

A Community's Journey Toward Embracing Prevention

Primary Prevention Summit
Mat-Su Health Foundation
Amy Gorn – *Program Officer, Healthy Families*
Dr. Melissa Kemberling – *Vice President of Programs*
March 8, 2019



In 2013 the Mat-Su Community said that their #1 goal is that:

ALL CHILDREN ARE WELL-CARED FOR AND SAFE





This is about having a child's home and community be a supportive, nurturing, and stable place

Unfortunately not all children are safe and well-cared for....

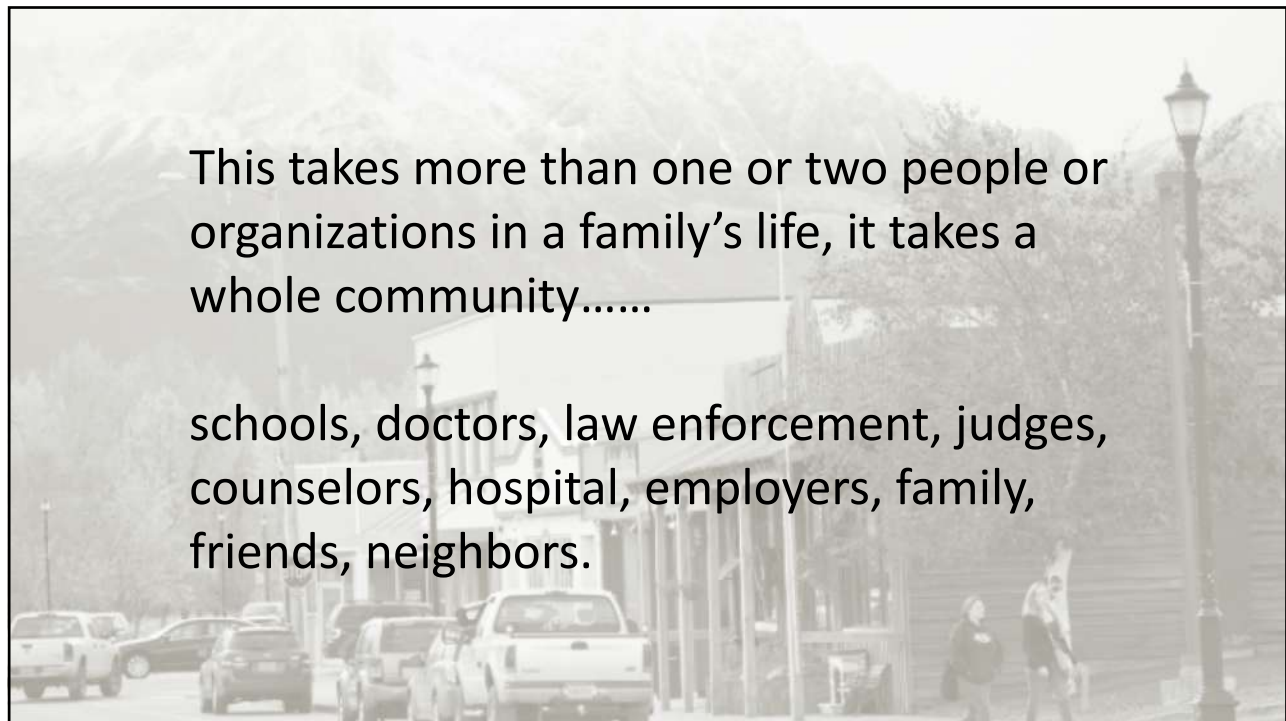
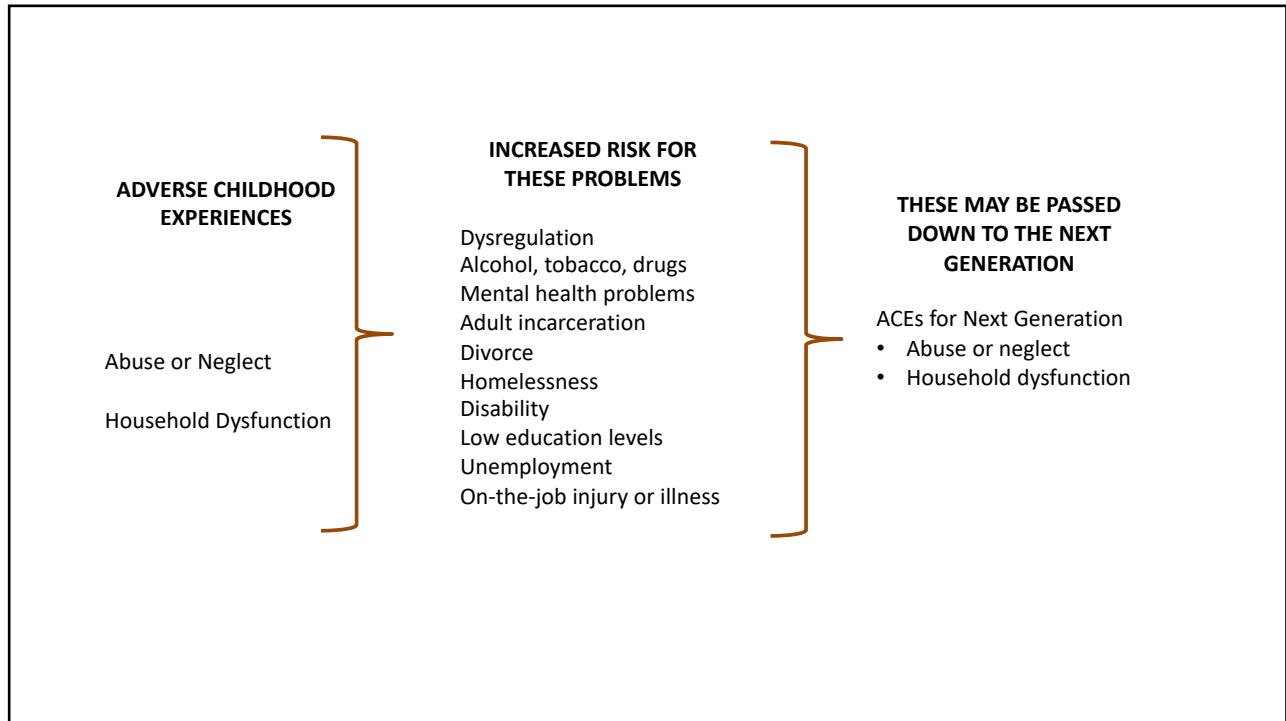
Adverse Childhood Experiences

