Making a Difference in the Opioid Epidemic Thru *Education* and Advocacy

cover2.org
October 23, 2015
Samuel, Mathew and Amy
July 18, 2015
Our Mission

To spread awareness, educate and advocate for those touched by the opioid epidemic to eliminate the stigma and dramatically improve the probability for long term recovery.
Our First Initiative

The Cover2 Podcast Interviews
- Places Where Sam Spent Time in Rehab
- Detective Investigating Sam’s Case
- Addiction Recovery Specialists
- Medical Examiner

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Treatment Alternatives with **Bill Gilliland**, Boca House

**Judge David T. Matia**, Cuyahoga County Drug Court

**Robin Star**, Family Addiction Coach

**Chico Lewis & Roger Lowe**, Needle Exchange Part One

**Dr. Tom Gilson**, Cuyahoga County Medical Examiner

Helping Your Addicted Child Get Treatment with **David Sigal**, LOUD Life

How Narcan Is Saving Lives: Interview with **Emily Metz**, Project DAWN

Fending Off Relapse: Interview with **Tom Stuber**, LCADA Way

What Portsmouth Teaches Families of Addicts with **Ed Hughes**, Counseling Center

When They’re Ready To Get Help with **Lori Criss**, OH Council of Behavioral Health

Detox Is Just The Beginning with **Bill Denihan**, ADAMHSCC

Good Samaritan Overdose Law with **Robert Sprague**, Ohio State Representative

Choosing Recovery Housing with **Denny Wilson**, F I Community Housing

The Need for a New Ethics of Prescribing with **George Loucas**, Loucas Law

Signs of Addiction with **Detective Piatchek**, Palm Beach County Sheriff Dept.

Building a Firm Foundation to Fight Substance Abuse **Jessica Nickel**, Addiction Policy Forum

Comprehensive Treatment **Dr. Brown**, Chief Medical Officer Meridian HealthCare

Voicing the Silent Epidemic with **Dr. Gary Martin**, Founder of NOPE

Speak Up to Save a Life with **Wayne Campbell**, President of Tyler’s Light

Beat the Odds with QRT **Daniel Meloy**, Director Public Safety Colerain Township

Finding Hope with **Ted St. John**, Director of Operations First Step Recovery

Treating Opioid Disorder **Dr. Christina Reyes**, Professor Psychiatry and Addiction

Break the Stigma of Addiction with **Travis Bornstein**, Founder of Breaking Barriers

Championing Addiction **Nicole Walmsley**, Police Assisted Recovery Addiction Initiative

Arrest Can Lead to Recovery with **Captain Michael Shearer**, Akron Police Department

Getting Sober in Prison and Staying Sober with **Nicole Argenio**, Recovery Coach

Getting Addicts the Help They Need with **Donna Skoda**, Public Health Commissioner

The New Wave of Drug Law Enforcement with **Mayor Dan Horrigan**, Akron OH

Community Housing for Recovering Female Addicts **Erin Helms**, Woodrow Project

Benefits of Vivitrol MAT with **Allyse Adams**, Clinical Administrator
Our First Initiative

The Cover2 PPT Podcast Series
- Highlight difference makers in opioid epidemic
- Incorporate lessons learned and success stories
- Series launch June 6, 2016
- 100 interviews completed

Series Highlights
- Listens: 11,141
- Live episodes: 96
- Listening hours: 52

Cover2 Resources, Inc.
What a Family Needs to Know

✓ Recovery is Life Long, Rehab is Just the Beginning
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- Relapse is Part of Recovery
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- The Pink Cloud Lasts 24 Months or More
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✓ The Pink Cloud Lasts 24 Months or More
✓ 35% Drop Out Between Service Providers
QRT – Quick Response Teams

Dan Meloy, Safety Director  Colerain, Ohio  Ep. # 25

- Program Roll Out July 2015
- QRT Teams
  - Police
  - Fire
  - Social Services
- 35% Reduction in Overdose
- 80% Into Treatment

December 10, 2016
- Green Mayor Neugebauer Hosts QRT Workshop
- Colerain Safety Director Dan Meloy & Team Instruct
- 15 Communities Represented
QRT – Quick Response Teams
Summit County

- Akron
- Barberton
- Coventry
- Cuyahoga Falls
- Green
- Hudson
- Munroe Falls
- Norton
- Stow
- Tallmadge
DART – Drug Abuse Response Team

