

Greater Middletown Opioids Task Force

Wednesday, April 19, 2023, 12pm

Virtual Meeting

Co-Chairs:

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

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

Member Organizations

- Alliance for Living Program
- BHcare
- CCAR
- Chatham Health District
- City of Middletown
- City of Middletown Department of Health
- City of Middletown Fire Department
- Community Foundation of Middlesex County
- Community Health Center (CHC)
- CT Harm Reduction Coalition
- DCF Region 3 (Norwich, Willimantic, Middletown)
- Department of Children and Families
- DMHAS
- Durham Middlefield Local Wellness Coalition / DMYFS
- Gilead Community Services
- Hunter's Ambulance Service
- Middlesex Community College
- Middlesex County Chamber of Commerce
- Middlesex Health
- Middletown Police Department
- Middletown Public School System
- Middlesex YMCA
- Middletown Substance Abuse Prevention Council
- Ministerial Health Fellowship
- River Valley Services, DMHAS
- Root Center for Advanced Recovery
- Rushford
- St. Vincent de Paul Middletown
- Street Fire Ministries
- The Connection
- Town of Cromwell Department of Health
- Victory Church
- Wesleyan Harm Reduction Team/Middletown Harm Reduction Initiative (MHRI)

Agenda

- Welcome New Members
- Member Spotlight:
 - Mel Tavares, DMin., Pastoral Care & Counseling Administrative Assistant, *GriefShare *DivorceCare *Financial Freedom *Counseling *Community Resource Liaison *Celebrate Recovery, Growth Track Admin/Coach, Deaconess
- Data Updates
- Workgroup Updates
- Task Force Updates
- New Business
- Work in Progress / On the Horizon
- Announcements

Mission & Vision Statement

- **Mission:** To engage the Greater Middletown community in working together to promote opioid awareness, education, prevention, harm reduction and access to treatment thereby reducing opioid-related overdoses and deaths and building a healthy, safe and drug-free community.
- **Vision:** A community working together to prevent and to help people experiencing opioid use challenges.



Member Spotlight

Member Spotlight

Mel Tavares, DMin.

Pastoral Care & Counseling Administrative Assistant

**GriefShare *DivorceCare *Financial Freedom *Counseling*

**Community Resource Liaison *Celebrate Recovery*

Growth Track Admin/Coach

Deaconess

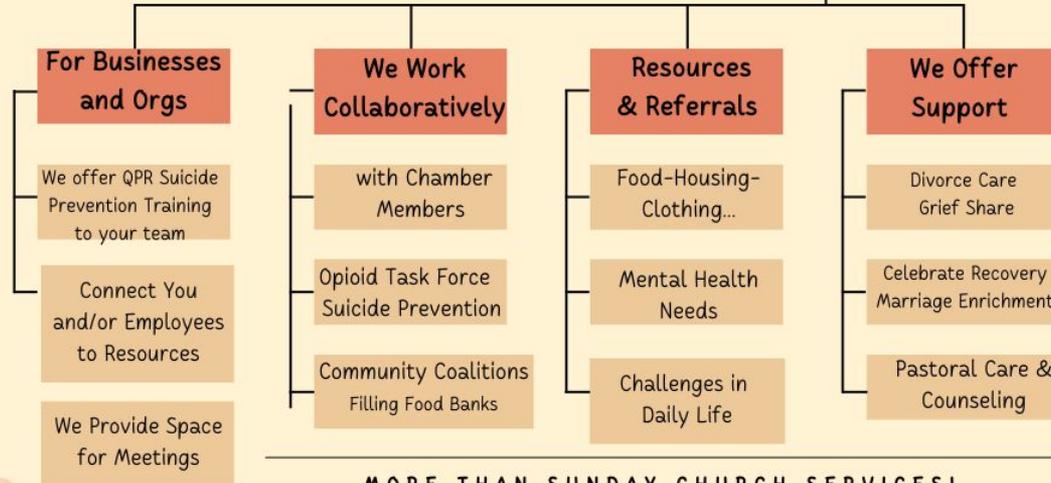
mel@ourvictory.org

VICTORY

VICTORY CHURCH

We care about people in our communities

COMMUNITY IMPACT



MORE THAN SUNDAY CHURCH SERVICES!

