



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION
Center for Substance Abuse Prevention

Minutes of the Center for Substance Abuse Prevention
National Advisory Council Public Meeting

Webcast

February 24, 2021

Meeting Minutes

Substance Abuse and Mental Health Services Administration (SAMHSA) Center for Substance Abuse Prevention (CSAP) National Advisory Council (NAC)

Webcast, February 24, 2021
1:00–5:00 p.m.

Chair: Dona Dmitrovic.

Designated Federal Officer Present: Matthew J. Aumen.

Council Members Present: David S. Anderson, Cady Berkel, Richard F. Catalano, Judith Cushing, Amy Goldstein (for Wilson Compton), Howard Hakes, Ralph W. Hingson, Kelly J. Kelleher, James M. Kooler, Sally Manninen, Sarah Mariani, Craig PoVey, Monica S. Ruiz.

SAMHSA Staff Present: Cara Alexander, Aida Balsano, Torrance Brown, Sonia Chessen, Tom Coderre, Linda Crawford, Ingrid Donato, Jon Dunbar-Cooper, Judith Ellis, Mary Ewald, Jennifer Fan, Ron Flegel, CAPT Josefine Haynes-Battle, Vertinia Johnson, Christie Lamb, Amara Matlock, Nelia Nadal, Christopher O’Connell, Wilma Pinnock, Damaris Richardson, Onaje Salim, Rob Vincent, Fred Volpe, Thia Walker, Jim Wasilko, David Lamont Wilson.

Call to Order

Matthew J. Aumen, Designated Federal Officer, CSAP NAC

The meeting was called to order at 1:02 p.m. (ET) by Matthew J. Aumen, Designated Federal Officer, Center for Substance Abuse Prevention (CSAP) National Advisory Council (NAC). The meeting was webcast, recorded, and transcribed.

Welcome, Introductions, and Opening Remarks

Dona Dmitrovic, MHS, Chair, CSAP NAC; Director, CSAP

Ms. Dmitrovic welcomed all participants to the meeting. Council members and CSAP senior staff introduced themselves. She informed the Council that CSAP is reviewing the status and capacity of its current staffing pattern. At one time CSAP had a staff complement of 117 individuals. However, over time some individuals retired or moved to other positions, thus creating a current staff complement of 75. As a result of this change, CSAP is developing a proposal for a staffing pattern that reflects its current needs. Current CSAP priorities include the following: developing culturally appropriate prevention programs for at-risk adolescents, addressing disparities, expanding and supporting overdose reversal training/education, reviewing program evaluation processes to better assess outcomes, continuing to collaborate with other SAMHSA centers, continuing to support evidence-based programming, and transitioning from existing COVID-19 restrictions to an open culture.

Ms. Dmitrovic commended CSAP staff for their resiliency during the COVID-19 pandemic, as they have continued to work virtually with grantees, federal partners, and other stakeholders throughout the health emergency.

Approval of September 30, 2020 Meeting Minutes*CSAP NAC Members*

Mr. Aumen requested a motion to approve the September 30, 2020, CSAP NAC meeting minutes. The motion was moved, seconded, and subsequently approved.

Discussion with SAMHSA's Assistant Secretary*Tom Coderre, Acting Assistant Secretary for Mental Health and Substance Use, SAMHSA*

Mr. Coderre provided brief remarks. He said President Biden is committed to diversity, equity, and inclusion. This includes a focus on healthy people who struggle with mental and substance use disorders. SAMHSA has been provided with a significant increase in funding from Congress to advance its mission of prevention, intervention, treatment, and recovery support services. Block grants have nearly doubled and there is continued funding support for suicide prevention. This is a great opportunity to embrace a "whole of government" approach to solving the most difficult problems of our time. Many of the interdepartmental and interagency workgroups that previously existed will be reconstituted to help with this effort. Work is also being undertaken to review the internal workflow and structure which will help the new Assistant Secretary to "hit the ground running." Urgent problems are also being addressed, such as mitigating the long-term effects of COVID-19, removing barriers to Medication Assisted Treatment, and advancing overdose prevention activities.

