



Jessica Goldberg:

Hello and welcome to today's call, which we are calling a Prevention Pop-up given our goal of being responsive to the new needs that we're seeing popping up in the field, given our current circumstances in working in the COVID-19 environment. We're so glad to have you joining us here today. My name is Jessica Goldberg and I am a training and technical assistance provider with the Northeast and Caribbean Prevention Technology Transfer Center or the PTTC for Health and Human Services Region two, which is the group that's hosting today's call. And we're coordinated out of Rutgers University's school of social work center for prevention science. So I already see some of those have joined us so far, filling in the questions that we've asked you at the top of your screen in that poll box. So we're hoping that folks can share their name, their role, where they're calling in from and then something that you're hoping to share or discuss from today's call.

Jessica Goldberg:

We're really hoping to make it a very interactive participatory call. We had a webinar earlier this week with great numbers of participants on it and a lot of really great dialogue in the chat box on the screen that you'll find at the lower left hand side. We're going to keep that main chat open for the entire call today. So we'd love to see you talking there with each other, posing your questions or offering your solutions or resources that you've come up[crosstalk 00:01:35]

Speaker 2:

Your microphone has been turned on.

Jessica Goldberg:

... as we've transitioned to this new working environment. But in the interim, we're also looking to hear from you in terms of something you're hoping to either share or discuss on the call today. Something that you're hoping to learn potentially from others. I'm just going to take a moment and look through some of the responses. It looks like we have folks calling in from all over region two, which encompasses New York, New Jersey, U.S. Virgin Islands in Puerto Rico but then other folks from other parts of the country as well. So we'd like to welcome everyone who's joining us and thanks so much for making time to be part of today's call and giving us the opportunity to learn from all of your experiences as well.

Jessica Goldberg:

So for anyone who's just joined again, welcome, we're going to start in just a moment, giving folks time to put some information into the poll question at the top center of your screen, around where you're calling in from, the role that you're playing in prevention now and anything you're hoping to get from today's call. I'm seeing some responses coming in. So looking to gather information for how to deal with schools, once they're open again. Hoping to share some methods to keep our efforts going despite our current situation. I think you're not alone in that certainly, Amanda, thanks for that so much. So school-based ideas for innovative ideas to deliver to our students and families, are some of the needs that folks in the liner noting for us. Learning creative ways to still connect with students in communities. To gain a perspective on how others are continuing to provide their prevention services and meeting the needs of others, already hearing that there's lots of similar themes and needs out there.

Jessica Goldberg:

I am wanting to scroll through but also mindful of the time and the numbers of folks that we have on the call. So I think in the interest of time, we're going to switch to our main layout and start our call, who



can really get into the meat of our conversation. And if you're still filling in our main chat on the left hand side of the screen, feel free to do that, because we'd love to hear other things that you're looking for in terms of your expectations for today's call. But let me just say welcome again to keeping our prevention efforts going on its social distancing, what we're calling a pop up event. My name is Jessica Goldberg and I'll be joined today by my colleague, Ivy Jones-Turner, as well as Clare Neary, who will be joining us from the Rutgers PTTC.

Jessica Goldberg:

We'll introduce both of those speakers in just a moment. And just to let you know that we are going to record today's call, we're going to be sharing out that recording. And we're going to try to summarize some of the key points and resources that we share with one and other on the call, with everyone who has registered for today. And I will be also sharing my contact information at the end of the session. So if you have any questions or concerns after the call, you can always feel free to reach out to me and I'll be sure to respond and get you the information that you'd need. And so, for those of you who might be aware, we are bringing you this call through the Prevention Technology Transfer Center for region two and you can see us and the light blue on the right hand side of your screen.

Jessica Goldberg:

So encompassing the U.S. Virgin Islands in Puerto Rico towards the bottom right of the screen and New York and New Jersey toward the top, right? Hopefully you've heard of us before today and joined some of our previous trainings but if not, a PTTC initiative is charged with providing training and technical assistance services to the substance abuse prevention field and the hopes of improving implementation and delivery of effective substance misuse prevention interventions. It's a relatively new system but we do provide prevention skills trainings and technical assistance services throughout that... in the hopes that they can be leveraging or we can be leveraging the experience and resources available across the entire country and the PTTC network. So we do offer many in-person and virtual learning opportunities. So keep your eyes out for information about those. Thanks so much for joining us today.

Jessica Goldberg:

So just so you know who you'll be hearing from, I'll tell you a little bit about each of us. First, my co-presenter, Ivy Jones-Turner. Ivy's been providing organizational capacity assistance on health promotion and prevention in substance abuse, suicide, violence prevention, injury prevention and mental health promotion with nonprofit and community based organizations for over 20 years. She also has worked with state and faith based agencies and school districts. And has capacity in program evaluation, training and technical assistance, program design and implementation, organizational development and many, many other areas. So, it's a pleasure to welcome Ivy here today. Ivy, do you want to unmute and just say hello to the folks on the line?

Ivy Jones-Turner:

All right. Thanks Jess. And hello everyone. Glad to see you today.

