

Extension Behavioral Health Programs Survey Results

Administered by:
Extension Opioid Crisis Response Workgroup

This document is available at: <https://opioidresponse.extension.org>

To assist in the development of a strategic plan, the Extension Opioid Crisis Response Workgroup designed and administered a behavioral health survey to learn about a full range of programming related to substance abuse, as well as other behavioral health programming being used by Extension across the nation. The report below summarizes the survey findings. Part I provides information about the respondents. Part II provides information on the range of behavioral health programming being offered across the states. In Part III, information on Extension partners is summarized, and in Part IV we report on future plans for work in the behavioral health arena. This report will be used to help formulate a strategic framework for Cooperative Extension in addressing the opioid crisis, but more generally provides a summary of behavioral health programming within Extension across the nation.

Part I: Survey Response Information

There were a total of 100 surveys started of which 72% were fully (or very nearly) completed. The table below provides a summary of the completion rate:

Table 1: Survey Completion Rate

Survey Completion	Frequency
100%	63
98%	9
81%	4
23%	21
0%	3

The survey results reported include participants who completed 81% or more of the survey, $n = 76$. Table 2 below provides a summary of which institutions responded to the survey and where they are located:

Table 2: Location and Institution Type Responding to the Survey

Type of Institution	Frequency
1862 Northeast Region	10
1862 North Central Region	11
1862 Southern Region	9
1862 Western Region	19
1890 Region	12
1994 Tribal	7

Missing $n = 8$

Table 3 provides a summary of institutions responding to the survey:

Table 3: Specific Institutions Responding to the Survey

Region	Institution	Frequency	Region Response Rate
1862 Northeast	Cornell University	2	8/13 (61.5%)
	Rutgers University	1	
	University of Delaware	2	
	University of Maine	1	
	University of New Hampshire	1	
	University of Rhode Island	1	
	University of Vermont	1	
	University of the District of Columbia	1	
1862 North Central	Iowa State University	2	9/12 (75%)
	Kansas State University	1	
	Michigan State University	1	
	Ohio State University	1	
	South Dakota State University	2	
	University of Minnesota	1	
	University of Nebraska	1	
	University of Wisconsin	1	
	University of Illinois	1	
1862 Southern	Clemson University	1	9/15 (60%)
	North Carolina State University	1	
	Oklahoma State University	1	
	Texas A&M University	1	
	University of Arkansas	1	
	University of Florida	1	
	University of Kentucky	1	
	University of Tennessee	1	
	Virginia Polytechnic Institute and State University	1	
1862 Western	American Samoa Community College	2	13/17 (76.5%)
	Colorado State University	1	
	Montana State University	1	
	New Mexico State University	1	
	Northern Marianas College	1	
	Oregon State University	1	
	University of Alaska	1	
	University of Arizona	1	
	University of Hawaii	3	
	University of Nevada	1	
	University of Idaho	1	
	University of Wyoming	1	

	Washington State University	4	
1890	Alabama A&M University	1	9/19 (47.4%)
	Florida A&M University	1	
	Fort Valley State University	1	
	Kentucky State University	1	
	Langston University	1	
	Prairie View A&M University	3	
	Southern University System	1	
	Tuskegee University	1	
	Virginia State University	2	
Total		48/76 (63.2%)	

In addition, the following tribal colleges/institutions also responded to the survey:

- FALCON (First Americans Land Grant Consortium)
- Saginaw Chippewa Tribal College
- Salish Kootenai College
- United Tribes Technical College
- The Nebraska Indian Community College
- College of Menominee Nation
- Cankdeska Cikana Community College

Overall, about 63% of the institutions responded to the survey. While it is difficult to know with certainty, it may be that the non-responding institutions did not respond because they don't have very much behavioral health programming.

Part II. Behavioral Health Programming within Your Extension System

Table 4 contains a summary of the survey response frequencies in each of the behavioral health categories of Mindfulness or Stress Management Reduction Mental Health, and Substance Misuse Prevention, Intervention, or Recovery.

