

University of Massachusetts Medical School

eScholarship@UMMS

Network of the National Library of Medicine
New England Region (NNLM NER) Repository

Network of the National Library of Medicine
New England Region

2020-08-25

Reaching the Hard to Reach: Empowering Community Members to Think Differently and Embrace Teens with Substance Use Disorder and Mental Health Challenges During the Time of COVID

Stephanie J. Briody Esq
Behavioral Health Innovators, Inc.

Et al.

Let us know how access to this document benefits you.

Follow this and additional works at: <https://escholarship.umassmed.edu/ner>



Part of the [Library and Information Science Commons](#), [Public Health Commons](#), and the [Substance Abuse and Addiction Commons](#)

Repository Citation

Briody SJ, Muffett-Lipinski MD, Halpin SM. (2020). Reaching the Hard to Reach: Empowering Community Members to Think Differently and Embrace Teens with Substance Use Disorder and Mental Health Challenges During the Time of COVID. Network of the National Library of Medicine New England Region (NNLM NER) Repository. <https://doi.org/10.13028/2xm3-ye73>. Retrieved from <https://escholarship.umassmed.edu/ner/86>

Creative Commons License



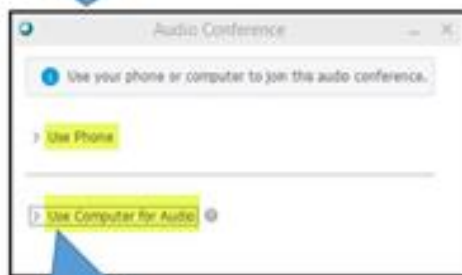
This work is licensed under a [Creative Commons Attribution 4.0 License](#).

This material is brought to you by eScholarship@UMMS. It has been accepted for inclusion in Network of the National Library of Medicine New England Region (NNLM NER) Repository by an authorized administrator of eScholarship@UMMS. For more information, please contact Lisa.Palmer@umassmed.edu.

Welcome to the Webinar

Connect to the Audio

1) Your audio box may look like this when you enter the WebEx session.



2) Click the arrow to expand the section you need (phone or computer).

3) If you want the system to call your phone, enter your phone number.



4) Test your computer audio and then click Call Using Computer.



U.S. National Library of Medicine
National Network of Libraries of Medicine
New England Region

Reaching the Hard to Reach:

*Empowering Community Members to Think Differently &
Embrace Teens with SUD & Mental Health Challenges in the
Time of COVID*

To view the captions for this event click on the URL in the chat box.

This webinar is being recorded.

About this Webinar

- **Closed captioning is available, click on the captioning link in the Chat Box.**
- **This webinar is being recorded. You will receive an email with a link to the webinar recording and presentation materials in about a week.**
- **You will have an opportunity to ask questions during the last 15 minutes. Jot down your questions as the webinar is in progress and use the Chat Box to ask at the end.**

Information About CE Credits

- **Medical Librarians and some Nurses are eligible for 1 CE credit for attending this webinar. Nurses check [This Link](#) to make sure your state accepts the CEs for attending this webinar**
- **Completing an evaluation at the end of the webinar is required for you to receive CE credit. The evaluation should open automatically as you leave the webinar.**
- **Use the Enrollment Code provided at the end of the webinar to claim your CE credit.**

Hello!

Your Webinar Host - Susan Halpin, M.Ed.

Education & Outreach Coordinator

Network of the National Library of Medicine

New England Region,

University of Massachusetts Medical School

Worcester, Massachusetts

Susan.Halpin@umassmed.edu



About the National Library of Medicine (NLM)

<https://www.nlm.nih.gov/>

Physical library is Bethesda, MD part of the NIH campus.

Largest biomedical library in the world

One of the federal government's largest providers of digital content

The library is open to everyone

NLM's Mission

To advance the progress of medicine and improve public health by providing everyone equal access to biomedical & health information resources and data



Please Introduce Yourself

Use the Chat Box
Set the “Chat” to
“All participants”

Your Name?

Where you are located?

What is 1 good thing that has
been a result of COVID?



NLM Resources for Substance Use Disorder

The screenshot shows the MedlinePlus website interface. At the top, there is a search bar for MedlinePlus and navigation links for Health Topics, Drugs & Supplements, Videos & Tools, and Español. The main content area is titled "Opioid Abuse and Addiction Treatment" and includes a "Summary" section with text about opioids, a "Stay Connected" newsletter sign-up form, and a "Related Health Topics" section listing Opioid Abuse and Addiction, Opioid Overdose, and Prescription Drug Abuse. A "National Institutes of Health" section provides information about the primary NIH organization for research on Opioid Abuse and Addiction Treatment.

<https://medlineplus.gov/>

The screenshot shows the National Library of Medicine website interface. At the top, there is a search bar for NLM and navigation links for PRODUCTS AND SERVICES, RESOURCES FOR YOU, EXPLORE NLM, and GRANTS AND FUNDING. A prominent red banner contains a COVID-19 alert. Below the banner, the "Environmental Health & Toxicology" section is highlighted, with a link to "Environmental Health, Toxicology, & Chemical Information". At the bottom right, there are links for TOXNET Transition Page, Email Updates, and Social Media.

