

Making the Connection: Mental Illness, Substance Use, and Child Abuse and Neglect Prevention

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Objectives:

- Gain an understanding of Mental Wellness promotion, Suicide Prevention, Substance Use Prevention and the intersection with Child Abuse Prevention.
- Identify multiple strategies and everyday actions that professionals working within these three categories can do to work together to strengthen the prevention continuum in Maine.
- Learn about resources, tools, and opportunities for collaboration and coordination.

Reminder:

Please use the Q/A button at the bottom of your screen (and not the Chat) to submit any questions to the presenters. We will do our best to answer these at the end of the webinar.

The slides and webinar recording will be available after the webinar along with an opportunity to receive a certificate of attendance.



Who is attending today?

The Foundation

Prior CA/N Prevention webinars laid the foundation for the discussion today....

1. We all have a role in keeping children in Maine safe, stable, happy, and healthy.
2. There are multiple strategies for strengthening families to prevent mental illness, suicide, substance use disorder, and child abuse/neglect.
 - One strategy we heard about in June: Protective Factors.
 - We have an opportunity to leverage prevention efforts to strengthen our approach to prevent child abuse and neglect in Maine.

SHARED GOALS IN PUBLIC HEALTH AND HUMAN SERVICES...

The Safety and Well Being of Adults
and Children in Maine

Strengthening and Supporting
Individuals and Families

Ensuring Individuals and Families
have what they need to be safe,
happy, healthy, and successful.



National Support for Prevention & Collaboration

- The American Public Human Services Association (APHSA) and the Association of State and Territorial Health Officials (ASTHO) have partnered to support states and counties in seizing the monumental opportunity to **shift the paradigm so that prevention of downstream child welfare involvement is a core priority for all family and community-serving entities (public health/human services).**
- A collective vision rests on building a foundational family well-being roadmap based on known protective factors, strength-based approaches, and necessary universal support for all families.
- Leading Prevention: <https://www.leadingprevention.com/>
 - Resources available to establish a better cross-programmatic partnership between child welfare agencies and other essential agencies and community partners.

The Prevention Continuum

Resources and supports to strengthen families span the continuum.

Primary

Services for the **general population** to:

- ◆ Strengthen all families and communities
- ◆ Build protective factors and mitigate risk factors
- ◆ Raise awareness of the public, service providers, and decision-makers of the scope and problems associated with child maltreatment
- ◆ Connect families to concrete resources and help them develop protective factors to avert crisis
- ◆ **Prevent** maltreatment before it occurs and prevent the need for involvement by the child welfare agency

Media Messaging
Parent Education
Networks/Collaborations

Secondary

Services for individuals or families with **one or more risk factors** to:

- ◆ Strengthen specific populations, communities, or neighborhoods
- ◆ Build protective factors and mitigate risk factors
- ◆ Connect families to concrete resources and help them develop protective factors to avert crisis
- ◆ **Prevent** maltreatment before it occurs and prevent the need for initial or deeper involvement with the child welfare agency

Parent Education
Screening
Home Visiting Programs

Tertiary

Services for families where child **maltreatment has occurred** to:

- ◆ Strengthen families with indicated or substantiated child abuse or neglect cases
- ◆ Build protective factors and mitigate risk factors
- ◆ Prevent family separation, reunite families, and help families and children heal from trauma
- ◆ **Prevent** recurrence of maltreatment and reentry into the child welfare system

Treatment and Recovery
Support Groups
Family Preservation
Services

The Common Threads...



Social Determinants of Health

Conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks. The 5 domains include:



What Are Adverse Childhood Experiences?

Adverse childhood experiences, or **ACEs**, mean **potentially traumatic events in childhood (0-17 years)** such as neglect and experiencing or witnessing violence.



ACEs can negatively impact physical, mental, emotional, and behavioral development.

● ACEs can also have lasting effects on health, well-being, and prosperity well into adulthood.



ACEs Can Echo Across Generations

The consequences of ACEs can **be passed down from one generation to the next** if children don't have protective buffers like...



positive childhood experiences

OR



a caring adult in their lives.

