

Preventing and Addressing Opioid Use Disorder through a Relationship-Based Mentoring Model

*2023 Montana Opioid Abatement Trust
Grants*

Friends of the Children - Western Montana

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Application Form

Region Selection

To collaborate with someone else on this request, click the blue "Collaborate" button in the top-right corner.

Project Name*

Preventing and Addressing Opioid Use Disorder through a Relationship-Based Mentoring Model

Select Abatement Region and/or Metro Region*

Select the Multi-County Abatement Region **and/or** the Metro Region you are requesting grant funds from. Select all regions that apply, for example if you are collaborating with multiple Counties **and/or** Abatement Regions select each region the program/project will serve. Click [HERE](#) for a detailed map of Multi-County Abatement Regions and Metro Abatement Regions

Lake County

Application Overview

About the Organization/Program*

Give a brief description of the Organization/Program/Project. Include the mission statement and the services provided.

The mission of Friends of the Children–Western Montana is to impact generational change by empowering youth and caregivers who are facing the greatest obstacles through positive, one-to-one relationships with paid, professional mentors (called ‘Friends’) – for 12+ years, no matter what. Our highly individualized services are provided in the youths’ schools, homes, and communities and connect children and their caregivers to any needed resources, which includes mental health care services and substance use disorder treatment. Each Friend provides individualized, trauma-informed support for eight children and their families and all services are provided free of charge.

Friends spend 4 hours every week with each child, including two hours directly in their classrooms. During this 1:1 time, Friends build youths’ prosocial skills and protective factors that help prevent involvement with substance use. Simultaneously, Friends also establish trusting relationships with each child’s parents/caregivers and work in partnership with them through our two-generation (2Gen) approach to develop strengthened parenting skills, promote greater family stability, and improve the physical and mental health of both youth and their caregivers. Our 2Gen engagement supports parents/caregivers to build protective capacities that create safety for their children, while helping them learn to successfully navigate complex systems such as those for mental health care and substance use disorder treatment.

Our program launched in Missoula County in 2021, where we serve 32 children and their families and will expand to serve 48 families in 2024. We are currently expanding our mentoring services to serve 16 children and their families in Lake County. As we build trusting partnerships with each family, we are able to connect youth and caregivers to quality education, food and housing security, health and mental health care access, and substance use disorder prevention and treatment access.

What category does the program fit into*

Check the category/categories the program fits into. You may select more than one option.

Click [HERE](#) for a list of approved opioid remediation uses

Prevention

Treatment

How does the program meet the Opioid Remediation Guidelines*

In detail, describe how the program fits into the approved Opioid Remediation Guidelines selected in the above question.

Please be specific

Friends of the Children – Western Montana's evidence-informed, relationship-based strategy for preventing and addressing the misuse of opioids in youth as well as their parents/caregivers strongly aligns with the Abatement Trust's Opioid Remediation Uses Guidelines, particularly as indicated in strategies G-11 and G-12 under Category G: Prevent Misuse of Opioids as well as in strategies E-6 and E-8 under Category E: Address the Needs of Parenting Women and their Families.

Specifically, our research-validated program helps prevent the misuse of opioids among youth by addressing those mental health needs of young people that most increase the risk of misusing opioids or other drugs, through providing 1:1 professional mentoring for 4 hours every week by our highly-trained Mentors who qualify as behavioral health paraprofessionals; this mentoring builds the youths' emotional resilience skills, empowers them to regulate their emotions, and increases their access to behavioral health supports. Through our 2Gen work, we simultaneously provide wraparound support for caregivers/parenting women with—or at risk of—opioid use disorder (OUD) and any co-occurring substance use disorders (SUD) and/or mental health conditions. Using our trauma-informed approach, we provide support for children and family members suffering trauma, including due to addiction in the family, and facilitate trauma-informed behavioral health treatment with community providers to heal the effects of adverse childhood events (ACEs). Addressing, healing, and preventing trauma is a core priority of our overall model, and the support we provide youth and families incorporates what the Substance Abuse and Mental Health Services Administration (SAMHSA) identifies as the four "R"s of trauma-informed services – realization of how trauma affects individuals, recognition of the signs of trauma, responding to trauma through a trauma-informed approach, and resistance of inadvertent re-traumatization.