Home > Environmental Health, Toxicology, & Chemical Information Home

Opioid Addiction and Treatment Overdose, Treatment, Prescribing, Pregnancy, Neonatal, Recovery, Data/Trends/Statistics

- Understanding Addiction
- Opioid Overdose
- Opioid Drugs
- Treating Opioid Addiction
- Opioid Prescribing
- Pregnancy, Opioid Use, and Neonatal Abstinence Syndrome
- Recovery
- Data, Trends, & Statistics
- Topic-related Searches of National Library of Medicine Resources
- Selection Guidelines
- Disclaimer

Understanding Addiction

- Definition of Addiction
American Society of Addiction Medicine (ASAM)

<https://www.nlm.nih.gov/enviro/opiate-addiction-and-human-health.html>

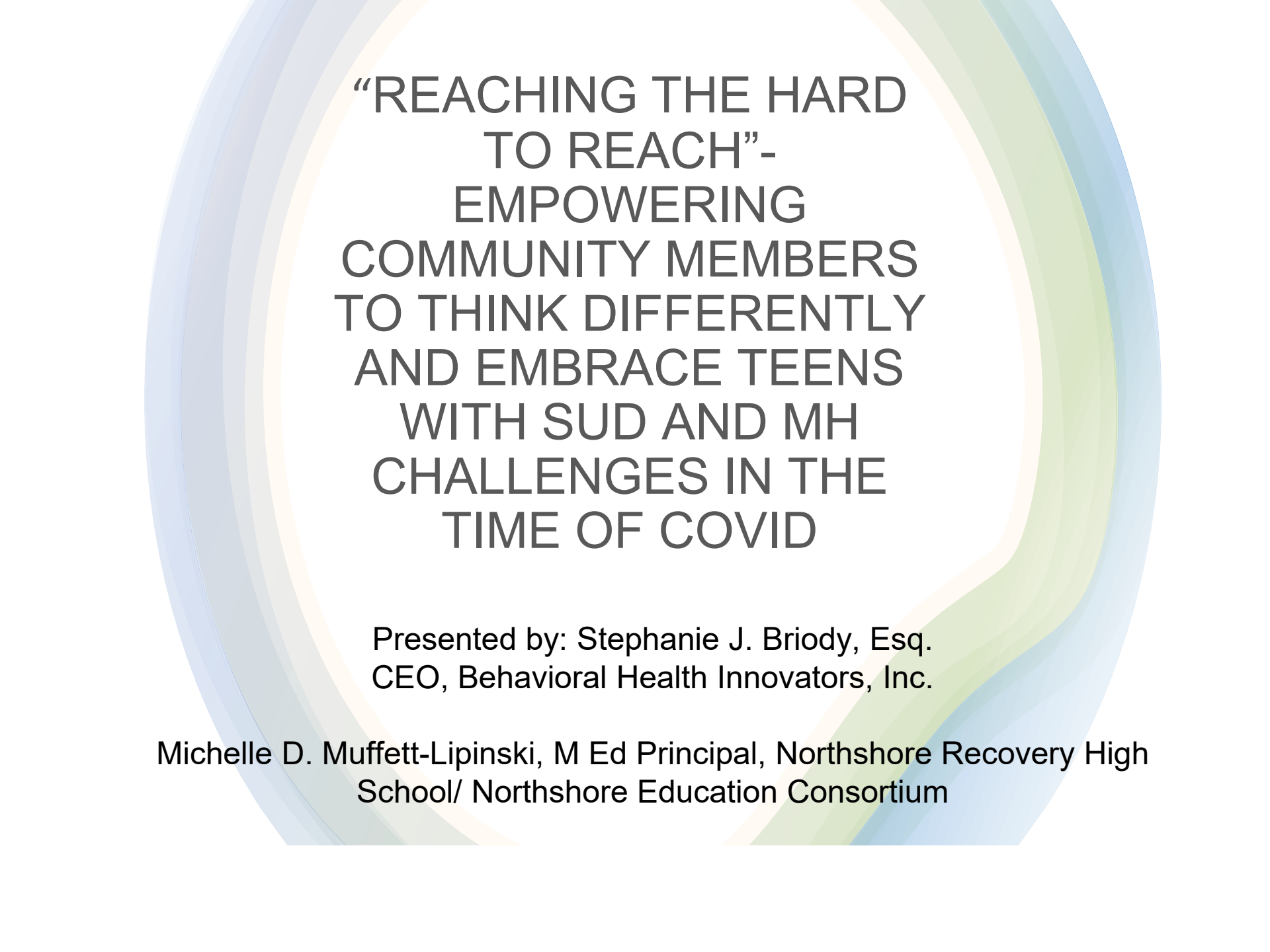
Our Presenters



Stephanie Briody, Esq.
**Co-Founder Behavioral
Health Innovators**



Michelle Muffett-Lipinski, M.Ed.
**Co-Founder & Principal
Northshore Recovery High School,
Co-Founder Icanhelp.me
Co-Founder, Positive Alternatives Suspension**



“REACHING THE HARD
TO REACH”-
EMPOWERING
COMMUNITY MEMBERS
TO THINK DIFFERENTLY
AND EMBRACE TEENS
WITH SUD AND MH
CHALLENGES IN THE
TIME OF COVID

Presented by: Stephanie J. Briody, Esq.
CEO, Behavioral Health Innovators, Inc.

