

If Prevention and Recovery Just Sat Down for a Cup of Coffee



KYM LAUBE
THANKS FOR HAVING ME!



LONG ISLAND
ADDICTION RESOURCE CENTER
ongislandaddictionresourcecenter.org



I get so excited!

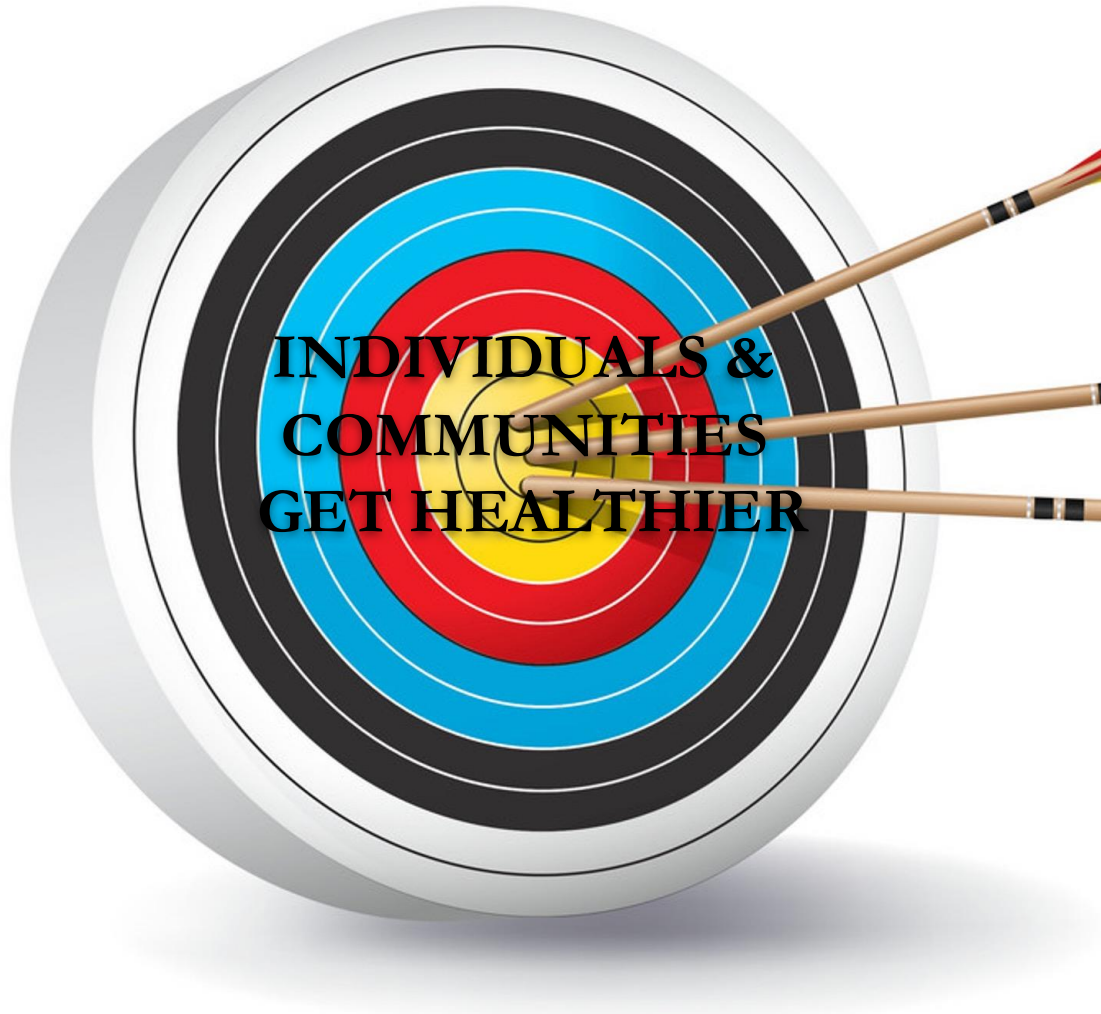


PREVENTION

RECOVERY

**HARM
REDUCTION**





**INDIVIDUALS &
COMMUNITIES
GET HEALTHIER**

PREVENTION ACROSS THE LIFESPAN
WITH FOCUS ON ENVIRONMENTAL
PREVENTION

ACCESS TO HARM REDUCTION
AND TREATMENT

VARIETY OF RECOVERY SUPPORTS



North Fork
ROSÉ CRAWL

GARDINERS BAY

GARDINERS ISLAND

TOBACCOLOT BAY

THE GREYLADY

THE ARBOR
THE SURF LODGE
RUSCHMEYER'S SOUL CYCLE

THE SLOPPY TUNA

Montauk
GURNEY'S INN

SUNSET BEACH
SHELTER ISLAND

ROBINS ISLAND

North Haven

Springs

Northwest Harbor

Napeague

LONGHOUSE RESERVE

MOBY DICKS

Amagansett

East Hampton

PECONIC RIVER

Sag Harbor

THE STUDIO
GUILD HALL
HAMPTON RACQUET

ART
HAMPTONS
MARKET ART+DESIGN

THE WHITE ROOM GALLERY

Bridgehampton

Watermill
THE GREENWICH

HAMPTONS CONTEMPORARY

TuckaHo

JUELAN CLUB

SOUTHAMPTON INN KOZU

UNION CANTINA

Southampton

NYC



27

25

114

27

27

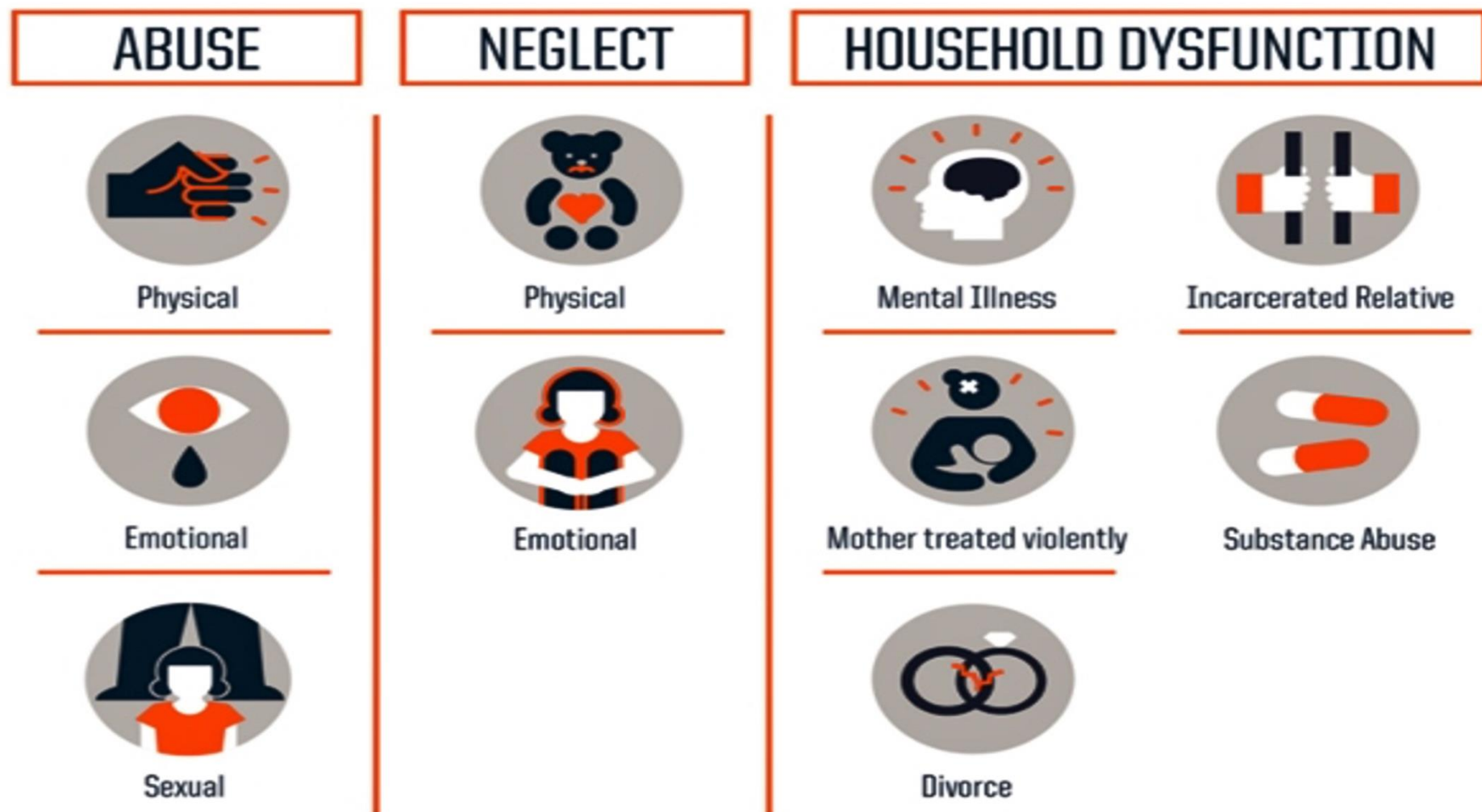






