

OPIOID TASK FORCE & CONNECT

Saving Lives Through Post Opioid Overdose Follow-up Services

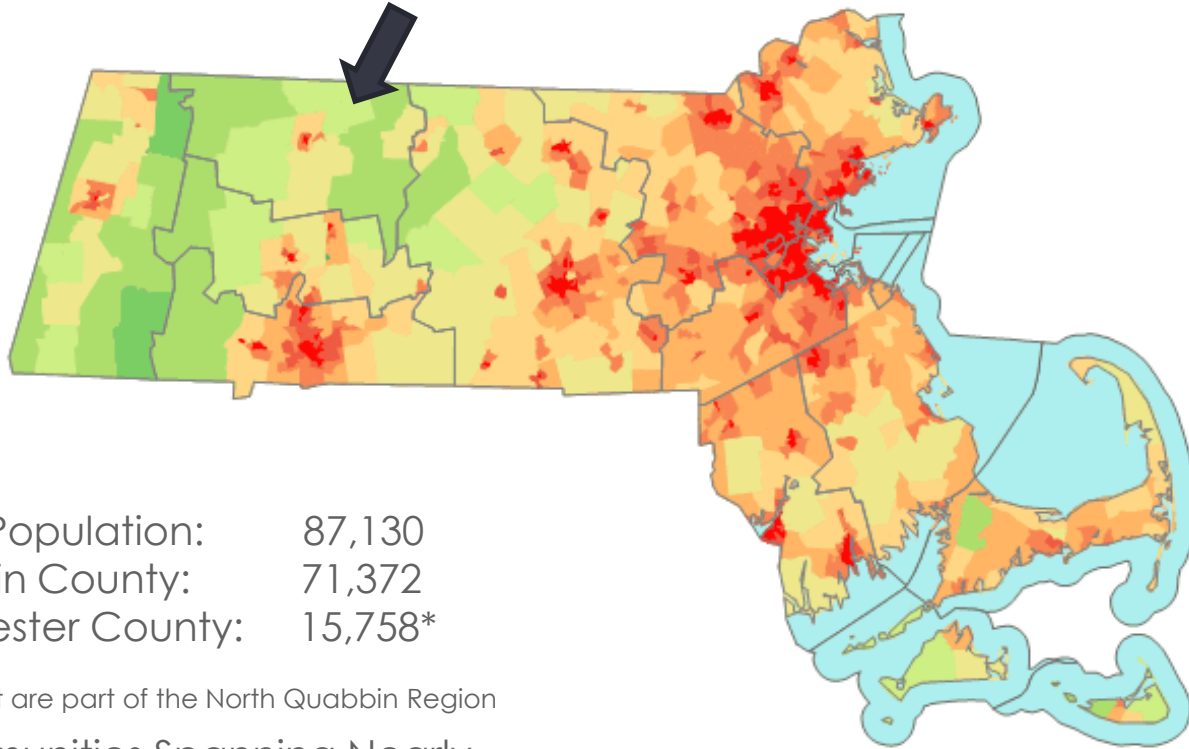
Serving Franklin County and the North Quabbin Region

CIT Training

Friday, January 27, 2023



Franklin County and the North Quabbin Region



Total Population: 87,130
Franklin County: 71,372
Worcester County: 15,758*

*Four towns that are part of the North Quabbin Region

30 Communities Spanning Nearly
1,000 Square Miles

How Addiction Hijacks the Brain – Dr. Ruth Potee Opioid Task Force’s Medical Director

The Physiology of Addiction



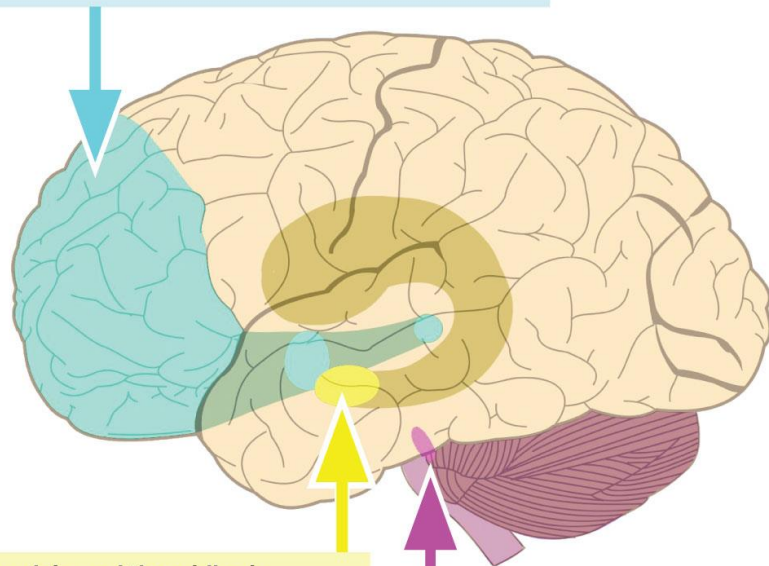
Opioids Do More Than Stimulate The Pleasure Center of the Brain

Neuroscientists are still learning where drugs like heroin and fentanyl target, and how repeated exposure to them reshapes the brain.

Why does overdoses keep happening?

Prefrontal cortex and the central reward pathway

There is a natural link between pleasure and complex thoughts such as decision-making and planning. With long-term opioid abuse, this pathway becomes dysregulated.



