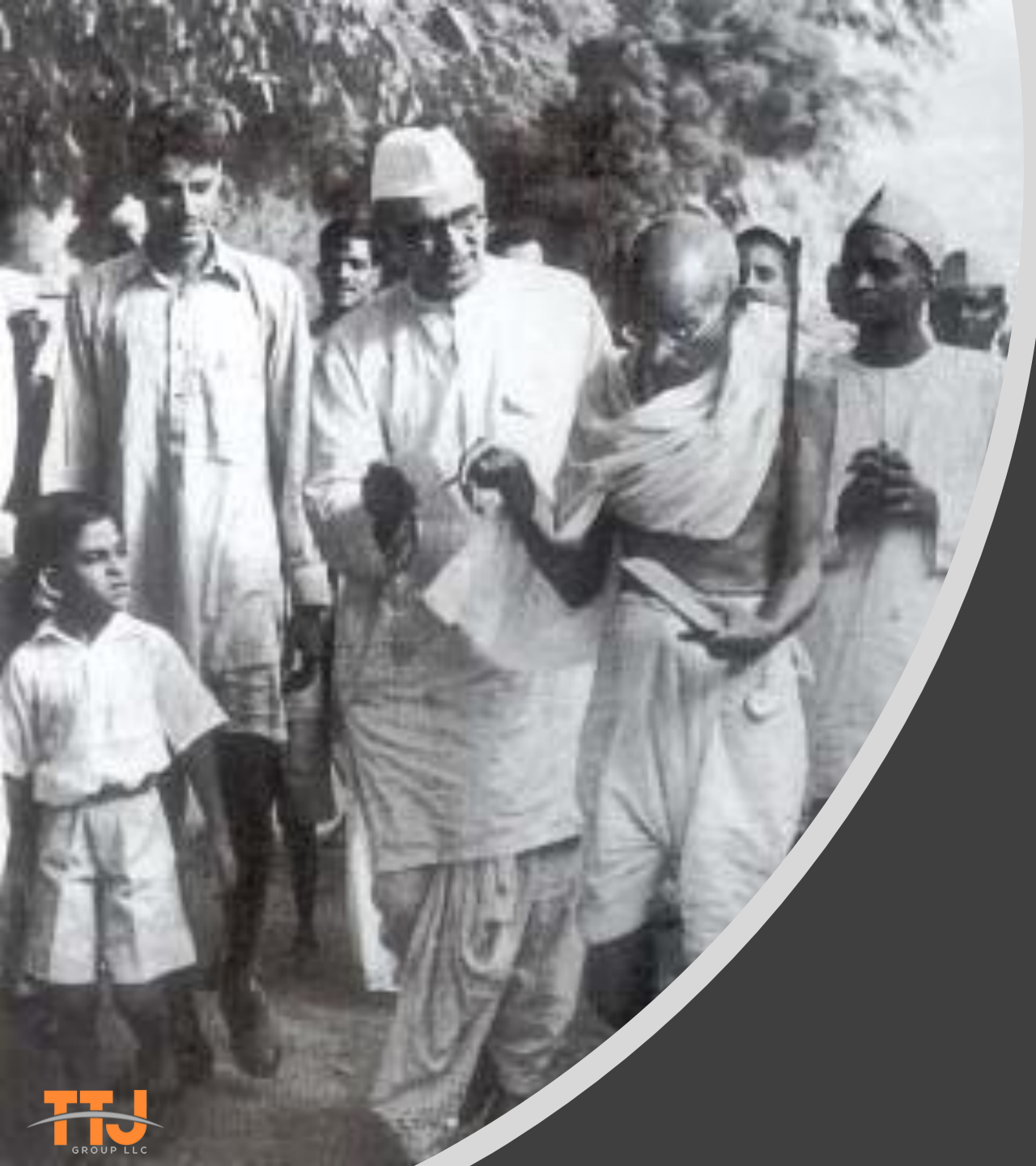




“FAITH
IN ACTION
IS LOVE—
AND LOVE
IN ACTION
IS SERVICE



A long legacy
of reversing
Societal Ills



Reversing Social ILLS



Faith-based was there when . . .



Slavery

What was the impact of the faith communities?



When there was
homelessness

- What was the impact of the faith communities?



When there was
injustice

- What was the impact of the faith communities?



