2017-09-27

Connecting Resources to a Community in Need: Worcester Police Addiction Recovery (WPAR) Program Webinar

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*Worcester Police Department, Crisis Intervention Team*

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Welcome to
The National Network of Libraries of Medicine
Substance Use Disorder Webinar Series

Connecting Resources to a Community in Need
Officer Patricia J Cummings, Worcester Police Department,
Special Operations CIT-WPAR
Program for Addiction Recovery

Rebecca Zwicker, WPAR Program Coordinator,
Recovery Coach Supervisor

September 27, 2017
About Your Host:

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Presentation slides and class materials will be available with the recording after the webinar.
About the National Library of Medicine

The National Library of Medicine (NLM) is the world’s largest medical library. The physical library is located on the National Institutes of Health campus in Bethesda, MD. NLM has made all of its resources digital. NLM funds 8 regional medical library programs nationwide. All resources are free and available to everyone.

About the National Network of Libraries of Medicine

The University of Massachusetts Medical School Library serves as the New England Regional Medical Library, essentially a partner, for a network of health science libraries, public libraries, and special libraries located in New England called the National Network of Libraries of Medicine, New England Region, NNLM NER for short. There are 7 other regions across the country that are part of this nationwide network. NNLM works to advance the progress of medicine and improve public health by providing equal access to biomedical information. We are funded by the NIH. Everything we offer is free. Take a look at the NER website - https://nnlm.gov/ner/

What are the Free Resources Offered by NNLM NER to Network Members?
Digital resources for Health Literacy, Healthy Communities, HealthIT, Knowledge Management, the Healthcare Workforce, and eScience.
Focused health information outreach for specific geographic areas
Free professional development and training, promotional items and grant funding opportunities

What kind of Training is Offered by NNLM?
Professional medical librarians provide training on:
PubMed, MedlinePlus, TOXNET, PHPartners.org, Clinical Trials, Health Literacy, Complementary & Alternative Medicine, Environmental Health, Grant & Proposal Writing, Public Health, Senior Health

There are many professional development opportunities that network members can take advantage of in the form of webinars. Click on the professional development link https://nnlm.gov/professional-development

Customized programs highlighting the NLM resources for staff meetings, conferences and the public is also part of the training we provide.
Other Webinars in the Series

Link to register for the other webinars:

Individualized Treatment and Understanding the Non-pharmacologic Components that are Part of Recovery
January 9, 2018 10-11AM

Dr. Gerardo Gonzalez, MD, Director of the Division of Addiction Psychiatry and Associate Professor in Psychiatry, Medical Director, Washburn House, Worcester, MA
Lindsey Silva, RN, MSN, Director of Quality and Compliance, Washburn House, Worcester, MA

Learn about the non-pharmacologic components of recovery. When developing individualized treatment plans, what factors are considered? The Medical Director and the Director of Quality and Compliance for Washburn House, a new treatment facility in Worcester, Massachusetts, will share their stories of starting a new treatment facility, and the challenges of putting evidence-based practices into practical use.

Learning Objectives: Individualized Treatment and Understanding the non-pharmacologic Components that are Part of Recovery
Understand the rationale and treatment options for managed withdrawal of a patient with opioid use disorder
Understand the rationale and treatment options for Medication Assisted Treatment in a patient with opioid use disorder
Understand the non-pharmacologic components that are part of recovery
Use NLM resources for Health & Medical Information

- Written by health & medical experts
- Peer-reviewed
- Current

Click on the URL below to get a version of this infographic that contains live hyperlinks.

https://infograph.venngage.com/s/Kq2dBc2wdI
Connecting Resources to a Community in Need

**Officer Patricia J Cummings**, Worcester Police Department, Special Operations CIT-WPAR Program for Addiction Recovery

**Rebecca Zwicker**, WPAR Program Coordinator, Recovery Coach Supervisor

National Networks of Libraries of Medicine Presentation    September 27, 2017
No One Ever Grows Up Thinking They Will Become Addicted.
Connecting Resources Webinar Objectives

- Recognize the signs of Substance Use Disorder (SUD)
- Learn about strategies communities are using to reduce fatal overdoses while increasing community awareness and support for individuals and families living with Substance Use Disorder.
- Learn about community resources available and what you can do to reduce the stigma associated with Substance Use Disorder.
Addiction Defined

- The state of being enslaved to a habit or practice or to something that is psychologically or physically habit-forming, as narcotics, to such an extent that the cessation causes severe trauma

- People who use the drug in excess amounts prescribed
- Used for reasons other than prescribed
- Using that which is not prescribed to them
- May be displaying indicators of addiction
Drug Addiction Defined

1. Drug addiction is a chronic, often relapsing brain disease that causes compulsive drug seeking and use, despite consequences to the person using and those around them.

