Cornell Project 2Gen Update

Cornell Project 2Gen and CCE-Tompkins
CCE Parent Education In-Service
September 13th, 2019
Presenters

Jessica Lindenstraus  CCE Engaged Cornell Summer Intern
“Incorporating a 2Gen Approach to CCE Parenting Programs”

Anna Steinkraus  CCE-Tompkins
Family & Community Development  Program Coordinator

Juliana Garcia  CCE-Tompkins
Family & Community Development  2Gen Family & Community Educator

Rose Ippolito  CCE Engaged Cornell Summer Intern
“Supporting Families Amidst the Opioid Epidemic: Connecting Campus and Extension Efforts Across NY”
Cornell Project 2Gen focuses on addressing the needs of vulnerable children and their parents together to capitalize on the strong connection between parents’ well-being and children’s healthy development. The mission of Project 2Gen is to:

- Build a vibrant research community
- Connect researchers, practitioners, and policymakers whose work supports vulnerable families throughout New York and beyond.
2Gen approach to the Opioid Epidemic: Breaking Generational Patterns
Internship: Incorporating a 2Gen Approach to CCE Parenting Programs

Objective
To develop a draft of a developmentally-appropriate curriculum adaptation for PS: It Works! for a child and a parent-child group.

Approach
• Familiarized myself with the current 8-week PS: It Works! curriculum and background
• Interviewed CCE parent and youth educators and key figures historically-involved in PS: It Works!
• Researched developmentally-appropriate activities for child and child-parent groups
• Developed a curriculum draft
Internship: Accomplishments

- FCD team meetings
- *PS: It Works!* facilitator training
- Meetings with youth/parent experts
- List of children's books and activities
- Resource lists for facilitators and parents
- Finished a curriculum draft (~50 pages)
Curriculum: Key Components

2Gen

● The children and parents will receive the educational component in two separate groups in which the skills will be first introduced.
● The two groups come together at the end of each session to practice the skills together through role plays and engaging activities.

Ages 6-11

● Learning capability
● Demand for a large age range
Role Play Activities & Games

● Benefits of pretend or “dramatic” play such as role plays are proven to improve empathy and self-regulation, which are key social-emotional components that this program targets.

● Games that reinforce skills such as Simon Says, Follow the Leader, etc.

● Activities limited to ~15-30 mins long
Internship: Next Steps

- Pilot
- Older youth mentors
- Updates with Diversity, Equity & Inclusion and Trauma-Informed lens
Partnering for Community Change

William T Grant Research-Practice Partnership

● Work in partnership with campus to develop strategies for mitigating the impact of the opioid epidemic on families and communities in upstate New York
● Goals of the Grant
  1. Growing capacity – research informed practice and practice informed research
  2. Support families facing the opioid epidemic
     - Strengthening Families Program
     - Family Treatment Court
● Replicable model
● CCE Associations are well-positioned to be the conduit for fostering relationships and educating others &
Keys to Making it Work

- Equal partners
- Nonprofits, public agencies need to feel valued and essential to furthering the work
- Consistent and regular check-ins
- Recognizing solutions are not “one-size fits all”, context and flexibility are everything
- Create a welcoming environment between partners
- Engage many partners to make it happen
FTC DSS Strengthening Families Program

- & DSS, Family Treatment Court, partnership with CCE-TC
- & Started in 2014
- & Utah Strengthening Families Program (SFP) 6-11, 14 weeks
  - &Life and social skills training
  - &Family communication skills
  - &Parent education/parenting skills training
  - &Peer-resistance education
  - &Social skills, communication
Community Cafes

- Hosted 2 Stakeholder Cafes with 35 attendees
- Questions were centered around:
  - community response to opioid epidemic
  - collaboration across agencies
  - what your community would look like without an opioid epidemic
Themes that Emerged

Need for evidence-based practices
Community education around opioid epidemic
Housing shortage
Coordination of services
Wet shelters
Focus on the family and not just the individual
High threshold for people to get into treatment

Community collaboration across differing philosophical approaches
Judgement free, no cost services with no wrong door policy across agencies
Trauma-informed approach to services
Dual diagnosis
Client-led and client-centered services
Strengthening Families Program (SFP) 10-14

- &Dryden Middle School Fall 2019 & Spring 2020
- &Summer 2020 SFP 10-14 facilitator training
- &Boynton Elementary School Fall 2020 & Spring 2021 &
  - 7 weeks &
  - Proven effective, family inclusive program that promotes positive communication, family bonding, and joint problem solving skills
  - Facilitator training next year
Parent Education Program Review

