

Greater Middletown Opioids Task Force

Wednesday, March 16, 2022, 12pm

Virtual Meeting

Co-Chairs:

Rev. Robyn Anderson, MS, LPC, LMFT, LADC
Executive Director, Ministerial Health Fellowship

Kevin Elak, RS/REHS, CP-FS, Acting Director of Health, City of
Middletown Department of Health



Agenda

- Welcome New Members
- Brief Recap of February Meeting
- Data Updates
- Survey Review
- Member Spotlights:
 - Ashley Hickey, LADC, Clinical Supervisor, Root Center for Advanced Recovery
 - Luiza Barnat, MS, MBA, LMFT, Opioid Services Director, Department of Mental Health and Addiction Services



Opioid Overdoses Nonfatal and Fatal

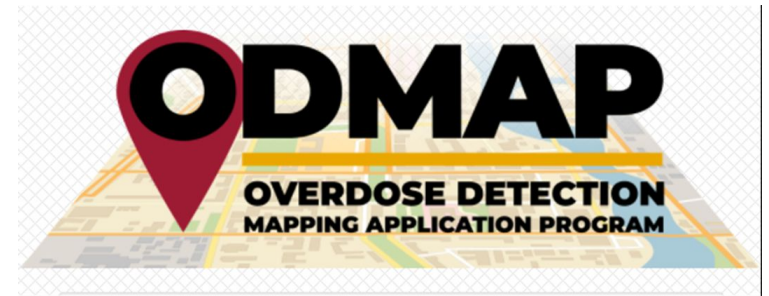
January 1 – March 12, 2022

Cromwell, Durham, Middlefield, Middletown and Portland

ODMAP

ODMAP:

- Provides near real-time suspected overdose surveillance data across jurisdictions to support public safety and public health efforts to mobilize an immediate response to a sudden increase, or spike in overdose events
- Links first responders and relevant record management systems to a mapping tool to track overdoses to stimulate real-time response and strategic analysis across jurisdictions



<https://www.odmap.org:4443/>



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Middletown Health Department

Opioid Overdoses Nonfatal and Fatal

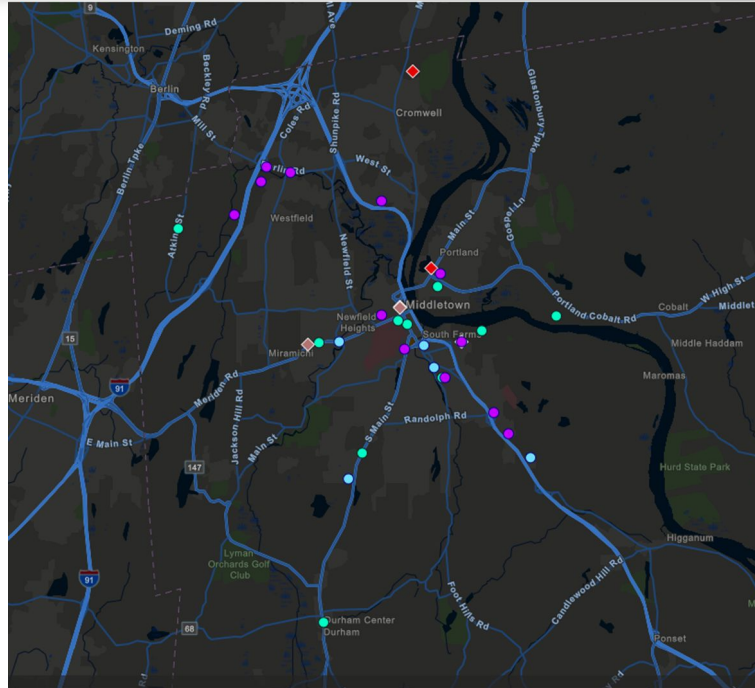
Total Suspected Overdoses:	34
Suspected Fatal Overdoses:	6
Naloxone:	23

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Mapping Opioid Overdoses Nonfatal and Fatal

