

People want a **MENTALLY HEALTHY and DRUG FREE** community.

THEIR CONCERNS

- Depression and anxiety, which can lead to:
- Substance abuse and Crime
- Mental health issues among students
- Drugs permeating the community
- Using jails as mental health institutions
- The lack of a system for reintegration into the community
- Barriers to getting into the schools to talk about substance abuse prevention
- Lack of support structure for addicts after they leave the hospital
- There is no cohesive plan to address the drug/substance abuse problem

“My son went to go get the mail and a guy approached him to see if he sold drugs.”

“Kokomo is focused on immediate needs; we can’t ever get in front of it. There is no prevention.”

Howard County Residents, 2019

Actions that would make a difference	Who is working on it?
<p>Having a long term, inpatient clinic to treat substance abuse</p>	<p><i>Because there are no plans for an inpatient clinic, the conversation led to other programs and services that are currently offered or in the works.</i></p> <p><u>There are currently In-patient detox centers</u> with three-five-day programs at Four County Logansport, St. Vincent Kokomo, Community Howard Kokomo.</p> <p><u>St. Vincent</u> is looking at a 14-day model but insurance coverage is extremely hard to obtain for this. It will take some time to make this happen.</p> <p><u>In 2020, Four County</u> will have a 36-bed recovery house in downtown Kokomo. The whole family will be able to live there, like an apartment complex. Four County will be on site to assist in treatment.</p>

TAKING EFFECTIVE COMMUNITY ACTION (TECA)

<p>Having a long term, inpatient clinic to treat substance abuse</p>	<p><u>A man from Los Angeles</u> has purchased a church and another property on the north end of Kokomo to establish a sober living environment for men.</p> <p><u>Jackson Street Commons</u>, a program of Family Service Association of Howard County, is a 27-unit apartment building providing permanent housing and supportive services to homeless veterans. Center Township and FCA Foundation support some of Jackson Street's operating expenses.</p> <p><u>Other notes shared:</u> The in-patient model doesn't really get to the core of what is going on in the first place. "People need people after recovery."</p> <p>Chrysler sends their people (90%?) out of state to long term detox. Ken Gardner works with many of them after they get back to Howard County. (Substance abuse and mental health)</p>
<p>Breaking the stigma of substance abuse</p>	<p><u>Howard County Health Department</u> is working on a grant to address breaking the stigma of substance abuse. It is funded by the Indiana State Department of Health. It will be implemented after first quarter of 2020.</p> <p><u>Turning Point/System of Care</u> has four events a year to increase awareness of substance abuse issues and address the stigma. Events include a community meal served in the park, Night of Hope, and National Overdose Awareness Nigh, where the coroner speaks and discusses the number of lives taken due to substance abuse.</p> <p><u>"The Summit"</u>, a Turning Point event, was held on November 14th, 2019 in Kokomo. At the event, they shared the current status of the program and its future plans. Paul Wyman was the featured speaker.</p> <p><u>Mental Health America Activities:</u> Community speaking and education regarding mental health issues</p>

TAKING EFFECTIVE COMMUNITY ACTION (TECA)

<p>Breaking the stigma of substance abuse</p>	<p><u>Empowerment Circle</u>, which connects adults living with intellectual and/or mental disabilities to opportunities to learn about topics of their choosing in a safe environment. The goal is to encourage individuals and outside agencies to educate adults with developmental/mental disabilities about topics and/or services they might not otherwise have the opportunity to explore. Empowerment Circle provides exposure for individuals diagnosed with debilitating developmental/mental disabilities within the community in which they economically participate in order to remove the stigma associated with mental illness and/or disabilities.</p> <p><u>Celebrate Recovery (Kevin Sprinkle)</u> meets at Crossroads Church on Thursday nights.</p> <p><u>The Gilead House</u> is a team of advocates working to help restore and rebuild individuals and families. They provide free, personalized outreach programs and services for men, women, and their children. They provide educational and training programs that help their clients succeed at home, work, and in the community. They are a trusted voice in the judicial system on behalf of individuals and families, advocating for their right to rehabilitative experiences.</p>
<p>Getting mental health education into the schools</p>	<p><u>Mental Health America Activities:</u> The 'I'm Thumbbody Special' program has instructed over 320 Howard Co. students. It is a 50-minute program that is offered to second grade students to address self-esteem, affirm the uniqueness of every child, reduce instances of bullying behavior, and foster respect for individual differences. Children are given an activity kit to take home.</p>