Amygdala and the midbrain

The urge to keep using opioids is born here. The midbrain helps steer behavior based on what it has experienced.

Locus coeruleus and the brain stem

Opioids can suppress the brain stem's ability to control breathing and heart rate. During overdose, this can kill.

History of Drug Control in US

1914

The Harrison Narcotic Act put addictive substances under the control of doctors instead of those who had become known as “snake oil salesmen.” It also required a prescription for purchase.

1930

The Federal Bureau of Narcotics was formed. Its leader, Harry J. Anslinger, supported drug addiction research.

1933

Amphetamines were introduced to the United States to keep soldiers awake during World War II. After the war, new medicines like tranquilizers and weight loss products hit shelves and ushered in the mass use of medicines.

1951

The Durham Humphrey Bill created a difference between prescription and non-prescription drugs, also setting limits on prescription refills.

1960s

The Manufacturing Act required manufacturers to be licensed and created quotas for classes of both natural and synthetic medicines.

1970

The Comprehensive Drug Abuse Prevention and Control Act divided substances into five schedules and required pharmaceutical companies to maintain strict record-keeping for certain types of medicines.

1988

The Anti-Drug Abuse Act created the role of the director of national drug control policy in the White House. This person’s role is to coordinate the government’s efforts to control drug abuse and medicine diversion.