Michelle D. Muffett-Lipinski, M Ed Principal, Northshore Recovery High
School/ Northshore Education Consortium

Behavioral Health Innovators, Inc.

Vision:

To live in a world where there is acceptance of, and support for, youth struggling with mental health and substance use challenges, in order to empower them to live their best lives.

Mission:

Creating innovative, high impact solutions for individuals and loved ones who suffer from behavioral illnesses. Our specialties are in the area of solution design and development, advanced research, education, and consulting services. Our initial emphasis is focused on substance use disorder, anxiety and depression in youth, age 24 and under.



MICHELLE D. MUFFETT-LIPINSKI, M Ed

EDUCATION

Indiana University, Marketing	1984-1988
University of Massachusetts, BS Biology	1993-1995
Salem State University, M Ed Education Leadership	2002-2007

PROFESSIONAL EXPERIENCE

Northshore Recovery High School, Founder/Principal	2006-Present
Icanhelp, Non-Profit, Founder	2011-Present
State of New Mexico, ROSC, Advisor	2012-2014
City of Salem, MA, Evaluator/Advisor	2013-Present
Pharmacom/NADDI/KOL, Speaker	2007-Present
Salem State University, Instructor	1999-Present
Salem High School, Educator/Director, 21 st Century Coordinator	1996-2006
North Shore Community College, Program Coordinator	1995-2002

TEACHING ACTIVITIES (Grades 9-12)

Educator: Biology, Chemistry, Anatomy & Physiology, Health	1992-1999
Director/Founder: Salem Alternative Education School	1999-2006
Founder/Trainer: Potential Connections, Non-Profit/Icanhelp	2011-Present

Current Massachusetts DESE Licenses:

General Science
Biology
Principal/Assistant
Superintendent/Assistant

HONORS

Eye on Education: Young Addicts Find Hope at Northshore Recovery High School (2018)

<https://www.youtube.com/watch?v=8EOzTVz408M>

High School Uses Unconventional Programs to Lead Students to the Path of Sobriety (2019)

<https://www.nbcboston.com/news/local/music-program-at-high-school-helps-young-adults-with-substance-abuse/1837386/>

School Desk Diaries: WGBH

<https://www.wgbh.org/news/2018/02/26/local-news/school-desk-diaries-northshore-recovery-high-school>



PRE-COVID

Age of onset of types of disorders in children



Age 6

median age
of onset

**Anxiety
Disorders**



Age 11

median age
of onset

**ADHD and
Behavior
Disorders**



Age 13

median age
of onset

**Mood
Disorders**



Age 15

median age
of onset

**Substance
Use**

Sounding the Alarm on Youth Public Health Crisis via Our Teen Infographic

TEEN MENTAL HEALTH



A CAUSE FOR CONCERN

Over the past 10 years, the United States has seen an alarming increase in:



ANXIETY



DEPRESSION



SUICIDE

And studies show... **younger generations** are being hit the hardest.

A SNAPSHOT OF TEENAGE MENTAL HEALTH

BEING A TEENAGER

has changed

INCREASES IN THESE

Stress & Anxiety
+
Social Media
+
Loneliness
+
Self-Harm

Sleep
+
Physical Activity
+
Creative Pursuits
+
Community

DECREASES IN THESE



Teenagers are encountering **increasing levels of pressure and stress**. While **healthy outlets have been decreased**, they are relying on **unhealthy coping methods**.

a closer look at
TEEN STRESSORS



Post 9/11
Terrorism



School
Shootings



Academic
Pressure



Unrealistic
Expectations from
Social Media



Bullying



Family Financial
Insecurities



Mounting
College Debt



Gender
Identity



Higher Level
Parental Stress



Climate
Change Worries



Because teens are **on their phones and computers** on a near constant basis, they have **no time to escape these stressors**.



UNHEALTHY OUTLETS

SUBSTANCE MISUSE

- 90% of alcohol consumed by kids 12-20 is binged
- 4K teens 12-17 try drugs for the first time daily
- 1 in 5 teens abuse a prescription drug
- Teen marijuana use is at a 30-year high

SOCIAL MEDIA & SCREEN TIME



- U.S. teens average 8 1/2 hours of screen time daily
- 45% of teens report being online nearly constantly
- 59% of teens have been a target of cyber bullying
- Heavy social media users (5+ hrs per day) have over double the rate of depressive symptoms as light users, with a stronger relationships for girls

SELF-HARM



- 1 in 10 boys and 1 in 4 girls self-harm
- Suicide plans, attempts, and deaths increased 71% among teens between 2008 and 2017