New Program or Existing*

Is the funding intended for a new program or to expand an existing program?

A new program for your region.

Fiscal Information

Requested Amount*

\$180,000.00

Program Budget*

How will the funds be allocated? Attach a detailed line item budget breakdown for the program. If the funds are intended for a multi-year program please specify the amount budgeted for each year.

Lake County Program Budget MT Opioid Abatement Trust.pdf

Source of Funding*

Does the program currently receive funding from another source? If yes, please explain in detail. (i.e. amount, funding source, etc.)

Grant funding is intended for the creation or expansion of opioid prevention, treatment, and recovery projects. The money is **NOT** meant to replace or supplant existing funding.

Friends of the Children's fiscal year 2024 Lake County program budget is \$279,054 to serve 16 Lake County families for our program launch year. We prioritize developing and sustaining a diverse stream of revenue from a range of mostly private funding sources including: individuals, foundations, businesses, and public grants.

For the fiscal year to date, our secured and pending funding for Lake County is:

Funder	Status	Amount
Margarat A. Cargill Philanthropies	Secured	\$25,000
Gianforte Foundation	Secured	\$15,000
U.S. Department of Justice, OJJDP	Secured	\$50,000
Sprunk Family Foundation	Secured	\$10,000
Montana Mental Health Trust	Secured	\$50,000
Montana Community Foundation (Mental Health Access Fund)	Secured	\$10,000
Tykeson Family Foundation	Secured	\$59,000
Montana Opioid Abatement Trust	Pending	\$60,000
	FY 24 Total:	\$279,000

For FY 25, our projected Lake County program budget will be \$410,169 (to serve 32 Lake County families) with \$198,000 secured to date. FY 26 projected program budget is \$500,971 (to serve 40 Lake County families) with \$117,000 secured to date.

Do you have a Fiscal Agent*

No

Program Abstract

Program Description*

Describe the objectives of this project. Provide a detailed overview of the program, including its purpose, priorities & objectives, and intended results.

With funding from the Opioid Abatement Trust over three years, our objective is to expand our program activities and increase staffing capacity to undertake enhanced work to prevent opioid misuse and support successful OUD treatment and sobriety in families facing the greatest obstacles in Lake County. This will include expanding caregiver support through new partnerships that specialize in substance misuse prevention and treatment, and more opioid misuse-targeted caregiver support including regular check-ins, community gatherings, workshops, and informational counseling.

We pair each youth with a professional Mentor (Friend) who spends 4 hours of 1:1 time with them every week, including 2 hours directly in their classroom supporting their academic progress and ensuring their access to behavioral support while in school. Outside the classroom, Friends and youth engage in enrichment activities that contextualize academic instruction, build their prosocial skills, and develop their socio-emotional resilience to reduce their risk of opioid misuse. Furthermore, our trauma-informed approach helps heal the effect of ACEs. If there are mental health issues, we connect the youth with trusted mental health care providers with whom we have formal partnerships—and address logistical obstacles they may face such as requiring transportation to treatment. This wraparound support helps prevent opioid or other drug misuse by reducing youths' risk factors while increasing protective factors.

Simultaneously, we implement 2Gen work in the lives of parents/caregivers and youth to improve family stability and mitigate the destabilization that OUD and SUDs cause for families. First, our 2Gen model helps parenting women/caregivers build protective capacities that increase internal family harmony, which heals and prevents trauma and ACEs and strengthens family resilience. For family members requiring OUD treatment, the improved family stability improves their chances for successful treatment. Our 2Gen work includes teaching parenting skills for a more harmonious parent-child relationship that strengthens coping mechanisms. It similarly improves all aspects of the parent/caregiver's life, reducing their stress and lowering their risk of OUD or treatment relapse. Second, when a parent/caregiver needs treatment for mental health issues, OUD or other SUDs, Friends can facilitate connecting them with treatment and help resolve barriers to treatment—such as a need for respite childcare.

