

GPCOG

GREATER PORTLAND
COUNCIL OF GOVERNMENTS

Communities Addressing Opioid Misuse



Opioid misuse as Regional Priority

- 2016 Metro Regional Coalition chooses opioid misuse as priority
 - Scarborough
 - Cape Elizabeth
 - Gorham
 - Westbrook
 - South Portland
 - Portland
 - Falmouth
- 2017 GPCOG hired consultant to create strategic plan
- Priorities:
 - Reduce stigma
 - Understand root causes of opioid use disorder
 - Do our part – ACTION!



2017 Initial Actions

- Educate ourselves
- Roundtable with superintendents
- Created “Action Steps”

ACTION STEPS TO ADDRESS OPIOID MISUSE

A TOOLKIT FOR CITIES AND TOWNS

Local governments can “provide leadership, guidance, and vision in supporting a science-based approach to addressing substance use-related health issues.”

-Surgeon General's Report, 2016



City, town, and school leaders have important roles to play in addressing opioid misuse. Here is a list of actions municipalities can take to help build stronger and more responsive communities:

1

Make sure your school district has the resources and policies needed to use alternatives to suspensions and expulsions.

Supportive in-school suspension, with a behavioral health assessment, especially for students caught misusing substances, is a far more effective way to prevent continued substance misuse than giving students unsupervised time away from school.

- 💡 Connect with your local substance use prevention provider for technical assistance: Every municipality has a local prevention provider who can support policy development. Some also offer professional development trainings for school and municipal staff. For a list of local providers, visit: youareprevention.org/local-prevention-partners
- 💡 Engage the Day One program to assess which students need help: Day One provides early intervention for students using or at great risk of using substances. Providing treatment directly in the school when a problem arises has been the most effective way to address youth substance use. Day One's services are provided for students regardless of their ability to pay. For more information, contact Don Burke at 874-1045 x 114.
- 💡 Refer young people caught using drugs and alcohol for the first time to education programs: The Student Intervention and Reintegration Program (SIRP) is a 12-hour education program that can be used instead of more punitive consequences. To find a SIRP class near you, visit: sirp.adcareme.org

Advocate for more treatment options.

- 💡 You can advocate by asking local physicians to provide medications for addiction treatment (such as Suboxone) to patients in your community and by asking your state representative and senator to allocate additional resources to cover the cost of treatment for the uninsured.

2

2018 Actions

- Opioid Misuse Workshop at GPCOG Annual Summit
- Secured funding for municipal workshop pilots



Project Goals

Expand

Expand municipal leaders' understanding of the root causes of opioid addiction, including early use of substances and ACEs.

Increase

Increase adoption and implementation of evidence-based prevention, harm reduction, enforcement, treatment, and recovery practices and policies within municipalities

Develop

Develop a toolkit of the model to expand its use to other parts of the state.

The Model

Workshop



Target Audience:

Municipal and Elected Leaders

Timeframe:

3-4 planning meetings
2.5 hour workshop
1 public forum (optional)