Below are some of the key questions for Mr. Coderre following the presentation:

- Q. What is the Assistant Secretary's vision for primary prevention?
Mr. Coderre said he was the Acting Assistant Secretary. The vision will be implemented by the confirmed Assistant Secretary. However, a focus on prevention will be included within the work carried out by the agency.
- Q. What are the agency's plans for rolling out discretionary dollars and grants?
Some of the discretionary grant dollars are prescriptive by Congress. For the remaining grants, SAMHSA tries to ensure that funding is a good mix of grants to states and local communities.
- Q. How can the Council be helpful in policy development and in helping to influence public policy decisions within SAMHSA?
The Council can play an important role in grant making. In addition, Council members can share their extensive expertise with SAMHSA for guidance and policy making.
- Q. What does the Assistant Secretary see as the prevention role in CSAP now that the Drug-Free Communities Support Program is no longer at SAMHSA?
The focus will continue to be on the Substance Abuse Prevention and Treatment Block Grant, which allows for significant resources to be provided for states and local communities each year.

Facilitated Discussion: Youth Leading Prevention*Christopher O'Connell, MBA, Deputy Director, CSAP*

Mr. O'Connell presented to the Council some CSAP-funded innovative youth prevention programs. Successful innovative youth programs seem to share a common thread, which is substantial and meaningful involvement of

youth throughout the program's life cycle (i.e., development, planning, design, execution, monitoring, and evaluation). The innovative grantee programs presented were: 1) Youth in Action/Drug-Free Youth, 2) Native Connections, and 3) Lead with Love Campaign.

Youth in Action

Youth in Action (YIA) is a peer-to-peer mentorship model implemented by the Manatee County Substance Abuse Prevention Coalition (Drug Free Manatee). Drug Free Manatee is a nonprofit that develops community partnerships that implement comprehensive, evidence-based, environmental strategies to prevent and reduce substance abuse while promoting health and wellness throughout the county, especially among youth. YIA is currently being implemented in nine high schools in Bradenton, Florida. YIA begins each year in September with a CADCA-led National Youth Leadership training for 70+ students and faculty advisers in area high schools. Using the Strategic Prevention Framework, each school is responsible for developing strategies that impact youth and for creating school-specific media campaigns, events, and other efforts. YIA clubs hold regular meetings after school and students can earn community service hours for some of the events they attend.

Drug-Free Youth (D-Fy)

D-Fy is also implemented in Bradenton, Florida by Drug Free Manatee. D-Fy is an initiative of peers who commit to make positive choices and live a healthy, drug-free life. Membership is free and members are eligible to receive local discounts, volunteer hours, graduation cords, hiring preferences, and internships. Program applicants must be ages 13-18 (or still be in school) to join. They must complete a membership application at a sign-up event, which includes the student's commitment to be alcohol, drug, and tobacco free (including e-cigarettes). All members validate this commitment through a confidential drug screening when they join and verify their commitment to stay drug free through random screenings throughout their membership. Once an application is validated, members receive a photo ID card. This card allows them to gain entrance at member-only events and receive discounts at local businesses and retailers. Students collected data during their Red Ribbon Week events in October 2020, at all D-Fy Sign Up events, and at YIA Data Collection Week in December. Descriptive data and behavioral data have been used to inform which evidence-based curriculum should be implemented with each group.