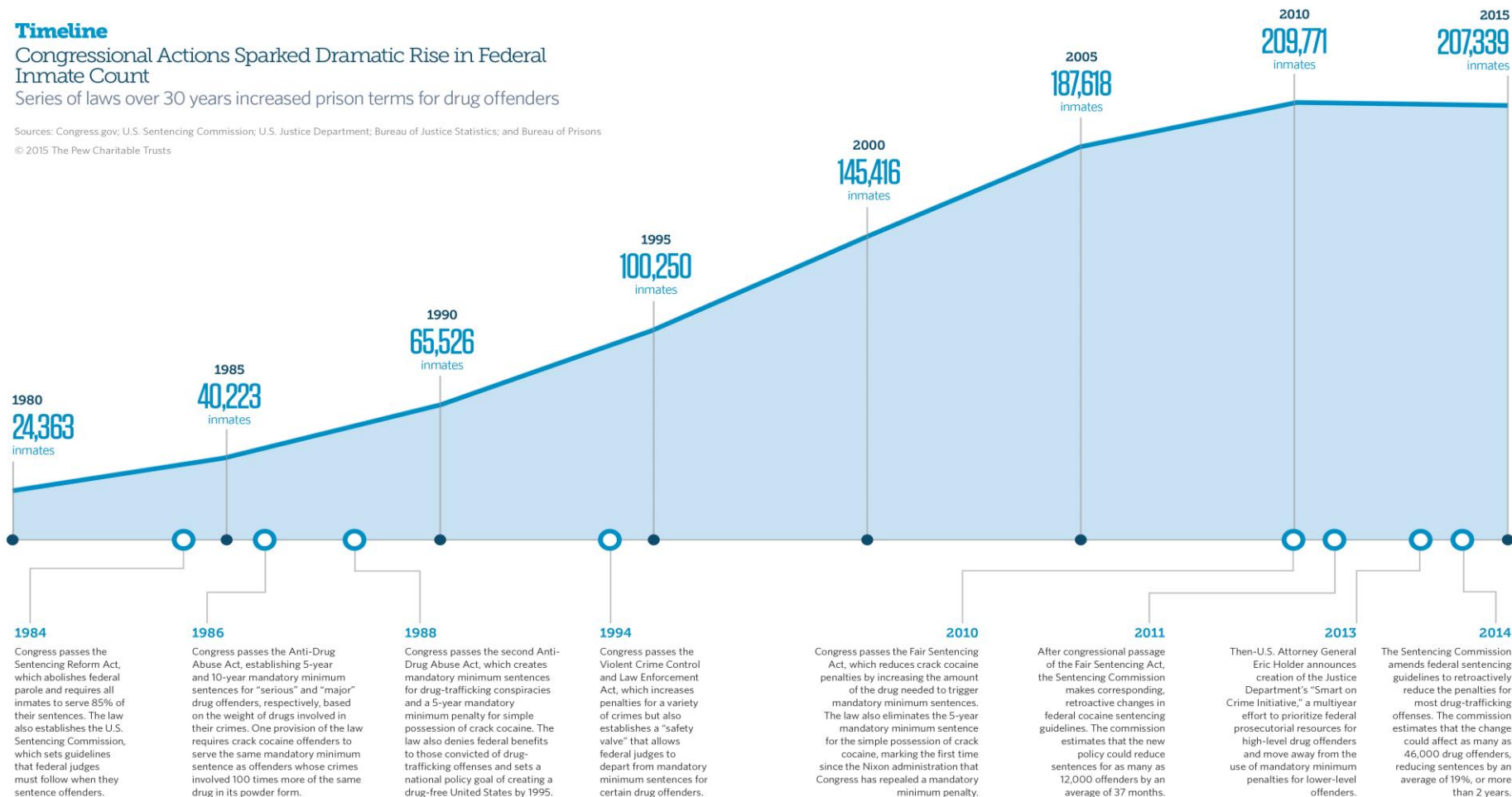
Timeline

Congressional Actions Sparked Dramatic Rise in Federal Inmate Count

Series of laws over 30 years increased prison terms for drug offenders

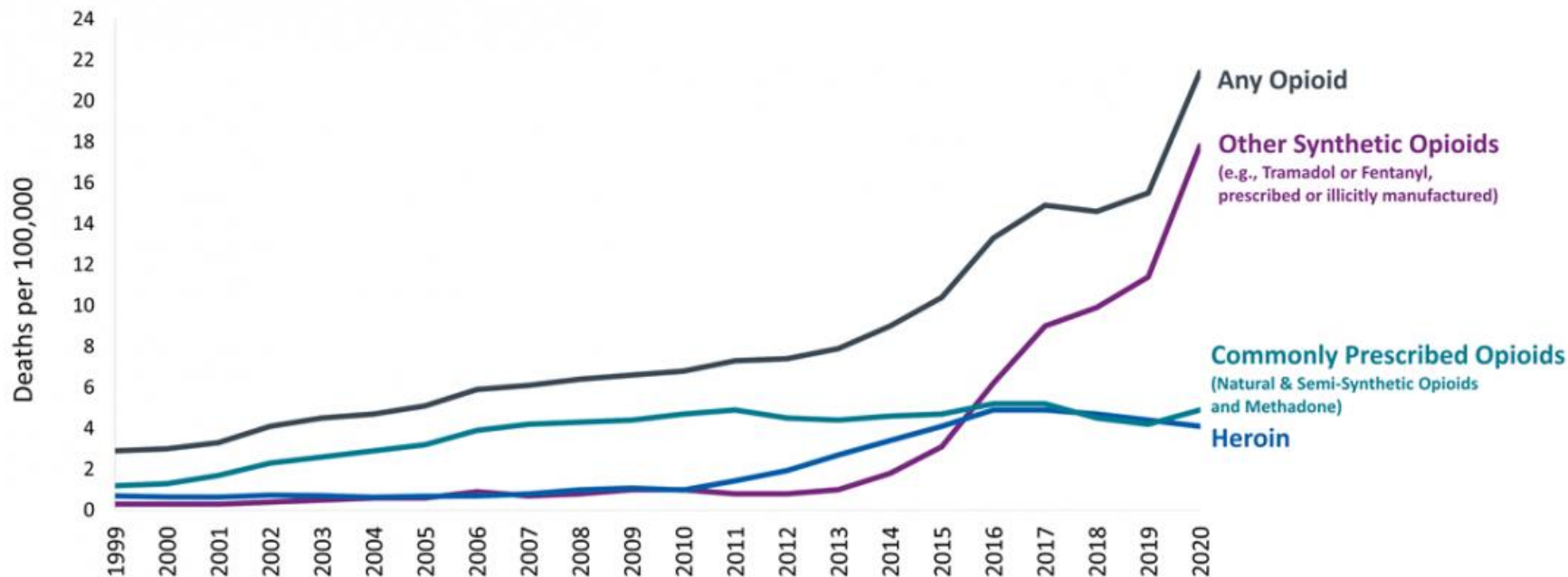
Sources: Congress.gov; U.S. Sentencing Commission; U.S. Justice Department; Bureau of Justice Statistics; and Bureau of Prisons

© 2015 The Pew Charitable Trusts



Source: The Pew Charitable Trusts: <https://www.pewtrusts.org/en/research-and-analysis/issue-briefs/2015/08/federal-drug-sentencing-laws-bring-high-cost-low-return>

Three Waves of Opioid Overdose Deaths



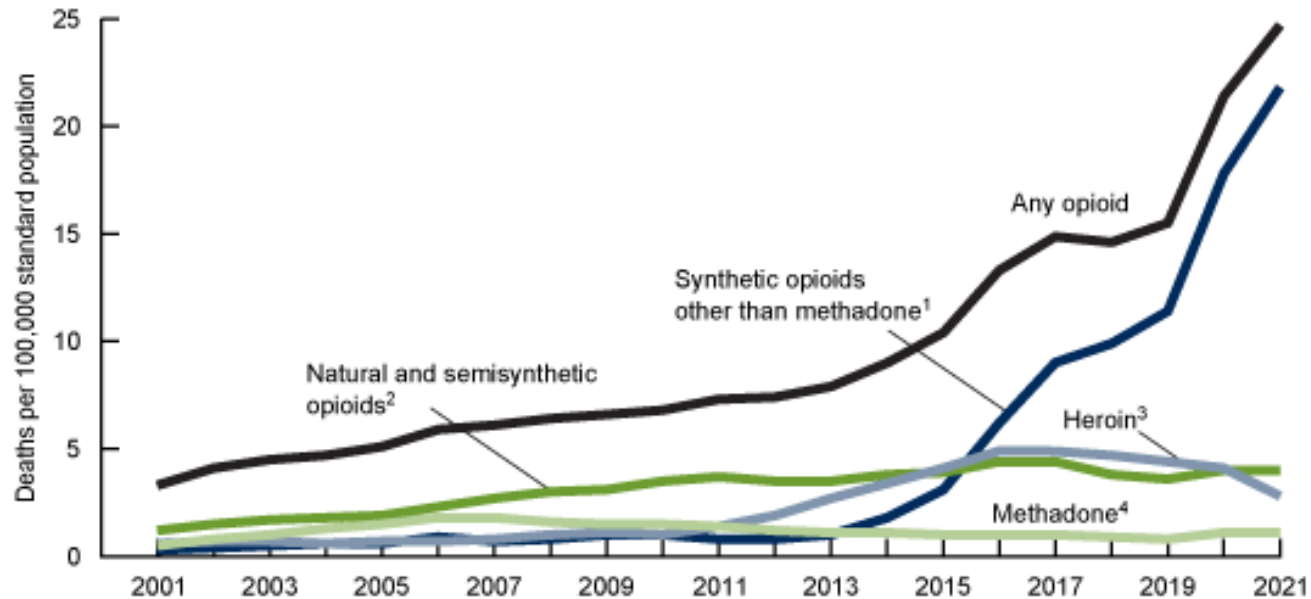
Wave 1: Rise in Prescription Opioid Overdose Deaths

