



ADAPT

A Division for Advancing
Prevention & Treatment

CULTIVATING PREVENTION



IMPACT REPORT

APRIL 2020 – MARCH 2021

ADAPT: A Division for Advancing Prevention & Treatment

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OVERVIEW

Letter from the Director

Dear HIDTA Communities,

What a sincere pleasure it has been learning more about you and the fruitful work you are doing in the field of substance use prevention over the past year. We have truly enjoyed serving you as a **Translator** of evidence-based strategies, **Navigator** of the literature supporting these strategies and important resources, and **Connector** to mentors, peers, and partners.

As ADAPT embarked on its journey last April to provide training and technical assistance to HIDTA prevention programming, we opened our eyes and ears. We were fortunate to be able to spend time with many of you as you launched new coalitions, developed evaluation plans, refined goals and objectives, explored new evidence-based practices, or simply characterized the need for programming in your area. All of these activities relate to program planning, capacity building, effective implementation, evaluation, and many other fundamental concepts. Through personal conversations, surveys, and evaluations, you shared great interest in growing your skill set and being connected with substance use prevention resources. Therefore, we offered all HIDTA Prevention Representatives Substance Abuse Prevention Skills Training (SAPST), launched a technical webinar series on substance use prevention fundamentals, and even delivered an editable 10-week Resilience Campaign!

Our first Impact Report highlights the impact we have had as your training and technical assistance provider during our first year of service, shares stories from the field, and paints a vision for our future together. I feel it is imperative to share with you ADAPT's special approach to service delivery and bring you inside the minds of the ADAPT team and collaborating partners. While ADAPT grounds itself in evidence, its formula for translating that evidence for integration into individual HIDTA communities follows:

$$(\text{Relatability} + \text{Digestibility}) \text{ Support} = \uparrow \text{Likelihood for } \underline{\text{Successful Integration}}$$

ADAPT strives to make every interaction with you **Relatable** in language and experience, **Digestible** in content, and enhanced through exponential **Support** as you implement and evaluate new skills and strategies. On behalf of the entire ADAPT team and Advisory Council, I want to thank you for the opportunity to serve you as we grow together and move our community prevention needles a little closer to extraordinary.



Director of ADAPT

Translator
Navigator
Connector

Mission and Goals

To advance knowledge, skills, and quality outcomes in the field of substance use prevention while supporting successful integration of evidence-based strategies into communities.

- 🌳 Advance substance use prevention strategies through essential training and technical assistance services and resources.
- 🌳 Promote public health and public safety partnerships in substance use prevention.
- 🌳 Prepare the future public health and public safety workforces through student engagement in ADAPT operations and projects.



Partners in Substance Use Prevention

ADAPT's approach to advancing substance use prevention is grounded in the cultivation of strategic partnerships where complementary strengths, values, perspectives, and resources enhance opportunities for high impact change. With recognition that intra- and cross-sector partnerships are key to coordinated and sustainable prevention strategies, ADAPT engages multi-sector partner participation across all initiatives.

Federal Partners in Prevention

ADAPT's partnerships with leading prevention experts and policy makers across federal agencies provide critical guidance and collaboration in the implementation of program activities.

- Office of National Drug Control Policy (ONDCP)
- Centers for Disease Control and Prevention, National Center for Injury Prevention and Control (CDC's NCIPC)
- Substance Abuse and Mental Health Services Administration (SAMHSA)
- National Guard
- National Institute on Drug Abuse (NIDA)



Collaborating Partners

ADAPT's initiatives and resources are further informed and enhanced by the expertise of substance use prevention scientists and practitioners representing these agencies:

- National Prevention Science Coalition to Improve Lives (NPSC)
- JBS International, Inc.

Meet the Team

ADAPT Advisory Council



Captain Bryan Andrews

Captain Bryan Andrews is a 12 year veteran of the US Army National Guard, currently supporting each of the State National Guard Counterdrug programs across the nation in drug prevention efforts. He has extensive experience working with at-risk youth and underserved populations in mental health awareness, drug prevention science, and coalition building. He has been a member of the ADAPT Advisory Council since inception and has 10 years of experience working within the drug prevention science field.



Steve Freng, PsyD, MSW

Steven Freng currently serves as the Prevention/Treatment Manager for the Northwest High Intensity Drug Trafficking Area (NW HIDTA), a region of fifteen counties within Washington State. The programs under his direction focus on several areas, including the operations and evaluation of Drug Courts in ten of the NW HIDTA counties. NW HIDTA resources also support substance abuse prevention projects based on active collaborations with law enforcement agencies and public education programs, research, and technology development partners.