100%

Three Types of ACEs

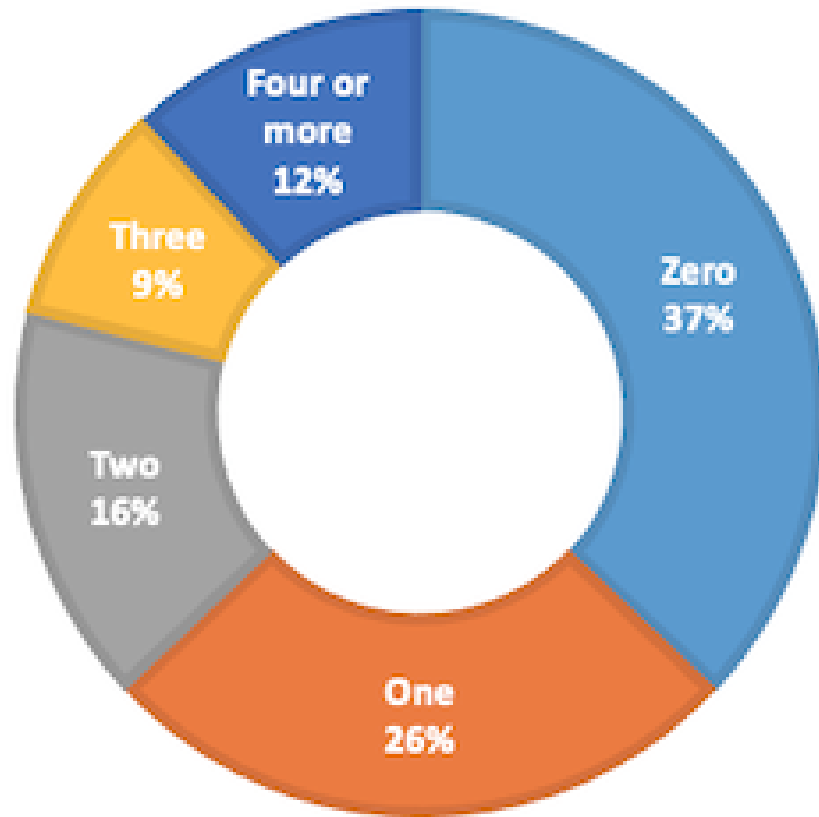


Source: Centers for Disease Control and Prevention

Credit: Robert Wood Johnson Foundation

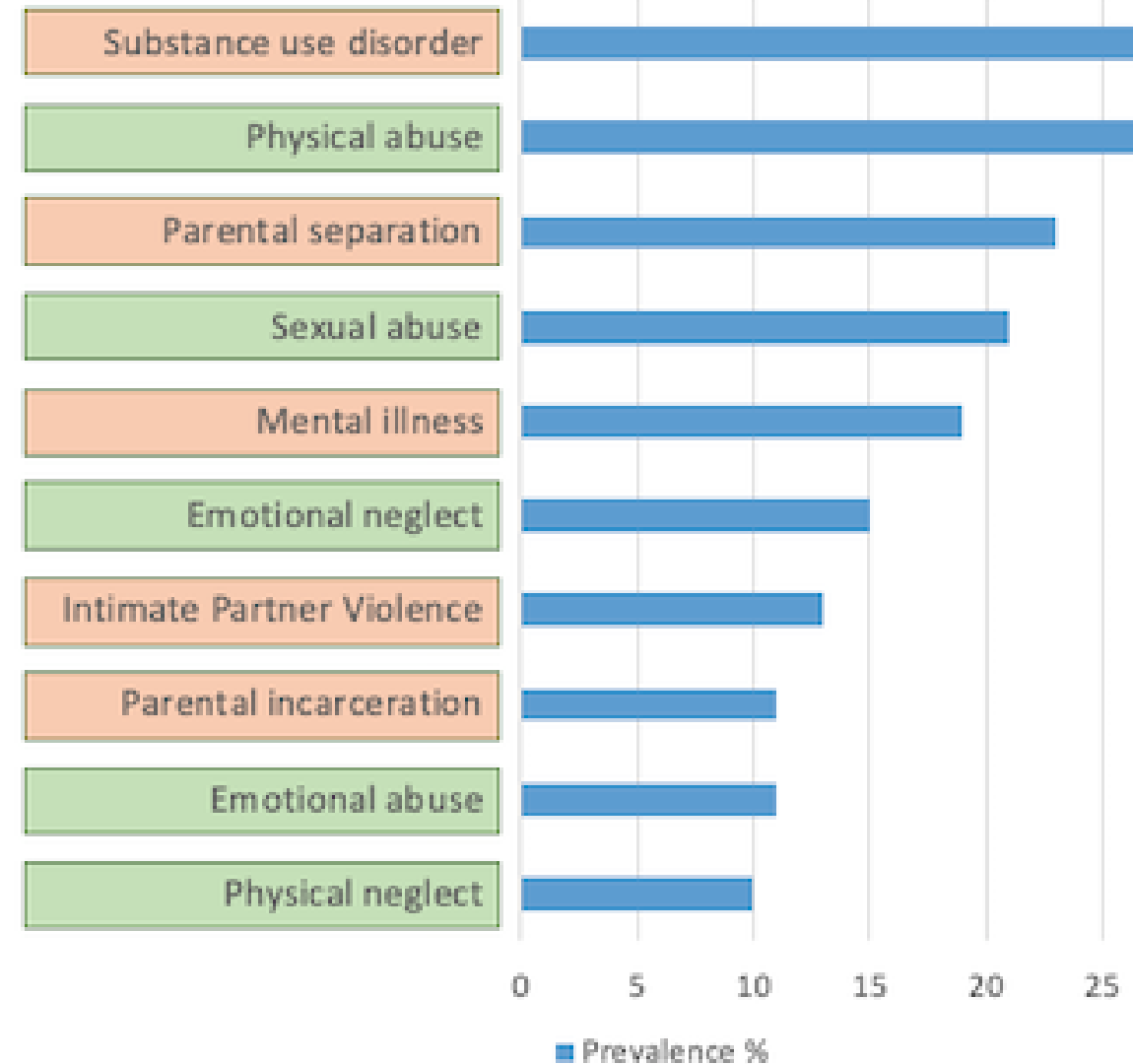
How common are ACEs?

% of study respondents reporting # of ACEs



Based on the Behavioral Risk Factor Surveillance System

Types of ACEs reported



**ROAD
CLOSED**





PAVED

BY

PREVENTION

ROAD TO

RECOVERY

COMPANY OR EMPLOYER NAME: _____

POSITION APPLIED FOR: _____
APPLICANT ID: _____
SOCIAL SECURITY NUMBER: _____

Employment Application

YOUR NAME: _____
Last

First

ARE YOU LEGALLY ELIGIBLE FOR P
 Yes No (If yes

I AM SEEKING A PERMANENT
IF NECESSARY FOR THE J
Work (which shifts)
Work overtime?
Provide a valid

ADDRESS: _____

Are you able to perform the essential functions
position with or without accommodations?
 Yes No

JOB, ARE YOU OVER (Please mark one)
WORK _____ DAYS AFTER BEING NOTIFIED TH

14

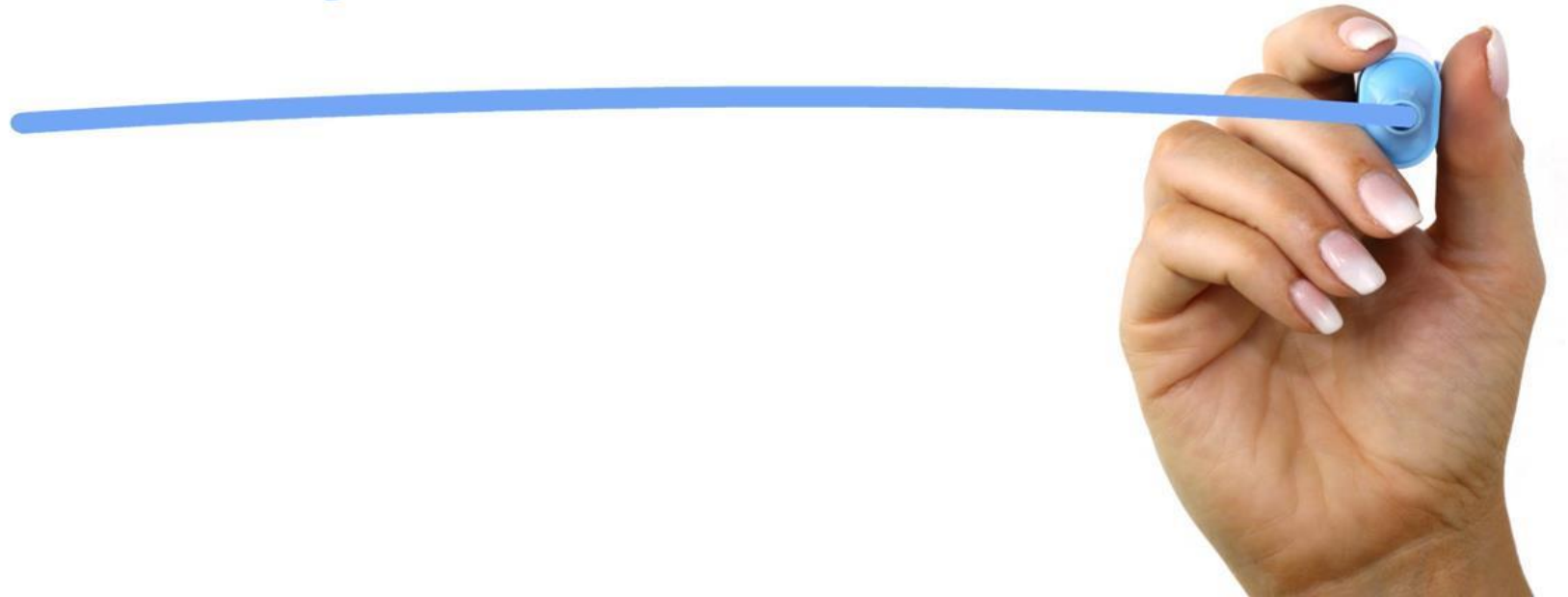


**FOUND
COMMUNITY.
FOUND
HOME.
FOUND
HOPE.**

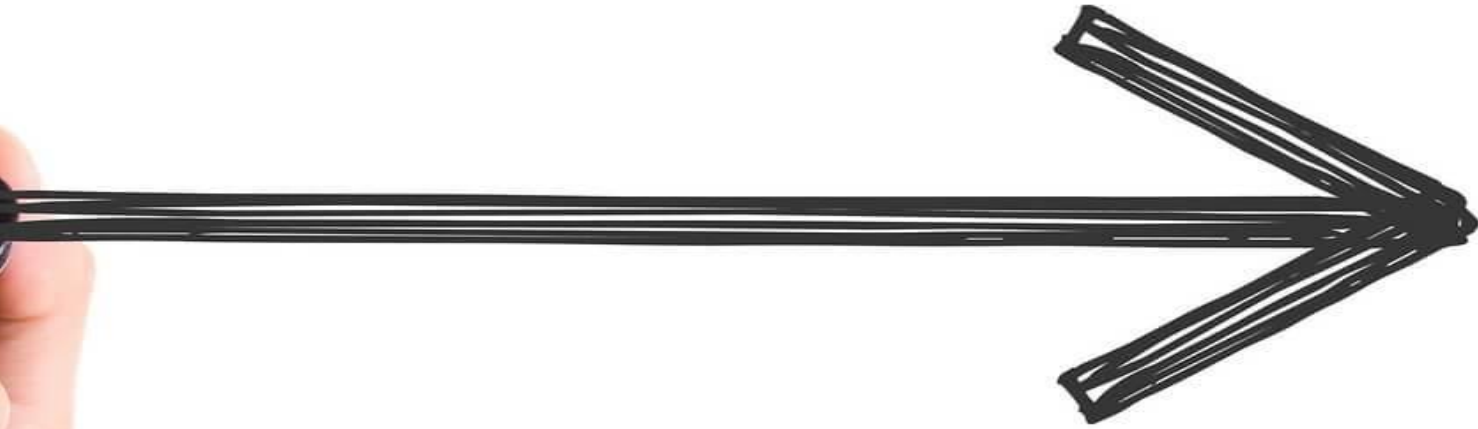
Thank you Mrs. Block- THANK YOU champions for youth!