Does your Extension system offer any programming related to (select all that apply)?

Table 4: Summary of Behavioral Health Programming by Type

Topics	Frequency
Mindfulness or stress management/reduction	37
Mental health	31
Substance misuse prevention, intervention, or recovery?	30

A summary of the regional locations of Mindfulness and Stress Management Programs, Mental Health Programs, and Substance Abuse Programs are provided in Tables 5-7, respectively.

Table 5: Mindfulness or Stress Management/Reduction

Type of Institution	Frequency
1862 Northeast Region	4

1862 North Central Region	9
1862 Southern Region	7
1862 Western Region	9
1890 Region	6
1994 Tribal	2

Table 6: Mental Health

Type of Institution	Frequency
1862 Northeast Region	1
1862 North Central Region	11
1862 Southern Region	5
1862 Western Region	9
1890 Region	4
1994 Tribal	1

Table 7: Substance Misuse Prevention, Intervention, or Recovery

Type of Institution	Frequency
1862 Northeast Region	6
1862 North Central Region	7
1862 Southern Region	5
1862 Western Region	6
1890 Region	4
1994 Tribal	2

Specific Programming Activities

Survey respondents were asked to provide up to three behavioral health programs in Mindfulness or Stress Management (48 programs identified), Mental Health (48 programs identified), or Substance Misuse (57 programs identified), including 11 programs specific to opioids. Below, we provide a summary of the program names along with contact information when available. Note that some types of programs are listed within more than one category, indicating that they can be applied to different aspects of behavioral health.

Mindfulness or Stress Management/Reduction (48 programs)

Program 1

- Balanced Living - Laura Sant - lsant@uidaho.edu
- Balanced Living , Dawn Burton-713.797.7032
- BCN/WISEWOMAN - Logan McFall
- Character Education
- Children and Stress: Caring Strategies to Guide Families, www.vsu.edu, Dr. Novella Ruffin: nruffin@vsu.edu, 804 524-5257
- CLEAR (Collaborative Learning for Educational Achievement and Resilience), <http://extension.wsu.edu/cafru/our-focus-complex-trauma/>, blodgett@wsu.edu
- Elevate, Charlotte Shoup-Olson, colson@ksu.edu

- Gina Ord, WSU Yakima County Director provides programming in this area. WSRegina-Ord-WSU-Ext-3U Yakima County Extension Director/ Health & Nutrition Extension Educator gina.ord@wsu.edu / (509) 574-1600
- Health Rocks—Amy Chilcote
- Health Talk Express - Stress Management (2-part series) - Dr. Ninfa Purcell (NCPurcell@ag.tamu.edu)
- Heather Wallace, heather.wallace@utk.edu, 865 771-7193, 119 Morgan Hall Knoxville Tn 37996, Various programs on mindfulness, Relax Curriculum
- Herbal Teas and Natural Remedies
- <https://fcs.osu.edu/programs/major-program-areas/healthy-relationships/mindful-wellness>
- Karla Belzer; kbelzer@illinois.edu
- Managing Stress: Turning Challenges into Blessings; <https://www.uaex.edu/health-living/personal-family-well-being/personal/managing-stress.aspx> Contact: Dr. Brittney Schrick, bschrick@uaex.edu
- Many mindfulness - Dr. Larissa Duncan <https://centerhealthyminds.org/about/people/larissa-g-duncan>
- Mindful Movement; <https://www.lifeskillstraining.com/>; Sarah Bercaw sbercaw@udel.edu
- Mindfulness and Skillful Living; Thao Le; thaole3@hawaii.edu
- Mindfulness with youth in educational settings - rick.alleva@unh.edu
- No specific program; education on the identification of stress and management of stress with farmers (Andrea.Bjornestad@sdstate.edu)
- Original programs - Dr. Sonja Koukel, sdkoukel@nmsu.edu
- Parenting with Less Stress
- Self-created program on stress management (Heidi Radunovich - hliiss@ufl.edu)
- Stress in the Workplace, Dr. LeChrista Finn, (502) 597-6738
- Stress Less with Mindfulness (West Virginia Extension)
- Stress Less with Mindfulness https://www.canr.msu.edu/stress_less_with_mindfulness/
- Stress Management - Dr. Dorothy Brandon dpb0010
- SWITCH; <https://www.iowaswitch.org/>; Greg Welk; gwek@iastate.edu
- The Slow Down Program (mindful eating); Lauren Kennedy (kennedy0@vt.edu)
- Wellbeing Program