TAKING EFFECTIVE COMMUNITY ACTION (TECA)

Getting mental health education into the schools

Emotions 101 is a program designed to improve emotional intelligence and increase Kindergarten readiness in Pre-K children in Howard County through interactive parental education using simple, easily replicated and sustainable activities delivered by qualified mental health professionals. This program is offered in collaboration with the Kokomo Public Library through a quarterly series on First Fridays. This program falls under the 75in5 Initiative of the United Way of Howard County.

Youth Mental Health First Aid provides parents, teachers, coaches, and clergy with tools to identify the early warning signs and symptoms of a mental health disorder in youth, ages 11-18. This aims to prevent teen suicide, provide resources to the participant for adolescents regarding mental health support in the community, and increase the mental health treatment for teens experiencing major depressive disorder.

Four County has obtained curriculum for social and emotional learning for Kokomo center schools, pre-k through high school.

They are also able to reach out to students in the excel center – also Telehealth online counseling. Only do this with Four county clients and they work alongside the school counselors.

QPR is a program for teachers to learn about suicide prevention. They participate as much as their budget will allow. Question, Persuade and Refer is a 2-hour suicide prevention course. It is evidence-based and fulfills the state requirement for suicide prevention education for teachers in Indiana.

REACH by Four County works with the youth who are already at risk. REACH addresses 40 developmental assets and discusses addiction, abuse and helping students learn about themselves. It is currently utilized at Kinsey, McKinley School, Excel and The Crossing.

TAKING EFFECTIVE COMMUNITY ACTION (TECA)

<p>Getting mental health education into the schools</p>	<p><u>Community Howard</u> is not in Kokomo Center Schools but they are in the county schools. Schools seem to be open for support. Clinicians are there and supporting education, therapy and skills for grades K-12. The guidance counselor, teachers, principals are working alongside all of these individuals to form a plan.</p> <p><u>St Vincent's</u> has been invited to Taylor schools for some of their events.</p> <p><u>System of Care:</u> Remedy LIVE, working with Western School, is a group from Ft. Wayne. They conduct Live Polling, wherein the speaker will ask questions that are picked by the school about addiction. The data is given to the school so that they can determine on what kind of prevention they will focus. Four County is there for any assistance after the program, and also provides education for parents afterwards.</p> <p>They support emotional learning through mental health clubs for students in high school, thereby raising awareness and breaking the stigma in Howard County.</p> <p><u>Kinsey Youth Center</u> Reporting Group – 4-8pm, to keep kids out of trouble during this time period. Helps them manage their time every evening. Rob Pruett manages group.</p> <p><u>Tobacco Free Howard County (Shirley Dubois)</u> does presentations regarding the dangers of vaping, Sweet Addictions, and tobacco products.</p>
<p>Increasing public awareness of prevention and education</p>	<p><u>Mental Health America</u> Conducts workplace wellness programs</p> <p>They have a program where individuals work with animals on their lunch break which helps them relax and cope better.</p>

TAKING EFFECTIVE COMMUNITY ACTION (TECA)