Wave 2: Rise in Heroin Overdose Deaths Started in 2010

Wave 3: Rise in Synthetic Opioid Overdose Deaths Started in 2013

SOURCE: National Vital Statistics System Mortality File.

Age-adjusted rate of drug overdose deaths involving opioids, by type of opioid: United States, 2001–2021

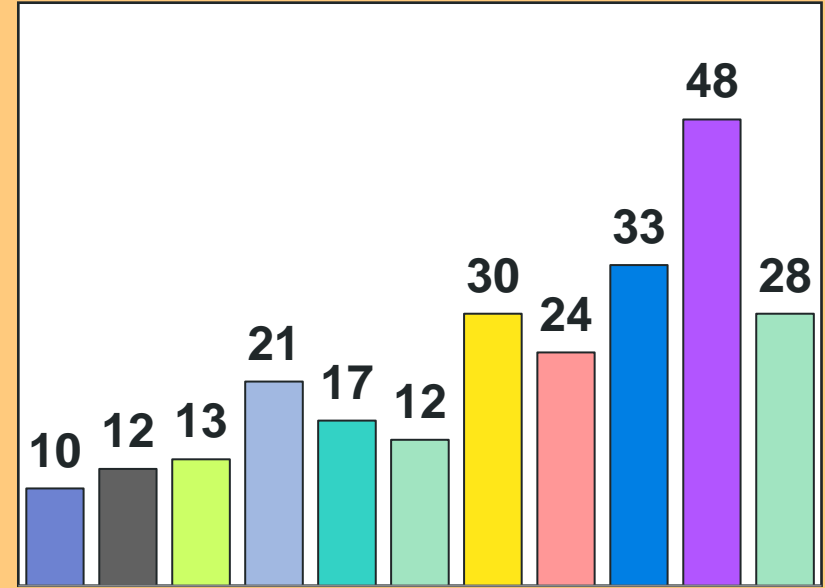


Source: CDC <https://www.cdc.gov/nchs/products/databriefs/db457.htm>

Number of Fatal Opioid-Related Overdoses in Franklin County and Athol, Massachusetts 2012 - 2022

For 2018-2022, additional cases are still being confirmed by the Office of the Chief Medical Examiner. 2012- 2022 data, includes Athol.

Sources: MA Department of Public Health Data, MA Registry of Vital Records and Statistics, December 2022, and Northwestern District Attorney's Office, January



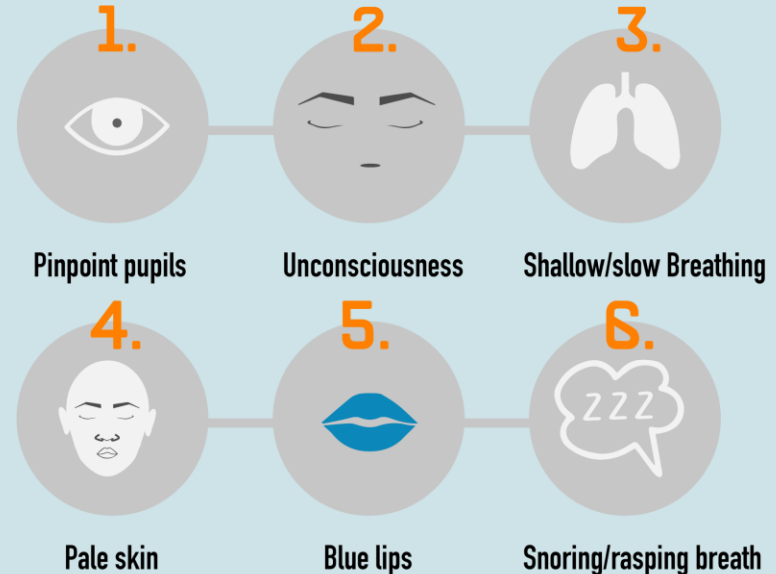
2012
2013
2014
2015
2016
2017
2018
2019
2020
2021*
2022*

*2021 and 2022 - preliminary data from January - December

Signs of Opioid Overdose

- Opioid overdose response is complicated by other adulterants in the drug supply such as xylazine and lemarsole.
- Requires different training for first responders as Narcan will not work on these substances.
- Narcan should still be applied as it won't hurt the individuals.

SIGNS OF OPIOID OVERDOSE



What do I do if someone is having an overdose?

If you think someone is having a prescription opioid or heroin overdose, it's very important to act fast.

HELP
CALL 911

Always call 911 first.