Jessica Goldberg:

And we'll also be hearing a little bit from our colleague Clare Neary, with the Rutgers University school of Social Work Center for Prevention Science. So Claire is not featured on the slide but she's been kind enough to share a little bit of the work she's been doing through Rutgers during today's call. She's the current project coordinator for our PTTC and has worked in substance misuse prevention for close to a



decade with a special focus on outcomes based prevention and environmental strategies. So, Claire, I wonder if I could invite you just to say hi.

Clare Neary:

Good morning, everybody... Good afternoon, everybody. I'm very happy to be here.

Jessica Goldberg:

It's clarity, it's morning in some parts of the country, for sure. Participants, it's still morning but good afternoon to those of you on the East Coast too. And I'm Jess Goldberg. Again, I'm a training and technical assistance specialist. I've been working in prevention for almost a decade. I've worked at the national state regional and local levels versus a community health specialist with the Massachusetts of state TA system and I support communities throughout all parts of their prevention, planning process and needs assessment, strategic planning, logic modeling and guiding change efforts.

Jessica Goldberg:

And I then worked with the Center for the Application of Prevention Technologies or CAPT. And now with the PTTC. So I'm very happy to be here with you all as well. And so just a few things around call logistics. So we've asked you to let us know, to type your name and email in the chat box and many of you have done that. So thank you. If there's anyone who's listening to today's presentation, whose name wouldn't appear in our registration list, if you could also let us know that in the chat box, that would be wonderful. And we do want you to be using that chat really actively and engaging with us and with one and other, because of the size of today's call, we're not able to connect verbally and open our phone lines.

Jessica Goldberg:

So we do want you to be able to engage with each other through that chat. Let me also just want to offer up that this call has it organized relatively quickly in response to what we've heard from our colleagues and prevention practitioners around the region, that the opportunity to come together and share experiences and resources would be invaluable during our current situations and under these new virtual working conditions. So I know we're all adjusting to these new circumstances and we really are so glad that you're joining us for the call and we hope that we can invite you to participate really actively and share the resources, questions or concerns that you're thinking about right now. And so to that effect, I'm going to hand this over, I think, to you Ivy to get us started.

Ivy Jones-Turner:

Yes. Thanks Jess. And as Jess noted this is a response of a session that we have planned very quickly based on some of the questions and some of the discussions that we've been having throughout the region and with others. Obviously, we know that we're seeing lots of changes happening daily. And so today's pop up event has been designed as Jessica noted as a peer discussion. So keep using the chat but it's going to have a couple of differences. One because of the size, just of the number of people who are on the call, we know that unfortunately, we're not going to be able to have a verbal discussion. So the phone lines aren't open and your microphones are not on.

Ivy Jones-Turner:

However, we do want you to keep the conversation going by using the chat. Share ideas, questions, both of us, as well as your fellow participants. We look forward to hearing and seeing you share your



feedback, hearing from you in terms of your comments that are written and typed into the chat. And so in the coming weeks, just note that we do plan to convene some smaller groups for discussion calls. And so we hope that you will share in the chat, both your comments, your questions, et cetera, so that we can plan some of those smaller group discussion. Also, just as a context or a frame for today's popup call, we know that they're going to be a number of questions and changes and comments and all kinds of things coming in, both through the chat, through our discussion and then in the days and weeks to come. We just want to note that what we will be focusing on in today's conversation, it's not based on new evidence-based information.

Ivy Jones-Turner:

We're really providing this as an opportunity to bring people together, to really correlate and identify and share both ideas and resources but recognizing that we're on the early stages of really pulling these resources and materials and even working with a host of folks within the prevention field, to pull some of these things and information together. So we are dependent on the collective wisdom, both of this group, that's here today, as well as the collective wisdom of the entire field for our conversations today and in the future. And so, we hope that you will both be patient with us in terms of being able to provide information back out to you. But we also hope that you will share your ideas, share your questions, share your comments with us, both during this chat. And then at the end of the webinar, we'll have another opportunity for you to share some additional feedback with us.

Ivy Jones-Turner:

And so with that, what I'd like to do is go on to our next slide. We're talking about many, many, many changes that are happening. And in fact, we recognize it, while this is unprecedented change, there are going to be some changes happening on a daily basis as each of our country... excuse me, each of the nations across the world, as well as in particular, our local communities and our States, are working to limit exposure and flatten the occurrence of COVID-19. We recognize that we don't know just yet how long this process or this experience will last. And so, what we want to do is keep in mind that our focus is on keeping our prevention efforts going. We know that the needs have not ended as well as the fact that our work is going to continue. The need for our work may actually even increase.

Ivy Jones-Turner:

And so this will be at some level, a challenging experience with lots of questions but also lots of innovation, lots of opportunities for sharing ideas, for being strategic, as well as innovative and really an opportunity for us to think about what we're learning throughout this entire experience is going to benefit both us and our efforts as we move forward. And so with that, as we think about adjusting to our new normal, we want to just recognize that there are a couple of key elements that we want to highlight or just recognize that these are the part of what we're going to be dealing with. We recognize and we realize that, health disparities are being more clearly identified through the events that we're going through right now. And what that means for adjusting to how we work, what that means in terms for many of you, I'm sure you're working from home.