Aimee Hendle

Aimee Hendle serves as the Drug Demand Reduction Coordinator for the San Diego and Imperial Valley High Intensity Drug Trafficking Area (SDI HIDTA), a role she has held for 15 years. Mrs. Hendle works to promote and increase public knowledge of the emerging drug and alcohol and Human Trafficking issues facing our communities today. She facilitates trainings as well as provides support and resources as they are requested throughout the state and along the US/Mexico border.



Shelly Mowrey

Shelly Mowrey is the Demand Reduction Coordinator for Arizona HIDTA and is a leader in substance use prevention and education. Over the last 20 years, Shelly has developed substance use prevention programs, media campaigns and professional development trainings for a variety of audiences that are instrumental in reducing youth drug use in the state of Arizona. Her passion is assisting communities and substance abuse prevention coalitions in delivering quality programs with successful outcomes.

ADAPT Team



Lora Peppard, PhD, DNP

Dr. Lora Peppard is the Director of ADAPT and the Deputy Director for Treatment & Prevention for the Washington/Baltimore HIDTA. She has served as a Project Director for multiple federally funded substance use and behavioral health prevention grants totaling \$15 million. Lora has 16 years of clinical experience as a licensed psychiatric nurse practitioner in emergency, inpatient and outpatient settings across 4 states. She has developed system-wide strategies to address unmet substance use and behavioral health needs of underserved, military, and serious mental illness (SMI) populations.



Patty Ferssizidis, PhD

Dr. Patty Ferssizidis serves as the Assistant Director for ADAPT where she currently leads workforce development, training, and quality improvement initiatives. Patty is a licensed clinical psychologist with clinical and programmatic expertise in working across healthcare and community systems to promote and support evidence-based substance use and mental health programming. Specific areas of focus include behavioral health preventive interventions and treatment, workforce development, and strategies for reducing inequity in access.



Rebecca Bates, DNP, PMP

Dr. Rebecca Bates serves as the Technical Assistance Project Manager for ADAPT where she takes primary managerial responsibility for all technical assistance requests. Rebecca has an extensive history in prevention as a nurse, family nurse practitioner, and project manager. Her clinical and research interests focus on the care of vulnerable populations. She is currently a PhD student at George Mason University and a National Science Foundation Research Trainee researching *Socio-Ecological and Treatment-Related Risk Factors of Opioid Overdose in Virginia*.



Megan Erickson, MA

Megan Erickson serves as the Research Analyst for ADAPT. She received her B.A. in Psychology with a minor in Applied Statistics from the Indiana University of Pennsylvania. She went on to complete an M.S. in Applied Psychology with a concentration in Industrial-Organizational (I/O) Psychology at the University of Baltimore. She tutored research design and statistics for two years and served as the project manager and consultant for a preliminary validation study for a start-up organization in Baltimore.

IMPACT HIGHLIGHTS



CULTIVATING PREVENTION



April 27,
2020

ADAPT launched its services by orienting all HIDTA Directors, Deputy Directors, and HIDTA Prevention Representatives to its mission, goals, and training and technical assistance services.

Uniting HIDTA Prevention Representatives

ADAPT hosts an ongoing webinar series specifically for HIDTA Prevention Representatives and their community partners. The purpose of this HIDTA Prevention webinar series is to address the unique training and technical assistance needs of HIDTA communities. Topics are organically derived from stated and observed needs. The HIDTA Prevention webinar series supports collaboration, peer learning, and sharing of timely updates and resources. Three HIDTA Prevention webinars have been held to date with a focus on community engagement, emerging threats, and collaborating with Drug Free Communities and Overdose Response Strategy representatives.