SMOKING



- 37% of high school seniors reported vaping in 2018
- 18% of eighth graders vaped in the last year

RESILIENCE



School staff are seeing **lower levels of resilience** among students



More students aren't equipped to **problem-solve** or **advocate** for themselves effectively



More and more students struggle to **recover** from **even minor setbacks**

TIME OUTDOORS



Most teenagers spend only **1 hour outside** per school day



80% of teens say they prefer to spend more time inside than outside



Studies show time **outdoors** and exercise **can reduce anxiety and depression**

SOURCES

National Institute of Mental Health: nimh.nih.gov/health/statistics/major-depression.shtml
Youth Risk Behavior Surveillance System (YRBSS): cdc.gov/healthyyouth/data/yrbs/index.htm
Polaris Teen Center: polaristeen.com/articles/teen-mental-health-stats
Journal of Abnormal Psychology: ajph.aphapublications.org/doi/10.2105/AJPH.2018.304470
State of Addiction Report: prnewswire.com/news-releases/hearst-television-to-address-americas-opioid-crisis-with-special-multiplatform-initiative-state-of-addiction-300389337.html
Monitoring the Future Study: drugabuse.gov/related-topics/trends-statistics/monitoring-future
American Academy of Child & Adolescent Psychiatry: aacap.org/aacap/families_and_youth/facts_for_families/fff-guide/Marijuana-and-Teens-106.aspx
Johns Hopkins Health Review: johnshopkinshealthreview.com/issues/fall-winter-2017/articles/the-rise-of-teen-depression
American Academy of Pediatrics: pediatrics.aappublications.org/content/138/4/e20161372
American Academy of Pediatrics: pediatrics.aappublications.org/content/142/1/e20174085
Journal of Social and Personal Relationships: journals.sagepub.com/doi/abs/10.1177/0265407519836170?journalCode=spra
Cigna: cigna.com/newsroom/news-releases/2018/new-cigna-study-reveals-loneliness-at-epidemic-levels-in-america
American Recreation Coalition: funoutdoors.com/node/view/3885
New York Times: nytimes.com/2017/10/11/magazine/why-are-more-american-teenagers-than-ever-suffering-from-severe-anxiety.html
alcohol.org: alcohol.org/teens/binge-drinking-facts
Partnership for Drug Free Kids: drugfree.org
The Common Sense Census: commonsensemedia.org/sites/default/files/uploads/research/census_researchreport.pdf
Pew Research Center: pewinternet.org/2018/09/27/a-majority-of-teens-have-experienced-some-form-of-cyberbullying/
UK Millennium Cohort Study: [thelancet.com/journals/eclinm/article/PIIS2589-5370\(18\)30060-9/fulltext](http://thelancet.com/journals/eclinm/article/PIIS2589-5370(18)30060-9/fulltext)
Environ. Sci Technol.: ncbi.nlm.nih.gov/pubmed/20337470



Created by Behavioral Health Innovators • bhinnov.org • [@bhinnov](https://twitter.com/bhinnov)
with support from Alkermes Inspiration Grants®



Visit bhinnov.org to See Other Content in our Peer Heroes Multimedia ToolKit

National YRBS 2017 Results

Reporting Period Covered: September 2016–December 2017. The Youth Risk Behavior Surveillance System (YRBSS) monitors categories of priority health-related behaviors among youth and young adults.

Results (excerpted): During the 30 days before the survey:

29.8% reported current alcohol use

19.8% reported current marijuana use

14.0% of students had taken prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it one or more times during their life.

During the 12 months before the survey:

19.0% had been bullied on school property and

7.4% had attempted suicide.

Nationwide:

8.8% of high school students had smoked cigarettes and 13.2% had used an electronic vapor product on at least 1 day during the 30 days before the survey

The prevalence of most health-related behaviors varies by sex, race/ethnicity, and, particularly, sexual identity and sex of sexual contacts. Specifically, the prevalence of many health-risk behaviors is significantly higher among sexual minority students compared with nonsexual minority students.

High School Youth Risk Behavior Survey 2017

- Results from local Cape Cod school district
- High School vaping use has rapidly risen above both state and national averages.
- Teens' use of marijuana has increased since 2016 and is above their peers in Massachusetts and the U.S.
- Higher frequencies of teens who binge drink.
- Percentage of our students who report having had sexual intercourse in their lifetime has increased by an alarming 43% in the past 3 years.
- The number of teens who reported on the YRBS as having experienced unwanted sexual contact impacts a shocking number of our girls.
- The number of teens who report being depressed is up nearly 50% since 2016.