<p>Increasing public awareness of prevention and education</p>	<p>Mental Health First Aid is an 8-hour interactive mental health education training course. It is an overview of mental illness and substance use disorders. It introduces the risk factors and warning signs of developing mental health problems and builds understanding of the impact of mental illnesses. It teaches a five-step action plan to help an individual experiencing a mental health crisis.</p> <p>They offer domestic abuse programs and Narcan Training.</p> <p><u>The Department of Health</u> provides an Overdose Rescue Kit Program and Narcan Training</p> <p><u>The Sociology Club</u> at IUK is sponsoring Narcan training</p> <p><u>Narcan Training</u> is included with “Ship Happens,” a Help Us Help You FSA program by Mental Health America.</p> <p><u>Turning Point</u> has an anti-stigma campaign.</p> <p><u>Four County</u> has a Suicide Prevention Program with youth across Howard County. Hopefully, with the new Remedy Live Program, these programs will connect.</p>
<p>Better collaboration among organizations that address the mental health and substance abuse issues</p>	<p>There are many common conversations among organizations that address mental health and substance abuse.</p> <p><u>Turning Point</u> has board meetings once a month with many entities involved.</p> <p><u>System of Care</u> has various work teams that meet: prevention/education work team, Youth and Family work team, Crisis team. Jennifer has applied for a grant to work with the emergency responders. They also have an adult mental health team. All of their committees meet monthly and then have a combined meeting quarterly.</p> <p><u>System of Care</u> works to identify gaps in services and collaborates with Indiana Youth Institute for data.</p>

TAKING EFFECTIVE COMMUNITY ACTION (TECA)

Better collaboration among organizations that address the mental health and substance abuse issues

System of Care also offers WRAP, Wellness Recovery Action Plan. WRAP is a self-designed prevention and wellness process that anyone can use to get well, stay well, and make their life the way they want it to be. WRAP includes a list of resources, such as contacts for friends and supporters, focusing exercises, relaxation, stress reduction, journaling, exercise, diet, and sleep.

System of Care sent out a brief needs assessment to parents and children. They received some good feedback.

Problem Solving Courts are helpful. They offer enhanced information that helps decision making, provides connections to services in the community, and evaluations of systems to ensure they're working effectively.

People and organizations they trust:

- Churches
- Community Foundation of Howard County
- Law Enforcement
- Other community stakeholders
- Paul Wyman
- Turning Point

Additional Notes from Research Sessions for the Community Foundation's Reference:

- A subsidized recovery community could be very helpful for individuals who are working on their recovery and are pursuing an education or working a job.
- The new mayor could appoint a drug czar.
- We asked each member of the group where the community foundation could make the most impact regarding this aspiration?
 - Housing and partnership
 - Subsidized Housing
 - Housing
 - Long term treatment or housing
 - Bringing addiction/mental health prevention into schools
 - Mental Health prevention in youth
 - Funding, raising awareness of this issue to leadership
 - Education and awareness on a global level

MENTALLY HEALTHY and DRUG FREE community

Harwood stage of community life is

- Catalytic (some components are Impasse)

Discussion on what role the Community Foundation could play in this Aspiration:

- We see it as huge opportunity for all of our counties (Greg)
- Jane asked about programs for young children.
- Celestine would like to know what happened at the recent Summit and what, if anything, came out of it.
- There is a lack of communication to Law Enforcement about programs available. This is a problem.
- There is a lack of help for adolescents.
- Do we convene key players? Do you pick just one issue, like educating front line personnel or building housing?
- The prosecutor says there are other models out there for not using our jail as a mental health institution (per Rick.)

To do:

- Check more into whether Bona Vista could be a partner; Gilead House, Kokomo Rescue Mission (recently opened Women's Shelter), and Valley of Grace, (uses Missouri Model) a faith-based clinic.

The community foundation will focus on the following actions:

- We could have a Mental Health/Substance Abuse Summit.
- Call the key players together, discuss, and charge them with coming together on a regular basis to find a way to work together.

And this role:

- Convener

Action Plan for **Mentally Healthy and Drug Free** Community

Action	Lead	Completion by
Reconvene players in mental health and substance abuse for SWOT analysis/ Summit. Dig deep to determine the big vision for addressing this aspiration and what it would mean if there were no financial barriers.	Community Foundation Staff/Project Matters, LLC.	December 2019 or early January 2020?
Speak to the board about considering setting aside funds that could support non-profit grant applications that address this aspiration.	Greg Aaron	January 31, 2020