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Occupational Therapy’s Role in Community Coalitions

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Objectives

As a result of this course, participants will be able to:
1) Identify the role of occupational therapy in community coalitions
2) Identify strategies to address substance abuse on a community/population level
3) Identify strategies to improve community/population health
What is a Coalition?

- Coalition- a group of individuals coming together for a common cause
- An action-oriented partnership
- “a group of individuals representing diverse organizations, factions, or constituencies within the community who agree to work together to achieve a common goal” (Butterfoss & Kegler, 2002)
- “Community coalitions are comprised of parents, teachers, law enforcement, businesses, religious leaders, health providers and other community activists who are mobilizing at the local level -- and nationally under the CADCA umbrella -- to make their communities safer, healthier and drug-free.” (CADCA, 2016, p.1)

Why a Coalition?

- Substance Abuse
- Healthy Living/Wellness
- Safety
- Social Justice
- Suicide
- Eldercare
- Teen Pregnancy
- Cancer Disparity
- Childhood Obesity
- Prevent Hepatitis B and Liver Cancer
- Child Vaccinations
The Opioid Epidemic

- In 2015, 2 million people in the U.S. had a substance use disorder involving prescription pain relievers and 591,000 had a substance use disorder involving heroin (Center for Behavioral Health Statistics and Quality, 2016)
- Drug overdose is the leading cause of accidental death in the US, with 52,404 lethal drug overdoses in 2015 (Rudd, Seth, David, & Scholl L., 2016)
- Heroin-related overdose deaths have more than quadrupled since 2010 (Center for Disease Control and Prevention (CDC), 2016)
- From 2014 to 2015, heroin overdose death rates increased by 20.6% (CDC, 2016)
- Overdose deaths involving synthetic opioids other than methadone rose from 5,544 in 2014 to 9,580 in 2015, an increase of 73 percent (CDC, 2016)
- In 2015, an estimated 21,000 adolescents had used heroin in the past year (Center for Behavioral Health Statistics and Quality, 2016)
- 7.3% of 18-25 year olds used heroin between 2011 and 2013 (CDC, 2016)
- Four in five new heroin users started out misusing prescription painkillers (Jones, 2013)
- 9.1% of teenagers think it is easy to get heroin, and it is available to them (SAMHSA, 2014)
- Carfentanil- 100 times more potent than fentanyl (Drug Enforcement Administration, 2016)

Benefits of a Coalition

- Greater community voice
- Increased opportunities
- Shared resources
- Respect
- Connectedness
  (Community Catalyst, 2003)
Community Coalition Action Theory

- Identifies factors that lead to implementing change
- Identifies an approach for assessing effectiveness of a coalition
- Three cyclical stages of development
  - Formation
  - Maintenance
  - Institutionalization
- Provides 14 constructs that underlie how coalitions operate

(Butterfoss & Kegler, 2002)
Functional Stages of Development

1. Engaging the community to establish a coalition
2. Community assessment or strengths & needs
3. Community action plan
4. Implementation
5. Evaluation

(Feighery & Rogers, 1990)

Coalition Formation

**VMOSA**

- Vision
- Mission
- Objectives
- Strategies
- Action Plans
Occupational Therapy’s Role on a Community Coalition

• Understanding theory
• Group development and dynamics
• Assessment skills
• Treatment planning skills
• Goal setting- RUMBA, ABCD
• The importance of occupation in addressing community wellness
• Evidence-Based Practice knowledge

Why OT?

Occupational Justice

“As occupational therapy personnel, we work to uphold a society in which all individuals have an equitable opportunity to achieve occupational engagement as an essential component of their life.”

(AOTA, 2015)
Case Example: Connetquot Cares

• Community outgrowth from a school-based mental health task force
• In response to gang violence and the opioid epidemic
  • Suffolk County, NY: 111 heroin-related deaths and 96 opioid-related deaths in 2014; 823 drug-overdose deaths in 2016 (County Health Rankings.org, 2017)

Our Mission

Uniting our Connetquot family through active participation, education, and collaboration to promote a safe, healthy, and drug-free community
Our Vision

Connected
Engaged
Informed
Healthy

Our Objectives

• Create a healthy environment and engage our youth in healthy activities.

• Drug Awareness, education and community resources.

• Facilitate a communications between various community groups within Connetquot.

• Create a healthy community/environment for all who live within the Connetquot community.

