

# ANNUAL FUNDING

2023

Porter County  
Local Coordinating Council



Established in 1989





# Table of Contents

1. Introduction to Hub Coalition Porter County
2. Mission and Vision Statement
3. Coalition Overview
  - HUB Coalition
  - Comprehensive Community Plan
  - Epidemiology
  - HUB Porter County
4. Coalition Structure
5. Sectors
6. Coalition Membership Form
7. Grant Application Form
8. 2023 Areas of Interest
9. Required Strategies for Funding
10. Budget and Budget Narrative
11. Q & A

# Introduction to Hub Coalition Porter County

The Hub Coalition of Porter County, founded under the name Porter County Substance Abuse Council in 1989, was created to address the rising numbers in substance use and dependence. Currently, we are continuing to work towards the reduction of substance misuse and associated negative consequences through community-led coalitions represented by service providers, civic leaders, parents, students, and residents. Our efforts are focused on community education, substance misuse awareness, and providing prevention programs to youth throughout Porter County.

The Hub Coalition utilizes the Strategic Prevention Framework (SPF) to assess community needs; build capacity for prevention work; select evidence-based programs, practices and policies within the community; evaluate program efforts within a culturally competent framework; and focus continual efforts towards sustainability after the grant cycle.

Data collected from focus groups and surveying throughout the county help assess local conditions and determine preventive measures. In addition, there are four coalitions, under the purview of Hub Coalition Porter County, that inform the agency on what strategies and programs best respond to the needs of the community.







## Mission Statement

Community hub responsible for building capacity, creating sustainability and providing resources to enhance the quality of life in Porter County by reducing substance use and the underlying causes and unintended consequences.

## Vision Statement

Providing sustainable initiatives and resources to end substance use disorder in Porter County.

# Coalition Overview

## Designated Local Coordinating Council of Porter County

Hub Coalition Porter County was founded in 1989 by Governor Evan Bayh and designated as the hub of substance use best practices and outcomes with the intent of providing a working partnership with the community to support initiatives. The Hub Coalition has the ability to grant fund county agencies dollars collected as counter-measure fees for impaired driving infractions supported by the local criminal justice system.

## Comprehensive Community Plan

Hub Coalition Porter County formulates a yearly Comprehensive Community Plan based off of data collected by the coalition and community partners within Porter County. This data identifies priority areas and supports the formulation of the Problem Statements within the Comprehensive Community Plan. Problem Statements prioritize substances that have the greatest negative impact on our community.

## Epidemiology

The epidemiologist has created the Epidemiological County Profile with extensive collaborations with the Porter County and Indiana State Health Department, coroner's office, school corporations, youth-serving organizations, universities, law enforcement and national think tanks. The comprehensive reports generated illustrate the need in particular populations or locations, that are unique to Porter County. In addition, HUB staff built partnerships inviting agencies to participate in a monthly forum and plan events that are critical to maintaining the quality of life indicators set by Northwest Indiana Regional Planning Commission (NIPRC).

## HUB Porter County

Hub Coalition Porter County was designed to encourage local participation using the 12 sector model celebrating the "nothing about us, without us" concept. It is an expansion of the Local Coordinating Council that provides opportunities for the community to address substance use issues in the areas of prevention, treatment, recovery, law enforcement and criminal justice.



# Coalition Structure

Under our Partnerships for Success grant, Hub Coalition of Porter County has helped initiate coalitions in Porter County to focus on prevention of the three substances that have been shown by available data to be the biggest problem areas in our communities. (1) Opioids & AOD, (2) Alcohol and (3) Marijuana.

Our function as a coalition is mobilizing the community to develop and carry out a community wide plan. Our coalition members should implement plans within their own sectors and spheres of influence. Staff should play a supporting role, but not be the central drivers of action.

Sustainability requires creating a strong coalition that brings together the community to develop and carry out the comprehensive plan to effectively achieve substance use prevention.



# Sectors

Sector Active Member  
(Organization/Individual)







## Local Coordinating Council

### Funding to Benefit Porter County Community

#### Grant Application Form

*The mission of the LCC shall be to improve the quality of life in Porter County by creating county-wide awareness of alcohol, tobacco, and other drug (AOD) issues and reducing abuse of and dependency on these substances through prevention/education, treatment/intervention, and law enforcement/judicial.*

Date:

Name of Agency/Organization Submitting Proposal:

Project Director: Title:

Address:

City/Zip Code:

Phone:

Email:

Type of Agency: Non-Profit Government Agency For-Profit Description of Organization:

#### Type of Project: (Please check a category)

☐ Prevention/Education Programs aimed at preventing alcohol abuse and other drug use in groups who are not currently using alcohol and/or other drugs.

