

Three Years of COURAGE: OUD Prevention in Rural East Tennessee



THE UNIVERSITY OF
TENNESSEE
KNOXVILLE



Gratitude

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COURAGE EXECUTIVE TEAM



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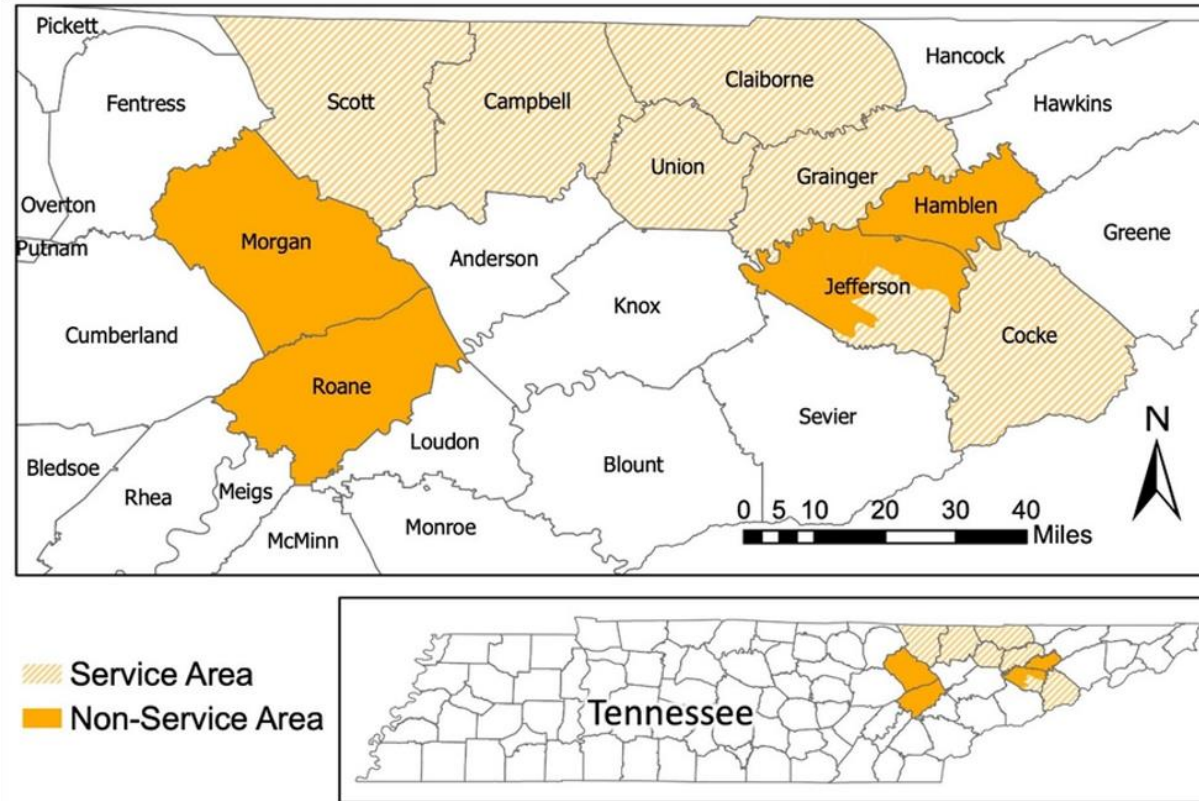


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Claiborne County



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Broadway and Main
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Service Area



Youth HOPE

- Youth development program to increase knowledge and awareness regarding opioid use disorder
- Served 166 5th graders in Union County
- 20 hours of programming across the school year.
- Outcome: Promotion of youth development through school-based programs created an opportunity to enhance OUD prevention in rural communities





Hispanic Outreach

- Collaboration with prominent & influential Centro Hispano Hispanic-serving organization in East TN.
- Centro Hispano identified community need for substance use disorder (SUD) education, including youth prevention strategies.
- Worked with around 30 parents and 20 adolescents
- Outcome: Parent/adolescent access to Spanish language materials and gained knowledge on accessing resources for substance use.

Student Health Council

- Empower Students to become active in creating a Healthy and Drug-Free School environment.
- 12 Student Members
- Co-led by ICARE Director & Union County health educator
- 2 Teacher Sponsors
- Meet bi-weekly
- Students implemented school-wide campaigns, created and distributed educational material, and advocated for policies that support a healthy school environment.



