



Florida State University
Center for the Study and Promotion of
Communities, Families, and Children



REBOUND & RECOVERY: OPIOID PREVENTION & WELL-BEING FOR TEENS



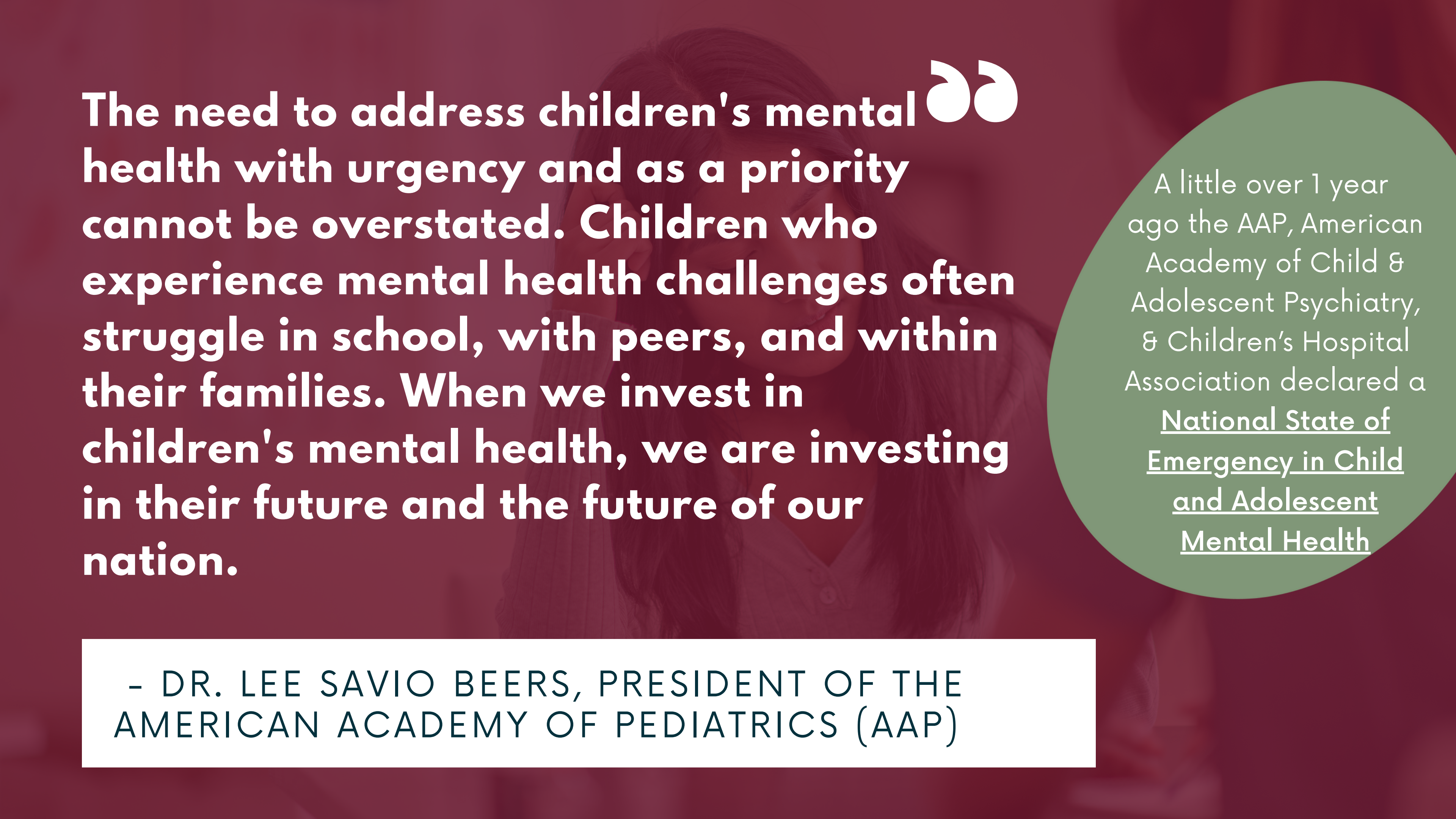
Introductions



SAVANNAH
COLLIER, LCSW



TAI COLE,
LCSW



The need to address children's mental health with urgency and as a priority cannot be overstated. Children who experience mental health challenges often struggle in school, with peers, and within their families. When we invest in children's mental health, we are investing in their future and the future of our nation.