Community Crime & violence



What was the impact of
the faith communities?
Poverty



Alcohol dependence

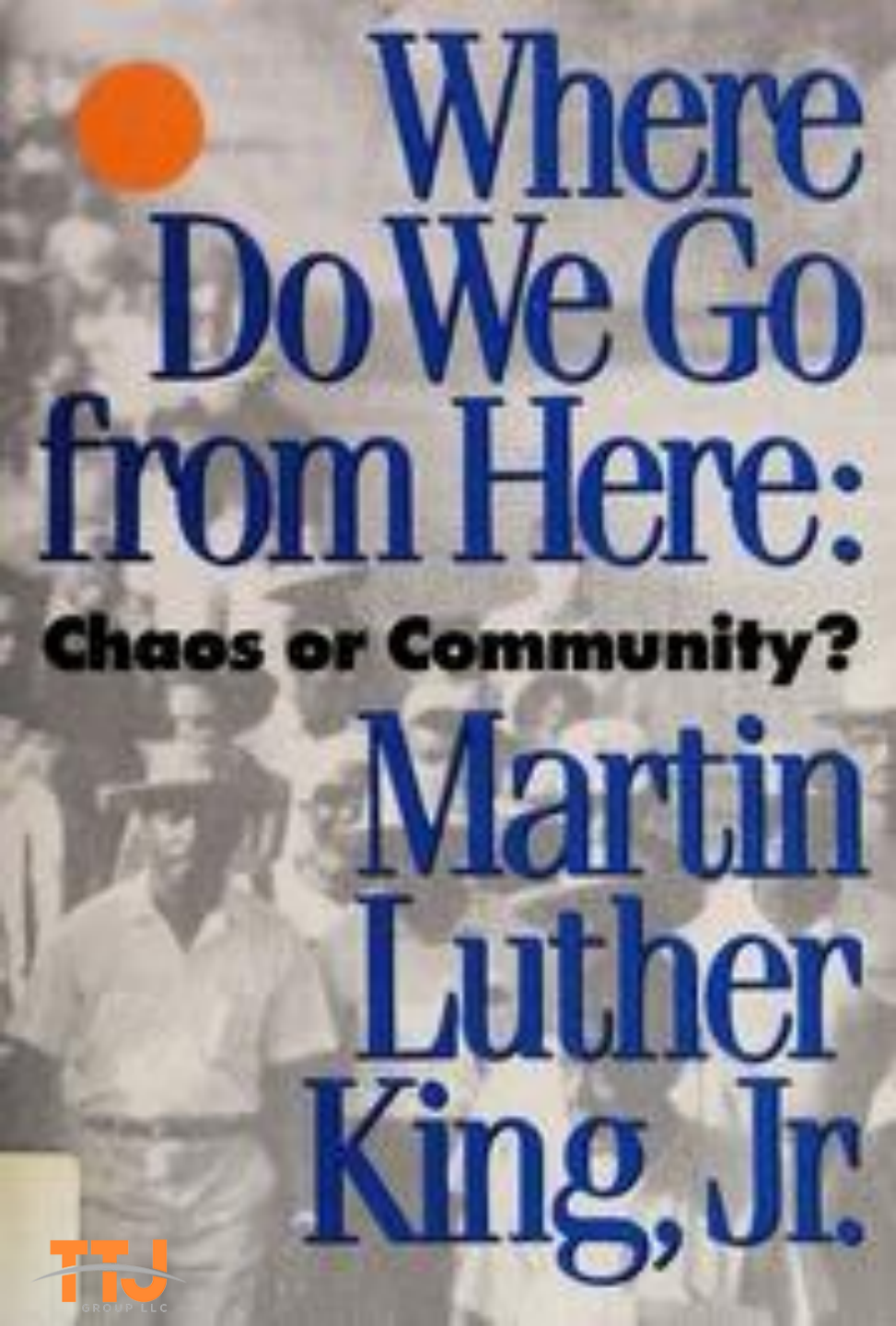
- What was the impact of the faith communities?

Substances

Marijuana, Opioids, etc..