☐ Treatment/Intervention Programs focusing on methods of treatment and/or intervention in groups of people using or abusing alcohol and/or other drugs or at a significant risk of use.

☐ Law Enforcement/Judicial Programs addressing methods to increase efforts in law enforcement and/or criminal justice aimed at reducing alcohol and other drug use.



## COALITION MEMBERSHIP FORM

Complete form and return to Dawn Pelc [dpelc@portercountysac.com](mailto:dpelc@portercountysac.com)

Name: \_\_\_\_\_

Agency Affiliation: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Cell Number: (\_\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

Website: \_\_\_\_\_

Are you currently a member? Yes No

How long have you /agency been a member of the coalition?

If you are a member, what sector do you/agency represent?

- ☐ Business ☐ Religious/Fraternal ☐ Schools ☐ Media ☐ Youth ☐ Youth-Serving ☐ Substance Abuse  
☐ Agency ☐ Parents ☐ Law Enforcement ☐ Civic/Volunteer ☐ Healthcare ☐ Government

Are you willing to represent your sector as a chair for 2023-2024? ☐ Yes ☐ No

What committee(s) have you served on in 2022-2023? (List)

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

### ABOUT YOU

Why do you want to become a member of the Hub Coalition Porter County? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

What is your experience in mental health, substance use disorder or unintended consequences of substance use?

\_\_\_\_\_  
\_\_\_\_\_

Your Role: ☐ Personal ☐ Work Related ☐ Community

How many hours per month are you able to volunteer for your sector? \_\_\_\_\_

What is your availability? \_\_\_\_\_

Are you available for events on evenings and weekends? \_\_\_\_\_

List days and times available: \_\_\_\_\_

# Required Strategies for Grant Funding

What is your interest?

- ☐ Mental Health/Substance Use Disorder    ☐ Personal    ☐ Work Related    ☐ Community
- ☐ Mental Health First Aid Instruction    ☐ Youth-based programming
- ☐ Presentations – Speaker’s Bureau    ☐ Harm Reduction, Naloxone trainings, Naloxone distribution:
- ☐ Law Enforcement strategies    ☐ Business enrichment
- ☐ Other Please indicate area of interest: \_\_\_\_\_

## AGREEMENT

I understand that Hub Coalition membership requires active participation in a concerted effort to reduce substance use and increase mental health and wellness in Porter County. I will participate in the HUB Coalitions monthly coalition meetings, events, training, committees, and partnerships to provide the best possible outcomes for Porter County. I understand that not engaging in these efforts and strategies will result in missing one full grant cycle in 2024-2025.

---

Printed Name

---

Signature

Date

---

Hub Coalition Membership Coordinator

Date

Select Area of Interest:

List selected Problem Statement and Goal(s):

List selected Strategy:

Select an Evidence-Based Program:

How does this project educate the target population about alcohol, tobacco, and other drug (AOD) issues and promote an AOD free lifestyle?

Describe your project and the anticipated long-term outcomes regarding AOD? Use additional pages as needed to give the LCC the scope of your project and its impact on alcohol, tobacco, and other drug education/prevention, intervention/treatment, or law enforcement.

### Community Partners

Name each individual/agency that will partner with you to implement the grant strategies you have selected (suggested community partner list in each segment of problem statements).

1. Contact name: _____	2. Contact name: _____
Address/City/Zip: _____	Address/City/Zip: _____
email address: _____	email address: _____
Phone number: _____	Phone number: _____
3. Contact name: _____	4. Contact name: _____
Address/City/Zip: _____	Address/City/Zip: _____
email address: _____	email address: _____
Phone number: _____	Phone number: _____

Provide a **Narrative** of how this partnership will directly be related to the implementation of the grant objectives and outcomes:

Provide a **Narrative** of how you will implement the selected strategy, include a timeline, the anticipated long-term outcomes, the target population, data to support the project and sustainability plan:



***The following documents must be submitted with the proposal:***

- o EIN Certificate
- o Completed W-9 Form
- o Binding coverage certificate as additional insured on insurance policy
- o Board of Directors
- o Board of Directors meeting minutes approving grant submission for the LCC funding

**Funded Projects Require the Following Actions:**

- o Active member of the coalition (submit coalition membership form with submission)
- o Attend monthly coalition meetings.
- o Participate in at least one committee.
- o Participate in coalition activities, events, and trainings.
- o Submit monthly reports to: [dpelc@portercountysac.com](mailto:dpelc@portercountysac.com) by the 15th of the following month.
- o Funds not spent within the grant funding cycle will be returned to the LCC.
- o Provide receipts/invoices for all expenditures with each monthly report.
- o Receipts must be provided, or the expense will not be allowable and will be refunded by the grantee at the end of the grant cycle.
- o If the project director changes, it must be reported immediately.
- o If there is an incident that affects the grant's integrity, liability, or status it must be reported immediately to the LCC representative: [dpelc@portercountysac.com](mailto:dpelc@portercountysac.com)
- o A detailed MOU will be provided upon the award of the grant.
- o An In-Kind form will be provided upon the award of the grant.

