

Tributes and Contributions

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Saigh Foundation

Prevention Education St. Charles/ Lincoln/Warren

Cuivre River Electric Community Trust

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ARCHway Institute

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Ed Koslin and Fran Weintraub

Brian Glennon Hotop
Joseph Van Arsdale

Joseph M. Schwiezer
Robert and Mary Frenzel-Berra

Steven D. Duebeleis
Dr. Donald King

Christopher Michael Haupt
Michael and Janice Haupt

Tributes In Honor Of

NCADA Staff
Tom Etling

Individuals

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Dr. Dale and Susie Anderson
Stacy Bacilek
Linda Baker
Jack and Ann Cahill
Alvia Chambers
Gretchen Curry
Mary T. and Pat Dolan
Daniel Eiser
Tracy Fowler
Paul and Suzanne Geerling
Darcy Glidewell
Robert Gulino
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NCADA Rebrand Reveal • Training and Professional Development Opportunities • Conversations on Racial Equity • A Place to Turn

Conversations on Racial Equity

By William Clay III

At the beginning of July, I had the opportunity to talk with Tina Poston and Debra Townsend, two African-American women who are a part of the NCADA community, about the state of racial equity in the organization. Debra is a part-time prevention educator and Tina serves as a member of the Board.

When Tina joined the Board back in 2006, there was little diversity and much of Eastern Missouri was not represented. But throughout her years with NCADA, Tina has seen, “the organization transition from a Board with one African-American to one that reflects the region in which we live. There is diversity with more females, racial groups, professions, and age groups represented on the Board. I remained on the Board many years ago because I felt my voice was important and there was a lack of diverse opinions. Everyone needed to hear different perspectives in the decision-making room.” Being heard and taken seriously without being judged is a constant struggle for people of color in their careers and their lives. All voices must be heard in order for the organization to move forward and be effective.

In her time at NCADA, Debra has, “seen the physical growth of the organization along with the racial equity effort. From an educational perspective, I have witnessed the growth of our programs into all school districts regardless of racial demographics. We are hearing more from different groups about the need for education, prevention, and treatment.” Many black communities struggle with substance use disorder. Reaching students in schools is effective, and the knowledge they gain can be shared with their families. NCADA's prevention education programs are in more and more schools with diverse student bodies and the outcomes speak for themselves.

Both women have seen the identity of NCADA change. The work of Tina, Debra, and their peers has guided NCADA to an increased presence in predominantly African-American urban communities. Tina mentioned how funding restrictions had focused NCADA's work in mostly suburban areas, but the organization has pushed to expand its reach and mission to more urban areas. The women look forward to continuing growth and the possibility to help more communities ahead.

SUMMER 2020

The newsletter of PreventEd

the
key

What’s in a name?



Nichole Dawsey
Executive Director

Throughout our history, our name has presented several challenges. The acronym is confusing at best, and usually requires an explanation of what the letters stand for. When spelled out, the name is also confusing because we are neither “National” nor a “Council.” To further complicate matters, the words “Alcoholism” and “Abuse” have fallen out of favor in our field over the past decade. I have lost

count of the times I have been introduced as “Nichole Dawsey, from the NCAA.” Or, “Nichole Dawsey from N. . .D. . .A. . . oh, I don’t know. . . The drug place.” Take it from me, that’s a rocky introduction to a sophomore health class.

When our Board of Directors voted to disaffiliate from our national organization in April 2019, we were presented with a tremendous opportunity to rethink our name. So for the past year, we have been interviewing staff, Board, funders, coalition leaders, clients, and volunteers to capture thoughts, feelings, and attitudes about who we are, why we do what we do, our challenges, and our opportunities. Side note: if you filled out a survey, attended a listening session, or agreed to be interviewed ...thank you!!

Obviously our staff were the first to know the new name, logo, and tagline. Next to know were our organization’s “royalty” (i.e. past employees whose legacy endures). We wanted both groups to have the time and space to understand the new name, ask questions, think through logistics, and warm up to the idea. And now we are entering the next phase of the launch: introducing our new name to you, our supporters, friends, partners, and collaborators. **Drumroll please...**



about the value of universal prevention – beginning as young as kindergarten—and believe that prevention is CRITICAL to any sound strategy to address substance use disorders. Upstream solutions must be as fully considered as downstream ones.