- What was the impact of the faith communities? •





Rev. DR Martin L King

- He discusses the question of what African-Americans should do with their new freedoms found in laws such as the Voting Rights Act of 1965.
- He concludes that **all** Americans must **unite** in order to social ills (poverty, crime, etc..) and create an equality of opportunity.
- He emphasizes that he is neither a Marxist nor a doctrinaire socialist;
- He instead advocates for a **united social movement** that would act within **both the Republican and Democratic parties**
- **Faith communities where do we go from here....community or chaos?**



CHAOS



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Community |

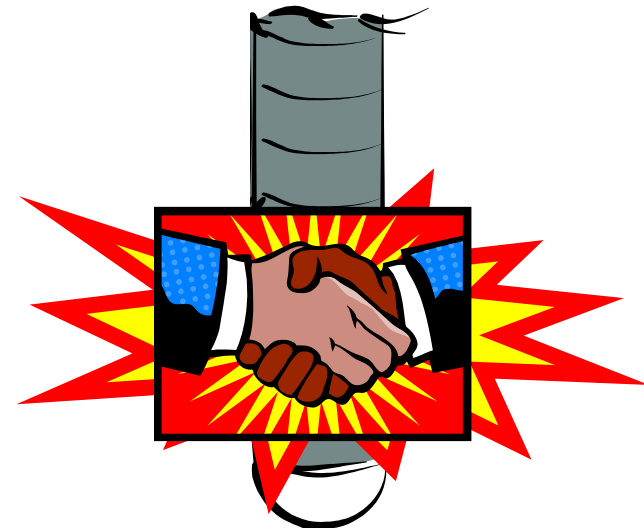
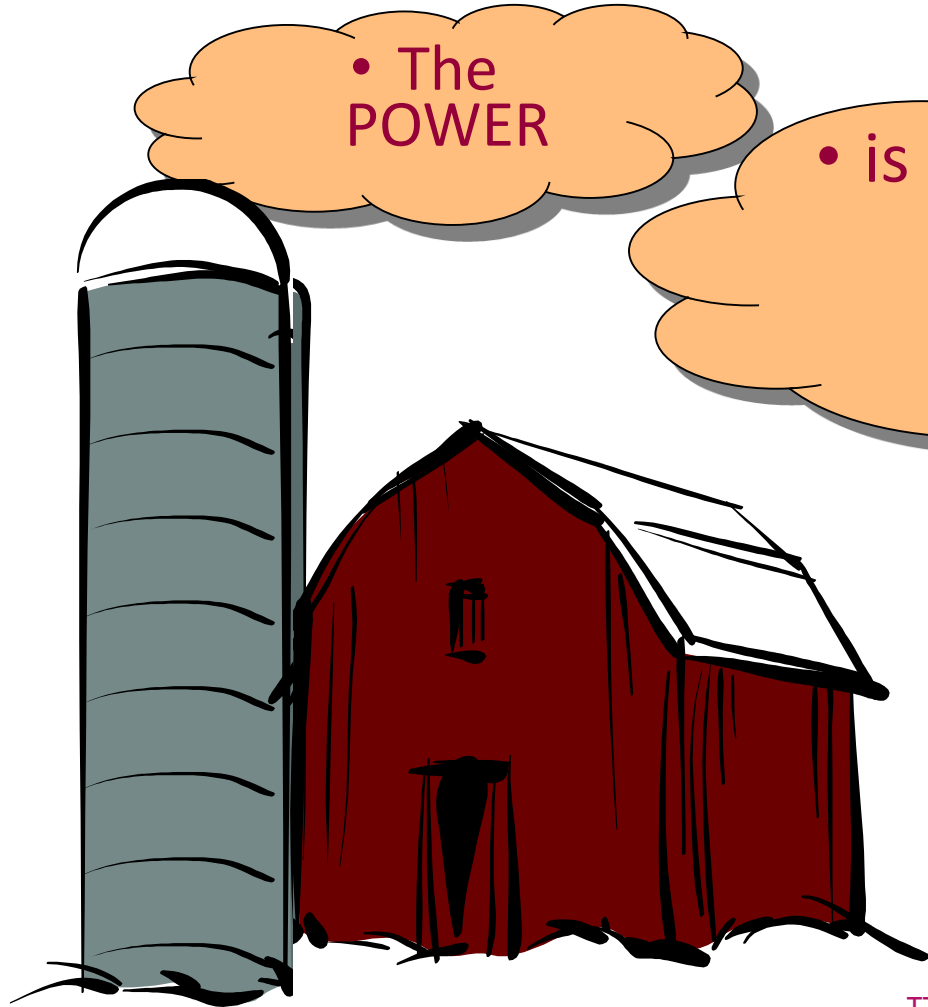
Faith-based organizations have a long history of dealing with a wide range of substance abuse issues:

- Prevention
- Treatment
- Recovery

Don't be a High-Flying Service Silo

• The
POWER

• is in the PARTNERSHIP!



