

## **Board of Health Meeting – April 3<sup>rd</sup>, 2019**

Division of Substance Abuse and Prevention, Lowell Health Department

Substance Abuse Coordinator

*Lainnie Emond, LMHC*

### ***Prescription Drug Monitoring Program (PDMP) Grant Initiatives:***

- Continuing to work with the Co-Chairs of the Mayor's Opioid Epidemic Crisis Task Force to plan monthly meeting agendas, identify potential initiatives, contact presenters, and invite new agencies.
  - *Next Meeting: March 25<sup>th</sup> meeting has been postponed. Next scheduled meeting is April 29<sup>th</sup> from 5:30-6:30pmin City Hall.*
- Continuing to lead Data Subcommittee of the Mayor's Opioid Task Force. Grant funding was applied for to cover the cost of the Opioid Storyboard Project; the project itself has but put on pause pending approval/denial of grant funds. In the meantime, Subcommittee members have analyzed several sets of data specific to the opioid epidemic in Lowell, and are finalizing a report that outlines the observations and recommendations of said data. Report will be present at next Mayor's Opioid Task Force.

### ***Smart Policing Initiative Grant and Lowell CO-OP***

- Lainnie has submitted the Lowell CO-OP Hazmat and Occupational Hazard Policy to the City's Law Department for review. This document reiterates City policy and outlines the additional step of notifying both direct agency supervisor and CO-OP Supervisor.
- Lainnie and Maricia continue to lead monthly CO-OP Supervisors Meeting comprised of OP supervisors, grant management staff, and UML research partners. Next meeting is scheduled for March 26<sup>th</sup>.
- Lainnie, Lowell CO-OP Supervisor, and LPD grant partners have been continuing to meet with LGH "Bridge Clinic" grant staff to identify how the CO-OP can best work with the new clinic starting on 4/1.
- Request for two part-time Clinical Recovery Specialist positions to be combined into one full-time position will be voted on by City Council on March 26<sup>th</sup>.

### ***Additional Substance Abuse Coordinator Activities:***

- Lainnie and Kerran are continuing to work with community partners from Tufts, UML, and Trinity EMS on a journal article re: syringe discard in Lowell based off of the work completed during the yearlong, grant-funded SSP and PEERRS program through Life Connection Center. Abstract was submitted to the American Public Health Association at the end of February.
- Lainnie, Mike, and Maricia are continuing discussions with community partners re: identifying potential sources of transportation for clients actively abusing substances to access various levels of treatment.
- Actively participated in planning meetings for the new DrugFreeGreaterLowell.org.
- Active participate in the Health Department's Unwanted Medication and Sharps Disposal Day on 3/13 (*See MOAPC report for more details*).

Massachusetts Opioid Abuse Prevention Collaborative (MOAPC)  
*Michael Hall, M.Ed., MOAPC Coordinator*

**Strategy One (implement Life Skills Training across the cluster):** *Life Skills Training is an evidenced based prevention curriculum supported by the Bureau of Substance Addiction Services.*

- MOAPC facilitated training is being planned with local schools for end of March or April.
- Ongoing consultation with teachers and administrators within the Greater Lowell MOAPC Cluster schools on fidelity and implementation.
- Met with Kathleen Herr-Zaya (DPH) and Alayne MacArthur (Life Skills Master Trainer) to coordinate DPH funded Life Skills Certification trainings in the Greater Lowell Area. This effort will include DPH funding for Life Skills workbooks for schools with certified Life Skills teachers. This DPH is also paying for substitute teachers to be trained in schools who have trained teachers.

**Grant Strategy Two (coordination and promotion of education on harm reduction strategies):**

- Coordinating with communities to promote and provide opioid overdose prevention and awareness training and resources to high risk populations. Also, post opioid overdose follow-up visits are occurring in all communities.
- We are beginning to collect fatal and nonfatal opioid overdose data across towns to ascertain any relationship between spikes in overdoses across town borders. This will provide information to assess past success and indicate future work.