Program Reach

If you are requesting funds from multiple Abatement Regions please specify how your program serves each region. **Be specific.**

Our Missoula County and Lake County programs serve different communities, children, and families and are led by separate program managers. Each program has its own professional Mentors and partner with different community organizations, behavioral health, and medical providers and school districts to enroll and serve families. Each program benefits from shared executive, operations, and development leadership that ensures efficient, consistent, and cost-effective operation of the programs. These shared costs are not included in the program budget.

Specific Goals*

What are the specific goals of the program? List several goals the program hopes to accomplish and how the program intends to meet these goals.

Goal #1: Friends of the Children—Western Montana will provide professional mentoring services and 1:1 support that reduces youths' risk factors for misuse of opioids and increases their protective factors for

successfully avoiding opioid misuse altogether. Goal #1 will be that at least 80% of program youth will make progress towards their development Road Map goals of Improved Health and Pro Social Development and demonstrate growth in at least 7 of 9 Core Asset qualities. Core Assets include: Positive Relationship Building; Belonging; Hope; Growth Mindset; Perseverance and Grit; Self-Management; Self-Determination; Finding Your Spark; and Problem Solving. Progress towards these protective factor-building goals will be tracked and documented by their Mentors in our Efforts to Outcomes (ETO) database and measured via Caregiver Surveys.

Goal #2: Our two-generation (2Gen) work will help stabilize program families and households, and strengthen the relationships between parents/caregivers and their children. Program staff will have at least three contacts per month with 90% or more of caregivers who will have the opportunity to attend at least eight community and caregiver gatherings. At least 70% of parenting women/caregivers and their families will demonstrate and/or report improved stability, harmony, and reduced stress in their family households, enhanced access to and uptake of the mental health care or OUD/SUD treatment they need, and improved overall mental and physical wellbeing as documented by Mentors and measured via Caregiver Surveys.

Evaluation Method*

Describe how you plan to evaluate the effectiveness of the program and what the method for evaluation will be.

As a leading organization in 2Gen services that build resiliency, promote healthy life choices, and improve long-term health outcomes, we prioritize evaluation not only as a tool to learn how we can improve our own outcomes, but also as a means for sharing best practices. Goals #1 and #2 will be rigorously evaluated and measured, primarily through two methods. First, Mentors record data regarding every interaction they have with youth and their family members into our Efforts to Outcomes (ETO) database. That data is analyzed and the metrics are circulated within the organization on a weekly, monthly, and annual basis to measure the effectiveness of our program in improving each youth's outcomes according to markers including school engagement and literacy, physical and mental health, quality of relationships with their family, peers, and community, mitigation of ACEs, access to needed community service providers, and prevention of opioid misuse and other substance use. Monthly ETO 'scorecard' reports help us identify any areas in need of course correction to achieve maximum positive impact.

Second, parent/caregiver feedback (both informally on an ongoing basis and via formal Caregiver Surveys) is collected, analyzed, and reported internally to measure the effectiveness of our program in improving family stability outcomes, youth outcomes, and parent/caregiver outcomes including regarding the avoidance of substance misuse or engagement in SUD treatment. Indeed, due to the high frequency of contact we have with our program participants through our 1:1 mentoring relationships, as well as the long-term nature of those relationships over 12+ years, we consider the ongoing, self-reported feedback and two-way dialogue we have with our program participants to be among our most effective evaluation methods for collecting accurate, current data that we can then analyze to inform optimization of our strategies in real time.

Friends of the Children's evidence-based model shows significant impact on reducing rates of addictive substances for our program youth. A recent national survey of Friends of the Children program youth found that youth enrolled in the Friends of the Children program used substances at rates well below community averages: 84% of our high school-aged program youth drank no alcohol, 74% used no marijuana, and 100% used no illegal drugs in the 1-year period leading up to the survey date.