Community Engagement for HIDTA Prevention

New England HIDTA (Stephanie Thompson & Jack Foster)
 West Texas HIDTA (Mary Ellen Hernandez)
 San Diego/Imperial Valley HIDTA (Aimee Hendle)
 The ADAPT Team





October 2020



HIDTA Prevention Roundtable



Hosted by:
 The ADAPT Team
 ADAPT Advisory Council




December 2020



**Advancing Substance Use Prevention through
 Drug-Free Communities Support Program
 & HIDTA Program Partnerships**

Jayne Delano & Helen Hernandez, MPH (ONDCP)
 Karen Voetsch, MPH & Jessica Wolff, MPH (CDC)
 Moderated By: Lora Peppard, PhD, DNP, PMHNP-BC (ADAPT)






March 2021

Across HIDTA Prevention webinars, participants were 94% satisfied with the content and the presenters' ability to meet the stated objectives (81-100% agreed or strongly agreed they were met). An overwhelming majority of participants (67-100%) described intentions to apply newly learned knowledge and strategies, and at least 94% stated intentions to share information learned with others. Participant comments highlighted the utility of the strategies offered in the webinars in advancing their understanding and skills:



"There were several examples given of stakeholders and exactly how relationships on a federal, state, and local level can produce great results."

"I particularly liked the quick start action items."

"It served as a refresher in the importance of engaging the community to further public health/public safety goals."

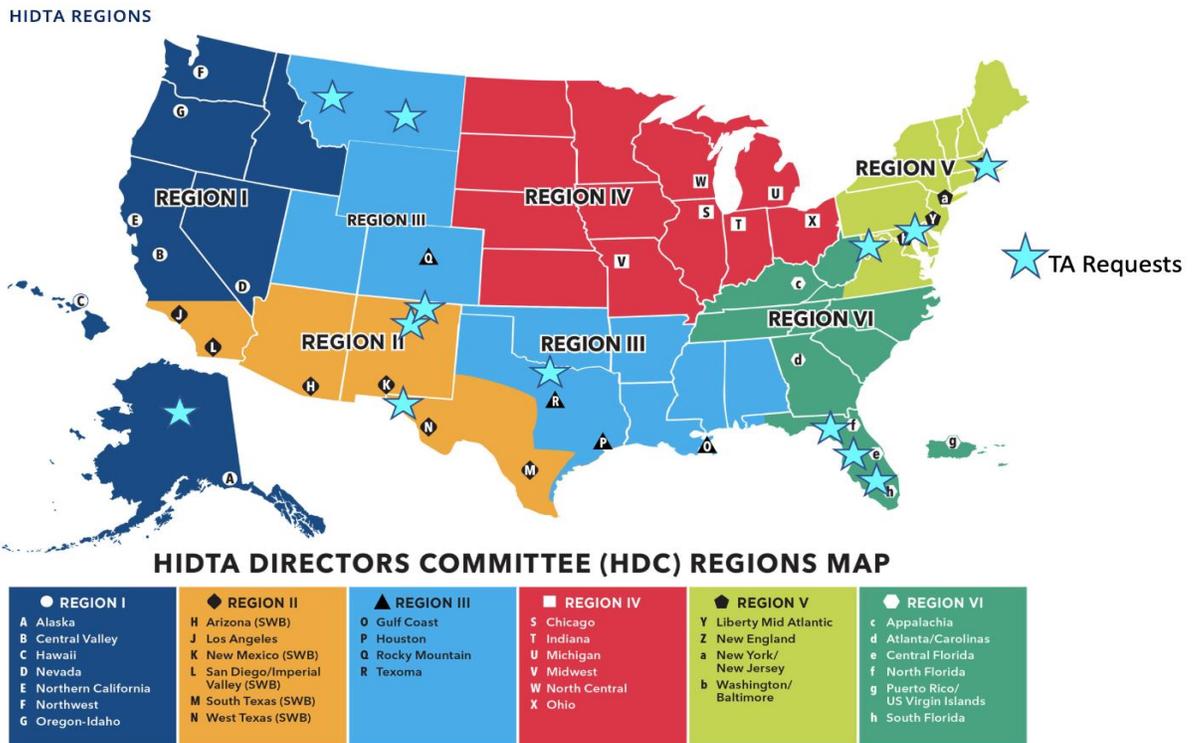
"It was extremely helpful to think about more opportunities to collaborate."