PREVENTION



RECOVERY



CONFERENCES
CONFERENCE TRACKS
COMMITTEES/TASK
FORCES/WORK GROUPS

PREVENTION

**LAW
ENFORCEMENT**

**HARM
REDUCTION**

TREATMENT

RECOVERY





OUR BEEF





Name of a Swedish, speaking in English, sing in Spanish, marry an Italian, sell Russian merch, love to travel to Japan and living in England.

A: Gloria Berger

B: Beastmaster64

C: Poppy Harlow

D: Pewdiepie

1950s



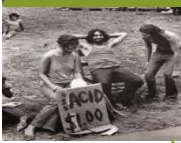
-Drugs are problem of ghetto
-Used to escape pain and reality
-Strategy: Use scare tactics
-Activity: Films and speakers

Early 1960s



-Drugs are used to escape pain and avoid reality
-More of a problem of the ghetto
-Strategy: Use scare tactics
-Activities: Films and speakers

Late 1960s



-Drugs are used to intensify life
-Psychedelic experiences
-Drug use is national epidemic
-Strategy: Provide information
-Activities: Films and speakers

Early 1970s



-Variety of drugs used for variety of reasons: speed up/intensify experiences, to escape, to relieve boredom, to conform to peers, to expand perception
Strategy: Drug Education
-Activities: Curricula based on factual information

Mid-Late 1970s



-Use soph
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A Brief History

Late 1970s to Early 1980s



-Parents begin to form organizations that combat the incidence of drug use (MADD,SADD)
-Strategy: effective education, alternatives to drug use and training
-Activities: Social skills curricula,

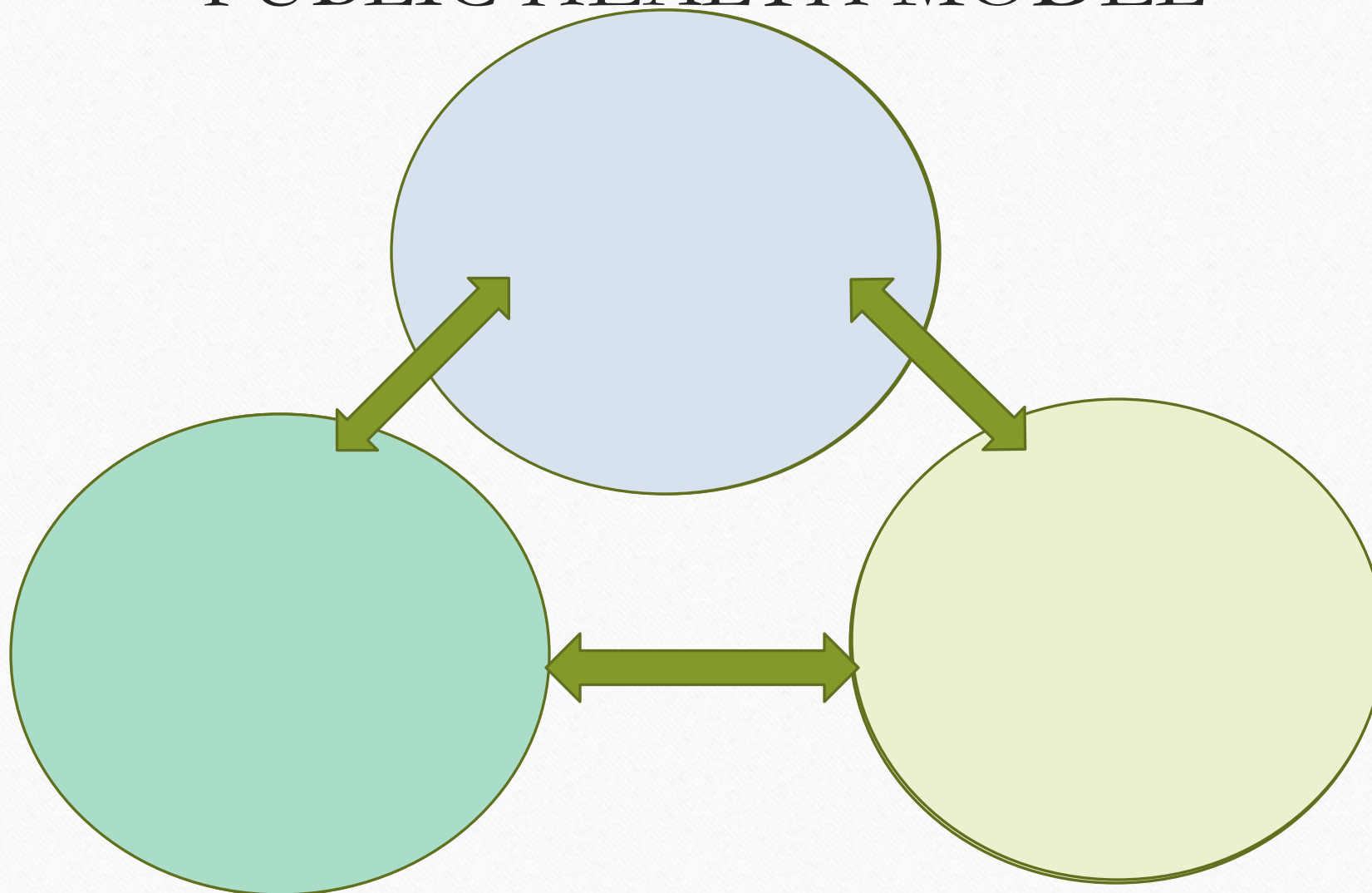
Mid-1990s to 2000



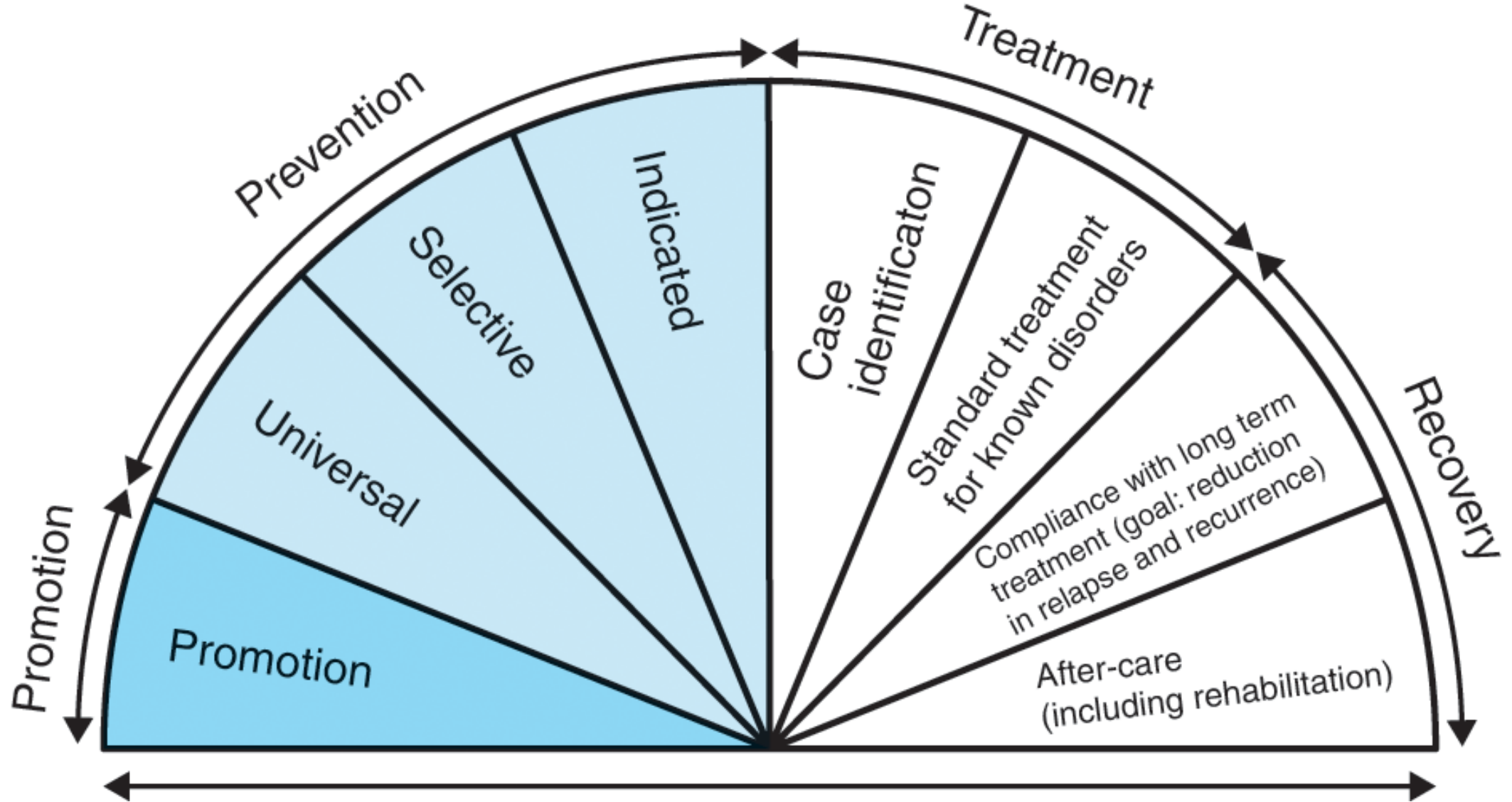
-The gap between research and application is gradually being bridged
-Strategy: Replication of research-based models and application of research-based approaches
-Activities: environmental approaches, comprehensive programs, targeting many domains and strategies, evaluation of prevention programs,