Middle School Youth Risk Behavior Survey 2017

- Vaping is increasing: 22 (2015) to **29** (2017).
- Seriously Consider Suicide Attempt: 33 (2015) and 26 (2017).
- No or Not Sure if they have one or more adult to talk with:
54 (2015)
78 (2017)
- Past year felt extremely worried or anxious, interfering with daily activities (for 2 weeks or more they were unable to access the things that made them happy):
 - 2015 total was 85
 - 2017 total was **168**

**“We have an epidemic
on our hands.”**

**Director of Student
Services, Cape Cod
School District**

RAMP[®]

Risk Addiction

RAMP[®]

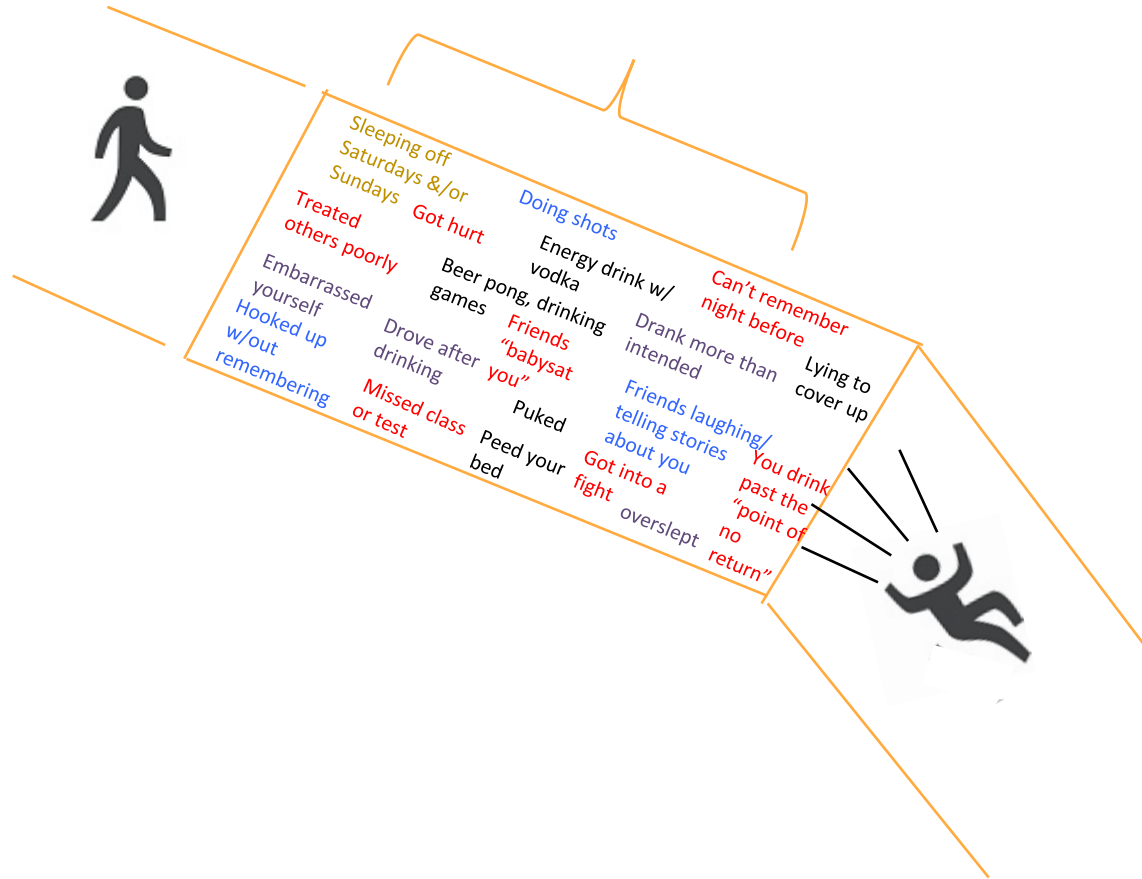
Mapping Progression[®]



Companion to SBIRT

- Education around the staging of addiction – for youth by youth
- In the language of youth, discrete everyday behaviors
- Call out (and interrupt) risky behavior in early stages BEFORE becoming dependent
- Youth can recognize where they are “On the RAMP”
- What addiction really looks like if they continue – hear directly from their peers
- How to get off the RAMP – connect to resources

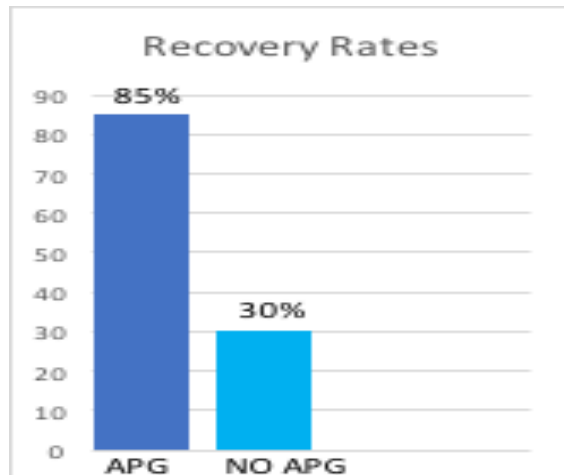
The Invisible Line Concept – Part of RAMP®



RecoveryBuild Alternative Peer Group (APG)

...a place where teens come together with their peers to build a life in recovery that will sustain them as they integrate into the broader Recovery Community

Alternative Peer Groups



(Basinger & Edens)



Learning so far:

- Not just SUD recovery, but teens also present with anxiety, eating disorders, substance impacted, more...
- Friends bringing friends
- "Intervention with teeth" – i.e. alternative to suspension
- Start out resisting, then want to come

What do we do?