CALL MEL @ 860-346-6771 OR EMAIL: MEL@OURVICTORY.ORG

Opioid Overdoses Nonfatal and Fatal

March 14 – April 18, 2023

Cromwell, Durham, Middlefield, Middletown and Portland

Opioid Overdoses Nonfatal and Fatal

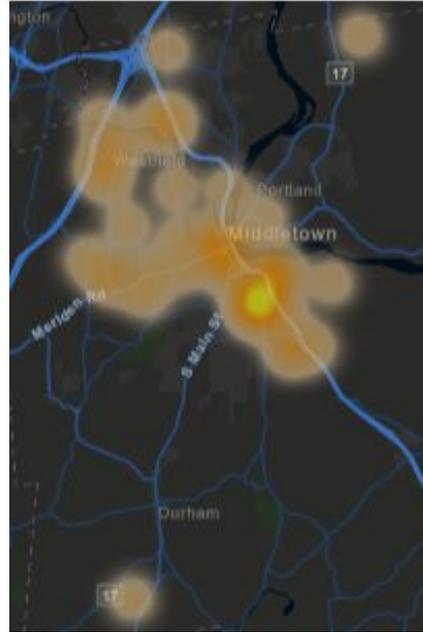


Total Suspected Overdoses	13
Fatal Overdoses	1
Naloxone Administered	11