Also, when families experience **historical and systemic racism** or living in **poverty for generations**, the effects of ACEs can add up over time.

Protective Factors

Build Supportive Communities & Strong Families

A strengths-based approach developed by the Center for the Study of Social Policy, which are characteristics that have been shown to make positive outcomes more likely for young children and their families, and to reduce the likelihood of child abuse and neglect.

1

Parental Resilience

Building Inner Strength

2

Concrete Supports

Knowing How to Find Help

3

Social Connections

Connecting with Others

4

Knowledge of Child Development

Parenting as Children Grow

5

Social-Emotional Competency of Children

Understanding Children's Emotions

Addressing Risk Factors: Opportunities for Collaboration

- Mental Illness and Substance Use Disorder are two major risk factors in Child Abuse and Neglect.
- The strategies for the prevention of mental illness, suicide, substance use and child abuse and neglect have significant overlaps.
- Existing work in Maine on the continuum of prevention provides for opportunities for us to all work together towards the common goals to support and strengthen individuals and families in Maine.

Child Abuse and Neglect Prevention

It's everyone's role and
responsibility to ensure children in
Maine are safe.

CHILD ABUSE PREVENTION COUNCILS





The Front Porch Project is a community-based primary prevention initiative based on the belief that: **Everyone can – and should – become more aware of how to help protect children and support families in their own communities.**

- It provides community members with the knowledge, skills, and encouragement they need to take an active role in preventing abuse and neglect.
- Each workshop offers facilitated discussions and interactive activities that can help community members navigate difficult situations involving children and families and offers strategies for offering support.
- The Front Porch Project® is flexible and can be adapted to meet the needs of a specific community. This free workshop is provided by local Prevention Councils, both in person or virtually, and is open to everyone.

*The Front Porch Project® was developed by the Pennsylvania Family Support Alliance.
Maine Children's Trust is the first organization to make this project available on a statewide basis.*

Mental Health & Suicide Prevention

Everyone has Mental Health!

Mental Health

Mental Health

- Just like Physical Health, we all have Mental Health.
- Our Mental Health requires care and attention.
- Some days we may feel mentally healthy or unhealthy.
- Taking care of ourselves and seeking help when we are not feeling mentally healthy is a sign of strength.

Mental Illness

- Just like physical health, there may be days we are feeling not well.
- Identification of a problem early is key and intervening with services and supports is important.

Mental Health Disorder

- Mental Health Disorder is a clinically diagnosed condition.
- It involves changes in chemistry of the brain and body that may require medication to treat.

MENTAL HEALTH PROMOTION works to increase protective factors and healthy behaviors to help prevent the onset of and reduce risk factors that can lead to a diagnosable mental health disorder.

Mental Health Self Care Wheel

Regular medical care
Eat healthy
Regular sleep
Exercise
Get a massage
Enjoy physical intimacy like hugs & holding hands

PHYSICAL

Take time for self reflection
Therapy or counseling
Meditation
Keep a journal
Be creative
Join a support group

PSYCHOLOGICAL

Explore a hobby
Cuddle with your pet
Community engagement
Practice self love
Cry
Laugh

EMOTIONAL

Practice forgiveness
Spend time in nature
Connect with a spiritual community
Sing or dance
Yoga
Volunteer for a cause

SPIRITUAL

Take your full lunch break
Leave work at work
Take mental health holidays
Learn to say NO
Use your vacation time
Set boundaries

PROFESSIONAL

Plan & set goals
Spend time with family
Learn a new skill
Read a book
Make time for friends
Reflect on who you are & what makes you special

PERSONAL



More Support = Better Health and Less Risky Behavior

Protective factors such as supportive relationships and caring environments can help students feel safe and enhance resiliency.

Students with 4+ ACEs who say they have strong support from their family and school report less suicide ideation and marijuana use, compared to those with less support.

Among students with 4+ ACEs:

Considered suicide in the past year

Used marijuana in past 30 days

Parents help them succeed...



Always or often

Sometimes, rarely or not at all



32%

43%

33%

42%

Receive support from other adults...



Always or often

Sometimes, rarely or not at all



30%

41%

32%

39%

Have caring school environment...