Individual Technical Assistance

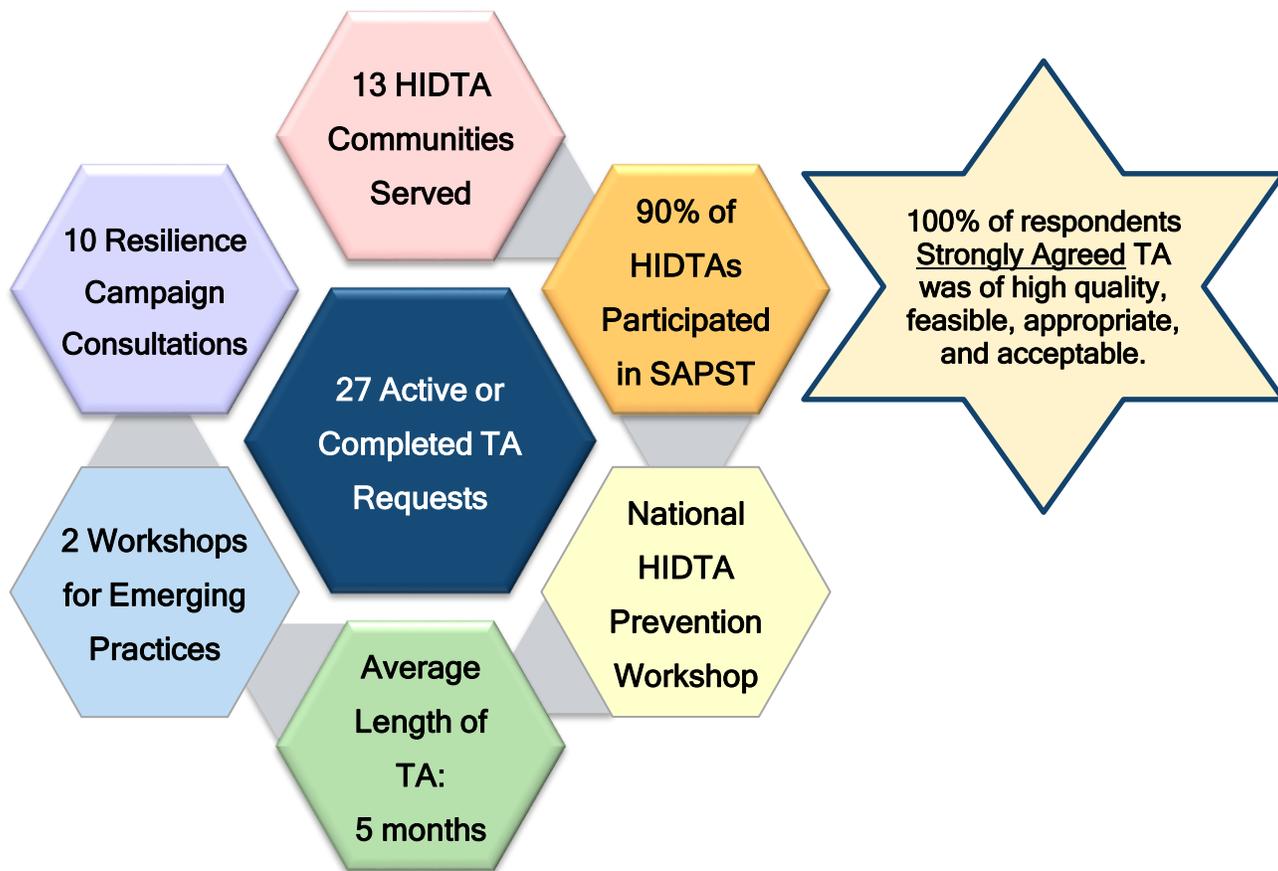
Summary of Technical Assistance Domains

ADAPT has provided technical assistance to 10 individual HIDTAs across six domains:

Domain	Description
Identification of evidence-based practices	Appraisal of the literature and level of evidence for interventions a program is considering using to meet the needs of their community.
Implementation	Detailed review of the program or intervention and assistance with a plan for effectively implementing the program with fidelity to the model or practice as described in the literature or in their goals and objectives.
Evaluation	Review and update of program goals, objectives, and logic models to determine what output and outcome measures are most appropriate to measure fidelity to the implementation plan, impact, effectiveness, and quality of a program. May include process, impact, or outcome evaluation measures.
Training	Training on specific evidence-based practices or skills is offered by ADAPT team members or subject matter experts through established partnerships.
Fiscal/budgeting	In consultation with the HIDTA Director and HIDTA Prevention Representative, ADAPT assists HIDTAs in evaluating appropriation of prevention funds based on outcomes being generated by the program.
Sustainability	Assessment of the need for continued implementation of a program and development of a plan for continued operation of an effective program.