Native Connections

Native Connections is implemented by the Aleutian Pribilof Island Association (APIA). APIA serves 13 tribes in 10 communities in the Alaskan Aleutian Islands. The project's goal is to increase the capacity of the Aleut Community of St. Paul Island to reduce risky behaviors in youth and young adults ages 8-24 by implementing evidence-based, culturally centered community programs that address mental health disorders and reduce substance abuse and suicide attempts. Activities in 2020 included a youth engagement activity in King Cove, an Iqyax build in Unalaska, a community Banya Build in Unalaska, virtual QPR gatekeeper trainings, and positive messaging and sharing of cultural values through social media. Project staff receive regular guidance, feedback, and review of project activities from project recipients, family members, Tribal leaders, youth leaders, and spiritual advisers. A community assessment carried out by the program identified both strengths and weaknesses. Weaknesses included the following: a lack of leadership presence at public events; being uncomfortable talking to adults about mental health; dark, cold, and boring winters with no activities; insufficient church support for mental/behavioral health (or knowledge on how to address it); individuals not speaking up when they are struggling; and lack of awareness on suicide issues/data. Strengths included the following: Russian Orthodox and faith-based practices/customs; tight-knit communities and resourceful tribes; community support and fundraising; regional culture camps that create resilience; and leadership involvement in substance abuse prevention efforts due to family members being affected.

Community in Crisis Lead with Love Campaign

Community in Crisis is a primarily volunteer-driven coalition that consists of a wide range of local leaders, stakeholders, and faith-based organizations that are singularly focused on ending opioid overdose deaths. Developed by the organization's Youth Leadership Council, the *Lead with Love* campaign primarily serves individuals in Northern Somerset County in New Jersey. Mental health issues can sometimes lead to substance abuse, so the campaign focuses on mental health as students struggle with virtual learning and being socially distant as a result of the COVID-19 pandemic. The campaign focuses on providing a message of love and kindness to people around the community. Students can send a "goodie bag" as a pick-me-up for those students who need it. It is meant to let peers know that they are not alone during the pandemic. The goodie bag includes a sweet treat and an attractively designed flyer with a QR code. When scanned, the code leads students to a landing page sponsored by Community in Crisis with ample information and resources on mental health. Resources include *2nd Floor* (the Youth Helpline of New Jersey) and *Caring Contact – We're Here to Listen* (a crisis hotline and listening community). During the program, students shared photos of themselves with their goodie bags and flyers. A brief video was also created for sharing as part of a social media effort to support the campaign.

Various Council members applauded the programs presented. Members made the following comments and suggestions:

- Members agreed that it is important to continue to develop youth prevention programs that incorporate youth leadership and voices.
- It would be helpful if federal partners such as NIDA and NIAAA could provide resources to conduct research on these models and examine their outcomes.
- Federal partners developing youth prevention programs would be well served by integrating the youth perspective in the development of such programs early on so that the programs remain relevant and resonate with today's youth.
- Grantees could develop a 5-minute video summary of their program so it can be shared among other grantees and the public at large.
- CSAP could consider determining (and sharing with others) what key components, lessons, or insights in youth leadership programs make a difference in how these programs impact youth and their communities.

Prevention During the Evolving COVID Environment

Aida Balsano, PhD, Special Assistant to the Director, CSAP

Ron Flegel, MS, Director, Division of Workplace Programs, CSAP

Dr. Balsano discussed the effects of COVID-19 on prevention. The pandemic has led to continued isolation for families, increased unemployment, and financial stress for millions of individuals. In the area of substance abuse and prevention, there has been an increase in direct-to-consumer options for alcohol and marijuana use—such as the ability to deliver alcohol directly to a consumer's door with IDs not always being checked upon delivery. As a result of the pandemic, individuals are at continued risk for developing substance use disorders and experiencing relapse as they work to regain some normality in their lives. This new environment can also lead some individuals to neglect their own mental health needs. SAMHSA's prevention efforts include Prevention Day, which was held virtually on February 1, 2021. Prevention Day allowed groups to share pandemic-related innovations, such as technology strategies (Zoom, Google, Facebook) used to share information and to allow communities to continue their prevention efforts at a time when many programs are unable to provide face-to-face services. This showed that being physically present with the audiences being served is not the only prevention component for transferring information. Connecting electronically can be an effective way for prevention to reach wider audiences, although one also has to keep in mind that some communities are still experiencing challenges with Internet access and connectivity. Moving forward it would be helpful to examine different platforms being used by organizations on the ground to determine the best way to support such efforts, so that they may be combined across different aspects of prevention work.

