

#### **Massachusetts Department of Public Health**

### Massachusetts Municipal Opioid Abatement Conference

Day Two Wednesday, March 20<sup>th</sup> 2024



#### **Massachusetts Department of Public Health**

### **Keynote: The Role of Government in Engaging People with Lived Experience in Decision Making**

Dr. Robert Goldstein Speaker

#### **Day Two Overview**

Session One: Facilitating Inclusive and Meaningful Community Engagement with Priority Populations

Session Two: Supporting Community Needs Assessment and Strategic Planning

Sessions Three: Sharing Information about Evidence-Informed Interventions



#### **Massachusetts Department of Public Health**

### Session One: Facilitating Inclusive and Meaningful Community Engagement with Priority Populations

9:45am-10:50am

Julia Newhall Moderator

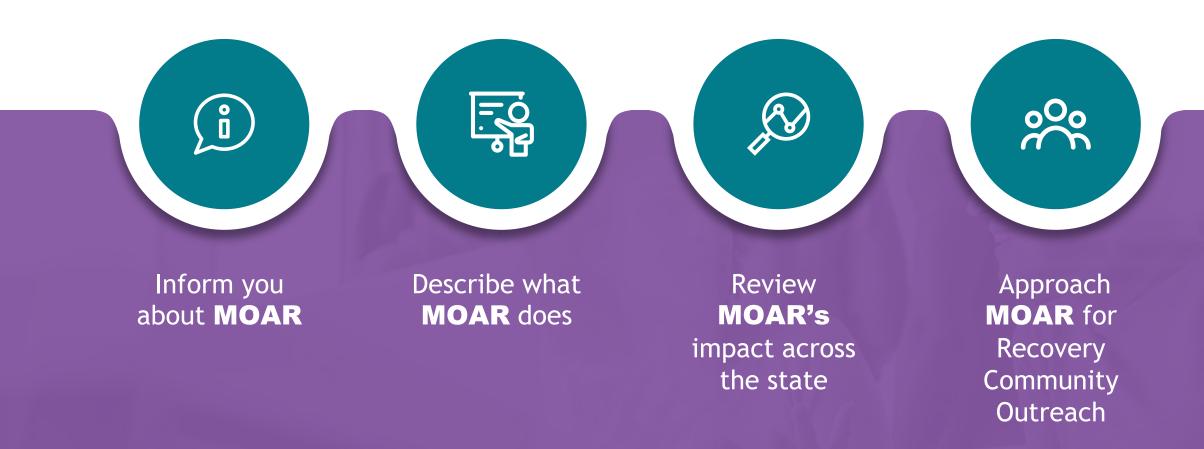


#### Introduction to MOAR

Welcoming The Voice of Recovery to Municipality Overdose Abatement Planning!



#### **Objectives**



#### Our Origin Story – 30 Yrs. and Going Strong



We were founded in 1991 by Maryanne Frangules with Leroy Kelly and a group of volunteers



Inspired by Senator Harold Hughes, a former US Senator in recovery, and founder of the national Society of Americans in Recovery (SOAR)



We are alive today because of the unwavering support of people in recovery, families, and friends





#### **Our Mission & Vision**

Our mission is to organize recovering individuals, families and friends organized in a collective voice to educate the public about the value of recovery from alcohol and other addictions

We envision a society where addiction is treated as a significant public health issue and recovery is recognized as valuable to all our communities

As in The Municipal Overdose Abatement Process





#### **Diversity, Equity & Inclusion Statement**



We are a voice for all people seeking the benefits of recovery.



Systemic racism, prejudice, and bias have been deeply ingrained in the history of the American health care system.



We are committed to doing the work necessary to address the struggles and inequities diverse groups of people face while seeking recovery services.



We are creating a collective voice for those seeking recovery for all people who have been historically underserved, marginalized, and oppressed





Build relationships with decision-makers and key partners, to prioritize the needs of all affected by addiction as **in the overdose abatement process** 

Advocate for recovery support services such as peer recovery coaching and recovery centers be part of any municipal overdose abatement process

Educate the community and policy makers and the general public about supporting addiction prevention, treatment, harm reduction, and recovery as in any municipal overdose abatement process

#### What is Drug Addiction?

Addiction is a chronic disease characterized by drug seeking and use that is compulsive, or difficult to control, despite harmful consequences. (National Institute of Health)

#### What is Addiction Recovery?



7 in 10 adults who ever had a substance use problem considered themselves to be recovering or in recovery.

