

# Greater Middletown Opioids Task Force

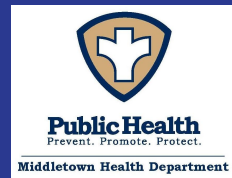
Wednesday, April 20, 2022, 12pm

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
- Data Updates
- Survey Recap: Top Priority Areas
- Prioritization Exercise & Discussion
- Member Spotlights:
  - Jessica Matyka, LCSW, Clinical Director, Crisis and Community Acute Programming, Rushford
  - Charles Mitchell, Program Coordinator, Recovery Employment Program, Liaison/MCSAAC, Middlesex County Chamber of Commerce
- Member Announcements



# Opioid Overdoses Nonfatal and Fatal

March 1 – March 18, 2022

Cromwell, Durham, Middlefield, Middletown and Portland

# Opioid Overdoses Nonfatal and Fatal



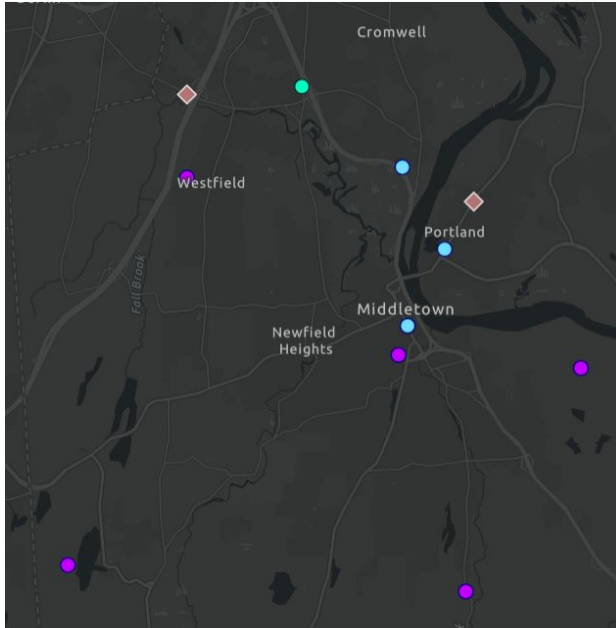
<b>Total Suspected Overdoses:</b>	<b>12</b>
<b>Suspected Fatal Overdoses:</b>	<b>2</b>
<b>Naloxone:</b>	<b>6</b>

March 1 – March 18, 2022

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# Mapping Opioid Overdoses Nonfatal and Fatal



## Overdose Types

- ◆ Fatal: No Naloxone
- ◆ Fatal: Single Dose Naloxone
- ◆ Fatal: Multiple Doses Naloxone
- ◆ Fatal: Naloxone Unknown
- Non-Fatal: No Naloxone
- Non-Fatal: Single Dose Naloxone
- Non-Fatal: Multiple Doses Naloxone
- Non-Fatal: Naloxone Unknown
- Unknown



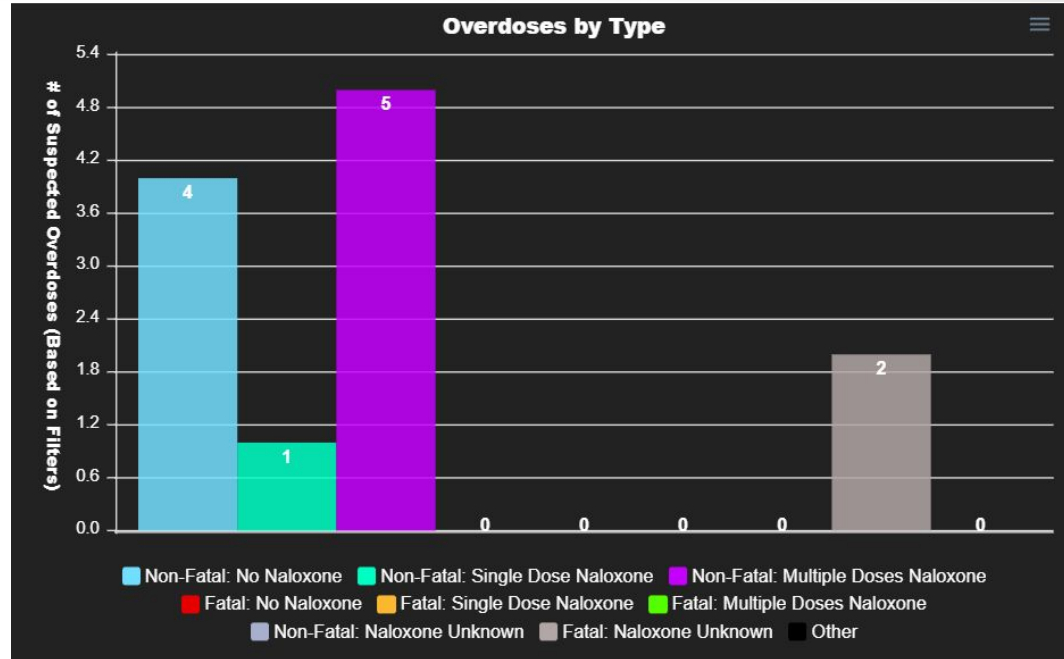
<https://www.odmap.org:4443/>



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Middlebury Health Department

