

## RECORDINGS

### [Solutions to Improve Workforce Retention](#)

The COVID-19 pandemic has significantly worsened pre-existing mental health and substance use challenges among millions of people across the nation. With the increased demand for access to mental health and substance use treatment services, but limited capacity in the mental wellbeing workforce that continues to experience burnout and compassion fatigue and staff shortages, organizations are struggling to meet the needs of many individuals struggling to receive access to equitable care. During this national crisis, integrated whole-person care is essential in addressing the increasing demand in health needs, but many organizations continue to face ongoing challenges with recruitment, retention and supporting staff wellbeing.

### [Solutions to Strengthen Workforce Recruitment](#)

The COVID-19 pandemic has significantly exacerbated mental health and substance use challenges for millions of people across the nation. During this national crisis, integrated whole-person care is essential to address the increasing demand in health needs. Yet many organizations continue to face ongoing staffing challenges to meet this growing need, specifically with recruiting, retaining and supporting staff wellbeing.

### [Podcast Episode: Sounding the Alarm on Substance Misuse Among the Aging Population](#)

As we age, we become more vulnerable to the effects of misusing substances for a variety of reasons. Physical changes alter the way alcohol and other substances are processed impacting mood, memory and movement. Significant events such as retirement, moving or grieving change our lifestyle and can lead to using substances as a form of coping. Chronic pain or illness can result in multiple prescriptions that can be unintentionally misused. When adult children, loved ones, providers, and others understand the risks associated with substance misuse among older people then we can support and help our friends, neighbors, and loved ones enjoy healthy aging. There is an urgent need for all of us to recognize and support our loved ones when we see their unhealthy use of substances as they age. When all of us invest in the early stages and take action, we can help our parents, friends and neighbors get well and stay well.

### [Evidence-based Interventions to Address the Opioid Epidemic](#)

Watch Addiction Policy Forum's webinar from 10/27/22 which discusses the recently published report, Evidence-based Interventions to Address the Opioid Epidemic. The report features 24 evidence-based strategies and interventions that state, county, and local policymakers can implement to combat the opioid crisis. The event provided an overview of the report and highlighted several of the evidence-based program models.

### [Critical Time Intervention: Creating Community Connections after Hospital Discharge](#)

Information was shared about a program to support individuals upon discharge from the hospital. Check it out and then consider sharing with the families you support. Haven't been to the [Onward NH](#) website? Take a few minutes to look through it. There are many resources and links to great webinars from the past 2 years. Reach out to Michelle Wagner at [mwagner@NAMINH.org](mailto:mwagner@NAMINH.org) for more information.

### [Health Equity Workshop Series Part 1: Understanding the Landscape of Mental Health and Substance Use Challenges](#)

Health Equity involves understanding terms and definitions in the changing landscape of Mental Health and Substance Use Challenges. Part of assessing for equity requires an understanding of safe and secure (Physical, Social, Psychological and Moral) environments for staff and those we serve. This includes exploring the concepts of Equity, Cultural Humility, as well as climate assessments and safe and secure environment surveys for staff and team discussions regarding creating safe space for open, honest, dialogue regarding equity issues/concerns. At the heart of this work is understanding Person-Driven Services and how to better involve communities of Color and other marginalized identities.

### [Adolescents, Cannabis & Mental Health](#)

The Partnership to End Addiction's own subject matter experts were joined by experts from Child Mind Institute, Harvard Medical School and Mount Sinai to discuss teens and cannabis use. Listen to the panel discussion here to learn about the latest research in the field, how to recognize risk factors and actions parents can take to ensure health promotion.

### [Winning at What Cost? The Mental Health Crisis Facing Today's Student-Athletes](#)

When the high-pressure world of youth sports meets the ongoing and escalating teen and young adult mental health crisis, the results are troubling. Student-athletes are experiencing exhaustion, anxiety, and depression at increasing rates.

### [Addressing and Preventing Self-Harm in Kids and Teens](#)

Growing up is difficult, and often includes a barrage of overwhelming thoughts and emotions in kids and teens. Self-harm is a way that young people may try to cope with strong feelings they're experiencing—but it's also a sign of serious distress, may point to other mental health concerns, and could have lasting impacts. In a recently recorded webinar, Dr. Michael Hollander shares signs and symptoms that there may be self-harm occurring in a child, offers methods to teach loved ones better coping mechanisms, provides insight into when it may be time to seek professional help, and answers questions about self-harm in children and adolescents.

### [Tips for Retailers: Preventing Sales to Persons Under 21 Years of Age](#)

This webinar provides a brief overview of the various resources available to retailers that may help prevent the sale of tobacco products to individuals under the age of 21, focusing specifically on age verification, internal compliance checks, and recommended training practices. The webinar also covers recent updates to federal law for tobacco products containing nicotine not derived from tobacco.

