

NAMI SAN DIEGO PRESENTS

COMMUNITY BRAINSTORMING SESSIONS

Presenter:
Karen Lenyoun
Prevention Specialist

Goals:

- Convene person centered, community generated planning events in 2 regions
- Listen, amplify, celebrate our collective voices and experiences
- Use community wisdom of both youth and families touched by OUD and co-occurring
- Create community generated solutions to improve and expand access to prevention, intervention, MAT, overdose reversal medication (ages 15-24)
- Devise pathways to strategic plan implementation

What do you feel is the biggest hurdle to treatment and recovery?

Stigma
Fear
Trauma

FEAR

Stigma
Fear
Reduction
MAT

Honesty
Society learn more
who their role
Society learn more
who are someone who do

Stigma
Access

Money
Access to care

Lack of
education, support,
public transportation,
access to health-
care & support

STIGMA
& FEAR

Access
to
Care

access to
treatment w/
low cost / help
others

FEELINGS
OF BEING
"LESS THAN"

Access is
to treatment
- location
- transportation

Fear
&
Stigma

Hurdle
not enough edu-
and awareness
people are
shaking their heads
and saying "it's
not my fault"

Meeting each
individual
at their specific
starting line.
Funding?

Getting People
IN THE DOOR
OF TREATMENT
FACILITIES TO
BEGIN HELP.

#1 All
Aspects of
the process
of Access

#2 Hurdle...
Parents feeling
"the system" should
pay them, child
became their
child is "out
of control."

Stigma

ACCESS TO
RESOURCES
(Healthcare/ \$\$\$)

Lack of
treatment
centers -
better hours

FEAR
OF
UNKNOWN

Accessibility
location-wise
but also
different
types / levels
of care

HURDLE
Stigmatization

Costs here
Costly ID
of mental health
issues

Prescriptions

Denial

\$\$\$
- ppl don't
want to
pay for it

Stigma
Lack of treatment
options

people refuse
the treatment
that makes it
hard

YOUTH OPIOID RESPONSE



August 28, 2019

3:00—5:00PM

Santee Collaborative Meeting
10601 N. Magnolia Ave. Bldg. 8A
Santee, CA 92071

Community Brainstorming Session I

California Youth Opiate Response (YOR California) is to improve and expand access to a continuum of opioid use disorder (OUD) prevention, intervention, Medication-Assisted Treatment (MAT), and other treatment and recovery services for youth (ages 14–24) and their families, thereby preventing opioid overdose-related deaths.

PLEASE HELP US WORK TO :

- Develop an innovative and sustainable community action plan with strategies for improving access to OUD services for youth
- Prioritize and address high-risk youth populations
- Promote Positive Youth Development
- Involve Families
- Address Co-Occurring Disorders
- Address Stigma
- Develop Community Partnerships
- Study Evidence-Based Approaches

WHAT
WE
DID!



	WHAT HELPS	WHAT HURTS
1. Youth Access Points	Breaking Family Stigma Drop in centers/Club Houses Mobile MAT units Parent Support Groups Peer to peer counseling in schools Prevention Education	Fear/Denial/Arguing/labels Parents overwhelmed Cultural insensitivity Shame/fear based curriculum No clear path to help Multigenerational mental health and substance misuse
2. Preventing Delays in Treatment	NAMI on campus Stigma reduction models/ACES awareness Early intervention/Access Trauma informed training for teachers/coaches Warning signs training for friends to recognize Increasing parent/family involvement	Counselors who don't support MAT Tough love models/stigma/Forced abstinence/12 step Lack of funding, programs, transportation Clients resistance to telehealth lose motivation Ignoring early intervention opportunities Adults who condone substance use
3. Staying Stopped	Accountability Continued ongoing support and counseling/Aftercare Trauma informed Part time jobs Validating not judging Recognize recovery is ongoing process	Lack of insurance Negative outside influences/Peer pressure Unhealthy family dynamic Lack of food/shelter Shame based approaches/firing patients treatment Lack of coping skills, support
4. Family Support	Non-judgmental communication/listening Family counseling reinforce small steps Relationship/Parent training/Honesty/Unconditional love Self-care / self-love	High expectations Judgment/blame/comparing to sibling Doing nothing/ignoring Modeling poor behavior

Print Media
Coverage &
Social
Media
Campaign



"The average time between a first episode or indication that there is an issue to actually getting professional help is about 11 years and it's getting longer," said *Suzette Southfox* (photo, left), education director, NAMI San Diego. "You can lose your whole childhood in that time."

Parent support groups and increasing parent involvement can go a long way in helping delays to treatment, according to Southfox. "Tele-health may become the new normal after the pandemic subsides."

Information on how to participate in additional brainstorming sessions in the coming months is available on the NAMI San Diego [website](#), which also has details about the services it provides. Or call NAMI San Diego at (619) 543-1434. For more information about IPS East



Published on *East County Magazine* (<https://www.eastcountymagazine.org>)

[Home](#) > ANSWERS SOUGHT FOR EAST COUNTY YOUTH OPIOID EPIDEMIC DURING ONLINE BRAINSTORMING SESSION TOWN HALL

ANSWERS SOUGHT FOR EAST COUNTY YOUTH OPIOID EPIDEMIC DURING ONLINE BRAINSTORMING SESSION TOWN HALL

[Share](#) / [Save](#) [f](#) [t](#) [r](#)

May 2020 Articles

[Mental Health Awareness Month](#) [Institute for Public Strategies \(IPS\) East County Project](#) [Youth Opioid Response](#) [NAMI](#) [San Diego Health and Human Services Agency](#)

WHAT'S NEXT? STRATEGIES TO SUSTAIN

- Work with PDATF to establish a MAT Advisory Group in San Diego County
- Provide additional support for parents through our existing Family Support Group network
- Continue collaboration with county funded prevention groups to raise awareness about the realities of opioid epidemic and it's systemic effect
- Provide additional educational opportunities to employ stigma busting campaigns with emphasis on underserved populations
- Partner with a local OTP to pilot support program for pregnant and parenting women
- Use additional COVID funding to expand NAMI's signature Family 2 Family, Family Support Group, Peer Connections program
- Enhance partnership with HHSa through data dashboard metric input and integration
- Advocate for permanent Board of Supervisor support of syringe exchange programs
- Establish Certified Digital Peer Support training requirements for tele-conferencing supports in BRIDGE programs and beyond

WISH LIST

- ★ *Implement a mobile MAT unit with wrap around support*
- ★ *Establish medical detox units*
- ★ *Improve transition from crisis to chronic care with long term support*
- ★ *Advocate for network of peer support specialists for long term hospital stays*
- ★ *Low Barrier treatment initiation throughout HHSa system of care*



nami

National Alliance on Mental Illness

San Diego