**Additional activities include:**

- Continued meeting with the developer and Health Department team on the drugfreegreaterlowell.org website. Tentatively going live in mid-May 2019.
- We have begun planning for the second Merrimack Valley Substance Use Disorder Symposium for December 6, 2019, chaired by MOAPC coordinator
- Facilitated cluster wide MOAPC meeting on 3/20 coordinating efforts throughout the cluster towns. Currently assessing the Strategic Plan to assess what will be sustainable and what is currently sustained. MOAPC grant is anticipated to end next year.
- Tri-Chair of Greater Lowell Health Alliance’s Substance Use Prevention task force.
- Established contact with the leaders of Rides to Recovery, a non-profit based in Waltham that provides transportation for those ready and in need of transportation to detox or other forms of drug misuse treatment. Rides to Recovery will be attending the May 7<sup>th</sup> GLHA SUP meeting to start the process of finding local funding sources to bring this needed service to Lowell and surrounding towns.
- Funding was provided for MOAPC members to participate in the statewide “Ounce of Prevention Conference” on April 2<sup>nd</sup>.
- With the Lowell Health Department and Lowell Police Department, facilitated an Unwanted Medication and Sharps Disposal Event on March 13, 2019 (*table below has more details*).

<b><i>Unwanted Medication and Sharps Disposal Day Outcomes</i></b>			
<b>Date of Disposal Day</b>	<b>Attendee Total</b>	<b>Pounds of Medications</b>	<b>Pounds of Sharps</b>
3/13/19	162	255	317
12/12/18	101	117	182
9/20/18	59	55	64
6/26//18	61	50	60

Partnerships for Success (PFS)  
*Lauren Keisling - Outreach Health Educator*

***Strategy One (social media and education dissemination to high school-aged youth re: sharing prescription medications):***

**Middlesex Community College (MCC) Classroom Education and Wellness Wednesdays:**

- PFS Coordinator hosted an informational table in the lobby of MCC's main academic building for the "Wellness Wednesday" event on 2/27, focusing on the opioid epidemic in Lowell, opioid overdose, and proper prescription medication disposal/storage. 30 students visited the table.
- PFS Coordinator presented to a first year class on 3/25 on the topic of substance use trends on college campuses and promoting positive wellness behaviors.

**CTI YouthBuild Workshops:**

- Educational workshops with CTI YouthBuild will be held from 4/9 through 5/28. Workshops will be presented by various staff from the Lowell Health Department, Lowell Community Health Center, and the NAN Project on the topics of Substance Use in Lowell, Overdose Prevention, Mental Health and Substance Use, and HIV/Hep C Transmission.

***Strategy Two (social media and education dissemination to parents/guardians and high school-aged youth re: proper disposal and storage):***

**"Help Keep Our Kids Safe" Campaign:**

- PFS promoted the Lowell Health Department's Unwanted Medication and Sharps Disposal Day on 3/13 via the "Help Keep Our Kids Safe" campaign. Flyers were placed at over 117 community businesses/organizations around the Lowell area, and electronic flyers were shared across multiple email distribution lists. Flyers were available in English, Spanish, Portuguese, and Khmer. Advertisements were run in the paper copy and online versions of the Lowell Sun, as well as on the Sun's Facebook page, in the days leading up to the event. Partnership with Walgreen's Pharmacy on Plain St. allowed for half-sheet educational flyers to be placed on all prescription bags that were then distributed to customers. 162 individuals attended the event and disposed of unwanted medications/sharps, and 46 of those individuals reported to have youth ages 12-25 live in or visit their homes.

***Monthly Meeting:***

- Next PFS Meeting is scheduled for 3/27 12:30-2:00PM at Lowell High School.

***Other:***

- PFS Coordinator met with staff from UMASS Lowell Wellness Center and Student Activities/ Leadership. Both departments requested partnership in bringing substance use prevention education to the University, starting with educating Greek Life participants. It was also requested that a rotating workshop focusing specifically on prescription medications and the dangers of mixing substances be implemented beginning at the end of the Spring 2019 semester. PFS Coordinator is working towards adding education dissemination to college-aged youth on sharing prescription medication to the PFS Logic Model.