## RESOURCES

### [Disruptions to School and Home Life Among High School Students During the COVID-19 Pandemic — Adolescent Behaviors and Experiences Survey, United States, January–June 2021](#)

The goal of this activity is for the learner to be better able to describe estimated prevalence of disruptions and adverse experiences during the pandemic among youths overall and by sex, race and ethnicity, grade, and sexual identity, according to the Adolescent Behaviors and Experiences Survey (ABES), an online survey of a probability-based, nationally representative sample of US public and private school students in grades 9 through 12 (N = 7705), conducted by the Centers for Disease Control and Prevention during January through June 2021. This activity is intended for public health officials, pediatricians, psychiatrists, family practitioners, nurses, pharmacists, and other clinicians caring for youths with disruptions to school and home life during the COVID-19 pandemic.

[Health Education Curriculum Analysis Tool \(HECAT\)](#): Mental and Emotional Health for Pre-K Through Grade 12: CDC has a new [webinar series](#) that introduces CDC's Health Education Curriculum Analysis Tool (HECAT) and its many uses for schools. The [Mental and Emotional Health webinar](#) for pre-K through grade 12 provides an overview of data on the mental and emotional health of youth and takes a closer look at the HECAT's Mental and Emotional Health module. Recent updates to student knowledge and skill content, tools, and resources for health education curricula are also included.

[\*\*Report to Congress with a spotlight on children’s mental health\*\*](#): Many young people’s social, emotional, and mental well-being have been impacted by the COVID-19 pandemic. The Community Preventive Services Task Force (CPSTF) recommends school-based cognitive behavioral therapy programs to prevent or reduce anxiety and depression among children and adolescents. Read their report to Congress to learn more.

[\*\*Adverse Childhood Experiences Training\*\*](#): Adverse Childhood Experiences (ACEs) can impact students' health & well-being. Learn how educators can help prevent ACEs with this training.

[\*\*Adverse Childhood Experiences During the COVID-19 Pandemic and Associations with Poor Mental Health and Suicidal Behaviors Among High School Students — Adolescent Behaviors and Experiences Survey, United States, January–June 2021\*\*](#): The prevalence of poor current mental health and past-year suicide attempts among adolescents reporting four or more adverse childhood experiences (ACEs) during the COVID-19 pandemic were four and 25 times as high as those without ACEs, respectively.

[\*\*School Connectedness Helps Students Thrive\*\*](#): School connectedness is when students feel that adults and peers in school care about their learning as well as about them as individuals. This includes a sense of being cared for, being supported, and belonging at school. Schools play a critical role in promoting students’ health and development and can take action to help students feel connected.

[\*\*Classroom Management\*\*](#): Access strategies, tools, and templates that school staff can use to create a positive environment where students and teachers can connect.

[\*\*LGBTQ Inclusive Policies & Practices\*\*](#): Schools can help address the adolescent mental health crisis by implementing policies and practices that support LGBTQ youth.

What’s Working in Schools: Real Stories. Real Schools.

[\*\*Fostering Inclusive School Environments for Transgender and Gender Non-Conforming Students\*\*](#)  
[\*\*Reducing Barriers to Sexual Health Services\*\*](#)  
[\*\*Creating Safe Spaces and Empowering Students\*\*](#)

[\*\*HEADS UP to Sports Officials: Online Concussion Training\*\*](#): This training was newly developed through a partnership between the Centers for Disease Control and Prevention (CDC) and the National Association of Sports Officials (NASO) to share the latest guidance on concussion safety and prevention. The training provides essential information to help sports officials spot possible concussion signs and symptoms that can help keep athletes safe.

Spread the word to sports officials! And check out our other CDC HEADS UP resources for concussion safety:

Training for [coaches](#)

Training for [school professionals](#)

Training for [athletic trainers](#)

Training for [healthcare providers](#)

Videos on [concussion safety](#)

[Graphics and infographics](#)

[Prioritizing Educator Well-being Through COVID and Beyond](#) (2 hour course): Cascading societal issues, including the COVID-19 pandemic, have changed the daily lives of educators, bringing new challenges and heightened emotions. This free course was made possible with funding from the CDC and the National Association of County and City Health Officials (NACCHO). It focuses on strategies educators and programs can use to create a culture of caring that prioritizes relationships and collectively supports mental health and emotional well-being. This course also offers information on initiating a tiered approach to well-being. It encourages educators and programs to plan for mental and emotional health promotion, prevention, and intervention.

[E-cigarette Use Among Middle and High School Students — United States, 2022](#): In 2022, 2.55 million U.S. middle and high school students currently used e-cigarettes. Approximately four in 10 reported frequent use, and approximately one in four reported daily use. Comprehensive tobacco prevention and control strategies and FDA regulation and enforcement are critical to addressing e-cigarette use among students.