2. It is a brain disease because the use of drugs leads to changes in the structure and function of the brain.
Physical Signs Of Opioid Addiction

- Slowed Breathing
- Marked Sedation and/or drowsiness
- Elation or Euphoria
- Confusion
- Constricted Pupils
- Off and on nodding off or
- Loss of Consciousness
- Constipation
Other Signs

- Doctor shopping
- Shifting moods
- Social Withdrawal or “New Friends”
- Sudden Financial Problems
- Extra pill bottles
- Suddenly using mouthwash, breath sprays or mints, wearing sunglasses
Brain Disease

- Normal Brain
- Chronic Alcohol Abuse
- Marijuana Abuse
- Methamphetamine Abuse
- Heroin Use of 7 Years
- Six Weeks Following Detox
Common Places to Hide Drugs

- **Hiding in Personal Items** – in a highlighter, in the space between its nub and tip of cap, inside pen barrels, Lip gloss or lipstick containers, inside individually wrapped sanitary napkins, in sock drawers, inside a pair of socks, inside pairs of unused shoes, corners of shelves and closets that are not locked or cleaned often.

- **Hiding Around the House** – Video game consoles, old controllers, remote controls, unused battery compartments, holes in mattresses, under box springs, stuffed animals, behind pictures and posters on walls, inside a picture frame, in ceiling tiles, unfinished basement in unused containers

- **On a Dresser** – soda can, water bottle or thermos container that never moves, inside books

- **In the Car** – stashed under the hood, under floor mats, under seats or the dashboard

- **Out in the Yard** – planters, outdoor ornaments
Common Drug Paraphernalia
After a person uses, their system starts to adjust, resulting in the drug having a decreased effect.

This causes individual to use more to get that desired effect.
<table>
<thead>
<tr>
<th>Potential Signs of Overdose</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Constricted pupils that are non-reactive to light</td>
</tr>
<tr>
<td>2. Periods of extreme sedation making them difficult to wake.</td>
</tr>
<tr>
<td>3. Lack of responsiveness/even to painful stimuli.</td>
</tr>
<tr>
<td>4. Respiratory arrest.</td>
</tr>
<tr>
<td>5. Cyanotic, Bluish appearance to lips, fingernails.</td>
</tr>
</tbody>
</table>
What to do when one encounters a person who may be overdosing:

- Call 911
- CPR
- Narcan
Real Life and Getting the Needed Help While Dealing with the Stigma of this Disease?

When you call the police do you say “Overdose?” Depends.

If you feel there is bias in your community say:

This is a “Medical” issue.
<table>
<thead>
<tr>
<th>Withdrawal Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Headache</td>
</tr>
<tr>
<td>Diarrhea</td>
</tr>
<tr>
<td>Nausea and Vomiting</td>
</tr>
<tr>
<td>Sweating</td>
</tr>
<tr>
<td>Fatigue</td>
</tr>
<tr>
<td>Anxiety</td>
</tr>
<tr>
<td>Insomnia</td>
</tr>
</tbody>
</table>
About WPAR Advocate Volunteer Training

Training Objectives:

• Reduce fatal overdoses in the community while increasing awareness and support to individuals and their families.

• Breaking the barriers between the community and police officers.

• Reducing stigma within our community by providing helpful information and resources to enhance their capacity.

Training Topics:

• Community Perspectives: Law Enforcement & Faith Based

• Stigma & Labels

• What is Recovery & Principals of Recovery (Strength-Based)

• Law Enforcement Response: Mental Health, Homelessness & Re-Entry Process

• Veterans’ Perspective: Treatment Options & PTSD

• Stages of Change

• Active Listening

• Motivational Interviewing

• Narcan Training

• Boundaries & Ethics

• Volunteering – Samaritan Law

• Recovery Drug Court: Observation of Recovery Drug Court Session

• Community Resourcing & Networking: AdCare, CHL, Spectrum, SMOC, Prestige, Washburn House, & Every Day Miracles
Narcan or Naloxone

- Facts About Narcan – Doesn’t work if person has taken other drugs
- Where to get it
- Who provides training
- There is a free app
- Legal Concerns – what if I administer it and something goes wrong? Good Samaritan Laws
- You can’t administer Narcan to yourself
- If it’s in your home, tell family members where it is, outside of backpack
What Does the Data Show?

- JUNE OD IN WORCESTER –
  - 66 OD’s
  - Narcan used ---- Times
  - 3 Deaths
How Can I Stop the Stigma?

