

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

**Present:** Chairs: Sara Byers, Stephanie Thompson, Peter Espenshade. Staff: Director Jolinda LaClair; Rose Gowdey. Participants: Cindy Boyd, Christine Johnson, Jane Helmstetter, Mickey Wiles, Hugh Bradshaw, Aimee Marti, Mitch Barron, Grace Keller, Roger Marcoux, Peter Mallary, Jim Leddy, Diane Derby, Daniel Franklin, Stefani Capizzi, Michael Johnson, Ken Sigsbury, Hal Porter, Melinda (Lussier) White, Sunny Naughton, Seth DiSanto, Ron Stankevich, Melissa Story, Charles Gurney, Liz Genge, Kayla Donohue, Adam Buntin, Deborah Hopkins, Amanda Hudak, John Caceres, Jason Broughton, Beth Keister, Bess O'Brien, Ed Baker, Megan Trutor, Stacy Jones, Cheryl Chandler, Melana Dayanim, Kate Shaper, Christina Nolan, Lori Augustyniak, Kevin Veller, Debra Ricker.

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
  - Addresses youth, young adults, adults and parent, using various media and campaigns
  - Focuses on Opioids, Marijuana, and Alcohol
  - Involves education, outreach, social media, web-based, public service announcement campaigns
  - Focused: designed for the population trying to reach
  - 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/>

## Vermont Department of Libraries

### **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

### **How Prevention and Recovery Intersect:** The Current State of Prevention and Recovery in Vermont

- **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 7<sup>th</sup> and 8<sup>th</sup> 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
  - 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?)
  - What are the one-off connecting places?
  - What are the partnerships – library, other
    - What is the core?
    - Who are the partners?
- **Portal** for entry – there is no one portal
- **Community Coalitions!**
  - 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:**
  - we are all in recovery from SOMETHING, and we are all in need of prevention
  - 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:
  - Impact environment
    - Reduce stigma
    - Create systems of support
- Leverage human relationships
  - People
  - 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