

Priority Health Issue 3: Address Chemical Health in Youth & Reduce Overdose Deaths

Assets / Resources:

Goodhue County has many opportunities for youth to participate in healthy activities that support building strong connections and staying substance free. Programs like RiseUp Red Wing, 4-H, athletics, faith-based groups, and more are already serving youth in our county and providing them with substance-free opportunities to engage with their peers and caring adults.

As part of the national Opioid Settlement, Goodhue County will be receiving funding for the next 18 years to address the opioid epidemic. A consultant has been hired to assess community needs and wants around how best to use these funds to prevent opioid misuse. Additionally, there are several places, such as pharmacies, where Naloxone is already accessible

Challenges / Barriers:

There is currently no one organization or group in Goodhue County that is focused on youth substance prevention. Previous efforts, such as the Chemical Health Initiative, have disbanded and had mixed success. Agencies have limited capacity and resources to work on this priority health issue.

Another challenge is that there is a significant amount of stigma around drug use. Harm reduction methods are not well-known or accepted within the community. There is also increased access to fentanyl as it is often laced in other substances.

Collaborative Partnerships:

The Mental and Chemical Health Coalition (which is convened by Goodhue County Health & Human Services, Mayo Clinic Health System, Goodhue County Child & Family Collaborative, Fernbrook Family Center, Hiawatha Valley Mental Health Center, University of Minnesota- Extension, C.A.R.E Clinic and Live Well Goodhue County) is in the best position to address this priority health issue. While chemical health is newly added to this group, they have the structure and partners at the table to make progress on the strategies.

Collaborating with youth-serving organizations will also be essential for impacting this priority issue. Youth preventions starts by building protective factors for youth, such as strong connections with caring adults, developing a sense of belonging, and providing opportunities for positive social involvement.

Result: Youth stay substance free			
Indicator(s):			
<ul style="list-style-type: none"> • Percent of 9th grade students who report drinking one or more alcoholic beverages in the last 30 days. • Percent of 11th grade students who report using prescription drugs without a doctor's prescription or differently than how a doctor told them to use it. 			
Strategies	Timeframe	Strategy lead	Performance measures (how much, how well, is anyone better off?)
Educate students, caregivers, and educators on substances, risk factors, and protective factors	2023-2025	The Mental & Chemical Health Coalition of Goodhue County	<i># of people reached through education campaigns</i> <i>% of students, caregivers, and educators who report an increase in knowledge about chemical health</i>
Expand access to youth mentoring programs	2023-2025	RiseUp Red Wing	<i># of youth who have a mentor</i> <i>% of youth in mentoring programs that report having a strong connection with their mentor</i>
Reduce barriers for youth to participate in healthy activities	2023-2025	Goodhue County Child & Family Collaborative	<i>\$ given to support youth participating in activities</i> <i>% of youth who report participating in extracurricular activities</i>

Result: All community members know how to prevent fatal overdoses.

Indicator(s): Number of opioid overdose deaths in Goodhue County

Strategies	Timeframe	Strategy lead	Performance measures (<i>how much, how well, is anyone better off?</i>)
Expand knowledge about opioids and harm reduction through community education	2023-2025	The Mental & Chemical Health Coalition of Goodhue County	<i># of people reached through education campaigns</i> <i>% of participants who report an increased knowledge about opioids and harm reduction</i>
Increase access to Naloxone and fentanyl test strips	2023-2025	The Mental & Chemical Health Coalition of Goodhue County	<i># of people trained in Naloxone usage</i> <i># of Naloxone and fentanyl test strips access points in Goodhue County</i> <i>% of people trained who report knowing where to find and how to use Naloxone.</i>