Ivy Jones-Turner:

Some of your offices may be closed. We're even trying to learn how to adjust to working or not working maybe morning, noon and night because we're working from the same place that we're living. We also recognize that we are dealing with the uncertainty and managing the uncertainty of exactly how many days would we be working from home or how many days will our partners not be available in their



offices. Or how many days might we need to deliver our services to youth and to other populations in a different way. We know that what this means is that we have to prioritize self care. I think, this has really been an opportunity I think a number of us to remember that we are role models and we know in prevention, what supports wellness. So going back to those basics and prioritizing wellness.

Ivy Jones-Turner:

And then of course, also thinking about what that means for us attempting to move our prevention, expert prevention, excuse me, prevention efforts online. This really does require innovation and thinking outside of the box. But as again, going back to basics of prevention best practices, we really want to think about identifying both what are those best practices? And what's the evidence that we have for our prevention efforts in a virtual environment. So at this point, what I'd like to do is invite my colleague, Claire Neary, who many of you already know you've been receiving a number of emails from her, both for this and other webinars. And she is with Rutgers University. You've heard her introduced already. I'm going to invite Clare to share a couple of things that we've been learning from you in terms of the fact that you're also thinking about these same issues and thinking about how you're going to address these. I want to turn it over to Clare. Clare?

Clare Neary:

Thank you, Ivy. I want to say, I was listening to all of the things that you were mentioning about the changes that our current circumstances are bringing to us. And I want to say that I really liked that your perspective that it really goes with the prevention community ethos that we're all in these circumstances together. And we'll take it as it is. And maybe there are, will be some opportunities. Maybe there'll be some unintended positive consequences from our current hardships. And maybe there'll even be some things that come out of this that we identify as positives that we might ultimately consider maintaining. So here at the Northeast Caribbean Prevention Technology Transfer Center, we did a scan of what's happening or beginning to happen here in region two, which of course is New York, New Jersey, the United States, Virgin Islands and Puerto Rico.

Clare Neary:

And here on the slide, you'll see some of our high takeaways from that. We found that all of you and your prevention colleagues have, as you might imagine, postponed all in person activities. And we sit here face to face but it's really in-person, right? The in-person work has had to be put on hold but in response there's a lot of virtual meetings that are taking place. In fact, we're doing a lot of different kinds of virtual meetings. People are rescheduling, even work groups and continuing to do meaningful and it makes some good strides even though you're adapting to interacting very differently than you're accustomed to. We have also seen a large increase in all kinds of social media for outreach. We've seen it used to communicate changes in schedule, changes in status. We've seen it used to continue the messaging in the community around prevention and around self care.

Clare Neary:

We have seen also... we found that organizations are continuing to or saying to themselves, "How do I navigate this space that I'm in right now? How do I navigate it with thunder guidelines and expectations?" And because we don't know when it will end, how do we even make some of those adjustments? So we're seeing all the prevention professionals in our area take some time to look at how to navigate these changes from the funding and from a completion of programming perspective. And it's just starting now. I think, we also have been seeing an increase in efforts to build staff capacity. We



know here at the Prevention Technology Transfer Center, we have a very high demand for training. So that is what some of you are doing and doing it very well.

Clare Neary:

And I think lastly, I would say we're seeing some really interesting efforts with engaging youth and communities virtually. We have one organization that is holding a virtual teen hours. So they're having... hosting social distance, social hours for teens with games and workouts and all different kinds of things to bring those folks in. So it's at the beginning, lots of different kinds of things. And we're going to try to continue to keep track of all of these and to share them. And that's it for me Ivy.

Ivy Jones-Turner:

Thanks so much, Clare. And I think it's so interesting to really hear and to be able to see back to the group, this is what we're learning and seeing with the work that you're doing. So what we'd like to do is we're going to change the layout and we'd like for you to share a little bit more about what your prevention activities are continuing under these current circumstances, in particular, it's really great to hear about some of the innovative ways that folks are doing social interaction, even thinking about how you connect with your partners. What we'd like to hear about it a little bit more. Are you continuing to connect with your partners? Are you working with and meeting with your partners? I'd love to hear a little bit more broadly about whether your communities in particular have maybe remained open all of your businesses remaining open at this point or whether you have already begun to close all businesses beyond those that are essential services. What does that mean in terms of how you operate?

Ivy Jones-Turner:

And so we look forward to just seeing and hearing some of the comments in the chat. It looks like folks are talking about doing not only an opportunity for you to really focus on some of your administrative functions. So coalition meetings that might be happening through online meeting rooms but that you're also connecting with your fellow staff members. Are there differences that you're finding in how you approach both your administrative functions, your collaboration, as well as some of your programmatic services? And I think I'm actually seeing all of those opinions here in the chat. We see social media campaigns that are continuing, so we'll weigh up continuing some of your services, give you a base lesson. Also, see that folks are using activity bags for this prevention. Oh, that's an interesting way. I'd love to hear a little bit more about that.