Always or often

Sometimes, rarely or not at all



29%

41%

29%

40%

Suicide Prevention: Risk Factors



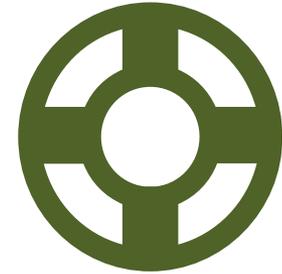
Suicide Prevention: Protective Factors



**Community
Connectedness
and Support**



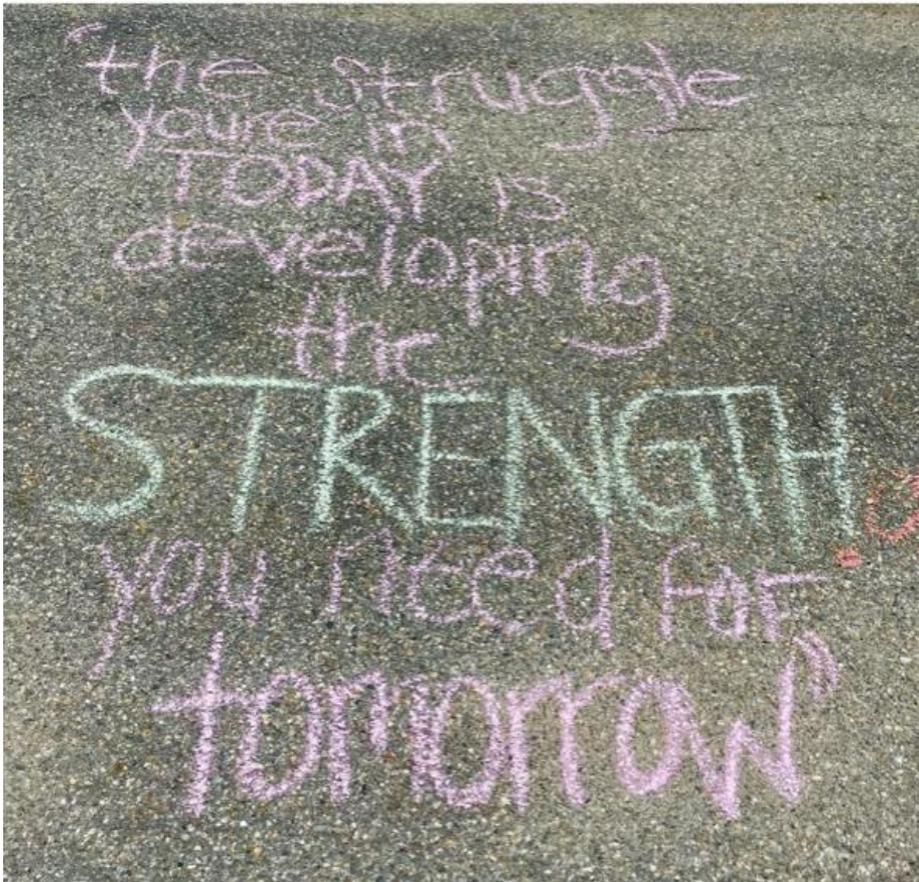
**Mental Health
Services, Recovery
Supports, Access to
Care**



**Improving
Community
Conditions**



SOURCES OF STRENGTH



35 likes

sourcesofstrength_mvhs "The struggle you're in today is developing the strength you need for tomorrow." - Robert Tew

#sourcesofstrength

Suicide Prevention Training:

<https://www.namimaine.org/suicideprevention>

Community Suicide Prevention, Awareness and Support

Nami Maine, working in partnership with the Maine Suicide Prevention Program provides a range of training and technical assistance to support Maine citizens and community organizations supporting suicide prevention. We work under the foundational belief that suicide is often preventable and that suicide prevention is up to the caring concern and efforts of us ALL.

- Suicide Prevention Awareness Sessions
- Suicide Prevention Gatekeeper Training
- Support and Resources following a suicide loss or attempt.