Building Blocks for Working in Community Framework

- Relationship
- Dedication
- Trust
- Shared Knowledge
- Communication
- Leadership



Relationships

Personal relationships are the cornerstone for networking and collaborative agreements (Perkins, Borden, and Knox, 1999).

Relationships take time. They require repeated conversations and frequent occasions for working and planning together. That is how shared visions and common purposes emerge.

Trust

Trust facilitates communication

Creates a willingness and commitment to identify with the collaboration

Trust is nurtured when members of the collaborative network together produce a written document specifying their mission, expectations, and terms for exchanging resources.

Trust is cultivated & maintained through constant communication: a constant exchange of information; not one-sided

"If you are not a better person tomorrow than you are today, what need have you for a tomorrow?"

– Rebbe Nachman of Breslov (Jewish)

Quran tells us that the most important ingredient in establishing a community depends not on space, time, matter, or any other "chance" trait or relationship in the world. It is a bond of the human heart.

(Muslim)

Community should never feel boring or forced. In fact, it should be the exact opposite. Psalm 133:1 (NIV) tells us, “How good and pleasant it is when God’s people live together in unity!”



Much of what community members learn about alcohol, tobacco and other drug use is conveyed through what the faith community says or does not say about it.

Considerations of Faith

Single Approach

- The expected impact of any single prevention program is likely to be limited and difficult to isolate.



Broad community approach

- Meaningful dialogue and an understanding of the role of faith, spirituality, and the importance of faith-based programs.
- Consideration of the medical research on faith, spirituality, religion, and health.
- Generate better outcomes.

Involvement
of faith
organizations
in substance
misuse/abuse
prevention is
important
because...

Faith groups exist in nearly every community throughout the country.

The presence of faith groups lends credibility.

Faith groups touch people of all ages, economic levels, and ethnicities, and mobilize them.

They provide a sense of community and responsibility.

Members look to and respect the opinions and guidance of their faith leaders.

- Clergy and laity recognize substance abuse as an important issue among family members in their congregation.
- There is support from congregational members.
- They provide opportunities to work with families who might otherwise not be involved in prevention.
- Religion & Spirituality are key protective factors in the prevention and treatment of substance abuse and in maintaining recovery.

Involvement of faith organizations in substance abuse prevention is important because...(cont'd)

STRONGER TOGETHER
Faith & Community



Leadership

Congregation

**Community
At Large**

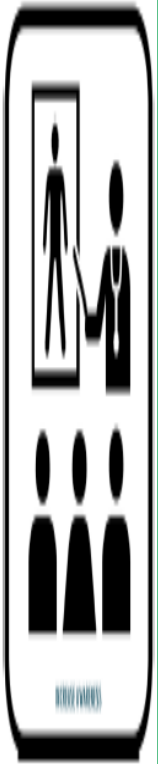
How can Wayne County Faith-based institutions Impact the Opioid Crisis?



Open Your Doors

Host or connect people to recovery
programs and support groups





Increase
Awareness

Provide educational opportunities
that create understanding and
encourage compassion





Build Community Capacity

Offer training programs to build the capacity of communities to respond



Rebuild and
Restore

Support individuals and families in
rebuilding their lives

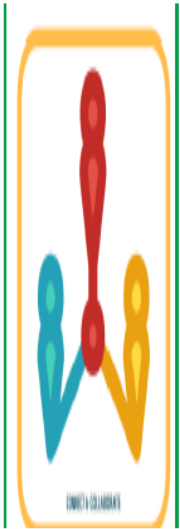


Get Ahead of the
Problem

Focus efforts on youth and prevention



Overdose Outreach Program Study



**Connect and
Collaborate**

Join local substance-use prevention coalitions, so as to inform, connect and strengthen your efforts





Federal Resources

Inform and educate your community

United States Department of Agriculture
Communities of Faith & Opportunity Summit
 September 27, 2018

