

SAMSHA Strategic Prevention Framework – Partnerships for Success 2020 Strategic Plan Bernalillo County, NM

Please note that while the strategic plan is a grant deliverable, it should also be considered a living document that is updated as the project evolves. Strategic Plans within the New Mexico prevention system are revisited annually.

The strategic plan should be accessible to key prevention team staff within your program and your coalition and key stakeholders. It can also be used as a tool for community engagement, providing documentation of your prevention program's goals and objectives and the work of the program.

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Community Description	<p>According to the U.S. Census Bureau, Bernalillo County has a total area of 1,160 square miles. It is the most populated area in New Mexico. As of 2019, the population estimates 679,121 with persons under 18 years old at 21.4% and persons 65 years old and over at 16.9%. Bernalillo County has a reported female population of 51.0%. The racial makeup of Bernalillo County is as follows: White 83.9%, Black, or African American 3.6%, American Indian, or Alaska Native 6.3%, Asian 2.9%, Native Hawaiian and Other Pacific Islander 0.1%, Two or more races 3.1% and Hispanic or Latino at 50.3%. Bernalillo County has a veteran population of 47,654. There is a foreign-born person's population of 10.1%. There are an estimated 296,404 housing units in Bernalillo County with a median value of owner-occupied housing units at \$199,300. Monthly mortgage estimates \$1,357 while median gross rent estimates \$874. There are an estimated 267,699 households in Bernalillo County with persons per household at 2.50. Persons speaking a language other than English over the age of 5 is 29.2%. 90.2% of households have internet access. 88.9% of the population over the age of 25 have a high school diploma, equivalency, or associate degree. 34.4% of the population over the age of 25 have a bachelor's</p>
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	<p>degree or higher. 9.7% of the population under the age of 65 live with a disability. 10.9% of the population under 65 years old live without health insurance. There is a civilian labor force over the age of 16 of 62.0%. Bernalillo has an estimated \$1,702,579 in total health care and social assistance receipts/revenue. The median household income is \$53,329. Persons in poverty in Bernalillo County estimates 15.5%.</p> <p>Current efforts addressing substance use prevention, intervention, and treatment in Sandoval County include UNM Psychiatry Services and Addiction and Substance Abuse Program, Albuquerque Police Department (APD), Department of Health – Overdose Prevention Program (NMDOH), Transgender Resource Center (TGRCNM), Bernalillo County Behavioral Health Initiative, Addiction Treatment Advisory Board, Metropolitan Court Substance Use and Treatment Options Program, First Nations Community Healthsource (FNCH), Community Services Division Senior and Social Services, Bernalillo County Addiction Treatment Advisory Board, Bernalillo County Department of Behavioral Health Services, Albuquerque Healthcare for the Homeless (AHCH) and Bernalillo County Health Equity Council (HEC).</p> <p>Sources:</p> <p>U.S Census Bureau Quick Facts - https://www.census.gov/quickfacts/fact/table/bernalillocountynewmexico,US/PST045219</p> <p>Partnerships for Success (PFS20) Coalition and Partnership Establishment – Presbyterian Healthcare Services (PHS) 2021</p>
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Goal 1	Reduce polysubstance use and overdose deaths among adults aged 25 to 64 in Bernalillo County.
Goal Indicator(s)	<ul style="list-style-type: none"> • Rate of polysubstance overdose deaths in Bernalillo County • Number of Harm Reduction conversations had with non-fatal overdose patients. • Percent reporting past 30-day use of two or more substances on an occasion (NMCS PFS20 Module)
Intervening Variable	Mode of Use 5
Harm Reduction Objective 1	Increase safe use patterns through supporting trauma-aware interventions that reduce stress and improve the quality of life among those who use substances, in Bernalillo County by 3% by June 30, 2023.
Objective Indicator(s)	<ul style="list-style-type: none"> • Pre-Post of Participants on stress, coping, quality of life • NMCS/ Harm Reduction Survey/Pre-Post:

	<ul style="list-style-type: none"> ➤ “Over the past 30 days, have you used drugs and/or drank alcohol in a way that put yourself or others in physical danger” ➤ “Have you experienced any of the following consequences from <u>polysubstance use</u> [list, e.g., overdose/going to ER, relationship or job problems, blacking out]”
Strategy	<u>Mode of Use Strategy 5</u> : Collaborate with existing community workforce and agencies and coordinate training as much as possible to support the provision of selected trauma-informed interventions that have been shown to reduce stress and increase future-orientation in the lives of people who use drugs (leading to less risky use patterns). Program interventions and curricula that may fit the community or agency include: Mindfulness training; Cultivating Hope; Hope as Prevention; and developing a trauma-informed and trauma-aware coalition.
Rationale for Strategy Selection	The utilization of existing community workforce and agencies in supporting the provision of selected trauma-informed interventions would be key in ensuring that patients receive trauma-aware interventions initiating during patient hospitalization for risky substance use. Existing community workforce and agencies include but are not limited to: Presbyterian Healthcare providers & Peer Support Workers. By working with existing community workforce and agencies, we can increase support and harm reduction education, as well as training on trauma informed, which have been shown to be positively impactful in the lives of people who use drugs. From February 1, 2021 - July 31, 2021 in Bernalillo County, there were 18 polysubstance nonfatal overdose cases where a peer had a harm reduction conversation with the patient (n=53 polysubstance overdoses) which means 34% or one-third of overdose cases indicating polysubstance use involved harm reduction conversations. Through the utilization of the Mode of Use Strategy 5, conversations between patients and Presbyterian Healthcare providers would be broadened to support the provision of selected trauma-informed interventions, leading to self-reported less risky use.

Intervening Variable	Mode of Use 3
Harm Reduction Objective 2	By June 30, 2023, reduction of polysubstance use in Bernalillo County by 3% by encouraging Promotoras, Community Health Workers, Peer Support, outreach workers, harm reductionists and their host agencies to always share information about the dangers of polysubstance use.

Objective Indicator(s)	<ul style="list-style-type: none"> • NMCS: Did a provider talk to you about polysubstance use • NMCS: polysubstance use
Strategy	<u>Mode of Use Strategy 3</u> : Train and provide resources to Promotoras, Community Health Workers, outreach workers, and harm reductionists to always share information with participants, customers, families, and other professionals (prevention audiences who do not have a substance use diagnosis) about the dangers of polysubstance use, substance misuse, less risky use strategies, the dangers of use in certain combinations, the risks of simultaneous alcohol and drug use, and best practices for healthcare of persons who use substances.
Rationale for Strategy Selection	By using the Mode of Use Strategy 3, Bernalillo County residents will receive education on the dangers of polysubstance use, substance misuse, less risky use strategies, the dangers of use in certain combinations, the risks of simultaneous alcohol and drug use, and best practices for the healthcare of persons who use substances. Education will include but is not limited to the importance of Naloxone use during an overdose as well as the importance of having it on hand for the prevention of overdose death, which will increase the amount of county wide distribution, as PFS20 assessment identified Naloxone as a key factor in the prevention of unintentional overdose deaths in Bernalillo County. County data showed a significant drop in the number of Naloxone doses distributed from Q3 of 2020 (6,819 doses distributed) to Q4 of 2020 (5,806 doses distributed). Increased education on the dangers of polysubstance use, substance misuse, and best practices for healthcare of persons who use substances will lead to preventable opioid overdose deaths and will result in less risky use patterns for people who utilize substances and will increase their self-rating well-being.