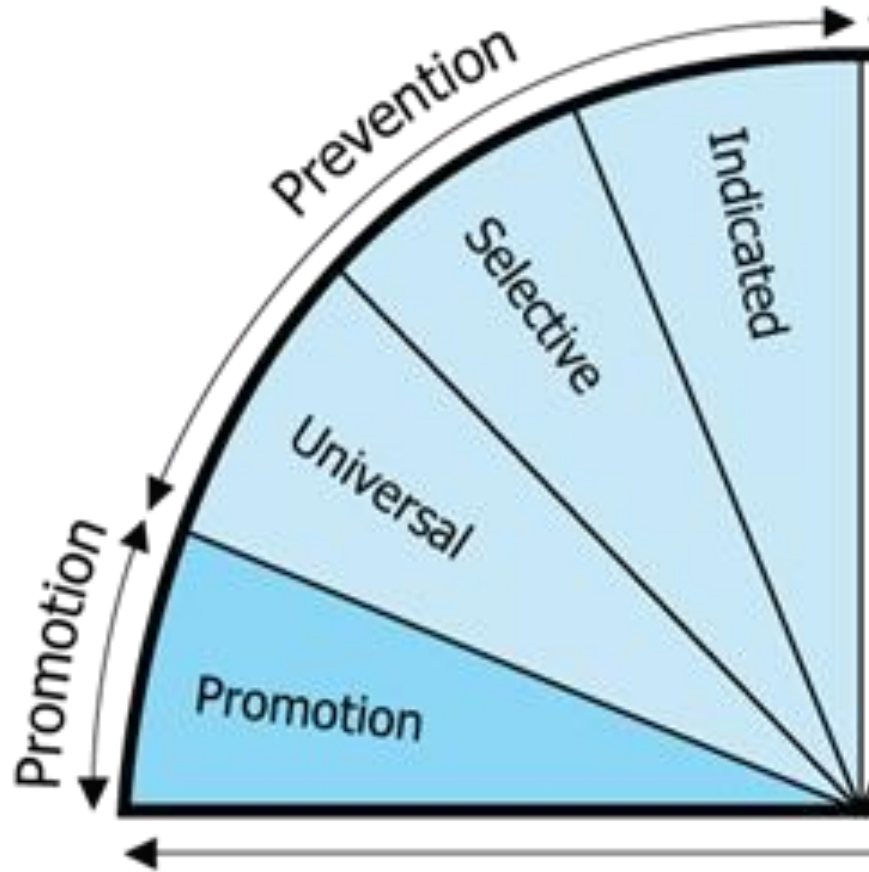
PUBLIC HEALTH MODEL



INVESTED IN ILLNESS RATHER THAN WELLNESS!



Youth Substance Use Prevention within the Continuum of Care

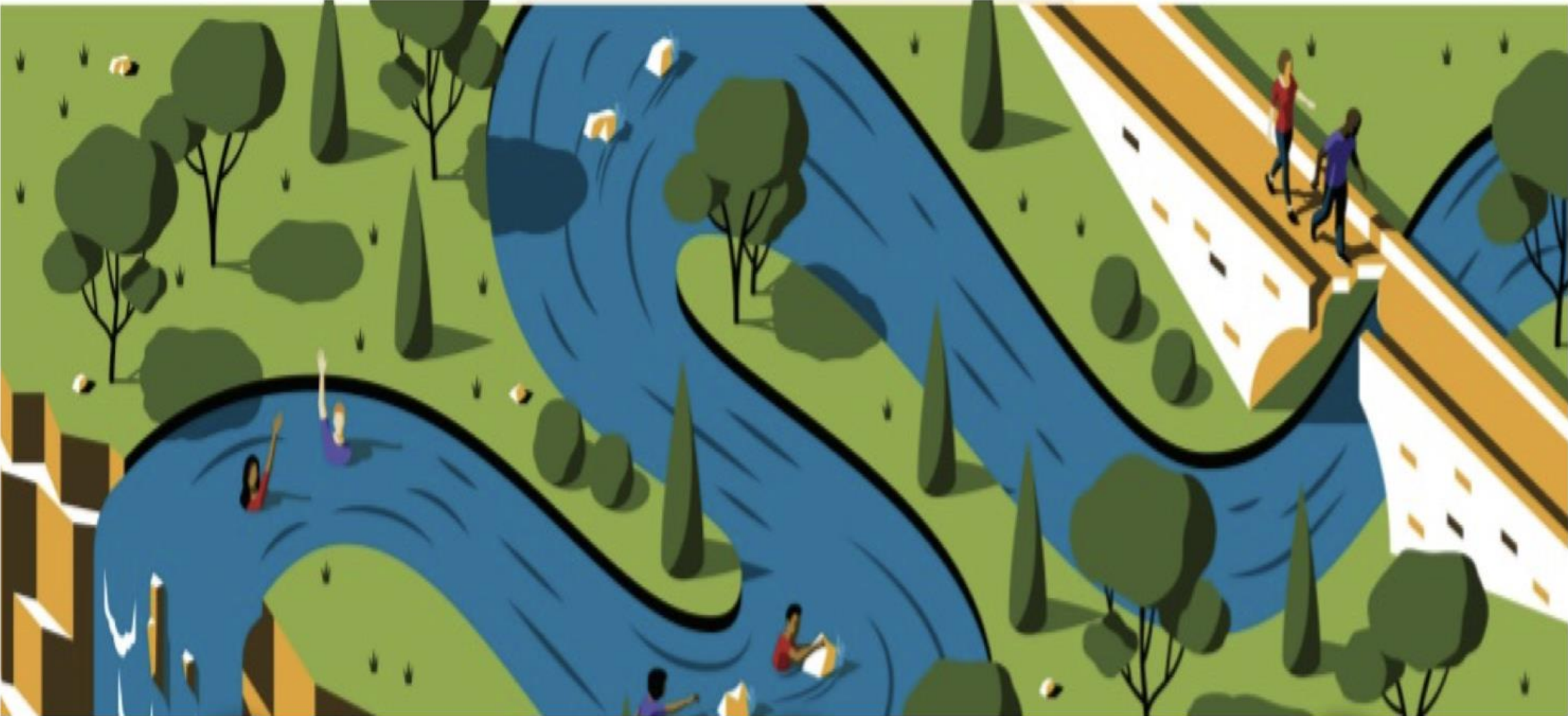


- **Universal:** Focus on an entire population (e.g., school or community), not directed at one specific group, targeted to those who have not yet initiated use
- **Selective:** Interventions focused on those at higher-than-average risk for substance use who have not yet initiated use
- **Indicated:** Interventions concentrate on those already using or engaged in other high-risk behaviors without any diagnosable substance use disorder to prevent heavier, chronic use.

• Reference. National Academies of Sciences, Engineering, and Medicine. Fostering healthy mental, emotional, and Behavioral d

• Delaware Health and Social Services. (n.d.) Prevention definitions and strategies. *Delaware Health and Social Services*. <https://dhss.delaware.gov/dsamh/files/pds.pdf>

RIVER STORY



WHY WE NEED TO GET THE WHOLE PICTURE





“It’s not a prevention workshop unless the “SPF FLOWER” shows up”

-Greg Puckett, West Virginia

1,000 POINTS IF YOU KNOW HIM AND TELL HIM I GAVE HIM PROPS

SO ISN'T
OVERDOSE PREVENTION
PREVENTION?

Harm Reduction at SAMHSA

- Harm reduction is an approach that emphasizes engaging directly with people **who use drugs** to prevent overdose and infectious disease transmission, improve the physical, mental, and social wellbeing of those served, and offer low-threshold options for accessing substance use disorder treatment and other health care services.

Harm reduction is critical to keeping people who use drugs alive and as healthy as possible.

BROAD IMPACT OF HARM REDUCTION

To prevent DEATH

To reverse overdoses

To prevent the spread of communicable diseases

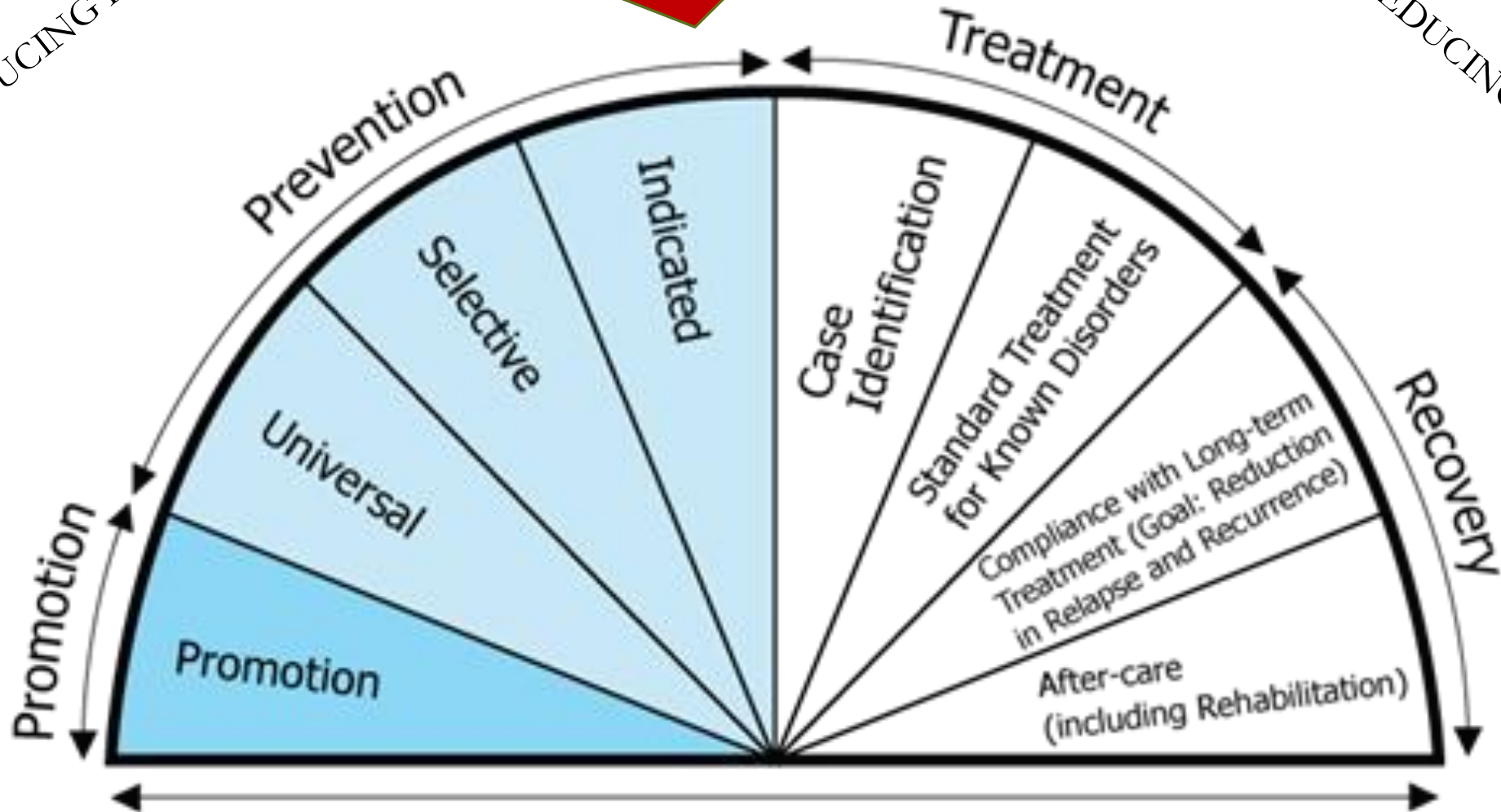
To promote linkages to care

To reduce stigma

HARM REDUCTION

REDUCING HARM

REDUCING HARM



Different lenses

- **Harm Reduction** looks at the individual often in grave danger
- **Treatment** looks at the individual and the immediate family
- **Community Prevention** focuses on the entire zip code