[Spotlight Factsheet: Understanding Youth Vaping in New Hampshire – Facts for Parents and Caregivers](#): Youth vaping (or e-cigarette use) which leads to nicotine dependence is a public health crisis. Parents, caregivers and schools are overwhelmed with how to respond. This factsheet explains why vaping is so popular among youth and how you can make a difference.

[Spotlight Factsheet: Understanding the Impact Tobacco Use on Behavioral Health Issues](#): Tobacco use is an obstacle for people living with behavioral health issues (mental health and substance use disorders). When mental health centers and their staff make tobacco treatment part of their routine clinical approach by offering counseling and medications, they increase a patient's chances for quitting. This factsheet explains why it is important to address nicotine dependence during treatment.

[Marijuana Resource Center](#): As marijuana becomes legalized and more accessible throughout the country, our team has created a marijuana information hub where you can find the following resources:

- Marijuana basics
- Preventing marijuana use
- Protecting and advocating for youth

[New CDC Study: 1 in 5 Deaths Among US Adults Aged 20–49 Due to Excessive Alcohol Use](#): A new study published in the Journal of the American Medical Association (JAMA) Network Open finds that an estimated 1 in 5 deaths among adults aged 20–49 years is due to excessive alcohol use. Researchers from CDC and the Canadian Institute for Substance Use Research analyzed average annual deaths during 2015–2019 from the [Alcohol-Related Disease Impact \(ARDI\) application](#) and total deaths from the National Vital Statistics System.

Key study findings include:

- Excessive alcohol use accounted for more than 140,000 deaths per year in the United States, which was 5% of all deaths.
- An estimated 1 in 8 total deaths among adults aged 20–64 years were due to excessive alcohol use, including 1 in 5 deaths among those aged 20–49 years.
- Among adults aged 20–64, the percentage of total deaths due to excessive alcohol use varied by state, ranging from about 9% in Mississippi to nearly 22% in New Mexico.
- The leading causes of deaths from excessive drinking were alcoholic liver disease, other poisonings (which refers to deaths involving another substance in addition to a high blood alcohol concentration), and motor vehicle traffic crashes.

- State and communities can reduce the number of premature deaths from excessive alcohol use using [evidence-based strategies](#) that increase the price and decrease the availability of alcohol. Examples include increasing alcohol taxes and regulating the number of places that sell alcohol in communities.

[CDC Clinical Practice Guideline for Prescribing Opioids for Pain—United States, 2022](#): This publication updates and replaces the 2016 CDC Guideline for Prescribing Opioids for Chronic Pain. CDC also released a suite of tools and resources to help [patients](#) and [clinicians](#) understand and use the recommendations in the new Guideline in their pain care decision making. The 2022 Clinical Practice Guideline is a clinical tool to improve communication between clinicians and patients and empower them to make collaborative and informed, patient-centered decisions related to pain care.

[State Models for Addressing Opioid Use Disorder - Recovery Support in Integrated Care Settings](#): In partnership with the National Association of State Alcohol and Drug Abuse Directors (NASADAD), the CoE-IHS published an issue brief to provide strategies for utilizing state integrated care models as a more effective solution to reduce and treat opioid use disorders (OUD) and prevent overdose. Check it out to learn more about using integrated care models to enhance quality and access to mental health and substance use treatment!

[Stronger Than You Think](#): This campaign increases adult awareness around cannabis/marijuana risks of use for youth and young adults. It supports open conversations between parents, caregivers, or adults who have strong relationships with young people, and the young people in their lives about expectations around substance use and age-appropriate boundaries, planning safe activities and accountability, and talking about the risks and consequences of using any substance.

[We Can Talk About It](#): A brand-new *Seize the Awkward* PSA, features a powerful message for all youth—but specifically Black and Hispanic/Latino youth—**that we all have the power to change the culture around mental health and be the person who listens when the rest of the world doesn't.** We know that Black and Hispanic/Latino youth experience barriers to accessing the culturally competent care that they need and deserve. We also know that stories have the power to inspire cultural change in places where we most need it. This PSA features a diverse range of young people finding support when they need it, from friends who are willing to just listen. It's a simple, but incredibly powerful act. It's also a powerful message we want to spread to as many young people as we can.

[U.S. Surgeon General Releases New Framework for Mental Health & Well-Being in the Workplace](#) - HHS.gov

[When it comes to addiction, Americans' word choices are part of the problem](#) - STAT Reporting

[Health Literacy and Communications Training](#) (webinar series) - CDC

[A Practical Toolkit to Empower HIV Prevention Efforts with Marginalized Communities](#) - CDC

[Traveling Abroad with HIV](#) - HIV.gov

[B - Heppy](#) - Hepatitis B Foundation

[Harm Reduction Hacks](#) - National Harm Reduction Technical Assistance Center

[The Coming Out Handbook](#) - The Trevor Project

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