

BROOME OPIOID ABUSE COUNCIL

January 6, 2017

Present: Jill Alford-Hammitt, Iris Borilla, Diane Brown, Rich David, Megan D'Introno, Jason Garnar, Matthew Gawors, Arthur Johnson, Nancy Johnson, Rebecca Kaufman, Ben Lainhart, Lee Livermore, Jill Lloyd, Mary McFadden, Kevin McManus, Tom Morellino, Kate Newcomb, Kimberly Newell, Michael Ponticiello, Dr. Christopher Ryan, Raymond Serowik, Kara Skellett, Colleen Wagner, Susan Wheeler, Alan Wilmarth, Lorraine Wilmot

Absent: Robin Alpaugh, Stephen Cornwell, Katie Cusano, David Harder, Jim Mullins, Dennis O'Keefe, Dr. Peter Ronan

Introductions were made for the benefit of new members. The County Executive and Director of Public Health will declare a public health emergency in Broome County for the heroin/opioid epidemic. Rebecca Kaufman will be the Coordinator for the Broome Opioid Abuse Council. She would like to meet with BOAC members individually to make sure everyone is aware of all that is going on and to reduce duplication of services. Committee chairs were asked to provide updates on committee accomplishments.

Community Education Committee: Jill Alford-Hammitt provided an update on accomplishments.

- Community awareness events have been held at each high school, except one. That school district plans to schedule an event.
- Heroin awareness panels have been held in Broome, Chenango and Tioga Counties.
- Parent wallet cards were developed with fast facts about opiate awareness and heroin addiction on the front with five questions to ask providers about prescription for opioids on the back. These have been well received and about 2,500 have been distributed.
- A new focus is sports injury forums for parents, athletes, coaches and athletic directors. One was held at the Susquehanna Valley school district in October. There was an excellent panel with a physician, chiropractor, sports trainer, physical therapist and an athlete in recovery. Additional forums will be scheduled: Deposit, Chenango Valley, Maine-Endwell and Windsor schools have indicated interest. A forum is scheduled for the Maine Endwell school district on February 21.
- There was a good turnout for the presentation by Michael Nerney, former Director of the Training Institute of Narcotic and Drug Research, on the science of addiction and the brain. He had some good information and we would like to bring him back to a bigger venue. There is a cost involved and Diane Brown said the Community Foundation may be able to assist with that.

Law Enforcement Committee: Kate Newcomb provided an update on accomplishments.

- Committee members include: Chief Garey from the Endicott Police Department; Jack Collins from the Binghamton Police Department; Jim Hawley from the Crime Analysis Center at the Binghamton Police Department; Matt Cower from the SIU Task Force; Bobby Stapleton, the Broome County Sheriff's Office School Resource Officer; and Legislator Scott Baker.
- Good Samaritan cards were developed with information on the law on the front so people know that they will not be charged for a small level of drugs if they call for help for someone who is overdosing. There are important telephone numbers on the back of the card. The cards have been passed out to police agencies to distribute in the field.

- About one hundred calls have been received through the SARI (Sheriff Assisted Recovery Initiative) since March 30th. This program works with the Addiction Crisis Center and United Health Services Hospitals. When someone is ready to call for help they can call the Broome County Sheriff's Office. The individual will be picked up and transported to the Crisis Center (who holds two beds open for this program). There is an 85% utilization rate. If the beds are full, the individual is transported to an extended observation bed at United Health Services. Peer support people are put in contact with these individuals to assist them through the process.
- Sensitivity training is being provided for law enforcement personnel to be more empathetic with addicts and their families. This will be worked into the in-service training for all police departments in February.
- Law Enforcement Committee members have been a part of the community awareness event panels.
- There are currently prescription drug drop off boxes located at the Broome County Sheriff's Office and the Broome County Library. A grant was received from the MEE Foundation to purchase prescription drug take-back boxes for the Broome County Office Building and Endicott Police Station.
- The Vivitrol Program at the Broome County Jail is going well. Inmates nearing the end of their sentence are provided education. If they choose to take Vivitrol they get their first dose before leaving the Jail and continue medical observation through UHS for 3-6 months. There is some evidence that Vivitrol and oral Naloxone can help with alcohol addiction as well.

Treatment and Prevention Committee: Arthur Johnson provided an update on accomplishments.

- The committee meets monthly with drug and alcohol prevention and treatment providers in Broome County with a concentrated effort to improve access and expand services for opioid addicted individuals.
- Approval was received from the state to add 4 beds at the Addiction Crisis Center, 2 of which are reserved for the SARI program.
- Fairview opened a new women's halfway house recently. There are 18 beds and that facility is full. Most residents at the men's and women's halfway houses are recovering from opiate addiction. This is where local public assistance recipients get long-term treatment.
- The Cayuga Addiction Recovery Service (CARS) facility has 50 beds for inpatient treatment for addiction disorders and most are opiate addicts. Last year they were approved to add 25 more for our region.
- Broome County received a \$250,000 grant from the NYS Office of Alcoholism and Substance Abuse Services (OASAS). Family navigators and peer counselors were hired at the Addiction Center of Broome County (ACBC). Peer navigators have been responding to overdoses in emergency rooms.
- Broome County received a \$350,000 grant for five years for Fairview to develop a recovery center and they are currently looking for a location. They may rent space to get started and then move toward a more permanent structure.
- ACBC operates medication assisted treatment using Vivitrol to serve about 60 patients. They will open an outpatient detox program in the new space when it opens for expanded outpatient treatment. The medical staff has been hired and they are looking at prescribing Suboxone to expand medication assisted treatment.
- UHS hired Dr. Julia Hunter to work with Dr. Peter Ronan on multiple programs in the community. They are working to expand the number of physicians in the county who prescribe Suboxone and medication assisted treatment to individuals who would benefit from that. Dr. Hunter is encouraging physicians in the community to become certified to prescribe Buprenorphine in their practices. She is running a Baby Basics program for pregnant women with opioid use disorder. She is working with Alan Wilmarth to expand the methadone program at UHS. They are looking for space to expand the program to 150 slots.

