Opioid Coordination Council
Joint Committee Meeting: Recovery and Prevention Strategies Committees
September 20, 2018
Meeting Notes


Welcome, Opening Comments

Framework: Prevention, Treatment, Recovery, Enforcement; plus education, intervention, harm reduction

Subgroups of the Committees:
1. School-based/school aged Prevention and Intervention (with Marijuana Advisory Commission)
2. Community-based Prevention and Intervention (related to #1)
3. Community-based Initiatives (Toolkit)
4. Employment in Recovery (consultants in recovery centers, resources for employers)
5. Recovery Housing
6. Transportation

In addition, binding two or more of the above together:
• Public Awareness/reducing stigma (Bess O’Brien, opioid cable series
• Partnership with State Librarian/Department of Libraries
• Criminal Records Expungement
• Recovery Coaching, Recovery Network, Recovery Centers

Update: Marketing/Communications (Messaging): Megan Trutor, Alcohol and Drug Abuse Programs, VT. Dept. of Health
• See slides: Comprehensive Substance Use Prevention Strategy
  o Addresses youth, young adults, adults and parent, using various media and campaigns
  o Focuses on Opioids, Marijuana, and Alcohol
  o Involves education, outreach, social media, web-based, public service announcement campaigns
  o Focused: designed for the population trying to reach
  o At least nine targeted campaigns designed for particular audiences
• Combatting stigma campaign to be developed (State Opioid Response Grant)
• Kingdom County Projections “Listen to” project

Understanding Vermont’s Opioid Crisis: Public Access Cable Opioid 8-Part Series
• Ed Baker, Pat McDonald, Jolinda LaClair
• Understanding Vermont’s Opioid Crisis: https://www.orcamedia.net/
Family Healing kits – Series of books to be made available in all 180 public libraries
- Resources from pre-birth to adults – were passed around during meeting

- School perspective: Received a text just now regarding a youth who is struggling – powerful reinforcement for this work
  - Working on synthesis of the work of the Marijuana Advisory Committee and the OCC on Prevention in schools
  - Connection between Recovery and Prevention: has a student whose mother is being taken back to prison – substance use disorder involvement – individuals are often reflections of the systems from which they come
  - How do we pay attention to strengths-based approach?
    - Measure what matters
    - Human relationships
    - Structures that we can control
  - Making connections with the groups you don’t think you need to make connections with
- Recent family experience – I have exposure to skills and resources – what does someone do who does not have that?
  - “No wrong door” approach. Womb-to-tomb
  - Ted talk by Scott Stowe: Less about the addict, more about a human being. 18,000 people in recovery
- Team/community activity: Phoenix Sport – project in Berlin – Crossfit and other activities for people in treatment/recovery
- Prevention is so important to me – Starting up with a DFC grant (dollar for dollar match on $125,000 grant)
  - Issues arise in sustaining services – someone quits, or something happens.
  - When there’s a crisis, the community bonds together – prevention and recovery come together
- Question: How do faith-based and recovery work together?
  - Responses
    - Competency and compassion: “Nobody cares how much you know of nobody know how much you care.” He is connected to churches that are cultivating relationships with/for people with SUD
    - Graduate of the Teen Challenge program – fill up first two rows in her charge
    - We need to build a better Rat Park (see YouTube) – need connection to community. The better the connection, the less drug involvement there is.
      - Shaming people into treatment is the opposite of what we should do to
- Youth
  - CADCA training – some were 7th and 8th graders
  - Youth Voices – so potent – especially with congressional delegation – it was empowering to the youth to be heard by officials
    - There are fewer community-based coalitions in Vermont than there were five years ago
    - Key ingredients – having a backbone agency, integrated systems
      - The 3 spaces –school, home, community – key to prevention AND recovery
      - Law enforcement at the table
      - Believe we’re at a turning point
Youth Risk Behavior Survey (YRBS) – most recent results show horrifying outcomes with LGBTQ and youth of color in VT.

Adam: There is a correlation between prevention of school violence and SUD.

- Good intention is not enough. Must be met with intentionality

One of the things Iceland does well is timely data

- CVU focuses on that – both on the population level and individual students

**How does Recovery Work in Vermont?**

- **Outreach:** No one path, no wrong path
  - Strengths-based
  - Real life – taking into classrooms – peers – offering options to start doing something “esteemable”

- **Employment** perspective: 2004 – treatment system thought we were awful
  - Recovery has grown much in Vermont since then
  - 520 people have come through Working Fields – great successes, and many relapses – people come out of clinics with no connection to a recovery center
  - Need connections – there should be unlimited funding for recovery coaching!