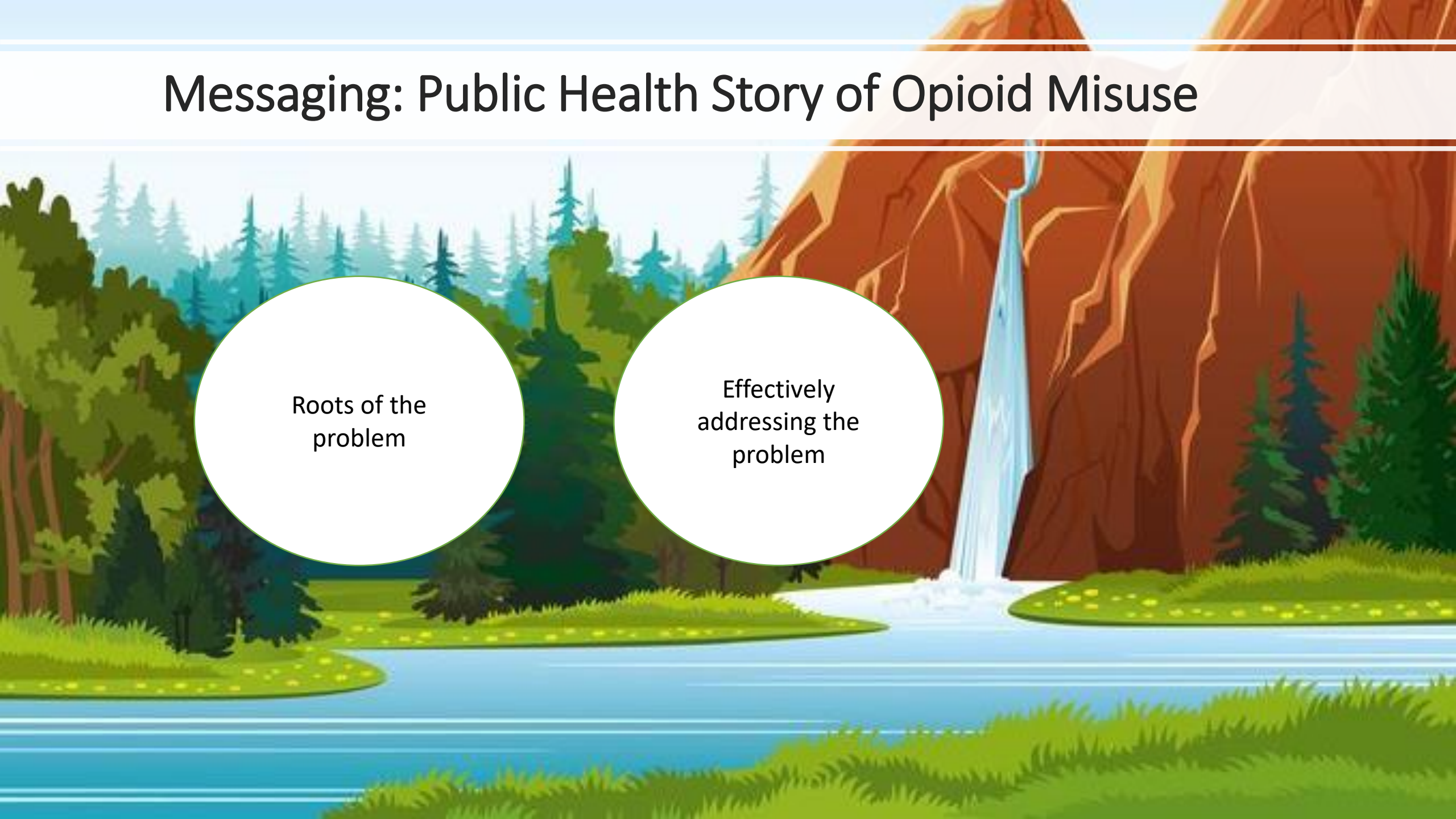
Action Planning & Technical Assistance



Created as a product of the workshop

Guides the work of the municipality