3.14.23 – 4.18.23

Cromwell, Durham, Middlefield, Middletown and Portland

Opioid Overdoses Heatmap



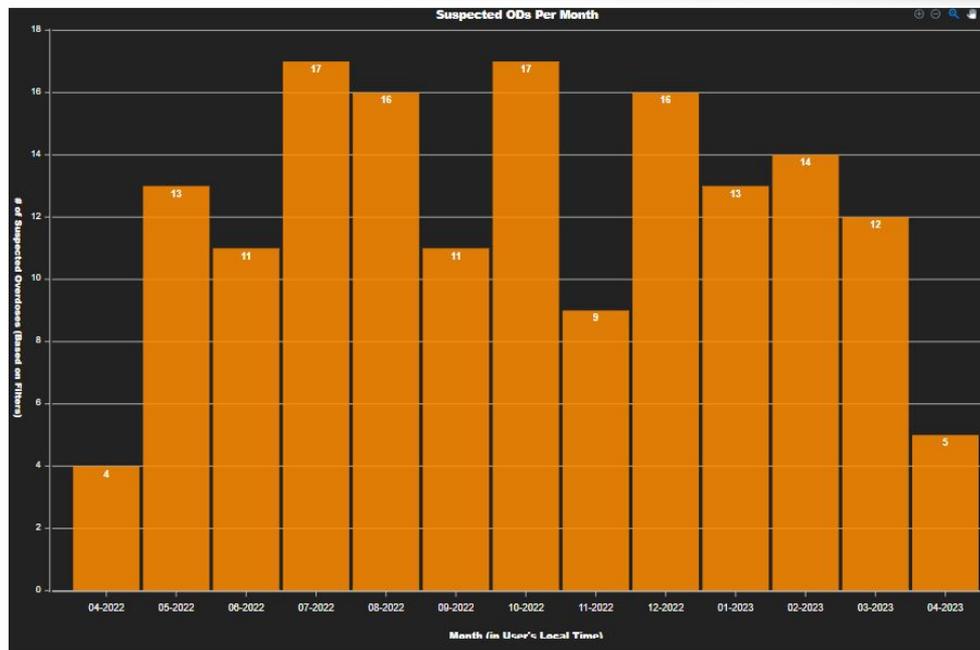
<https://www.odmap.org:4443/>

1.18.23 – 4.18.23



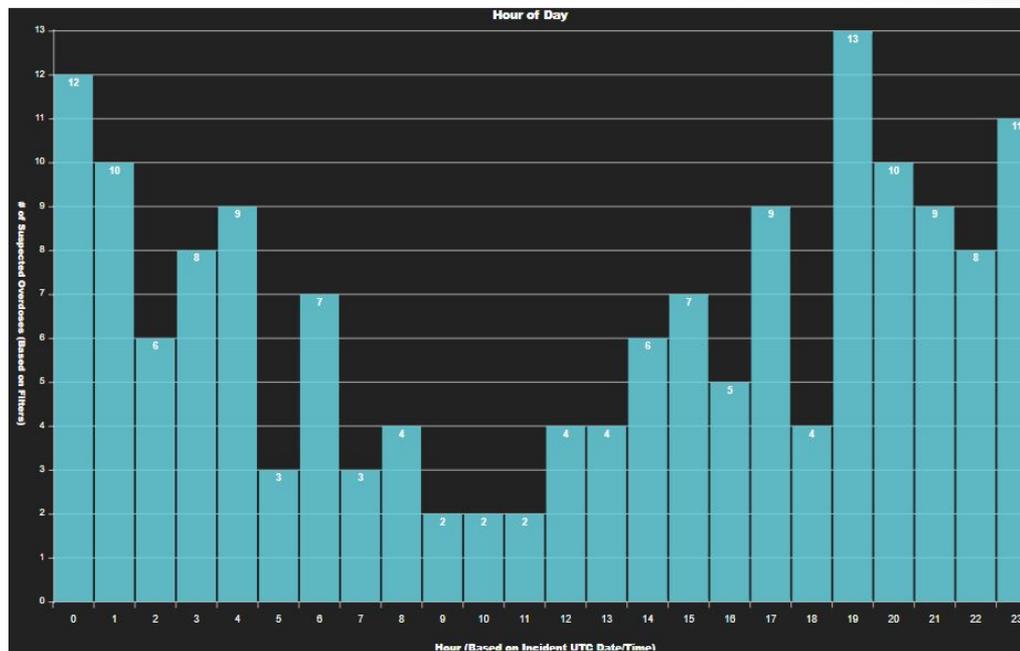
April 18, 2022 – April 18, 2023
Cromwell, Durham, Middlefield, Middletown and Portland