Program 2

- Culturally-based Youth Leadership Accelerators (CYLA); <https://www.extension.iastate.edu/4h/cyla>; Cayla Taylor, cayla@iastate.edu
- Health Rocks - Dr. Angela Williams arw0033@aces.edu
- Justin Crowe, jcrowe3@utk.edu, 865 974-2128 , 205 B Morgan Hall, Knoxville, TN 37996, 4-H Youth Development activities that support drug and alcohol prevention
- Life Skills, How to reduce Stress, anger management in Schools
- Mindful Practice for Child Care Professionals, www.betterkidcare.psu.edu; VA Contact www.vsu.edu, Dr. Novella Ruffin, nruffin@vsu.edu, 804 524-5257
- NDPP - Rebecca Dillow
- No specific program; education on the identification of stress and management of stress with college students (Andrea.Bjornestad@sdstate.edu)

- Original programs - Dr. Raquel Garzon, rgarzon@nmsu.edu
- Self-created programs on mindfulness (varied)
- Taking Care of you <https://tfjck.org/programs/taking-care-of-you/>
- The Mind-Body Connection; <https://www.uaex.edu/health-living/extension-homemakers/MindBodylw.pdf>; Contact: Dr. Lisa Washburn, lwashburn@uaex.edu
- Together We Can, Elaine Johannes, ejohanne@ksu.edu

Program 3

- chronic diabetes self-management internally developed with partnership with Greenville Health System (Health Extension for Diabetes "HED") - Danielle McFall
- Communicating With Farmers Under Stress; VSU Small Farm Program, Mike Wooden, mwooden@vsu.edu; 804 524-3652
- Dr. Chris Blodgett, Child and Family Research Unit Director, WSU Extension, Blodgett, Christopher Chris Blodgett, CAFRU Director CAFRU Director blodgett@wsu.edu; (509) 358-7679 SNURS 427C
- Mindfulness based strengthening families
- What About Me? My Wellbeing; <https://www.extension.iastate.edu/humansciences/wellbeing>; Deb Sellers, dsellers@iastate.edu
- Yoga for Kids; <https://www.uaex.edu/health-living/health/youth.aspx>; Contact: Dr. Lisa Washburn, lwashburn@uaex.edu

More than 3 programs:

University of Tennessee
Virginia State University
Iowa State University

Mental Health (48 Programs)

Program 1

- ACEs (Adverse Childhood Experiences), Fond du Lac Tribal & Comm. College, Nikki Crowe, NikkiCrowe@FDLREZ.COM
- Active Parenting Now; Active Parenting with Teens
- Applied Suicide Intervention Skills Training, Cathy Martinez (no longer certified)
- Children, Youth and Family Consortium, <http://www.extension.umn.edu/family/cyfc>
- Chronic Disease Self-Management Education
- Chronic Pain Self-Management Program; <https://www.selfmanagementresource.com/programs/small-group/chronic-pain-self-management/>; Contact: Dr. Lisa Washburn, lwashburn@uaex.edu
- ELEVATE: Taking Your Relationship to the Next Level; <https://www.extension.iastate.edu/humansciences/elevate>; Anthony Santiago, ads@iastate.edu
- Heart and Shield, <http://www.unce.unr.edu/counties/churchill/programs/index.asp?ID=168> Contact: Pam Powell (775) 423-5121