A little over 1 year ago the AAP, American Academy of Child & Adolescent Psychiatry, & Children's Hospital Association declared a National State of Emergency in Child and Adolescent Mental Health

- DR. LEE SAVIO BEERS, PRESIDENT OF THE AMERICAN ACADEMY OF PEDIATRICS (AAP)

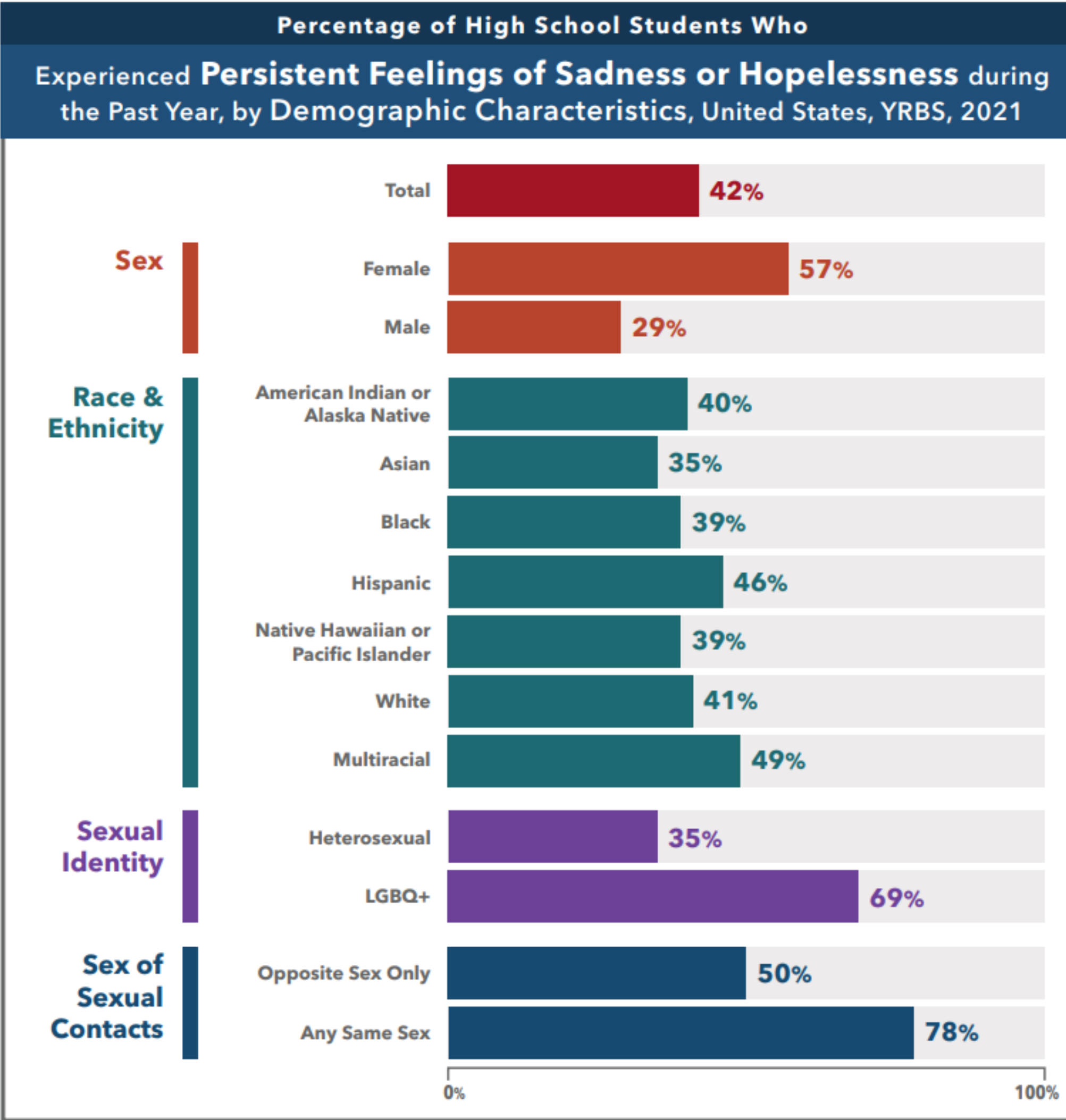
WHAT RESEARCH SAYS

TEEN MENTAL HEALTH & WELL-BEING

- 64% feel the world is more stressful now than when parents were their age
- About 1 in 6 report experiencing negative emotions all the time or often
 - 70% of LGBTQ+ students
 - 3 in 5 (57%) U.S. teen girls felt persistently sad or hopeless in 2021 - up nearly 60% from a decade ago
 - 1 in 3 seriously considered attempting suicide
- Between 2007 and 2018, the suicide rate among Americans ages 10 to 24 increased by nearly 60% - it is the 2nd leading cause of death; injuries, including violence & self-harm, is the leading cause of death
- 1 in 4 have been diagnosed with a mental health condition
- Experiencing traumatic events is a risk-factor for high-risk substance misuse

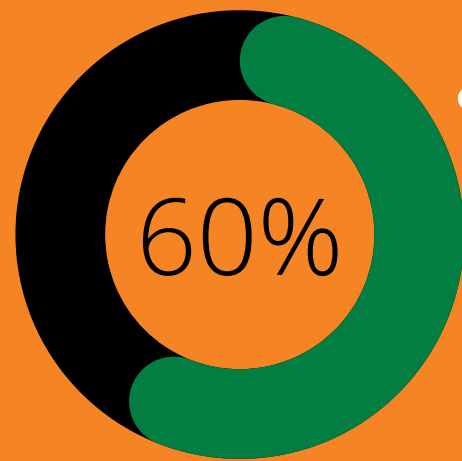
Youth Risk Behavior Survey - Summary of Data for Mental Health & Suicidality

The Percentage of High School Students Who:*	2011 Total	2013 Total	2015 Total	2017 Total	2019 Total	2021 Total
Experienced persistent feelings of sadness or hopelessness	28	30	30	31	37	42
Experienced poor mental health†	–	–	–	–	–	29
Seriously considered attempting suicide	16	17	18	17	19	22
Made a suicide plan	13	14	15	14	16	18
Attempted suicide	8	8	9	7	9	10
Were injured in a suicide attempt that had to be treated by a doctor or nurse	2	3	3	2	3	3



Stress, Trauma, & the Connection to Substance Misuse

- Every child's path to adulthood—reaching developmental and emotional milestones, learning healthy social skills, and dealing with problems—is different and difficult.



- 60% of children and youth in the U.S. have experienced at least 1 traumatic event by the age of 18.
- Even without trauma, all youth face challenges and stress along the way, often beyond their control. There's no map, and the road is never straight.



1 in 5 teens ages
12-17 engages in
misuse of illicit
drugs or alcohol

In surveys of
adolescents receiving
treatment for substance
misuse, more than 70%
of patients had a
history of trauma

Teens who had
experienced abuse
were 3x more likely
to report past or
current substance
misuse

ADDRESSING THE CRISIS

- Research has shown that protective factors help buffer youth from a variety of risky behaviors and negative experiences and consequences, including substance misuse & trauma.
- Protective factors are social supports (friends, family, mentors), strong connections (community), being involved in activities, problem solving skills, self-regulation skills (coping), self-value (internal beliefs), supportive beliefs, continuous learning (development of skills, interests, school, work, etc.), and access to resources.
- We can all play a role in supporting the well-being and healthy development of teens by promoting & building protective factors.