[Learn more](#)

Consultation and Support After a Loss

- Resources for suicide loss survivors
- Ways to support a loved one experiencing a loss

[Learn more](#)

Suicide Prevention in Schools

- School protocol & curriculum development
- Collaborative safety planning in a school environment
- Advanced Gatekeeper, Lifelines, and TOT trainings
- Suicide Loss Resources for Schools

[Learn more](#)

Suicide Prevention for Clinicians and Providers

- Information on suicide risk assessment
- Prevention in a primary care setting
- Collaborative safety planning in a healthcare setting
- Suicide Loss Resources for Healthcare Organizations

[Learn more](#)

Substance Use Prevention

Preventing the onset of use and/or
early identification of use is key!

Social Ecological Model

Five Levels of Influence on Behavior



Protective Factors

- Secure family attachment
- Ability to communicate clearly
- Good coping and problem-solving skills
- Good peer relationships and friends
- Academic success
- Connection to adults outside of family
- Opportunity to engage with school/ community

Risk Factors

- Early aggressive behavior
- Lack of parental supervision
- Low commitment to school
- Undiagnosed mental health problems
- Peer substance use
- Access to substances
- Poverty
- Peer rejection
- Child abuse or neglect
- Laws and norms favorable to substance use

Seven Community Factors that Impact Youth and Adult Substance Use

1. Retail Access & Availability
2. Social Access & Availability
3. Community Norms
4. Family Norms
5. Enforcement
6. Perception of Risk & Harm
7. Price/Promotion

Strategies to Prevent Substance Use and Misuse



The Path of Prevention....

Parents receive info on modeling/monitoring, safe storage, & talk to their children about use.

School Policies are in place, messaging, education programs, youth groups, positive activities, supportive adults.

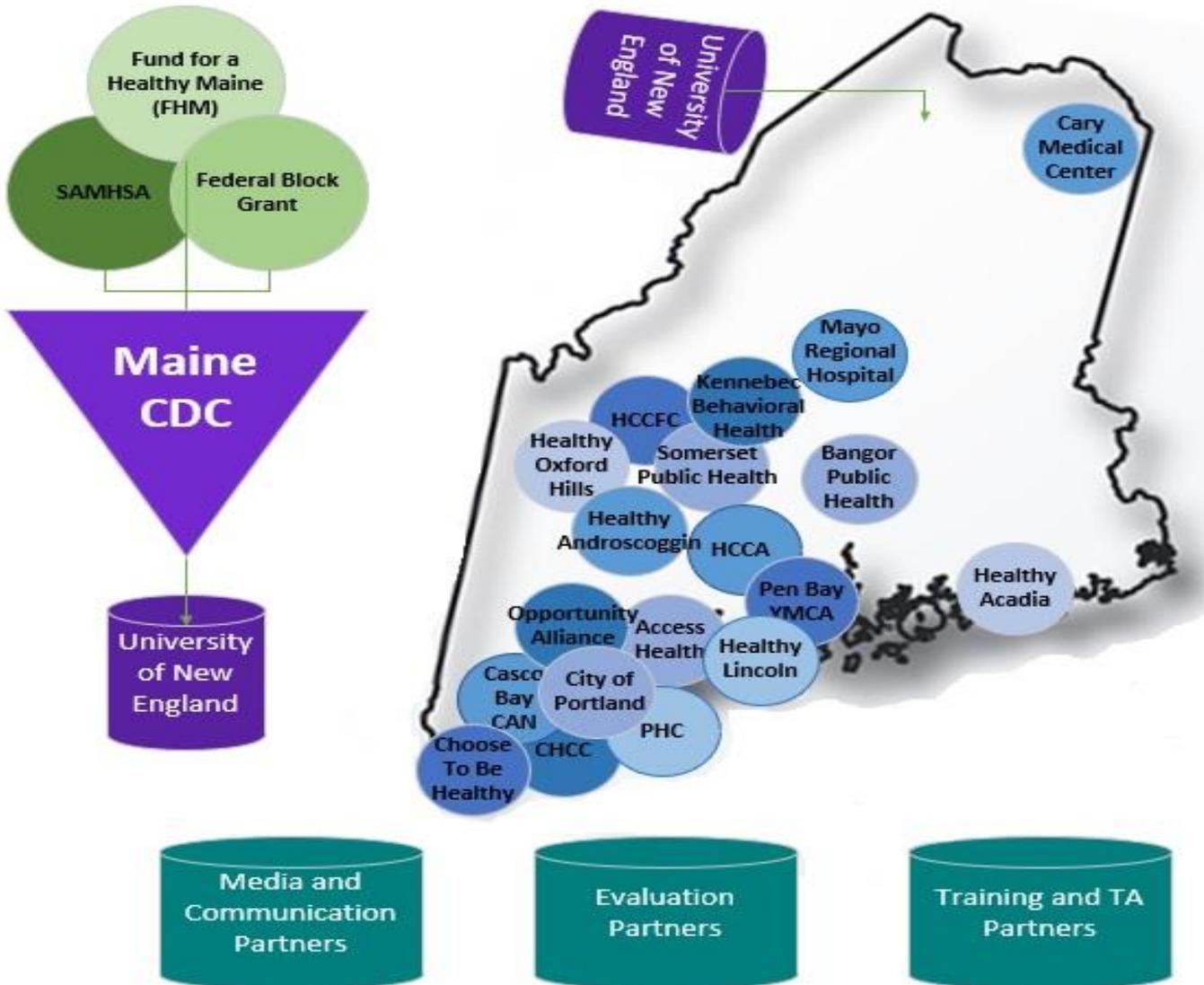
Religious organizations & clergy provide education and support.

