



OverdoseLifeline

**Indiana Non-profit on the front lines
of the opioid epidemic since 2014**



Family Centered Harm Reduction: Lessons from Camp Mariposa

Leah Edge-Reetz, MSW

Rachel McFadden, MS, OTR

Contributions to this presentation were made by Julie Buck, MS, OTR and Victoria Wilburn, DHSc, OTR, FAOTA

Overdose Lifeline, Inc. (ODL) is a statewide Indiana non-profit dedicated to **helping individuals, families, and communities** affected by the disease of addiction / substance use disorder through advocacy, education, harm reduction, prevention, resources, and support.



ODL advocacy

- Removing the Stigma
- Public Advocacy
- Overdose Awareness Day
- Naloxone and Fentanyl Test Strip Distribution



ODL education

- Online self-directed learning courses including a 20-hour certificate with CEUs
- Youth Prevention Programs
- Naloxone training programs



ODL support

- Camp Mariposa – Aaron's Place
- Heart Rock Justus Family Recovery Center
- Indiana School Naloxone Project
- CRAFT Family Support
- Lifeline for Loss
- Remembrances



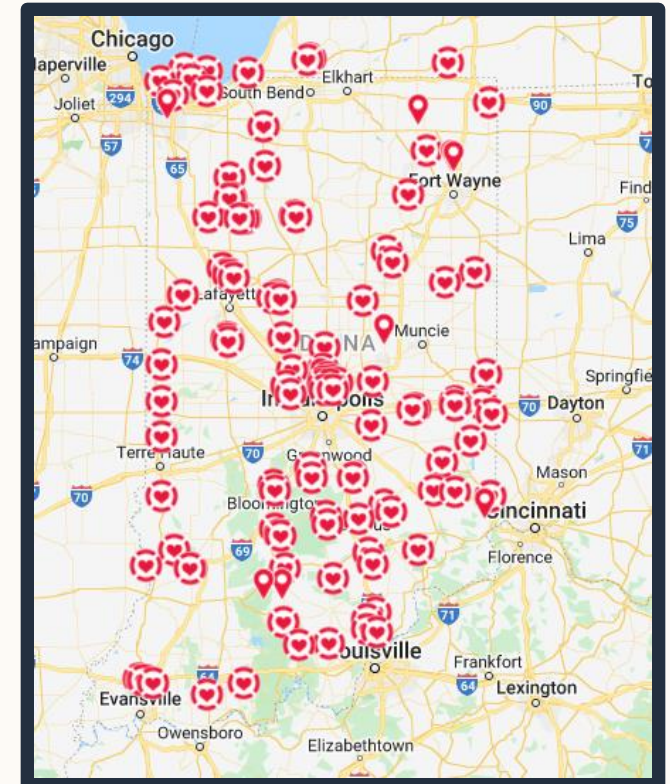


OverdoseLifeline

Visit Overdose Lifeline's website:

- Request FREE naloxone kit and Fentanyl Test Strips mailed to you
- Locate a local community partner that can provide naloxone
- Locate a NaloxBox: Free Naloxone. Accessible 24 hours a day at an outside location, no personal interaction needed.

VISIT: [OVERDOSELIFELINE.ORG](https://www.OverdoseLifeline.org)



Serving Families Across the Lifespan



Families and their
9-12-year-olds



Families and their
0-2-year-olds



Families and their
13-17-year-olds



Harm Reduction

Family Centered Harm Reduction

- Eliminate unnecessary barriers to treatment
- **Improve preventative/protective factors for children**
- Improve access to mental and behavioral health providers
- **Create a ripple effect for trauma sensitive providers**
- **Support the family with tangible resources**
- Improve collaboration among organizations



The overarching goal of family centered harm reduction is to engage in shared community decision making recognizing the long-term and generational impact of substance use disorder (Wilburn, 2021).

Adverse Childhood Experiences (ACEs)

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

The Impact of ACEs

- In 2019, 60% of childhood household removals in Indiana were due to parental substance use (IYI, 2022).
- Early childhood trauma causes changes in brain development that can decrease the ability of children to manage stress, emotions, and ultimately increase the likelihood of substance use and addiction, creating an intergenerational cycle of addiction (Hays-Grudo et al., 2021).
- 45.5% of 8th Graders who engaged in substance misuse in Indiana reported a reason for use was household dysfunction (IYI, 2021).





