

Harm Reduction & Outreach: A Multi-Site Approach

Ohio QRT, Deflection, and Outreach Training Summit
January 26 & 27, 2023
Cincinnati, Ohio

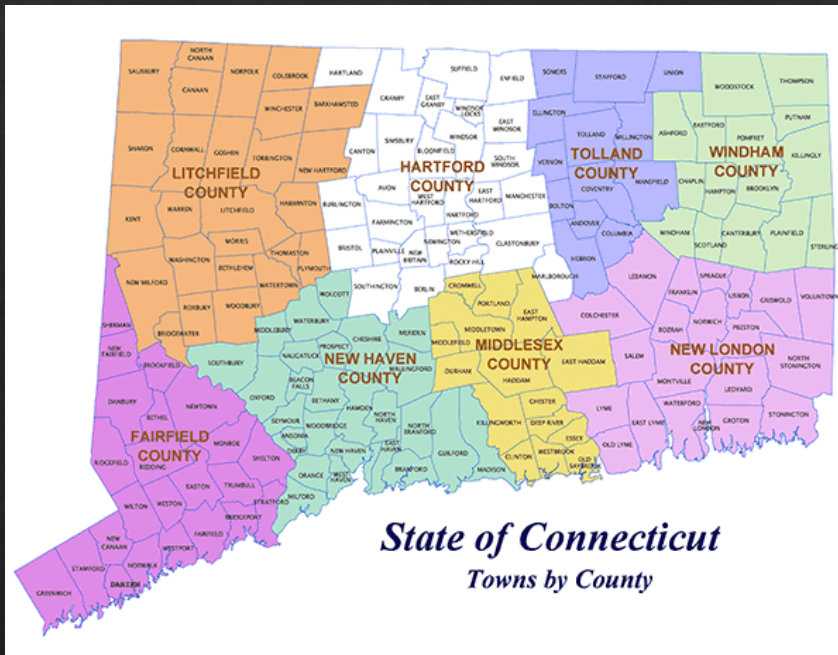
Lauren Prito, MPH
CLEAR Statewide Project Manager
McCall Behavioral Health Network

Liz Evans, BSCN, MEd
CLEAR Site Coordinator, Fairfield County
Liberation Programs

Dan Martineau, BSJS
CLEAR Site Coordinator, Litchfield County
McCall Behavioral Health Network

Sgt Brandon Kelly, MPA
Torrington Police Department

Community and Law Enforcement for Addiction Recovery (CLEAR)



Statewide program by Connecticut Department of Mental Health and Addiction Services (DMHAS) to demonstrate impact of a deflection model in diverse community settings

Funded through BJA – Comprehensive Opioid, Stimulant, and Substance Abuse Program (COSSAP)

Six demonstration sites across two regions:

Litchfield County: Winsted, Torrington, and Watertown

Fairfield County: Bridgeport, Stamford, and Greenwich

CLEAR Initiative Goals



- ◆ Reduce overdose deaths through:
 - ◆ education, engagement, and awareness
 - ◆ Law Enforcement involved outreach and deflection efforts
- ◆ Create and expand partnerships and collaborations to support high-risk individuals and their families
- ◆ Expand the availability of and access to evidence-based practices, including harm reduction, Medication-based Treatments (MAT) and outreach services.
- ◆ Increase referral sources to outreach teams and ensure equitable access to services.



Strategies

- ◇ Develop and enhance collaborative frameworks
- ◇ Engage people who use drugs and family members of people who use drugs
- ◇ Establish the integrated system to manage law enforcement and at-risk referrals and outreach coordination efforts
 - ◇ Standardize follow-ups
 - ◇ Improve data collection and program evaluation
- ◇ Provide training to outreach teams, law enforcement and first responders, and communities
- ◇ **Engage people who use drugs and family members of people who use drugs**
 - ◇ **Harm Reduction, Family Recovery Coaching, Medication-based treatment, etc.**
- ◇ Overdose Spike Alert Response

Measuring Impact

National Harm Reduction Coalition:

“Establishes quality of individual and community life and well-being — not necessarily cessation of all drug use — as the criteria for successful interventions and policies”

Decrease Harm, Increase Connection

IN CONNECTICUT

2022 Data Overview

- From January to the 1st week of December 2022, there were 1,284 confirmed fatal overdoses, with 85.4% (N=1096) of the cases involving fentanyl, and 24.3% (N=312) of the cases involving xylazine. Gabapentin was involved in 11.3% (N=146) of the cases.
- Opioids in drug overdose deaths: In 2021, 93% of overdose deaths involved an opioid (e.g., fentanyl, heroin, or a prescription opioid pain reliever)

****In 2020, 14.9% of residents in the U.S. required specialized SUD/OUD/COD treatment, but only 10% of this subpopulation received it.**

What is Addiction? Is it about the substance?

American Society of Addiction Medicine

Addiction is a treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual's life experiences. People with addiction use substances or engage in behaviors that become compulsive and often continue despite harmful consequences.

American Psychological Association

Addiction is a state of psychological or physical dependence (or both) on the use of alcohol or other drugs. The term is often used as an equivalent term for substance dependence and sometimes applied to behavioral disorders, such as sexual, internet, and gambling addictions.

What is Addiction?

National Harm Reduction Coalition

Understands drug use as a complex, multi-faceted phenomenon that encompasses a continuum of behaviors from severe use to total abstinence, and acknowledges that some ways of using drugs are clearly safer than others

Dr. Bruce Alexander – Academic, Rat Park Study author

The root of addiction is dislocation, which is defined as the severing of connection with family, community, culture, and society leading to a lack of psychosocial integration (The Opposite of Addiction is Connection – made famous by Johann Hari)

Dr. Gabor Mate -Author – Founder of compassion4addiction

Any behavior any behavior in which the individual finds temporary relief or pleasure in - and craves for that reason, despite negative consequences’.



Harm Reduction as a Frame

*The National Harm Reduction Coalition (NHRC) and the
World Health Organization (WHO)
define harm reduction as:*

*“Harm reduction is a set of practical strategies and ideas
aimed at reducing negative physical and social consequences
associated with drug use.”*





“Meeting people where they’re at”

EXAMPLES OF HARM REDUCTION IN OTHER AREAS



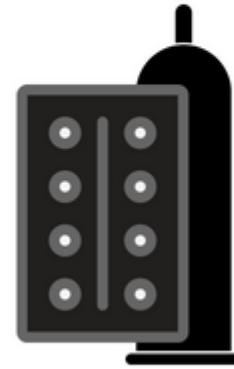
SUN
SCREEN



SEAT
BELTS



SPEED
LIMITS



BIRTH
CONTROL



CIGARETTE
FILTERS



Value of Harm Reduction in Deflection

Initial Assessment:
Symptoms of opioid overdose:

Intersections between those at-risk and;

Pinpoint pupils | Unconsciousness | Little or no breathing | Grunting or gurgling
Cold, clammy skin, or bluish skin around the lips or under the fingernails

- Poverty
- Housing and Homelessness
- Racial Inequity
- Trauma

1

Perform a sternal rub and attempt to wake the patient.

2

Call 911 and provide information to the dispatcher, who should then wait for EMS. If you have a contact who should then wait for EMS, direct them to the site.

3

Administer naloxone. Delegate a team member to record time of first administration. If no response within 2 minutes, administer second dose.

4

5

If oxygen saturation reads less than 90%, use a bag-valve mask (ambu bag) with high-flow oxygen at 15 liters/min to deliver 75-100% oxygen when squeezing the bag to provide rescue breaths. Hold mask firmly over face using a C-hold in



Engagement



Naloxone



Safer Crack Smoking Tips

1. To make your stem last longer, move the flame along the whole stem. Let the stem cool down before using it again. This will help stop breaking and cracking.