Give the address or clearly describe your location. Say if the person is not breathing.

Try to wake the person up.

Yell their name, pinch them, or rub the middle of their chest hard.

Know the signs of an overdose:

A person having a prescription opioid or heroin overdose may:

- Not respond to their name
- Breathe slowly (less than 1 breath in 5 seconds)
- Have blue lips or fingertips
- Look very pale
- Go limp
- Make choking, gurgling, gasping, or snoring noises
- Vomit (throw up)

An overdose usually happens 1 to 3 hours after using drugs.

If they're not breathing, start rescue breathing.

1. Make sure there's nothing in the person's mouth
2. Tilt their head back, lift the chin, and pinch the nose shut
3. Give 1 slow breath into the person's mouth every 5 seconds
4. Continue until they start breathing



Give naloxone (Narcan) if you have it.

Not sure how to give naloxone or where to get it? Check out the other side of this fact sheet.

Put the person in recovery position.

Put the person on their side. This will help keep them from choking if they throw up.


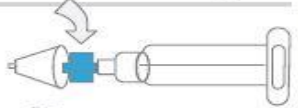
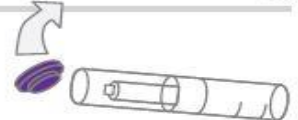
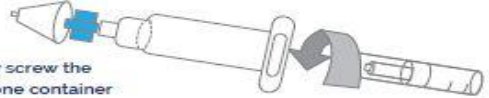



You won't be punished for trying to help. The Good Samaritan Law protects people trying to help someone having an overdose. That means you can't get in trouble with the law for calling 911 — even if you've been using drugs yourself.

Stay until help arrives.

If for some reason you can't stay with the person, leave the door open so the emergency responders can find them easily.

To give nasal naloxone (Narcan):

- 1 Take the yellow caps off of the syringe 
- 2 Screw the white cone onto the syringe 
- 3 Take the purple cap off the naloxone 
- 4 Gently screw the naloxone container into the syringe 
- 5 Put the white cone inside one of the person's nostrils 
- 6 Push firmly on the end of the container to spray half the naloxone into their nose
- 7 Repeat with the other half of the naloxone in the second nostril
- 8 If the person doesn't respond in 3 minutes, give another dose if you have it

This is a product of the Northwest Opioid Overdose Reversal Project, a collaboration funded by HRSA's Federal Office of Rural Health Policy.



www.opioidtaskforce.org



www.nqcc.org



www.nbccoalition.org

Where can I get naloxone?

At a pharmacy, you may have to pay a co-pay — usually between \$5 and \$15.

Athol Family Pharmacy

- 321 Main St. in Athol (978) 249-9100

CVS

- 137 Federal St. in Greenfield (413) 774-7201
- 1665 Main St. in Athol (978) 249-7928

Rite Aid

- 1640 South Main St. in Athol (978) 249-9132

Walgreens

- 329 Conway St. in Greenfield (413) 774-5468

Free naloxone

Tapestry Health

80 Sanderson St. in Greenfield (413) 773-8888 | www.tapestryhealth.org

Center for Human Development

131 West Main St. in Orange (978) 544-2148 | www.chd.org

Learn to Cope

Meetings: Tuesdays 7:00 p.m.

- Greenfield Community College 1 College Dr. in Greenfield (C208 Community Room)
- Heywood Hospital 242 Green St. in Gardner (Room A)

Meetings: Thursdays 7:00 p.m.

- Providence Behavioral Health 1233 Main St. in Holyoke (1st Floor Auditorium)

Recovery Works and Is Possible

Source: Recovery Research Institute, MGH
Boston

<https://www.recoveryanswers.org/media/national-addiction-recovery-study/>



Small Group Work

- What are you seeing on the street and in the field?
- What would help you the most in working with someone who is under the influence of substances?
- What else do you feel we should know?