Training & Technical Assistance (TA) Impact



Examples of individual technical assistance:

1. Program planning: Development of goals and objectives, logic model, and measures
2. Identification of evidence-based practice models for implementing Screening, Brief Intervention, and Referral to Treatment (SBIRT) with youth in schools
3. Expanding the reach of risk evaluation and mitigation strategies
4. *Substance Abuse Prevention Skills Training (SAPST)* for HIDTA Representatives
5. Training on motivational interviewing
6. Evaluation planning to improve current programming
7. Gap analyses to identify prevention deficiencies within communities
8. Provision of examples of model needs assessments and strategic plans for coalitions
9. Review and recommendations for budgeting and resource allocation
10. Brief appraisals/summaries of prevention programs
11. Workshops and extended TA support for new and emerging substance use prevention programs
12. Development of a *New and Emerging Practices Guide* based on the Centers for Disease Control *Understanding Evidence* document

Advancing Substance Use Prevention in HIDTA Communities

Standards, Strategies, & Support

Keynote Addresses

Director James Carroll

Office of National Drug Control Policy (ONDCP)

Dr. Jerome Adams

United States Surgeon General

Dr. Nora Volkow

Director of the National Institute on Drug Abuse (NIDA)

Featured Presentation:

- CDC's Approach to Substance Use Prevention

Featured Workshop:

- Moving towards EXTRAORDINARY: A Workshop Focusing on Implementation, Evaluation, and Value Analysis Fundamentals for Substance Use Prevention

Led by the National Prevention Science Coalition to Improve Lives

Substance Use Prevention Resources from:

- Substance Abuse and Mental Health Services Administration (SAMHSA)
- Prevention Technology Transfer Center (PTTC)
- Community Anti-Drug Coalitions of America (CADCA)
- Drug Free Communities (DFC)

**October 8,
2020**



ADAPT
A Division for Advancing
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CULTIVATING PREVENTION

Washington/Baltimore
HIDTA
HIGH INTENSITY DRUG TRAINING AND

2049 Registrants
350 Evaluations
2 weeks post

86% increased knowledge and identified new strategies

- **63%** had used new knowledge
- **78%** shared it
- **90%** would recommend

excellent much informative enjoyed good share virtual training time n

HIDTA really enjoyed prevention event Summit

speakers Thank attending great job information

great information presentation one presenters Great job work
felt well provided conference none day

Resilience Campaign 2020-2021

Resilience Campaign

2020-2021



CULTIVATING PREVENTION



Promotion of **specific, relatable,** and **digestible** activities translated from the 10 strategies offered by the American Psychological Association in their publication "The Road to Resilience."

Tagline



**DO ONE!
SHARE ONE!**



Reach

via Social Media



571 people

Engagement

via Social Media



57 users

33 likes/post

27 users sharing

Engagement

via Email



76 sign-ups

Contact ADAPT for an editable portfolio of the campaign materials!

adapt@wb.hidta.org
<https://www.hidta.org/adapt/>



Technical Webinars

The purpose of the technical webinar series is to break down fundamental substance use prevention concepts such as program planning and evaluation, risk and protective factors, and appraisal of evidence-based practices into relatable and digestible pieces, and connect participants with additional resources on the concepts recommended by expert presenters as well as others identified by the ADAPT team. Concepts to be addressed were identified by HIDTA communities receiving technical assistance and are reflected in the table below.

Concept Addressed	Technical Webinars (1.5 hours)
Program Planning	Program Planning Fundamentals
Program Evaluation	Program Evaluation: Getting to Outcomes
Project Management	Project Management Fundamentals
Risk Factors	Interventions to Reduce Risk Factors for Substance Use
Protective Factors	Interventions to Promote Protective Factors for Substance Use
Prevention Systems	A Systems Perspective on Prevention Programs and Policies
Value Analysis	The Multiple Dimensions of Prevention Value
Appraising Evidence	Understanding Emerging, Promising, & Best Prevention Practices
Mentoring	Application of Mentoring Concepts in Substance Use Prevention
Communication	Messaging, Elevator Speech, Media, & Social Media
Leadership	Leading Substance Use Prevention Efforts

With each webinar, a corresponding **Prevention Pearl** (Practice Education and Relevant Learning) will be released. Prevention Pearls are 15-minute video clips that condense the essential themes of each technical webinar. Pearls are designed to provide an overview of each concept to serve as both an introduction to the topic as well as refresher for participants who previously viewed the webinar.



Fundamentals of Substance Use Prevention Webinar Series



Brought to you by **ADAPT**, in partnership with the **National Prevention Science Coalition**.