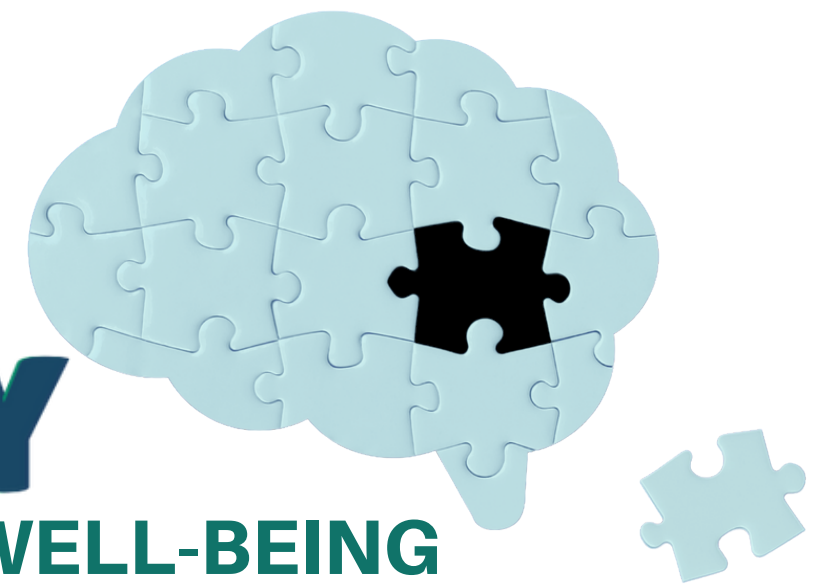
One way we are focusing on the increasing the well-being of teens on ROTA-RC is through an evidence-informed program: **Rebound and Recovery Opioid Prevention and Well-Being.**

WE ALL HAVE A RESPONSIBILITY TO HELP

OVERVIEW

REBOUND & RECOVERY

OPIOID PREVENTION AND WELL-BEING

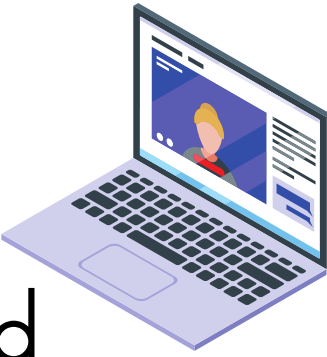


- Developmentally appropriate for upper-middle and high school-aged youth.
- It is designed to increase youths' ability to cope with unexpected daily stressors and life events, increasing protective factors and preventing opioid and substance misuse.
- It is one stand-alone lesson OR can be done in seven one-hour lessons.
 - The one stand-alone lesson has the main concepts in the 6 lessons merged together.
 - Lessons are flexible and can be implemented in any setting (school, afterschool, camp, 4-H, etc.)
- Promotes learning through games, discussions, and journaling.
- It will guide you in building your youth's toolkit of techniques to manage thoughts, feelings, and actions aiding them to be their best selves.
- Promotes physical and mental health in a fun, effective way!

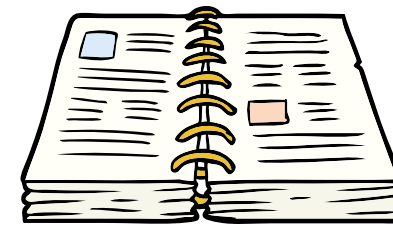
THE PROGRAM WILL INCLUDE...

A SELF-PACED ONLINE CERTIFICATION

The certification will be interactive with videos and multi-media teaching you the lessons filled with educational and skill-building games, activities, and journaling.



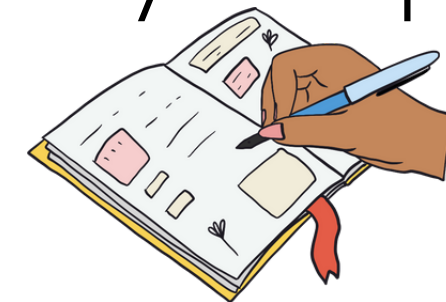
A MANUAL



A digital download manual will be provided to guide you through implementing the lessons.

TEEN JOURNAL


A digital journal will be provided for you to provide to the teens a part of the curriculum.



BACKGROUND

REBOUND & RECOVERY

A cognitive behavioral intervention comprised of professional certifications and curriculums that focuses on early childhood through adolescence. Children and teens learn about what their emotions are, how they are connected to their thoughts and actions, and how to regulate their emotions while understanding and reframing their thoughts. Children build protective factors & coping skills.

