

Creating a Healthier Sullivan County

Communities United Regional Network
Sustained Community Health

August 19, 2011

What are we aiming for?

- NH Charitable Foundation: “**Sustainable and systemic change** is a priority to address the issue of substance abuse.”
- To bring together what we already know as a community with Federal and State vision.
- A focus and system that is both stronger and more independent.
- What do we want? What is our vision? How will we get there?

What do we want?

A brighter future for Sullivan County?

Drug-free lifestyle with responsible alcohol use

An effective system to impact negative health trends in Sullivan County?

- Reduced Mortality and Morbidity due to preventable diseases
- Improved Mental and Physical health



What do we want?

- **Sustained, comprehensive healthy community approach**
- Independence
- Less reliance on grants
- Less need for state support
- Sullivan County solutions to Sullivan County problems



How are we going to get there?

- A clear mission
- A clear vision
- A workplan
- Input from the whole community



SAMHSA's Strategic Initiatives

Prevention of Substance Abuse and Mental Illness

Trauma and Justice

Military Families

Recovery Support

Health Reform

Health Information Technology

Data, Outcomes, and Quality

Public Awareness and Support

What Makes a Healthy Community?

Physical Activity

Overweight and Obesity Reduction

Environmental Quality

Immunization

Access to Health Care

Tobacco Use Reduction

Substance Abuse Reduction

Responsible Sexual Behavior

Mental Health

Injury and Violence Reduction

Our mission:

The Resource and Collaboration Council helps build a stronger community and workforce by identifying new and existing resources and bringing community partners together to reduce risk factors of substance abuse.



With our mission in mind:

You said our contributing factors included:

- Adults not perceiving risks
- Multigenerational cycle of addiction
- Community acceptance of youth
- Low youth resilience

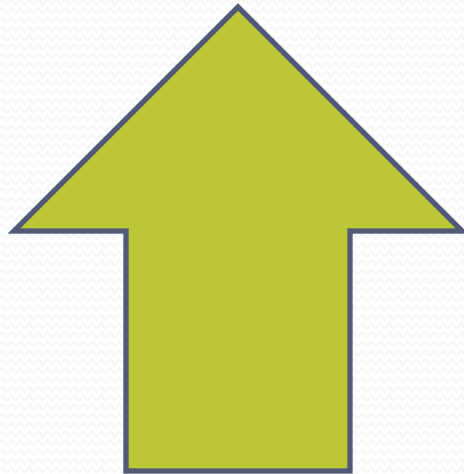
We did:

- Community Engagement (Workplace newsletters, “Brain Book” and more)
- Grant programs (Community Corrections support, DFC grant)
- Community Education (Guiding Good Choices)
- Theatre Festival

We have made progress!

In 2008:

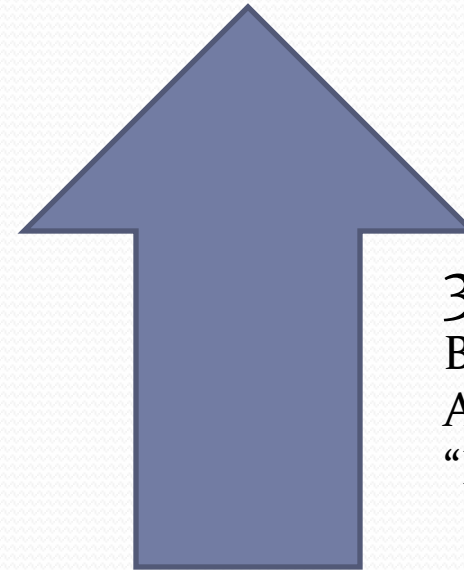
Readiness interview results
reveal....



2.5
Between
“Denial” and
“Vague
Awareness”

In 2011:

An increase of **one full level!**



3.5
Between “Vague
Awareness” and
“Preplanning”

We are being heard

In 2010, 63% of survey respondents said they had heard our information, in newspapers, on local TV or on the radio.

81% of those respondents said they had heard the message to talk to their kids about the abuse of alcohol and other drugs.

Our next step is to translate that greater awareness into action!
24% of respondents had talked to their children about underage alcohol abuse more than five times; 59% had not talked to their children at all.

RACC Recommendations

1. Proposed Mission - To engage members of our communities in a coordinated effort to promote behaviors that measurably improve the health and well being of our youth and adults with a focus on alcohol, tobacco, and other drug prevention.
2. Establish Sullivan County Committee (Commission) on Wellness to develop this planning grant
3. Contract with an individual responsible for facilitating, leading, and tracking through milestones and deliverables
4. Seek expert advice at initial design of project