Ivy Jones-Turner:

About that, looks like Abby Simcheck, love to hear a little bit more about what's included in those activity bags. I see Alison is noting that you've been compiling resources, so starting with some administrative collection of resource information so that you can share that in your social media channels, as well as posting video messages and staying in contact with what your partners. Oh great. So this is great. I'm really inspired by hearing and seeing some of the ways that you are using social media and social networking platforms to really engage your service recipients. But it also looks like a number of you are also thinking about using those same strategies to work with your partners. I see definitely several folks have mentioned, staff meetings and supervision opportunities using social media. And that's something that we've been doing within my organization as well.

Ivy Jones-Turner:



And I'd love to find out are any of you also developing new partnerships? Are you finding that you are now in this context, working with youth organizations and how have you done that? It looks like Peggy you've anticipated my question. You're building capacity with your faith leaders. So publicizing. Peggy Dowd, It'd be great to hear a little bit more about that. You said there's publicizing of online services through your website. Is that the services that are offered by your new partners or are those services offered by you? Ah, Nicole, yes. I think we all are going to love our IT people after this because they have really empowered so many of us to be able to reach out and to connect with folks in so many ways. So I'm going to just encourage you as we get ready to transition to our next slide. I'd love to have you just finish up your comments in the chat, so that we don't lose any of those. And look forward to continuing to hear some of these comments throughout this session today. And so with that, I'm going to turn it over to Jess. Jess?

Jessica Goldberg:

Thanks Ivy. Sure. And thanks so much again for folks putting all of this wonderful wealth of information into the chat. I think that we're going to be going through all of your responses from each of today's poll questions. So we can curate some of these suggestions and share them out with the field. So we're going to be closing up this layout and you won't be able to type directly into the chat in the middle of the screen but that chat on the left side of the screen, our main chat will be open for the whole call. So if you want to start transitioning over there for any thoughts that you have, that would be wonderful. And so, we're going to move on now to a different format, we're going to try to exercise an activity known as a Gallery Walk. Maybe some of you are familiar with this idea.

Jessica Goldberg:

So Gallery Walks are often something that we do in-person trainings or in-person in meetings, right? And you can maybe imagine where we hang large pieces of chart paper or newsprint on the walls and put different questions or topics on each page. And then we ask the folks room to walk around to the different pieces of paper and add their thoughts to them. So, that's what we're going to try to do in this virtual format. We're going to walk through three questions and we're going to ask you to share both any effective strategies that you've tried or are trying for these questions. And you'll see them in a moment. And also any challenges you've encountered or questions that you have. And that way we're going to try to crowdsource some of the wisdom on the line from the people that have joined today and be able to, again, compile and curate these ideas and these resources just like Ivy said.

Jessica Goldberg:

So, if that makes sense, we're going to start with the first question, which is... and I think we've already heard from some of you about this but now what we're looking for is to figure out which of these different avenues have felt or been most effective for you. And so we're going to bring up a polo layout where you can write your answers. So just hold on your answers for a moment. And you'll see in this layout now, there are two chat boxes in the center top of your screen. And the one on the left is really where you can put what you found the most effective. So we have this nice conversation of all the different strategies or many of the different strategies that you've tried over the past several weeks but we want to see and maybe see if we can still distill some themes here about what has been working for you.

Jessica Goldberg:



So I don't know about you but I have found when I go into my virtual meeting platforms that often it takes them longer to open in folks are having more difficulty joining, maybe due to the volume of how many people are using these services. Now, as we all shift to the virtual workspace. So this has been an issue for me personally and this is a place for you if you've encountered any challenges with these methods, even if they are the most effective methods that you've tried, that we can name them and maybe be able to see if we can, again, crowdsource some wisdom from the field here, from your colleagues about how to address them. So, we're going to do a quick debrief of some of the responses coming in and again, then compile them in a more thoughtful or intentional way after today's call when we have time.

Jessica Goldberg:

So Conference Call, Email, Zoom. I see coming up a lot in responses, Email and Zoom meetings, Zoom Conferencing, I see references to WebEx or Google Classroom for sure. Book live presentations, is coming up as well. I see some other ideas, so Canva as a resource, Janelia, if you don't mind saying more about how you can but I think that would be great because I think I've used it for some functions but maybe not for the function that you're using it for to support your meetings. ClassDojo. That's another great idea, Lisa, if you don't mind saying more about using that platform, so folks can see and hear what some of the benefits or pros or cons to those different formats are. So other things you see, if you're scrolling through with me, you'll see a lot of repetition around Email and Zoom.

Jessica Goldberg:

Those are wonderful, wonderful ideas, Microsoft Teams. I don't know if Maria, do you mind saying more about your experience with that too? I'm just calling out some of those ones that aren't quite as endorsed as frequently. So we can hear a little bit more about them, maybe others on the line are more familiar than I am but I'd be great to hear a little bit more about some of these things. Zoom Conference Calls, Google Docs, Teleconferencing, seeing quite a few different themes arising in that chat on the left. And then for some of those challenges on the right, let's see if we can see if there's any themes that are coming to the top as well here. I see time, the time that goes into either learning the new platform or using it well, making sure not to inundate folks with messages that are receiving a lot of correspondence, right?

