

## Abstract

The Town of Bristol has a population of 22,376. The median family income for a Bristol household is \$62,909. According to reports from the Bristol Police Department, there were 24 overdoses between the dates of 11/1/2016 and 12/17/2017. Of those calls 2 of those overdoses resulted in deaths. Of those 24 individuals, approximately 70% were taken to the hospital and 30% did not go to the hospital, and consequently were not given a chance to be connected to any recovery support or services. According to data supplied by the Department of Health, there were 9 reported overdoses in Bristol during 2017. One of those 9 overdoses resulted in a fatality. Only 11% of individuals who overdosed were administered Naloxone by a layperson. According to both data sources, the majority of those who overdosed during this time were males between the ages of 25-34.

The four strategies outlined in the application below will target a cross section of our population using a committee which includes representation of various populations across our community. Our plan will work to increase awareness and decrease stigma through education in the schools and in the community, support and expand treatment, rescue and recovery services in our community.

## Code Planning Committee:

Tricia Brisette: Coordinator, Family Resource Center, Bristol Warren Regional School District

Ann Marie Roy, Coordinator, Bristol Warren Prevention Coalition

Ernie Thivierge, Peer Recovery Coach, East Bay Center

Laurie MacDougall, Resources, Education, Support Together (REST) facilitator, Family member affected by overdose, Member of Governor's Task Force

Rev Elizabeth Habecker, St. Michael's Church

Lt. Steve St. Pierre, Bristol Police Department

Emily Pearce-Spence, Coordinator, Bristol Health Equity Zone and Parents As Teachers Program, Bristol Warren Regional School District

Dr. Sean Varano, Professor of Criminal Justice, Roger Williams University

Dr. Pamela Harrop, Executive Director, Bristol Medical Center

The committee is meeting biweekly in February through April to share resources, create the Community Overdose Plan and amend the draft as necessary for final submission in May. Many on this committee are also part of the Bristol Health Equity Zone (BHEZ) Substance Abuse Awareness and Prevention Working group which will continue to oversee and monitor the initiatives in the plan.

### 3. Community Assessment

Our strengths include:

- A system of collaborating community partners within the BHEZ Substance Abuse Awareness and Prevention Working Group with a successful history of working together to create concrete outcomes in the area of Substance Abuse Prevention and Recovery.
- An active BHEZ Faith Based Leaders Working Group that is committed to working together on community issues.
- A strong and proactive first-responder community that has been engaged before the inception of the BHEZ Working Groups with a willingness to provide resources and staff to implement initiatives to combat the opioid epidemic.

Areas of growth

- Our Working Groups are always seeking new community partners to join us to broaden our reach and consider other needs and ideas to address the needs of our community, with regards to Substance Abuse Awareness and Prevention.
- Our ability to address these needs is limited by our lack of funding and the available resources within our community.

Capacity Building Action Plan

- Our Community Overdose Plan demonstrates how our community partners will work together to expand services in the areas of Treatment, Recovery, Rescue and Prevention throughout the community but specifically in our new East Bay Recovery Center, which opened on March 1, 2018. We are opening with limited hours and limited funding for a 6 month pilot project with the hopes of expanding hours and services available to fit the needs of the community.

### 4. Strategic Plan Draft

Target Population

- Through data analysis most people who are overdosing in our community are males between the ages of 25-34.

- Since stigma plays such a large role in preventing people from seeking treatment, we are targeting youth specifically, but also the general population for educational outreach.
- Also, since only 11% of overdoses resulted in a Naloxone intervention the community at large needs more awareness of and education on the use of Naloxone needs to be made available to the community at large.

Problem Statement:

- Due to lack of funding and its location, between Providence and Newport, Bristol is a community that lacks treatment and recovery services for individuals with Opioid Use Disorder.
- According to CODE data the majority of patients discharged from hospitals following an overdose were not connected to any resources/services so expansion of outreach services is needed to connect individuals with the help they need.
- Furthermore, only 14% of those individuals who overdosed, noted in the CODE data, were administered Naloxone by a layperson.

5. Initiatives –

**Prevention**

- **Prevention Strategy Initiatives** –Prevention strategy initiatives and activities will include parents, community members and youth. Together they will increase positive prevention resources, educate and collaborate with each other to increase the ability to respond to this and other public health issues in the community.

**Initiatives/Activities:**

- Offer a minimum of 2 new forums in the community to educate parents and other community members.
- Offer vaping educational assemblies for Middle School and High School students by the US Attorney General’s Office.
- Distribute Resources, Education, Support Together (REST) crisis tool kits with information/resources to those with family members with Substance Use Disorder.
- Provide speaking resources to schools and faith-based organizations.
- Distribute prevention materials from RIDOH and BHDDH to police, community groups, faith organizations and at community forums.