- Broome County received a Drug Free Communities grant for \$125,000 for five years. Kara Skellett is the Coordinator. The BOAC hotline is housed at her office since Carole Cassidy retired at the end of the year.
- The YWCA Bridge Program has a capacity to serve 8 women addicted to opioids. This is funded through the Department of Social Services to get these women into early recovery.
- Katie Cusano completed a SAMSA System of Care grant application which is an expansion grant of \$1 million per year for four years. This grant would expand the Promise Zone model to provide mental health/substance abuse programs in the schools.
- The Prevention Needs Assessment Survey is being administered in ten school districts through the Drug Free Communities Grant; data will be available in the spring and presented to the School Boards. The Binghamton and Vestal school districts chose not to participate. This survey has been administered every other year for about 20 years to identify risks so schools can be proactive in developing programs for their districts. The data has been useful in writing grant applications.
- Information is available on admission, retention, discharge and readmission data through the OASAS website for licensed programs in Broome County. The information is put on the BOAC website quarterly for treatment providers. We do not have the data for people who receive services in other counties or states.

Education of Medical Professionals Committee: Dr. Christopher Ryan provided an overview of accomplishments.

- Tom Morellino has been providing academic detailing at prescriber offices to deliver a message about judicious prescribing of opioids (with about 500 encounters so far). The Centers for Disease Control and Prevention issued new guidelines for opioid prescribing and local expertise about pain management were used to develop targeted messages for prescribers. Pharmaceutical companies use this method to deliver messages to physician offices. We are using the same format of one-on-one meetings with prescribers to sell our concepts/ideas along with group presentations. Tom has presented to the Dental Society, UHS Family Practice residents and Nurse Practitioner students. Dr. Ryan has presented to Binghamton University Nurse Practitioner faculty and medical staff at UHS and Lourdes Hospitals. He will be meeting with medical staff at both hospitals again to discuss Suboxone prescribing. We are in the third phase of the project to provide a message for patients who have a painful condition that cannot be cured to provide some things to think about before prescribing chronic opioids and to provide prescriptions safely. Dr. Ryan noted that there are many different indicators to measure the opioid problem, and results depend on which indicator is chosen and how it is defined
- Narcan has been a successful tool to prevent overdoses; however, there has been an alarming increase in the cost (\$700 for the auto injector). The cost of intranasal Narcan has gone up 300%. STAP has been providing training to friends and families of addicted individuals and offering the injectable and intranasal Narcan for free. There have been 127 administrations of Narcan by law enforcement personnel since March 2014 with a 90% survival rate. Emergency medical services have been administering Narcan for thirty years. In the three-county EMS region (Broome, Chenango, Tioga), there are 1-3 uses per day with wide variations. Sometimes multiple doses of Narcan are needed to reverse an overdose.

Discussion:

- Prescribing of opioids is an issue; however, deaths from synthetic drugs and methamphetamine are rising and we need to address the entire scope of substance use disorders. There is usually a second drug in an addict's system other than opioids.
- Rich David provided information that during 2016 there were 167 individuals in the City of Binghamton who received Narcan with 224 suspected overdoses. Most incidents are tied to crimes.

- Lee Livermore will be travelling to Vancouver to get more information on safe injection sites as we continue our harm reduction efforts. Rich David attended a NYS Conference of Mayors meeting in NYC and Mayor de Blasio was reviewing the pros and cons of safe injection sites. There is a safe injection site in Ithaca.
- Kim Newell said the Drug Court is very busy and they have split court dates to have separate times with the judge for new people in the program. There are 54 active participants. They serve people who are in jail or in short or long-term treatment. The Southern Tier AIDS Program comes in once a month for a high risk needs assessment. They offer HIV and Hepatitis C testing.
- Promise Zone has scheduled SAFE (Suicide Awareness for Everyone) nights for the Windsor and Johnson City school districts. Windsor will host an event on January 11 (6-8:30 p.m.) and Johnson City on January 18 (6-8:30 p.m.).
- UHS has a program for women addicted to opioids. They are partnering with the Bridge Program and Mothers and Babies Perinatal Network to provide the Baby Basics course. They also partner with the Family Enrichment Network which has a program for fathers to provide education. They have found that there are better outcomes if addicted pregnant women are treated with Buprenorphine.
- HealthLinkNY applied for a regional opioid abuse prevention grant. We will ask Phil Ginter to present on the plan.

The next Broome Opioid Abuse Council meeting is scheduled for February 3, 2017 at 10:00 a.m. in Conference Room A at the Broome County Health Department.