Jessica Goldberg:

There's a lot of other information flying around out there. So how do we offer information in a useful way that's not overwhelming. So at the triaging the level of needs, the fact that our partners have these other priorities, many of them potentially working on the front lines of this pandemic. So other thoughts, so the capacity to do Zoom and other things. So seeing time, capacity, feeling overwhelmed, I think is a real, real challenge. Absolutely. I have moments where my brain just completely shuts down and I have no idea if there's a technology issue, I just can't troubleshoot it because my brain absolutely shuts down. So I'm right there with you. If anyone is experiencing something like that. Lack of access to tech issues or tech glitches, where the actual technology isn't working properly has come up also. It seems like this is real for people who are working in places where the internet service isn't as strong or who have other challenges that they're facing.

Jessica Goldberg:

I love this idea, Jamie, that you've put into the chat around putting ourselves in our partner's shoes so we can understand where they are in dealing with this before we reach out, right? Something



prevention does so, so well is to understand and meet people where they are. Other challenges coming up and these are going to be wonderful for us to know and thinking about how to respond to this in the coming weeks, miscommunication, information overload, access to the people you're trying to reach. And also, some of us not feeling that we have quite the skills we might need to use our technology well. So many good thoughts here. And just going back to see, it looks like a few folks have shared some thoughts about the different platforms they've used. So Kansas is a great platform to develop materials, lots of templates for social media posts, Instagram stories and you can also allow your users to leave comments if they're working collaboratively.

Jessica Goldberg:

So thank you so much for sharing that information about that. If others want to say more about their preferred platforms, I think that'd be great to keep the conversation going in the interest of time, I want to move us on to our next question. I think Ivy, you're going to help us facilitate us through some of the responses to the next question in our Gallery Walk.

Ivy Jones-Turner:

Yes. Thanks Jess. And so, I'm going to switch over to our next slide. And the question here is, have you found some innovative ways to move your prevention work online in particular part of our interest and thought here is what strategies are you using that may have been particularly really innovative as well as successful? Are you using software maybe to host phone calls and video conferences and many of you, yes. But you're doing that, not just with your staff but also with your partners. It also sounds like maybe a number of you are using some online social systems, social platforms to do virtual meetings, to do virtual meet ups, maybe even discussions. Are you continuing marketing or communications messaging with your audiences and how are you doing that?

Ivy Jones-Turner:

Are there some innovative systems you've used for that? Also, love to hear, just in terms of thinking about staff training, that's often an area that we find as a challenge within our field, that we are busy doing the work but not necessarily have a lot of time for staff training. And are you using some of these systems for staff training? Then of course, as you've done already we'd love to hear what are some of the questions that you'd have or some of the challenges that you've run into. So this is starting to look at some of the responses that have come in terms of the innovative strategies, definitely seen Google classroom has been really popular for a number of folks. As well as I think TikTok a couple of times as well as YouTube.

Ivy Jones-Turner:

So what sounds really interesting about those, is that maybe they are an opportunity for sharing, not just information in a onetime setting but some way that people can come back to it over and over again, love to have you verify if that's true or not. Text messaging. I also see that there are a couple of other comments with regards to daily Facebook posts. Yes. Okay. Great. And knowing that these are ways that it sounds like for many of you, these are some of the ways that you are interacting with your audiences in particular. So I'd love to just continue to see any additional comments come in. I also see in terms of some of the questions and challenges that you're dealing with the issues of confidentiality and how you share that night was actually on a webinar this morning, where confidentiality was addressed as part of counseling.



Ivy Jones-Turner:

And so we can definitely highlight in our future resources or at least pay attention to that. If that's an ongoing concern. Jamie Costello, I see you noted maintaining fidelity. We would love to hear a little bit more about what the issues are or what the challenges are with maintaining fidelity. I think that's something we're going to be definitely talking about. It looks like Sheri Whisenhunt has a similar comment in terms of how the school board will allow them to ensure fidelity is a way that services are delivered to students. It looks like there quite a few comments here. And so what I'd like to do is knowing that you have a number of questions in here, I'm going to choose maybe one or two other questions just to highlight. And if folks have some strategies to address these, would love to hear and see your responses, both in the question and challenges section or if you'd like, you can feel free to use the larger chat over to the far left of your screen.

Ivy Jones-Turner:

I see, it definitely seems that confidentiality and being able to continue the interaction with students, is really definitely of big concern for folks. So, you know what, let me just move on to our next question. Not because I think that confidentiality is not important but that is obviously you've spoken very clearly that that's an area that we want to be sure that we provide you some resources and information on. So we'll definitely get jumping on that. So I'm going to turn it back over to you Jess because I know we have another important question to hear about.

Jessica Goldberg:

Thanks. So. Yeah. Thanks so much Ivy and thanks to all for your thoughts. So you'll see some overlap between some of these questions because you're anticipating where our minds are going. And you're also sharing some of your thoughts relating to each of the coming questions but we'll bring up a couple of fresh chat boxes for you and for anyone who hasn't yet mentioned some of the ways in which they're working with you, if you've already mentioned that, you don't necessarily need to write it again, unless you'd like to but what we're looking for here is detailed enough so people can really learn from your experience.