Youth with high ACEs who experience **connectedness** within a community outside of their home are less likely to engage in substance misuse and risky behavior that contributes to violence (CDC, 2014).

Enriching, nurturing relationships and providing effective resources to these kids can mitigate some of the short- and long-term impacts of trauma (Hays-Grudo et al., 2021).



Camp Mariposa – Aaron's Place is a year-round addiction prevention and mentoring program for youth ages 9-12 affected by the substance use disorder of a family member. Created by the Eluna Foundation.

We provide a safe and supportive environment where youth can connect with peers and caring adult mentors. We aim for a 1:3 mentor to camper ratio at every camp. At weekend camps, youth build confidence, learn coping skills that help break the cycle of addiction, and HAVE FUN!

Overnight weekend camp sessions (Friday-Sunday) occur 6 times per year. All Camp Mariposa-Aaron's Place activities are provided **free of charge**.



Indianapolis
Jameson Camp



Southern Indiana
Camp Rivervale (Mitchell, IN)

Camp Locations

Youth Substance Use

- US fatal overdoses in teenagers have nearly doubled from 2019 – 2020.
 - **492** in 2019 to **954** in 2020
 - **77%** of all teen overdose deaths involved fentanyl (Chatterjee, 2022).
- **17.3%** of Indiana students ever took a prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (IDOH, 2022).
- **10,571** Indiana school suspensions or expulsions related to alcohol, tobacco and/or drug use (Indiana Department of Education, 2020).

Youth Substance Use Initiation

15

Median age of
any substance
use

12

Average age of
early initiation
(10th percentile)

Indiana Youth Mental Health

2021 Indiana Youth Risk Behavior Survey:

30.7%

Mental health was “not good” most of the time or always

46.9%

Sad or hopeless every day for at least two weeks in a row

19.5%

Got the social support or help they need most of the time or always

27.7%

Seriously considered attempting suicide

22.2%

Made a plan

11.8%

Attempted suicide

Our Campers

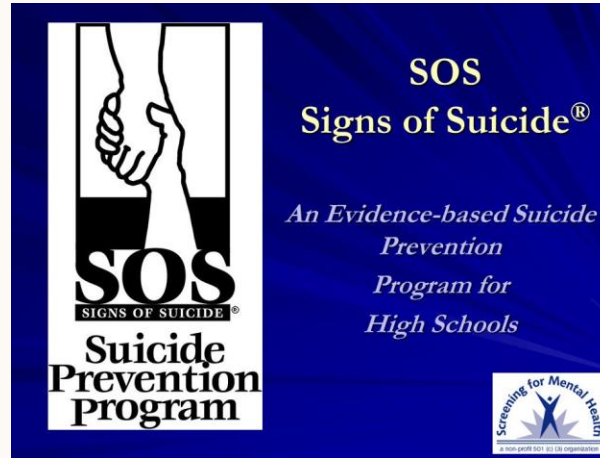
- Camp Mariposa Aaron's Place 2022 Cohorts: 42 Youth ages 9-12 who are impacted by the substance use disorder of a family member
- Adverse Childhood Events (ACEs) and Risk Factors of our campers:
 - **52%** have experience in the foster care system
 - **81%** have family mental health conditions/diagnoses
 - **36%** have experienced abuse and/or neglect
 - **79%** have experienced grief or loss due to death, separation, or incarceration

Camp Mariposa: Aaron's Place

Objectives

- Delay onset of first use of alcohol and substances
- Prevent or reduce involvement in juvenile justice system
- Connect program participants with caring and supportive mentors
- Create a positive peer support network for program participants
- Provide opportunities to participate in pro-social activities
- Build confidence and learn critical life skills
- Provide opportunities for kids to have fun