Healthcare is screening for tobacco and substance use and referring for services, educating on risk and harm, utilizing PMP.

Community education programs for parents & youth about tobacco & substance use and provide resources.



Substance Use Prevention in Maine



Partners in Prevention

132	Business Community
88	Civic or Volunteer Organizations
15	Clergy & Faith-Based Organizations
42	Colleges & Universities
38	Dentists & Dental Organizations
1	Healthcare Providers & Organizations
23	Hospital Staff & Organizations
23	Insurance Professionals & Agencies
30	Media, Radio, TV, & Newspapers
26	Mental Health Professionals & Agencies



37	Other Youth-Serving Organizations
51	Parent, Family & Caregivers Groups
3	Pharmacists & Pharmacy Organizations
34	Professionals & Organizations Serving LGBTQIA+
76	Schools & School Districts
65	Substance Use Prevention Professionals & Organizations
45	Substance Use Treatment Professionals & Organizations
1	Tribal Leaders or Elders
63	Youth Groups & Representatives



Maine Center for Disease Control and Prevention Substance Use Prevention Strategic Plan 2021–2024

Vision

All people in Maine live in communities that support health, safety, and success, foster strong social connectedness, and are free from the harmful effects of substance use.

Mission

Create a comprehensive, sustainable, and equitable statewide substance use prevention program that uses data to inform decisions, coordinates efforts at the state and local levels, and supports the creation, implementation, and evaluation of culturally relevant strategies.



GOAL 1

Prevent the initiation of substance use and high-risk substance use

STRATEGY

Implement efforts to address primary prevention needs and root causes

MEASURES

- Implementation of primary prevention strategies
- Campaigns launched



GOAL 2

Reduce incidence of substance use disorder and drug-related overdose deaths

STRATEGY

Implement efforts to address high-risk substance use

MEASURES

- Development of workplace policy
- Implementation of harm reduction strategies



GOAL 3

Establish and strengthen collaboration to support the efforts of substance use prevention

STRATEGY

Strengthen the prevention workforce and educate stakeholders and leaders

MEASURES

- Dissemination of materials
- Development of trainings and resources



GOAL 4

Strengthen and expand state- and local-level surveillance and evaluation efforts

STRATEGY

Assess the impact of prevention efforts and enhance data-sharing

MEASURES

- Identification and addressing of data needs
- Development and implementation of prevention recommendations



GOAL 5

Identify and address substance use-related health disparities in Maine's high-priority populations

STRATEGY

Improve cultural and linguistic relevance of substance use prevention efforts and better serve high-priority populations