Jessica Goldberg:

Again, we're limited because of the size of our call in terms of how we interact. I know it's not the most fun thing to type out a really detailed response but it would be great if both of you really are trying new things out and like Ivy said earlier, these aren't necessarily evidence-based practices or whatnot but what we're looking for is the innovation, right? And we want to hear from you at this stage in our process, right? In phase one of this new experience to see what you're trying, just for others on the line can be reading along and watching along to see if there's things that they might be able to apply in their own community. So as much detail as you're able to share and also about how that's going.

Jessica Goldberg:

So if you're putting your strategies around engagement in the left hand, chat box, I think the assumption is you're finding that they're working well for your purposes, right? They've been effective at least to some extent so far. And if you can say more about that, that would be wonderful. So I expected there would probably be fewer responses here since many of you have already shared this but just so we can debrief the ones that are coming in. So asking students to be really active re-posters, right? For any social media posts, like I would see using Google Classroom, Zoom Meetings with the standup and rebel programs, folks noting that they haven't had direct access yet but are developing at that stage where



you're developing your outreach plan. So you're saying time to balance check-ins for the sake of seeing how they're doing and whether or not they're ready to jump back in right after having a little time to adjust to being at home.

Jessica Goldberg:

So using numbers and ask question, the students can make up their own posts and oh, hashtags. You can see how social media savvy, I am using hashtags and asking students to make their own posts and then add their hashtag and tag you. Wonderful. So someone's going old school. Stephen is going old school talking on the phone. And I'm wondering Steve, are you finding that effective? I know sometimes youth are not as into phone calls. Some youth, maybe as others. I'd just be curious about whether that has been working well for you. Doing small group work first with leaders and then asking those youth to reach out to others. These are great, wonderful ideas and good things to remind ourselves about. The remind app, Micah. I'm not sure I know what that is. If you didn't mind saying a little bit more in the chat as well.

Jessica Goldberg:

I think that would be really helpful. So looking through slides are really great ideas asking you to participate in social media challenges, posting free at home activities, organizing trivia Tuesday, asking questions and having them answer. Right? There's so much onus on us now to think about really creative ways to age the youth that we work with that I feel like these are a great wealth of ideas that we can pass along to others on the phone who maybe haven't tried certain things. Right? So in terms of some challenges, just to see some finding some apathy, the youth or it's hard to access the youth that you usually access through social media. Abigail Crosby, I'm wondering if you have any suspicions or ideas as to why that might be maybe just appealing, inundated and overwhelmed with the transition and anything else that they might have to be doing.

Jessica Goldberg:

So access students have so much to do already. I see. It seems like there's some similar themes here as well. No direct access can also be an issue, maybe you've been not willing to engage. Someone has... Lauren has the experience of youth going to their bedrooms and maybe wanting to spend time alone. Yeah. So I do see a lot of the similar themes coming up. So, I want to validate that I think your peers even colleagues are validating that as well. But yeah, just to follow up on the question, I posted Mica around the remind app strategy. So it virtually uses school views and diverse would collect the students. It allows admins and parents and other staff to engage with the students and you can make us classroom and send out information to students or event reminders.

Jessica Goldberg:

This is great. So we've now come through our Gallery Walk. We're going to transition back to our main slides. And I think we are coming to the final third of our calls. We want to make sure we get to the rest of our questions. So if we... Thank you very much. Can bring up our main slides, I think now Ivy pass this back to you.

Ivy Jones-Turner:

Yeah. Thanks Jess. And thanks for the comments that we've seen folks. It's really helpful to hear from you both in terms of what your questions and successes have been but also what are some of those challenges that folks you're anticipating? And I think one of the key challenges that you've highlighted



here that we've been hearing over the last few weeks has been, how do you adapt program, particularly for youth in a virtual environment? Particularly given that so many of our youth programs have been designed and evaluated and demonstrated as effective and as the face-to-face settings, we know that that is the way to implement with the deli but when you're dealing with the situation, where you don't have the face-to-face opportunities, what do you do?

Ivy Jones-Turner:

And I think many of you have noted in the chat or in the comments that there have been some efforts to do video or online instruction with youth of these initiative. I think one of the key things that we just want to remind you of is the importance of going back to what we know is best practice in prevention. And that is really thinking about fidelity, really thinking about how that might apply in particular to our different types of interventions. So as we note those individual-based strategies, especially youth curriculum, those are really going to be driven by the fidelity and the evidence-based methods and strategies that have been assessed for those programs. And so, what that might mean is that they're going to be many more considerations of what it means, what it looks like and how to implement with fidelity.

Ivy Jones-Turner:

I know that for many of you, you've been noting in the chat that there are some of the developers who are thinking about how do we translate our program into an online environment or how are we thinking about what needs to be done while students are away from instruction. And what we are going to be doing here at the PTTC is that we're really going to be spending a bit of time talking with a number of the developers and a number of others, just in terms of thinking about what leads us back to best practices. As we think about adaptations, there are adaptations that are going to impact program effectiveness and that is especially true for our individual interventions with young people. We also know however that we have our environmental strategies that have been used and have been implemented within the curriculum, excuse me, within your programs, within your community.