 **328** Educators and Professionals trained

 **30** Master of Social Work Field Interns trained

 **More than 3,100** Children Served in Florida

 **4** Research Studies

PREVENTION PLUS WELLNESS

A single-session opioid and stimulant misuse prevention program designed to increase wellness-enhancing behaviors including physical activity, healthy eating, getting adequate sleep, and practicing stress control. Utilizes motivating peer and desired future images to increase motivation for change to reach goals.

FOCUS GROUP

Feedback from focus groups with 4-H staff leaders, educators, & staff in community settings serving youth.

REBOUND & RECOVERY

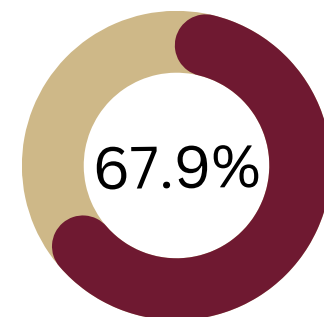
What are the educators who implemented Rebound & Recovery saying?



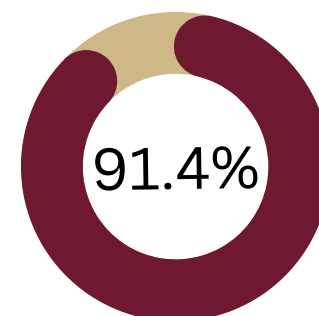
Responses on a scale of 1-10, 10 being best or most likely

How do we know Rebound & Recovery has been effective?

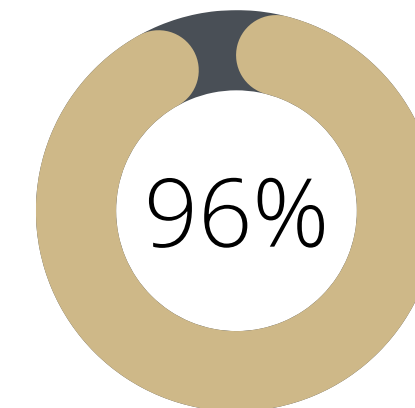
Pre-assessment score measuring
knowledge and understanding of
emotions and emotion regulation



Post-assessment score measuring
knowledge and understanding of
emotions and emotion regulation



Research shows
cognitive behavioral
skills improves
academic success
and classroom
behaviors



of the students showed
improvement in their
emotional identification
and regulation skills.