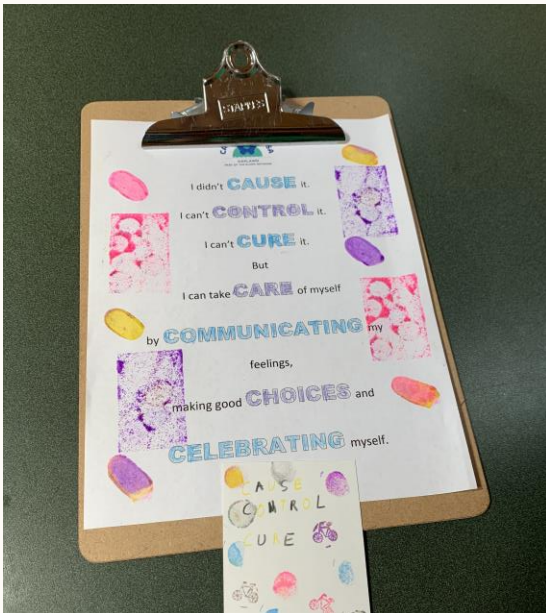




Curriculum

Each camp session incorporates a mindfulness activity, a therapeutic activity, and an arts & crafts activity to promote positive coping

- Letter to Addiction
- Social Perspectives
- Signs of Suicide



Adaptation of Conceptual Models, Nature Themes, and Plenty of Time Outdoors

- ConTigo Model
- Kaplan's Attention Restoration Theory
- Kawa Model

Letter to Addiction



I didn't **CAUSE** it.

I can't **CONTROL** it.

I can't **CURE** it.