**United States Federal Centers of Faith & Opportunity
 Contact Information**

<p>Department of Agriculture Mike Beatty Director mike.beatty@osec.usda.gov 202-690-1829</p>	<p>Department of Education Andrea Ramirez Director andrea.ramirez@ed.gov 202-401-1876</p>
<p>Department of Health & Human Services Shannon Royce, Esq. Director shannon.royce@hhs.gov 202-358-3595</p>	<p>Department of Homeland Security Kevin Smith Director kevin.smith@fcma.dhs.gov 202-212-3487</p>
<p>Department of Housing & Urban Development Richard Youngblood richard.a.youngblood@hud.gov 202-708-2404</p>	<p>Department of Veterans Affairs Stephen Dillard Acting Director stephn.dillard@va.gov 202-461-7689</p>
<p>Department of Labor Mark Zelden Director zelden.mark.a@DOL.gov 202-693-5950</p>	<p>Department of Commerce John Pughe Director jpughe@doc.gov 202-482-3235</p>
<p>U.S. Agency for International Development Tim Lavelle Acting Director tlavelle@usaid.gov 202-712-0000</p>	<p>Department of State Office of Religion & Global Affairs Rebecca Danis Acting Director danisRM@state.gov</p>

What Can Faith organizations Do?

1

Believe in each other to work together

2

Utilize the resources in the County

3

Build up areas of supporting one another

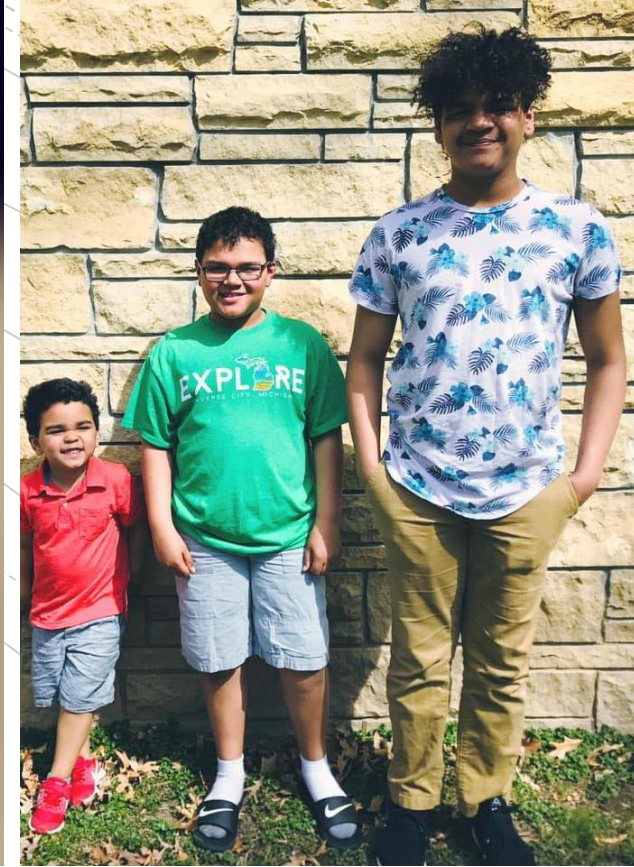
4

Share resources

- Human
- Financial
- Technical

5

Collaborate....
.Not Collaborate!



My future Investment

You don't change culture through emails and memos. You change it through relationships... one conversation at a time.

Remember

@SteeleThoughts



Questions



TTJ Group LLC Contact Information:

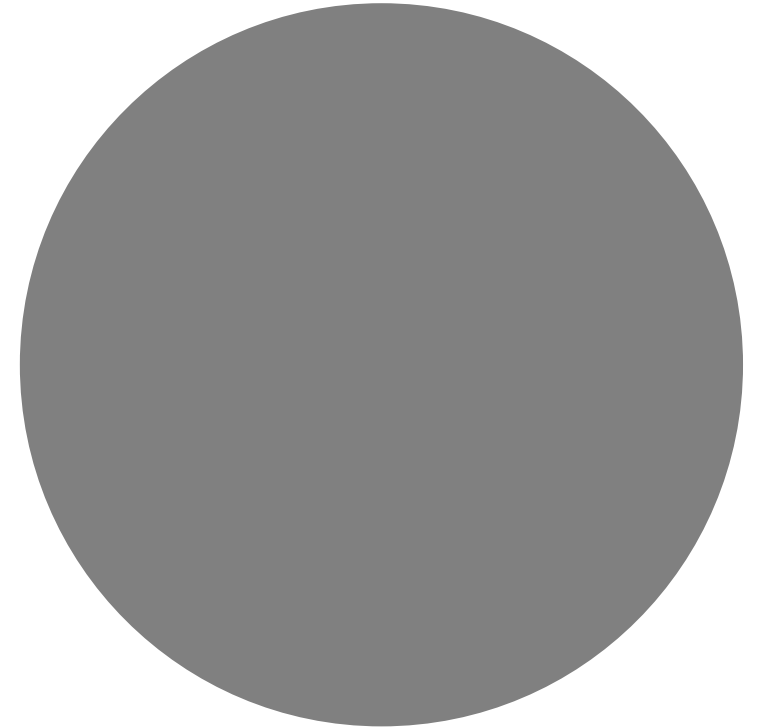
Tracy Johnson- (815) 519-8572

Email:- tjohnson@ttjohnsongroup.com

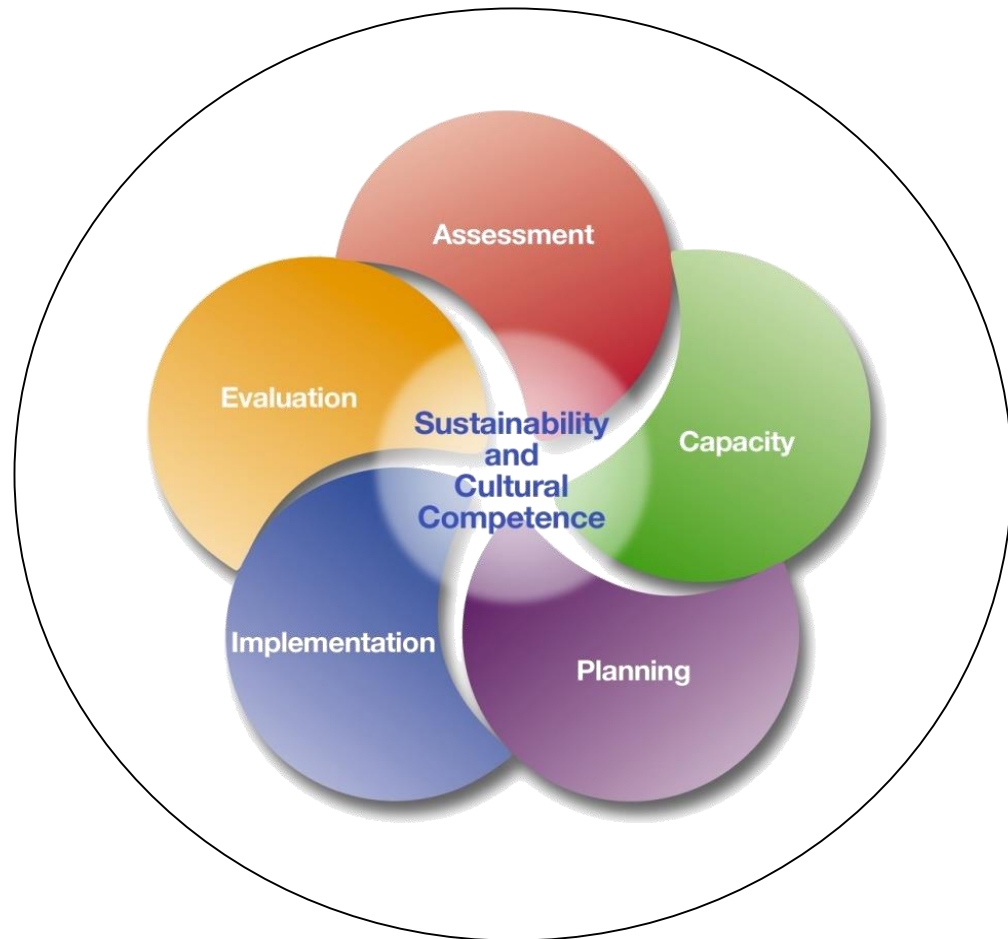
Website: <https://ttjgroupllc.com>

Prevention In the Faith Community During the Opioid Crisis!