BROAD IMPACT OF PREVENTION

- Prevention has positive impacts on reducing substance use rates and increasing other parameters such as school attendance, high school graduation rates, etc.
- Comprehensive prevention can reduce population rates of substance use.
- Prevention can play an important part of a comprehensive approach in stopping, delaying and reducing use of all substances.
- Focusing on youth to prevent or delay substance use must be an important part of the response to the overdose epidemic

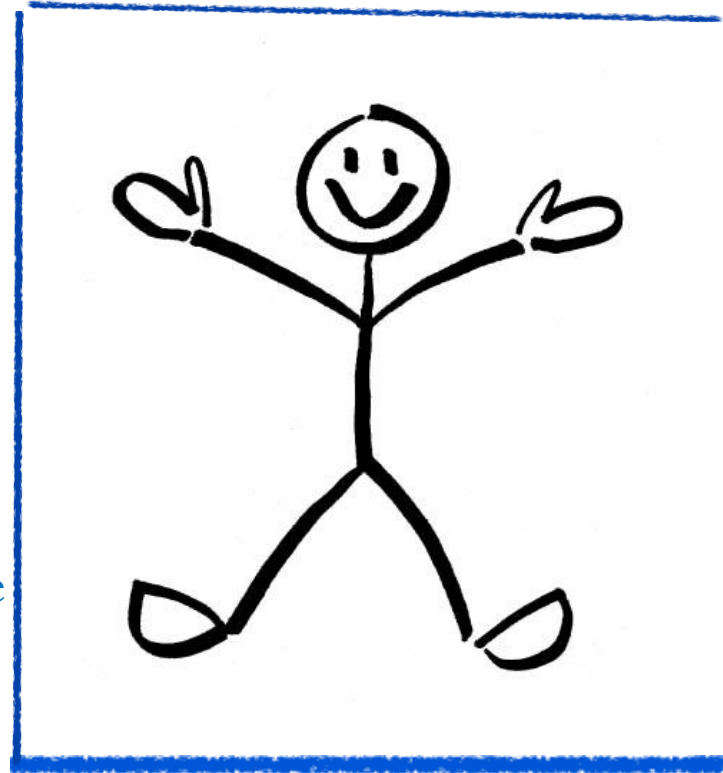
PROTECTION

SCHOOL

Opportunities for prosocial involvement
Rewards for prosocial Involvement
High academic and Behavioral expectations
Responsive to students needs

INDIVIDUAL/PEER

Social Skills
Belief in a Moral Order
Religiosity/Spirituality
Prosocial Involvement
SUD Prevention
Friends who disapprove of use



FAMILY

Clear Expectations
Consistency in parenting
Healthy Boundaries
Family Attachment

COMMUNITY

Policies limiting the availability of substances
Resources (housing, healthcare, jobs, recreation) are available

RISK FACTORS

INDIVIDUAL

Early Use
Favorable attitudes towards use
Friends who use/engage in other problem behavior
Peer Rewards for drug/alcohol use
Depressive symptoms

UNHEALTHY RELATIONSHIPS

TEEN PREGNANCY

DRUGS

HIGH RISK BEHAVIORS

UNPROTECTED SEX

COMMUNITY

SCHOOL

Academic Failure
Low commitment to school
Bullying

FAMILY

Family Hx
Management Problems
Family Conflict
Parental attitudes favorable for substance use
Parental attitudes favorable towards other problem behavior

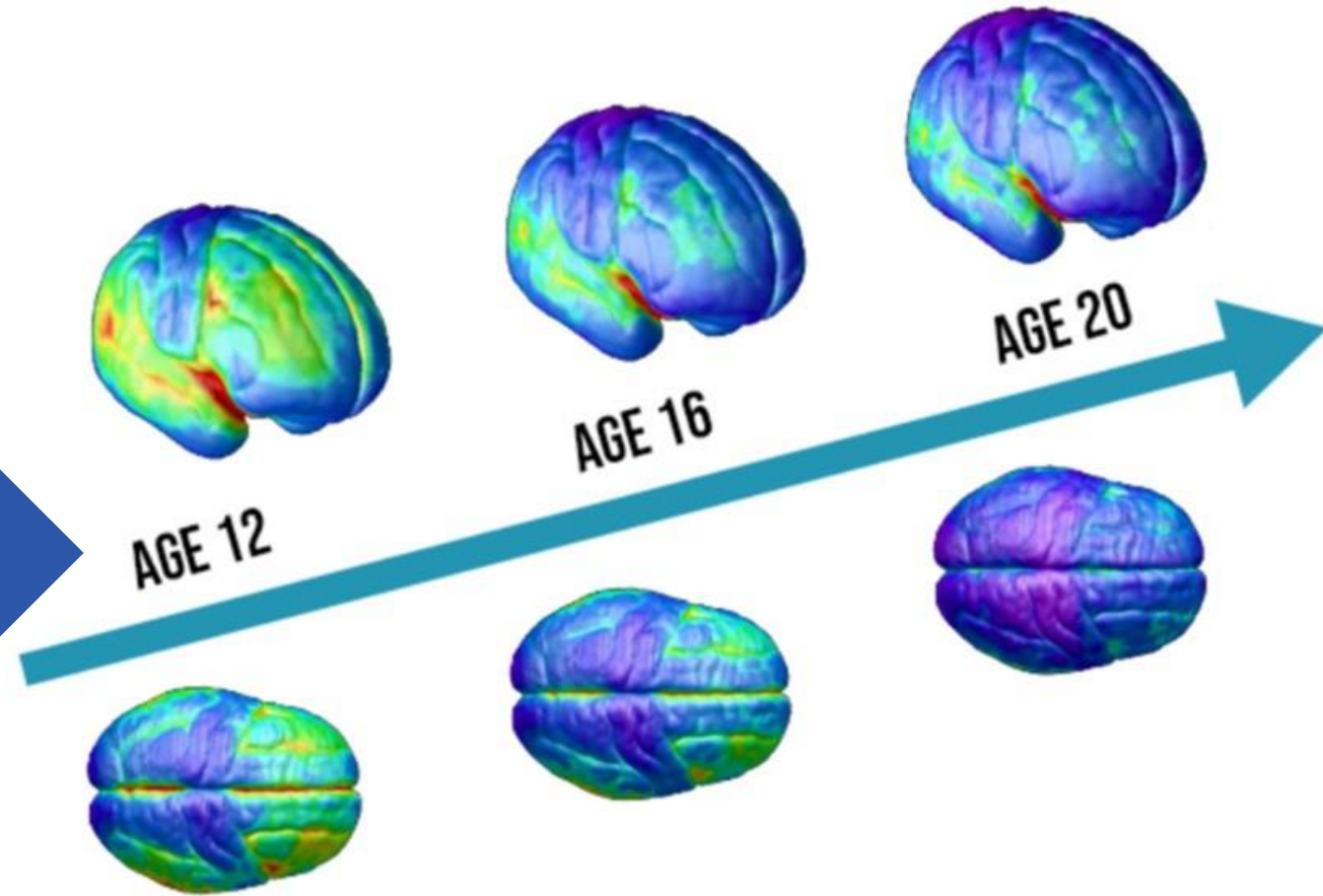
GS

Availability of drugs/alcohol
Insufficient laws and policies
Social Norms Favorable
Community Disorganization
Extreme Economic Deprivation



Unique Vulnerability of the Developing Brain

Rapid Brain
Development Until
~ Age 25



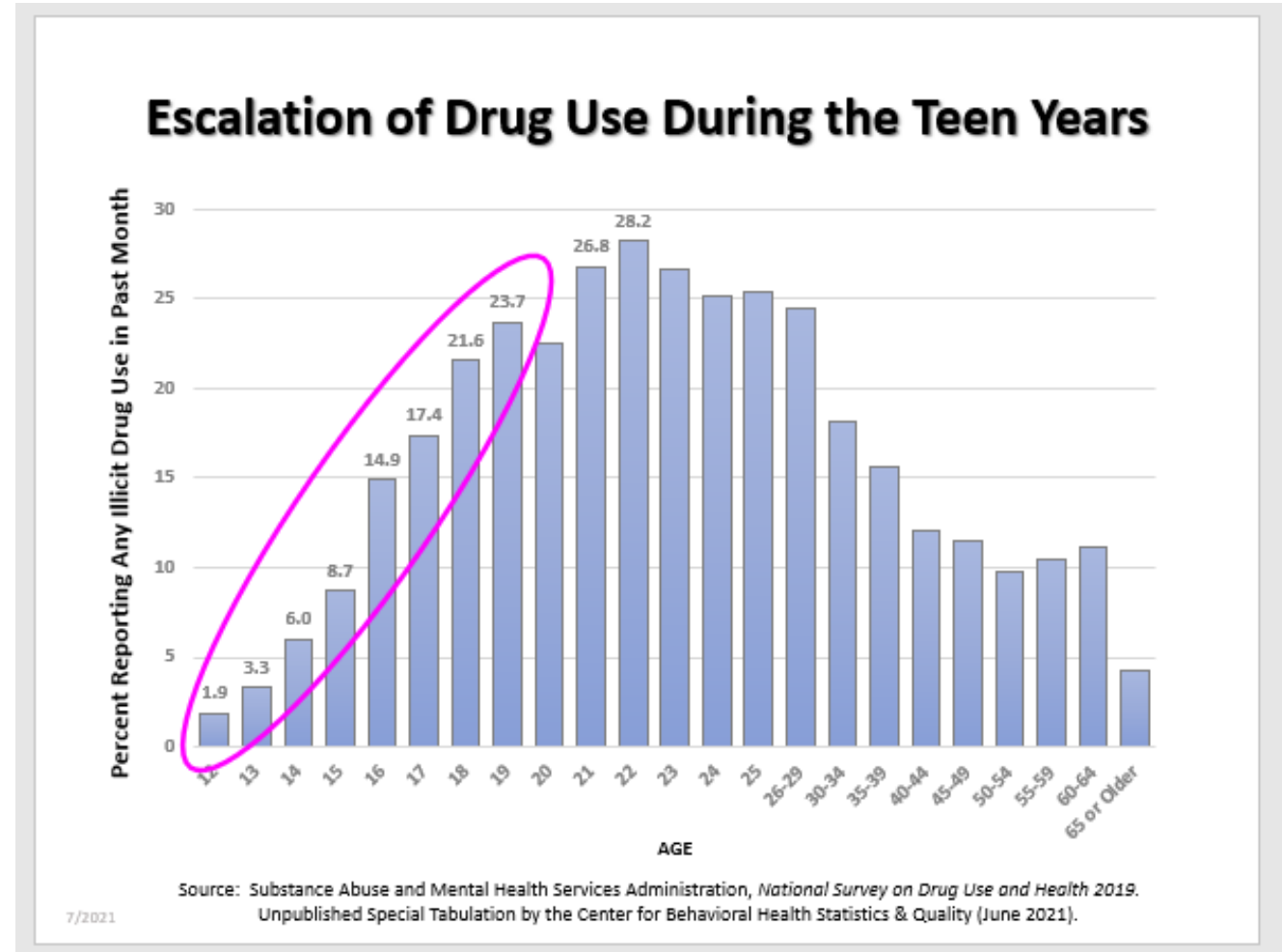
Adolescence is a Critical Risk Period

During adolescence two simultaneous conditions converge:

- Drug use increases at the same time the brain is especially vulnerable to damage from drug use.