- <https://cfaes.osu.edu/mental-health>
- Importance of Exercise on Mental Health, iGrow; Novella Ruffin nruffin@vsu.edu; 804 524-5257; Debbie Jones, djones@vsu.edu ; 804 524-5847;
- Kathie Brown, brownlk@illinois.edu
- Life Skills
- Mental Health 1st Aid - Dr. Rick Peterson (RLPeterson@ag.tamu.edu)
- Mental Health First Aid (n = 2)
- Mental Health First Aid - Sandy Bailey
- Mental Health First Aid Colorado; <http://www.mhfac.org/>
- Mind, Body and Soul, Dr. LeChrista Finn, (502) 597-6738
- No specific program; education on the identification of depression, anxiety, and suicide in farmers (Andrea.Bjornestad@sdstaate.edu)
- Presentations on disaster and mental health
- The Cost of Caring- Carrie Gottschalk
- We are using resources that relate to farm stress
- Youth Mental Health First Aid
- Youth Mental Health First Aid - gail.kennedy@unh.edu

Program 2

- Adult Caregiving - Andy Crocker (ABCrocker@ag.tamu.edu)
- CARE Edu coalition
- Disaster Recovery, <http://www.extension.umn.edu/family/disaster-recovery/>
- Healthy Relationship Education Training; <https://www.extension.iastate.edu/humansciences/healthy-relationship/>; Anthony Santiago; ads@iastate.edu
- information on managing stress after job loss
- Parenting the Positive Discipline Way
- Powerful Tools for Caregivers; <https://www.powerfultoolsforcaregivers.org/>; Contact: Dr. Lisa Washburn, lwashburn@uaex.edu
- RELAX Alternatives to Anger https://www.canr.msu.edu/alternatives_to_anger/
- Relax Curriculum (anger management and mindfulness)
- Social Emotional and Behavioral Health for early childhood programs and staff - thom.linehan@unh.edu
- Strengthening Families Program, Novella Ruffin, nruffin@vsu.edu; 804 524-5257
- Youth Aware of Mental Health - Sandy Bailey
- Youth Mental Health First Aid, Cathy Martinez

Program 3

- ACES training
- Family Strengthening Program
- Grandparents Raising Grandchildren Support Group, Novella Ruffin, nruffin@vsu.edu; 804 524-5257
- information on depression, ADHD and Autism Spectrum

- Supporting Military Families, <http://www.extension.umn.edu/family/supporting-military-families/>
- Thrive, computerized Cognitive Behavioral Therapy -Sandy Bailey
- Together We Can; <https://www.extension.iastate.edu/humansciences/content/together-we-can>; Anthony Santiago; ads@iastate.edu
- Youth & Families with promise 4-H mentoring - kate.guerdat@unh.edu

More than 3 programs: $n = 3$

Montana State University
Virginia State University
Iowa State University

Substance Misuse (57 programs)

We divided the substance misuse programming into the following subcategories: 1) Prevention; 2) Recovery; 3) Opioid Specific Programs; and 4) Adaptable Programs.

Substance Misuse Prevention (28 Programs)

Program 1

- 4-H Health Rocks
- Active Parenting with Teens
- Botvin <https://www.lifeskillstraining.com/>; Lindsay Hughes; lgooden@udel.edu
- Collaborative Efforts with Tribe's Prevention Team
- Health Rocks (n = 2)
- Health Rocks - Tonya Price: (totaylor@vt.edu; (540) 432-6029)
- Health Rocks (Kate Fogarty - kfogarty@ufl.edu)
- Health Rocks, Lisa Diaz, lbdiaz@illinois.edu
- <http://realmedia4-h.rutgers.edu/>
- PROSPER model
- Radio PSA
- Strategic Prevention Framework (note: this is not a direct service program); Sarah Yuan; cwlau@hawaii.edu
- strengthening Families
- Strengthening Families 10-14
<https://www.human.cornell.edu/pam/engagement/parenting/professionals/strengthening>
Kimberly Kopko (kak33@cornell.edu)
- Strengthening Families Program: For Parents and Youth 10-14;
<https://www.extension.iastate.edu/sfp10-14/>; Cathy Hockaday; hockaday@iastate.edu
- Strengthening Families, Elaine Johannes, ejohanne@ksu.edu
- Strengthening Families, <https://www.extension.iastate.edu/sfp10-14/>
- The Truth About Drugs
- Truth and Consequences: The Choice is Yours

