

JANUARY 2022

# NEWSLETTER



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## Current Project

### OPIOID RESPONSE TRAINING

Quincy Partnership for Youth collaborated with the Soap Lake Prevention Coalition to host an Opioid Response Training and community discussion about the impacts of opioid use and overdose on our communities. We worked with seven local professionals from law enforcement, healthcare, treatment, and recovery to gain awareness of the landscape of use as well as the local resources available to address this issue.

We had an incredibly insightful discussion thanks to our local experts Erica Adalco - Grant County Sheriff's Office, Sergeant Chris Lafferty - Quincy Police Department, Leslie Thompson - Protection 1 Emergency Services, Erica Gaertner - McKay Health and Rehabilitation, Dr. Stephanie Mills - Quincy Community Health Center, Dylan Kling - Quincy High School, and Nokey Pando - Central Washington Recovery Coalition. Panelists, we are so grateful for your perspective, professionalism, and passion.

**OPIOID RESPONSE TRAINING AND DISCUSSION**

**AGENDA**  
December 22, 2021  
6:00-8:00 PM

- Welcoming
- Local Healthy Youth Survey data
- Blue Mountain Heart to Heart- Opioid Response Training- with Everett Maroon
- Q & A for Opioid Response Training
- Naloxone kit pickup information
- Panelist introductions
- Moderator panelist questions
- Open Q & A
- Closing

**Panelists Include**

Law Enforcement	Healthcare	Treatment	Recovery
Officer Erica Adalco Grant County Sheriff's Office	Leslie Thompson Protection 1 Emergency Services	Dylan Kling Quincy High School	Nokey Pando Central Washington Recovery Coalition
Sergeant C. Lafferty Quincy Police Department	Erica Gaertner McKay Health and Rehabilitation		
	Dr. Stephanie Mills Quincy Community Health Center		
	Dr. Brzezny Cascadia Basin Hospital		

\*Event Sponsored By

Questions?  
Contact Kayla Isaacson at [kisaacson@grantcountywa.gov](mailto:kisaacson@grantcountywa.gov) OR  
Megan Watson at [mwatson@grantcountywa.gov](mailto:mwatson@grantcountywa.gov)

Logos: renew, soap lake prevention coalition, MCKAY, SW, JTH, GRANT COUNTY, QUINCY COMMUNITY HEALTH CENTER

## Sector Highlight

### Henry Hernandez (Rotarian)

Henry is a long-time QPY member and is our current President-Elect. He is a very passionate member of our organization who believes the role we play in bringing awareness and support for families of the community is necessary.

It is a big commitment, however, as Henry says, "I guess to me I do not really see it as so much time. Yes, maybe if you add up all the days but I don't see it that way. I guess I only see it as one day at a time, one meeting at a time, and one project at a time. It is a commitment I have made to the rest of

the board, general coalition, the community and the youth. I do not want to see this coalition go away after so much hard work and dedication many of us have put into it."

Thank you Henry for all of your hard work and dedication!



Henry Hernandez  
QPY President-Elect

## Upcoming Events

**NATIONAL LEADERSHIP FORUM**  
*Jan. 31st-Feb. 3rd*

**STRENGTHENING FAMILIES  
PROGRAM LAUNCH**  
*Feb. 11th*

**COALITION MEETING  
(LOCATION TO BE ANNOUNCED)**  
*Feb. 10th*

See our website at [www.quincypartnership.org](http://www.quincypartnership.org) for more details.



## CIVIC/VOLUNTEER ORGANIZATION

Some of our most valuable partners in the community are those coming from local civic/ volunteer groups. These groups are vital for several reasons. Members of these local groups are community-focused individuals that take joy in contribution. QPY is grateful for all of our civic and volunteer partners without whom our work would not experience the reach into the community to the extent it currently does.



## Prevention Topic

### CONTINUUM OF CARE

Effective physical, behavioral, and mental health treatment plans include a continuum of care. Utilizing the continuum of care helps to ensure that individuals do not fall through gaps in care. This approach is particularly crucial for individuals seeking treatment for drugs and alcohol.

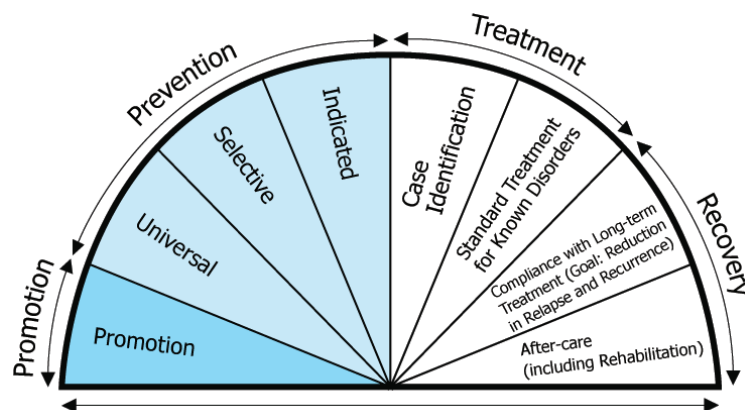
The idea is to continuously involve the individual in some type of care. As you see on the diagram the main categories of this type of care are promotion, prevention, treatment, and maintenance. The focus of promotion is well-being. It is most effective if promotion of physical, emotional, and mental health messages are delivered in the early years to help build a foundation for overall health.

Prevention efforts, QPY's focus, provides interventions before the onset of a disorder in attempt to prevent the disorder all together. We do this by increasing protective factors and decreasing risk factors associated with substance use. This is achieved by programs and initiatives for the general public (Universal), for individuals at risk (Selective), and for individuals who are considered high-risk (Indicated). Individuals considered "high-risk" have displayed signs or

symptoms that indicate potential for substance use disorder, but have not reached diagnostic levels. In other words, minimal use with the potential for addiction.

Once an individual does meet a diagnostic standard, the recommendation is treatment. There are 3 main factors that predict successful recovery at this point. They are support and stability from loved ones, engaging in longer periods of professional care, and social and community support.

Substance use disorders require a lifetime commitment to health. This is why it is important that families and communities foster maintenance programs to support individuals. Relapse prevention is vital and we need to support our neighbors on this journey.



## Upcoming Project

### STRENGTHENING FAMILIES PROGRAM

The Strengthening Families Program is for families with children 10–14 years old. Middle school adolescence is a time of transition. Physical, mental, emotional, social, and hormonal changes dominate this developmental time. Oftentimes, with change comes conflict. Families with children in this age range experience stress, pressure, and communication difficulties at a minimum. We want to help our community with these issues.

Strengthening Families is a weekly 2-hour class that runs for seven total weeks. We will learn about managing emotions, setting goals, creating better relationships, communication, and so much more. We play games and have family activities. We offer a complimentary dinner every week because we understand that families are busy and we want to do everything we can to make participation a joy rather than a chore. **This is a free program for families in the Quincy community.**

All families have strengths. Sign-up on our website!

