

Falmouth Action Plan to Address Opioid Misuse

Project Goals:

- To expand municipal leaders' understanding of the root causes of opioid addiction- including Adverse Childhood Experiences- and engage them as champions for comprehensive, evidence-based solutions in their communities.
- To increase the adoption and implementation of evidence-based policies and practices in Cumberland County municipalities.

Problem to address	Strategy	Actions	Resources	Timeline	Town Point Person
Lack of Visibility of Recovery	Make Recovery Visible (This is about reducing stigma; raising awareness; and making recovery visible to those currently struggling with substance misuse that there are options and hope. This strategy will also enhance prevention)	Promote Recovery Ally Training at St. Mary's Church, facilitated by Portland Recovery Community Center.	<ul style="list-style-type: none"> • Portland Recovery Community Center (PRCC) • St. Mary's Church 	Ongoing	Chief John Kilbride / Ellen Planer
		Map employers that are recovery friendly/promote employment of people in recovery		TBD	Ellen Planer
		Promote and support hosting family support groups. Work with St. Mary's to further this action item. <ul style="list-style-type: none"> • Consider starting Community Reinforcement and Family Training (CRAFT) family support group • Family support group possibly leading to additional recovery support groups led by people in recovery 	<ul style="list-style-type: none"> • Identify families and/or people in recovery who want to help organize • PRCC can provide support to increase recovery supports • CRAFT as a model for family support groups • St. Mary's Church 	Ongoing	Chief John Kilbride / Ellen Planer
		Host the film <i>Recovery Boys</i> with a panel discussion (possibly at the Library)	<ul style="list-style-type: none"> • PRCC 	2019	Ellen Planer / Library
Harm	Harm Reduction	Narcan training put on by Portland Needle Exchange.	<ul style="list-style-type: none"> • Portland Needle Exchange 	Fall 2019	Lucky D'Ascanio / Chief John Kilbride
		Create connections with a small Community Sharps Program and/or a needle exchange.	<ul style="list-style-type: none"> • Portland Needle Exchange can provide guidance and technical assistance for implementing 	2019	Nathan Poore / Chief John Kilbride

Stigma, Lack of Visibility, and Community Education of the Problem	Reduce Stigma, Increase Visibility, and Provide Education on the Problem	<p>Promote and support hosting Community Forums on Prevention, addiction, treatment, and recovery. Ideas include:</p> <p><u>Prevention</u></p> <ul style="list-style-type: none"> • Table Talks: do during youth programming with parents • Documentary showing and discussion for community. <p><u>Harm Reduction</u></p> <ul style="list-style-type: none"> • Combine forums with a Narcan training (overdose identification and how to use Narcan) <p><u>Recovery</u></p> <ul style="list-style-type: none"> • Recovery Ally Training • Creating recovery ready communities 	<ul style="list-style-type: none"> • Casco Bay CAN • Milestone • PRCC • Portland Needle Exchange can provide Narcan trainings and distribution • Dr. Kristen Silvia (MaineHealth) • Greater Portland Council of Governments (GPCOG) 	TBD	Nathan Poore
Lack of Parent Education / Engagement on Healthy Environments for Prevention	Implement Parent Prevention Education	Ensure substance use prevention is included in table discussions during the “Community Dialogues” for Falmouth School District.		TBD	Geoff Bruno
		Explore requiring parents to attend extra-curriculars to the required parent night and including information on substance use prevention.		Fall 2019	Geoff Bruno
	Promote/assist with Hosting Table Talks: Prevention program for parents facilitated by Casco Bay CAN.	<ul style="list-style-type: none"> • Casco Bay CAN • St. Mary’s as host 	Ongoing	Robin Haley	
	Implement Community Prevention Education	Help to post Casco Bay CAN Prevention Campaign materials all over the town.	<ul style="list-style-type: none"> • Casco Bay CAN 	Ongoing	Melissa Tryon / Robin Haley
		Host with promote Senior Rx drug safety workshops and drug drop off put on by Falmouth Police and Casco Bay CAN.	<ul style="list-style-type: none"> • Casco Bay CAN • Needle Exchange- could also do a Narcan training and distribution at this event 	Ongoing	Lucky D’Ascanio / Chief John Kilbride