Who is Eligible?

Teens 13-18 with a history of substance use.



Along with group counseling and Individual Support, we engage teens in fun social activities that support peer recovery by hosting virtual groups. These activities include collaborative art projects, pictionary, party games, and group discussions.

We encourage teens to support each-other, and provide them the tools to abstain from drug use and achieve recovery.



Recent Legislative Initiatives in MA

Working with Community Leaders/ State Representatives

Mental Health ABC Act: Addressing Barriers to Care Senate Bill 2519: An Act Addressing Barriers to Care in Mental Health

- \$10 million Behavioral Health Outreach, Access and Support Trust Fund
- Enforcing Mental Health Parity Laws
- Reforming Medical Necessity and Prior Authorization Requirements
- Reimbursing Mental Health Providers Equitably
- Reviewing the Role of Behavioral Health Managers
- Studying Access to Culturally Competent Care
- Standardizing Credentialing Forms
- Moving Licensing Boards under DPH
- Allowing Interim Licensure for Licensed Mental Health Counselors (LMHC)
- Creating a Psychiatric Mental Health Nurse Practitioner Fellowship Pilot Program
- Creating a Mental Health Workforce Pipeline
- Requiring Coverage for Same Day Care
- Ensuring Capacity in Emergency Departments
- Requiring Coverage for Psychiatric Emergency Service Programs
- Tracking and Analyzing Mental and Behavioral Health Expenditures
- Creating a Tele-behavioral Health Pilot Program
- Increasing Access to Care in Geographically Isolated Areas and to underserved populations



COVID

THE SECONDARY EFFECTS OF COVID

“A pandemic, unlike an earthquake or fire, is invisible, and that makes it all the more anxiety-inducing. You can’t see it, you can’t taste it, you just don’t know.... You look outside and it seems fine...” It’s sort of like running down a field to score a goal, and every 10 yards they move the goal....”.

<https://www.theatlantic.com/health/archive/2020/07/coronavirus-special-mental-health-disaster/613510/>



COVID IMPACT ON OVERDOSE RATES STAGGERING

As the COVID-19 global pandemic continues, so does the nation's opioid epidemic. The AMA is greatly concerned by an increasing number of reports from national, state and local media suggesting increases in opioid-related mortality—particularly from illicitly manufactured fentanyl and fentanyl analogs. More than 35 states have reported increases in opioid-related mortality as well as ongoing concerns for those with a mental illness or substance use disorder in counties and other areas within the state. This also includes new reports about the need for evidence-based harm reduction services, including sterile needle and syringe services and naloxone.

<https://www.ama-assn.org/system/files/2020-07/issue-brief-increases-in-opioid-related-overdose.pdf>

CRIES FOR HELP

‘Cries for help’: Drug overdoses are soaring during the coronavirus pandemic

Suspected overdoses nationally jumped 18 percent in March, 29 percent in April and 42 percent in May, data from ambulance teams, hospitals and police shows.

<https://www.washingtonpost.com/health/2020/07/01/coronavirus-drug-overdose/>

July 1, 2020

Prepare for the SURGE

One of the fallouts from the COVID pandemic is the impact isolation and “social distancing” has had on young people with mental illness and addiction.

Addiction treatment and mental health treatment centers are reporting an increase in depression, anxiety and substance use, self-harm and suicide.

As we do all we can to combat the COVID pandemic, we cannot ignore the likelihood that we will need to prepare for a surge in relapses, overdose deaths and suicides.

Programs like the ones we’re mentioning for teens fill the gap in services for teens struggling with substance use and addiction.

“Teens, Tweens and Quarantines”



Seeking connection- they want to see, touch their friends... social reward overrides risk..



Privacy is really important to teens...allow them to have their own space and set their own schedule in the house.



SURGE around mental health challenges is overwhelming... special needs students, students with anxiety, OCD, Depression, SUD, PTSD (defined as anything that is traumatic to you), hard for parents, too



Pre-existing MH problems... the mental health surge is already happening... IT WILL GO ON FOR YEARS!



“Pandemic” learning vs virtual learning- We don’t know the timeline of the virus... exhausting to live under this stress- it’s like a marathon ...self-care is needed

WE ALL NEED CONNECTION

Staff support

Student Support

Discipline

Working with Staff and Students to Offer Support

Staff support:

- Provide Staff personal connections to one another and support from Admin. and Principal
- Post signs at their homes that they are loved and missed, bring cookies
- Engage them in reaching out to the students
- Work with the policy makers to support staff

Student Support:

- Visit them at home while maintaining social distancing and wearing masks
- Bring brownies and and cookies
- Provide social emotional learning group support via Zoom
- Show them they are loved and supported