Sheriff John Tharp  Lucas County, Ohio  Ep. # 95

- Program Launch 2014
- DART Officers Respond to Overdoses
  - Transport Victims to Treatment
  - Monitor for 2 Years
  - Engage Family
- County-wide Program Including 7 Communities
- Since Inception 2,200 Overdose Responses
- 74% Went Into Treatment

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Addiction is a Disease of Adolescence

<table>
<thead>
<tr>
<th>Age of First Drug Use</th>
<th>13 &amp; younger</th>
<th>14</th>
<th>15</th>
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<th>18</th>
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<tr>
<td>Percent with Lifetime Drug Use</td>
<td>33.6%</td>
<td>26.8%</td>
<td>25.4%</td>
<td>17.7%</td>
<td>15.1%</td>
<td>15.0%</td>
<td>13.4%</td>
<td>11.4%</td>
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Drug Free Clubs of America
Angie Ferguson, Director Cincinnati, Ohio  Ep. # 58

- Founded 2004 by Firefighters in Cincinnati
- Voluntary High School Program
- Student Led Program
- Participant Rewards in School & Business Community
- 6,133 Student Members
- Fall 2017 Projection: 49 Chapters in Six States

- February 10, 2017
  - Summit County Educational Center Hosts DFCA Workshop
  - Angie Ferguson & DFCA Team Instruct Conduct ½ Day
  - 10 Summit County Area Schools Participate with Teams of 3 to 6
  - Projected New Chapters for 2017: Hudson, Cuyahoga Falls, Green
  - Video

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Maryland Overdose Response Program
Mark O’Brien   Baltimore, Maryland   Ep. # 46

- Naloxone Training for All Citizens
- 43,000 Trained
- Naloxone used 863 Times in 2016
- 65% in Private Residences
- [Video](#)
72.2% Increase in Fentanyl Related Overdoses 2015
- Fentanyl Test Strips Distributed Through Needle Exchange Program
- Test Results in Less Than 5 Minutes
- 79% of Heroin Testing Positive for Fentanyl
- 10 X More Likely to Use Less
- 25% Less Likely to Overdose
Less Than 5% of the Population Consumes More than 80% of Opioids

St. Joseph Healthcare
78 ER Physicians Program Roll Out January 2016
Alternatives to Opiates
  ✓ Targeted non-opioid medications
  ✓ Trigger point injections
  ✓ Nitrous Oxide
  ✓ Ultrasound guided nerve blocks
50% Reduction in Opiate Prescriptions Written
Addiction as a Disease of Isolation – Psychology Today

Sober Active Recovery Community
48hrs Clean to Join
Six Phoenix Multisport Chapters
20,000 Participants
1/3 Relapse Rate
Video
Pilot Study in 2016: Out of 100 Patients with Recovery Coaches 26 Relapsed

A Study Connect Overdose Patients to a Recovery Coach in the ER
Program Roll Out January 2015
1,400 People Met Peer Recovery Coaches
80% Engaged in Recovery Support Services
Safe Stations
Mike Hickey    Manchester, NH    Ep. # 88

- All Fire Stations Designated Safe Havens
- Available 24 x 7
- Firefighters connect addicts with treatment support services
- Program Roll Out May 2016
- 1,326 People into Treatment
- 70% Completed Treatment Program

[Video]
Supportive Place for Observation and Treatment (SPOT)

- Heaven for over-sedated individuals
- Capacity: 10 Lounge Chairs
- Primarily poor and homeless anonymous people living on the street
- Finger monitor on guests to monitor their vitals
- Environment that fosters gradual acceptance of treatment
- Keeps people safe and off the streets of Boston
- 1,300 guests in the first 18 weeks of operation
Addiction Comprehensive Health Enhancement Support System (ACHESS)

- Mobile app provided by agencies to patients
- Digital recovery support system
- Connects patients with recovery peers
- Dashboard connected with recovery coaches and counselors
- GEO tracking warnings sent to peer recovery team
- Direct to nearby meetings

Video
Telemedicine
Megan Peterson    Easton, PA
Ep. # 98

- 90% of Healthcare Organizations Have or Plan to Have Telemedicine
- Treat Patients Remotely without an Office Visit
- Desired Medium for Anonymity
- Solution to Shortage of Recovery Specialists
- Appointment Convenience
- Access to Specialists in Remote Areas
- Greater Selection of Physicians
- Covered By Most Insurance Providers
• What percentage of children in state custody have parents with drug or alcohol dependence issues?
What percentage of children in state custody have parents with drug or alcohol dependence issues?