Program 2

- Drug Free Hawaii materials; Alcohol Drug Abuse Prevention HI
- Health literacy
- Opioid documentary film screenings and panel discussions, cuthbe16@msu.edu
- Opioid Fact Sheet and materials, Erin Yelland, erinyelland@ksu.edu
- PREVENTION WORKSHOPS
- PROMoting School-community-university Partnerships to Enhance Resilience (PROSPER); <http://helpingkidsprosper.org/what-is-prosper>; Dick Spoth, rlspoth@iastate.edu
- Strengthening Families 10-14 - Crystal Tyler-Mackey (cmt Tyler@vt.edu); (804) 527-4235)
- Strengthening Families Program Ages 10-14
- What's in Your Medicine Cabinet?

More than two prevention programs (n=3)

University of Wisconsin
 University of Vermont
 Virginia Tech

Substance Misuse Intervention (2 programs)

Program 1

- Partnered with MUSC who is providing an Intensive Outpatient Program for treatment of Opioid addiction but Extension agents do not provide treatment - MUSC contact Dr. Kelly Barth
- Naloxone Training, Contact Guadalupe Gonzalez

Substance Misuse Recovery (4 Programs)

Program 1

- Extension Health agents are alerted to patients returning to community after IOP and agents provide on-going support and follow up - Michelle Parisi
- Financial education programs in treatment centers
- Healthy Steps to Freedom <https://www.unce.unr.edu/programs/health/index.asp?ID=7>
 Contact: Dr. Anne Lindsay, (702) 940-5434

Program 2

- Parenting classes in treatment centers

More than two recovery programs (n=1, specific institution not indicated)

Programs Specific to Opioids (11 programs)

Program 1

- Curriculum is being created now using protective factors (concrete support, knowledge of parenting and child development, social and emotional competence, resilience, and social connections)

- Generation Rx
- MUSC Intensive Outpatient Program (IOP) for opioid addiction community support and recovery
- Naloxone Training, Contact Guadalupe Gonzalez
- Opioid Fact Sheet and Materials, Erin Yelland, erinyelland@ksu.edu
- Please see above--SFP 10-14
- Radio psa
- See previous responses

Program 2

- Please see above--PROSPER
- prevention workshops
- What's in Your Medicine Cabinet?

Adaptable Substance Misuse Programs (16 programs)

Program 1

- Health Rocks
- Health Rocks (currently being revised to include opioids) - contact above
- Healthy Steps to Freedom (see above)
- <http://realmedia4-h.rutgers.edu/>
- jennifer.parkmroch@ces.uwex.edu
- SFP 10-14
- Strategic Prevention Framework (note: this is not a direct service program)
- Strengthening Families 10-14
<https://www.human.cornell.edu/pam/engagement/parenting/professionals/strengthening>
Kimberly Kopko (kak33@cornell.edu)
- stress and mental health programs are useful for prevention programming already
- Talking to Kournaye Sturgeon at Overdose Lifeline about training and implementing opioid educational awareness program.

Program 2

- Lionsquest
- Parenting A Second Time Around (PASTA)
<https://www.human.cornell.edu/pam/engagement/parenting/faculty-students/secondtime>
Kimberly Kopko (kak33@cornell.edu)
- We are hoping to add in resilience training, Botvin Life Skills and Girls Circle if funded

Program 3

- Home Visiting Program / Kimberly Kopko (kak33@cornell.edu)
- Life Skills

III. Partners in Behavioral Health Programming

This section provides a summary of information about partnerships Extension has with other entities in the behavioral health arena.