Individual abuse:

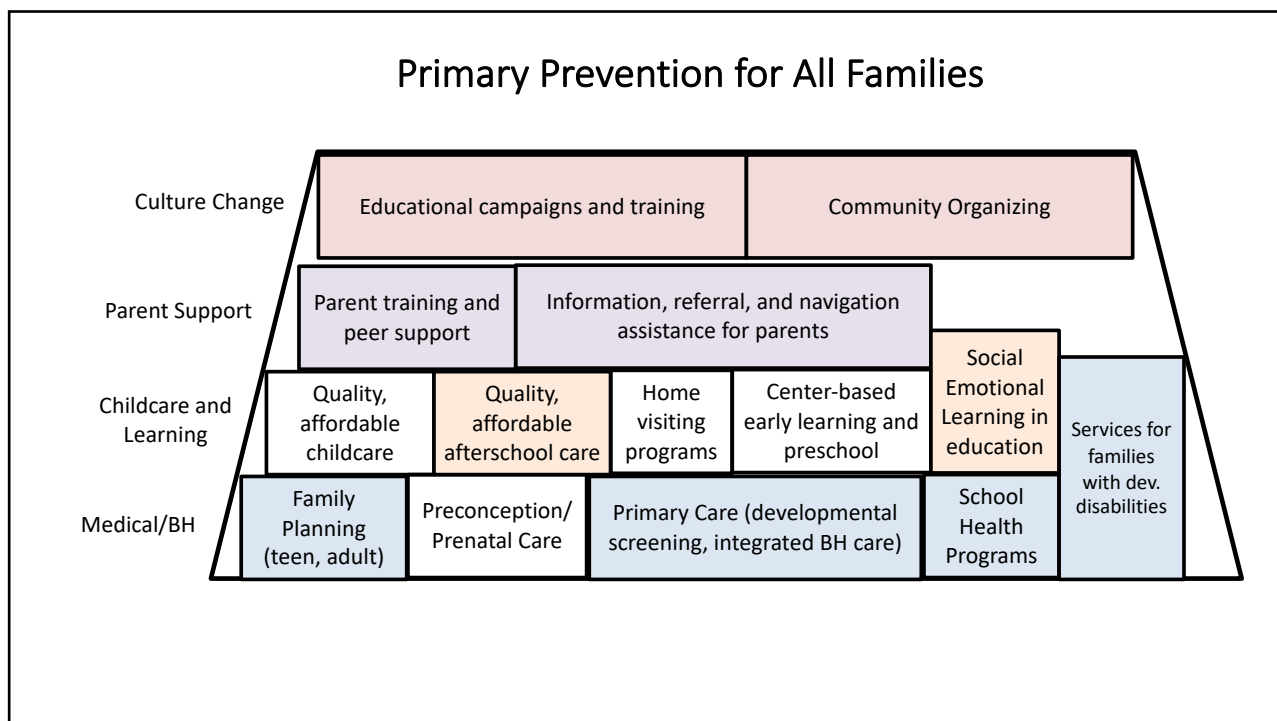
- Physical abuse/neglect
- Emotional abuse/neglect
- Sexual abuse

Household dysfunction:

- Alcohol and/or drug abuse
- Incarcerated household member
- Mental illness/suicide in household
- Mother is treated violently
- One or no parents



Sectors that normally interact with children and parents/guardians	Sectors that interact with children and parents/guardians in times of crisis
Healthcare	Child Welfare
Education	Judicial
Childcare	Concrete support in times of need (i.e. food banks, shelters, etc.)
Early Learning	Law Enforcement
Parent Support	Behavioral Health
Places of worship	
Friends/family/volunteers	



Who are our families?