# Overdoses by Type

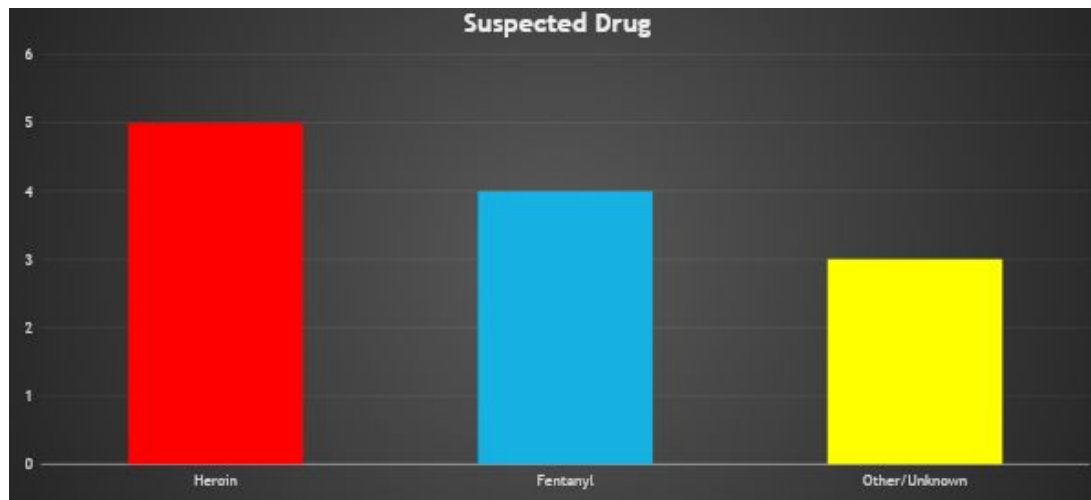


<https://www.odmap.org:4443/>



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# Suspected Drug



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





# Survey Recap & Prioritization Exercise



# Survey Questions Results

Top 3 Things that can be done in Middletown and Surrounding Areas:

- Q1...to **address opioid use/misuse**
- Q2... to **address opioid overdose**
- Q3...to **promote harm reduction and recovery**

Responses (n = 18)	Q1 - %	Q2 - %	Q3 - %
Intervention (inc. Harm Reduction; Recovery Coaches)	20.5%	24%	27%
Education/Raise Awareness	20.5%	28%	19%
Access to Substance Use Treatment	15%	10%	15%
Other	10%	21%	19%
Collaboration	10%	10%	
Prevention	8%		
Resources (Compile & Awareness)	8%	7%	12%
Address Drug Dealers	8%		
Access to Mental Health Services			8%

"Other" = 1 response per topic



# Survey Questions Results

- Similar priority areas for all 3 questions re: addressing opioid use/misuse; addressing opioid overdose; promoting harm reduction and recovery:
  - Intervention (inc. Harm Reduction; Recovery Coaches)
  - Education/Raise Awareness
  - Access to Substance Use Treatment
  - Resources (Compile & Awareness)
- Prioritization Exercise:
  - 3 separate polls - Your 1st, 2nd, 3rd choice for top priority area



# Post Poll Discussion

- Next steps?
- Strategic guidance from the survey: *"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"*





# Ongoing List of Ideas from Survey

## Intervention (inc. Harm Reduction; Recovery Coaches)

- Dispense more Naloxone / Free and easy access to Narcan / Provide Naloxone/Narcan!
- Widely distribute fentanyl test strips/kits
- More Narcan training
- 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
- 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?
- Providing safe and clean spaces for those with oud / o be monitored
- 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)
- Narcan distribution union to businesses and individuals
- Needle exchange
- 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

- 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
- 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
- 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

# Access to Substance Use Treatment

- 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
- Shorter access time to treatment
- 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)

- Develop a resource list
- Assess gaps and needs
- Spread awareness of local resources
- Awareness of resources in the area to provide psychoeducation
- Reducing harm through resources
- 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







# Member Spotlights

# Member Spotlight

**Jessica Matyka, LCSW**  
**Clinical Director, Crisis and Community Acute Programming**  
Rushford

[Jessica.Matyka@hhchealth.org](mailto:Jessica.Matyka@hhchealth.org)



# Member Spotlight

**Charles Mitchell, Program Coordinator**

Recovery Employment Program, Liaison/MCSAAC

Middlesex County Chamber of Commerce

[charles@middlesexchamber.com](mailto:charles@middlesexchamber.com)



# Announcements



**Saturday, April 30th 2022**  
**10:00 am—2:00 pm**  
**Durham & Middlefield**  
**State Troopers' Offices**

Turn in unused and/or expired medications for safe disposal, no questions asked.



All participants will be offered a free at home medication disposal kit, provided by DMYFS & DMLWC.

Questions or Comments? Email [dmiccinnello@dmyfs.org](mailto:dmiccinnello@dmyfs.org)

National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.



#### LOCATION:

Middlesex County Chamber of Commerce  
393 Main Street, Middletown  
OR JOIN VIA ZOOM

#### TIME:

9:00 a.m. to 10:30 a.m.

Free of Charge

#### PRESENTED BY:

Andrew Penna  
Overdose Response Coordinator  
Alliance for Prevention & Wellness  
Program of BHCare

Nicole Mason, LMSW  
Prevention Specialist, Alliance for  
Prevention & Wellness Program of BHCare

**Tuesday, April 26, 2022**

*Training will include:*

- Overdose Prevention Strategies
- Signs & Symptoms of Overdose
- How to Administer Naloxone
- Good Samaritan Law
- Support Information &



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# Next Meeting

- Wednesday, May 18, 12pm, Zoom