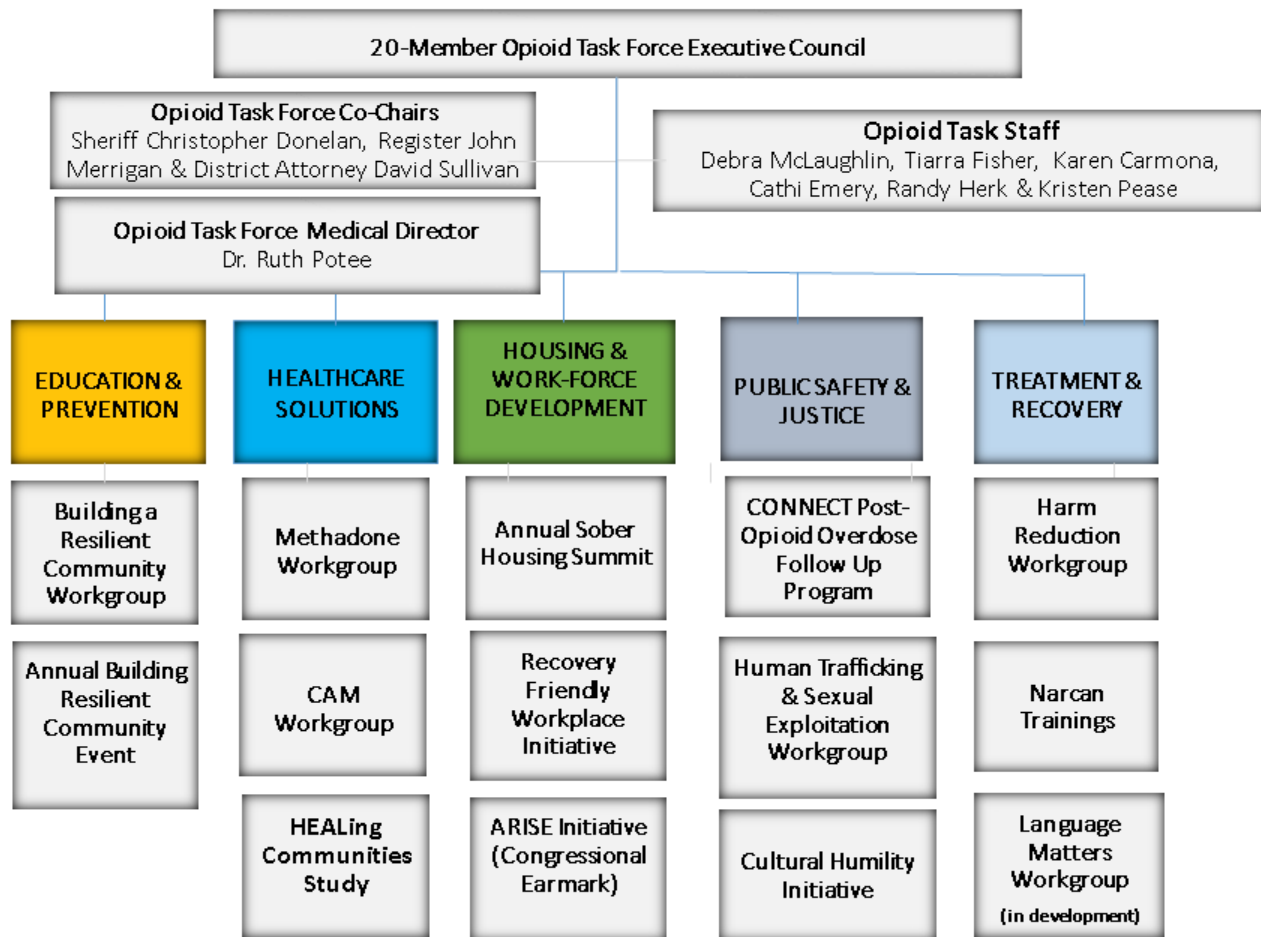


About the Opioid Task Force and CONNECT



Opioid Task Force Committee & Workgroup Organizational Chart

Updated January 2023



Our Mission



Reduce heroin and opioid addiction



Prevent overdose deaths



Improve the quality of life in our community

Task Force Goals

Prevention



- Delay first use of substances.
- Decrease access to prescription medications.
- Increase perception of harm of non-medical prescription drug use.
- Increase trauma-informed practices in the community.

Intervention



- Increase access points in the community for substance use and mental health screenings and interventions.
- Increase access to Naloxone (Narcan) for people with current or history of use, & their family and friends.

Treatment



- Increase timely access to treatment.
- Reduce stigma associated with addiction.

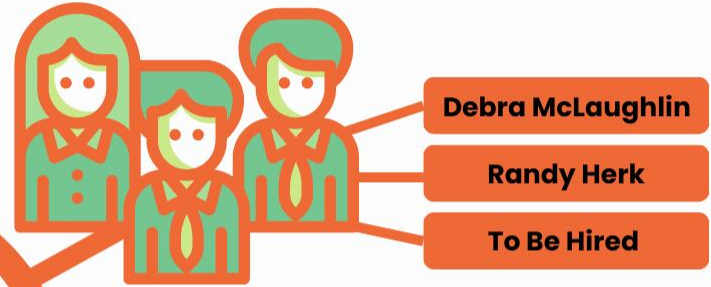
Recovery



- Increase access to supportive services.
- Increase access to stable housing and meaningful employment.

CONNECT

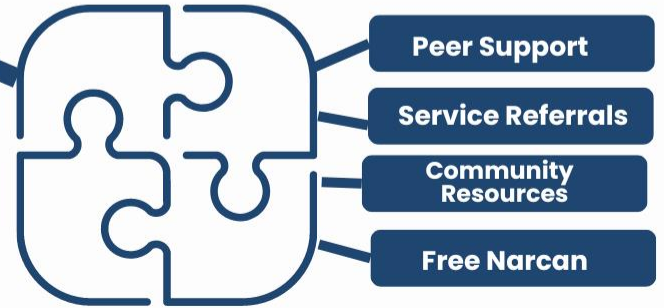
Org Chart



CONNECT Staff



OTF's Public Safety & Justice Committee



CONNECT's Four Components

CONNECT Goals

Overdose Services



- Implementing CONNECT, a post-overdose response team using Peer Recovery coaches, First Responders, Community Health and Social Workers.
- Connecting individuals, children and families to evidence-based services, including MAT.

Narcan Distribution



- Expanding access to Naloxone (Narcan) with priority to existing Narcan deserts across 30-town region.

Data Systems

Aspects of an Afterschool Data System



- Creating a Critical Incident Management System (CIMS) to support post-overdose follow-up services.