34.6%

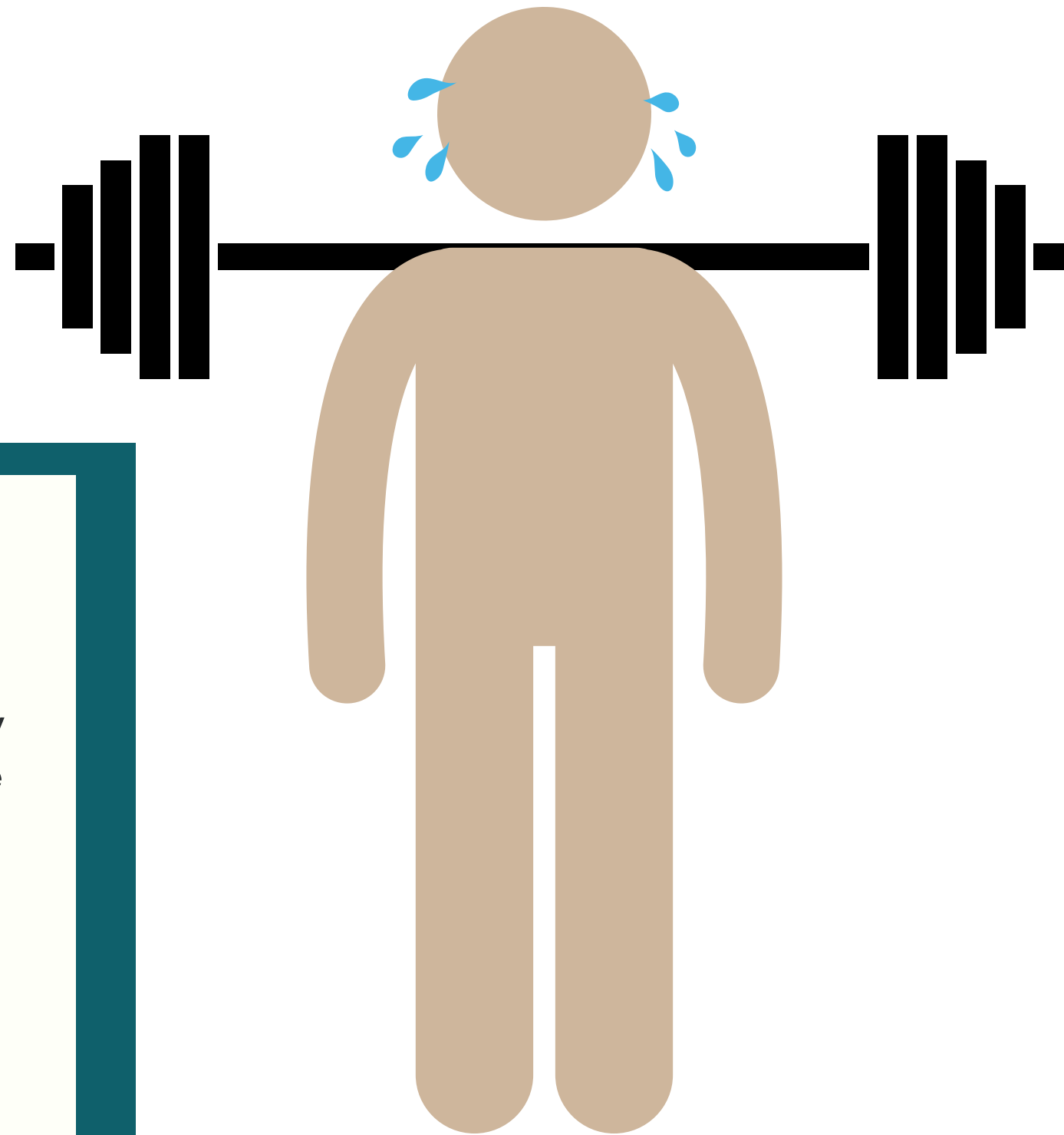
INCREASE in social-emotional
identification and social-emotional
development knowledge



BALL JUGGLE GAME

- Each table stand in a circle.
- Each person in the circle must throw the ball to someone that is not standing beside you. Each person must get the ball once. Remember who you throw the ball to and who throws it to you.
- Say the person's name you are throwing it to before you throw the ball to them each time.
- Balls will drop and it will get chaotic, but keep going!

HOW DOES STRESS IMPACT YOU?



Think about the ways you are impacted by stress. There is a piece of paper on your table with a person figure like the one to the left. Work with the individuals at your table to draw the ways you are impacted by stress on the person figure.

For example, you might draw butterflies in the stomach to represent getting nervous. You might draw weights on your shoulders representing feeling like the weight of the world is on you. Be creative!

It is important to recognize your personal impacts so you can notice early on when you are starting to feel stressed. Do something to take care of yourself & release the stress.

TEEN JOURNAL PREVIEW

Calming Skills Section

Progressive Muscle Relaxation



Visualization



Counting Fingers



Hand Tracing Breathing



Nostril Switching



Ninja Senses



Yoga: Child Pose



Yoga: Seated Twist



Labyrinth



Mandala



WELL-BEING PLAN

Below are suggested ways you can increase your well-being and provide yourself time to rest and recharge.
In the blank spaces create individualized ideas for yourself.



SELF AWARENESS CHECK IN

I am feeling....

Write the emotion you are feeling in the circle. Fill the circle with the color you associate with the emotion.

How much of the emotion are experiencing?

It is crushing
Beginning to be overwhelming
A small amount

Do a quick body scan.
Where are you feeling your emotions?

Symptoms
What are the symptoms you are feeling?

