Getting to System Transformation: Practical Tools for Coalitions

PTTC Coffee Chat
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This webinar is being recorded and will be available for future viewing along with a copy of today’s slides.
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This training was developed under the Substance Abuse and Mental Health Services Administration’s Prevention Technology Transfer Center task order.
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For training use only.
Chat and Q&A

- Please use the chat feature for comments or questions. We welcome your thoughts and hope for a rich conversation in the chat.

- You may also type questions for our presenters at any time during the presentation in the Q & A feature.
Icebreaker

What would you do if you had an entire day to yourself?
Refresher

Etiology Model

Macro-level Environments
- Socioeconomic
- Social and cultural
- Physical
- Climate change

Personal Characteristics

Micro-level Environments
- Family
- School
- Peers
- Faith-based Organizations
- Workplace

Genetics
Temperament
Physiology

- Attitudes
- Beliefs
- Norms

Behavior

Community-Based Prevention Implementation and Delivery System

Self
Family
Community
Nation
World

TIME
Objectives

• Describe community-level risk and protective factors

• List systems within a community that can support reducing risk factors and increasing protective factors

• Identify tools that coalitions can use to support systems thinking

• Identify tools that coalitions can use to support systems change
Six Elements of Effective Coalitions

- Diverse Stakeholders
- Efficiency
- Cohesion
- Opportunities for Participation
- Skills
- Goal Directedness
Working at the Community Level

- Society
- Community
- Family
- Individual
Systems within a Community
Risk & Protective Factors for Substance Misuse

Community

- Low cost/taxation of alcohol, cannabis
- High density of alcohol, cannabis retailers
- Neighborhood poverty
- Violence
- High mobility, low stability

- Faith-based resources
- Afterschool activities

Sources:
Systems within a Community
Systems within a Community

Regulate Density:
- Licensing
- Zoning

Increase Price:
- Taxes
- Limiting price promotions

Decrease Social Marketing:
- Alcohol-free events
- Sober spaces
- Restricting marketing
Systems within a Community
Poll

Who is a part of your coalition?
Resources

Risk and Protective Factors

Assessing the risk and protective factors helps practitioners select appropriate interventions.

Many factors influence a person's chance of using drugs. Effective prevention focuses on protective factors, that are most likely to reduce substance use and its consequences.

Risk factors are characteristics that can increase a person's likelihood of engaging in or continuing drug use.

Protective factors are characteristics that can reduce a person's likelihood of engaging in or continuing drug use.

Some risk and protective factors are related to an individual's personal characteristics, such as income level, peer group, and other factors.

Individual-level risk factors may include:

- Substance use or other health risk behaviors
- Substance use or other health risk behaviors
- Substance use or other health risk behaviors

Individual-level protective factors may include:

- Strong social support
- Strong social support
- Strong social support

Overview of Prevention Online Module

https://registrations.publichealthpractice.org/Training/Detail/341

https://registrations.publichealthpractice.org/Training/Detail/898


Where to Focus?

What’s the problem? | Why is it occurring?
--- | ---
Prescription drug misuse | Why?

5 Whys
Where to Focus
Getting to the Root Cause

What’s visible

Someone drives home intoxicated
Someone is regularly intoxicated
Stress of no job
Inadequacy, Identity, Pride

EVENT
Overeating

What is happening?

1
Getting to the Root Cause

Binge drinking

Higher & rising rates among LGBTQ+ youth

Discriminatory policies that limit expression, access to facilities, health care → poor mental health

Binary thinking. Some things are right – others are wrong. Long-standing, sometimes unconscious, beliefs and values.

Source: https://durmonski.com/self-improvement/iceberg-model-systems-thinking/#:~:text=The%20iceberg%20model%20of%20systems%20thinking%20is%20a%20way%20of,exist%20in%20the%20first%20place
Where to Focus
Resources

https://gamestorming.com/the-5-why-s/

https://gamestorming.com/the-5-why-s/


https://ecochallenge.org/iceberg-model/

durmonski.com/self-improvement/iceberg-model-systems-thinking/

https://waterscenterst.org/
Transformation

Community

Why?

Why?

Why?

Why?

Why?
Policy, Systems, Environmental Change

Changes to:
• Laws
• Ordinances
• Policies
• Practices
• Procedures
• Rules

Which:
• Affect a community
• Institutionalize change
Policy, Systems, Environmental Change

Changes to:

- **Laws:** Taxing recreational cannabis
- **Ordinances:** Zoning limiting density of alcohol retailers
- **Policies:** Employers expand mental health benefit
- **Practices:** School counselors are trained in SBIRT
- **Procedures:** FQHC implements a Pain Management Plan when prescribing opioids
- **Rules:** Festival organizers allow attendees to bring Narcan kits
Resources

Implementing Community-Level Policies to Prevent Alcohol Misuse


The Community Guide
WHAT WORKS
Preventing Excessive Alcohol Consumption
Evidence-Based Interventions for Your Community

Excessive alcohol consumption is a risk factor for many health and social problems, contributing to 89,000 deaths each year in the United States. In 2005, the estimated economic cost of excessive drinking in the U.S. was $223 billion. Drinking too much can cause immediate harm such as injuries from motor vehicle crashes, violence, and alcohol poisoning; and chronic too much over time can cause chronic diseases, such as cancer and heart disease.

This fact sheet provides proven intervention strategies—including programs and services—for preventing excessive alcohol consumption and related harms. It can help decision makers in both public and private sectors make choices about what intervention strategies are best for their communities. This fact sheet summarizes information in The Guide to Community Preventive Services (The Community Guide), an evidence-based resource on what works in public health, that the information in this fact sheet is based on.

In the following intervention strategies you can select for your community:

1. Reduce excessive alcohol use, including binge drinking and underage drinking.
2. Reduce the risk of chronic conditions such as liver disease, high blood pressure, heart disease, and cancer.
3. Reduce violent crime, motor vehicle injuries, and alcohol-related pregnancy.
4. Reduce youth access to alcohol.

The Community Guide provides evidence-based findings and recommendations from the Community Preventive Services Task Force (CPSTF) about community preventive services and programs to improve health. The CPSTF—an independent, nonfederal panel of public health and prevention experts—bases its findings on systematic reviews of the scientific literature. Learn more about The Community Guide and what works to reduce excessive alcohol consumption and related harms by visiting www.thecommunityguide.org/main/alcohol.htm.

https://www.thecommunityguide.org/

Evidence-Based Policies

https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health
Resources

https://registrations.publichealthpractice.org/Training/Detail/365


PSE Implementation
Six Elements of Effective Coalitions

- Diverse Stakeholders
- Efficiency
- Cohesion
- Opportunities for Participation
- Goal Directedness
- Skills
Questions?

Additional Resources to Share?

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