Living and Learning during COVID at the Northshore Recovery High School

- 36 of the most vulnerable students- <https://www.recoveryhighfilm.org>
- Principal and Staff out visiting students: 5 staff three vans, (wearing masks, standing 6 ft apart, using purell)- bring cookies, signs to post in their yards they they are loved and missed
- COVID precautions apply- spread students out across classrooms, use of chromebooks
- Remote learning continues- for some students it addresses their anxiety about going to school- e.g. they can play guitar through Zoom lessons
- Home environment for many is stressful adding to their SUD and MH problems.
- GOAL- Create social, emotional and recovery support in the 6.5 hours they are at school

Discipline and Suspension vs. Intervention

- ✓ Suspension doesn't work
- ✓ No evidence that it changes behavior
- ✓ Lots of evidence that it can cause harm
- ✓ School to Prison Pipeline
- ✓ Lots of studies that correlate suspensions with dropout rates and arrest rates
- ✓ Equity and Disproportionality
- ✓ Certain subgroups are suspended more frequently
- ✓ Financial Expense (lifetime differences between dropouts and graduates in terms of income, taxes paid, government spending on health, crime, welfare, etc.)
- ✓ Recent NPR article estimates this at over \$500,000 per student suspended

NPR Report on The Cost of High School NPR NPR REport on the High Cost of School Suspensions:

https://www.npr.org/sections/ed/2016/06/02/480181488/high-school-suspensions-cost-the-country-35-billion-annually-report-estimates?fbclid=IwAR3SELE_NW6wYoYJQMILyWDkKbJLtMB1hPcKo9hWVvZqbCwYf4Wf1TK6pD4

NAACP Legal Defense and Education Fund “Locked out of the Classroom: How Implicit Bias Contributes to Disparities in School Discipline” 2017

Positive Discipline Interventions

Excerpted from “My Life, My Recovery, My Future”- Michelle Lapinski

Relapse Plan

When I am relapsing and my substance use is out of control, I will need others around me to show me I need help. I am incapable of doing this on my own since addiction is a chronic disease and my brain is unable to guide me to make good decisions.

What are some of the reasons I use?

How does it feel when I don't use? Do you remember what it feels like to be sober?

What do you think of yourself right now?

Do you have any “safe” friends?

What will I get back if I quit using?

What will my future look like if I continue to use?

What will my future look like if I stop using today?

When do I need to be sectioned?

PASS PROGRAM

POSITIVE ALTERNATIVE TO SCHOOL SSUSPENSION

What it is:

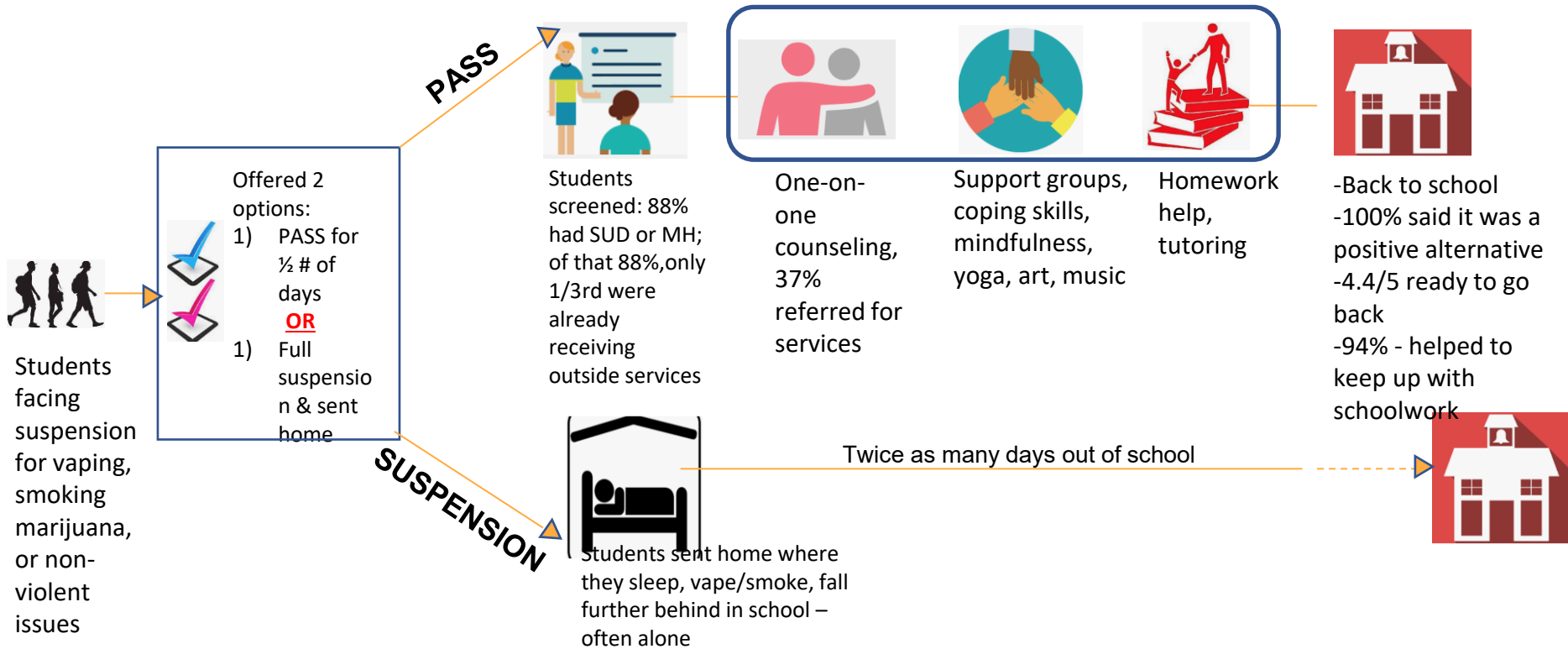


- A 3-10 day off-site program 8:30am-2:30pm offered voluntarily to students who've been suspended or are facing suspension from school. It qualifies as treatment, not suspension.
- Michelle Lipinski of Northshore Recovery High School started the program, collaborating with JRI, Beverly YMCA and 10 school districts in the Northshore, which share the cost of the program.
- School districts now have a place to send a student they believe may need some social/emotional support and would benefit from a therapeutic environment where they are also able to access their academics.
- 200 students per year attend PASS

What did you enjoy most about PASS?

Painting with everyone and getting to know the members of PASS was probably my favorite part. Everyone is very nice and accepting and didn't bash me for my stupid mistakes.

PASS Program - How it Works



RecoveryBuild APG - COVID Action Steps

- Telehealth for Counseling Sessions
- Outreach to students through their teachers, school counselors
- Treatment Centers are hanging on to them longer because there are few supports in the communities
- Will refer to programs like the APG program
- Recovery Peer Mentors lead fun, creative online activities
- Plan to meet outside standing 6 ft apart and go for hikes, play games, Scavenger hunts, etc.
- Schools anticipate there will be more student arrested for substance use due to increase in substance use during COVID
- CRA(Child Requiring Assistance) civil juvenile proceedings are not in session
- Attendance at the APG as a diversion program for Juvenile justice matters

House Party, Graphic Arts, Minecraft, Drawpile, skribll.io, Zoom Activities



EXPRESSIVE
THERAPY



ARTS



GAMES

Let Your Students Create Their Own Culture

RecoveryBuild APG- THE 5 F's

- No Fighting
- No Fixing (Using)
- No Fornication
- No Fires
- No Financing

ACT NOW!!!

**DON'T WISH FOR IT, WORK FOR IT! DON'T ASK FOR PERMISSION,
ASK FOR FORGIVENESS!**

- **BE WITH THE CHAOS**
- **CREATE PROGRAMS/ SOLUTIONS THAT SERVE YOUTH IN YOUR COMMUNITY**
- **RUN FOR OFFICE**
- **START A COMMITTEE**
- **SPEAK OUT AGAINST POLICIES THAT KEEP KIDS SICK**
- **CHANGE THE POLICIES THAT DISPROPORTIONATELY IMPACT STUDENTS OF COLOR**
- **STOP THE STIGMA AROUND MENTAL HEALTH AND SUBSTANCE USE**

“People will forget what you said, they will forget what you did, but they will never forget how you made them feel”.

Maya Angelou

Thank you
Stephanie and Michelle!

Any questions?

Please type your questions
into the chat box



Contact Info for our Presenters

Stephanie Briody - stephanie@bhinnov.org

Michelle Lipinsky - mlipinski@nsedu.org

Evaluation Information

Link to Evaluation:

<https://bit.ly/2Q6J4bM>

Enrollment Code (Needed to Claim CE Credit) - **SUDMH820**

How to Claim CE Credit



U.S. National Library of Medicine
National Network of Libraries of Medicine
Training Office

801-587-3518 – Voice
<https://nnlm.gov/nto>

How to Claim CE Credit with a MLA Enrollment Code

At the end of the class, we shared a URL to the class evaluation. After you complete the evaluation, **you will be asked if you want CE credit**. If you say Yes, an **enrollment code** will display on the page along with a direct link to MEDLIB-ED, the Medical Library Association's (MLA) clearinghouse for CE classes and credit. Follow the link to MEDLIB-ED, log in (or register if this is your first time), and claim your credit. Complete instructions are below. You don't have to be a member of MLA to create an account and claim credit.

NNLM Training Evaluation Questionnaire

Do you want to receive Medical Library Association Continuing Education credit for this class? Yes No reset

MLA CE

To obtain Continuing Education credit from the Medical Library Association for participating in PML Intro, follow the instructions below:

1. Go to www.medlib-ed.org
2. Login (if you do not have a current MLANET login, you will need to create one: [Step-by-step instructions](#))
3. Click My Learning on the blue bar near the top of the page
4. Enter the enrollment code click Redeem, then Claim
5. If you have questions or run into problems with MEDLIB-ED, please email MEDLIB-ED@mail.mlahq.org

A code will appear. Copy and redeem on www.medlib-ed.org

https://nnlm.gov/sites/default/files/nto/Claim_MLA_CE_handout.pdf



Free templates for all your presentation needs



For PowerPoint and
Google Slides



100% free for personal
or commercial use



Ready to use,
professional and
customizable



Blow your audience
away with attractive
visuals