90%
START Program

- Child Protective Services Program
  - Families with Parental Substance Abuse and Child Neglect
  - Helps Parents Get Sober
  - Keeps Children in the Home

- Social Worker and Family Mentor Collaborate on 12-15 Cases

Outcomes

- Twice the Sobriety Rates
- 50% Less Children in Foster Care
- For Ever $1 Spent, $2.52 Saved

- Video
• Stop, Triage, Educate and Rehabilitate
• Pre-booking Law Enforcement and Drug Treatment Linkage Program
• Program Roll Out Early 2016
• Risk Screen STEER Deflection Screening Book
• Baseline Treatment Needs Profile
• 157 Referred as of 2017
• 56% Engaged in Recovery Support Services

• Video
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<td>Project DAWN</td>
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<td>#5,6</td>
<td>STEER</td>
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<td>NOPE</td>
<td>#23</td>
<td>Street Teams</td>
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The Challenge

Mt. Everest is literally located at the top of the world

29,035 feet above sea level

4,000 people have successfully climbed Mt. Everest
In Climbing: Much to Manage

Personal Gear:
- Ten essentials
  - Sleeping bag rated to at least -20F (-29C)
  - 2 pairs of glacier glasses
  - 2 pairs of goggles: 1 clear; 1 dark
  - Sun screen
  - 2 headlamps with extra batteries
  - Altitude watch
  - 2 X 1 liter wide mouth water bottles
  - 2 water bottle jackets
- Water treatment
  - 1 liter thermos
  - Snack and specialty food
  - Multitool
  - Prescription meds
  - 1 liter pee bottle
- Camera
- Several books

Group Gear:
- Permit
- Base camp tents
- 4 season tents
- Stoves and fuel
- Expedition food
- Oxygen bottles
- Oxygen masks
- Oxygen regulators
- Fixed line
- Pickets
- Ice screws
- Gear duffels
- Medical kit

Mt. Everest Gear List
- Travel and Trekking Gear:
  - Passport
  - Travel wallet
  - 2 large duffel bags
  - 2 duffel locks
  - 1 small duffel for street clothes to leave in Kathmandu
  - Day pack
  - Trekking poles
  - Sleeping bag rated to 0F (-18C)
  - Sleeping pad, closed cell foam
  - Mid weight trekking boots
  - Sneakers for tea houses
  - Casual clothes
  - Garbage bags to waterproof gear

Climbing Gear:
- Climbing back pack, medium size
- Pack cover
- Alpine ice axe
- 12 point crampons
- Helmet
- Harness with belay loop
- Ascender
- 3 locking carabiners
- 6 non-locking carabiners
- 4 – 5 slings
- 2 prusic loops
- Figure 8 device

Clothing
- Footwear:
  - Triple climbing boots or double boots
  - Over boots (worn with double boots)
  - Down booties
  - 4 pairs of climbing socks

Lower Body Layers:
- Shell pants
- 2 pairs synthetic climbing pants
- Mid weight insulating pants
- 1 pair of jeans for base camp
- 3 pairs of under layers

Upper Body Layers:
- Shell jacket
- Down suit for climbing
- Heavy down parka with hood
- 3 mid weight pile layers
- 3 synthetic under layers
- 2 cotton T shirts for base camp

Headgear and Hand wear:
- 2 ski hats
- 1 balaclava
- 1 face mask
- Sun hat
- 2 buffs
- Heavy climbing gloves
- Heavy down mitts
- Light gloves
- 4 pairs of hand warmers

Cover2 Resources, Inc.
In Climbing: A Team Makes All the Difference

1 guide 4 climbers 8 Sherpa
Continuum of Care

- Detox
- Intensive Inpatient
- Medication Assisted Treatment
- IOP
- Primary Care
- Residential
- Aftercare Counseling
- Transitional Housing
- Employment Services
- Permanent Housing
- Transition to Primary Care Management

Critical Life Areas

- Living Arrangements
- Prior Addiction Treatment History
- Social Environment
- Legal Involvement
- Family History and Support
- Education
- Current or Prior Mental Health
- Employment
- Treatment or Conditions
- Victimization History and Issues
- Medical Status and Conditions
In Recovery: A Team Makes All the Difference

- Sponsor
- Coach
- Detox Specialist
- 12 step
- Individual Counselor
- Group Counselor
- Inpatient Treatment Specialists
- Peers
- IOP Specialists
- Community Housing Support
- Family
- Spiritual Guide

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