Families having good times



Families with stress



Families involved in child welfare and homeless youth

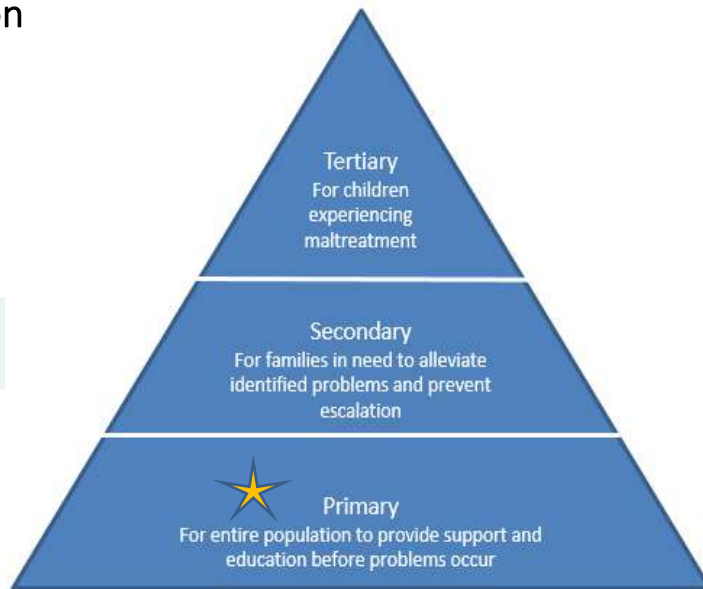


Levels of Prevention

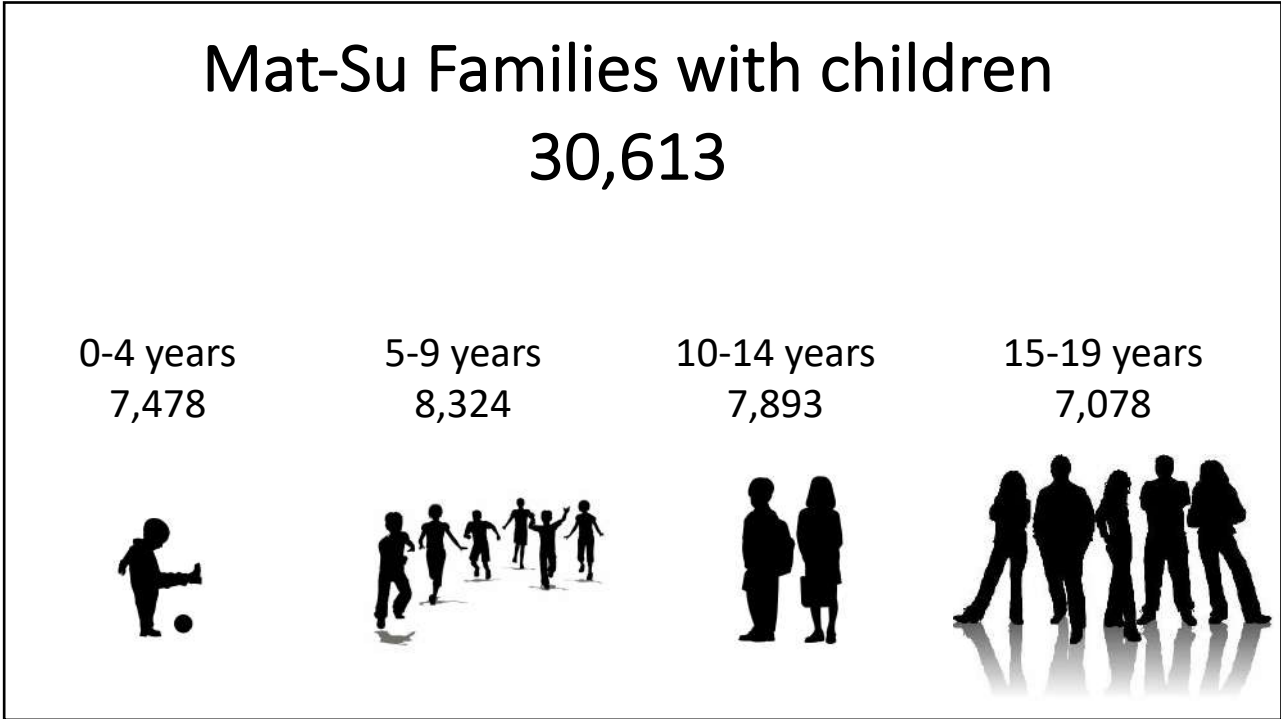
3 Tertiary Prevention

2 Secondary Prevention

1 Primary Prevention



Thinking about these three family situations
where does your community
put the most prevention resources?