Teacher In-Service

- At each teacher in-service, two topics are provided concurrently, and the 1-hour sessions are conducted multiple times to accommodate the rotation of teachers from Union County public schools.
- Topics Included:
 - SUD 101: SUD and the brain
 - Skills to Deal
 - Cool, Calm, & Collected: Empowering Teacher of Youth, Ages 10-14
 - Mental Health & Learning: Mind-Body Skills for Emotional Regulation

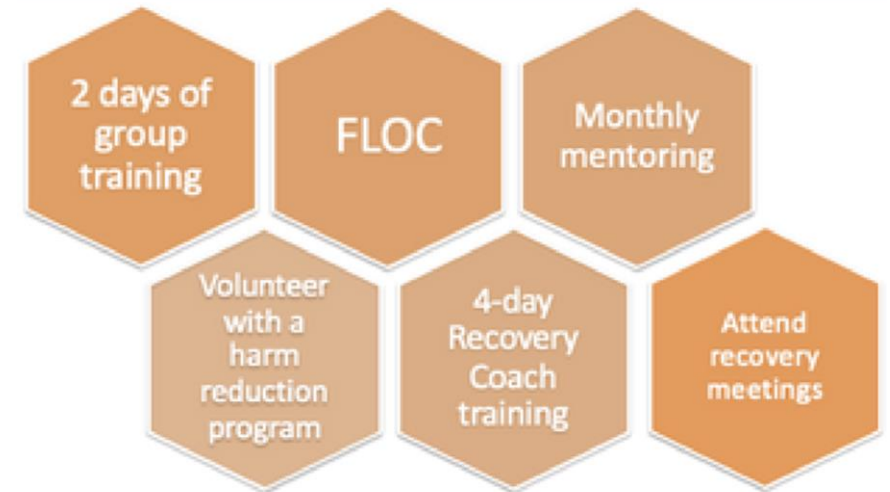


Caregiver Workshop

- The caregiver workshops are recorded and shared on Facebook to address barriers to participation. The recent mental health and learning workshop was also streamed live on FB.
- Topics included:
 - Substance Use & the Adolescent Brain
 - Cool, Calm, & Collected
 - Mental Health & Learning

FLOC: FAITH LEADERS OVERCOMING OPIOIDS

- **Goal:** Enhance and expand OUD treatment and recovery services by promoting integrated, interdisciplinary care and reducing stigma amongst faith-based leaders.
- 4-month mentoring program
- 20 faith-based leaders from Cocke, Claiborne, Union, Sevier, and Jefferson counties participated in the FLOC program (5 cohorts).



FLOC Testimonial

Within the last year, I retired after thirty-two years of teaching and began working in the recovery ministry. The FLOC program gave me lots of valuable information and resources to use in my new line of work. The things I learned were practical and could be used immediately. Everyone in the program was friendly and very helpful. I enjoyed the program and would recommend it to anyone working with anyone in recovery.

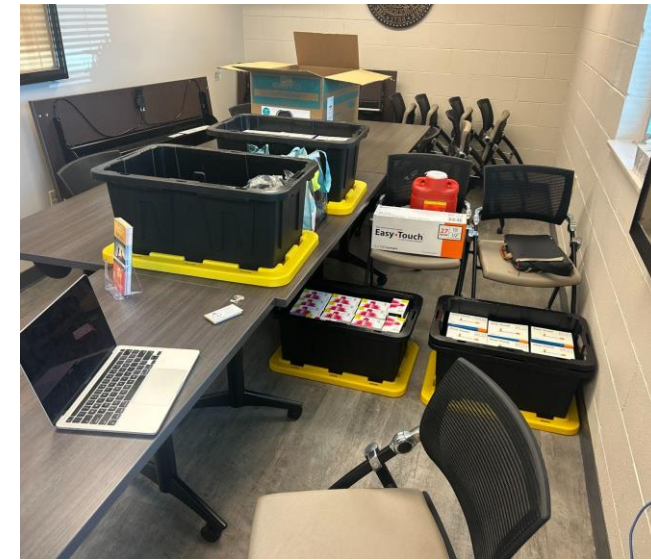
*Bob Keaten, Fall 2024 cohort
Administrative Director, The
MissionSneedville*

The FLOC program afforded me the opportunity to become a recovery coach. During my recovery coach training I was able to break domestications within myself and become open minded about the different pathways to recovery which in turn help save many lives and open doors to many who are suffering with SUD. I'm forever grateful for all the knowledge I gained in the FLOC program.