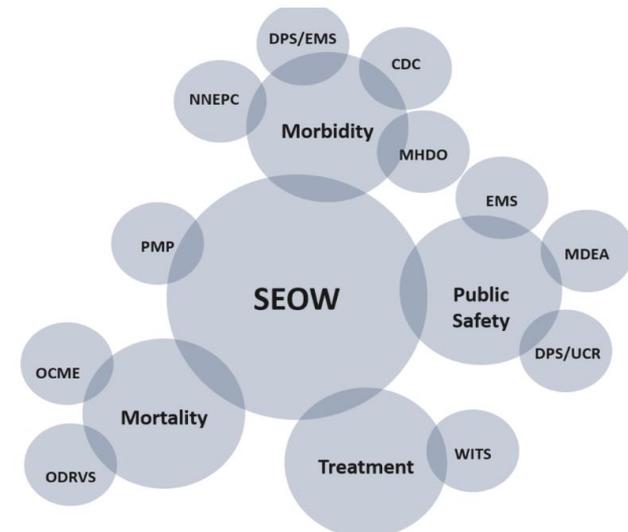
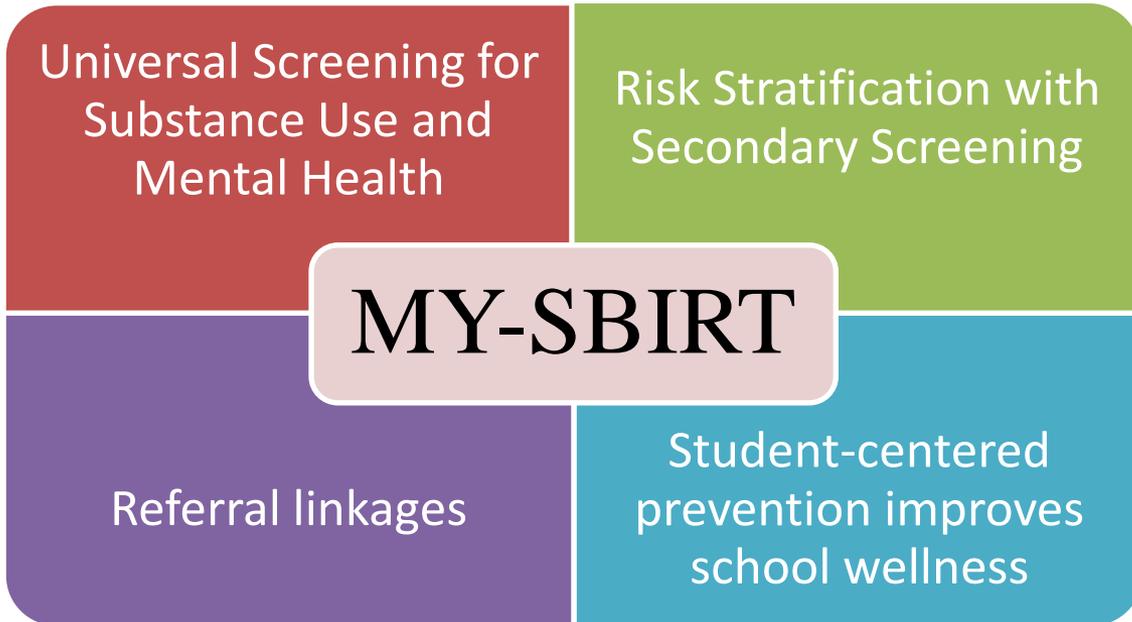
MEASURES