• Create a Community Resource Center.
Strategies & Action Plan

Connected

• Town Hall Meeting
• Work with a local organization to organize a "Strengthening Families Dinner" event
• Organize Coffee with a Cop & Coffee with a Politician events
• Work with local police departments to get trained in "Compliance Checks and Shoulder Taps" (this is an evidence-based program)
Engaged

- Engage with businesses that sell alcohol, tobacco, and vape products in order to have them sign contracts to agree that they will not sell to minors
- Collaborate with the school district to create mandatory pre-prom parent/child education events
- Teen Talk evenings
- Facilitate youth leaders to be active participants in the community

Informed

- Provide training to medical and dental providers on safe prescribing practices and provide them with patient education materials for distribution at their practices
- Create a community resource center
- Create a resource page on the website
- Organize speaker events to educate the public on substance abuse and healthy living
- Educate the public on the Social Host law, the Dram Shop law, and the Good Samaritan Law
Healthy

• Increase access to physical activity resources for youth and adults
• Conduct a community health assessment
• Organize a Red Ribbon & Red Bracelet Campaign
• Wellness Walk events (to be held every first Wednesday of the month)
• Work with the School District, Library, or town to organize a Community Health and Wellness Fair

Evidence-Based Practices in Community Coalitions
Facilitators of EBP Implementation in a Coalition

- Enhanced coalition function through training and technical assistance
- Leaders who are organized, respected, able to mobilize resources, and are enthusiastic
- Positive relations between members and outside organizations
- Efficient and task-focused

(Brown, Feinberg, & Greenberg, 2010)

Evidence-Based Approaches to Substance Abuse Prevention

- Communities Mobilizing for Change on Alcohol (CMCA)
- Family Matters
- Active Parenting of Teens: Families in Action
- The Narconon® Truth About Drugs Video Program
- Communities that Care (CTC)
- Not On Tobacco (N-O-T)
- Creating Lasting Family Connections (CLFC)/ Creating Lasting Connections (CLC)
- COPE: Collaborative Opioid Prescribing Education
Communities Mobilizing for Change on Alcohol (CMCA)
• Community-organized program aimed at reducing teenager’s access to alcohol through altering community policies and practices

Family Matters
• Family-centered program aimed at alcohol and tobacco prevention in 12-14 year olds

Active Parenting of Teens: Families in Action
• Community-organized program for teens aimed at increasing protective factors to prevent alcohol, tobacco, substance use, irresponsible sexual behavior, and violence

The Narconon® Truth About Drugs Video Program
• 8-session DVD program for teenagers aimed at positively influencing perceptions and attitudes against substance use
Communities that Care (CTC)

- Community intervention that focuses groups to collaborate on evidence-based prevention programs designed to prevent youth problem behaviors

Not On Tobacco (N-O-T)

- Smoking cessation program for 14-19 year-olds who smoke regularly

Creating Lasting Family Connections (CLFC)/Creating Lasting Connections (CLC)

- Family-focused intervention aimed at improving parenting skills & familial relationships to build resiliency in youth that will help to prevent substance use

COPE: Collaborative Opioid Prescribing Education

- Online training education to increase physician’s knowledge regarding the prescribing of opioid medications
Health & Wellness

Eight Dimensions
• Emotional
• Environmental
• Financial
• Intellectual
• Occupational
• Physical
• Social
• Spiritual

(Substance Abuse and Mental Health Services Administration, 2016)

Evidence-Based Approaches for Health Living

• EnhanceWellness
• Community-friendly Health Recovery Program (CHRP)
• Family Wellness: Survival Skills for Healthy Families
• InShape Prevention Plus Wellness
• Mental Health First Aid
• Strengthening Families Program
• Wellness Initiative for Senior Education (WISE)
• Color it Real: An HIV and Substance Abuse Program for Young Adults
• CHOICES: A Program for Women About Choosing Healthy Behaviors
EnhanceWellness

- Intervention for older adults with chronic health conditions to assist in better managing their conditions

Community-friendly Health Recovery Program (CHRP)

- HIV-prevention program for high-risk drug users

Family Wellness: Survival Skills for Healthy Families

- Family-focused intervention aimed at strengthening connections via improving communication, conflict resolution, problem solving, and cooperation skills

InShape Prevention Plus Wellness

- Intervention designed to decreased substance abuse and promote positive mental and physical health in 18-25 year-olds
Mental Health First Aid

• Public education program designed to teach individuals how to respond to psychiatric crises.

Strengthening Families Program

• Family skills training program to reduce behavioral, emotional, academic, and social problems in children

Wellness Initiative for Senior Education (WISE)

• Health promotion intervention focused on helping older adults increase knowledge of health issues and empower them to manage their health care

Color it Real: An HIV and Substance Abuse Program for Young Adults

• Program aimed at decreasing risky sexual behavior, substance abuse, and stress levels in African Americans aged 18-24
CHOICES: A Program for Women About Choosing Healthy Behaviors

• Intervention focused on helping women to lower their risk of alcohol-exposed pregnancy

The OT Benefit

• “advocacy must become part of the process of professional socialization” (Kirsh, 2015, p.1)

Advocacy in Action!!!
References


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