Trainings



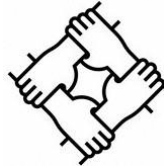
- Hub & Spoke Model.
- Physiology of Addiction.
- Adverse childhood experiences (ACES).
- Good Samaritan protections.
- Safety protocols when handling illicit substances.

CONNECT Goals



Community Resources

Access information about available resources and services after an opioid overdose.



Peer Support

Peer Recovery Coaches can walk beside you on your pathway of recovery and connect you to desired resources.



Narcan

Learn how to use Narcan safely and access other harm reduction supplies.



Service Referrals

Get customized help for the services you need.

Follow-Up & Outreach

01

Overdose occurs-
911 is contacted

02

First responders arrive;
overdose treated

03

Data is entered
into CIMS

04

Outreach Team
notified of overdose

05

Initial phone call
within 24 hours

06

Follow-up occurs
within 72 hours

07

Wellness plan co-
created with individual

08

Referrals made to
community partners

09

Outreach Team
continues follow-up

Community Partners

Law Enforcement & First Responder Network

- Law Enforcement Agencies
- Fire Departments
- Emergency Medical Service Providers

Recovery & Community-based Collaborations

- The RECOVER Project
- The North Quabbin Community Coalition
- North Quabbin Recovery Center

Harm Reduction & Clinical Services

- The Community Health Center of Franklin County
- Tapestry
- Children's Advocacy Center of Franklin County/North Quabbin

Evaluation & Data Analysis

- University of Massachusetts Amherst School of Public Health & Health Sciences
- Kelley Research Associates

CONNECT Narcan Distribution

*Between July 1, 2021 – December 31, 2022
Last Updated: January 23, 2023

Franklin County &
the North Quabbin
Region
Total = 1,457 Kits

CONNECT

 OPIOID
Task Force

CONNECT Outreach Materials



CONNECT
Follow-up visits for those who have experienced or witnessed an opioid overdose in the Franklin County and the North Quabbin Region of Western Massachusetts
TOLL-FREE: 1-833-519-2735

Access information about available resources and services after overdose

FREE NARCAN

Peer Recovery Coaches can walk beside you on your pathway of recovery and connect you to desired resources

SERVICE REFERRALS

COMMUNITY RESOURCES

Learn how to use Narcan safely and get free harm reduction supplies

PEER SUPPORT

Get customized help for the information you need

OPIOID Task Force

Visit www.opioidtaskforce.org/CONNECT
Email us at CONNECT@opioidtaskforce.org
Facebook: [CONNECT.FCNQ](https://www.facebook.com/CONNECT.FCNQ) Instagram: [CONNECT.FCNQ](https://www.instagram.com/CONNECT.FCNQ) Twitter: [CONNECT_Fcnq](https://twitter.com/CONNECT_Fcnq)

CONNECT Community Flyer



Welcome

Greetings ~

“You yourself, as much as anybody in the entire universe, deserve your love and affection.” - Buddha

We understand that you or a loved one recently experienced or witnessed an opioid overdose. This may have been a scary experience. After something like this happens, it is not unusual to have lots of feelings or a desire to figure out why this happened and what could be done to prevent an overdose in the future.

Since you are a valued member of our community, we are here for you. If you need someone to talk to or help you or a loved one learn more about available community resources, a member of the CONNECT Team can offer free and confidential assistance, support, and referrals.

This Community Information and Resources Packet gives you more information about CONNECT and how we can help. We look forward to working with you!

Our best wishes,
~ Members of the CONNECT Team

Artwork: Annie Parkinson

Community Resources & Information Packet

Accessible at <https://www.opioidtaskforce.org/CONNECT>



CONNECT
9-1-1 Post-Overdose Response
TOLL-FREE: 1-833-519-2735

Overdose occurs- 911 is contacted

First responders arrive; overdose treated

Police departments enter data into CIMS

CONNECT Outreach Team (CONNECT police officer and recovery coach) notified of a recent overdose

CONNECT person-centered post overdose follow-up occurs within 72 hours

Provide information and community resources

Wellness plan co-created with participant and CONNECT Outreach Team

CONNECT Outreach Team provides referrals to community services based on individual's identified needs

Love in a Backpack, teddy bears and books for children

Provide information and community resources

Tapestry Health Harm Reduction kit

Critical & Support Options, North Quabbin Recovery Center, GAARMA Inc.

Tapestry Health, RECOVER Project, Community Health Coalition of Franklin County

Children's Advocacy Center, North Quabbin Community Coalition, Bridge Team

CONNECT Outreach Team does follow-up for 2-5 days.

OPIOID Task Force

Visit www.opioidtaskforce.org/CONNECT
Email us at CONNECT@opioidtaskforce.org
Facebook: [CONNECT.FCNQ](https://www.facebook.com/CONNECT.FCNQ) Instagram: [CONNECT.FCNQ](https://www.instagram.com/CONNECT.FCNQ) Twitter: [CONNECT_Fcnq](https://twitter.com/CONNECT_Fcnq)

Follow-up & Outreach Flowchart

Monthly CONNECT Updates

CONNECT



At-A-Glance: December 2022

FATAL OPIOID OVERDOSES TRENDING UPWARD

Fatal overdoses went up and non-fatal overdoses went down in the Franklin County and North Quabbin Region based on the **December 2022 CIMS Trend Report**, prepared by [Kelley Research Associates](#).



