

**CAB's  
Intervention Design Taskforce**

# **SESSION 3**

**APRIL 20, 2022**

**12:00 PM (ET)**

**CAB'S INTERVENTION DESIGN TASKFORCE**

# TODAY'S AGENDA



- 1 Welcome new members!
- 2 Workshop 1 - Goals, Objectives, and Example Activities - Presentation by Kristen
- 3 Group Activity - Breakout Rooms: Outlining Session Methods
- 4 Review of Group Activity
- 5 Discussion/Conclusion

# PROPOSED SERIES OF INTERVENTION WORKSHOPS



## WORKSHOP 1

### Building Community

(Respectful open communication, offering/asking for support, assertiveness)



## WORKSHOP 2

### Community Health

(General health issues, community-specific health concerns)



## WORKSHOP 3

### Addictions & Mental Health

(Mental health and its stigmas, addiction and its stigmas)



## WORKSHOP 4

### Substance Use Services

(Harm reduction, stigma of services, different substance use services)



## WORKSHOP 5

### Substance Use Treatment

(Overview of substance use treatment, modes of recovery...etc.)



## WORKSHOP 6

### Overdose Prevention

(Communal and individual responses to overdose, preventing overdose)



## WORKSHOP 7

### Infectious Disease

### Prevention

(Preventing HIV and HCV communally/individually)



## WORKSHOP 8

### HIV/HCV Services

(Specific services for identification and treatment of HIV/HCV)



## WORKSHOP 9

### Families and Children

(ACEs, connecting families to services, the family as a factor in health)



## WORKSHOP 10

### Advancing Community Health

(Becoming proactive partners in promoting community wellbeing)

# COMMUNITY NEEDS



## WORKSHOP 1

### Building Community

(Respectful open communication, harnessing communal empowerment, offering/asking for support, assertiveness)

- Building community partnerships through collaboration, inter-agency projects, cross-sector collaboration to address emerging needs in real time
- Getting all the players on the same page
- Community investment and partnerships to address emerging, localized needs
- Having the right people at the table so we can implement change and policies
- Open communication around health issues, early education on these topics, especially related to alcohol and drug issues
- Addressing issues of stigma and social isolation
- Follow-up on community needs assessments, understanding goals and how to know if issues have been addressed
- Communication needed to build community-based models to address specific health concerns through dialogic processes. Re-building systems where respectful discourse can take place
- Not just community investment, but also community involvement. Education on how the community should react, what the community should do to help those who are in need.

# POTENTIAL COMPONENTS

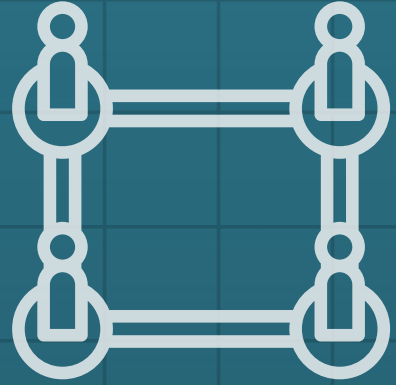


## WORKSHOP 1

### Building Community

(Respectful open communication, harnessing communal empowerment, offering/asking for support, assertiveness)

- Establishing expectations for the group
- Icebreaker Activities (cards with Prompting ?'s, discussion about favorite music, books, favorite food, play a game, & share a recipe)
- Asset inventory, sharing asset inventories
- Good communication/listening skills and some kind of self-confidence building skills/techniques
- Knowing and understanding your "Why?" - why are people here in this workshop?
- Defining community for individuals - i.e., what is community to me? How do I participate in community?
- Perhaps adding a component that addresses the workplace, as employers are often microcosms for the community-at-large
- Exploring how individuals value their own participation in community
- Connecting people to resources or volunteer opportunities - leaving individuals with tangible goals/next steps



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**PRESENTATION  
BY KRISTEN GINGERY**