Mr. Flegel updated the Council on recent developments at CSAP's Division of Workplace Programs. The Division's overall goal is to continually assess the science and technology used in drug detection to advance national drug policy. Updates were provided in two broad areas: 1) Implementation of oral fluid and hair as alternative specimens to enhance the Federal Workplace Drug Testing Program, and 2) Adding fentanyl and methadone to the drug testing panel. The SUPPORT for Patients and Communities Act spurred revisions to the Drug Testing Panel. A recommendation was made to add fentanyl and methadone to the Mandatory Guidelines (urine, oral fluid, and hair). The proposed Mandatory Guidelines using hair were published on September 10, 2020. These guidelines will help establish new standards and technical requirements for hair collection procedures and hair collection materials. They will also help establish the initial and confirmatory drug test analytes, cutoffs, and methods for hair testing. HHS has requested public comment on the topic to address various areas, including hair color impact and external contamination. Once the final Federal Register Notice is published, hair would become an authorized matrix to be used in federal agency programs. One of the challenges brought on by COVID-19 is that the FDA's clearance of collection devices and immunoassays has been delayed. Another challenge is addressing emerging issues such as marijuana/hemp products (e.g., CBD). For instance, studies are being undertaken to determine if topical CBD products can generate a drug test positive result. In addition, new drug use continues to emerge via synthetic designer drugs such as Delta-8-THC (a THC isomer), which can cause cognitive impairment and is a concern for safety-sensitive positions.

New Opportunities

CAPT Josefina Haynes-Battle, MSN, Director, Division of Systems Development, CSAP
Onaje Salim, EdD, Director, Office of Program Analysis & Coordination, CSAP

CAPT Josefina Haynes-Battle provided an update for CSAP's Division of Systems Development. CAPT Haynes-Battle primarily discussed the following prevention initiatives: 1) *Communities Talk to Prevent Underage Drinking*, 2) *National Prevention Week*, and 3) *Talk. They Hear You*. *Communities Talk* is an initiative that encourages community-based organizations, colleges, and universities to plan activities to: educate community members about the consequences of underage drinking; empower communities to use evidence-based approaches to reduce underage drinking; and mobilize communities around underage drinking prevention initiatives at the local, state, and national levels. A comprehensive [website](#) offers tips and resources to plan a *Communities Talk* event. Thus far, nearly 441 community-based organizations, colleges, and universities will be holding events this year. A total of 1,000 planning stipends of \$750 will eventually be distributed for conversations on prevention as part of the campaign. This year marks the 10th Anniversary of National Prevention Week (NPW), which will be held during May 9-15, 2021. Each year around the observance of NPW, communities and organizations across the country come together to raise awareness about the importance of substance use prevention and positive mental health. Website materials with resources for NPW have been updated, social media will be used to publicize the event, and a webinar will be held in connection with the PTTC. SAMHSA's *Talk. They Hear You* is a substance use prevention campaign that helps parents and caregivers to start talking to their children about the dangers of alcohol and other drugs. A video, print, and radio PSA titled [By Your Side](#) has been developed to support the campaign.

Dr. Salim walked Members through CSAP's FY 2021 budget for Programs of Regional and National Significance. CSAP's financial resources in this area come to approximately \$500 million. With few exceptions, during the most recent appropriations the budget was level-funded to amounts similar to those appropriated last year. This includes an allocation of approximately \$109 million to continue to support the Strategic Prevention Framework. Increases in the budget include an additional \$1 million to the STOP Act funding, which will be primarily allocated to a national media campaign, and a \$750,000 increase for the Tribal Behavioral Health Program to fund additional grants. There has also been an increase to the Substance Abuse Prevention and Treatment Block Grant totaling nearly \$701 million, up from \$371 million last fiscal year. In addition, there are some blank budget lines appropriated to the Center for Substance Abuse Treatment, but managed and administered by CSAP. These budget lines focus on

opioid prevention and overdose prevention services. The total for these line items is approximately \$55 million and are distributed as follows: \$42 million for responder training, \$12 million for prevention of overdose treatment, and \$1 million for a program for improving access to overdose treatment.

