

UNITED COUNCIL ON OPIOIDS

June
2021



White County United Way

NOTEWORTHY PROGRESS

Grants and Funding

Funding was secured for a community navigator right here in White County! Valley Oaks will staff the position for a period of one year. The community navigator will work with clients to connect them with local resources in a case management style in order to improve one's situation.

Parent Outreach

A collaboration between Indiana Youth Institute, Willowstone, and Mental Health America, this initiative teaches parents how to talk about wellness and drug prevention at home. Parents can then participate in an ongoing Facebook group during and after the session concludes to ask questions, seek advice, etc. This Facebook group is for participants of the class only and is moderated by group leaders.

Media

WLFI aired coverage about our newest website, Whitecountycare.org during National Prevention Week. (May 9-15th, 2021) Radio Ads in regards to drug prevention also aired during National Prevention Week.

Facebook:

facebook.com/UCOwhitecounty/

Website:

whitecountyunitedway.org/opioids

What's been going on with the United Council on Opioids for the past six months? After a brief hiatus, our newsletter is back! Here with the UCO, our efforts focus on coming together and bringing needed services and resources to those who are struggling with substance abuse issues.

The three task force groups—Treatment, Recovery, and Prevention are hard at work and accomplishing their goals. Read ahead for information about this work, reports, and collaborations.

Please contact me if you have:

- interest in participating in the United Council on Opioids
- ideas/questions/concerns about our coalition
- requests for article topics
- additional data that should be included in this newsletter
- requests for presentations and speakers
- personal experiences to share

-Kiera Lewellyn

Director, United Council on Opioids



Designed by Leah Padlo, our most recent billboard project from the Prevention Task Force paints the image of a more hopeful future. This billboard is currently on display in White County at several locations, potentially to be extended past the original August 2021 ending date.

New Resources Available

The transportation collaboration with Faith Covenant Fellowship provides rides for after-hours/urgent needs only. Please utilize the Council on Aging first. The service is offered on a referral basis, and the referring agency must be the one to contact Faith Covenant through the WCUW at 574-583-6544, ext. 3. These are for non-medical rides. 911 should be utilized for emergencies.

NAMI is currently hosting Peer to Peer and Family to Family support groups. The Peer to Peer support group focuses on recovery and mental illness, and is led by individuals in recovery themselves. The Family to Family support group is a workshop style class that focuses on problem solving skills involving families living with mental illness. For more information, contact NAMI at office@nami-wci.org.

NaloxBoxes



Under a grant through IN Cares ECHO, IU Health and Phoenix Solutions Quick Response Team are installing nine total NaloxBoxes around White County (two of which are provided by Overdose Lifeline.) NaloxBoxes are similar to an AED in the sense that they provide life saving measures to an individual in an emergency. In the NaloxBox, there are doses of Naloxone that can be administered to an individual in case of an accidental overdose, as well as recovery resources in White County. NaloxBoxes can currently be found at the Monticello Public Library, and the Family Health Clinics in Monon and Wolcott. Find updates at whitecountyunitedway.org/opioids

White County Wellness Calendar

The White County Wellness Calendar focuses on support groups and social services in White County. If you would like you or your agency's support group listed on this calendar, please contact Kiera.

Find on our UCO Facebook Page, webpage, or by direct link: <https://bit.ly/whitecowlness>

White County Wellness Support							Jul 2021 (Eastern Time - Indianapolis)						
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	1	2	3	4	5	6	7	8	9	10
7pm - AA New	3:30pm - Four 6pm - Four 6:30pm - NAMI 7pm - First	10am - NAMI 2pm - Four 7:30pm - AA	11:30am - 1pm - NAMI 6pm - Four 7:30pm - AA	11am - NAMI 1:30pm - Four 6pm - NAMI 7:30pm - AA	7pm - AA New	11am - Four	11	12	13	14	15	16	17
7pm - AA New	3:30pm - Four 6pm - Four 6:30pm - NAMI 7pm - First	10am - NAMI 2pm - Four 7:30pm - AA	11:30am - 1pm - NAMI 6pm - MHAWV 7:30pm - AA	11am - NAMI 1:30pm - Four 6pm - NAMI 7:30pm - AA	7pm - AA New	11am - Four	18	19	20	21	22	23	24
7pm - AA New	3:30pm - Four 4pm - MHAWV 6pm - Four 6:30pm - NAMI 7pm - First	10am - NAMI 2pm - Four 6:30pm - 7pm - NAMI 7:30pm - AA	11:30am - 1pm - NAMI 6pm - MHAWV 7:30pm - AA	11am - NAMI 1:30pm - Four 6pm - NAMI 7:30pm - AA	7pm - AA New	11am - Four	25	26	27	28	29	30	31
7pm - AA New	3:30pm - Four 6pm - Four 6:30pm - NAMI 7pm - First	10am - NAMI 2pm - Four 7:30pm - AA	11:30am - 1pm - NAMI 6pm - Four 7:30pm - AA	11am - NAMI 1:30pm - Four 6pm - NAMI 7:30pm - AA	7pm - AA New	11am - Four							

Upcoming Goals of the UCO



The United Council on Opioids' three task force groups are working towards their short-, mid-, and long-term goals. The chart below shows their goals and progress in this important work.