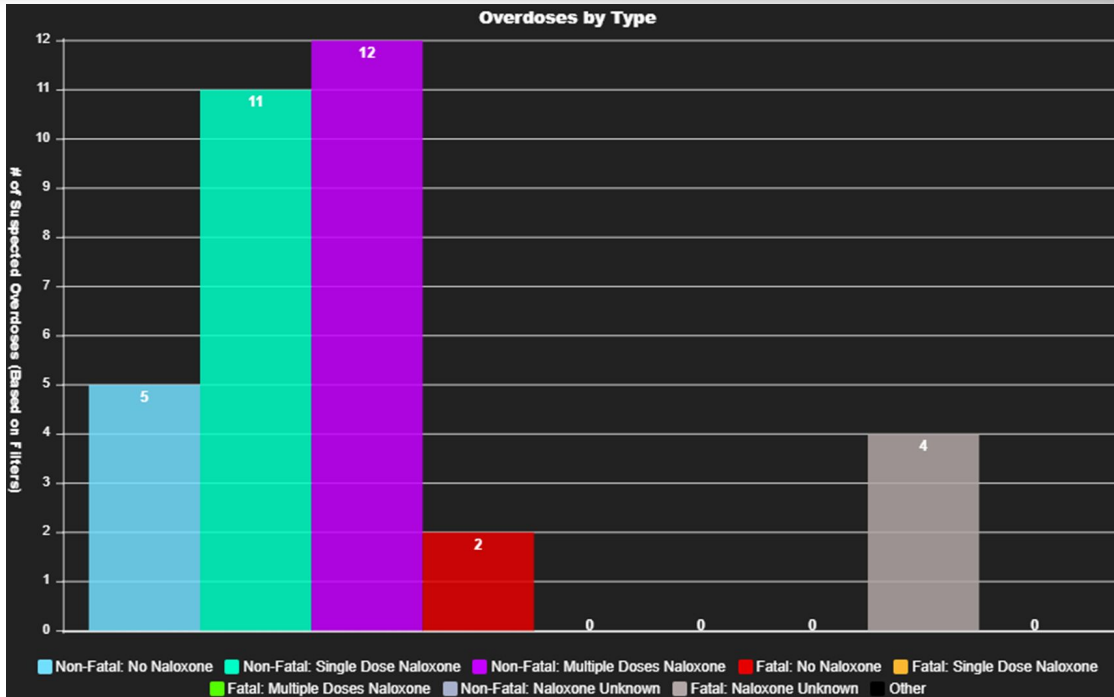


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Overdoses by Type

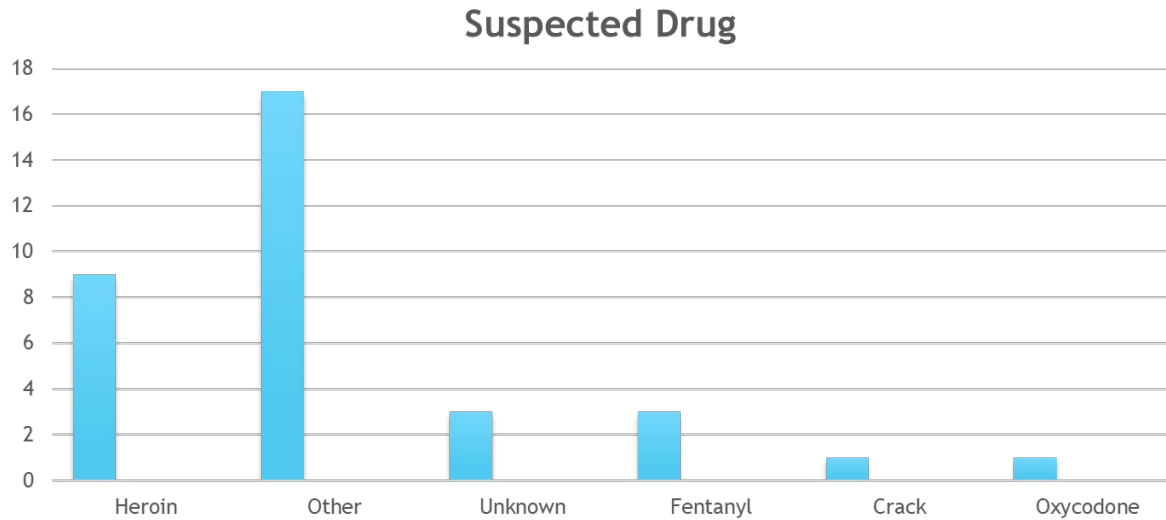


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Suspected Drug



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Greater Middletown Opioids Task Force Survey Results