Table 8: Top Five Partners in Behavioral Health Programming

Type of Partner	1	2	3	4	5	Total
Social and human services, public sector	19	19	12	6	2	58
Social and human services, private sector	0	1	1	3	2	7
Non-profit	3	6	5	5	2	21
Faith-based	2	1	5	2	1	11
Healthcare	10	6	6	5	3	30
Educational	12	9	4	3	7	35
Business/corporation	0	0	1	1	1	3
Other*	5	0	1	5	3	14
Total	51	42	35	30	21	179

*Types of “Other” partners:

- Clinical Psychologist Family Coach
- It's a statewide coalition of members from various types of organizations
- Our university has a Center for Mental Health Research & Recovery that does research and outreach
- State department
- Tribal
- This is a nonprofit that works with us as they have great outreach across the state and have been helping Extension as we provide educational programming in the area of mental health.
- community coalitions ($n = 2$)
- Government
- Military
- University partner
- Volunteers
- Community Health & Development
- Family Court

Sixteen respondents indicated that their institutions has other partners in addition to those listed above.

Specific partners identified:

Partner 1

- American Samoa Department of Human and Social Services
- AZ Suicide Prevention Coalition
- Children's Behavioral Health Network
- CLEAR is delivered in multiple school settings in four states

- Community Mental Health organizations
- Community services boards
- Department of Health
- Dept of Human Services
- DHS/Office of Youth Services
- Dr. Kim Allen
- Fond du Lac Tribe
- Greater Oregon Behavioral Health Inc
- Health Department
- Iowa Department of Public Health
- Kentucky State University
- KS Dep of Health and Environment
- Last Organic Outpost
- Maine CDC
- Medical University of South Carolina
- MN Department of Health
- MSU Center for Mental Health Research and Recovery
- Nebraska DHHS Division of Behavioral Health
- Nevada Department of Corrections
- NM Dept of Health
- Oklahoma Department of Mental Health and Substance Abuse Services
- OSU College of Pharmacy
- Public Schools
- RAPP Groups
- RI Department of Health
- Rutgers School of Communication
- Santee health center
- Schools
- Schools
- Schools (ISDs)
- Spokane Regional Health
- St. Alphonsus
- Sussex County Health Coalition
- Tribal Behavioral Health
- University of Illinois
- UW Health
- UW-Extension
- Va and Local Depts. of Health, Public Health
- working in partnership with Univ CO Anschutz

Partner 2

- Behavioral Health Education Center of Nebraska - UNMC
- Clark County Municipal Courts
- Community Mental Health Centers

- Delaware Department of Education
- Department of Health Services
- Department of Human Services (through funding for family life programs)
- Department of Social Services
- Department of Social Services
- Dept. of Health & Human Development Mark Schure
- DOH/Alcohol and Drug Abuse Division
- Health Department
- Heather B. Scheffler
- Horizon Health Services
- Illinois Public Health Department
- Institute on Disability - UNH
- KS Foundation for Medical Care
- Local and state health departments
- Local Mental Health
- M.D. Anderson
- Maine DHHS
- Michigan DHHS
- MN Department of Human Services
- OSU College of Public Health
- RI 4-H Club Foundation
- Santee health center
- St. Lukes
- Sullivan Center
- Tribal Clinic
- University of Iowa, School of Public Health
- University of MN-Duluth
- University of Nebraska
- VA and Local Depts. of Social Services
- Various religious organizations

Partner 3

- AmeriCorps VISTA
- Area hospitals
- AZ Dept of Health Svcs
- Baptist General Convention of Virginia
- Behavioral Health Lutheran Family Services
- Child Care Aware NH
- Delaware Division of Public Health
- Extension-affiliated volunteer groups
- Governors Childrens Cabinet
- Greenville Health System
- Health Care Clinics
- ID Dept Health and Welfare

- Iowa Public Schools
- Katherine Smith
- Kaw Valley Coalition
- Local Businesses
- Local Drug Coalitions
- Maehnowesekiyah Treatment Center
- MN Department of Corrections
- Ohio Attorney General
- omaha alcohol program
- OneMontana - Bill Bryan
- Public School
- Schools
- VA Infant and Toddler Mental Health
- WestCare of Nevada