	Prevention	Treatment	Recovery
Short-Term Goals (June 2021)	<ul style="list-style-type: none"> Share peer stories publicly. Plan parent outreach campaign. Anti-stigma social media campaign. 	<ul style="list-style-type: none"> Offer additional MHA/NAMI training for community leaders. Create MAT awareness campaign. 	<ul style="list-style-type: none"> Support and facilitate robust virtual support groups.
Completed	<ul style="list-style-type: none"> Launched prevention website: Whitecountycares.org Parent Outreach Group Aaron's Law Poster Contest and TV commercial. 	<ul style="list-style-type: none"> NaloxBoxes being installed around White County. 	<ul style="list-style-type: none"> White County Wellness Calendar. Human Stories during mental health fair at the Monticello Library.
Mid-Term Goals (December 2021)	<ul style="list-style-type: none"> Plan parent outreach/talk. Create industry specific prevention information sheets. 	<ul style="list-style-type: none"> Increase treatment and wrap-around options in White County. Host harm reduction round table discussions with community members. 	<ul style="list-style-type: none"> Plan a Recovery walk for awareness of SUDs. Facilitate local support group meeting available every day of the week. Facilitate weekly family support groups.
Completed	<ul style="list-style-type: none"> Launched anti-stigma billboard campaign. 	<ul style="list-style-type: none"> Community Navigator funding secured for White County position. 	<ul style="list-style-type: none"> Family to Family and Peer to Peer support groups hosted weekly by NAMI.
Long-Term Goals (December 2022)	<ul style="list-style-type: none"> Deliver annual program in all county schools. Annual parental address (PTO, round-up, etc.). Institute peer-mentoring program in all schools. 	<ul style="list-style-type: none"> Improve transportation network to treatment facilities. Increase capacity of local mental health care providers and other treatment options. 	<ul style="list-style-type: none"> Improve access to transition to work programs. Increase access to transitional and recovery housing facilities.
Completed	<ul style="list-style-type: none"> In progress: discussions to resume outreach 	<ul style="list-style-type: none"> New transportation collaboration with Faith Covenant Fellowship. 	<ul style="list-style-type: none"> Monthly resource sharing about new available recovery facilities

Whitecountycares.org



We invite you to take the White County Cares Challenge! Whitecountycares.org is a website focused on prevention and SUDs, and how it relates to different individuals. There are five roles to choose from: Community Member, Student, Educational Leader, Parent, and Town Leader. Each page has interactive modules that include quizzes, information, and activities. Once you complete three modules, you are awarded a certificate that contains valuable coupons to local retailers! Special thanks to The Lyme and Skippers for being our first participating partners in the Community Cares Challenge.

Community Resources

Treatment Connections

Valley Oaks Health
574-583-9350
765-423-2638 (after hours)

Quick Response Team (peer supports)
call or text 765-490-0381

Sycamore Springs (in/out patient)
765-743-4400

Clean Slate (alcohol, opioids, MAT)
765-838-1218

Meridian Addictions & Recovery
765-337-8855

MHA Mental Health Navigator
765-742-1800

Mothers of Hope
Support Group
270-313-6619

updated March 2020



Crisis Lines

Emergency: 911
White County Sheriff
574-583-2251

YWCA Domestic Violence Hotline
888-345-1118

Indiana Addiction Hotline
800-662-4357

National Alliance on Mental Illness
765-423-6939

Safe 2 Talk (call or text)
765-742-0244

Resources

LTHC Homeless Services
765-423-4880

Salvation Army
574-297-8547

General Resource
Directory: dial 211



Resource Card

This resource card was developed in conjunction with law enforcement, EMTs, and families in the community to provide easy access to services and supports for those involved in substance abuse.

They have been distributed to law enforcement officers, EMTs, probation, prosecutors, health care workers, and social service providers to share information with their clients related to resources in the community.

If you would like to obtain a supply of resource cards, please contact Kiera Lewellyn or Nikie Jenkinson: 574-583-6544.



Phoenix Recovery Solutions Quick Response Team

The Quick Response Team (QRT) is a group of peers that are available to individuals who have substance abuse and are ready to take that first step towards recovery. A peer (someone who is in recovery themselves) will walk alongside you during your journey in recovery. The peer will support you, educate you on different pathways to recovery, connect you with existing resources and treatment options, and assist individuals in making goals and healthy choices.

Peer-based recovery support is person-driven, trauma-informed, and strengths-based. This means that the individual is in charge: their plan is based on what they want and need, and capitalizes on the individual's strengths to empower them. This support style recognizes the pervasive nature of trauma and promotes environments of healing and recovery, rather than using services that may inadvertently re-traumatize the individual.

The QRT can be reached at 765-490-0381. Peer support is also available statewide by calling 211!

United Way Corner

We have only begun to rebuild our communities after the devastation of social isolation, but programs like the UCO will keep us informed of emerging and persistent gaps in services. Through the dedicated work of our task forces, our UCO director, and our countless community volunteers and partners, WCUW's Community Relief Fund Advisory Board learned about the increased needs for mental health access. Alongside our partners at the Community Foundation of White County, the Jasper Newton Foundation, and the Community Foundation of Pulaski County, we were able to distribute over \$400,000 into our neighborhoods in the past year through the Economic Relief Initiative, a project of Indiana United Ways in partnership with Lilly Endowment Inc. To learn more about this project and our other work in health, education, and financial stability, please visit us online: whitecountyunitedway.org



White County United Way