Survey

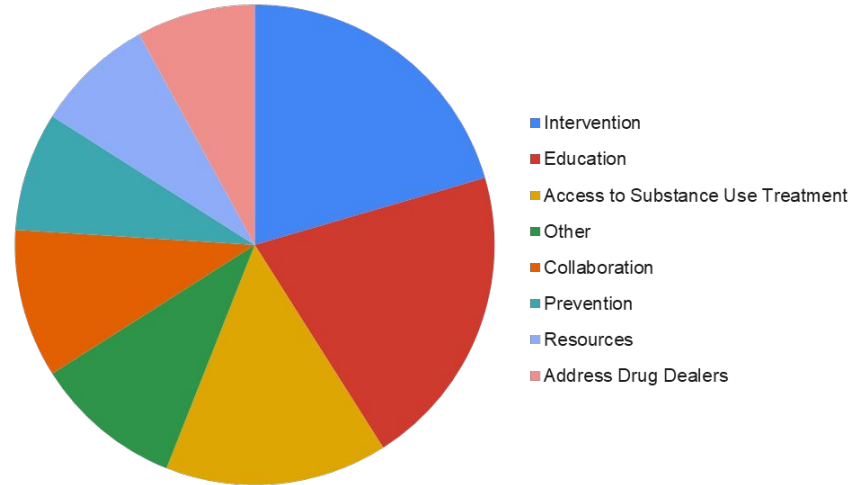
- Survey Window: 2.20.22 - 3.11.22
- 18 Respondents
- Strategic Guidance: *"I think it would be helpful to first determine the overall mission of this committee then a strategic plan based on identifying resources, gaps and needs of the Middletown area"*



Q1: What are the top 3 things we can do to **address opioid use/misuse** in Middletown and the surrounding areas?

Responses (n = 18)	%
Intervention (inc. Harm Reduction; Recovery Coaches)	20.5%
Education/Raise Awareness	20.5%
Access to Substance Use Treatment	15%
Other	10%
Collaboration	10%
Prevention	8%
Resources (Compile & Awareness)	8%
Address Drug Dealers	8%

"Other" = 1 response per topic



Q1: What are the top 3 things we can do to **address opioid use/misuse** in Middletown and the surrounding areas?

Category	Additional Responses Per Category
Intervention (inc. Harm Reduction; Recovery Coaches)	<ul style="list-style-type: none"> ● Dispense more Naloxone ● Widely distribute fentanyl test strips ● More TxT Recovery Coach training ● Training for harm reduction ● Promote the benefit of therapy and identify solutions (rather than imprisonment) ● Greater recovery community initiatives after in-house treatment to support recovery outside of a clinical approach
Education/Raise Awareness	<ul style="list-style-type: none"> ● Education to students, parents and teachers ● Raise child/youth awareness, parental awareness, community awareness ● Workshops and open forums ● Understanding and knowing the underlying causes of addiction, educating the public to the magnitude of the problem ● Conversations around identifying symptoms
Access to Substance Use Treatment	<ul style="list-style-type: none"> ● Remove treatment barriers ● Remove MAT barriers ● Expand access to medication-assisted treatment using X-waiver and other strategies to remove barriers ● Increase treatment options/strategies for those at risk



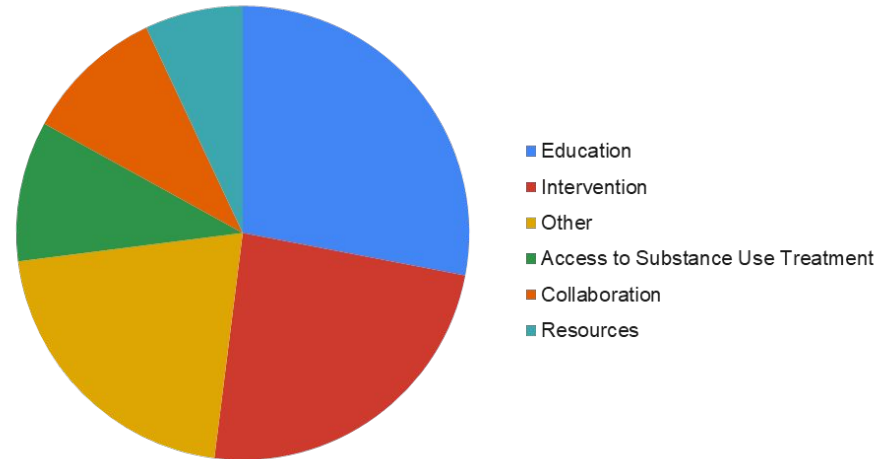
Q1: What are the top 3 things we can do to **address opioid use/misuse** in Middletown and the surrounding areas?