Suspected Overdoses Per Month



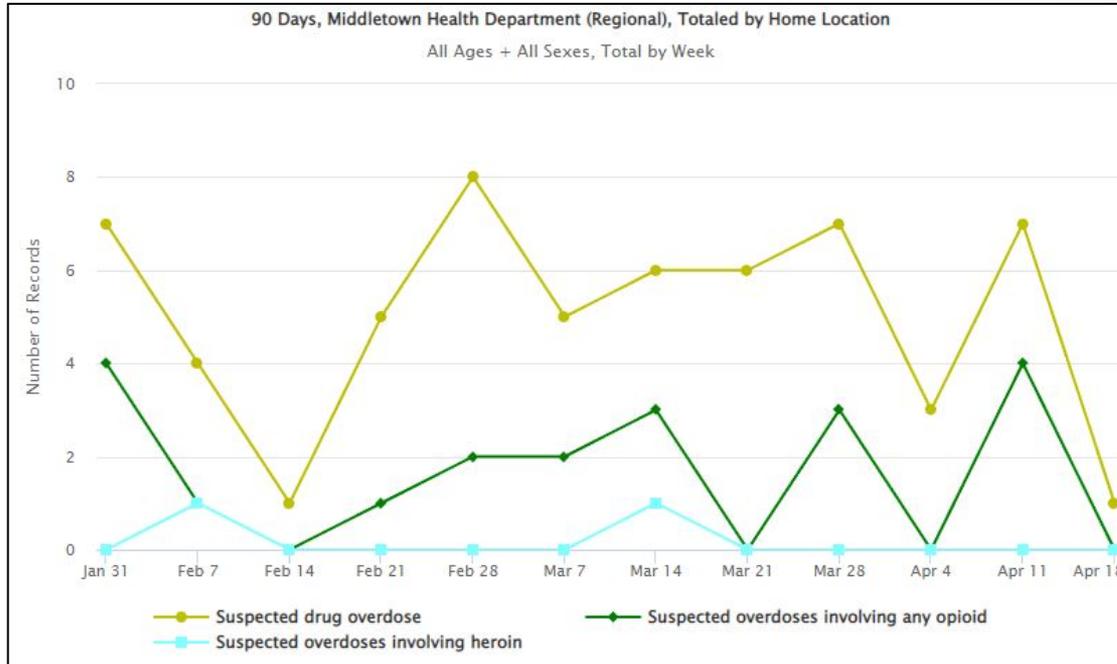
<https://www.odmap.org:4443/>

Hour of the Day



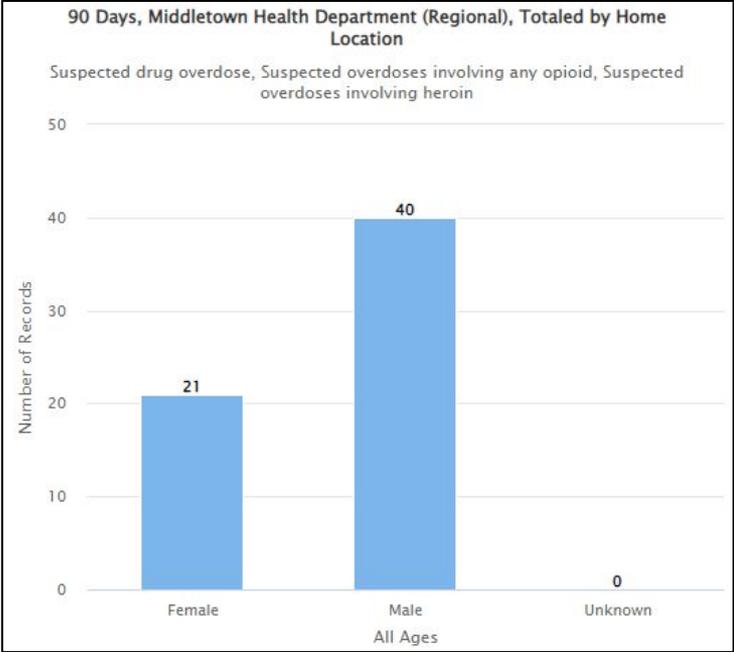
<https://www.odmap.org:4443/>

Non-Fatal Overdose Data for Middletown in the Past 90 days



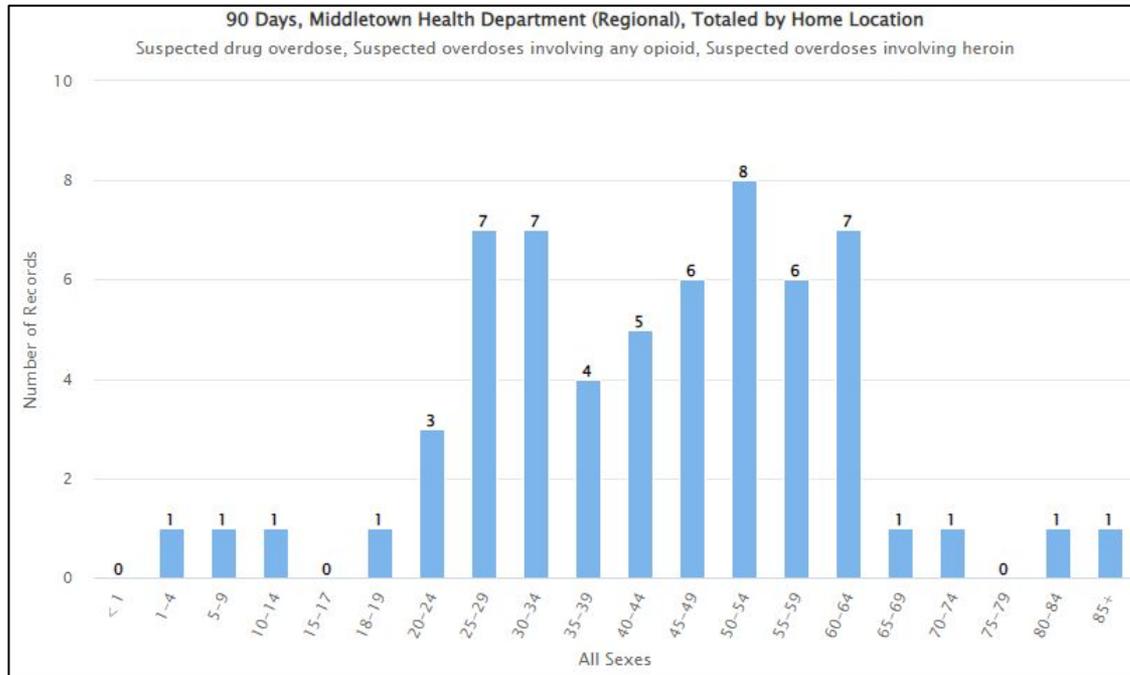
Source: EpiCenter 3.5.25.2

Non-Fatal Overdose Data for Middletown in the Past 90 days



Source: EpiCenter 3.5.25.2

Non-Fatal Overdose Data for Middletown in the Past 90 days



Source: EpiCenter 3.5.25.2



Workgroup Updates

Workgroup Updates - Access to Treatment

- **Purpose:** To increase access to Substance Use Disorder services through improved communication and collaboration among stakeholders.
- **Chair:** Barry Richardson, CCAR
- **Meeting Schedule:** 3rd Friday of the month at 11am (Zoom)
- **Report out**

Workgroup Updates - Education & Prevention

- **Purpose:** To enhance community awareness and knowledge of the harmful impacts of opiate use in order promote prevention, reduce stigma and offer hope by centering those with lived experience and by providing education and training in collaboration with community partners.
- **Chair:** Alie Bates, Rushford
- **Meeting Schedule:** 1st Monday of the month at 1pm (Zoom)
- **Report out:**
- Xylazine informational piece:
 - Reviewed by: Education & Prevention Workgroup and Intervention / Harm Reduction Workgroup; Chair, Middlesex Health Department of Emergency Medicine; Middlesex Health Paramedics Educator; Middlesex Health Wound Care Nurse
 - In proofing stage; will be disseminated soon