over the following year

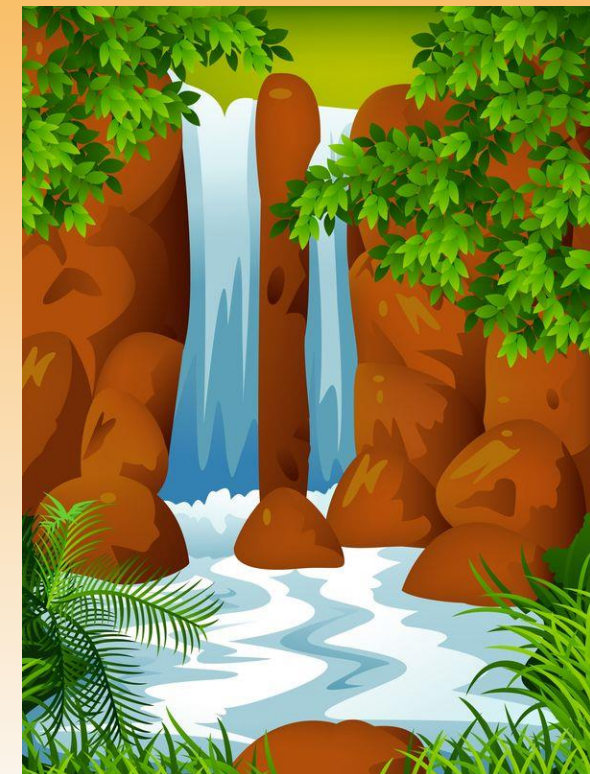
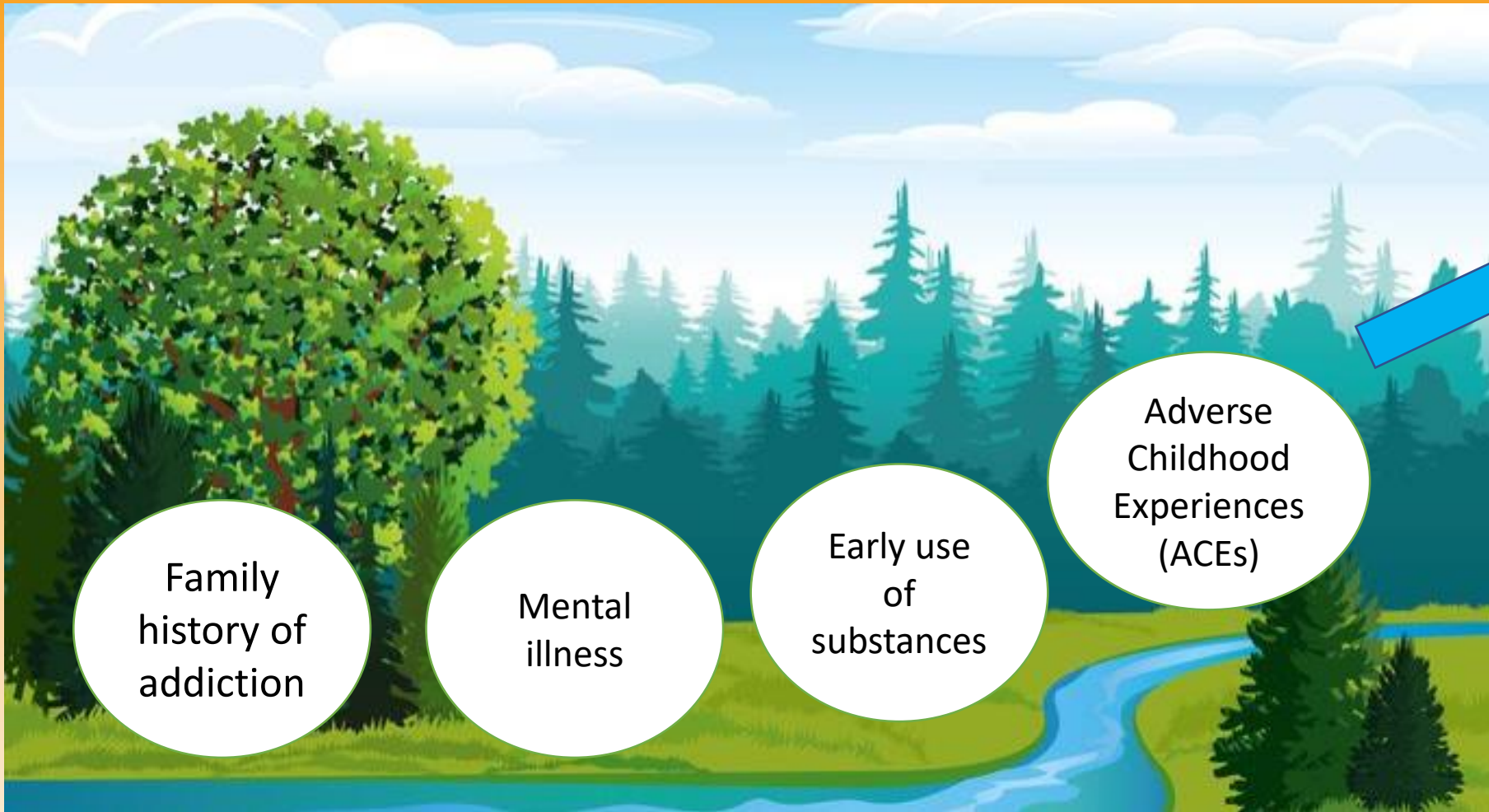
Messaging: Public Health Story of Opioid Misuse