Category	Additional Responses Per Category
Collaboration	<ul style="list-style-type: none"> ● Work in collaboration with area agencies to share information ● Ensure all agencies in the collaboration are working towards the same goals/objectives
Prevention	<ul style="list-style-type: none"> ● Prevention messages as early as possible
Resources (Compile & Awareness)	<ul style="list-style-type: none"> ● Develop a resource list ● Assess gaps and needs ● Spread awareness of local resources
Address Drug Dealers	<ul style="list-style-type: none"> ● Do a better job of removing drug dealers and drugs availability ● Arresting and prosecuting the drug dealers on Main Street
Other	<ul style="list-style-type: none"> ● Connect with prescribing physicians to reduce volume of prescriptions for opioid pain relievers ● More sober living houses ● Access to Mental Health Services



Q2: What are the top 3 things we can do to **address opioid overdose** in Middletown and the surrounding areas?

Responses (n = 18)	%
Education/Raise Awareness	28%
Intervention (inc. Harm Reduction; Recovery Coaches)	24%
Other	21%
Access to Substance Use Treatment; Medication Assisted Treatment	10%
Collaboration	10%
Resources (Compile & Awareness)	7%



“Other” = 1 response per topic



Q2: What are the top 3 things we can do to **address opioid overdose** in Middletown and the surrounding areas?

Category	Additional Responses Per Category
Education/ Raise Awareness	<ul style="list-style-type: none"> ● Education on Narcan, how to use it and where to get it ● Education on what an overdose is, what it looks like and how a bystander can help ● Create speaking engagements in our middle and high schools to bring awareness. Bring in those who have long term recovery from opioids and other substances and have the hard presentations ● Continue to bring more awareness events in the community ● Reduce harm through community education ● Educate community that substance use is a disease and not a deficit of morals ● Raise child/youth awareness, parental awareness, community awareness ● How much community awareness does there need to be? Does this require a hotline? Does law enforcement need to take the lead? A need to have an educated public who know about Naloxone as we did with CPR
Intervention (inc. Harm Reduction; Recovery Coaches)	<ul style="list-style-type: none"> ● Dispense more Naloxone / Free and easy access to Narcan / Provide Naloxone/Narcan! ● More Narcan training ● Utilize harm reduction tools ● There needs to be some kind of early detection and info sharing around when new batches of fentanyl in the streets with strategies to help people be safe ● Locate the source of the problem. Is it st or prescription? ● Greater recovery community initiatives after in-house treatment to support recovery, outside of a clinical approach ● Providing safe and clean spaces for those with oud ● Provide safe spaces for people who use to be monitored



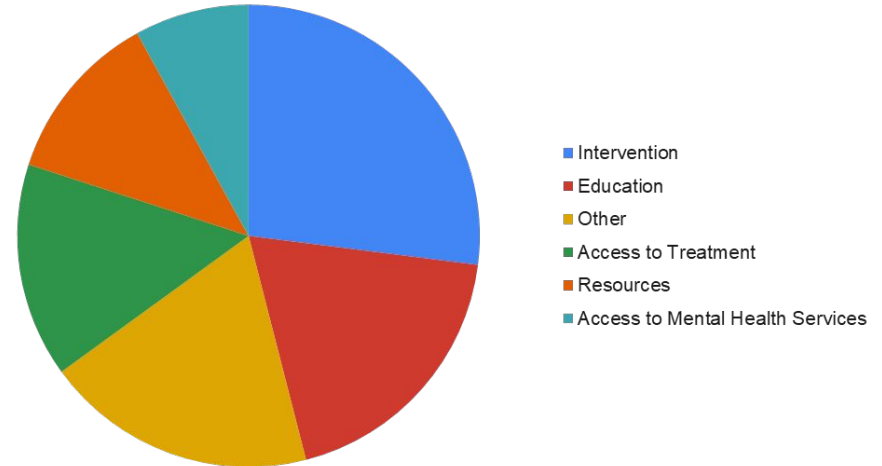
Q2: What are the top 3 things we can do to **address opioid overdose** in Middletown and the surrounding areas?