If you know anything about us, you know that we champion “prevention.” In fact, it’s kind of “our thing.” We preach

We also value education. We hire teachers. We LOVE professional development and fancy ourselves lifelong learners. We educate families about how to have tough conversations with their kids; we educate individuals about how and where to access treatment and recovery resources; we educate legislators about how to create public health policies that address substances; we educate teenagers on how to find their voice; we educate community members about how to conduct grassroots efforts that support young people; and we educate students in grades K-12 about how to make healthy decisions.

And we do all of this not by preaching or judging but by engaging in real, honest conversations.

It was this vital work that became our identity for more than 5 decades. We know that as we continue to advance our mission, PreventEd will soon be synonymous with the same life-changing programs and services.

Next up: we will continue to socialize the new name with people who already know us. And then, beginning right after the November election, we will execute a robust launch strategy for people that don’t know us that includes paid and earned media, press releases, and a social media campaign. We hope we can count on you to serve as brand ambassadors and champions as we enter the next phase.

Our name, our logo, and our tagline have changed. But our vision, mission, strategies, activities and people remain the same. We are committed to you, and to the work. That hasn’t – and won’t—change.



Prevent+Ed

Leading the conversation on
alcohol & other drugs

The Place to Turn...Even in a Pandemic

By Jenny Armbruster



Jenny Armbruster
Deputy Executive
Director

March 18th through June 8th, our offices were closed due to COVID-19. This time was unprecedented for everyone at our agency and in our community, and while our offices were closing, our mission and our work could not stop.

In our counseling department, our direct engagement with clients had to continue. Those struggling with substance use disorder become more at risk when faced with additional stressors and isolation. NCADA maintained our ability to connect with clients via phone and through telehealth services. Counseling staff stayed in contact with other area providers so that we could make referrals and know what services were available in the community. Once we took the leap to virtual service provision, we quickly found that it allows us to engage more with some clients and is a viable option to help people in our community.

Community prevention and education work slowed in the early days of the pandemic, but once it picked up speed, it grew- FAST. Community Strategists stayed connected to local community coalitions and helped facilitate virtual meetings. Overdose Education and Narcan Distribution continued via webinars with staff delivering, mailing, and organizing Narcan pick up points for community members. Staff also quickly translated many of our professional development trainings, such as Ethics and Coalition on Addictions, to webinars. In offering webinars, we are able to provide education to more people in more places and still maintain our style of leading the conversation about alcohol and other drugs.

Unfortunately, as schools closed down and faced their own challenges, NCADA's school-based prevention services came to a quick halt. While our educators missed their time with students, the work did not stop. Our educators began developing lessons for virtual platforms and different learning management systems so that we will be at the ready, no matter what "back to school" looks like in the fall.

The External Affairs team kept NCADA connected through social media and ongoing communication with our partners. The team produced posts, documents, and participated in countless meetings to make sure that our work was shared and able to continue. The team also led the organization's participation in a very successful on-line fundraiser, GiveSTL Day, raising \$7,200

on a goal of \$2,500. Many events were rescheduled or reimagined to make sure safety and health were always the priority.

“

While our educators missed their time with students, the work did not stop.

As Plato said, "Necessity is the mother of invention." This has never resonated more than during the time of COVID-19 as we quickly adjusted to meet the needs of our staff, clients and community. A quick pivot is usually not our style as we want to make sure we have everything lined up and we want to do things "right". But, a pandemic with local shutdowns did not afford us the luxury of time or being able to complete a plan. So in true NCADA style, we "made it work", and our dedicated, talented staff approached each obstacle as an opportunity. 🍓

Upcoming Events

In this ever-changing environment, we recommend visiting our website for the most up-to-date event information and registration:

ncada-sfl.org/events

Staying on Track: Training and Professional Development Opportunities

By Stacie Zellin

When you hear us talk about education programming, your mind probably jumps to images of schools, students, classrooms, activities about resiliency, information about alcohol and other drugs, and our incredible Prevention Educators leading the conversation. School-based prevention education is one of NCADA's largest programs and, is without a doubt, a unique service that our agency provides to St. Louis and surrounding communities.

But in another department of NCADA, other staff are just as busy working to provide substance use-related trainings and professional development opportunities to adults as well. Not only does NCADA regularly offer trainings at our agency, we can also accommodate training requests from outside organizations.