[Learn More](#)

ADVANCED OVERDOSE RESPONSE TRAINING - 1.5 CEUS

We were excited to have retired **Lt. Stephen Murray, MPH, NPR**, present "Adulterants in the Drug Supply and Advanced Overdose Response" on **Wednesday, January 25, 2023, from 2:00 PM - 3:30 PM**, via Zoom. Register [here](#)! This training has been approved by the MA Office of Emergency Services (EMS) for 1.5 CEUs for EMS providers and is the second in the 2022 - 2023 CONNECT Education and Training Series. Questions? Reach out to **Randy Herk**, CONNECT Project Manager, [here](#).



1,457 kits of Narcan distributed as of 12/31/22



Click [here](#) for Community Resources Packet



46 Successful Peer Contacts between 1/1/22 - 12/31/22



23 Successful Referrals between 1/1/22 - 12/31/22

DECEMBER MEETING MATERIALS

- 12/7/22 Implementation Team [Meeting Summary](#)
- Cultural Humility [Interview Questions](#)
- [CONNECT Year 2 Evaluation Report](#)

UPCOMING MEETINGS & TRAININGS

- 1/25/23 [Advanced Overdose Response w/Stephen Murray](#)
- 2/1/23 Implementation Team Meeting at Erving Public Library, 2 Care Drive, Erving, 2 PM - 3 PM. Snacks!

www.opioidtaskforce/connect

CONNECT Design Team: [Deb McLaughlin](#), Project Director, [Randy Herk](#) Project Manager, and TBH, Operations Coordinator

Additional Components

Mobile Outreach
Services Van

Post-Fatal Overdose
Grief Visits for Family
and Friends

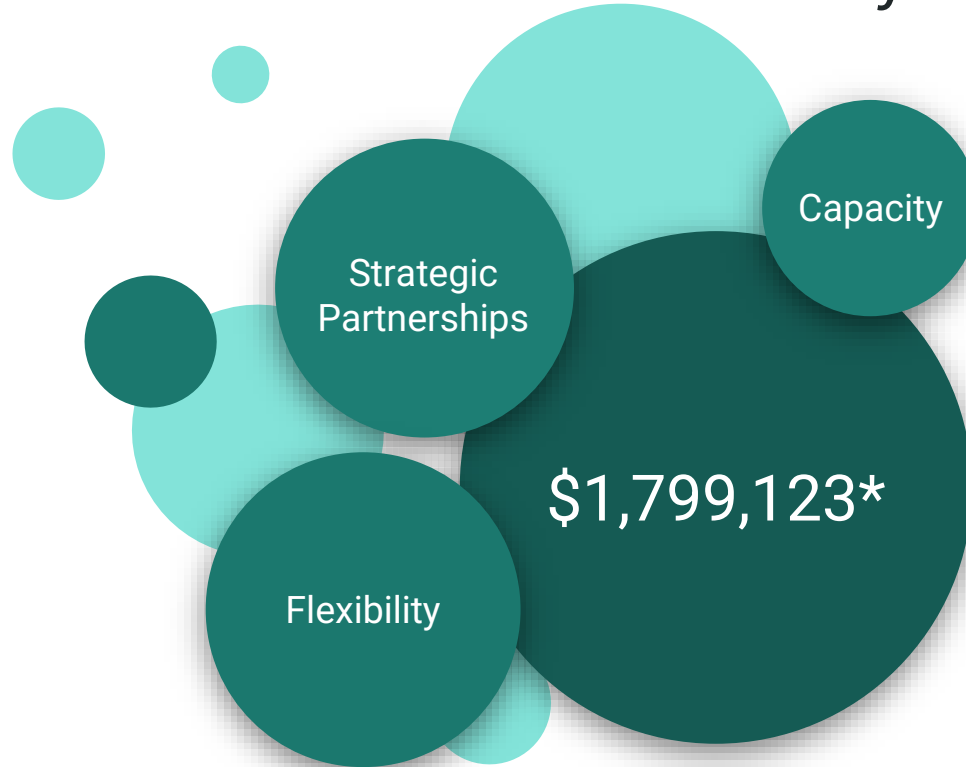
Attorney General's
Office: Promoting
Cultural Humility in
Opioid Use Disorder
Treatment Grant

DCF/CAC Referral
Channel to Provide
Children's Mental Health
Services

Opioid Fatality
Review Board

"At-Risk" &
Self-Referral
Mechanisms

CONNECT's Sustainability



*There is an opportunity to seek an additional \$1,000,000 for two more years through SAMHSA First Responders Comprehensive Addiction & Recovery Act Grant Funding.

Other SUD Resources for Western MA

- The Massachusetts Substance Use Hotline - <https://helplinema.org/> or call 1-800-327-5050. Available in Spanish. Open 24/7.
- Hampshire HOPE and DART Program - <https://www.dartma.org/>.
- Western Massachusetts Substance Use Treatment & Prevention Services Directory – [here](#).

CONNECT Staff

- Debra McLaughlin, Coordinator, Opioid Task Force,
CONNECT Project Director debmc@opioiddtaskforce.org
- Randy Herk, Opioid Task Force,
CONNECT Project Manager randy@opioiddtaskforce.org
- To be hired, Opioid Task Force
CONNECT Operations Coordinator



For More Information

- Visit our website at www.opioidtaskforce.org.
- Visit our Facebook page at www.facebook.com/OpioidTaskForce.