Category	Additional Responses Per Category
Other	<ul style="list-style-type: none"> • Have the doctors who are giving out Suboxone reevaluate their clients on a regular basis • More sober living houses • Arresting and prosecuting the drug dealers on Main Street • Employment/housing opportunities • Crisis Hotline • Reducing stigma around substance use disorder • Create safe spaces for conversations and experiences • Continue to be present
Access to Substance Use Treatment	<ul style="list-style-type: none"> • Remove treatment barriers • Remove MAT barrier • Shorter access time to treatment
Collaboration	<ul style="list-style-type: none"> • Interagency coalition
Resources (Compile & Awareness)	<ul style="list-style-type: none"> • Awareness of resources in the area to provide psychoeducation • Reducing harm through resources



Q3: What are the top 3 things we can do to **promote harm reduction and recovery** in Middletown and the surrounding areas?

Responses (n = 18)	%
Intervention (inc. Harm Reduction; Recovery Coaches)	27%
Education/Raise Awareness	19%
Other	19%
Access to Treatment	15%
Resources (Compile & Awareness)	12%
Access to Mental Health Services	8%



“Other” = 1 response per topic



Q3: What are the top 3 things we can do to **promote harm reduction and recovery** in Middletown and the surrounding areas?

Category	Additional Responses Per Category
Intervention (inc. Harm Reduction; Recovery Coaches)	<ul style="list-style-type: none"> • Develop a way to engage individuals who overdose or those struggling with substance use disorder in real time, more immediate interventions (not just clinical but case management and prevention) • Provide fentanyl test strips/kits • Narcan distribution union to businesses and individuals • Naloxone/Narcan provision • Needle exchange • Create safe, comfortable places for people to be monitored when using • Trusted messengers • Apply for grants to support harm reduction and treatment • Work with individuals in positive activity, assisting individuals in building skills and a lifestyle not driven by addiction, offering programs where physical activities, wellness activities and healthy eating habits are strengthened
Education/Raise Awareness	<ul style="list-style-type: none"> • Bring awareness to the parents to have these hard conversations with their children about SUD, and help them understand that even though their will be push back from their children, these conversations need to happen • Host a Recovery Roundtable discussion in person • More webinars • Education and awareness training in high schools/colleges • Educate the community on harm reduction & safe using



Q3: What are the top 3 things we can do to **promote harm reduction and recovery** in Middletown and the surrounding areas?

Category	Additional Responses Per Category
Other	<ul style="list-style-type: none"> • Collaborate with community based providers, and public information representatives of 12- Step fellowships in the area • Reduce stigma • Collect and use data to inform gaps and needs • The need for strong community support
Access to Substance Use Treatment	<ul style="list-style-type: none"> • Press State government to funnel opioid settlement funds towards expanding outpatient and inpatient behavioral health treatment options • Broaden eligibility to preventative and recovery services • The need for a long term treatment programs • More mobile vans
Resources (Compile & Awareness)	<ul style="list-style-type: none"> • Awareness of resources in the area. Possibly a fair for all resources in the area to be together in one location for the community • Expand pathways to resources • The need for a central information program
Access to Mental Health Services	<ul style="list-style-type: none"> • More access to mental health services • Consistent mental health services



Q4: Is there anything else you'd like to share?

Additional Thoughts/Suggestions

- I would love to see a city wide event on the downtown Middletown green promoting the recovery from opioids, and the prevention awareness model with guests speakers, with those in long term recovery who are now living successfully. Also many different programs and agencies coming out in support of each other to make the community aware that we are in this fight together. Possibly early spring or early summer; Very excited about doing this work and working with each and every one.
- Events that share information about Substance Use Disorder for parents and youth would be very helpful in reducing stigma.
- Happy to provide space at the college (MXCC) for events, meetings, etc.
- Thank you for organizing and putting this committee together for the Middletown area. It's so needed and I'm happy to be a part of it.
- I am very glad we are taking the issue of opioid addiction on as a City wide efforts, too many people are literally dying.





Member Spotlights

Member Spotlight

Ashley Hickey, LADC, Clinical Supervisor

Root Center for Advanced Recovery (a trade name of The Hartford Dispensary)

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Member Spotlight

Luiza Barnat, MS, MBA, LMFT

Opioid Services Director

Office of the Commissioner

Department of Mental Health and Addiction Services

Luiza.Barnat@ct.gov



Next Meeting

- Wednesday, April 20, 12pm, Zoom