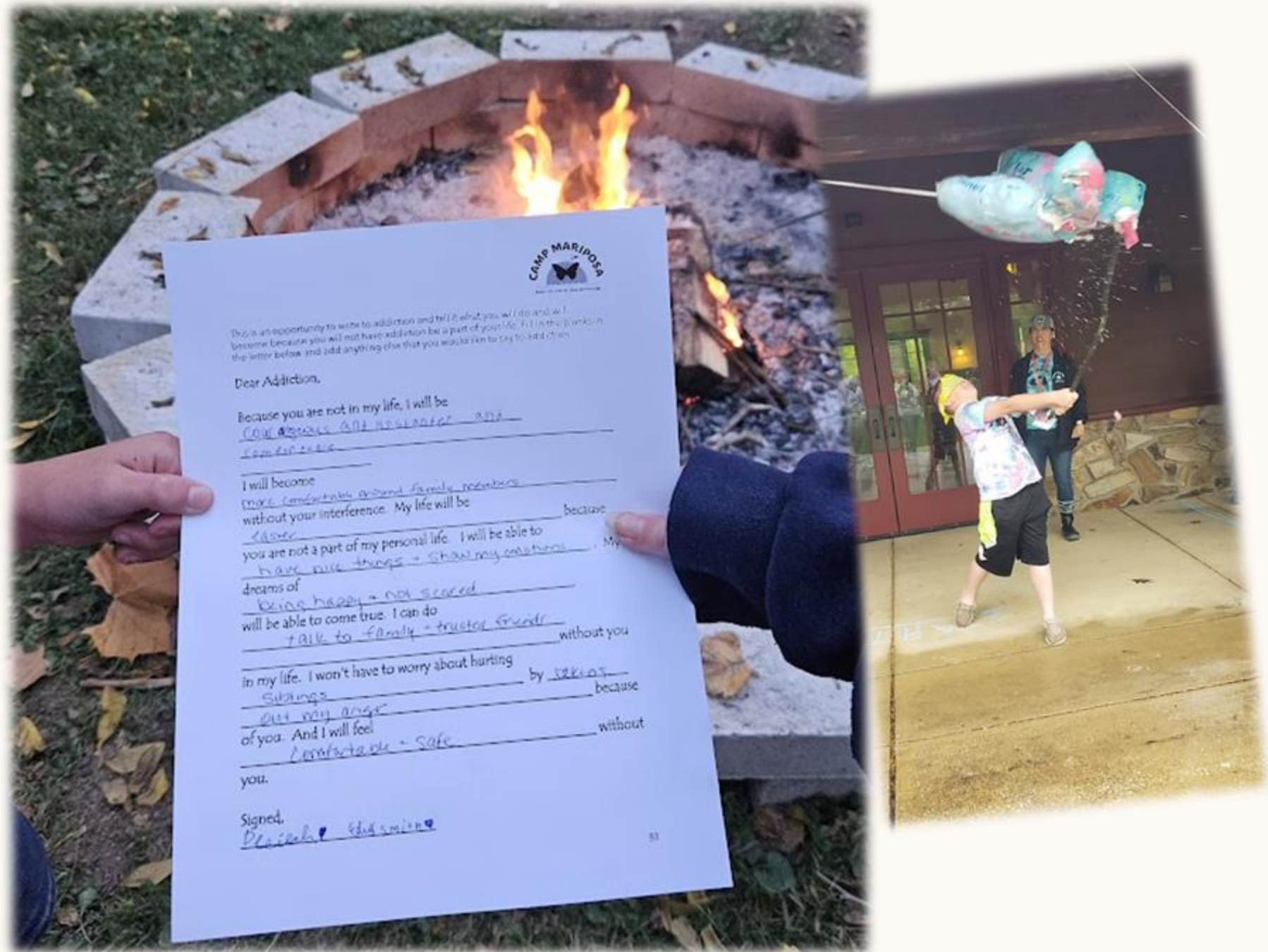
But

I can take **CARE** of myself

by **COMMUNICATING** my feelings,

making good **CHOICES** and

CELEBRATING myself





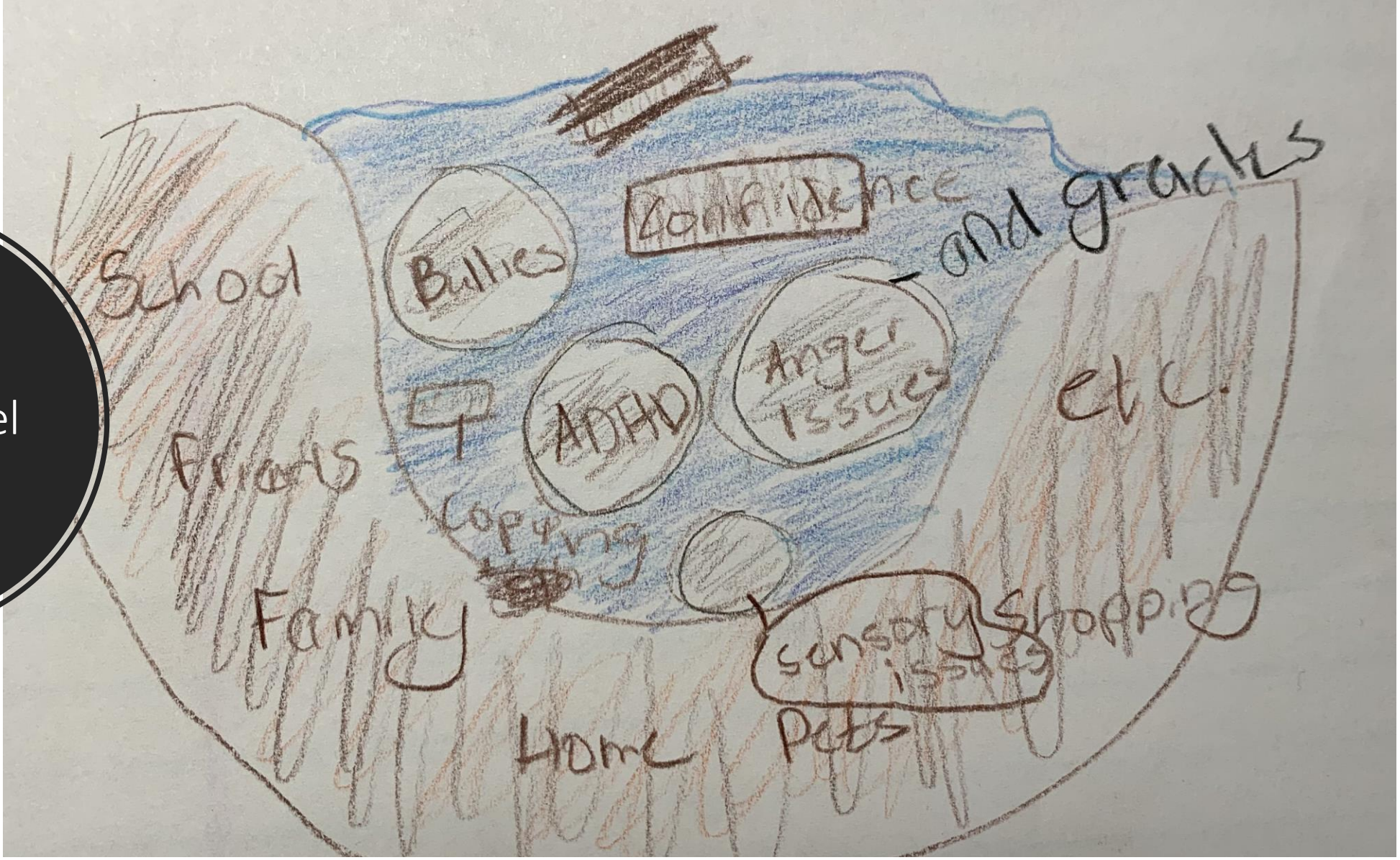








KAWA Model





Mentor Model

Aaron's Place Graduate
Healthcare Mentorship
Collaborative -

A Community Partnership with
Overdose Lifeline, Inc.

Mentors are recruited from
local graduate healthcare
programs including OT, PT,
Pharmacology, Social Work,
Medicine, and Nursing



IUPUI



OverdoseLifeline

Amelia Wiser

Mentor, Pre-OT Student

Being a mentor at Camp Mariposa has been the most meaningful thing I have done in my life. Seeing our beautiful camp community all work together to grow in empathy and understanding of SUD made me want to do the same. It has given me a passion for advocacy, so I can continue to make a difference inside and outside of camp. It has provided me with an avenue to truly impact others in a positive way and give back to my community.

Jayden Dover

Lead Mentor, Medical Student

I had a parent who struggled with addiction, as well as other family members who are actively struggling with SUD. I wanted to serve as a role model to youth and show them despite the challenges they face, they can achieve their dreams. What I didn't know is how much I would learn from the campers - dealing with grief, expressing emotions around addiction, and seeing the impact that community has on healing, as camp feels like one big family. Serving as a mentor has been incredible, and I recommend it to any healthcare provider who wants to better themselves so they can take better care of their patients.

Common Behaviors Among Campers