Use Vocabulary that Does Not Perpetuate the Stigma

“A substance abuser” – implies willful misconduct (it is their fault and they can help it)

“Having a substance use disorder” – implies a medical malfunction (it’s not their fault and they cannot help it)

**Use**
- Alcohol, drug use disorder
  - Addiction
  - Person with/who...
- (Agonist) treatment
- Positive/negative (test)
- Unhealthy
- At-risk, risky, hazardous
- Heavy use, episode
- (Return to) use
- Low risk

**Avoid**
- Abuse, abuser, user, addict, alcoholic
- Substitution, replacement
- Clean, dirty
- Misuse*
- Relapse
- Binge*
- Dependence*
- Problem
- Inappropriate

*define to avoid confusion. Misuse may be ok for Rx drug...
Taking a birth control pill to relieve a headache is misuse
“medication” vs. “drug”

This information is from Dr. Richard Saitz 8.2.17 NNLM Webinar
The Language of Addiction: Words Matter
Other Ways to Stop the Stigma?

- You don’t know everyone’s story
- Doctors, family members, Community Leaders, Criminal Justice System
- Community events, recovery community having a voice
- Recovery Walk/ Politicians supporting these events, Community coming together
The Opioid Addiction Problem is Complicated to Fix

- Now that the drug problem has reached the suburbs there is attention.
- Insurance coverage for treatment is lacking
- Pharmaceuticals are still over prescribing
- Due to negative stigma those in need of recovery do not want to come forward so they stay hidden.
- Crime committed to fund drug use result in a CORI that can effect housing and job prospects.
- Mental Health Services are also lacking and we are not treating the underlying causes of mental illness.
- Many suffer from a duel diagnosis and may self medicate thereby result in addiction
A male has overdosed 5 times this year. He is homeless. On the 6th time I approach him and discuss options for him to consider getting help. He stated that he had no intentions of stopping. I tell him that I’m still here if he ever wants to just let me know. I then leave ask if has any Narcan. He starts fumbling in his bag looking for the Narcan. Once he finds it I tell him he needs to place it in an outside pocket and those close to him need to know where it is. I then give his fiancé Narcan and tell her just in case. On the 7th time his fiancé brought him back to life with the use of Narcan. He still does not want any help. On the 8th time I ask him again. This time he said yes its time. It took 2 hours to finally get him a detox bed but I told him I was not going to leave until I find one.
Massachusetts Has Been Innovative With Addressing Addiction However, Still Lots of Work To Do

University of Massachusetts Medical School Curriculum to Include Prevention & Management of Prescription Drugs


North Carolina police chief helps addicts beat opioid addiction


Other States with Innovative and Collaborative Programs

What Are the Resources In Your Community?

We are working collaboratively
Do you know someone affected by Addiction?
Talk about it!

- Local Health Departments
- Learn to Cope
- Community Justice Agencies
- Recovery Drug Courts
What if you saw this pill on the nightstand of your friend or family member?

How do out find out what type of tablet or pill this is?
Use PILLBOX

NLMs Helpful Pill Identification Tool

[Image of the Pillbox tool]

Mobile app that Enables Location of Available Space in Massachusetts Treatment Facilities

https://www.marsi.org/
A new joint report from National Association of Counties (NACo) and the National League of Cities (NLC) examines how cities and counties can strengthen collaboration with each other and state, federal, private-sector and non-profit partners to tackle the opioid crisis.

Several of the recommendations are accompanied by existing local practices from cities and counties. The report also includes recommendations for state and federal officials, who are pivotal partners in local efforts to combat opioid misuse, diversion, overdose and death.
Additional Resources

The Police Assisted Addiction and Recovery Initiative (P.A.A.R.I.)

http://paariusa.org/
This app is a very powerful testament to the void left behind after the loss of a loved one to opioid overdose, and is a personal living tribute to their memories. If you would like to contribute, contact CelebrateLostLovedOnes@gmail.com.
Community Anti-Drug Coalitions of America

http://www.cadca.org
Introduction

Opioids are a class of drugs that include the illegal drug heroin as well as powerful prescription pain relievers such as oxycodone, hydrocodone, codeine, morphine, ketobemidone and many others. Every day in the United States more than 1,000 people are treated in emergency departments for not using prescription opioids as directed. In 2015 more than 15,000 people died from overdoses involving prescription opioids.

OpioidX: The Opioid Crisis in America | HarvardX on edX | Course About Video
Evaluation Information

Connecting Resources to a Community in Need

http://bit.ly/2hCTWMB

enrollment code: subuse
Evaluation Information

How to Complete a Course Evaluation and Obtain an MLA CE Credit Certificate

You have 30 days from the date you completed the course to complete an evaluation and claim credit.

2. Login. If you do not have a current MLANET login, please Register as an MLA guest.
   After you’ve set up your MLA account and you’re logged in to MLANET, click MEDLIB-ED on the navigation bar to return to MEDLIB-ED.
3. Click My Learning on the blue bar near the top of the MEDLIB-ED home page.
4. Enter the subuse and complete the attestation and evaluation and claim credit.
5. To learn more about MEDLIB-ED, please see the FAQ in the About menu.
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