Roots of the
problem

Effectively
addressing the
problem

Main Pathways to Opioid Use Disorder



Risk factors for Opioid Use Disorder detailed in SAMHSA's Heroin Brief, 2015

Brain Architecture

The brain develops over time and through interactions with people and the environment in which young people live.



Center on the Developing Child at Harvard University

A Pair of ACEs



Muddying the Waters: Stigma and Language

Substance Abuse -- Addict -- Substance Abuser – Clean vs. Dirty

**“Shame corrodes the very part of us that believes we are
capable of change” –Brené Brown**

Preferred language:

- Substance Use Disorder
- Person with a Substance use Disorder
- Person in Recovery

Opioid misuse is a community problem that requires a community response.

Effectively
addressing the
problem

- Prevention
- Harm Reduction
- Treatment
- Recovery
- Enforcement

Panelists:

Chief John Kilbride, Falmouth Police Department

Beth Blakeman-Pohl, Casco Bay CAN

Zoe Brokos, Portland Needle Exchange

Kristen Silvia, MD, Maine Medical Partners

Leslie Clark, Portland Recovery Community Center



Falmouth:

- Current Efforts
 - Gaps
 - Possible Actions
-

Action Planning

Based on:

Falmouth School District Prevention Scan, 2017

GPCOG Opioid Misuse Community Scan, 2017

Falmouth Policy and Practice Scan, Fall 2018

Conversations with Falmouth Key Leaders, Fall 2018

Conversations with Local Experts, Winter 2019





Discussion

- 1. What gaps would you like to see Falmouth address over the next year?**

What additional support or capacity do you think Falmouth will need in order to address those gaps?

- 2. What actions would you like to see Falmouth take in the next year?**

What additional support or capacity do you think Falmouth will need in order to take those actions?

Action Planning & Technical Assistance



- Draft Action Plan based on workshop discussion and prioritization
- Local resources scoped, interviewed and detailed in draft action plan by consultant
- Feedback received from the public during public forum
- Planning Committee finalized Action Plan
- Implementation Matrix created and left for town to follow over the next year

Initial Outcomes: Falmouth

Workshop: 26 municipal & elected leaders
Public forum: ~55 public & leaders

Shifting Attitudes

- Language Shift
- Deeper understanding of the role of ACEs and early substance use in risk of Opioid Use Disorder
- People in recovery report feeling more able to be open about their experiences
- Better conversations about Recovery Residences

Catalyzing Connections

- Restorative practices workgroup between schools to decrease suspensions and expulsions
- Rec and school to share professional development on SUD prevention and ACEs
- Rec and school working more closely with local prevention coalition

Seeding New Partnerships

- PRCC now connected to local church group offering recovery services
- Portland Needle Exchange connected to municipality around harm reduction services

Next steps



Complete pilot in Gorham and one other community (TBD)



Pursue funding to provide capacity for regional approaches



Develop and share toolkit



Present at:

- Maine Opiate Conference (July)
- MTCMA conference (August)