- ☐ Headache
- ☐ Tension in the body
- ☐ Stomach issues
- ☐ Difficulty breathing
- ☐ Panic attacks
- ☐ Blurred eyesight
- ☐ Fatigue
- ☐ Chest pains and high
- ☐ Blood pressure
- ☐ Teeth grinding
- ☐ _____
- ☐ _____

Actions & Reactions
What behaviors are you noticing?

- ☐ Cannot stop crying
- ☐ Difficulty eating or over eating
- ☐ Irritable or lashing out at others
- ☐ Unable to control anger
- ☐ Feeling guilty, helpless, or hopeless
- ☐ Avoiding friends, family, or co-workers
- ☐ Procrastination / neglecting responsibilities
- ☐ Losing sleep
- ☐ Worrying incessantly
- ☐ _____
- ☐ _____
- ☐ _____

Coping Skills
It often takes more than one coping skill to regulate emotions and responses. List the coping skills you will use in combination with one another to self-regulate.

The NAMI Help Line can be reached Monday through Friday, 10 am – 10 pm, ET
Call 1-800-950-NAMI (6264),
text "HelpLine" to 62640
or email us at helpline@nami.org
Dial or text 988 for the
Suicide & Crisis Lifeline

Join us in responding to the urgent need to address the youth mental health crisis & prevent opioid misuse. Together, we can work towards building the resiliency of youth & creating a safer and healthier future for our young people.



- Launches April 2023
- Self-paced certification will be accessible online via the ROTA-RC website
- Register for the monthly ROTA-RC Newsletter to stay up-to-date on the launch!

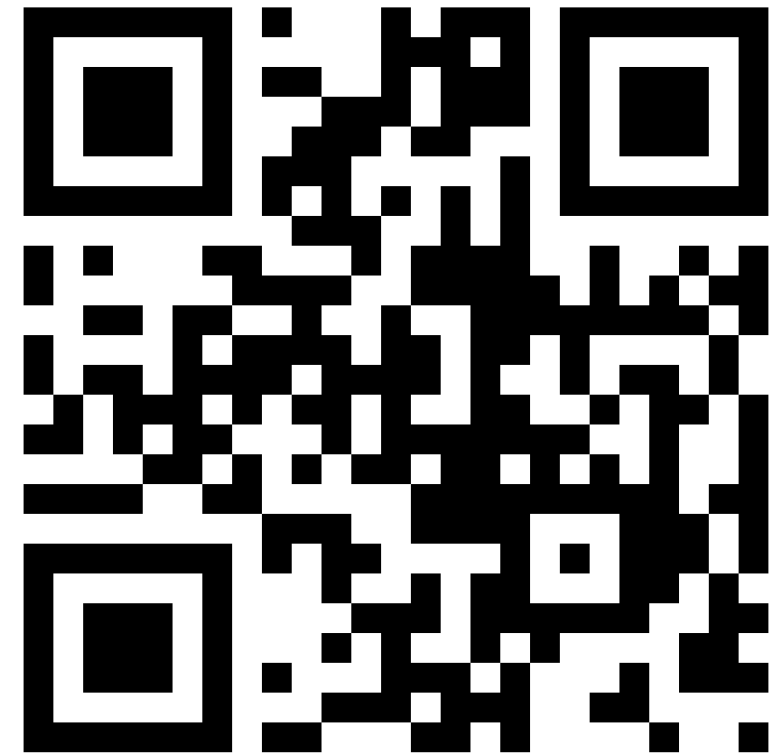
Survey: GPRA

SAMHSA requires all grantees to collect and report the Government Performance and Results Act (GPRA) for performance management.

The GPRA will be required for all trainees and attendees to complete at any event, meeting, webinar, training, and/or course they participate in.

- Must check each session you attended on the GPRA form
- If leaving or attending one session, please complete it at the end of each session.
- A QR Code in your Program on page 11 will also lead you to the GPRA

Thank you in advance for taking the time to complete this survey.



Scan QR code or visit
bit.ly/GPRAsurvey

Submit your Questions

for the Young Adult Prevention, Recovery, and Harm Reduction Panel



Scan the QR code or
visit **bit.ly/3JYtzPU**