

# THE INITIATIVE

Addressing Substance Use in Dare County



Spring 2021  
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## Three Key Skills for Building Resilience

Resilience can be thought of as the ability to bounce “forward” after a traumatic or challenging experience. Resilience is associated with growth, hope, empowerment, and meaningfulness. It is an important part of recovery and helps us to be healthier and to respond more effectively to the challenges that come up in our lives.

There is a large body of research on strategies that can help us to be more resilient. In a TED talk given in Christchurch, New Zealand and published to YouTube on September 25, 2019, resilience/well-being researcher and author Lucy Hone tells the story of her own journey through learning resilience strategies, helping others to implement these strategies, and then having to use them herself after the tragic loss of her 12-year-old daughter in a car accident in 2014.

### The three core strategies she identifies in the talk are:

Resilient people understand that suffering is a part of every human life. Things happen to all of us and, as she says “If you are alive you have dealt with, or will have to, some very dark times.” Realizing that pain and suffering happen for everyone, that suffering doesn’t discriminate, resilient people can avoid feeling singled out by suffering. They can avoid getting stuck in “Why me?” thinking and instead focus on the things that they can do to help themselves and others.

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*The Initiative is a quarterly newsletter presented by the Saving Lives Task Force, the goal of this publication is to educate, inform and engage residents of Dare County.*

- **Our Task Force is** a team of professionals and community members working toward the prevention of substance use disorders and the availability of effective treatment for all Dare county citizens in need of help.
- **Join us for our Virtual Meetings** on the 3rd Tuesday of every month at 2:00 pm.
- **For More Information** please contact Roxana Ballinger, Saving Lives Task Force Co-Chair, at 252.475.5619 or roxana.ballinger@darenc.com.

[savinglivesobx.com](http://savinglivesobx.com)  
[facebook.com/savinglivesobx](https://facebook.com/savinglivesobx)

# RECOVERY RESOURCES

## Resilience & Recovery Resources

- **Apps:** iChill, Calm, Headspace
- **Websites:** [Savinglivesobx.com](http://Savinglivesobx.com) and [Breakthestigmaobx.com](http://Breakthestigmaobx.com)
- **Facebook:** Be Resilient OBX, Children & Youth Partnership for Dare County, Saving Lives Task Force, OBX Nar-Anon
- **Listening Circles:** <https://www.dropbox.com/s/k75dm5uahvt72nq/Listening%20Circle.mp4?dl=0>
- **Recovery Learning Circles:** [david.edmonds@darenc.com](mailto:david.edmonds@darenc.com)
- **Community Resilience Model:** [Leesu1255@gmail.com](mailto:Leesu1255@gmail.com)
- **Mental Health First Aid Courses:** [Rebecca.Woods@darenc.com](mailto:Rebecca.Woods@darenc.com)
- **Hope4NC Access:** 1-855-587-3463 or text "hope" to 1-855-587-3463
- **SMART Recovery:** [SmartrecoveryOBX@gmail.com](mailto:SmartrecoveryOBX@gmail.com)

## Resilient Family Resources

### Parenting Tips

- **How teachers and parents can foster a growth mindset for kids** - Carol Dweck  
<https://hechingerreport.org/growth-mindset-guru-carol-dweck-says-teachers-and-parents-often-use-her-research-incorrectly/>
- **Free Online Positive Parenting Resource for NC**  
<https://www.triplep-parenting.com/nc-en/triple-p/>
- **Explaining the Brain to Children**  
Seven Early Experiences with Potential Benefits in Adulthood  
<https://www.youtube.com/watch?v=3aDSmW1-ki0&feature=youtu.be>
- **Resources for Resilient Parenting:** Practicing Family Care  
<https://good-grief.org/resources-for-resilient-parenting-practicing-family-care/>
- **How to Talk to Your Kids About Coronavirus**  
<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>
- **Three Things All Parents Should Teach Their Children**  
<https://childmind.org/>
- **Tips for Parents**  
<https://www.susankaisergreenland.com/>

## Stress/Anxiety/Trauma/Resilience

- **Coping with Stress During the COVID-19 Pandemic**  
<https://www.acesconnection.com/blog/coping-with-stress-during-the-covid-19-pandemic-one-pager>
- **Are We Living in Grief Limbo?**  
How to Cope with Ambiguous Loss  
<https://www.acesconnection.com/blog/are-we-living-in-grief-limbo-how-to-cope-with-ambiguous-loss>
- **How childhood trauma affects health across a lifetime:** Dr. Nadine Burke Harris Ted Talk  
[https://www.ted.com/talks/nadine\\_burke\\_harris\\_how\\_childhood\\_trauma\\_affects\\_health\\_across\\_a\\_lifetime](https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime)
- <https://www.traumaresourceinstitute.com/ichill>
- **What Do We Know About Resilience in the Wake of Disaster?**  
<https://www.psychologytoday.com/us/blog/therapy-it-s-more-just-talk/202003/what-do-we-know-about-resilience-in-the-wake-of-disaster>
- **10 Ways to Build Resilience**  
<https://wellmd.stanford.edu/content/dam/sm/wellmd/documents/10-ways-to-build-resilience.pdf>
- **Science Based Insights:**  
<https://greatergood.berkeley.edu/>