- **Recovery and Prevention:** Multiple ways --
  - To build a life (prevention)
  - To recovery – AA brings people together –
  - How do you find connection in small communities?
  - Need to NORMALIZE connection-based work

- **Residential** – not one-size.
  - Access/awareness needed

- Connection. Not alienation.

**Frame for conversation about a Systems approach to Prevention, to Recovery, and to the places where they meet**

- Teddy Roosevelt: “If it isn’t working stop. If it is, do it some more.” (paraphrase?)
- Examples of systems – agencies, public housing, housing retention
- Meeting with Lund – “check the boxes”
  - 1-2-3-4 – things that all of the agencies that are about creating connection – collectively
    - Support the health department
  - Stigma prevention campaign – how we address together . . . choices

- It’s a health condition
  - Progressive nature to the disease, progressive nature to recovery
    - It’s cyclical
  - What does living a life of recovery really mean?
    - Addiction – not a choice. Recover is.

- Switches me to thinking about Primary Prevention
  - Wish there were more Prevention Coalition people around the table
  - RiseVT

- More ways to serve whole units
  - Take coaching system and specialize

- Opposite of addiction is connection – recovery centers are all about connection – hard to capture the stuff in-between
  - Recovery centers have come such a long way (especially given the financial limits)
  - SYSTEMS – working with hospital/people trying to get into treatment centers/beds!
    - Can a system help get people access? Need more communication between recovery centers and resources (it is underway – ADAP call center, . . . )
• Schools is where the children are
  o Education at UVM focuses on ACEs (surge in adolescents with SUD. ID children with ACEs early on
• What do you do when you are not in recovery? (where do you go?)
  o What are the one-off connecting places?
  o What are the partnerships – library, other
    ▪ What is the core?
    ▪ Who are the partners?
• Portal for entry – there is no one portal
• Community Coalitions!
  o Caledonia, Orange
    ▪ No community coalition is the same
      • ID what each community needs
      • Really need people in recovery on those committees
      • “Nothing about us without us” – in Wells River, library is the focal point!
    ▪ Blue Mountain Union school invited us
• Intersection:
  o we are all in recovery from SOMETHING, and we are all in need of prevention
  o Normalize recovery! How wonderful to have a community center with recovery present – normalized – it’s ALL of us!
• The silver lining is that the opioid crisis has touched everyone. There is no us and them. There is only us.
• Getting to resilience in recovery and prevention: We expect kids to bear witness in their parents’ addiction (dwell in the trauma – retell and retell, without action). Empower them. Better if they are contributing to recovery and to community.
• Federal level – we recognize that prevention has played back seat. Working on it.
• Trauma epidemic! (coming with the opioid crisis)
• The system won’t do it. YOU will. YOU are making a difference. You are inspiring.

Transcription of NEWSPRINT SHEETS (not necessarily in order)

• Human beings don’t live in isolation
• Systems
• Celebration
• Connection/collaboration
• Grandparenting
• Inequity in programs

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• Sense of place + purpose = hope
• Lift everyone up – value voices
• Strength-based – positive focus
• Emphasis of community:
  o Impact environment
    ▪ Reduce stigma
    ▪ Create systems of support
• Leverage human relationships
  o People
  o Partners
Creative pathways

- Reach youth – reach the family

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- Streamline message across all systems/agencies (public, private)
  - Community
  - Respect
  - ALL AGREE

- Importance of choice (youth)
  - Substance use – alternative
  - Recovery – value of their voice in how they move forward

- Progressive nature to disease, but also a progressive nature to recovery

* Paradigm shift – compassion and understanding by knowing the individual – the REAL person

- Teacher education – ACEs – early identification and intervention

- Spaces for all – safe, open, including
  - Not just for one population but for all
  - Community need/what makes sense

- Housing
  - Retention
  - Recovery coaches – housing authorities (specialty)
  - SASH for families – Medicaid funding
  - VTARR

- Families
  - Serve whole units
  - Grandparenting
  - Community-based support
  - Libraries

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- Place/Space
  - Portal for entry
    - Anyone
  - Resource and referral

- Recovery coaches
- Community libraries
- Raise public awareness
- Youth voices/youth engagement
- Community-based coalitions
  - All voices
    - Youth, recovery