Ivy Jones-Turner:

And we want to encourage you to continue using those because in most cases, your environmental strategies have an evidence-based background of being both in person, as well as can be translated or you've been using already some of the best practices around implementing those in a virtual environment. I'll just note that... and I see some of the chats that are noting in terms of second step in terms of Botvin lifeskills, some of the other programs. I'll just note that many of these developers have actually been reminding us through these conversations that they already have used and created some online resources that were designed as supplements for their programs and that they may be encouraging you to go back and take a look at those and use them as reinforcements. But again, that is part of the fidelity that they've been trying to emphasize and drive throughout the interventions.

Ivy Jones-Turner:

And so, one of the things that we just want to remind you of is of course, making sure that you're looking at and following what the developers suggest and what the developers recommend in terms of trying to implement some of these interventions and different type of environments. In order to support you with that, there are a couple of programmatic considerations that we just want to encourage you to think about. And part of that is really to use this as an opportunity to think about how this pause, how this stoppage of maybe delivery of services is really it going to affect your ability to complete some



program activities. In some cases, it actually won't. You may find, in fact, in speaking with at least a couple of developers, one of the comments that I've heard from them is we're actually approaching this as a pause just as a holiday season would be, two to three weeks away.

Ivy Jones-Turner:

I need you to simply pick up again, as long as you've been implemented with fidelity. But of course we want to remind you as noted in the next couple of bullets, is that programmatic adaptations really need to be made only with the guidance and approval of the program developers and prevention science researchers. We really want to make sure that the fidelity to the core components of your interventions is maintained. And that again, of course, is where the developers are going to be... that's of course, where the developers are placing their emphasis. And you'll hear some of that from us as we compile and provide these information and resources for you. The other thing that I'll just note is that you'll find a number of resources are being made by developers to support some capacity building for your staff who are delivering the program.

Ivy Jones-Turner:

And so conscious discipline, life skills, as well as second step, have all made available for staff, additional resources or have actually opened up some paid section, some additional paid sections of their training to be available for teachers and other implementers to complete those trainings and build their capacity so that when they return to delivery of the curriculum, their capacity has been strengthened that much more. So this is where, as we've already asked the question earlier about how are you using this opportunity to provide coaching and training. This is an excellent opportunity to do so with your staff, as well as with others. And so, one of the things that I'll mention is that we are going to be providing for you a number of additional resources that are going to help to guide you through this timeframe. I'm going to ask if you'll just use the chat to your left at this point to just share a couple of places where you're finding some the information in terms of best practices for working in this environment.

Ivy Jones-Turner:

And we have included a link that we'll post in the chat that will point you to some resources that have been compiled by SAMHSA. Now, SAMHSA is going to be updating this list of resources on a regular basis. So if you'll look at the link in the chat, that link will take you directly to a SAMHSA page. They're going to be updating that with additional resources and information. So we want to encourage you to visit that page pretty regularly. And we will include that as part of the summary materials and resources from today's webinar. But definitely, we want to just encourage and welcome your comments in terms of where are you finding some of the best practice information.

Ivy Jones-Turner:

And so, while... It looks like a number of folks are typing in the chats, some of those kinds of comments right now. I want to turn it over to Jess. Who's going to take us to our next couple of slides, because there's another conversation that we'd like to make sure that we have plenty of time for you to share more feedback and comments with us. Jess?

Jessica Goldberg:

That sounds great Ivy and thanks to all for putting any other resource links that you've come across in the chat. And we're going to curate those and make sure that we're passing them out to those that are registered into the field more broadly in our region and beyond. Something also, I think what you'll see



coming down the pike is that we want to share with you some of the next steps that we'll be doing. So, we are very busy at work here behind the scenes. I'm trying to also meet needs that we're hearing emerge even in our current situation. And so, what you can expect from us in the next few weeks is, again, we're planning to reach out and contact and have reached out and contacted many evidence-based program developers for guidance around adapting curricula.

Jessica Goldberg:

So we'll be sharing out the information that we receive with our listserv. So if you aren't on our listserv or you found out about today's session through a forwarded email or some other means, we want to encourage you to bet on our listserv so we can make sure we're getting our information out to you. We're also continue gathering resources on selected topics to support online prevention efforts. We have a ton of great information to be calling through after today's call.

Jessica Goldberg:

So we will definitely be sharing that as well. And then we're also thinking to offer some office hours over the next several weeks. And so, these would be what I think Ivy you described earlier in the session, smaller groups, where we could actually facilitate some dialogue and get folks talking to each other. Although, I will say we're so, so grateful and impressed for the volume of conversation in the chat. And we think that it's not a perfect format, it's limited but we are getting a lot of really good feedback from you and information from you in the chat box. So thank you for participating there. So we're thinking about this idea of offering some smaller sessions to give folks the opportunity to connect with each other verbally and across the region. So we can be on our Listserv and looking out for information about that.