Robert G. LaChausse, PhD
Professor of Public Health,
California Baptist University
Board Member & Bulletin Editor,
National Prevention Science Coalition



Program Planning
February 18, 2021
2:30-4:00pm EST



**Program Evaluation:
Getting to Outcomes**
March 4, 2021
2:30-4:00pm EST

The first set of live webinars on Program Planning and Evaluation were delivered in February and March 2021. On-demand viewing remains available on the ADAPT YouTube channel.

- 199** and **174** viewers
- Over **94%** were satisfied/very satisfied
- 69%** intended to apply new knowledge within 4 weeks
- 84%** intended to share the information
- Over **74%** of participants reported at least 50% of the content was new
- Over **92%** found the webinar content **reliable and digestible**

"The concepts were clearly explained along with relevant diagrams of how the pieces fit together."

"This webinar was very resourceful. I like how it was broken down and explained step by step."

"I can now better understand the challenges many drug free coalitions encounter when trying to show their effectiveness."

STORIES FROM THE FIELD

“You know those lessons Miss Jenny gives us on drugs? My dad wasn’t able to make those good choices.”

Insight from a 9 year old girl, who is benefiting from The Martinsburg Initiative’s delivery of the *Too Good for Drugs* curriculum in West Virginia. Both of her parents have now passed away from substance-related causes in the last two years.

The Martinsburg Initiative – Washington/Baltimore HIDTA

The mission of **The Martinsburg Initiative (TMI)** is to break the cycle of substance abuse and build strong families within their community. The initiative is based on the science of Adverse Childhood Experiences (ACEs) that demonstrates how early childhood experiences shape the lives of adults. Fostering a dynamic partnership among police, schools, community, health, and education, TMI strengthens families and empowers communities in the pursuit of 3 goals:

1. Increasing awareness of how to prevent substance use disorder through outreach, education, and training.
2. Identify, risk stratify, and intervene with individuals endorsing trauma risk factors or substance misuse.
3. Mitigate negative consequences resulting from substance misuse or trauma through community-level interventions.

ADAPT has worked closely with TMI across all TA domains since May of 2020. Specific TA included determining risk-stratification of children referred to TMI based on assessment of their strengths and difficulties, resiliency, and adverse childhood experiences. TMI social workers embedded in the schools and completing home visits are able to offer case-management, mentoring, skill building, and referrals to community resources for behavioral health services as appropriate. ADAPT also continues to support integration of a Linkage to Care Coordinator and SBIRT services in Berkeley Medical Center’s Emergency Department, including training and implementation consultation.



Berkeley Medical Center’s SBIRT Team

TAOS ALIVE and Project RACE – New Mexico HIDTA



ADAPT's very first TA requests were received from **New Mexico HIDTA** in April 2020. **Taos Alive Coalition** implements evidence-based strategies that prevent and reduce substance use and its consequences within the Taos County school system and beyond. **Project R.A.C.E.** in Rio Arriba County and the Española area targets drug use, student graduation rates, delinquency, and crime.

They collaborate with the business community to provide mentoring and employment for at-risk High School students. Over the past 11 months, ADAPT has assisted these programs through education on evidence-based practices, training on motivational interviewing, implementation consultation, and developing of evaluation plans. New Mexico HIDTA's programs seized a lull in operations during the COVID-19 pandemic to work with ADAPT and re-evaluate their approach to implementation and evaluation with a focus on effectively characterizing and measuring the wonderful work they are doing in their communities.

"We would like to thank the ADAPT team for all their help with organizing a new evaluation plan for RACE and compiling all we do so we make sure we are capturing it and it's not going unnoticed."

- Project RACE Program Manager

Missoula Substance Abuse Connect (MSAC) – Rocky Mountain HIDTA

ADAPT began working with Missoula Substance Abuse Connect (MSAC) in September 2020 when it was a new HIDTA grantee. MSAC is a community-wide approach to addressing substance abuse through prevention, treatment, and support for those in recovery. MSAC initially asked for help with readiness to change, messaging, modifying their initial goals and objectives, and evaluation support. Over the course of five months, ADAPT provided TA in assessing community readiness for change, messaging, refining their goals and objectives, and evaluation support as the coalition was building capacity in its planning and early implementation stages. ADAPT also developed a Communications Planning Guide for MSAC to assist with messaging to their various stakeholders.