Dysregulation

Inappropriate humor and language

Disregard for boundaries/instructions

Limited attention to activity/teaching

Exclusion of peers

Anxiety

Poor self-awareness/perspective taking

Poor organization/messiness

We Need to Apply a Trauma Informed Lens

- **Relational Trauma:** The range of maltreatment, interpersonal violence, abuse, assault, and neglect experiences encountered by children and adolescents
- Relational trauma happens over time, is processed over time, and requires healing **through relationships.**





Safety: How can I help this child feel safer?



Trustworthiness/Transparency: How can I share my feelings in a respectful way?



Peer Support: How can peers provide a safe/positive environment?



Collaboration/Mutuality: How can staff/mentors come alongside campers, rather than ruling over them?



Empowerment/Voice/Choice: How can I provide layers of choice to this activity/situation?



Cultural/Historical/Gender Issues: How am I allowing my bias to color my reaction?

Trauma Lens in Action:

What does success look like at camp?



Family Centered Harm Reduction


Beyond our Camp Weekends:

- Additional Family Activities are held throughout the year for campers, families, and mentors to attend, **free of charge.**
- Letters to Campers



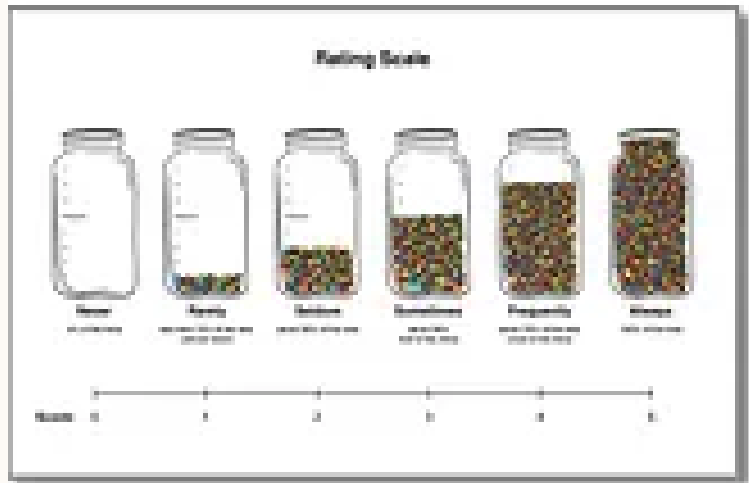
Family Centered Harm Reduction

Camp Village Council

- Sunday morning group for camp families to share a meal and establish a sense of community.
 - Connecting families with camp curriculum
 - Empowering families with education
 - One-on-one consultations on request
 - Providing additional resources
 - Removing barriers to participation
- 

