



Adapt Integrated Health Care Brings One Circle Foundation Programs to Roseburg, OR

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Adapt Integrated Health Care was first introduced to the One Circle Foundation (OCF) in 2013. With just two Prevention staff members attending a facilitator training to deliver Girls Circle and The Council for Boys and Young Men curricula, our organization began a journey into what would become a longstanding collaboration with OCF.

Recognizing the incredible value of these programs, the Prevention Department (then known as Peer Power) implemented a youth group mentoring model using One Circle Foundation programs as the core curricula. Since that time, the impacts of Girls Circle and The Council for Boys and Young Men in our rural community have been undeniable. These programs helped to provide the foundation and structure needed to increase protective factors known to foster resiliency in young people to help reduce the prevalence of risks that lead to adverse outcomes, such as substance misuse.

After years of delivering OCF programs in a variety of settings, the Prevention team recognized the need to scale up efforts to provide more robust support for youth in Douglas County. Under the leadership of Cati Adkins, the Prevention Program Director, the organization began to seek opportunities to build community capacity.

In 2018, Adapt hosted a Girls Circle Facilitator training. Many youth-serving champions stepped up to become facilitators, and the Prevention Department purchased curricula to help ensure that organizations were equipped to launch their OCF programs. A year later, Adapt began hosting quarterly facilitator connection meetings to provide support and encouragement for people who had been trained and to help monitor community-wide implementation.

Though the onset of Covid-19 in early 2020 derailed many of Adapt's plans, a unique opportunity arose with the transition to socially distanced webinars and virtual trainings, which offered more time and opportunity to explore the root causes of addiction, mental health challenges, and adverse health outcomes manifesting in the community.

With the support of several dedicated community leaders, Adapt began a deeper dive into the social, racial, and economic inequities fueling drug and alcohol-related health disparities at play in our community. Though this work has just begun, it has served as a catalyst for strengthening local efforts to elevate the voices of populations often left out of these conversations. The One Circle Foundation has remained at the core of these community efforts--with two virtual workshops planned for June 2021: Mitigating Gender and Racial Bias and a Council for Boys and Young Men facilitator workshop.

Cati Adkins continues to be a primary leader for these efforts in her organization and community-wide. Her passion for the health and well-being of the community, and especially its young people, is evidenced by her enduring commitment to identifying, elevating, and supporting community champions. As Cati explains, "One thing that is clear in the field of substance abuse prevention is that there is simply no way for one person, or even one team of people, to effectively tackle all of the issues in a community that lead to addiction, disease, mental health struggles, and adverse health outcomes. It takes a community; and not only that, it takes a concerted effort to ensure that a diverse array of voices and experiences are at the table." Cati credits the One Circle Foundation for providing a valuable framework for building a sustained community effort to tackle these critical issues.