Jessica Goldberg:

And also the PTTC network has already started pulling together a whole host of resources. And once that has been finalized, that will be one of those pieces of information that we're passing out as well. And so, moving on to our final questions. And we have a final question question for you. And I do believe we have a layout for this, that we're going to pull up so we can keep your answers separate from our main chat and be able to look through them and respond to them more effectively. So you'll see at the top of your screen, what topics related to prevention in the COVID-19 environment, would you be interested in exploring over the coming weeks? So as specific and detailed as you can be that way we can be able to go through poll feeds and triage the requests.

Jessica Goldberg:

So we're meeting as many and as many as the most frequently endorsed topics as possible. So I'll give you a second to fill in your thoughts here and see what's coming up. So at the initial responses, so a more detailed workshop on using technology. So not just generating ideas but how do you actually implement the technology that you're hoping to use. Alcohol and cannabis. COVID and vaping. How to continue funding, coping the second request for a tech workshop. Okay. Overuse during a time when there's nothing to do. I see answers coming in quickly now so I'll have to practice my scrolling, I see another request from vaping and COVID-19 and the relationship between them. Vaping in connection with the epidemic, mental health coming up. I see lots of seconding of this idea of a connection between vaping or cannabis smoking, COVID-19.

Jessica Goldberg:



Other thoughts coming in, using social media, using technology for psychoeducation, media and social media focused on alcohol to cope, stress and mental health coming up. How to prevent the increase in substance use during stressful times. I've heard this so many times in the last week, right? How has this current situation or changes in our ability to move around in the world and all of our behaviors impacting those that do use substances or are in recovery? I think that's a great, great point to note, lots of agreement around that use of technology piece. So, keep putting your thoughts in the chat. I see multiple people are typing, so we don't want to lose anything. And we'll give you a few... another minute more to plan your ideas. And then we're going to segue back to our main slides in just a moment.

Jessica Goldberg:

So any final thoughts would be great. I see, again, the creation of a text document where people can enter their experience or tips, is a great idea. Helping teams to cope with isolation or anxiety or depression, agreement with other ideas that have come in. All right. So I'll ask you to just finish up those that are typing your thoughts, because we don't want to lose them. And once you've had that chance to press enter, we're going to segue back to our next slides. And if we end up cutting you off you can feel free to put any final ideas in the main chat because we definitely don't want to lose it but I think we... in the interest of time and we want to be respectful of you and let you go at two Eastern, we'll just move ourselves along here and ask you all to take a moment to fill out our evaluation form for today's session.

Jessica Goldberg:

We know it was quick, it was put together in response to lead quickly and it's a shorter session than some of the ones we've done in the past where they've have been an hour and a half session. So an hour is not a lot of time to do a lot but I think we had a lot of great discussion. Hopefully your hands, aren't tired from scrolling through the chat to read all of the great information your colleagues have shared or to follow through in the responses that have been provided to our polls. But if you have a little more standing now, we're going to close down the call a few minutes early to give you the opportunity to fill out that evaluation. We do take it very seriously and you can click through the link on the screen. And I think we'll put the link into the chat box as well.

Jessica Goldberg:

We will use this information to help improve other virtual training offerings that we provide in the future. So definitely pleased to take a moment to let us know what you think and how we can continue to make our sessions more useful to you out there in the field. And so Clare, thank you so much for putting the link into the chat and I'll just move us to the next slide, which is a context slide. So we want to keep the conversation going. We're already thinking about ways that we can continue to convene the field, bringing everyone together and learning from again, that collective wisdom that we've seen at work today. And so, you'll hopefully we'll have more opportunity over the next several weeks and beyond to connect but if anything does come up and you have any remaining questions or comments, feel free to contact me.

Jessica Goldberg:

This is my contact information on the screen and I'm at my computer a lot these days. So you can feel free to shoot me an email and I promise I'll get back to you as soon as I can. Again, we will be sharing out the recording and some notes from today's session. And we'll also write you... as you were able to join us this past week on our session on addressing emerging substances on Wednesday. We're so glad to



have you back today. I'm just want to let you know and anyone who wasn't able to join us on Wednesday this week as well, that we'll be hosting a follow up session next week on a peer sharing format like this one on that same topic. So, if there's interest in that, feel free to come back and we've been so impressed in the last few days with the level of participation and dialogue among our participants that we're hoping that we can invite you back for more next Wednesday.

Jessica Goldberg:

And that will be again at 1:00 PM Eastern on Wednesday, April 1st. And that's not an April fool's joke, it's really going to happen. So anyway, I want to just take a minute to thank my co-presenters, Clare Neary and Ivy Jones-Turner. Our tech and logistics lead, Clara McCurdy-Kirlis, without whom none of this would be possible at all. Talk about technology needs. We have our technology needs beautifully met through Clara and to thank the rest of our PTTC team. And to thank you all for being here with us and sharing your thoughts and experience and questions. So to that end, I want to wish you a great rest of your day and hope that you can have a little downtime and rest this weekend. And I'm looking forward to connecting with you again soon. Thanks again and take care.