Unfortunately, COVID-19 abruptly halted our ability to host in-person trainings. Despite this, our staff leaned into the challenge of quickly moving these education and training opportunities to an online format. We have not only continued to offer this service to professionals and the general public, but we've actually increased the number of trainings offered. This is particularly important, as many of our recent programs have highlighted the impact of COVID-19 on substance use prevention and treatment.

So what do these trainings look like, and how can community members access them? Here is a brief guide to NCADA's most common training opportunities:

General Substance Use Education

Our most frequently requested trainings are presentations related to substance use and substance use disorders, and we receive these requests from organizations looking to fulfill training requirements for staff, to provide professional development, or just because staff might benefit from the information. Generally, the topics covered in these presentations include the brain science behind addiction, drug trends, signs and symptoms, and helpful resources. Other topics might include medical marijuana, vaping, and our most recent addition is a presentation on the connection between trauma and substance use.

Overdose Education and Naloxone Distribution (OEND)

The MO-HOPE Project is a collaborative effort between NCADA and several other agencies to provide OEND trainings across Missouri. The MO-HOPE project offers a number of different core trainings, with the option to include additional modules to customize a training designed to meet the needs of individual

agencies and organizations. For more information, visit mohopeproject.org.

Coalition on Addictions

Coalition on Addictions is a monthly lunch-and-learn style event (at least, we used to have lunch pre-COVID) in which we feature a guest speaker. This event takes place on the 2nd Wednesday of every month from 12pm-1pm. These trainings are appropriate for professionals in various substance use-related fields, mental health clinicians, and anyone else who has a general interest in that month's topic.

Youth Mental Health First Aid (YMHFA)

YMHFA is designed to teach 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. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people.

As YMHFA is a nationally accredited training program, we have recently received guidance on how our trainers can conduct this training virtually. We are excited to begin offering these trainings in the coming months.

Ethics

Most mental health and substance use professionals require ethics trainings to maintain their credentials. NCADA regularly offers various ethics trainings in-house, and we can also accommodate requests from organizations seeking to host their own training.

As a Community Educator, I have the privilege of delivering these trainings and presentations, either by welcoming individuals into NCADA's space, or representing our agency and mission in theirs. One challenge of this role is that every group, every presentation, is different—I can prepare as much as possible, but the ability to assess the audience and tone of the room, and then make modifications on the fly is equally, if not more, important. But, knowing that I have been effective in increasing knowledge, raising awareness, and deepening the understanding of issues related to alcohol and other drugs, is an incredible reward.

Most of these trainings are available at no cost. For the most up-to-date information on NCADA's training offerings and calendar, visit our website. You can also sign-up to receive email updates about upcoming trainings and webinars. 🍓

Fostering Love

By William Clay III



We have a budding author amongst our staff! Heather Craig, Community Strategist, wrote her first book, *Fostering Love*, in May of this year. After graduating from the University of Missouri-Columbia, Heather worked as a foster care case manager and later began fostering to aid in the shortage of foster homes in her area. She is a passionate supporter of all things related to child well-being and she hopes to encourage Black families to be more open to accepting foster children into their homes.

The book, told from her children's point of view, describes the foster experience from the perspective of the foster family's children. The foster care process is one many do not understand, and likely don't even consider the perspective of the kids in the welcoming family.

The journey of becoming licensed and trained as a foster parent takes at least 3-6 months, and includes background checks, health screenings, financial discussions, and home assessments to make sure that families are a good fit for foster children. Those interested in opening their homes and providing stability for children should contact their local Children's Division office.

Fostering Love highlights foster care, but if one is unable to foster there are still plenty of other ways to contribute to a child's life. Volunteering or donating to the Foster & Adoptive Care Coalition at www.foster-adopt.org is a great place to start. The book's message is powerful, educational, and inspirational, and will hopefully encourage more families to provide life-changing support for children in need. Although their stay is temporary, each foster child leaves a permanent impact on the Craig family, and they know they have changed the trajectory of a young person's life. 🍓



Grad Bags

The HOPE for Franklin County Coalition recognized the achievements of eighth grade graduates from area schools by providing congratulatory "Grad Bags." The bags contained helpful items students can use as they enter high school as well as educational information to help parents support their children during this critical time of transition. HOPE member Hannah Meyer and four other coalition members assembled 150 Grad Bags and provided congratulatory yard signs to schools for drive-up graduation ceremonies held in June.