Partner 4

- American Foundation for Suicide Prevention
- Blue Valley Behavioral Health
- CDC
- Cenpatico
- Choices Group, Inc.
- Community Mental Health Association
- Extension Agents
- Faith based organizations
- Farm Bureau
- Healthcare providers (local)
- ID Drug Coalition
- Iowa National Guard
- Master Wellness Volunteers
- Multiple non profit agencies
- School-Based Health Center
- Tribal Police
- University of MN, Duluth, Pharmacy
- VA Rural Health Association
- Virginia Rural Health Association
- WISEWOMAN (stress mgmt)

Partner 5

- County Social Services
- Family Treatment Court
- Health Districts
- Health Street
- Healthy Families Program
- Iowa State University Veterans Center

- Kansas Children Service League
- Mental Health Counseling, Bryan Health
- Montana meth project
- Public School system
- University of Arkansas for Medical Sciences
- Unshakeable

Part IV. Future Plans for Behavioral Health Planning

Table 9 and 10 report responses regarding plan to offer existing and new programming in the behavioral health arena. More than half of respondents indicate plans to offer existing programming (probably yes and definitely yes), but the percentages fall somewhat for plans to develop new programs.

Table 9: Plans to Offer Existing Programming

Topic	Definitely not n (%)	Probably not n (%)	Maybe n (%)	Probably yes n (%)	Definitely yes n (%)
Mindfulness or stress management/reduction Missing or Don't Know <i>n</i> = 21 (27.6%)	1 (1.3%)	4 (5.3%)	11 (14.5%)	12 (15.8%)	27 (35.5%)
Mental health Missing or Don't Know <i>n</i> = 22 (28.9%)	1 (1.3%)	6 (7.9%)	8 (10.5%)	14 (18.4%)	25 (32.9%)
Substance misuse prevention, intervention, or recovery Missing or Don't Know <i>n</i> = 21 (27.6%)	1 (1.3%)	8 (10.5%)	7 (9.2%)	10 (13.2%)	29 (38.2%)

Table 10: Plans to Offer New Programming

Topic	Definitely not n (%)	Probably not n (%)	Maybe n (%)	Probably yes n (%)	Definitely yes n (%)
Mindfulness or stress management/reduction Missing or Don't Know <i>n</i> = 21 (27.6%)	0 (0%)	12 (15.8%)	17 (22.4%)	16 (21.1%)	10 (13.2%)
Mental health Missing or Don't Know <i>n</i> = 21 (27.6%)	0 (0%)	9 (11.8%)	21 (27.6%)	12 (15.8%)	13 (17.1%)
Substance misuse prevention, intervention, or recovery Missing or Don't Know <i>n</i> = 21 (27.6%)	1 (1.3%)	13 (17.1%)	12 (15.8%)	15 (19.7%)	14 (18.4%)

In Table 11, we report on perceptions of the impact of opioids on health in the respondent’s state. As shown, the impacts are perceived to be most severe in the Northeast, among the 1890 and 1994 institutions and the Southern region.

Table 11: Impacts of opioids on health (0=no impact, 5= extreme impact)

Type of Institution	Mean (SD)	Median
1862 Northeast Region (<i>n</i> = 9)	4.56 (0.53)	5
1862 North Central Region (<i>n</i> = 10)	3.30 (0.82)	3
1862 Southern Region (<i>n</i> = 9)	4.22 (0.67)	4
1862 Western Region (<i>n</i> = 16)	3.50 (1.10)	4
1890 Region (<i>n</i> = 11)	4.36 (0.67)	4
1994 Tribal (<i>n</i> = 6)	4.33 (0.82)	4.5

Overall mean (SD) = 3.97 (0.93) *n* = 61 (Missing *n* = 15)
Overall median: 4

Table 12 offers responses to questions about the degree to which Extension should and could play a role in reducing the opioid misuse or overdose problems in their state. The table shows that more than two-thirds of respondents believe Extension should play a role in reducing opioid impacts, but just 23 percent indicate that Extension has the capacity to do so. And about 57% of respondents indicate their Extension system has the potential to build capacity to respond to the opioid crisis.