 - **White House says fentanyl laced with 'tranq' drug is 'emerging threat'** (4.12.23): The Biden administration is declaring xylazine-laced fentanyl an official emerging drug threat to the nation, the first time any drug has been given that label;
<https://thehill.com/policy/healthcare/3945198-white-house-says-fentanyl-laced-with-tranq-drug-is-emerging-threat/>

Workgroup Updates - Education & Prevention

Xylazine: Know The Facts

Greater Middletown Opioids Task Force

Xylazine (also known as tranq, tranq dope, sleep cut, zombie drug) is a very strong tranquilizer used for large animals like cattle and horses. It is not approved for human use and no amount of xylazine is safe for humans. The prevalence of xylazine being used by humans is increasing.

Xylazine is a non-opioid but is frequently mixed with fentanyl; it has also been detected in mixtures containing cocaine, heroin, and other drugs. Xylazine-containing drugs can be injected, snorted, swallowed or inhaled.

The effects of Xylazine:

Xylazine depresses the central nervous system. Effects include:

- Drowsiness, lethargy, muscle relaxation
- Slowed breathing and heart rate
- Low blood pressure
- Unresponsiveness

Xylazine can cause overdose or death:

Xylazine can increase risk of life-threatening overdose and death. When combined with a substance like heroin or fentanyl, the effect on the central nervous and respiratory systems can be deadly. Xylazine has been detected in a growing number of overdose deaths.

What to do when a Xylazine overdose is suspected:

While xylazine is not an opioid and naloxone does not reverse the effects of xylazine, it is recommended that naloxone be administered when a xylazine overdose is suspected as xylazine is nearly always found in combination with opioids.