I understand and agree to the terms of service for the Hub Coalition Porter County (LCC) grant funding requirements.

\_\_\_\_\_  
Printed name of organization's representative Date

\_\_\_\_\_  
Signature of Organization's Representative

\*\*\*The organization's representative is the coalition member, will submit monthly reports, attend monthly meetings, attend the events and trainings and be the contact person for grant questions.

Person responsible for Accounting of Funds: \_\_\_\_\_

Contact email and phone number: \_\_\_\_\_

Person responsible for Agency: \_\_\_\_\_

Contact email and phone number: \_\_\_\_\_

# Local Coordinating Council 2023-2024 Areas Of Interest

## **Locations:**

Hilltop Neighborhood

Portage

Portage Township

Rural Porter County – Hebron, Kouts, Morgan Township, Washington Township South Haven

## **Demographics:**

Older Adults – age 65+

Pre-school through elementary aged youth

- youth clubs for pre-school through 5th grade
- school based program

Veterans

## **Other:**

Harm Reduction

Holistic Health and Wellness Programs

Create Recovery Community Organizations

Suicide Prevention

Youth Serving/Schools – evidence-based programs

Mental Health Awareness/Training



## Hub Coalition Porter County

### Drug Free Communities Annual Funding

#### **Marijuana**

##### **Problem Statement #1**

Porter County experiences challenges with marijuana, cannabinoids, and vaping products in all their various forms.

##### **Goal #1**

The LCC will increase awareness and educate the community (youth ages 11-18 & adults) concerning the risk of use/abuse of marijuana, cannabinoids, and nicotine substances and related products by 6% within one year period. The data will be used from the Indiana Youth Survey and Indiana Department of Health database. If the 6% reduction is not achieved within one year the LCC will reevaluate its approach and adjust accordingly.

##### **Goal #2**

The LCC will decrease the use of marijuana, cannabinoids, and nicotine of adults and youth (age 11-18) by 5% over Each year with special emphasis on populations of interest: Portage, Rural, elementary-aged, prenatal/pregnant, 65+, geographical, college, LGBTQA+, recovery, et al. The data will be used from law enforcement data and juvenile probation data. If a 5% reduction is not achieved within one year the LCC will evaluate its approach and adjust accordingly.

#### **Marijuana Strategies**

Each strategy below correlates with the Marijuana Problem Statement and the corresponding Goals according to the data collected by the agency epidemiologist and recorded in the Comprehensive Community Plan for the past 12 months. Select one or more of the strategies listed below that will be addressed through your grant.

##### ***Problem Statement 1 Goal 1:***

- Develop and execute Town Hall events
- Create an education and awareness social media campaign for marijuana and vaping misuse then distribute digital and printed materials
- Create a four-episode series for the Matters of Substance podcast
- Prevention education program from the program list
- Holistic and wellness
- Justice activities for court mandated education, monitoring devices, evidence-based tools.

- Evaluation services to collect data on project outcomes and provide feedback
- Youth Mentoring activities

### ***Problem Statement 1 Goal 2:***

- Law enforcement mandated trainings directly related to substance use and mental health: Mental Illness, Addiction & Disabilities IC-5-2-1-9 (g); Human Trafficking (8 areas) IC 5-2-1-9 (g); & IC 5-2-1-9 (a) (10); De-Escalation IC 5-2-1-0 (g) and other related trainings as noted by IC.
- Mental Health First Aid Instructor & 3 courses
- Therapeutic and/or alternative treatment programming with an evidence-based programming for populations of interest - Holistic & Wellness

### **Programs**

Choose one or more of the following programs from the list below. These are the strategies that the Hub Coalition will fund for the 2023-2024 grant year in accordance with the comprehensive community plan. These strategies align with the problem statements and goals above. Please indicate if your program is evidence-based in your grant application.