Tracy Johnson
TTJ Group LLC



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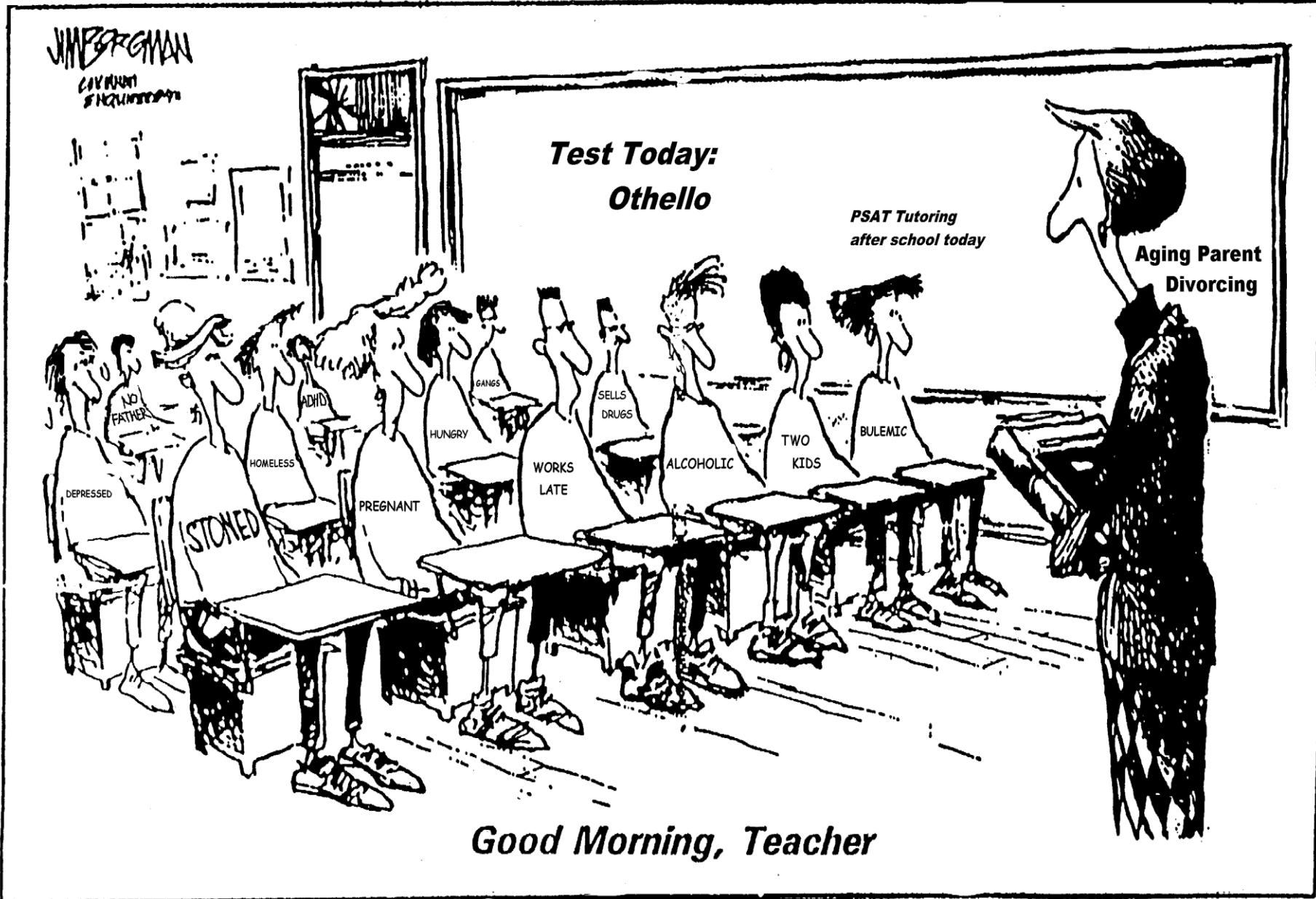
Evaluation

Monitor, evaluate, sustain, and improve or replace those that fail

The Road to Heroin is Paved with Non-Medical Use of Prescription Drugs

- Half of young people who inject heroin surveyed in 3 recent studies report misusing prescription opioids before starting to use heroin
- Some individuals reported switching to heroin because it is cheaper and easier to obtain than prescription opioids (\$80/pill versus \$5/bag)