If an overdose involving xylazine is suspected, follow these steps:

- Call 911 immediately and follow the dispatcher's directions
- Administer naloxone
- Offer CPR (cardiopulmonary resuscitation) if directed by the 911 dispatcher

Xylazine: Know The Facts - page 1

GMOTF - Middletown, CT

Xylazine: Know The Facts

Greater Middletown Opioids Task Force

How to detect Xylazine:

It is difficult to detect xylazine in other drugs because it does not have a distinct taste, smell, color or texture. People may or may not know xylazine is in their drug supply. Test strips are available for detecting the presence of xylazine.

Xylazine can be addictive:

People using xylazine may develop a physical dependence to xylazine and some may experience severe withdrawal symptoms including sharp chest pains and seizures.

Xylazine can cause wounds:

People who inject drug mixtures containing xylazine can develop severe skin wounds, including necrosis (the rotting of human tissue), skin and soft tissue infections and osteomyelitis (bone infection), which may lead to limb amputation. Wounds may develop in areas of the body away from the injection site.

People should get medical attention immediately if the wound is worsening or not improving (turns black, becomes infected / has redness and swelling or if large pieces of skin fall off).

How to care for wounds caused by Xylazine use:

For non-life-threatening wounds caused by xylazine use, people should:

- Keep the wound clean by washing the area with soap (peroxide and alcohol are too harsh) and warm water
- Use Xeroform gauze dressings or a thin coat of NEOSPORIN® on a gauze pad to keep the tissue soft
- Leave bandages on for 1-2 days, then wash with warm, soapy water and bandage again
- Repeat until wounds heal. The dead tissue should soften and fall off in a shower or when washing

In an emergency, always call 911

People looking for substance use treatment can call the DMHAS 24/7 Access Line (800) 563-4086

Xylazine: Know The Facts - page 2

GMOTF - Middletown, CT v04182023

Workgroup Updates - Intervention / Harm Reduction

- **Purpose:** under development
- **Chair:** TBD
- **Meeting Schedule:** 4th Tuesday of the month @ 10am (Zoom)
- **Report out:**
 - Areas of focus:
 - Narcan Distribution
 - Fentanyl Test Strips - with a focus on people using cocaine
 - Getting to people who are using opioids in their homes
 - Drop in Prevention Center
 - The Village Expanded Recovery Van (VERV): Weldon Russell update

Workgroup Updates - Intervention / Harm Reduction

- **Questions for Task Force:**

- Need for widespread distribution of fentanyl test strips / kits: what does that currently look like in the community? Is there a process for storage of fentanyl test strips - does heat / cold make a difference? (for storage, etc., offer a presentation to the Task Force?)
- What agencies have supplies of Narcan? Where do agencies get their supplies? How is Narcan distributed (to specific sites)? How is distribution tracked? Dispense from the Health Department?
- Are there best practices for addressing / reaching people using opioids in their homes?

Workgroup Updates - Resource Awareness

- **Purpose:** To facilitate awareness of prevention and treatment resources for substance use in the Greater Middletown community in order to increase access to services.
- **Chair:** LeAnna Basque, intern, City of Middletown Department of Health
- **Meeting Schedule:** 2nd Wednesday of the month @ 2pm (Zoom)
- **Report out:**
 - Resource Guide for Agencies (in proofing stage)
 - Resource Guide for Community Members (in proofing stage)
 - Resource flier for Leave Behind Narcan kits (in use by South Fire District, Middletown)
 - Provided to MxCC “What’s the Buzz on Drugs & Alcohol” event (4.18.23)

Workgroup Updates - Resource Awareness

Greater Middletown Opioids Task Force

Resources in Our Community: **For Agencies**

Prepared by LeAnna Basque, Intern, City of Middletown Health Department in partnership with members of the Task Force Resource Awareness Subcommittee

April 2023

Greater Middletown Opioids Task Force

Resources in Our Community: **For Community Members**

Prepared by LeAnna Basque, Intern, City of Middletown Health Department in partnership with members of the Task Force Resource Awareness Subcommittee

April 2023



Would you like help with unhealthy substance use? Here are some helpful resources!