#### **Prevention/Education**

- *Botvin LifeSkills Training Elementary School program:* a comprehensive, dynamic, and developmentally appropriate substance abuse and violence prevention program designed for upper elementary school students. The highly effective curriculum has been proven to help increase self-esteem, develop healthy attitudes, and improve their knowledge of essential life skills – all of which promote healthy and positive personal development and mental health. LifeSkills Training is comprehensive, dynamic, and developmentally designed to promote mental health and positive youth development. Learn more: <https://www.lifeskillstraining.com/botvin-lifeskills-training-elementary-school-program/>
- *WhyTry:* a flexible toolkit and curriculum for K-12 teachers and counselors. It provides simple, hands-on strategies and resources to help motivate the unmotivated student, support students with trauma, improve engagement, and increase academic success. WhyTry teaches life skills critical to the future success of every student or adult. While founded on well-established therapeutic practices, ~~facilitators don't need to be trained in these modalities to use the~~ program Learn more: <https://whytry.org/whytry-program/>
- *PreVenture:* A youth group activity that incorporates Cognitive Behavioral Therapy and Motivational Interviewing techniques. Learn more: <https://preventure.us/>
- *Youth Mental Health First Aid:* A skills-based training course that teaches parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a



mental health or addictions challenge or is in crisis. Learn more: <https://www.mentalhealthfirstaid.org/population-focused-modules/youth/>

- *Teen Mental Health First Aid*: Teaches teens in grades 10-12, or ages 15-18, how to identify, understand and respond to signs of mental health and substance use challenges among their friends and peers. Learn more: <https://www.mentalhealthfirstaid.org/population-focused-modules/teens/>
- *Youth Mental Health First Aid*: A skills-based training course that teaches parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Learn more: <https://www.mentalhealthfirstaid.org/population-focused-modules/youth/>
- *A Chance to Serve (ACTS)*: community youth leadership program that places youth on local boards and committees after participating in a series of five day-long leadership training sessions. Purdue Extension partners with local community agencies to cultivate this opportunity for youth. Learn more: <https://extension.purdue.edu/county/hamilton/acts.html>
- *Townhall*: Coordinate townhall(s) that educate the community about Marijuana misuse.
- *Camp Mariposa*: At-risk youth scholarships to attend Camp Mariposa “Oaklawn” in Elkhart County or Marion County location. Learn more: <https://aaronsplace.org/camp-mariposa/>
- *Matters of Substance Series*: Coordinate and record a four-episode series for the Matter of Substance podcast that discusses Marijuana misuse and its unintended consequences.
- *Messaging campaign*: build awareness about the unintended consequences of Marijuana misuse to include youth as a target population through billboards, social media platforms, PSA, and handouts. Suggested campaigns are SAMHSA’s Talk They Hear You and Tips for Teens.

### **Treatment/Intervention**

- *Community Reinforcement & Family Training (CRAFT)*: 12-session support group that teaches family and friends new skills in rapport building, positive reinforcement, communication, and problem solving. Includes education in how to analyze substance use patterns, when to intervene, and safety precautions. Learn more: <https://www.overdoselifeline.org/craft-model/>
- *Mental Health First Aid Instructor*: Have Mental Health First Aid instructors train to present to the Porter County community. Learn more: <https://www.mentalhealthfirstaid.org/become-an-instructor/the-role-of-an-instructor/>
- *Matrix Model Training*: CLARE / Matrix offers training that provides the skills needed to provide Matrix programming and learn the components of Matrix and specifics on each component of the Matrix Model. Learn more: <https://www.clarematrix.org/training/the-matrix-model/>

### **Suggested Partners**

Overdose Lifeline, CADCA, Tobacco Education and Prevention Coalition, National Council for Mental Wellbeing, Smart Approaches to Marijuana, Matters of Substance Podcast, WVLP, CLARE / Matrix, Purdue Extension

## **Prescription Drugs & Illicit Other Drugs**

### **Problem Statement #2**

Abuse/use of prescription drugs, opioids, heroin, cocaine, Fentanyl, Meth, polysubstance and other illicit drugs negatively affect the quality of life in Porter County.

#### **Goal #1**

The LCC will increase community awareness of the problems and solutions associated with prescription drugs, fentanyl, opioids, heroin, cocaine, methamphetamine, polysubstance, and other illicit drugs by 7% within one year period with special emphasis on special populations of interest: Portage, Rural, elementary-aged, prenatal/pregnant, 65+, geographical, college, LGBTQA+, recovery, et al. The data will be used from law enforcement data and juvenile probation data. If a 5% reduction is not achieved within one year the LCC will evaluate its approach and adjust accordingly.