Data for Prevention

- 2016 Mat-Su Household Survey (MHS)
- AK Youth Risk Behavior Survey (YRBS)
- AK Pregnancy Risk Monitoring System (PRAMS)
- AK Childhood Understanding Behaviors Survey (CUBS)
- AK Bureau of Vital Statistics (BVS)
- AK Office of Children Services SCAN
- AK School Climate and Connectedness Survey
- In-depth interviews with 60 residents
- Interviews with child and family professionals
- Service Gap Analysis (SGA)

Two Generation Approach – 2Gen

Focused on creating opportunities for and addressing needs of both children and the adults in their lives together




5 PROTECTIVE FACTORS

- Parents who have social connections
- Widespread knowledge of parenting and child development
- Promotion of social emotional skills in children
- Parents who are resilient
- Availability of support in times of need for families


Source: Strengthening Families Framework, Center for the Study of Social Policy

Social Connections: help parents build networks of support that reinforce positive norms and childrearing, provide assistance, and help solve problems

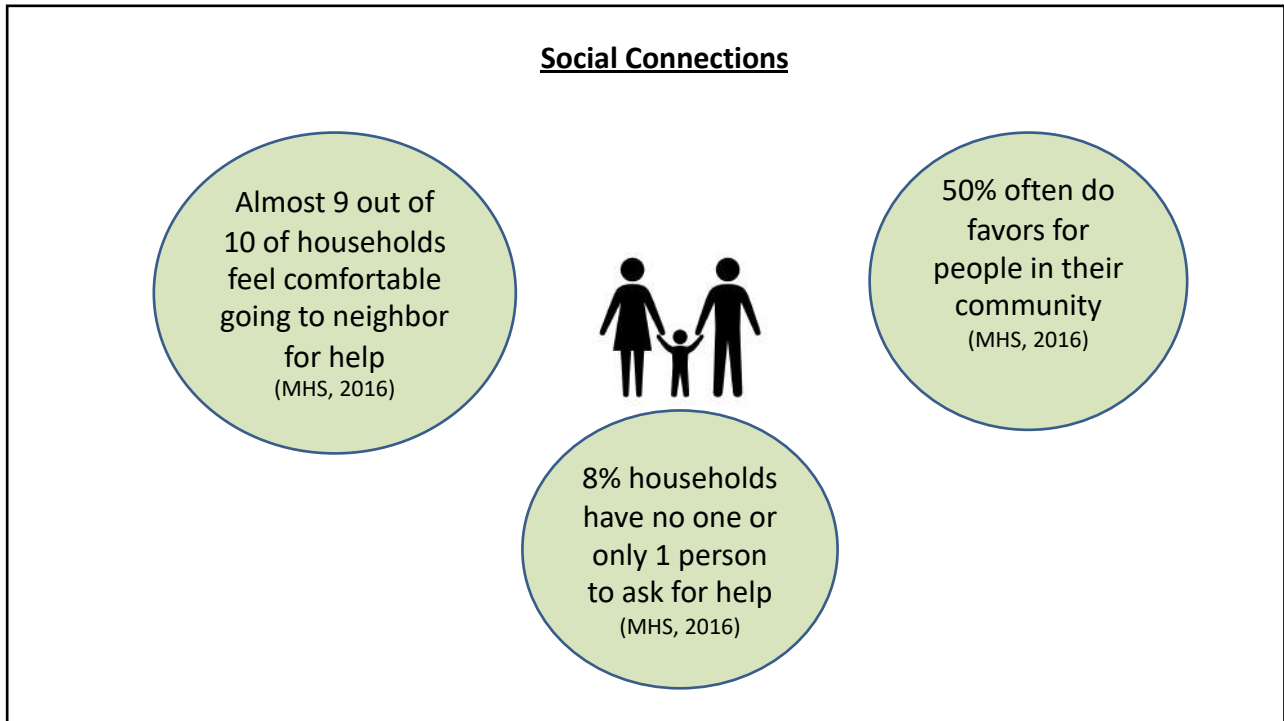
 **1** Primary Prevention

Create a community where it is easy for all parents to build supportive relationships with other parents, seniors, and others





 **1** Primary Prevention

Use community organizing to identify and unify parent leaders to create community-driven solutions to family issues



Knowledge of Parenting and Child Development: Having accurate information about raising children and appropriate expectations for their behavior

1 Primary Prevention  Promote affordable, high quality childcare, afterschool care and home-visiting programs that support optimal child development and youth resilience

1 Primary Prevention  Support a wide array of parent training, education and support efforts



1 Primary Prevention  Ensure widespread access to family planning

Knowledge of Parenting/Child Development

41% of Mat-Su adults have heard of ACEs (MHS, 2016)

In Mat-Su 41% of births were unwanted or unplanned (PRAMS 2011)

In 2015, there were 3,528 allegations of child maltreatment in Mat-Su (OCS-SCAN 2015)



In 2015, 248 substantiated reports of abuse had an estimated lifetime cost of \$55.4 million (OCS-SCAN 2015/McDowell)

Recommendations: Knowledge of Parenting and Child Development

Who is involved?