Damage can include:

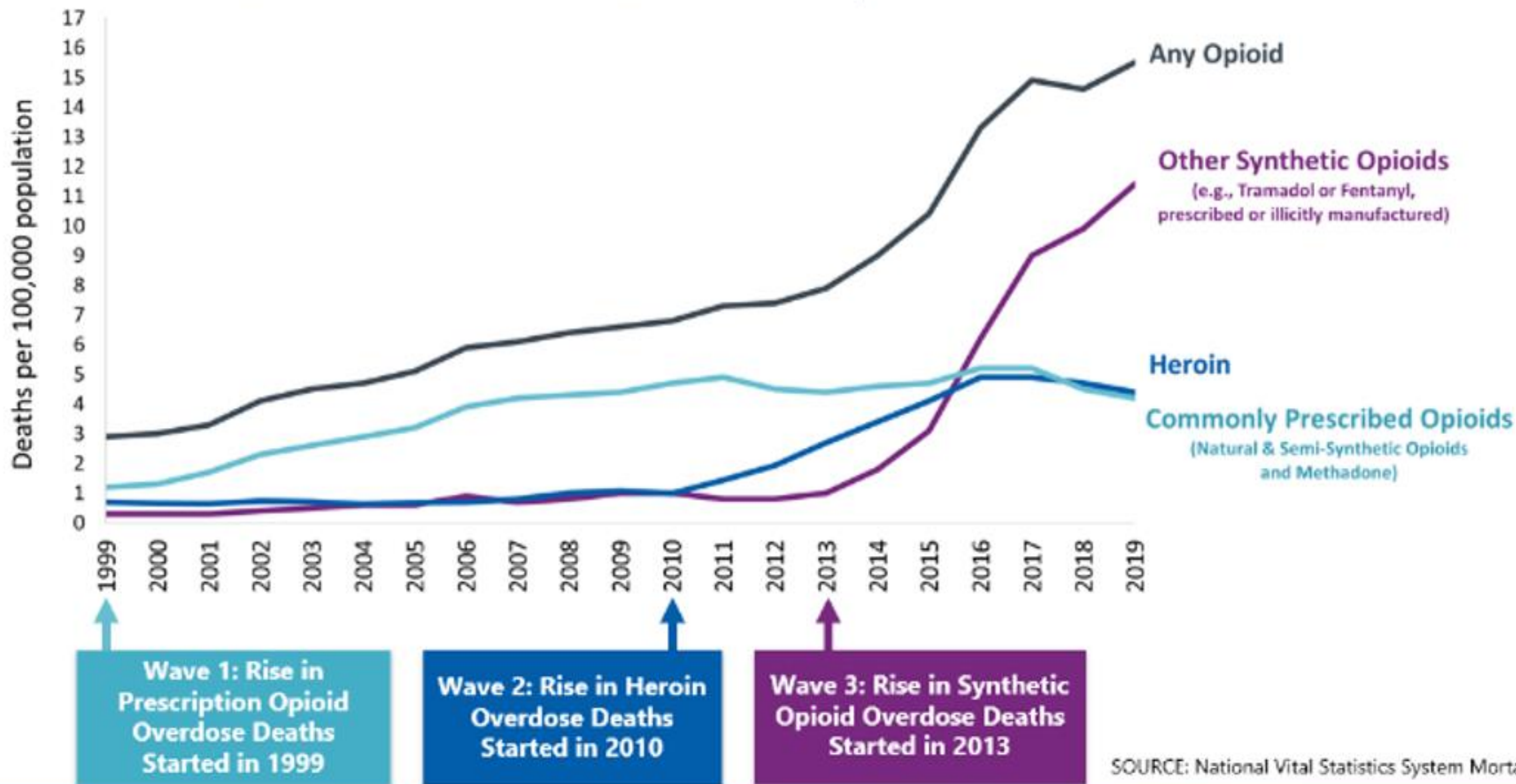
- Changes to the brain at the molecular, cellular, and organizational level.
- Impact on learning, decision making, and emotional control.
- Brain changes that are long lasting.



The Numbers

- An estimated 107,543 people died of a drug overdose in the U.S. in 2023
- This was decrease of 3% from the **111,029** deaths estimated in 2022. This is the first annual decrease in drug overdose deaths since 2018.
- Fentanyl, pandemic related stressors and access to care were contributing factors.

Three Waves of the Rise in Opioid Overdose Deaths





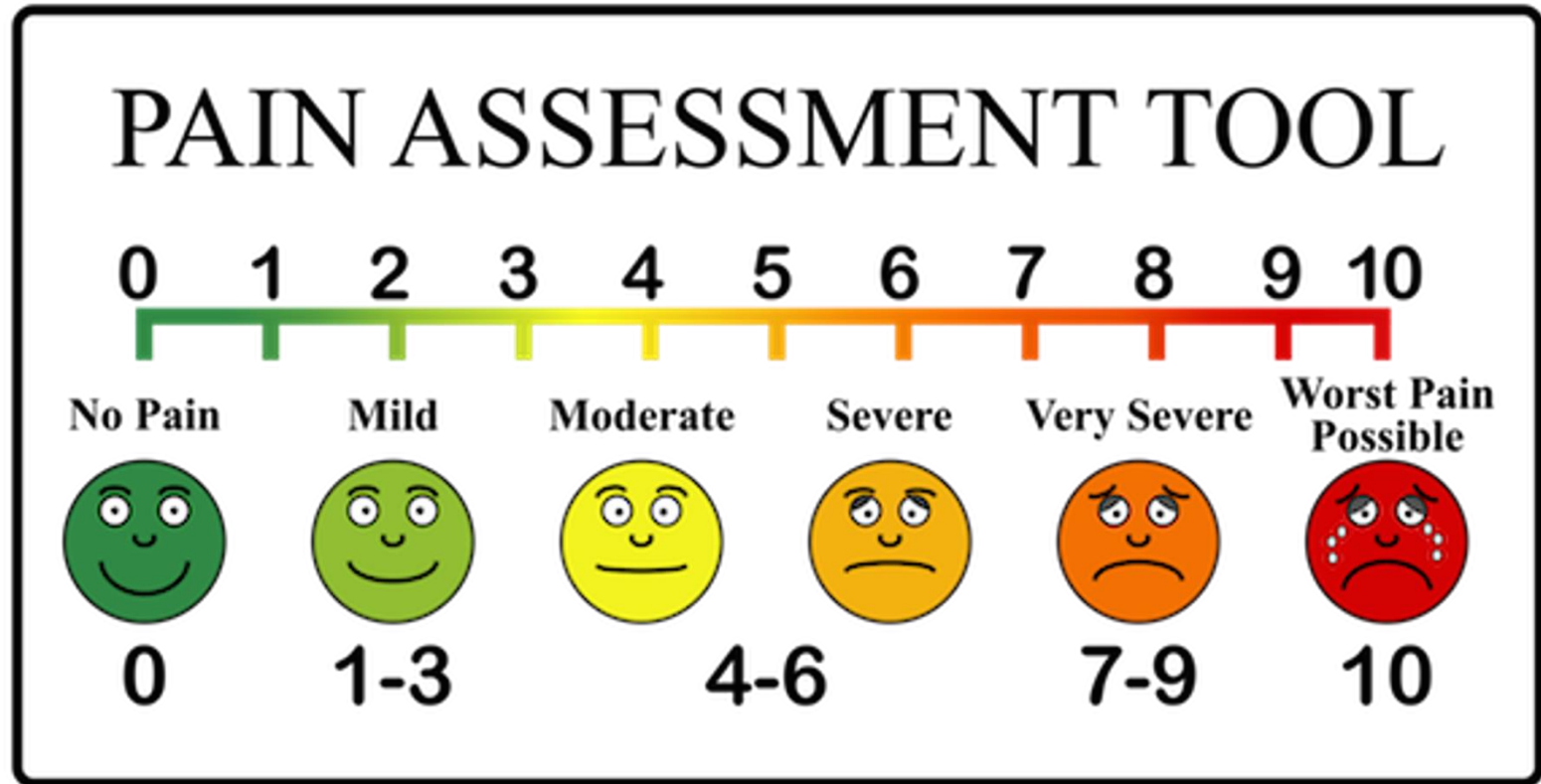
GENERATIONS OF PAST

- “If you’re over 50 and you wake up in the morning without pain, you might not be alive anymore.” - Anonymous



PAIN
ASSESSMENT
BECOMES
THE 5th
VITAL SIGN

1995





THE BUSINESS OF PAIN

- Purdue Pharma was aggressively marketing OxyContin with celebrity endorsements and free items, trips, food for prescribers and patients.