Tangible Resources

Through our partnership with the IUPUI School of Occupational Therapy, we were given the opportunity to be trained on and administer the Multidimensional Assessment of Interoceptive Awareness–Youth Version (MAIA-Y)



(Petrenchik, 2021)

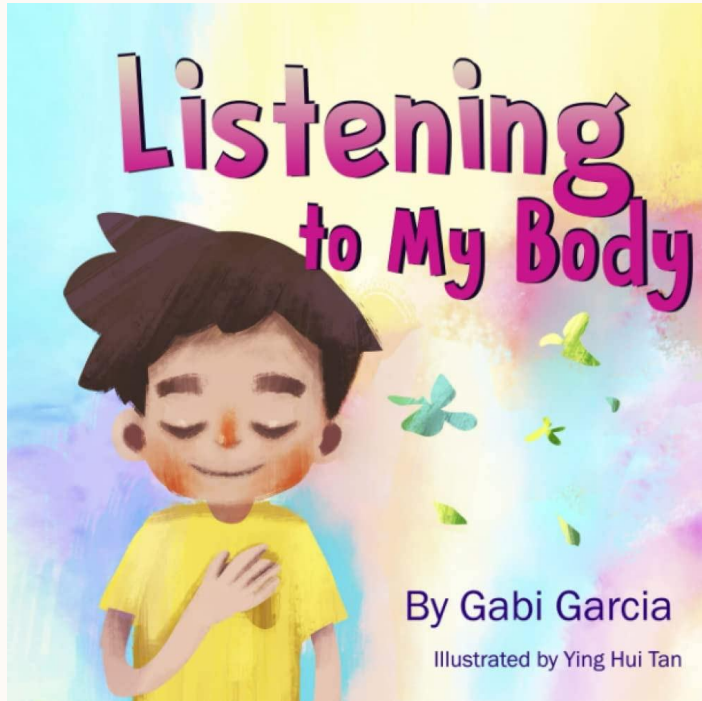


19. When something is wrong in my life I can feel it in my body.



25. I can use my breath to help me calm down and relax.

Promoting Common Language and Carryover



Camp Mariposa Goals

To help me listen to my body

My Scores

Body Trust: 1.7

I know I am safe In my body and I trust what It tells me.

Body Listening: 1

I listen to my body for clues about my emotions.

Emotional Awareness: 4

I can feel how my body changes with different emotions.

Attention Regulation: 1.2

I can focus on my body when I try.

Self-Regulation: 0.75

I can use my body to help me control my emotions.

My goals for camp:

For activity groups, I will use a fidget to help me stay
attentive and focused during the activity.

My goals for home:

When I feel myself stressed, I will use the box
breathing technique I learned.

2021/2022 Camper Survey Results

Since Last Camp...

- 94.6% of 12 and older did not have more than a few sips of alcohol
- 91.1% did not use any substance to get high*
- 93.4% have not been in trouble with police/arrested/had to go to court

*remaining youth refrained from answering

Mental Health:

- 74.1% of are happy with who they are
- 67.4% are happy with their lives overall
- 83.4% believe they will be healthy
- 76.2% believe they will have a happy family
- 81.8% believe they will graduate from high school

Camper Satisfaction:

- 82.9% reported learning a lot from Camp Mariposa
- 77.4% feel challenged in a good way by camp
- 85.1% are interested in what we do at camp
- 89.5% say they have at least one staff/mentor who will support them

"We are so thankful to have found a place where (our son) is accepted for who he is"

-Sprock Family

"Camp was the missing piece in our family's healing"

-Walther Family

"Camp Mariposa has changed my life. The skills I have learned can save lives. I used to not think suicide and drugs mattered. Then, I looked back on my life and realized they do. And how big of an impact they have. Camp is my safe place to talk about hard things. I didn't cause it, I can't control it, and I

can't cure it." -K.S. (graduated camper)

Mentor Mental Health