When & How to give Naloxone:
egov.ct.gov/norasaves

In-patient treatment bed availability:
ctaddictionservices.com

DHMAS Action Line, 24/7 access to referral for substance use treatment:
1-800-467-3135

Ministerial Health Fellowship: How Can We Help? Program
Contact Robin Ross, Recovery Coach, (203) 443-9959

View the Middletown Health Department page for more resources!



Public Health
Middletown Health Department



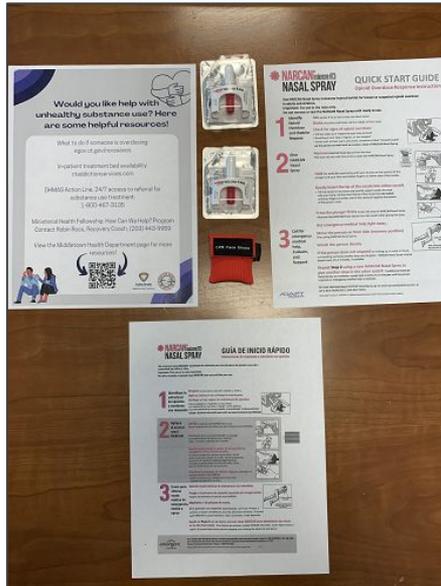
Updates

Updates

- Legislative / Policy Updates:
 - Harm Reduction / Prevention Centers
 - Other Raised Bills
 - Discussion: Ad Hoc Policy Workgroup (to meet during the legislative session)?
- Task Force Website:
 - Reminder regarding member logos - if you would like your organization's logo posted on the website and you have not already sent it, please send to catherine.rees@midhosp.org
 - <https://www.middletownct.gov/1336/Greater-Middletown-Opioids-Task-Force>
- Opioids Settlement Funds:
 - City
 - State: CT Opioid Settlement Advisory Committee <https://portal.ct.gov/COSAC>

Updates

- Narcan Leave Behind Kits - South Fire District, Middletown (great partnership!)



Member Updates

Any member updates? Please share!





New Business

New Business

- Xylazine Test Strips (availability? How to make a available for the community; provide use instructions, etc.)
 - <https://www.cnn.com/2023/03/28/health/xylazine-test-strips/index.html>



Work in Progress / On the Horizon

Work in Progress / On the Horizon

- Branding: (assign to a workgroup?)
 - Develop a task force logo
 - List partner organizations on material / presentations, etc. (when possible)



Announcements

Announcements



**DEA NATIONAL Rx
TAKEBACK**

**Saturday
APRIL 22, 2023
10 a.m. - 2 p.m.**

**Middletown Police Department
Community Room**
222 Main Street, Middletown, CT 06457

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 the Middletown Health
Department.



Zombie Drug Xylazine Awareness

**Presented by the
Middlesex Health Paramedics**

*This free CME will familiarize participants with the
epidemiology, recognition, and management of
patients presenting with Xylazine (Tranq) toxicity.*

**Wednesday
April 26, 2023
5:00 PM via Zoom** **OR** **Saturday
April 29, 2023
9:00 AM via Zoom**



Scan the QR code or click here to register

Approved by DPH for 1 hour of CME credit



Zombie Drug Registration:
https://docs.google.com/forms/d/e/1FAIpQLSck4TRM_BBpNdgB_SkoYJw9PRFsE54VhLMQaexoWa_Ai_IdT_A/viewform

Any Additional Announcements?



Work Status / Tracking

Work in Progress

Work in Progress 2023

- Resource Guide for Agencies (to be completed April 2023)
- Resource Guide for Community Members (to be completed April 2023)
- Xylazine Informational piece (to be completed April 2023)

Completed Work

Completed 2022	Completed 2023
<ul style="list-style-type: none">● Formation of Task Force (January 2022)● Member Prioritization Survey (April)● Formation of 4 Workgroups (Access to Treatment; Education & Prevention; Intervention / Harm Reduction; Resource Awareness)	<ul style="list-style-type: none">● Flier for Narcan Leave Behind Kits (April 2023)● Narcan Leave Behind Kits partnership with South Fire District, Middletown (April 2023)

Next Meeting

- Wednesday, May 17, 12pm, Zoom