Lowell Community Opioid Outreach Program (CO-OP)  
*Maricia Verma, Lowell CO-OP Supervisor*

***Relationship Building/ Interactions w/Local Providers and Collaterals:***

- 3/18 CO-OP presented to morning group at Transitions TSS in Tewksbury.
- 3/19 CO-OP presented to Fox Run Sober Home, by Into Action Recovery, in Tewksbury
- 3/25 CO-OP toured Serenity At Summit in Haverhill; a private detox that the CO-OP has been able to refer clients to on several occasions

***Meetings:***

- 3/12 CO-OP and Supervisor met with Lowell General Hospital Circle Care staff regarding the Bridge Clinic.
  - Lowell CO-OP is a partner on this grant along with Lowell Community Health Center and Middlesex Recovery. Bridge Clinic is a grant funded initiative starting on 4/1/19 that will enable individuals with an opioid use disorder to be prescribed a three day dose of Suboxone at the LGH EDs and at the Bridge Clinic itself, which in the building next to LGH Saint’s campus.
- 3/19 CO-OP Team Meeting.
- 3/26 CO-OP Supervisors Meeting

***Client Outreach:***

- Continued Narcan training and distribution, and distribution of coats and blankets.

***Other:***

- Clinical Recovery Specialist position is being heard
- CO-OP Supervisor has been in discussion with Greater Lowell Technical High School regarding recommending appropriate substance abuse resources and guest speakers for school’s needs.
- CO-OP Supervisor began training the CO-OP Team in the use of IntakeQ, the electronic health record that the team is using.
- Kevin Jones (Lowell Fire Department) and Sheryl Mercier (Lowell Police Department) continue to take the 60 hour Recovery Coach Training. Course is anticipated to be completed on 4/17.

<b>CO-OP Client Engagement Description</b>	<b>December 2018</b>	<b>January 2019</b>	<b>February 2019</b>	<b>03/01/2019 – 03/20/2019</b>
<b>Total Client Encounters</b>	78	95	86	32
<b>Clinical Recovery Specialist Active Clients</b>	17	7	7	5
<b>Families/clients who inquired information about Section 35 and petitions for Section 35</b>	1	6	1	0
<b>Clients CO-OP helped admit to some form of treatment</b>	16	11	15	5
<b>CO-OP helped clients with other services</b>	3	2	2	1

Syringe Collection Program  
*Andres Gonzalez, Syringe Collection Program Coordinator (SCPC)*

***Outreach & Education:***

- SCPC is continuing to develop program fliers and educational materials, including:
  - Educational PowerPoint presentation geared towards students, PSA commercial, and a City wide sharps kiosk presentation
  - Educational PDF's for City of Lowell: Safe Sharps Disposal
- SCPC has begun engaging in community outreach.

***Building Community Partnerships:***

- SCPC has met with local agencies that collect sharps, process sharps reporting, or do sharps clean-up
  - Lowell House Inc.
  - City of Lowell: Code Enforcement
  - City of Lowell Senior Center
  - Dept. of Public Works: Streets Dept.
  - Dept. of Public Works: Parks Dept.
  - Lowell Community Opioid Outreach Program (CO-OP)
  - Lowell Police Department 911 Dispatch
  - Life Connections Center: Syringe Collection Staff (Needle Exchange Program)
  - Life Connections Center: Administration
  - Healthy Streets Outreach Program

***Job Preparation:***

- SCPC has visited and evaluated homeless encampments and syringe hotspots throughout the city, to start the strategic planning of city wide clean-up's
- SCPC has created tracking system for syringe pick-up requests and responses, strategic clean-ups, and planned events.

***Additional Syringe Collection Program Coordinator Activities:***

- SCPC participated and assisted in the Health Department's Unwanted Medications and Sharps Disposal Day
- SCPC met with TerraCops, an Americorps environmental program, for collaborations opportunities in future clean up events in the city.

***Syringe Collection:***

- Once the SCPC has been trained and equipped, he can begin to respond to needle pick-up requests. In the meantime, the City continues to be well served by Trinity EMS; residents can continue to call the nonemergency Lowell Police Department (LPD) line to report needle pick-up requests. The Lowell Health Department will announce once the SCPC has been trained and is ready to respond to calls Monday through Friday during business hours. Trinity EMS will continue to work with the city to respond to needle pick-up requests that the LPD receives on nights and weekends.