#### **Goal #2**

The LCC will reduce the number of deaths from prescription drugs, opioids, heroin, fentanyl, cocaine, methamphetamine, polysubstance, and other illicit drugs by 5% within one year of partnerships with law enforcement, justice treatment, and education. The data will be used from Porter County Coroner's office data. If the 5% reduction is not achieved in one year, the LCC will reevaluate its approach and adjust accordingly.

### **Prescription Drugs & Illicit Other Drugs Strategies**

Each strategy below correlates with the Opioids, Prescriptions & Illicit Drugs Problem Statement, and the corresponding Goals according to the data collected by the agency epidemiologist and recorded in the Comprehensive Community Plan for the past 12 months.

Select one or more of the strategies listed below that will be addressed through your grant.

#### ***Problem Statement 2 Goal 1:***

- Organize the INSPECT prescription database program - 3 per year with 30 participants each
- Attend CADCA National Coalition Institute
- Provide presentations to address ACEs, Anti-Stigma, Good Samaritan Law/Aaron's Law.

Presenters for ACEs must be certified through Overdose Lifeline or the ACEs Indiana Coalition, and for Anti-Stigma presenters must be certified through Overdose Lifeline.

- Peer Recovery Coach training, credentialing, and memberships with Mental Health America's Stanley Kemper Institute. Partner with county RCO or create RCO with assistance from Indiana Recovery Network and/or Voices and Faces of Recovery.

- Recovery Café models in special interest areas: Portage and rural Porter County – to include Hebron, Kouts, Washington Township and Morgan Township.
- Parent Café incorporating prevention education at any Porter County school.
- Provide evaluation for strategies and programs to assist with action plan, data collection and outcomes.

### ***Problem Statement 2 Goal 2:***

- Create a four-episode series for the Matters of Substance podcast
- Create school youth council to promote leadership, peer training, and a school-based initiative encouraging behavioral wellness, healthy choices, increasing protective factors, and reducing risk factors for substance use.
- Train Mental Health First Aid instructors: Teen, Youth, Older Adults, Veterans
- Youth activity that incorporates prevention strategies from Overdose Lifeline
- Suicide Prevention programs and strategies

### **Programs**

Choose one or more of the following programs from the list below. These are the strategies that the Hub Coalition will fund for the 2023-2024 grant year in accordance with the Comprehensive Community Plan. These strategies align with the Problem Statements and Goals above. Please indicate if your program is evidence-based in your grant application.

#### **Prevention/Education**

- *PreVenture*: A youth group activity that incorporates Cognitive Behavioral Therapy and Motivational Interviewing techniques. Learn more: <https://preventure.us/>
- *This is NOT About Drugs*: A youth presentation that addresses opioid misuse that includes a video with fellow youth who have lived experience or loved ones with lived experience. Learn more: <https://www.overdoselifeline.org/opioid-heroin-prevention-education-program/>
- *Adult Mental Health First Aid*: Mental Health First Aid is a skills-based training course that teaches participants about mental health and substance-use issues. <https://www.mentalhealthfirstaid.org/population-focused-modules/adults/>
- *Youth Mental Health First Aid*: A skills-based training course that teaches parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Learn more: <https://www.mentalhealthfirstaid.org/population-focused-modules/youth/>
- *Teen Mental Health First Aid*: Teaches teens in grades 10-12, or ages 15-18, how to identify, understand and respond to signs of mental health and substance use challenges among their

friends and peers. Learn more: <https://www.mentalhealthfirstaid.org/population-focused-modules/teens/>

- Youth engagement activity for elementary students that teaches adolescents about proper use of over-the-counter medications and prescriptions.
- *Opioid Messaging campaign*: build awareness about the unintended consequences of Opioid and prescription misuse to include youth as a target population. Suggested campaigns are
  - SAMHSA's Talk They Hear You and Tips for Teens.
  - *Townhall*: Coordinate townhall(s) that educate the community about Opioid misuse.
  - *Matters of Substance series*: Coordinate and record a four-episode series for the Matter of Substance podcast that discusses Opioid misuse and its unintended consequences.
  - *INSPECT*: Coordinate two INSPECT trainings targeting physicians, veterinarians, pharmacists or police officers through the Indiana Professional Licensing Agency.
- *ACEs Master Trainer*: Become a master trainer through the ACEs Indiana Coalition and educate the community about ACEs and the impact it can play on youth who experience them.