DOPESICK



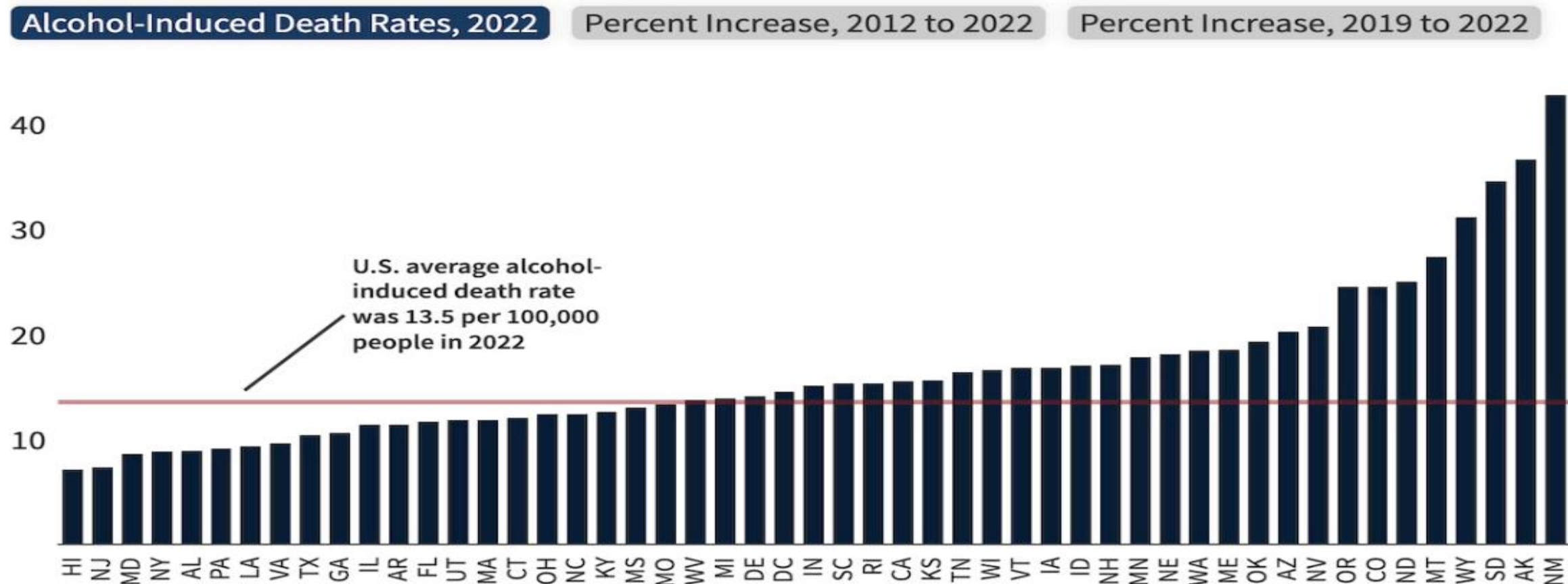
www.cdc.gov/alcohol

Number of people who die each year from excessive alcohol use in the US*

*Based on deaths per year during 2020-2021.

Alcohol-induced death rates varied widely by state in 2022; states show different levels of increase over the past decade and during the pandemic

Alcohol-induced death rates per 100,000 people, 2022

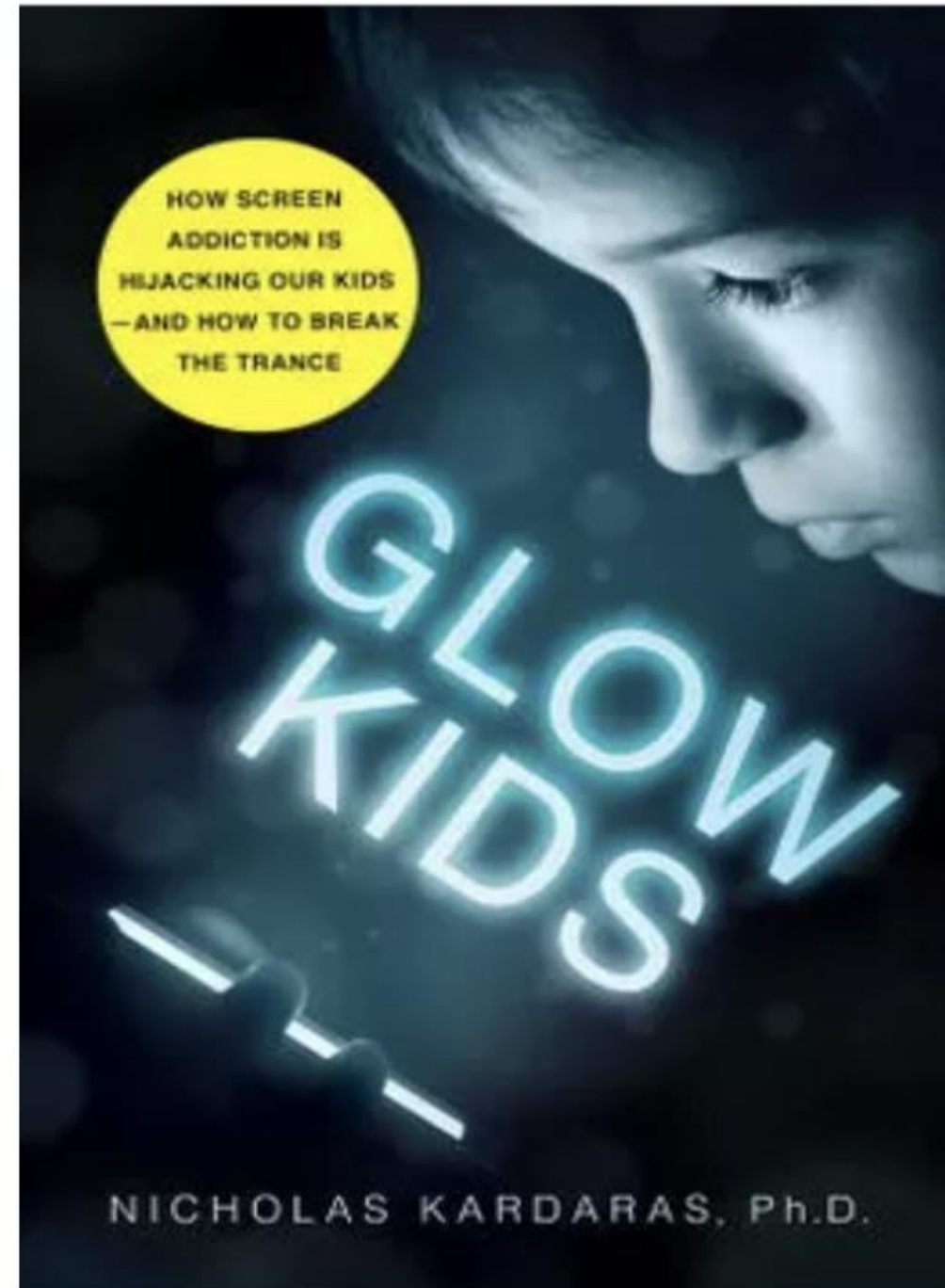


Alcohol-induced death rates varied widely by state in 2022, according to a recent KFF report that analyzed CDC data. Ohio was slightly below the national average. KFF

SCREEN ADDICTION

- SCREEN TIME DOUBLED
DEPRESSION TRIPLED
- UNDER 25yo ONLY MAKE EYE
CONTACT 30% OF THE TIME

Dr. Nick Kardaras





In 2022, **49,476**
Americans died by suicide

In 2022, there were an
estimated **1.6M**
suicide attempts



COMMUNITY



FIRST AND FOREMOST,
YOU ARE A COMMUNITY MEMBER

Italian
Security
Camera's



BREAKING DOWN SILOS MEANS PUTTING OUR FISTS DOWN FOR THE GOOD OF THE COMMUNITY

WAYS PREVENTION/EDUCATION/PRACTICE/POLICY HAS BEEN REDUCING HARM

- Car Seats
- Department Stores
- Seat belts
- Minimum Drinking Age Laws
- Sunscreen
- Tobacco



SOME SUGGEST 90%
DO NOT GET HELP





ACCESS TO TREATMENT

AFFORDABLE TREATMENT

WAITING LISTS

SEVERITY OF DISEASE

stigma
intolerance
scorned
judgement
disgust
shunned
reputation
social
devaluated
tear
sickness
pigmentation
dishonour
surface
ashamed
discrimination
discredited
isolated
pattern
humiliation
warning
disgrace
injury
shame
painful
lonely
embarrassment
guilty
flaw
guilt
uncomfortable
caution
problem
prejudice
nervous
condition
sin
rejected
dishonor
unemployment
stress
business
ethnicity
healthcare
concept
disease
human
stop
feeling
stomach
scarred
depression
section
secret
blame
different
fault
disorder
discrimination
loneliness





MOST RESILIENT KID I KNOW







Sometimes we can get so focused on the environment we miss the personal toll and the face of who we are working for, and the negative perception of SUD.

Me, Anderson, and the Football team



NOTICE I SAID MY SON
WHO HAS AUTISM?

LET'S ALL CHANGE OUR WORDS

- Addict
- Alcoholic
- Drug Problem/Habit
- Drug Abuse
- Drug Abuser
- Clean
- Dirty
- Person w/ SUD
- Person w/ AUD
- Substance Use Disorder
- Drug Misuse, Harmful Use
- Person with SUD
- Abstinent, Not Actively
- Actively Using

PUBLIC-SOCIETAL STIGMA

Public or Societal Stigma is the public's reaction to individuals with a stigmatizing condition (such as substance use disorder or other behavioral health issues). Public stigma is exemplified through the public's behavior and includes groups such as educators, employers, healthcare providers, journalists, and police among others.

What does it look like?

- Stereotypes such as the characterization that people with substance use disorder are dangerous or lack willpower
- Negative emotional reactions like fear and anger
- Avoidance, isolation, and rejection of people with substance use disorder
- Lack of public support of services for people with substance use disorder

STRUCTURAL STIGMA

Structural Stigma include policies and procedures that limit the opportunities of people with substance use disorder or other behavioral health issues.

What does it look like?

- Discriminatory policies related to employment, housing, treatment, etc.
- Can be found in businesses, courts, government, school systems, social service agencies, etc.

COURTESY STIGMA

COURTESY STIGMA is stigma directed toward family, friends or individuals with a stigmatized condition. Courtesy stigma can isolate family members, lead family members to feel guilty, create a sense of shame, and can make the family member less likely to encourage treatment.

What does it look like?

One example of courtesy stigma is the stigma that family members experience because of their association with a loved one who suffers from substance use disorder. With courtesy stigma, the negative perception of SUD extends to the family members as well.

Can look like blame or judgement.

SELF-STIGMA

Personal or Self Stigma is the internalization of publicly stigmatized beliefs. Self-stigma can result in shame, guilt, social withdrawal, and isolation

What does it look like?