Table 12: Extension Involvement with Opioids (indicate agreement with the following statements)

Statement	Strongly Disagree n (%)	Disagree n (%)	Neither agree nor disagree n (%)	Agree n (%)	Strongly Agree n (%)
Extension should play a role to reduce opioid misuse or overdose in your state. Missing <i>n</i> = 14 (18.4%)	0 (0%)	1 (1.3%)	9 (11.8%)	28 (36.8%)	24 (31.6%)
Your Extension system currently has the capacity to respond to the opioid crisis in your state. Missing <i>n</i> = 14 (18.4%)	11 (14.5%)	24 (31.6%)	9 (11.8%)	14 (18.4%)	4 (5.3%)
Your Extension system has potential to build capacity to respond to the opioid crisis in your state. Missing <i>n</i> = 14 (18.4%)	3 (3.9%)	4 (5.4%)	11 (14.5%)	24 (31.6%)	20 (26.3%)

Finally, as shown below, about half indicated an interest in joining and initiative to address the opioid crisis and/or build capacity to address the crisis.

Are you interested in joining an initiative to seek resources to address the opioid crisis and/or build capacity?

Yes	<i>n</i> = 40 (52.6%)
Maybe	<i>n</i> = 13 (17.1%)
No	<i>n</i> = 2 (2.6%)
Not Applicable	<i>n</i> = 7 (9.2%)
Missing	<i>n</i> = 14 (18.4%)

For those who did not select yes, we invited respondents to offer an explanation. While there are a variety of explanations, a number indicated time and/or resource constraints as a limiting factor.

Please explain your response to Question 11 (for those who did not select *Yes*).

Maybe

- Dependent on existing work load during the initiative.
- I am interested in learning what is available and how to partner with those who have capacity to address this.
- I doubt that I could do this since I have no one who currently works in this or a similar area. That will make it difficult to participate, even with the promise of new resources.
- Interested but not sure if possible with limited staff.
- It depends if the focus is on prevention.
- It would depend on the time this would require and if we could had someone willing to make the commitment; plus if the resources were available to support their participation. At this point, the information I've provided is mostly what I have done in my county; most of my colleagues are not involved in mental health related programming, though we do have a new agent who is doing infant mental health work.
- Our university is undergoing too many budget cuts and reductions in our capacity to deliver ongoing programs. The idea of taking on something "new" has people in overload.
- The demographics for opioid use does not match my targeted audiences.
- We are in the process of planning local priorities.
- We have to assess the scope of activity and level of resources to determine fit.
- Yes would like to

No

- I serve in an interim position that limits my time and this would prevent me from doing the work at my university
- With the current hiring freeze and all other resources being very stretched we simply do not have the capacity to get involved at this time.

Not Applicable

- Alcohol, marijuana, tobacco, and meth are the primary drugs that are abused in our state
- Already on the workgroup

- I am not aware of the burden of opioid use on our community.
 - I don't deliver programming; I'm a prevention researcher with expertise in substance abuse
 - In the process of retiring
 - This work is currently being conducted through state programs and I would be worried that it would duplicate programs/services currently underway in Maine.
-

Summary

The survey results provide valuable information about a range of behavioral health programming across the states. These results also offer input on which states have an interest and perceive a need to help address the opioid crisis. In this regard, the survey shows that there is a mismatch between the perceived need and the capacity to help address the crisis. More generally, the survey shows that Extension in many states is offering a wide range of programming in Mindfulness and Stress Management, Mental Health, and Substance Misuse, Prevention, Intervention, and Recovery. With regard to substance misuse, most programs focus on prevention, though some places assist with intervention and recovery.

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