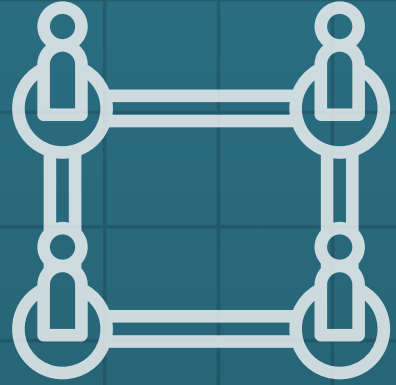
# BUILDING COMMUNITY



Please generate exercises for intervention participants to practice key community skills in the moment. For example, an exercise could be to role-play calling a family member or old friend who has a member who is struggling with substance use. The exercise would then involve setting up the role play, debriefing and reflection, and asking each member of the group to plan who they will call in the next week.

Ideas of skills to develop:

- Offering and providing help to somebody in a compassionate way
- Asking a friend for help with a difficult problem, even if it is just talking about it, in the next week
- Finding an opportunity to volunteer in their community and making a commitment to sign up in the next week
- Something else



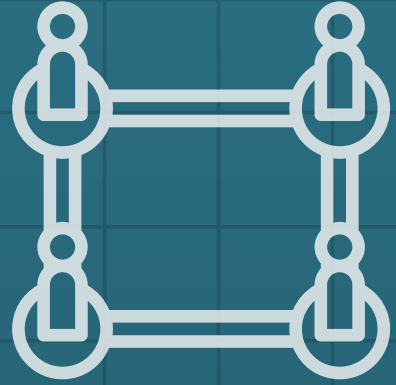
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**QUESTIONS?  
COMMENTS?**



**NEXT MEETING: WEDNESDAY MAY 4**





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**APPENDIX: WORKSHOP 2 GOALS/EXAMPLES  
(IN CASE OF EXTRA TIME)**

# COMMUNITY NEEDS



## WORKSHOP 2

**Community Health**  
(General health issues,  
community-specific  
health concerns)

- Issues of access - access to care, access to doctors, access to transportation, affordable housing
- Understanding poverty, mental health, substance abuse...etc. The role of poverty leading to these issues and increasing vulnerability
- Methamphetamine and overdose deaths
- Vaccination rates and harm reduction methodologies
- Syringe-access programs and their underutilization - increasing utilization of these services

- Stigma towards individuals and children/families of those suffering from mental illness
- Behavioral/mental health, suicide as a major issue in our area whose rate continues to increase
- Environmental and social factors that contribute to public health, education on decision-making and health
- Lack of mental health services

**Question: What other needs are there?**

# WORKSHOP TWO

## EXAMPLE:

# COMMUNITY HEALTH

### Example of Potential Exercise(s):

- Write answers to the questions listen to the right, including your feelings about the issues.
- Imagine an encounter with a person who is experiencing mental health problems.
- Imagine a conversation with a person who injects drugs.



How is health in my community?  
Are people compassionate with other people?  
Do people harm other people with their speech?  
What does think my community of a person who injects drugs?  
Do people think they are responsible for their situation?  
Do people think they need help?  
Do I have friends or family with a mental health problem?  
Do we use words than hurt when talking about them?  
How do we perceive a person who is living with HIV?  
Do we distrust/avoid them?  
Do we ignore them?  
Do people in my community use derogatory terms to refer to others or specific groups?  
Do people think that a person who did something wrong will repeat his/her mistake in the future?

# GROUP ACTIVITY: THINKING THROUGH THE WORKSHOP SYLLABUS

## WORKSHOP 2: BUILDING COMMUNITY

- What would be the intervention objectives for community members in this workshop?
- What would be the objectives for PWUD (people who use drugs)?
- What are the ideal outcomes we seek?
- How can we plant the seeds for those outcomes among individuals from the community present in the session?
- What are the skills, emotions, and goals associated with implementing behaviors leading to those outcomes?
- What experiences can we generate in the session in terms of volunteering? Help seeking etc.?



1. Spend ~15 minutes building out a syllabus for an hour-long workshop with your group
2. Come back to main meeting
3. Present ideas on workshop your group worked on