Awareness*

How do you plan to create awareness of this program? Briefly describe what action the program plans to take to create awareness in the community.

We will build awareness of our program among youth and families by working with them 1:1 to assess their needs and provide the information, educational materials, and referrals to treatment services they need. On an ongoing basis, we monitor and address program participants' various needs for support and adjust services in real time, constantly making them aware of potential resources and appropriate types of care and treatment—always tailored to their individual needs. This is uniquely possible because Mentors spend 1:1 time with each youth and their caregivers every single week, every single month, year-round. Mentors develop trusting, long-term bonds and open lines of communication with every family in our program, and are frequently the first person parents/caregivers call when family difficulties arise. An important part of our approach is connecting our program participants to the most relevant, culturally responsive, and accessible care providers, and ensuring that families are aware of all their options for accessing such care and services—and this certainly includes and prioritizes this OUD-focused program.

Our chapter and program are also deeply engaged with the local community such that we have built extensive partnerships with the community's mental health care and SUD treatment providers, such that we both expand the local community's continuum of care while also serving as a key connector to services. We are therefore ideally positioned to ensure community awareness of this program.

Additional Documents

Use this section to upload or explain any additional information regarding the program/organization. ie. a detailed budget projection, program/organization history, etc.

Upload #1

Lake County Program Budget MT Opioid Abatement Trust.xlsx

Upload #2

Upload #3

Additional Information

Approximately 35% of the youth we serve are Black, Hispanic, Indigenous, or bi-racial. All of our youth live in poverty and have experienced multiple complex traumas before their 5th birthday. More than 80% of the youth live in households led by single mothers. Nearly half of the parents/caregivers aged out of foster care, and the majority struggle with mental health and substance abuse challenges. Friends of the Children empowers families to reach and sustain family health and stability, which enables youth and families over the medium term to no longer be involved in costly public systems like foster care, detention, and public benefits. As a result, the program greatly reduces burdens on tax-payer funded systems. For every \$1 invested in Friends of the Children, the public saves more than \$7, or nearly \$1 million per child!

File Attachment Summary

Applicant File Uploads

- Lake County Program Budget MT Opioid Abatement Trust.pdf
- Lake County Program Budget MT Opioid Abatement Trust.xlsx

FR1ENDS of the
CH1LDREN
Western Montana

	Program Budget Year 1	Montana Opioid Abatement Trust Contribution Year 1	Program Budget Year 2	Montana Opioid Abatement Trust Contribution Year 2	Program Budget Year 3	Montana Opioid Abatement Trust Contribution Year 3
Direct Program Personnel						
<i>Salaries (incl. taxes and benefits)</i>						
Professional Mentors/Friends & Program Mgr	\$189,889	\$47,000	\$295,389	\$47,000	\$362,993	\$47,000
Salaries subtotal:	\$189,889	\$47,000	\$295,389	\$47,000	\$362,993	\$47,000
Direct Expenses						
Family Engagement and Support	\$3,200	\$2,000	\$6,400	\$5,000	\$7,200	\$5,000
Programming/Youth & Mentor Activity Costs	\$15,685	\$7,000	\$29,370	\$7,000	\$42,500	\$4,000
Rent, Insurance, Professional Services, Equip.	\$60,500	\$0	\$62,450	\$0	\$64,000	\$0
Transportation & Mileage	\$9,780	\$4,000	\$16,560	\$1,000	\$24,278	\$1,000
Total Direct Program Expenses:	\$89,165	\$13,000	\$114,780	\$13,000	\$137,978	\$10,000
TOTALS	\$279,054	\$60,000	\$410,169	\$60,000	\$500,971	\$60,000

FR1ENDS of the CH1LDREN

Western Montana

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Total Direct Program Expenses:	\$89,165	\$13,000	\$114,780
TOTALS	\$279,054	\$60,000	\$410,169

Friends	xxxx
Program Director	xxxx

Friend activities	\$0
Youth Activities	\$0