*Julia Jones, Spring 2024 cohort
Newport, TN*

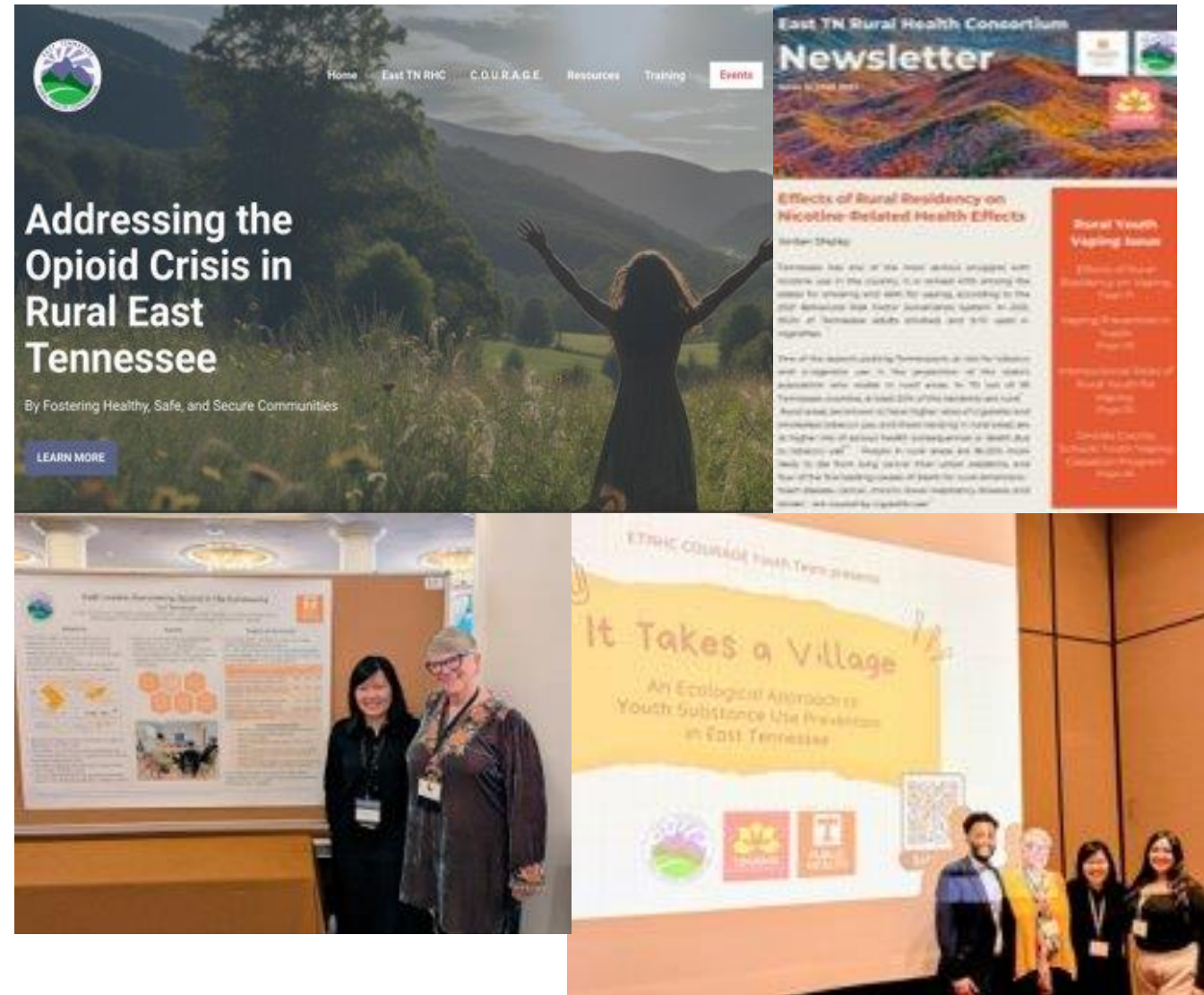
Harm Reduction

- To intersect with persons using drugs, providing education and supplies to promote health and well-being.
- Person first approach.
- Tazewell Location serves 40+ client's/week
- 82 people tested for HIV and HCV



Additional features of COURAGE

- Drug Take Back Program
 - Quarterly newsletter
 - Conference and Presentations
 - Website and Social Media
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- <https://tnopioid.utk.edu/>



Thank you!



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