1 Primary Prevention

Community:

- Childcare providers
- After school programs
- Medical providers
- Parents
- Volunteers
- Employers

Mat-Su:

- Heart Reach
- Head Start (CCS Early Learning)

Community Education in

Mat-Su:

- R.O.C.K. Mat-Su
- Alaska Family Services
- Thrive Coalition



Parental Resilience: ability to constructively cope with and bounce back from all types of challenges.

2 Secondary Prevention

Create immediate access to behavioral health care for children, parents, and families

1 Primary Prevention

Ensure support for the “whole” parent and child in medical settings with integrated physical and behavioral health care

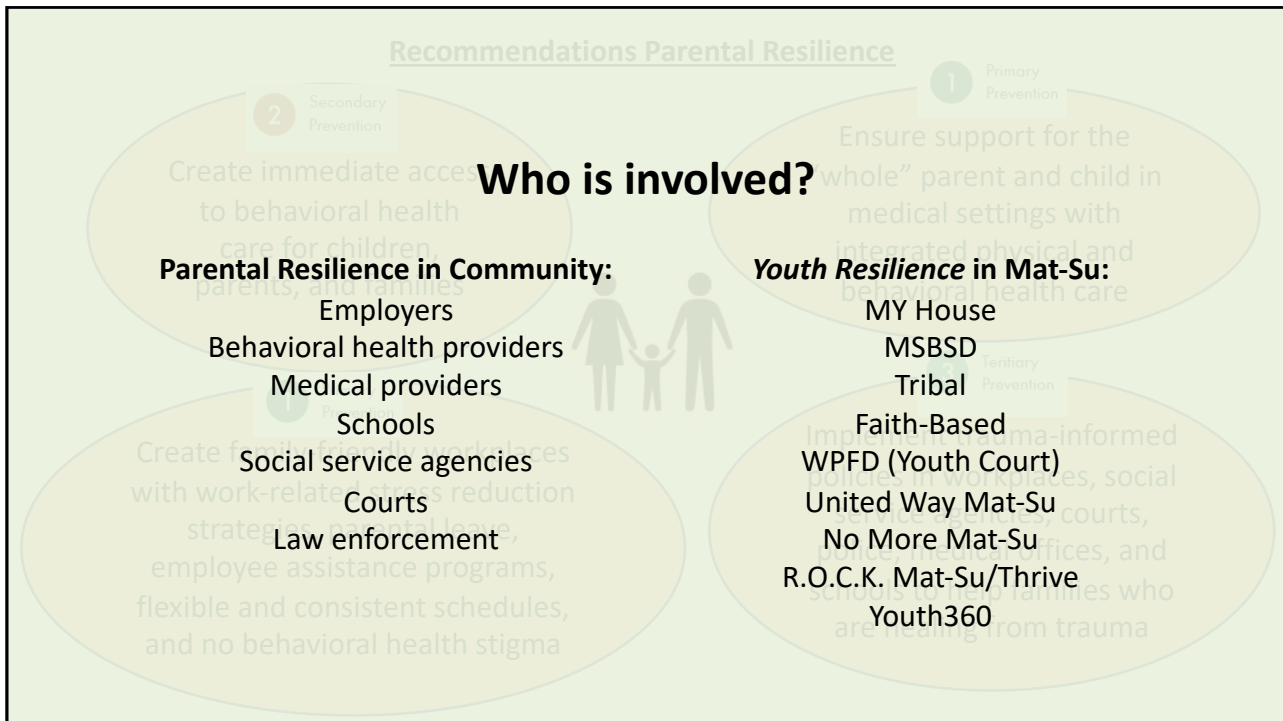
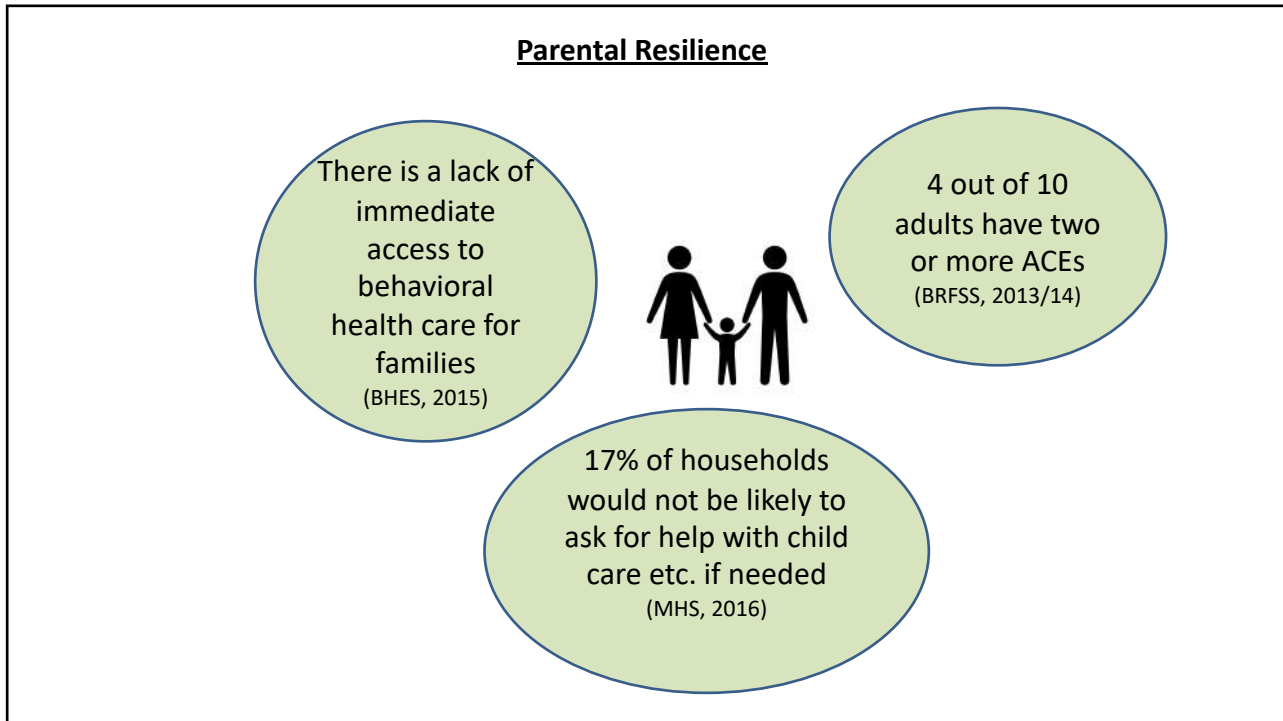
1 Primary Prevention