**Target Population**

- Parents
- Professionals
- Community Members
- Faith Based organizations
- School district personnel and students

## **Work Plan**

- **Who is responsible?**
  - o REST will distribute crisis toolkits at their meetings and have them available at the East Bay Recovery Center.
  - o Bristol Health Equity Zone Substance Abuse Awareness and Prevention working group, which is comprised of professionals from East Bay Center, REST, Prevention Coalition, Faith Based organizations, School District personnel, Roger Williams Faculty, among others will work together to facilitate forums.
  - o Bristol Health Equity Zone Substance Abuse Awareness and Prevention working group will provide resources to the Bristol Warren Regional School District and the Bristol Health Equity Zone Faith Based Leaders Working Group.
  - o Bristol Warren Prevention Coalition will make available prevention materials from DOH and BHDDH and coordinate educational services for Youth.
  
- **Timeline for completion of each activity**
  - o Forums are being planned for May and September
  - o Vaping /Marijuana assemblies coordinated by the Substance abuse coalition and the US Attorney' General's Office for April 17<sup>th</sup> at the Middle School and Mt Hope High School.
  - o Toolkits will be available at REST meetings and at the East Bay Recovery Center upon award.
  - o Resources will be provided to the school district and to the faith based leaders on an ongoing basis

## **Benefits and Impacts**

- Increased promotion of prevention resources at schools and churches and throughout the community will help educate on the dangers of substance use and reduce the stigma so those who do use substances will be more likely to access resources to help them stop using.
- Collaboration amongst community partners will strengthen our ability to respond to this and other public health issues

## **Sustainability Plan**

- Availability of prevention materials is self sustaining through the use of free and downloadable materials from RIDOH and BHDDH
- REST is seeking other grant funding to continue the availability of the crisis toolkits
- Bristol Health Equity Zone Substance Abuse Awareness and Prevention and Bristol Warren Prevention Coalition will continue to partner to bring speakers to forums to continue education of the public.

## **Rescue**

### **Rescue Strategy Initiatives**

Rescue strategy initiatives will include working with our local community agencies, our police departments and coordinating activities with the East Bay Recovery Center and other health agencies in our community, such as the Bristol County Medical Center.

### **Initiatives/Activities:**

- Conduct monthly Naloxone training in various community settings (community group, local bars, East Bay Recovery Center, REST meetings, Recovery Rally, among others)
- Consider the use of Naloxone boxes in the community
- Contact local pharmacies to discuss consideration of dispensing naloxone with all prescriptions
- Bristol and Warren Police Department will distribute Recovery Resources rack cards to those in need of connection with services.

### **Target Population**

- 18-34-year olds

### **Work Plan**

#### **Who is responsible?**

- REST will conduct monthly trainings at their meetings and will reach out to area community groups, the Recovery Rally, Faith Based Leaders, VFW, Senior Centers and the School Community and local bars to offer to bring a training to them.
- East Bay Recovery Center will conduct monthly trainings at the center
- Bristol Health Equity Zone Substance Use Awareness and Prevention and REST will contact local pharmacies to discuss distribution of Naloxone with prescriptions.
- Bristol and Warren Police Departments will distribute Recovery Resource Rack Cards

#### **Timeline for completion of each activity**

- Trainings will begin to be offered upon award of the grant
- Contact with local pharmacies will begin upon award of grant.
- Bristol and Warren Police Departments are currently distributing Rack Cards

### **Benefits and Impacts**

- Previously individuals who had experienced and overdose and chose not to be transported to a local hospital were not connected to any resources. Currently the police try to get the individual to call the 24/7 East Bay Center hotline or offer to call and connect the person at that time. East Bay Center will then connect the person to a Peer Recovery Coach who will reach out to connect them with services and support

## **Sustainability Plan**

- Begin a community-wide media campaign that promotes the benefits of Narcan through local and social media with the support of student and other community groups.
- Develop a financial plan to conduct fundraisers with community involvement.
- Partner with local pharmacies.
- Expand work to include all substance abuse prevention, treatment and recovery agencies.

## **Treatment –**

- **Treatment Strategy Initiatives:** The newly opened East Bay Recovery Center and the REST meetings will provide information on an array of resources for treatment and recovery options to link individuals seeking help. By increasing the number of community partners who have information about treatment options, more individuals in need can receive the treatment they need to lead a healthy life.

## **Initiatives/Activities:**

- Make available a variety of treatment resources to individuals seeking treatment and their families at the East Bay Recovery center and weekly REST meetings.
- Create website and social media for East Bay Recovery Center which will include a listing of resources available.
- Expand number of resources at Recovery Rally 2018 held on the Town Common in September.
- Have REST Crisis Tool kits available to family members with a loved one with SUD to help them find appropriate treatment options.
- Bristol and Warren Police Departments will distribute Recovery Resource rack cards which include Rhode Island's Hope & Recovery Hotline number among other resources.

## **Target Population**

- The program will be promoted at high-risk areas around Bristol and surrounding communities and specifically targeted to those individuals with substance use disorder and their family members.