ALWAYS use your own stem. **HIV** and **Hepa**
ing. If you have to share, always use you

3. Pack screens in your stem, Pack them
smoking. Do not pack down screens. Brilliant
serious damage and bleeding to your mouth a

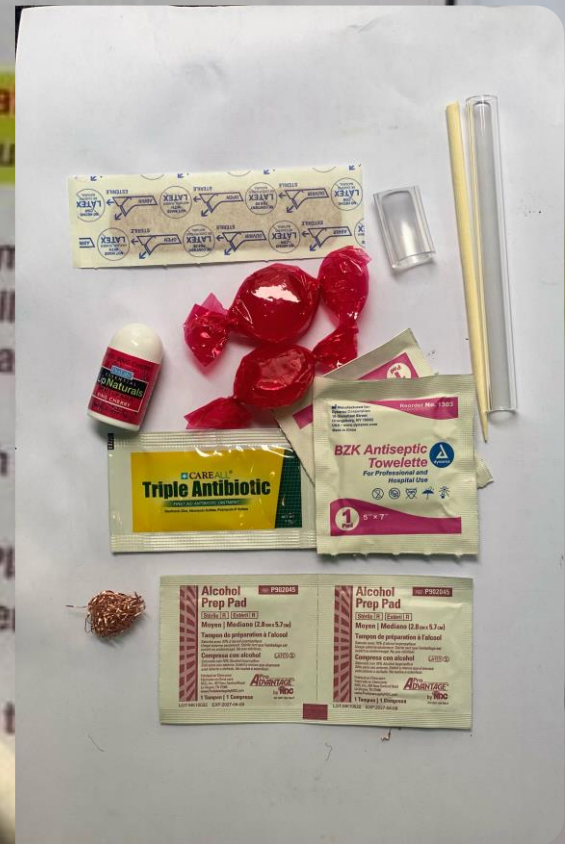
4. Protect your lips by covering your stem with

5. Use a wooden push stick to pack screens. Pl
melted and a metal push stick to the ste

6. Protect yourself by using condoms to prevent
infections and diseases.

7. Drink lots of water to prevent headaches and
a multi-vitamin. Rest and sleep whenever you can. **Take**

8. Don't use someone else's stem.



The Safer Injecting Handbook



Referrals





Overdose Responders and Peers as Harm Reductionists



Supporting Staff and Outreach Teams

- ◇ CLEAR Site Coordinator, Supervisor
- ◇ Clinical Supervision
- ◇ Training
- ◇ Wellness resources



Staff Wellness

- ◆ Working with high risk population who have experienced trauma
- ◆ Secondary Trauma
- ◆ Compassion Fatigue
- ◆ Staff in Recovery





Perspectives from the Field



REDUCE RISKS
ASSOCIATED WITH DRUG USE

KEEP COMMUNITIES SAFE



REMOVE USED SYRINGES FROM
PUBLIC SPACES

SAFE INJECTION SITES
SAVE LIVES



NO MORE DEATHS
FROM OVERDOSES!

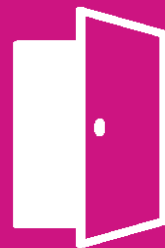


STOP THE SPREAD OF
**INFECTIOUS
DISEASES**
SUCH AS HIV AND HEPATITIS C

**MINIMIZE
HEALTH
COSTS**



**SAFER
ALTERNATIVE**
TO PUBLIC INJECTION



CONNECT USERS TO DETOX AND TREATMENT

DISCUSSION

Contact

Lauren Pristo, MPH (she/her/hers)

Director of Community Engagement, McCall Behavioral Health Network

Lauren.pristo@mccallbhn.org

Daniel S. Martineau, BSJS, (he/him/his)

CLEAR Site Coordinator, McCall Behavioral Health Network

Daniel.Martineau@mccallbhn.org

Liz Evans, BSCN, MEd (she/her/hers)

Senior Director of Harm Reduction, Liberation Programs

Liz.evans@liberationprograms.org

Sgt Brandon Kelly, MPA (he/him/his)

Torrington Police Department

bkelly@torringtonpd.org