Create family-friendly workplaces with work-related stress reduction strategies, parental leave, employee assistance programs, flexible and consistent schedules, and no behavioral health stigma



3 Tertiary Prevention

Implement trauma-informed policies in workplaces, social service agencies, courts, police, medical offices, and schools to help families who are healing from trauma









Social Emotional Competency of Children: The ability to self-regulate and to effectively communicate emotions, and have healthy relationships.

 Primary Prevention  Support universal access to early learning and preschool programs to ensure kindergarten readiness around social emotional competency of Mat-Su children



 Primary Prevention  Promote social emotional competency for all Mat-Su school-age children and young adults, including those who have experienced trauma

 Primary Prevention  Promote immediate access to integrated pediatric physical and behavioral health care

Social and Emotional Competence of Children

Over 1 out of 4 high school students had serious difficulty concentrating because of physical, mental, or emotional problems (YRBS, 2014/25)




About 4 out of 10 high school students said at least one parent talked to them about what they do in school daily (YRBS, 15)

Over 4 out of 10 students said it was hard for them to get through something when they felt frustrated (grades 6-12) (SCCS, 2015)

Recommendations: Social Emotional Competency of Children.

Who is involved?

Community:
Head Start
Pre-K Programs
School District



Youth Voice in Mat-Su:
MSBSD
United Way Mat-Su
R.O.C.K. Mat-Su

Home school families and school-based supports
Medical providers
Child care providers
Behavioral Health providers


Prevention Summit (many)
No More Mat-Su
Youth360

Concrete Supports in Times of Need: Support to meet needs in times of crisis – food, clothing, shelter, and other resources

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Secondary Prevention

Create a more connected and complete network of support service providers who leverage efforts to meet the needs of Mat-Su families