- Determine high-priority populations
- Engagement of high-priority populations

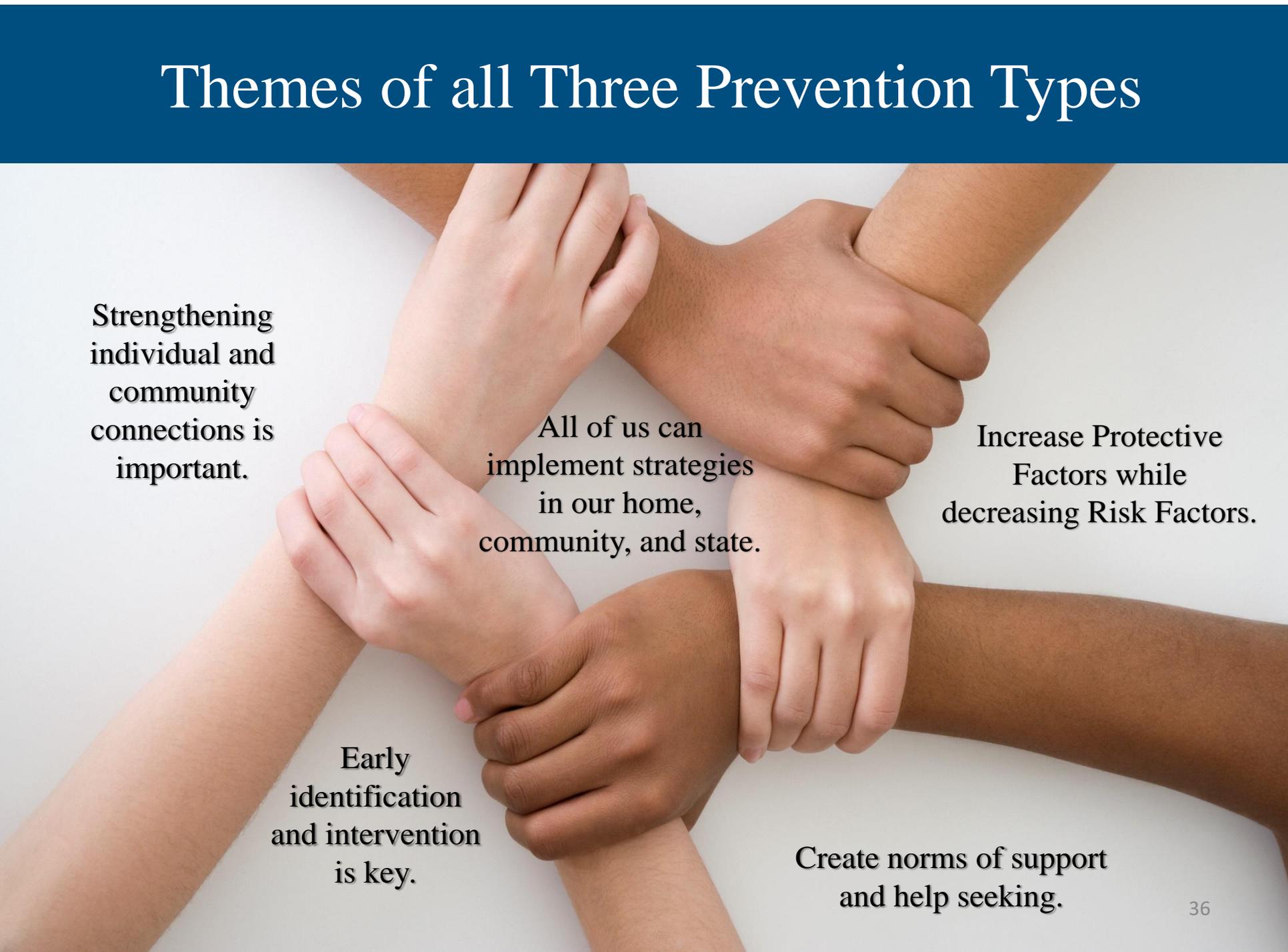
Long-Term Outcomes

Improved protective factors and decreased substance use across the lifespan

Prevention Efforts



Themes of all Three Prevention Types



Strengthening individual and community connections is important.

All of us can implement strategies in our home, community, and state.

Increase Protective Factors while decreasing Risk Factors.

Early identification and intervention is key.