JIM BORGMAN

CIVIL RIGHTS
INQUIRY

**Test Today:
Othello**

*PSAT Tutoring
after school today*

**Aging Parent
Divorcing**

DEPRESSED

NO FATHER

STONED

HOMELESS

ADHD

PREGNANT

HUNGRY

GANGS

WORKS LATE

SELLS DRUGS

ALCOHOLIC

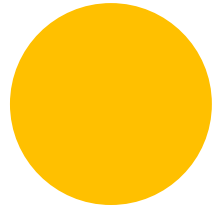
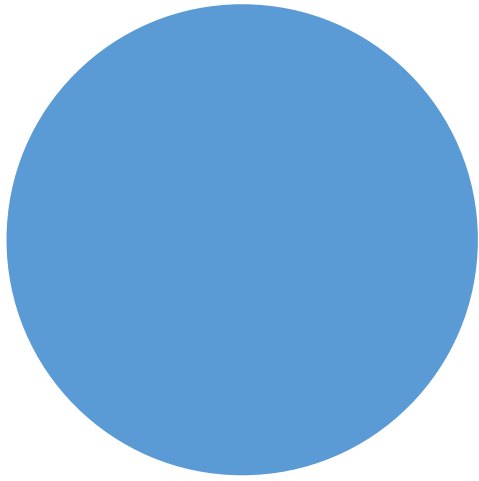
TWO KIDS

BULEMIC

Good Morning, Teacher



Corey Monteith, Heath Ledger,
Phillip Seymour Hoffman, Amy
Winehouse, Whitney Houston,
Chris Farley, and Prince



GROUP ACTIVITY

What are the biggest
CHALLENGES for you
engaging Faith Based
Communities in your
work?

Role of Interfaith Organizations

- Include interfaith members & families, and those who identify with multiple faiths or philosophical traditions, in their opioid prevention work
- Develop opportunities for members to become a peer-recovery coaches
- Make referrals to treatment organizations in the community
- Respond to an emergency
- Provide ongoing support for those in recovery and living with an addiction. Share a common goal of providing physical and mental health care to people in their community.



Role of Interfaith Organizations

Other faith-based organizations have also partnered with the government to provide rehabilitation and spiritual care.

Offers recovery programs for men and women struggling with addiction


Hosting recovery groups that encourage relational ministry.

A day of education and discussion on substance use and engaging our communities.

Offer training programs to build the capacity of communities to respond

What Can Faith Based/Spiritual Groups Do?

- Leadership is engaged
- Infrastructure is in place to support the need of those who are using opioids and their families
- There is Strategic Plan/Direction is in place for you to participate in
- Opioid prevention knowledge at the community level
- Evidence-based programs (for youth & young adults) in place
- Staff/Personnel/Members becomes knowledgeable on opioid prevention
- Resources allocated and available to address opioid prevention, intervention and/or recovery



The faith community can:

- Aid congregational members and staff troubled by substance abuse problems
- Help members develop personal guidelines for substance use and nonuse
- Help members understand the spiritual dimension of substance abuse problems and prevention
- Work with other community organizations to design and implement community-based prevention efforts
- Develop a framework for integrating prevention within the congregation

Resources

What have faith-based/spiritual institutions done or are currently doing to be involved to impact the addiction epidemic?



A Faith Tool Kit

**BUILDING PREVENTION
WITH FAITH**

This Tool Kit:



Created by Empowering Communities & Prevention First!



Combines Faith Partners Team Ministry with general strategies for preventing substance misuse/abuse.



Created by Authors Vicki Culler & Katrina Wyche(see bios)



Edits & Updates in 2019



Is NOT a curriculum, Does NOT need to be implemented from beginning to end



Is NOT a one size fits all! NOT for every culture, faith, age group or city!

Sustaining Faith/Community Partnership

1. Make the connection and designate a point of contact
2. Understand each other's needs and capabilities.
3. Set goals for both groups (You & Faith Organizations)
4. Agree on how what resources will be used and how long you're willing to make a commitment.
5. Bring in additional partners to help reach the goals (if necessary)

Sustaining Faith/Community Partnership

1. Set requirements for the participants.
2. Determine the resources needed to sustain the partnership in the long-term.
3. Know and show the value within your company and institution.
4. Set measures to inform program success and share your story.
5. Relationships, Relationships, Relationships!!

United States Department of Agriculture
Communities of Faith & Opportunity Summit
 September 27, 2018

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Department of Health & Human Services Shannon Royce, Esq. Director shannon.royce@hhs.gov 202-358-3595	Department of Homeland Security Kevin Smith Director kevin.smith@fema.dhs.gov 202-212-3487
Department of Housing & Urban Development Richard Youngblood richard.a.youngblood@hud.gov 202-708-2404	Department of Veterans Affairs Stephen Dillard Acting Director stephn.dillard@va.gov 202-461-7689
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