Intervening Variable	<u>Mode of Use 7 (Risk of Harm of Polysubstance Use)</u>
Harm Reduction Objective 3	Increase awareness of the harms of polysubstance use by developing and disseminating a "provider guide" so that medical providers increase their direct education of patients in Bernalillo County by 3% by June 30, 2023.
Objective Indicator(s)	<ul style="list-style-type: none"> • NMCS: My provider talked to me about polysubstance use
Strategy	<u>Provider Guide/Patient Education</u>

	<p><u>Mode of Use Strategy 7 (PFS20-R3h):</u> Work directly with human service providers, treatment providers, medical providers, and harm reduction providers so they can directly educate or encourage patients to reduce high-risk polysubstance use: develop and disseminate among providers a “provider guide” that could include: informational handouts, federal guidelines on proper disposal of prescription opioids and local data related to polysubstance use, overdose, involvement of alcohol, and prescription opioid non-medical use, ways to bring the topic up for discussion with patients and families, as well as about the dangers of misuse, dangers of taking multiple prescriptions simultaneously (<i>especially opioids and benzodiazepines</i>), less risky use strategies, danger of combining opioids and alcohol, dangers and detection of fentanyl, safe opioid storage and harm reduction strategies of use to the target population.</p>
Rationale for Strategy Selection	<p>To provide education to providers/prescribers via provider guide dissemination which will increase awareness of the harms of polysubstance through the direct education of patients. Direct patient education includes but is not limited to: education about polysubstance use and the risks/dangers of combining substances with prescription benzodiazepines and opioids. Bernalillo County saw a decrease in overlapping prescriptions of benzodiazepines and opioids from different prescribers through Q1 of 2019 (10.8 prescriptions) to Q2 of 2020 (9.5 prescriptions). County data for concurrent opioid and benzodiazepine overlapping prescriptions steadily decreased from Q1 of 2019 (296,583 overlapping prescriptions) to Q2 of 2020 (213,852 overlapping prescriptions). Through the dissemination of provider guides, increased direct patient education will lead to less risky use patterns for people who use substances.</p>

Intervening Variable	Social Norms/Attitudes P4z
Harm Reduction Objective 4	Implement a media campaign to increase community awareness of the harms of polysubstance use in Bernalillo County by 3% by June 30, 2023.
Objective Indicator(s)	<ul style="list-style-type: none"> • NMCS: perception of harm of polysubstance • NMCS: polysubstance use • NMCS: past 30-day, polysubstance use
Strategy	<p><u>Social Norms/Attitudes Strategy PFS20-P4z:</u> Use media resources (paid, earned and social media) to increase community awareness of and community concern about the frequency and impact of polysubstance use, its initiation and frequency in high school, the contribution of</p>

	polysubstance use to overdose, dangers of taking multiple substances simultaneously, the danger of mixing alcohol and other drugs, inclusive of specific binge drinking and high-risk alcohol use campaign.
Rationale for Strategy Selection	Information obtained through Key Informant interviews revealed a need for more awareness about the harms of polysubstance use in Bernalillo County, as Key Informants indicated that much of the county population lacks a general understanding of polysubstance use and its risks. Due to the lack of awareness of polysubstance use and its related dangers, a media campaign targeting those who use substances as well as those who do not is much needed in Bernalillo County. In addition to increasing the awareness of polysubstance use, the media campaign can also provide a specific focus on the risky alcohol use amongst residents of Bernalillo County and may provide education regarding less risky use patterns. PFS20 Key Informant Interviews, and Focus Groups indicated that alcohol is the leading cause of mortality and morbidity in the county. According to the BRFSS, the percent of people who reported binge drinking remained slightly higher than the state percentages. (Bernalillo County 2019 data = 15.6% and New Mexico State 2019 data = 14.7%) Qualitative data indicate that alcohol use is a top substance for communities across Bernalillo County Additionally, a PFS20 focus group of people in recovery reported that alcohol use was their gateway to the usage of other illicit substances.