## Treatment/Intervention

- *Applied Suicide Intervention Skills Training (ASIST)*: provide those in formal helping roles with professional development to ensure that they are prepared to provide suicide first aid help as a part of the care they provide. Learn more: <https://www.livingworks.net/asist>
- *Community Reinforcement & Family Training (CRAFT)*: 12-session support group that teaches family and friends new skills in rapport building, positive reinforcement, communication, and problem solving. Includes education in how to analyze substance use patterns, when to intervene, and safety precautions. Learn More: <https://www.overdoselifeline.org/craft-model/>
- *School Nurse Training / IN School Naloxone Project*: supports school nurse and school partners efforts to apply a Naloxone Emergency Preparedness and Response Plan within their school, providing free naloxone, emergency medication boxes, and staff training. Learn more: <https://www.overdoselifeline.org/indiana-school-naloxone-project/>
- *Removing the Shame and Stigma of Addiction/SUD*: educate the community about the consequences of shame and stigma associated with the disease of addiction, why addiction is stigmatized within society, and solutions to address shame and stigma by looking at the effect they have on individuals, families, caregivers, and communities. Learn more: <https://www.overdoselifeline.org/opioid-training-and-courses/removing-the-shame-and-stigma-of-addiction/>
- *Exploring the Role of ACEs and Trauma in Substance Use Disorder (SUD)*: educate community members so that they have working understanding of Adverse Childhood Experiences (ACEs), trauma and post-traumatic stress disorder (PTSD), and how these are related to general health outcomes, but particularly substance use disorder. ACEs and trauma play a large role in substance use disorder. Viewing individuals within the context of their life experiences provides an important lens for recovery. Trauma informed care



and resilience building are key components to recovery that emphasize prevention and rehabilitation. Learn more: <https://www.overdoselifeline.org/opioid-training-and-courses/exploring-the-role-of-aces-and-trauma-in-substance-use-disorder/>

- *Matrix Model Training*: CLARE / Matrix offers training that provides the skills needed to provide Matrix programming and learn the components of Matrix and specifics on each component of the Matrix Model. Learn more: <https://www.clarematrix.org/training/the-matrix-model/>
- *Harm Reduction*:
  - o Recovery Café: Portage initiative that partners with Indianapolis based We Bloom. Peer-led cafes assisting with substance use disorder, mental illness and homelessness
  - o Recovery Community Organization(RCO): Create an RCO in Portage or rural Porter County communities – Hebron, Kouts, Washington and Morgan Townships
  - o Train five Peer Recovery Coaches
  - o Train two dedicated Mental Health First Aid Instructors in Veteran, Youth, Teen or Adult Modules
  - o Membership in Indiana Recovery Network and Indiana Addictions Issue Coalition with active participation.
  - o Townhall educating on Anti-Stigma and ACEs training. Townhall presenters must be certified to present on subject matter through Overdose Lifeline, INC.
  - o Townhall education on Good Samaritan Law/Aaron's Law.
  - o Partner with certified holistic mental health and wellness providers for classes in natural healing technique's: meditation, yoga, 12-step yoga, acupuncture, exercise, tai-chi, nature-related or other evidence-based practices. Can include a multi-disciplinary approach.
  - o Therapeutic harm reduction efforts: art therapy, experiential therapy, expressive therapy, recreation therapy, and music therapy
  - o Expand access to testing and treatment for infectious diseases such as HIV and Hepatitis C resulting from intravenous opioid use by hosting community testing event.

## **Other**

- *Suicide prevention programs and strategies*:
  - o Effective programs and resources include: SAMHSA 988 Partner Toolkit, 988 Suicide and Crisis Line, CDC Prevention Resource for Action
  - o Develop a strategy with emphasis on veterans, law enforcement, and active military.
  - o Develop or partner with HealthLinc's Mobile Crisis Response Team.

- o Build awareness through the use of a messaging campaign that includes a calendar with social media posts.
- o Train instructors in the evidence-based Mental Health First Aid program and host three trainings that will teach attendees how to assess individuals for mental health challenges including suicidal ideation, de-escalate crisis situations and connect individual to resources.
- o Present the Stop the Bleed Training to Porter County community members.

• ***Enhance local veteran services/initiatives:***

- o Make The Connection – resources for veterans
- o The Governor’s Challenge
  - Veteran Coffee Socials
  - Ask the Question
  - VA S.A.V.E. Suicide prevention program
  - Safe storage of medications
- o Create a series of veteran stories for the Matters of Substance podcast for Spotify distribution; social media posts and print.