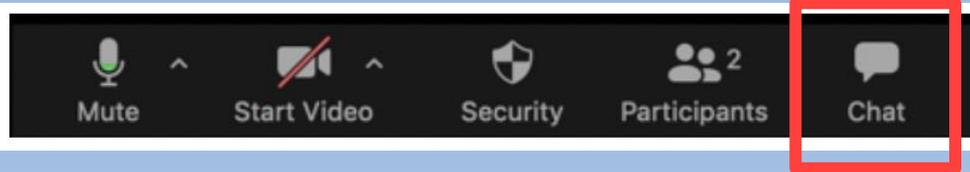
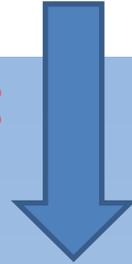
Create norms of support and help seeking.



What opportunities for collaboration and coordination have you identified so far?



1 -Use the link in the chat



2 -Type your answer into the box & click submit



Opportunities/Action Steps: Education

- Information Sharing and Education: We all can share messages and education to support safe and healthy families.
 - Our shared role in keeping children in Maine safe,
 - Promoting Mental Wellness and how and where to find help,
 - Education on Mental Health,
 - Safe Sleep, Protective Factors, Safe Storage and Disposal,
 - Importance of parent and caregiver modeling and monitoring behaviors.
- Order materials from the [Maine Prevention Store](#) for:
 - Office spaces or public places.
 - Disseminating when meeting with individuals and community members (substance use, mental wellness, tobacco use, safe sleep, etc..)

Opportunities/Action Steps: Community

- Community Engagement in Prevention:
 - Substance/Tobacco Use Prevention and other Community Coalitions meet with the Child Abuse Prevention Councils to discuss shared strategies and activities.
 - Encourage Mental Health and Substance Use providers in your community to join coalitions and councils.
 - Create safe community public spaces for relaxation, recreation, meditation, socializing.
- Encourage community trainings of the [Front Porch Project](#) and [Protective Factors](#) both provided by Child Abuse Prevention Councils.
- Community scans of [Mental Health and Wellness messaging](#) and promoting these messages within communities and with individuals.
- Encourage everyone (coworkers, staff, friends, family) to participate in [Mental Health First Aid trainings](#).

Opportunities/Action Steps: Strength

- Strengthen Connections and Protective Factors for individuals and families through:
 - Common protective factor education, strategies, resources, and social emotional learning.
- Help individuals identify problems early on through screening, self reflection, counseling:
 - Connect people to resources early so that we are working to prevent a problem from surfacing or getting worse.
- Promote messaging: “Getting Help is a Sign of Strength.”

Opportunities/Action Steps: Inclusion

- Outreach to the [Maine Youth Action Network](#) and the [Youth Leadership Advisory Team](#) and other youth empowerment groups to involve youth in program planning and development.
“Nothing about us, without us”
- Engage youth and parent voice in community assessments, program planning, and implementation of programs.
 - Add parents and youth to boards, coalitions, decision making groups.
- Understand disparities in communities and include ALL populations in prevention efforts.

Opportunities/Action Steps: Get Involved

- Join your local community coalition or prevention council.
- Create youth supportive environments by providing opportunities to:
 - matter,
 - belong,
 - make a difference.
- Support organizations/systems to develop and help implement good policies and practices related to supporting positive mental health and social emotional learning.
- Utilize opportunities for changes in:
 - Laws/policies
 - Assess social and community norms related to mental health and substance use.
- [Prescription Drug Misuse Prevention Mini Grants](#) opportunity.

Opportunities/Action Steps: Connecting

- We can all connect individuals and families to resources that can support their basic needs and physical/mental health needs.
- Understand the resources that address social determinants of health in your communities:
 - Connect people to resources and encourage them to use:
 - [Access Maine](#) and [211Maine](#)
 - Help us promote the use of these tools on your websites, in newsletters, listserv messages.



Resources

- [Prevention Councils](#)
- [Maine Prevention Services](#)
- [NAMI/Mental Health Resources](#)
 - [Mental Health First Aid Trainings](#)
 - [Strengthen Me](#)
- Locating Services and Supports
 - [988](#),
 - [2-1-1 Maine](#),
 - [Access Maine](#)
- [You are Prevention](#)
- [Prevention for Me](#)



What is one action step you will do as a result of the information you heard today?

QUESTIONS??

Christine Theriault, Office of Child and Family Services

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Certificate of
Attendance

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Feedback
Survey

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