- First phase complete
- Working on making it available to extension system
FTC Alumni Group

- Family Treatment Court Alumni Group partnership with CCE-TC
- Better Together Dinner
- Community cafe with people in recovery
What We’ve Learned

• Challenges to research-practice partnerships
• Strengthening relationships among CCE-Tompkins, campus, and community stakeholders
  - Continued calls for greater collaboration among stakeholders
• CCE Associations are well-positioned to be the conduit for fostering relationships and educating others
The Opioid Epidemic

Opioid Abuse in Past Year

1 in 12 New Yorkers

NY Family Members Affected

5% of New Yorkers

3% of New Yorkers

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c. Source: Estimates derived from 2015 NY state child maltreatment statistics and national statistics of share of cases involving drug-related maltreatment.
Internship: Connecting Campus & Extension Efforts

Step 1: Created and sent survey to all CCE offices

Sample Questions:

- Please describe your experiences working with families or individuals impacted by opioid misuse. Which programs/services have individuals impacted by opioid misuse attended?

- What challenges or issues have the staff at your CCE County Association faced in supporting and serving these families and individuals?

- What additional resources do the staff at your CCE County Association need to better support these individuals and families?

- Are there currently any partnerships with county agencies working together? Are there any county agencies that you would like your CCE County Association to collaborate with?
Themes from Survey Responses

We received responses from 25 CCE offices!

- Common needs/resources CCE staff are looking for:
  ➔ General info on opioid crisis
  ➔ Identifying signs of opioid misuse and how to respond
  ➔ Prevention and treatment educational materials
  ➔ Diversity, stigma-reduction, trauma-responsive, cultural humility training
  ➔ How to refer people to services
  ➔ Info for farmers/ag producers
  ➔ Funding/grant sources

Next I met with Cornell researchers and read other research to create resources that would fit these needs.
Thinking About CCE’s Role

- Incorporate substance misuse prevention and treatment education into existing programming
- Be a source of support for individuals and families
- Help reduce the potential negative (social, economic, etc.) consequences of drug use (a.k.a. Harm reduction)
- Disseminate research from the university to the community
- Become involved in community coalitions/partnerships
- Educate community members about available resources
- Parenting programs, health/nutrition, financial management, 4-H/positive youth development
Resources To Fulfill Role

Opioid PWT
- Regular conference calls
- Contact Adam Hughes if you would like to join (ath66@cornell.edu)

PWT Website
- http://www.opioids.cce.cornell.edu/
- Resources tab
  ➔ Currently three fact sheets available for CCE staff and community members
  ➔ CCE Role One-Pager
- Grant opportunities page
Fact Sheets

- **Opioid Epidemic Overview Sheet:**
  ➔ What are opioids?
  ➔ Risk factors for misuse
  ➔ How/why people misuse opioids
  ➔ Broad steps for supporting your communities

- **Safe Disposal of Syringes Sheet:**
  ➔ To protect the health of individuals and the community
  ➔ Farmworkers have reported finding syringes in their fields or the woods
  ➔ This sheet is intended to be distributed throughout the community

- **Opioid Overdose Prevention Sheet**
  ➔ Even a small amount of an opioid can cause an overdose, but most fatalities are preventable
  ➔ Outlines steps for helping someone experiencing and overdose
  ➔ Provides details about Narcan/Naloxone, a safe and effective overdose-reversing medicine
  ➔ This sheet intended to be distributed throughout the community

All of these resources are intended to raise awareness of this public health issue, reduce stigma, and prevent the spread of misinformation.
Next Steps

- Cornell Researcher & CCE Staff Directory

- Profiles of standout counties and CCE staff already engaging in this work

- More fact sheets/deliverables on the following topics:
  ➔ Supporting Grandfamilies
  ➔ Mental Health
  ➔ Trauma-Informed Services
  ➔ Adverse Childhood Experiences (ACEs)
  ➔ Work in Other Cooperative Extension Systems
  ➔ Building Community Partnerships
Thank you!

Contact Information:
Anna Steinkraus
Family & Community Development
Program Coordinator
ams69@cornell.edu

Rose Ippolito
rei9@cornell.edu

Juliana Garcia
2Gen Family & Educator
jag394@cornell.edu

Jessica Lindenstraus
jl2483@cornell.edu