



**Care Massachusetts  
The Opioid Abatement  
Partnership**

# Care Massachusetts Core Training and Technical Assistance Team



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# Background: Care Massachusetts

Care Massachusetts is working collaboratively with cities and towns across the state to take action to end the overdose crisis.

## **We provide resources and technical assistance with:**

- Connecting municipalities with the people most impacted by the overdose crisis
- Promoting the selection and implementation of proven public health strategies
- Educating the public on the source and purpose of the funds
- Facilitating collaboration across municipalities



# OFFICE HOURS

**How to Engage Family Members of  
Those Who Use Drugs in Opioid  
Abatement Fund Utilization**

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**2/29/2024**



# PRESENTER



**Joanne Peterson**

**Founder and Executive Director of  
Learn to Cope**





# Objectives

## Participants will be able to:

- ❑ Understand why it is critical to include loved ones of those who use/have used drugs in decision-making related to the use of the opioid settlement fund.
- ❑ Identify approaches to involve loved ones in a way that preserves their safety.





**Learn to Cope (LTC) is a non-profit, peer-led support network for families dealing with addiction and recovery.**

**We are funded by both donations and Massachusetts Department of Public Health (MA DPH), offering education, resources, support and hope, for family members and friends who have loved ones affected by substance use disorder.**

**Addiction doesn't have a specific look, demographic, socio-economic status, or profession.**

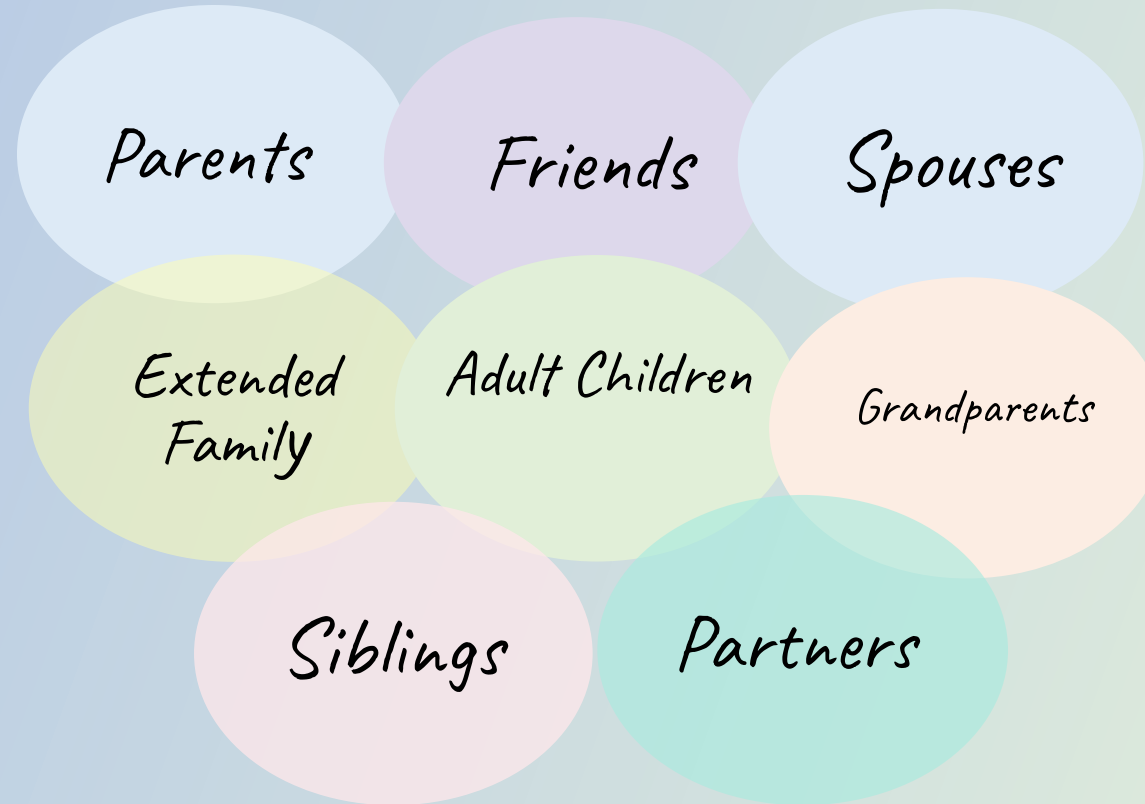
**This is a family disease that holds no bounds.**