## **Work Plan**

- **Who is responsible?**
  - The East Bay Center is currently being operated by the East Bay Center and supported by the Bristol Health Equity Zone.
  - East Bay Center is creating a website and both East Bay Center and Bristol Health Equity Zone are promoting activities on social media.
  - The Bristol Health Equity Zone Substance Abuse Awareness and Prevention Working Group is responsible for the organization of the Recovery Rally 2018.

- REST will be providing crisis toolkits to the East Bay Recovery Center through a grant from the Bristol Health Equity Zone through RIDOH
- Bristol and Warren Police Departments will distribute Recovery Resource rack cards
- **Timeline for completion of each activity**
  - The East Bay Recovery Center opened on March 1 and is providing services currently.
  - The East Bay Center is currently working on a website and social media is being used by East Bay Center and Bristol Health Equity Zone currently
  - Plans for the September 2018 Recovery Rally are underway.
  - Rest will begin providing toolkits once Health Equity funds are available in April 2018. Upon grant award for this grant, they will be able to expand their offerings.
  - Bristol and Warren Police Departments are currently distributing Recovery Resource rack cards

### **Benefits and Impacts**

- The opening of the East Bay Recovery Center provides an influx of resources that were needed but lacking in the entire East Bay.
- The Recovery Center will provide linkages to those seeking evidence-based treatment options there by decreasing fatalities and overdoses.
- The recovery center will promote and educate individuals about MAT and its successes.
- REST Crisis toolkits provide resources and support to individuals who have a loved one experiencing substance use disorder.

### **Sustainability Plan**

- Further grants will be sought upon the successful completion of a 6 month pilot program, funded through a combination of funding sources with the hopes that eventually East Bay Center will assume the costs of operation of the center.
- The Bristol Health Equity Zone Substance Abuse and Awareness Working Group will continue to work with the statewide Rally4Recovery group who funds the Recovery Rally to continue the existence of the Rally on a yearly basis
- REST will continue to seek grant funds to fund the Crisis Toolkits.
- The Bristol Health Equity Zone will seek alternate grant funding through the Rotary Club or Roger Williams University to continue the funding of the Rack Cards following this grant award.
- Apply for other grant funding opportunities from federal, state and foundation sources.
- Work with East Bay Community Action /East Bay Center to pool resources
- Maintain a strong relationship with Chamber of Commerce and work on getting local businesses to provide in-kind and financial support as well as student internships.
- Develop relationships with behavioral and mental health service providers and share resources.
- Work with regional partners and other RI prevention coalitions to share costs of media, etc.

## **Recovery**

### **Recovery Strategy Initiatives**

- The East Bay Recovery Center will connect those in recovery to the people, supports, and activities that help make long-term recovery a reality. The Recovery Center aims to personalize recovery by serving as a physical location where recovery allies can organize and provide support and care. Though it is not a treatment agency or a 12-step group, features of these may be present.

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### **Initiatives/Activities:**

- The East Bay Center will offer the following services at the East Bay Recovery Center:
  - o All Recovery meetings
  - o Family Support Groups
  - o NA, AA, Teen Anon meetings
  - o Recovery Coaching
  - o Peer Recovery Training
  - o Social Events
  - o Educational series
  - o Resume building/job coaching
  - o Telephone Support
  - o Wellness Activities (yoga classes, meditation groups and health screenings)
- Provide information on Recovery Options to Faith Based Leaders through HEZ Faith Based Leaders Working group

**Target Population:** anyone needing recovery-oriented services to improve their health and wellness, live a self-directed life, and strive to reach their full potential, but specifically those impacted by Substance Use Disorders.

### **Work Plan**

- **Who is responsible?**
- East Bay Center, St Michael's Church, Bristol Health Equity Zone, REST, and Bristol/Warren Prevention
  
- **Timeline for completion of each activity**
- Initiatives are currently underway but will be expanded over the coming months



## **Benefits and Impacts**

- Recovery Centers exist to put a face on recovery, to build recovery capital, and to serve as a physical location where recovery allies can organize, and provide support and care. A Recovery Center is not a treatment agency or a 12-Step group (although aspects of these may be present).
- Peer-to-peer recovery services connect those in recovery to the people, supports, and activities that help make long-term recovery a reality.
- Those at the beginning of their recovery journey find new ways of living through positive relationships, peer-to-peer support, health and wellness activities, employment assistance programs, community outreach, and recovery-oriented social events. Recovery Coaches - people with lived recovery experience - will work to engage individuals in recovery, as well as serving as a new recoveree's partner and guide on their journey of recovery. The recovery coach's aim is to engage high-risk individuals in vital treatment and services, and follow up to ensure the connection to treatment and services is maintained.

## **Sustainability Plan**

- Apply for other grant funding opportunities from federal, state and foundation sources.
- Work with East Bay Community Action /East Bay Center to pool resources
- Maintain a strong relationship with Chamber of Commerce and work on getting local businesses to provide in-kind and financial support as well as student internships.
- Develop relationships with behavioral and mental health service providers and share resources.
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