**Suggested Partners**

Overdose Lifeline, CADCA, National Council for Mental Wellbeing, School Resource Officers, School Nurses, ACEs Indiana Coalition, Oxford House, Indiana Recovery Network, The Aliveness Project, Certified Holistic Practitioners, SAMHSA, CDC, Veteran’s Affairs, Indiana Department of Health, Porter County Health Department, HealthLinc’s Mobile Integrated Response Team, Ivy-Tech, WorkOne, Indiana Professional Agency, Porter County Jail, Mental Health America Indiana, Indiana Professional Licensing Agency, We Bloom, Faces and Voices of Recovery, CLARE / Matrix

# **Alcohol**

## **Problem Statement #3**

Alcohol use/abuse by both youth and adults has led to a decline in the quality of life in Porter County.

### **Goal #1**

The LCC will reduce the use of alcohol among youth ages 11-18 and adults by 5% within one year by increasing media campaigns, prevention programs and introducing evidence-based curricula to underserved populations. The data will be used from the Indiana Youth Survey and law enforcement data. If the 5% reduction is not achieved within a year, the LCC will reevaluate its approach and adjust accordingly.

### **Goal #2**

The LCC will increase awareness and educate residents by 7% on the harmful effects and consequences of misuse of alcohol by youth (ages 11-18) and adults with populations of special interest: elementary-aged, prenatal/pregnant, 65+, geographical, college, LGBTQA+, et al. The data will be used from the Indiana Youth Survey, juvenile probation data, and law enforcement data. If the 7% reduction is not achieved in one year, the LCC will reevaluate its approach and adjust accordingly.

## **Alcohol Strategies**

Each strategy below correlates with the Alcohol Problem Statement, and the corresponding Goals according to the data collected by the agency epidemiologist and recorded in the Comprehensive Community Plan for the past 12 months.

Select one or more of the strategies listed below that will be addressed through your grant.

### ***Problem Statement 3 Goal 1:***

- Provide community presentations to address ACEs, Good Samaritan Law
- Expansion of recovery groups or recovery homes and alternative peer groups to include training of peer recovery coaches
- Increase evidence-based initiative in identified special populations – Portage, South Haven, Hilltop Neighborhood and rural Porter County.

### ***Problem Statement 3 Goal 2:***

- Promote alcohol awareness and/or education programs and strategies
- Partner with Overdose Lifeline
- Provide holistic and wellness strategies – integrative approach
- Provide evaluation for strategies and programs to assist with action plan, data collection and outcomes.
- Create a four-part Matters of Substance series to air on WVLP radio, streaming and on broadcasting portals. Increase professional programming and content and conversational community topics and series.
- Support rural youth initiatives with an emphasis on at-risk youth in elementary through high school to increase protective factors and decrease risk factors for substance use. Youth leadership, sports, music and arts at rural Washington Township, Morgan Township, Kouts, and Hebron.

## Programs

Choose one or more of the following programs from the list below. These are the strategies that the Hub Coalition will fund for the 2023-2024 grant year in accordance with the Comprehensive Community Plan. These strategies align with the Problem Statements and Goals above. Please indicate if your program is evidence-based in your grant application.

### Prevention/Education

- *Botvin LifeSkills Training Elementary School program*: a comprehensive, dynamic, and developmentally appropriate substance abuse and violence prevention program designed for upper elementary school students. The highly effective curriculum has been proven to help increase self-esteem, develop healthy attitudes, and improve their knowledge of essential life skills – all of which promote healthy and positive personal development and mental health. LifeSkills Training is comprehensive, dynamic, and developmentally designed to promote mental health and positive youth development. Learn more: <https://www.lifeskillstraining.com/botvin-lifeskills-training-elementary-school-program/>
- *WhyTry*: a flexible toolkit and curriculum for K-12 teachers and counselors. It provides simple, hands-on strategies and resources to help motivate the unmotivated student, support students with trauma, improve engagement, and increase academic success. WhyTry teaches life skills critical to the future success of every student or adult. While founded on well-established therapeutic practices, facilitators don't need to be trained in these modalities to use the program. Learn more: <https://whytry.org/whytry-program/>
- *PreVenture*: A youth group activity that incorporates Cognitive Behavioral Therapy and Motivational Interviewing techniques. Learn more: <https://preventure.us/>
- *Teen Mental Health First Aid*: Teaches teens in grades 10-12, or ages 15-18, how to identify, understand and respond to signs of mental health and substance use challenges among their friends and peers. Learn more: <https://www.mentalhealthfirstaid.org/population-focused-modules/teens/>
- *Youth Mental Health First Aid*: A skills-based training course that teaches parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Learn more: <https://www.mentalhealthfirstaid.org/population-focused-modules/youth/>
- *Townhall*: Coordinate townhall(s) that educate the community about alcohol misuse.
- Coordinate and record a four-episode series for the Matter of Substance podcast that discusses youth alcohol misuse and its unintended consequences.
- *Alcohol Messaging Campaign*: build awareness about the unintended consequences of Alcohol misuse to include youth as a target population. This campaign can also expand to adults as well. Suggested campaigns are SAMHSA's Talk They Hear You and Tips for Teens, Prevention Action Alliance's Parents Who Host Lose the Most, and Hub Coalition's Sticker Shock.
- *Goggles and Carts*: Coordinate Goggles and Carts events for Porter County schools and youth serving organizations. The program uses Fatal Vision Goggles and golf carts to demonstrate to youth the impairment they experience while drinking alcohol. Local law enforcement partner with coordinators for this event and ride with the youth in the golf cart and discuss the unintended consequences of alcohol misuse.