**We all know someone struggling with substance use disorder.**

*Joanne Peterson, Founder and Executive Director LTC*

[www.learn2cope.org](http://www.learn2cope.org) 508-738-5148

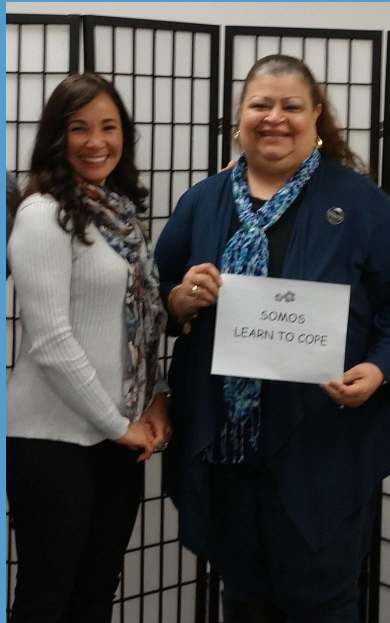
# Who Are We?

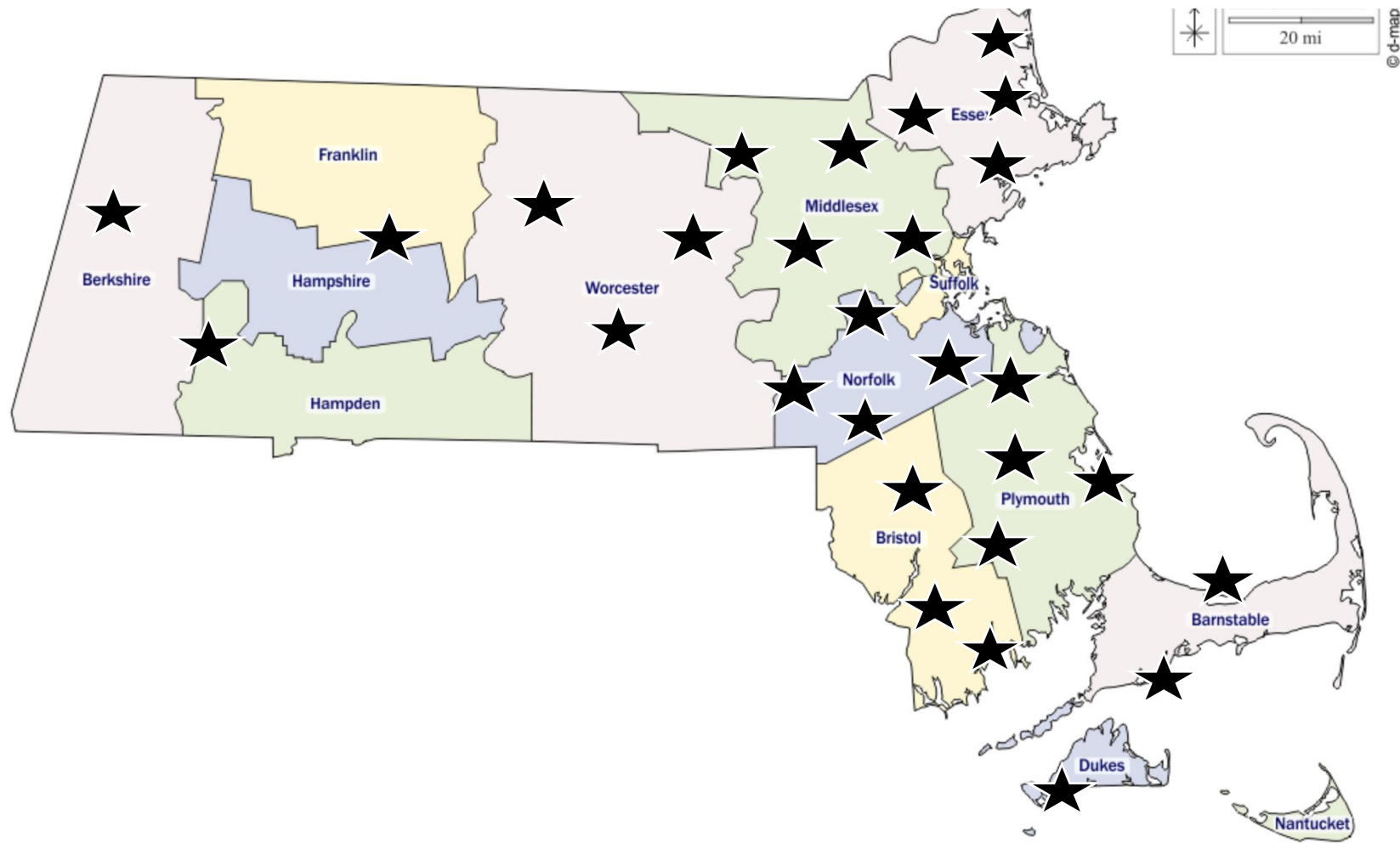


**Learn to Cope has become a nationally  
recognized model for peer support.**



*Learn to Cope members come from a diverse population.  
Our meetings offer a confidential and stigma-free safe space.*





**27 chapters**  
in MA

**100+ families**  
certified to train members on  
overdose prevention

**200+ overdose reversals**  
using Narcan

**200+ volunteers**

**12,000+ families**  
supported nationwide



# Statistics - April - June 2023



## Stay Connected Link

*Relationship to Loved One*

Child	124
Spouse/Partner	50
Sibling	14
Parent	12
Friend	1
Grandchild	1
Other	4
Blank	10

## Meeting Attendance

April	815
May	911
June	883
Guest Speakers	24
# of Meetings	197

In 2010, through the MADPH Naloxone Bystander Pilot Program, Learn To Cope became the first parent group in the country to be able to train family members in overdose recognition and response and provide Naloxone at our meetings to take home.



Based on the 2023 data available, there were 2,357 confirmed opioid related deaths in Massachusetts. Unfortunately, the numbers continue to rise annually.



**Involving loved ones in conversations about post-incarceration and addiction helps reduce stigma and foster understanding in the broader community.**



**Loved ones often play a crucial role in the lives of individuals who are dealing with incarceration, addiction, or post-treatment recovery. Yet, they can sometimes be overlooked in discussions about support and education.**



**Loved ones and people in recovery have unique insights into the struggles, triggers, and needs of the individual. Their understanding and empathy can be invaluable in tailoring effective support programs.**



# Engaging Communities

## Survey Your Community

- **Build Trust:** Establish trust with the community by being transparent about the survey process and ensuring confidentiality. Assure participants that their responses will not be traced back to them.