Goal 2	Increase Coalition Capacity to address polysubstance use and risk in Bernalillo County.
Goal Indicator(s)	Coalition Capacity Checklist
Intervening Variable	Coalition Capacity C6
Coalition Enhancement Objective 1	Increasing coalition capacity (related to knowledge, expertise, outreach and communications) between LGBTQ+ members and key stakeholders about polysubstance use by 2% by June 30, 2023.
Objective Indicator(s)	<ul style="list-style-type: none"> • Sector involvement by medical and behavioral health providers, media and peer support specialists. • Knowledge of harm reduction resources among coalition members. • Knowledge about and outreach to peer support specialists in the community who interface with subpopulations in need of education and services. • Reduction of stigma by coalition members, that is, the extent to which members participate in reducing stigma

	and misconceptions about polysubstance use by the LGBTQ+ population.
Strategy	<p><u>Coalition Strategy C6.</u> Strategies to enhance cultural competency</p> <ul style="list-style-type: none"> • Build (coalition) capacity by recruiting/maintaining members that reflect the diverse cultural and economic makeup of our community • Subcommittee/task force reviews activities and products for cultural appropriateness prior to dissemination/implementation • Provide translation of materials and interpretation into languages other than English spoken in your population. • Disparities, racism, and poverty are included in coalition discussions, planning and goals • Work to address possible and unintentional barriers to diverse community participation and representation in coalition.
Rationale for Strategy Selection	<p>PFS20 Key Informant interviewees expressed that LGBTQ+ individuals do not feel comfortable accessing services from substance use providers due to cultural insensitivity, resulting in the aim to increase population comfort levels by addressing LGBTQ+ cultural sensitivity and awareness trainings to build coalition capacity in cultural awareness to understand polysubstance use among the LGBTQ+ population. PFS20 Focus Group data reflected that service providers often have a difficult time figuring out how to provide services to transgender clients and that the lack of sensitivity for and awareness of the LGBTQ+ population makes providing efficient services very complicated. By providing cultural awareness education to substance use providers and agencies in Bernalillo County surrounding LGBTQ+ polysubstance use, we can increase the overall sensitivity to LGBTQ+ populations, which will allow for an increase in the use of substance use provider services by the LGBTQ+ population and will allow for providers to better understand polysubstance use among the LGBTQ+ population.</p>

Goal 3	Increase Community Readiness to address polysubstance use and risk in Bernalillo County.
Goal Indicator(s)	Stage of Community Readiness (1-9)

Intervening Variable	Community Readiness D3
Community Readiness Objective 1	Increase the Bernalillo County Capacity and Readiness score associated with the prevention of polysubstance use by 1 readiness stage by June 30 th , 2023.
Objective Indicator(s)	Increase to overall stage 5 out of 9 readiness
Strategy	<p><u>Community Readiness Strategy D3</u> Strategies to improve community climate toward prevention: Identify and resolve obstacles to polysubstance use prevention (under what circumstances is it acceptable? What unique factors in our community make planning and implementation difficult? etc.)</p> <p>Increase support for substance abuse polysubstance use prevention efforts by gathering and disseminating data on the nature of the problem, use assessment data to plan prevention programs and policies, collaborate with agencies working on other prevention issues (HIV, delinquency, etc.), leveraging resources, and sharing successes/outcomes.</p>
Rationale for Strategy Selection	In the Capacity and Readiness report, it was scored a 4 overall, indicating that there was limited knowledge within the community about polysubstance use and only some community members had heard about the overall problems associated with problematic polysubstance use. We plan to expand this effort through the changing of intercepted information obtained through assessment regarding the county's limited knowledge surrounding polysubstance use. The PSF20 Capacity and Readiness report indicated that there was a lack of political awareness which reduces readiness for policy change within the county. There was also a reported lack of knowledge about PDMP monitoring within the county which also impacted community readiness. The Capacity and Readiness report also reflected gaps in knowledge about treatment programs, resources and funding within the county and presented the overall need for not only the general community, but particularly local leaders, on the issue of polysubstance use. Finally, the report also highlighted the presence of stigma and cultural insensitivity within the county which indicated a low readiness to address these issues. Education for the community and its leaders will prove to increase the overall Capacity and Readiness in all the report's areas of low readiness.

Logic Model for Addressing Polysubstance Use.

Add your selected strategies to the Logic Model and remove/add the appropriate Intervening Variables and Contributing Factors for your community. You will not be expected to address all the intervening variables, only those that are eventually prioritized by your coalition.

Logic Model for Prevention of Risky Polysubstance Use and Overdose