"The level of encouragement and support given was very appreciated and helpful as we start our new coalition. Thank you." - MSAC Project Director

LOOKING AHEAD



Focus on Quality

ADAPT will maintain its commitment to the delivery of high quality, timely, relatable, and digestible training and technical assistance as it moves forward. Key upstream and downstream stakeholders have been engaged to steer ADAPT's services and resources. ADAPT systematically monitors progress towards its goals and objectives, and has formalized an evaluation plan centered on answering key questions regarding implementation, effectiveness, efficiency, and attribution. To optimize quality and impact, ADAPT's evaluation plan includes a data-driven quality improvement process. Quarterly briefings on performance processes and outcomes facilitate the identification of areas for improvement. Rapid cycle continuous quality improvement (CQI) strategies are deployed so that methodology adjustments can be made during pursuit of project goals and objectives.

Enhanced Communication and Feedback Loops

Developing effective channels of communication with all HIDTA Prevention Representatives and their community partners is critical to understanding how ADAPT can truly cultivate and support the unique needs of each HIDTA. Moving forward, ADAPT will schedule bi-annual check-ins with HIDTA Prevention Representatives to build and nurture relationships with each HIDTA while learning more about their HIDTA communities' unique needs. ADAPT will continue to host 2 annual events for HIDTA Prevention Representatives:



- 1) HIDTA Prevention Roundtables to disseminate important emerging threat updates and advances in the field while also facilitating group discussion and peer feedback.
- 2) Annual workshops with skills-based trainings.

Support Services and Resources

Prevention Intervention Resource Center

ADAPT's Prevention Intervention Resource Center (PIRC) will be housed on the ADAPT webpage and will serve as a directory for existing and newly released resources and trainings promoting evidence-based substance use prevention programming. The PIRC webpage will provide access to a **learning management system (LMS)** beginning October 2021. ADAPT trainings will be accessible on the LMS and include an interactive eLearning course on

Fundamentals of Substance Use Prevention as well as previous web-based trainings that are also available on the ADAPT YouTube channel. Participation certificates and Continuing Education credits will be available for all trainings completed through PIRC's LMS.

Evaluation TeleECHO

ADAPT is preparing to launch its first TeleECHO series on the topic of Program Evaluation. A TeleECHO series is a virtual educational program that connects practitioners in the field with expert consultants on a given topic. Each teleECHO meeting consist of two essential activities: 1) A brief didactic presentation to advance knowledge on a related topic, and 2) Online learning through case-based sharing and provision of guidance. The ADAPT Program Evaluation TeleECHO series will bring together a team of evaluation experts and preventionists to provide a learning environment where preventionists can routinely share their experiences and challenges related to evaluation and receive direction and support from their peers as well as the team of evaluation consultants.

Evidence-based Practice Spotlights

ADAPT will add to its offerings a quarterly **"Spotlights"** series on best substance use prevention practices in May 2021. The purpose of this webinar series is to highlight substance use prevention best or promising practices and connect participants to training opportunities and resources. All webinars will be archived for future viewing on the ADAPT YouTube channel.

Conversations with HIDTA Communities

ADAPT will begin a new webinar series in June 2021 focused specifically on characterizing and sharing the amazing work many HIDTA Prevention Representatives are doing on a daily basis or in response to emerging or immediate threats in their area. The purpose of these webinars will be to describe HIDTA-driven responses to emerging or immediate substance use prevention needs in HIDTA communities.

"ADAPT approaches technical assistance through the eyes of discovery. Effective and meaningful technical assistance is not always as 'technical' as one might think. It frequently involves holding the hands of the recipients as they take deep dives into the souls of their programming and then empowering and equipping them to act on any new insights."

-Dr. Lora Peppard, Director of ADAPT



CONNECT WITH ADAPT

Social Media

Platform	Direct Link
	Like our Facebook page today: https://www.facebook.com/ADAPT-100681361632663/
	Follow our LinkedIn Company page for the latest insights and updates: https://www.linkedin.com/company/adapt-a-division-for-advancing-prevention-treatment
	Subscribe to our YouTube channel for informative video content! https://www.youtube.com/channel/UCbxhs3Kx69_OfAMw628PO7w/

Subscribe via Email

To be notified of upcoming webinars, products, and events, subscribe [HERE!](#)

thank you!

For your dedication and commitment to the integration of substance use prevention strategies in HIDTA communities.

We look forward to another great year!

Sincerely,



The ADAPT Team