## Treatment/Intervention

- *Community Reinforcement & Family Training (CRAFT)*: 12-session support group that teaches family and friends new skills in rapport building, positive reinforcement, communication, and problem solving. Includes education in how to analyze substance use patterns, when to intervene, and safety precautions. Learn More: <https://www.overdoselifeline.org/craft-model/>
- *Guide to Substance Use Disorder Treatment and Recovery Education*: Participants will learn how the process of change can contribute to interrupting the addiction cycle and achieving recovery. The course will review the four dimensions and ten guiding principles of recovery and provide an understanding of relapse (or setback), the stages of relapse, and relapse prevention. Instructors will review the signs and symptoms of SUD and how the process of screening and assessment helps determine next steps and the required level of care. Learn more: <https://www.overdoselifeline.org/opioid-training-and-courses/guide-to-sud-treatment-and-recovery-training-course/>
- *Matrix Model Training*: CLARE / Matrix offers training that provides the skills needed to provide Matrix programming and learn the components of Matrix and specifics on each component of the Matrix Model. Learn more: <https://www.clarematrix.org/training/the-matrix-model/>
- Other
- Create or adopt a local resource guide and distribute to the community.
- Coordinate an environmental scan and youth-based activity booth For the Popcorn Festival. Include booth application fee in grant application budget.
- *Enhance local veteran services/initiatives*:
  - o Make The Connection – resources for veterans
  - o The Governor’s Challenge
    - Veteran Coffee Socials
    - Ask the Question
    - VA S.A.V.E. Suicide prevention program
    - Safe storage of medications
- *Youth Sector*: Portage or rural Porter County areas – Kouts, Hebron, Washington Township, Morgan Township
  - o Sponsor youth group activities, clubs, events
  - o Youth prevention club
  - o Marketing prevention messages, events, participate on coalition, social media engagement
  - o Promote the Jacquelyn Sterling Scholarship and develop guidelines for awarding scholarship
  - o Develop youth leadership council
  - o Provide Overdose Lifeline evidence-based curriculum

## Suggested Partners

Overdose Lifeline, CADCA, National Council for Mental Wellbeing, Veterans Assistance, Portage School Systems, East Porter County School Corporation, Porter County Law Enforcement Agencies, CLARE / Matrix

**Itemized Budget and Narritive:**

Item    Quantity    Cost Per Item    Total Cost


**Budget Narrative:**

Explain all itemized budget costs

## Q & A

### **How will the applications be reviewed?**

Applications are due by June 1, 2023. The grant selection committee will meet immediately following to review the grant submissions and have a briefing for coalition members at the Thursday, June 8th monthly meeting. The meeting will be held at Community Foundation, 1401 Calumet Avenue, Valparaiso at 8:00 AMs. The LCC requests that a representative attends the meeting the day of the briefing. Please be aware your project may not be fully funded.

### **What is required after the grant award?**

Any person or organization receiving funding from Hub Coalition Porter County (LCC) is required to assign at least one person to attend regular meetings of the LCC. Funded organizations must attend 8 meetings in a 12-month period following grant approval. Hub Coalition Porter County (LCC) meets 12 times per year, required grantees to attend no less than 8 meetings annually. A funded organization that fails to comply will be prohibited from obtaining funding in the future. Additional requirements as listed on the proposal submission template.

### **How can I become a member?**

Thank you for applying. The LCC requires you to become a member if you are not already. The meetings are held the 2nd Thursday of each month at the Community Foundation, 1401 Calumet Avenue, Valparaiso between 8:00 AM – 9:00 AM. The Coalition Membership template is attached to the proposal submission template.

### **Who do I contact if I have questions about the grant process?**

For questions, call Dawn Pelc, 219-280-5252 or email at [dpelc@portercountysac.com](mailto:dpelc@portercountysac.com)