- Individuals believe the negative stereotypes resulting in low self-esteem
- Not seeking help or treatment because of shame or guilt
- Not pursuing work or housing opportunities because of feelings of low self-worth

grief

“I feel badly”

guilt

“I did something bad”

shame

“I am bad”



Although Most Stigma Reduction is Being Focused on People Who Already Use Drugs, There is also Great Stigma Concerning Substance Use Prevention

- It doesn't work.
 - Everyone will use substances anyway.
 - It's a right of passage.
 - Most kids who use don't end up with SUDs.
 - My kid does not need it!
-
- **We know how to plan, implement and evaluate bona fide substance use prevention and have markedly reduced population levels of use.**



WHEN WE CHANGE
THE WAY WE LOOK AT
THINGS THE THINGS WE
LOOK AT
CHANGE

Working definition of
“RECOVERY” by SAMHSA

A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

SAMHSA- 4 Main dimensions that support a life in recovery:

- **Health:** Overcoming or managing one disease(s) as well as living in a physically and emotionally healthy way
- **Home:** A stable and safe place to live that supports recovery
- **Purpose:** Meaningful daily activities – such as a job, volunteerism, family caretaking or creative endeavors, and the independence, income and the resources to participate in society
- **Community:** Relationships and social networks that provide support, friendship, love and hope.

**RECOVERY ORIENTATED
GUIDING PRINCIPLES:**

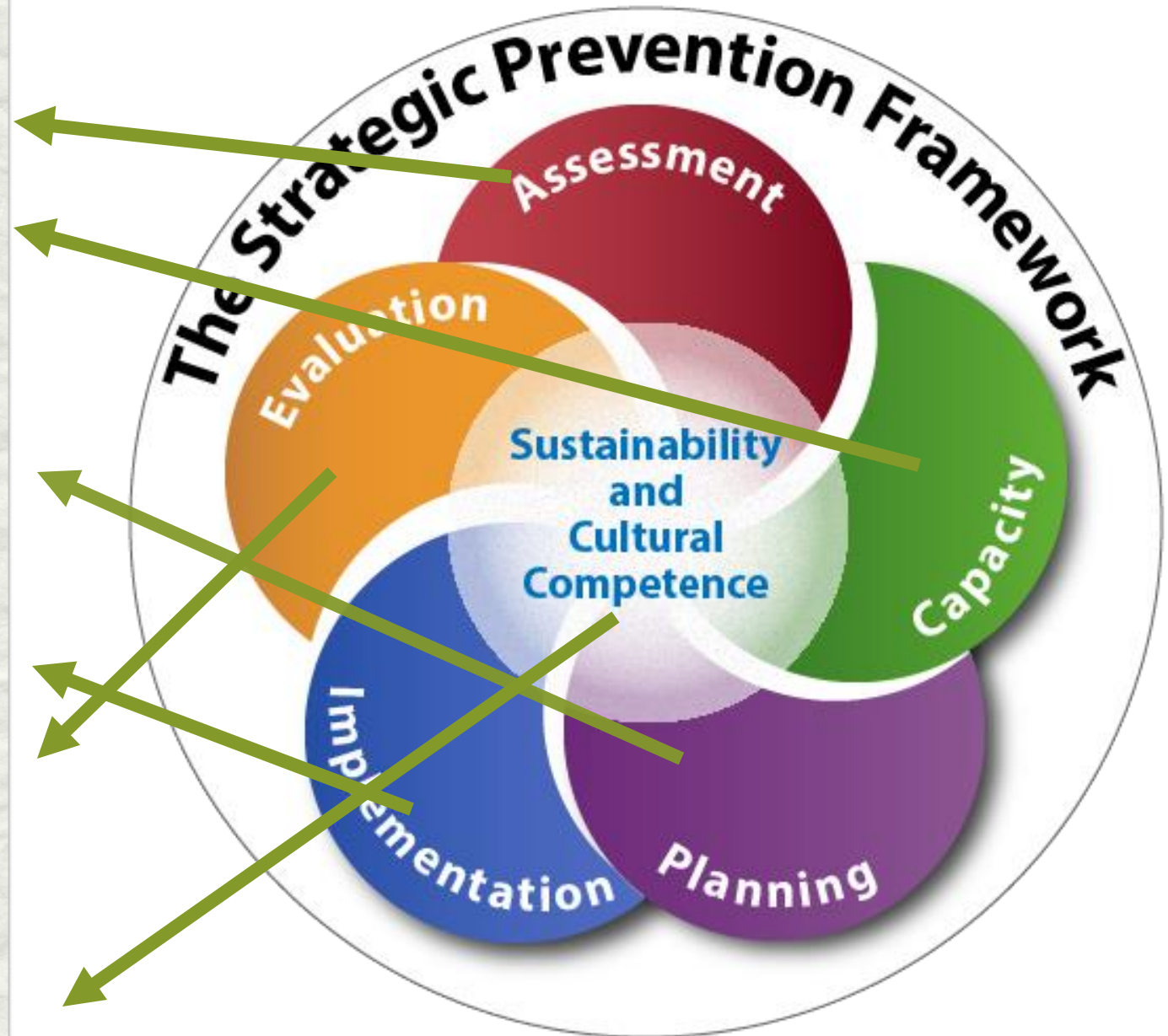
- **Recovery emerges from hope**
- **Recovery is person-driven**
- **Recovery occurs via many pathways.**
- **Recovery is holistic**
- **Recovery is supported by peers and allies**

Recovery Con't

- **Recovery is supported through relationship and social networks**
- **Recovery is culturally based and influenced**
- **Recovery is supported by addressing trauma**
- **Recovery involves individual, family and community strengths and responsibility**
- **Recovery is based on respect**

The Twelve Steps

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory, and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.





CAN WE GO BACK
AND REPLACE THE
WORD RECOVERY
WITH
PREVENTION?

RECOVERY/PREVENTION ORIENTATED GUIDING PRINCIPLES:

- **Prevention emerges from hope**
- **Prevention is person-driven**
- **Prevention occurs via many pathways.**
- **Prevention is holistic**
- **Prevention is supported by peers and allies**

Recovery/Prevention Con't

- **Prevention is supported through relationship and social networks**
- **Prevention is culturally based and influenced**
- **Prevention is supported by addressing trauma**
- **Prevention involves individual, family and community strengths and responsibility**
- **Prevention is based on respect**

WHAT CAN WE DO?

- NORMALIZE ALL AGES LIVING SUBSTANCE FREE
- MAKE SPACE, SHARE SPACE, CLAIM SPACE!
- FUND IT EQUALLY!!

Funding for Federal Substance Misuse Prevention has been Cut by 31.4% (between FY 2009 and FY 2022)

Funding (in Millions of Dollars)														
	2009	2010	2011	2012	2013 (with sequester)	2014	2015	2016	2017	2018	2019	2020	2021	2022
Drug-Free Communities (DFC) Program	90	95	95	92	87.4	92	93.5	95	97	99	100	101.25	102	106
Comprehensive Addiction Recovery Act (CARA) Enhancement Grants	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3	3	3	4	5	5.2
Center for Substance Abuse Prevention (CSAP)	201	201.2	201.2	186.4	177.1	175.6	175	211	223.2	248.2	205.5*	206.47	208.20	218.219
20% Set-Aside within Substance Abuse Prevention and Treatment Block Grant	355.8	355.8	355.8	360	342	363.9	364	372	371.6	371.6	371.6	371.6	371.6	381.6
State Grants Portion of the Safe and Drug Free Schools & Communities Program	294.8	--	--	--	--	--	--	--	--	--	--	--	--	--
National Youth Anti-Drug Media Campaign	70	45	35	--	--	--	--	--	--	--	--	--	--	--
Enforcing Underage Drinking Laws	25	25	20.8	5	4.75	2.5	--	--	--	--	--	--	--	--
Total:	1036.6	722	707.8	643.4	611.25	634	633	678	694.8	721.8	680.1	683.32	686.80	711.019

* Reduction reflects overdose reversal program being moved to CSAT.

Difference Between FY 2009 and FY 2022

\$325.6 million

OR

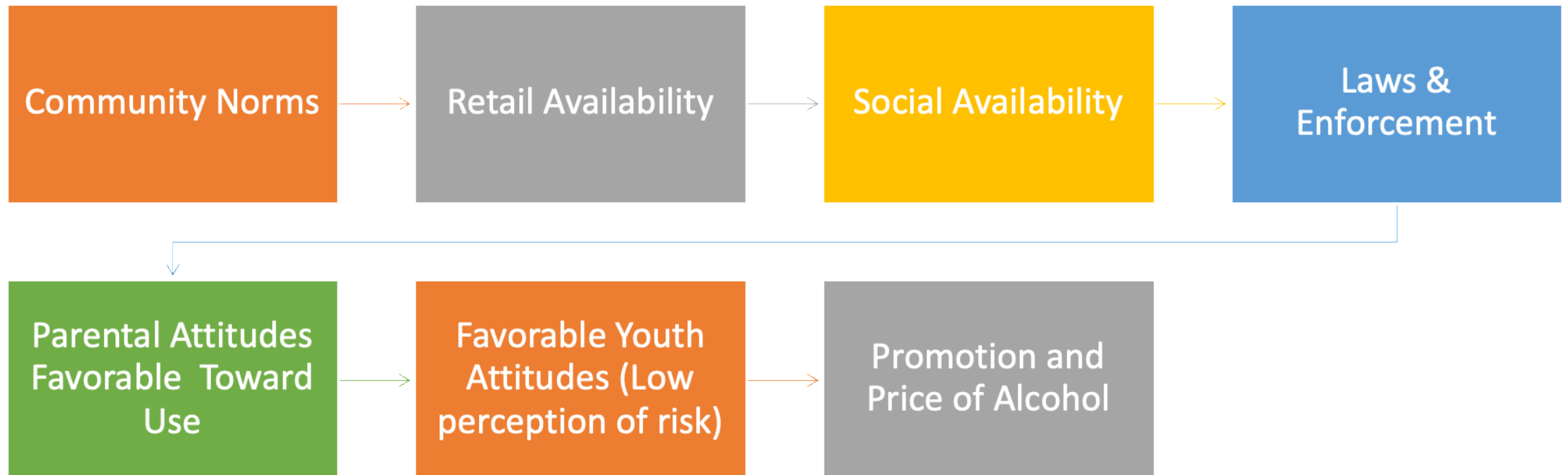
-31.4%

PREVENTION, HARM REDUCTION AND RECOVERY CAN WORK TOGETHER
TO CHANGE BIG AND LITTLE P's

EVERYONE BENEFITS FROM HEALTHY COMMUNITIES

ENVIRONMENTAL STRATEGIES BENEFIT ALL

COMMUNITY LEVEL RISK FACTORS





October 15, 2019

WE CAN AND DO
RECOVER

WE DO IT
TOGETHER!

YES THAT MEANS I CELEBRATED
34 YEARS in OCTOBER





CONTACT US!



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