No Treatment for Vaping Addiction for Young People	Implement a Vaping Intervention Program	Train Falmouth High School Students in the “Sidekicks” program created by MaineHealth’s Center for Tobacco Independence. Sidekicks trains students to be supports for other students struggling with nicotine use and other risky behaviors.	<ul style="list-style-type: none"> Portland Public Health Tobacco Coordinator 	Fall 2019	Robin Haley
		Use the “Vape Intervention” with students caught vaping at school as part of the school’s response. The one-hour program provides education, assessment, and an opportunity for conversation to help guide a young people towards reducing/quitting vaping.	<ul style="list-style-type: none"> Portland Public Health Tobacco Coordinator 	Ongoing	Robin Haley
Not Enough Safe, Certified Recovery Residences	Develop Standards, Including a Consideration to Require that Recovery Residences be Certified by the Maine Association of Recovery Residences	Work with stakeholders and other partners to create standards for recovery residences that encourage certification.	<ul style="list-style-type: none"> Maine Alliance for Recovery Residences 	TBD	Nathan Poore / Town Council
		Explore public conversations/education about recovery housing	<ul style="list-style-type: none"> Maine Alliance for Recovery Residences 	TBD	Nathan Poore / Town Council
Lack of Knowledge About the Problem and Prevention Among School and Recreation Staff, and Coaches	School Staff Training	Commit professional development hours each year to substance use prevention, during school opening training.	<ul style="list-style-type: none"> Casco Bay CAN Key School Staff Chief John Kilbride Lucky D’Ascanio and National Recreation and Parks Association’s Substance Misuse Community of Practice 	Fall 2019	Geoff Bruno
		Provide training in using restorative practices for effectively dealing with substance use and other behavior problems linked to substance use.		Ongoing	Geoff Bruno
		Cooperatively work on professional development for teachers with the recreation department’s staff.		Ongoing	Geoff Bruno / Robin Haley / Lucky D’Ascanio

		Explore curriculum for School Resource Officers to work with kids in classrooms		Ongoing	Geoff Bruno / Chief John Kilbride
Recreation Staff Training		Provide a two-hour workshop by Casco Bay CAN on adolescent brain development, ACEs, substance use prevention and resilience during camp/rec staff training.	<ul style="list-style-type: none"> Casco Bay CAN Connect with Lee Anne Dodge at SoPo Unite for camp/rec training curriculum 	Ongoing	Lucky D'Ascanio
		Provide a workshop by Cumberland County Substance Use Prevention Providers for recreation department leadership during So. ME Rec Depts monthly meetings.	<ul style="list-style-type: none"> Cumberland County Substance Use Prevention Providers 	2019	Lucky D'Ascanio
		Advocate for workshops on Substance Use Prevention at the Maine Recreation and Parks Association Conference.	<ul style="list-style-type: none"> Cumberland County Substance Use Prevention Services 	Fall 2019	Lucky D'Ascanio
		Explore including substance use prevention in trainings for recreation coaches at the beginning of seasons (look at national webinar series currently being used with recreation coaches and see what's missing). Provide "Tips of the Week" to recreation coaches.	<ul style="list-style-type: none"> Casco Bay CAN 	Ongoing	Lucky D'Ascanio
School Coaches Training/On-going Prevention Messaging		<ul style="list-style-type: none"> Coaches training at the beginning of seasons Coaches resources "Tips of the Week" for coaches 	<ul style="list-style-type: none"> Casco Bay CAN 	Ongoing	Geoff Bruno

Town of Falmouth Staff Contact Information

Name	Title	Email
Nathan Poore	Town Manager	npoore@falmouthme.org
John Kilbride	Chief of Police	jkilbride@falmouthme.org
Ellen Planer	Town Clerk	eplaner@falmouthme.org
Lucky D'Ascanio	Parks & Community Programs Director	

Melissa Tryon	Executive Assistant	mtryon@falmouthme.org
Geoff Bruno	Superintendent of Schools	
Robin Haley	Substance Abuse Prevention Coordinator and Social Worker, Falmouth High School	

Community Resources Contact Information

Organization Name	Contact Name	Email	Website
Portland Recovery Community Center	Leslie Clark	leslie@portlandrecovery.org	https://www.portlandrecovery.org/
St. Mary's Church Opioid Crisis Group	Bonny Rodden	Brodden1.br@gmail.com	N/A
Portland Needle Exchange	Zoe Brokos	zop@portlandmaine.gov	https://www.portlandmaine.gov/866/Needle-Exchange-Program
Casco Bay CAN	Beth Blakeman-Pohl	beth@cascobaycan.org	http://www.cascobaycan.org/
Maine Alliance for Recovery Residences	Ron Springel	rspringelmd@gmail.com	http://www.mainerecoveryresidences.com/
Portland Public Health Tobacco Coordinator	Krista Walker	kwalker@portlandmaine.gov	https://www.portlandmaine.gov/2096/Tobacco-Prevention
Milestone			http://milestone-recovery.org/
MaineHealth	Kristen Silvia, MD		https://mainehealth.org/provider-directory/s/silvia-kristen-b
Greater Portland Council of Governments (GPCOG)			https://www.gpcog.org
SoPo Unite	Lee Anne Dodge	ldodge@southportland.org	https://www.southportland.org/residents/sopo-unite/get/
Cumberland County Substance Use Prevention Providers			