## COVID-19 Emotional Support Line In Dare County

- Feeling anxious or down about the COVID-19 pandemic? Want to share your concerns? Talk to a counselor at the Dare County Health Department. Dial 252-473-8216 on Tuesday or Thursday between 9:00 a.m. and 3:00 p.m.

## Helping Women Recover in Dare County Is Meeting Online

- Women who are struggling with substance use can participate in a support group on Tuesday and Thursday at 11:00. Sponsored by Dare County Health Department, this program focuses on self, relationships, sexuality and spiritually. For more information, contact Catisha Bryant by email. [Catisha.Bryant@darenc.com](mailto:Catisha.Bryant@darenc.com)

## Current TV Features Video to Help You Cope

- Check out the video on Current TV of Dare County to learn more about how to cope during the COVID-19 pandemic, featuring members of the Breaking Through Task Force. For more information see [Breakthestigmaobx.com](http://Breakthestigmaobx.com).

# Partner Spotlight: Getting SMART About Recovery on the Outer Banks

There's a new program available to the Outer Banks recovery community called SMART Recovery. While it has many similarities to the familiar community support groups, such as AA and NA, what sets this program apart is that it offers those struggling with addiction the freedom and independence to choose and build their own path to recovery through evidence-based tools and group discussions. SMART, which stands for Self-Management and Recovery Training, may be new to the Outer Banks, but it was founded in 1994 and is still growing in the United States and worldwide. SMART is a non-profit organization

dedicated to helping individuals gain independence from addiction of all kinds, including substances or activities (behaviors). Through both online and in-person meetings, SMART offers many ideas and techniques to help recovering folks change their lives from one that is self-destructive and unhappy to one that is constructive and satisfying. Our efforts are based on scientific knowledge. The SMART program, including our community support groups, can be used as an alternative to, or along with, 12-step programs. The programs do not contradict each other, but SMART uses a secular (non faith-based) format. However, use of a higher power or any other faith-based belief system is not discouraged—it's just not a requirement for our program. In SMART, we work on building and maintaining motivation, coping with urges, managing thoughts, feelings

and behaviors, and living a balanced life. We focus on the present and what you want for your future rather than the past. It is an abstinence-oriented program.

Being in recovery is individual—it means different things to different people, so we encourage you to define what recovery is for yourself. We offer support for individuals in any and all phases of their recovery process, including those working with medically-assisted treatment. Our Outer Banks meeting is 60 minutes in length and is facilitated by husband and wife team Scott and Katy

Haslar, who are both in recovery and have 30 years of combined experience in several recovery programs and support groups. SMART facilitators are peers in recovery, not therapists or authorities. They simply guide the meeting.

### LOCAL MEETING INFO:

**When:** Monday evenings at 7:30pm, 60 min

**Where:** Kind Yoga studio in Kill Devil Hills, 3105 N Croatan Hwy

**Meeting Details:** *Please wear a mask and practice social distancing protocols. Please use the hand sanitizer just inside the entrance. We ask that you remove your shoes upon entering to protect the floor. Socks are fine. This meeting is free to the public. Donations are welcome and all money collected goes directly to the SMART central office in Ohio to fund materials and trainings.*

For more information on the organization, visit [www.smartrecovery.org](http://www.smartrecovery.org)

## Advocacy

Keith Hamm is the Community Liaison for Integrated Family Services and has provided the Saving Lives Task Force with informative briefings about the Mobile Crisis Hotline. Mobile Crisis provides help for people in crisis that have mental health issues, developmental disabilities and substance abuse issues. Keith was recently interviewed about the state of support in Dare County for people with substance abuse and mental health issues as well as hurdles in getting people help. The long and the short of the interview was that Dare County has a way to go in serving that population and there are many obstacles in the path of getting help to people that need it.

**Q:** Let's say you have a suicidal person who is deemed a threat to themselves here in Dare County. Currently, what sort of help can be offered in-county for that person?

**Keith:** Mobile Crisis is always a first step for people who are experiencing a mental health crisis but in answer to your question, there are currently no in-patient mental health facilities in Dare County for persons needing help for mental health or substance abuse issues.