- **Inclusive Language:** Use inclusive language in the survey questions to ensure that all members of the community feel represented and encouraged to participate.
- **Establish a Community Forum:** Include diverse voices and perspectives from the community. Make an effort to include marginalized groups and individuals who are often under-represented in discussions.
- **Contact Community Groups:** Visit recovery centers, family centers or groups where loved ones and people in recovery or seeking recovery may gather.
- **Empathy, Understanding and Confidentiality:** Foster an atmosphere of empathy, understanding and confidentiality in a safe space, where participants feel heard and validated.

*For more information:*



## LEARN to COPE

A peer-led support network for families  
dealing with addiction and recovery

**If you or anyone you know  
needs support, visit:**

**[www.learn2cope.org](http://www.learn2cope.org)**

**All Regional Managers  
are listed on our website.**

**508-738-5148**



LTCHope



l2c\_hope

# Questions?



# NEXT STEPS

- ❑ **Upcoming Office Hours:**

- March 14th - How to Organize a Community Forum

\*\*Register [here](#)

- March 28th - Open Session

\*\*Register [here](#)

Note that are now unique registration links for each event\*\*

- ❑ **[Previous Office Hours slides and recordings](#)**

- ❑ **[Request individualized technical assistance](#)**

- ❑ **Sign up for our [listserv](#)**

- ❑ **Check out the [municipal dashboard](#)**



# Massachusetts Municipal Opioid Abatement Virtual Conference

March 19 - 9:30 a.m. to  
12 p.m. &  
March 20 - 9:30 a.m. to  
1:30 p.m.

Free event

[Register today!](#)





# FEEDBACK SURVEY

**Please take a couple minutes to respond to the anonymous feedback survey after the call ends**



**THANK YOU!**

