

# OMNI TA Newsletter

Volume 26 | February 15, 2021

## Resources on Prevention Best Practices

By gathering information through end of year reporting and site visits, OMNI and DBHDS are working to provide resources based on CSB needs and requests. One of the ways that we will do this moving forward is through this TA newsletter! One recent request was for more information on new, emerging, and innovative prevention practices.



In a field that is always adapting, and can be difficult to stay on top of the newest and most effective prevention strategies - one of the best resources may be learning from each other. Please join your fellow prevention colleagues in the quarterly Community Forum discussions that OMNI is hosting - the first of which is **Tuesday, 2/16 at 11am ET**. Click [here](#) to register.

Here are some general resources and clearinghouses on best practices for prevention:

- [SAMHSA's Evidenced Based Practices Resource Center](#)
- [Prevention Technology Transfer Center Network \(PTTC\)](#)
  - Funded by SAMHSA to develop and disseminate tools and strategies to improve the quality of substance use prevention efforts.
- [Rural Health Information Hub](#)
  - Provides information about programs and innovative approaches for substance use prevention and treatment in rural areas
- [Conduent Healthy Communities Initiative Promising Practices](#)
  - A website hosted by a private company that provides a database of information that is searchable by keywords and topics, like prevention and safety.
- [Blueprints for Healthy Youth Development](#)
  - Includes a searchable database of practices that meet their standards to receive certification - a process which includes an extensive scientific review of an intervention's evidence of effectiveness.
  - Database is searchable by risk or protective factors.
- [California Evidenced-Based Clearinghouse for Child Welfare](#)
  - Includes a searchable database of substance abuse prevention programs for youth.
- [Title IV-E Prevention Services Clearinghouse](#)
  - Provides a searchable clearinghouse of prevention programs and services by topic, like substance abuse.
- [Prevention Evidence-Based Practice Registries](#)
  - With a focus on youth, includes a list of prevention-related practice registries and clearinghouses.

Please continue to share resources on best practices and approaches with each other, either by connecting via the Virginia Prevention Works portal, or during the Community Forums.

## OTC and Stimulant Drug Information



Many CSBs have asked for more information on the effects of over-the-counter (OTC) and stimulant drugs on their communities. Below are some highlights from a summary information document OMNI developed, that can be found in Box.com or by clicking [here](#).

### OTC Drug Use

- OTC drugs are often **perceived as safer** to use than alcohol or other drugs, and are commonly associated with other drug use.

- For example, people use OTCs to offset the negative effects of other drugs, such as withdrawal.
- Effects of OTC drug misuse are similar to alcohol use, but the signs of use can be more difficult to identify.
- Overdose from OTC drugs is rare.

### Stimulant Drug Use

- Stimulants hijack the body's natural reward/motivation/reinforcement cycle by increasing dopamine levels in the brain.
- Signs of stimulant use are often easier to notice (loss of weight and appetite, faster breathing and heartrate) and consequences include psychosis and altered judgment leading to criminal involvement, high risk sexual behaviors, eating disorders, and gambling.

### OTC and Stimulant Risk Factors

- Age and gender are key risk factors
  - OTC users tend to be 12-20 years old
  - Stimulant users tend to be 18-25 years old
  - Females are more at risk for use than males at younger ages for both OTC and stimulants

### Prevention Efforts

- Prevention strategies include interventions or campaigns that change attitudes and perceptions at the individual, family, and community levels.
  - Since there are gender effects, interventions should be tailored for females and males, especially regarding stimulant use.
  - Environmental efforts for OTC prevention include limiting accessibility in stores and in the home, and use of product package safety features.

## News You Can Use



### Contact OMNI Support for Plan Channel Edits

Please ensure an OMNI TA approved your Plan Channel before you begin entering activities in the Implement Channel. Once the Plan Channel is approved, avoid making changes to the strategy's fields or entering strategies not listed in your data entry plan. This will prevent you from making revisions later as OMNI reviews implementation activities.

All strategies entered in the Plan Channel should follow your data entry plan. If you need to make any changes, please contact [OMNISupport@omni.org](mailto:OMNISupport@omni.org) to review and approve any changes.



### Entering Permanent Drug Dropbox Activities

For CSBs implementing the Permanent Drug Dropbox strategy for FY 20-21, there should be a cohort in the Plan Channel for each locality with at least one dropbox. You may record the number of medication pounds collected in the 'Rx Collected' field in the activity. SOR grantees are not required to implement this strategy or record pounds collected. If your CSB did not leverage grant funding for this strategy for FY 20-21 but does share information about the boxes to the community, you may record these efforts under the 'Permanent Drug Dropbox - information dissemination' campaign.

Need further support? Feel free to reach out to the OMNI TA Team!



### A Guide to SAMHSA'S Strategic Prevention Framework (SPF)

This guide provides an overview of each SPF step and the two guiding principles to offer prevention staff a comprehensive approach to addressing substance misuse and related behavioral problems in their communities. To learn more about the SPF framework, please [click here](#) to access the full guide.



New River Valley launched their **#EndOverdoseNRV** campaign leading up to International Overdose Awareness Day this past summer. Because of the pandemic, they were

unable to host the candlelight vigil as they had the previous three years. Instead, they adapted to the new reality of the times and opted for a virtual town hall to discuss the impacts of the recent rise in overdoses on their local communities, and effects in the areas of treatment and recovery. The event was streamed via the New River Valley Facebook page and the resulting video garnered over 1,900 views in the first week it was available!

### February 16, 2021

- Community Forum on OTC Strategies at 11am ET. Click [here](#) to register.

### June 30, 2021

- BG FY20-21 ends.
- Keep up with PBPS data entry to avoid a last minute headache!

### Monthly

- Updated ACEs evaluation and Coalition Readiness and Effectiveness Assessment data available on Box.com.

## Quick Links:

Demographics  
Calculator

VA Prevention  
Works! Portal

VASIS  
Dashboard

CPG's PBPS  
System



Data Entry  
Guidelines

OMNI Support  
Email

Success Story  
Survey

BG Reference  
DEP