**Q:** What are some of the nearest facilities that would be used by Dare residents?

**Keith:** The closest are Greenville (Vidant) and Ahoskie (Vidant Northside).

**Q:** What about facilities for recovery or long-term treatment for substance abuse issues?

**Keith:** There are detox facilities in Little Washington, Greenville, and Ahoskie for folks who are uninsured or underinsured.

**Q:** Another common situation faced by first responders: they are called to an incident where an individual has overdosed. It was serious

enough where NARCAN was used and EMS provided emergency medical treatment. The person is clearly in crisis and the initial response is just a band-aid for what is a much more serious situation. What can the police or EMS do?

**Keith:** Again, Mobile Crisis can respond. As far as an Involuntary Commitment, there is no mandatory committal process for individuals with substance abuse issues. A substance abuse petition must be obtained through a magistrate and the individual seeking the petition needs to have firsthand knowledge of the victim's situation. That said, treatment is much more effective when an individual seeks it rather than when they are forced into it.

**Q:** And, similar to overdose patients, for patients with a mental health crisis, is there no mandatory committal process? Basically, is it true that they can only be committed if they can be shown to be a threat to their safety/health or the safety/health of others?

**Keith:** Correct. The criteria for a petition is that the individual needs to be an imminent threat to themselves or others. The petition needs to be approved by a magistrate and doctor will evaluate the individual to determine if the committal is appropriate.

**Q:** Finally, for patients that are committed, what sort of follow-up or support do they get at the conclusion of a treatment plan? In other words, they've done their two weeks or 30 days and are sent home. Do they get a brochure and a pat on the back or is there something more done to help?

**Keith:** You hit the nail on the head. They usually get a follow-up appointment and little support.

## Resilience Continued from Page 1

Building on point one, Dr. Hone says resilient people have a habit of realistically appraising the situation, focusing on working on what they can change and somehow accepting the parts that can't be changed. They have a habit of selectively focusing on the positive and strong parts of their lives, rather than just focusing on what is wrong. She recommends practicing intentionally looking for the things that are strong and well while not diminishing the negative. Give yourself permission to appreciate what is well and strong; make a deliberate and ongoing effort to tune into the good.

The third strategy that she gives is the one that she says helped her the most and that she gets the most positive feedback about from others. Get in the habit of asking yourself "Is what I'm thinking about and doing helping me, or is it hurting me?" She says this strategy will put you back in charge and give you some control over your decision-making. Be kind to yourself and be sure that the choices you are making are going to help you through your challenges.

So, three strategies: realizing that suffering can and does happen, intentionally focusing on the good while not diminishing the bad, and asking "Is what I'm thinking about and doing helping me?"

The good news is that our bodies and brains are constantly growing and changing. This means we aren't stuck in our old patterns of seeing and acting. We can learn to recognize the strengths we are already using to help ourselves get through difficulties, and we can learn to make choices that are recovery- and wellness-focused and that will help us stay on the path of recovery that we want to be on.

# Recovery & Resilience Through Life's Challenges

## TOWN HALL EVENT

The Saving Lives Task Force has teamed up with The Breaking Through Task Force, Be Resilient OBX, Children & Youth Partnership, SMART Recovery and Dare County Department of Health & Human Services to bring you a virtual town hall event, Recovery & Resilience Through Life's Challenges..

Recovery & Resilience Through Life's Challenges will be offered virtually through zoom on two different dates, May 5, 2021 and May 12, 2021 from 5:30 to 8:00 p.m. Individuals interested in attending can fill out an online form to register.

Each event will feature local mental health and substance use experts, as well as community members sharing their personal experiences. Community resources will be available.

For more information, or to register for this event, please visit:

<https://www.darenc.com/Recovery&Resilience>

# THE INITIATIVE E Resources:

[savinglivesobx.com](http://savinglivesobx.com)

**PORT/New Horizons**  
2808 S Croatan Hwy,  
Nags Head, NC 27959  
**252.441.2324**

**Trillium Health Resources**  
[www.trilliumncaccesspoint.org](http://www.trilliumncaccesspoint.org)  
**877.685.2415** – 24 Hours a Day

**Mobile Crisis Team**  
24 Hours a Day / 7 Days a Week  
**866.437.1821**

**2-1-1 Directory**  
**[www.nc211.org](http://www.nc211.org)**

**Community Care Clinic of Dare**  
Syringe Services Program  
M-Th | 9 a.m. - 2:00 p.m.  
**252.261.3041**

*Contact your insurance company to find out more information on local providers and your plan's benefits.*