3

Tertiary Prevention

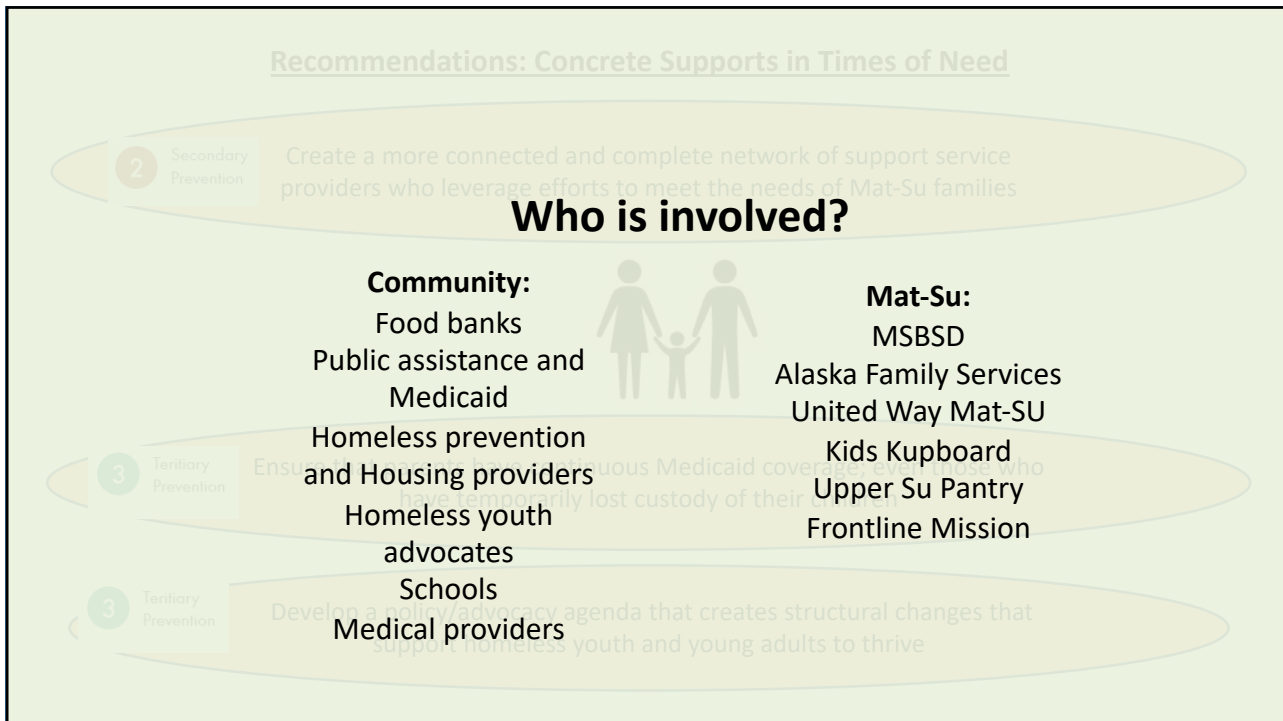
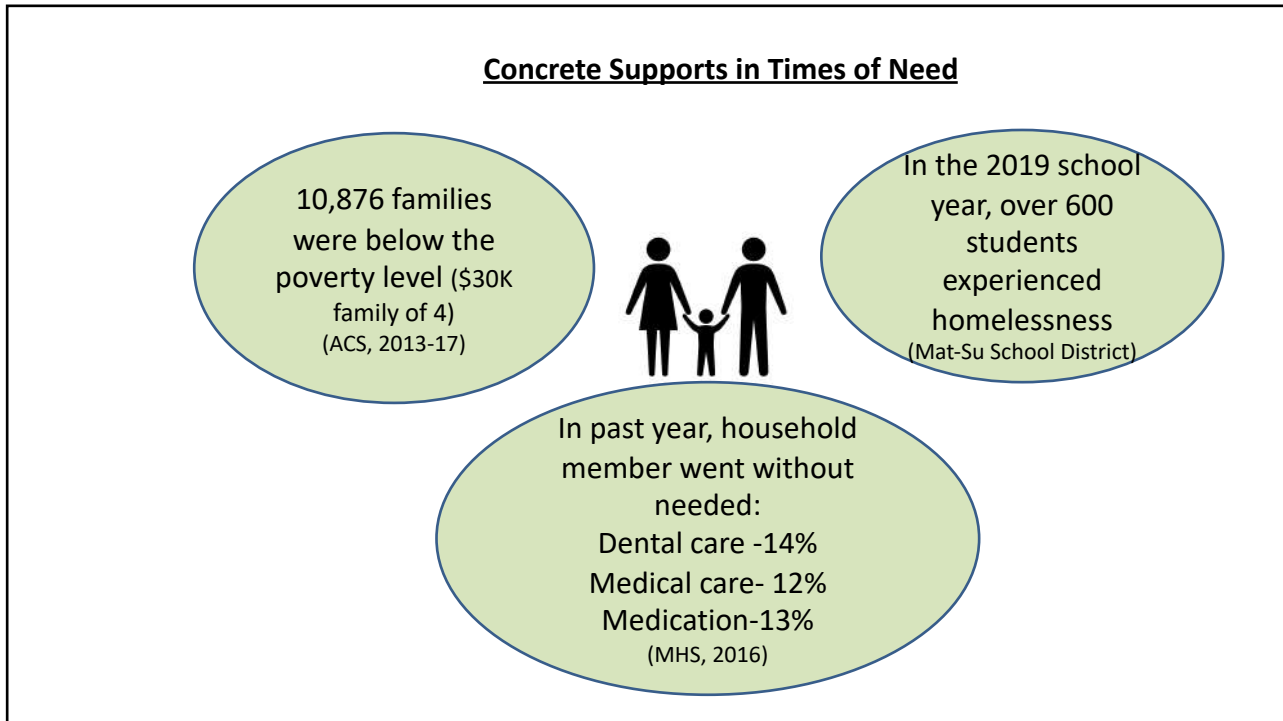
Ensure that parents have continuous Medicaid coverage; even those who have temporarily lost custody of their children