Below are some of the key questions and comments made following the presentations:

- C. Because of the pandemic, alcohol and marijuana products are being delivered to homes, changing many of the conditional use permits previously placed on their availability. Hopefully, this “window” can be closed following the pandemic to help contain how these products become available in our communities.
- C. A member thanked CAPT Haynes-Battle for making sure that communities are involved. The mini grants for the activities related to the *Communities Talk* campaign will encourage communities to engage in conversations about prevention.
- C. A member said that media campaigns and PSAs are important because they act as catalysts for communities to get the attention of individuals to enact evidence-based prevention activities in their communities.
- Q. A member asked what kinds of assessments had been made to determine outcomes or changes in attitudes and behaviors as a result of the campaigns. CAPT Haynes-Battle said that an evaluation is currently being conducted. Mr. Aumen suggested having a follow-up conversation on the matter with the Council during the next meeting.

CSAP NAC Member Open Discussion

CSAP NAC Members

NAC members held an open discussion following the day’s presentations. Listed below is a summary of some of the key points made by the members.

- While it is important to highlight dramatic reductions in underage drinking, we should also recognize that alcohol-related deaths among adults are increasing, as is binge drinking. In addition, alcohol-related hospital visits and emergency department visits among adults are increasing. Children are more likely to drink more and develop alcohol use disorders with increases in adult drinking. Therefore, there should be enhanced provider discussion of alcohol use both with young people and adults to help produce the greatest impact in reducing underage drinking and related problems.
- NAC could play a helpful role in aiding to identify critical research as well as critical programming areas for CSAP.
- NAC could also act as a “sounding board” for developing new ideas, helping to fully understand current research, and help provide CSAP with a road map of initiatives.
- It would be helpful to know more about any research findings related to the effectiveness of online prevention programs.
- Evidence-based interventions should be tailored to the needs of the specific audiences they serve.
- Consider shortening the presentations to allow more time for the Council to engage and contribute.
- A member said it would be helpful to examine what SAMHSA could do to bolster youth-led prevention with adult mentorship across different sectors.
- Rapid implementation at the state level could be assisted by putting in place systems for the implementation of specific community-based prevention models that can also be used in a flexible and adaptive manner. Creating coalitions and providing state-level TA could help in such efforts.

- In the U.S. there is significant simultaneous use of different substances which can increase the risk to people using both substances concurrently. Efforts should focus on reducing simultaneous use and high-intensity binging with other drug use to help reduce overdose deaths, unintentional injury deaths, and traffic-related deaths.
- A member suggested adding a co-Chair to the Council to both help generate group ideas and provide continuity once the Chair completes his/her term.
- There are interventions at all different kinds of levels that work—at the individual, family, school, and community levels as well as web-based interventions and policy interventions. It would be helpful to have these interventions work together in synchrony to increase their impact.

Public Comment

No public comments were offered.

Closing Remarks

Dona Dmitrovic, MHS, Chair, CSAP NAC; Director, CSAP

Ms. Dmitrovic thanked all members for serving and for being part of the Council. CSAP values all members' expertise, recommendations, and feedback. The next meeting was tentatively scheduled for August 11, 2021. It will likely be held virtually.

Adjournment

Matthew J. Aumen, Designated Federal Officer, CSAP NAC

Mr. Aumen adjourned the meeting at 4:59 p.m.

CERTIFICATION OF MINUTES

I certify that to the best of my knowledge the foregoing minutes are accurate and complete.

8/9/2021

/Dona Dmitrovic/

Date

Dona Dmitrovic
Chair, CSAP NAC