3

Tertiary Prevention

Develop a policy/advocacy agenda that creates structural changes that support homeless youth and young adults to thrive

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Substance Abuse Prevention



Mat-Su:

United Way Mat-Su - Thrive
Youth360
WPD (Youth Court)

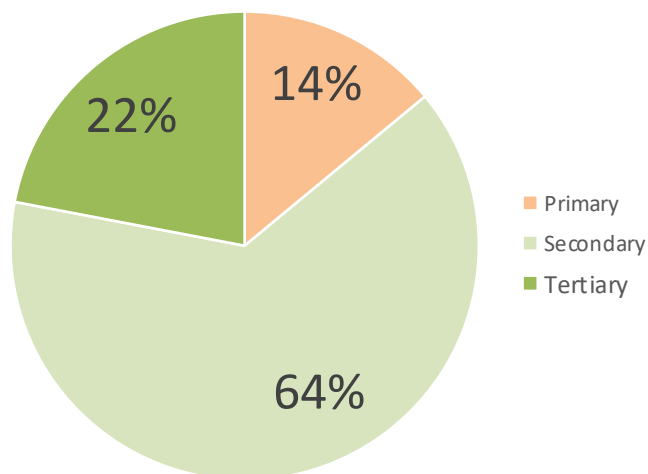
Strengthening Families



Mat-Su:

R.O.C.K. Mat-Su
Knik Tribal Council
Chickaloon Village Traditional Council

State Funding for Prevention by Level, Mat-Su, 2015 Total \$8.3 million



Source: State of Alaska, Department of Health and Social Services

YOUTH THRIVE PROTECTIVE FACTORS – Youth in Iceland Program

Youth Thrive	Youth in Iceland Program
Social connections	Parental organizations/ youth activities
Knowledge of adolescent development	Laws changed, Parent agreements, Parent education
Cognitive and Social Emotional Competence	Built infrastructure for organized activities and provided “leisure card” for families with yearly allowance
Youth resilience	Measured progress with yearly survey
Availability of support in times of need	

Source: Center for the Study of Social Policy

**VISION:**

A COMMUNITY WHERE INDIVIDUALS THRIVE IN AN ENVIRONMENT THAT SUPPORTS HEALTHY CHOICES REGARDING SUBSTANCE USE.

MISSION:

THRIVE MAT-SU WILL LEAD A DATA-DRIVEN COORDINATED COMMUNITY RESPONSE TO PREVENT AND REDUCE YOUTH SUBSTANCE USE.

Since inception in 2007, Thrive Mat-Su has been the community's leader in addressing substance abuse issues. Acting as a catalyst for change, Thrive Mat-Su mobilizes resources and forges partnerships to impact the Valley in lasting and measurable ways.

Strategic Prevention Framework

Thrive utilizes the Substance Abuse & Mental Health Administration (SAMSHA) Strategic Prevention Framework (SPF) as its planning process for preventing substance use and misuse.

ROCK ADVISORS

United Way	School District
AK Family Services	Set Free AK
Big Brothers/Big Sisters	CCS Early Learning
Mat-Su Public health Nursing	Knik Tribal Council
Palmer Mental Health Court	AK Children's Trust
American Lung Association	Chickaloon Tribal Council
DJJ	Church on the Rock
Cook Inlet Tribal Council	MSSCA
Sunshine Community Health Center	Kids Kupboard
Mat-Su Youth Court	MyHouse
Fiend2Clean	Frontline Mission
AK National Guard	Upper Su Food Pantry
CoDI	Connect Mat-Su
Mat-Su Health Foundation	Heartreach
City of Wasilla	Residents
AK Youth Soccer	Youth

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**YOUTH360
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Youth and families thrive best when they are supported, heard and offered safe, engaging spaces in which to learn, play and grow together. Youth360 is a local initiative designed to build communities where access to afterschool connection and activities is available for all.

Youth360 connects local youth to their peers, parents and community to increase health and wellness.

The more connected a young person is, the more likely they will become happy, healthy, thriving adults. Social connection is linked to increased rates of health and well-being and reduced rates of bullying, suicide, and substance misuse.

Youth360 builds connection by providing positive, meaningful activities and opportunities for young people and their families.



R.O.C.K. Mat-Su (Raising Our Children with Kindness) is a collaborative of community members – including individuals and organizations – joining together to promote family resilience and reduce child maltreatment. R.O.C.K. works to build social supports, eliminate silos, and influence systems that affect kids and families throughout the borough, all in support of achieving the goal of ending child abuse in Mat-Su.



What do you think about the protective factors?
Who is working collaboratively across multiple levels of prevention? GROUP ACTIVITY

- Parents and youth who are resilient
- Social connections for parents and youth
- Availability of support in times of need for families
- Widespread knowledge of parenting and child development, health promotion
- Promotion of social emotional skills in children