SAMHSA's <u>working definition of recovery</u> defines recovery as a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential. And there are many faces and pathways.



### Why are there Overdose Abatement Funds? 6 People a Day Dying from Overdoses

Community Conversations to Bring About Healing

- What is your vision?
- What is missing in The Community ?
- Where are The Gaps?
- Does this Community Need support for Grandparents
- What about Funerals?
- What about Grief Groups?
- What about Recovery Resources ?
- What about Recovery Coaching?
- How to Find The Recovery Community to Make Your Choices!

**Bring The Hope To Your Community** 



#### **Recovery Community Engagement**

#### Regional Coordinators' Work



- Offer continued support to the recovery centers
- Visit RCO's to build relationships, outreach for membership and to drop off MOAR recovery resources
- Visit and participate in RCO community meetings
- Attend and participate in Opioid Task Forces
- Facilitate Recovery Messaging trainings at RCOs
- Continually provide policy and budget updates to the community
- Recruit speakers to share their recovery stories
- Provide education to the community regarding Equity, Diversity, and Inclusion
- Recruit members of the recovery community with long term successful recovery from substance use disorder from local recovery centers, coalitions, and events













## What about a Peer Recovery Support Center!



#### https://www..gov/infodetails/peer-recoverysupport-centers

#### Could Be in Your Municipality's Neighborhood!

Community. Connection. Support. Addiction Recovery Happens Here.

The 39 Massachusetts Peer Recovery Support Centers (PRSC) are free accessible peer-led spaces that provide individuals in recovery from substance use, as well as families and loved ones affected by addiction, the opportunity to both offer and receive support in their community environment. Many have recovery coaches who bridge hope to challenges to make recovery possible.



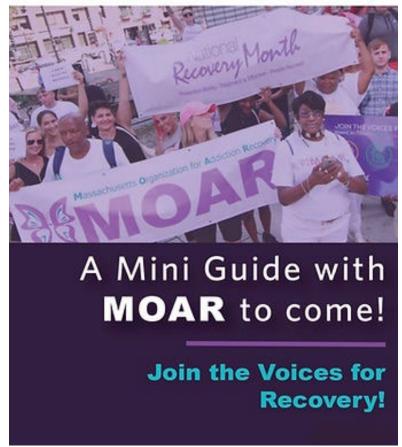


#### MOAR MiniGuide!

https://www.moarrecovery.org/\_files/ugd/3ec 35a\_824da1198e6c4497b512 81ddb443e078.pdf



#### **Resources for Recovery**





#### **Continuum of Care Resources**

Massachusetts Substance Use Helpline







#### **Abatement Fund Use**

- 1. Opioid Use Disorder Treatment
- 2. Support People in Treatment and Recovery
- 3. Connection to Care
- 4. Harm Reduction
- 5. Address the Needs of Criminal Justice-Involved Persons
- 6. Support Pregnant or Parenting Women and Their Families, Including Babies with Neonatal Abstinence Syndrome
- 7. Prevent Misuse of Opioids and Implement Prevention Education

For more details, visit the **State website**.



#### What are Some Communities Doing?

Some are sharing funds - Using Recovery Coaches for Outreach and Support

A mobile crisis team to help respond to 911 calls involving mental health and substance use.

The balance of the funding covered staff that provides outreach for people struggling with homelessness and substance use.

Police staffing and training for the police and fire departments on Narcan, a brand of the overdose reversal drug naloxone.



### Our Impact Nothing Happens without MOAR



**MOAR** engages over 10,000 community members, and it partners with allied organizations to represent the expanding voice for recovery.



Maryanne Frangules, Executive Director

of Recovery Board
Member, has served on
many task forces and
commissions to help give
a voice to Recovery!

#### Our **MOAR** Events

Town Hall
Meetings in every
region -focused on
policy and
recovery

MOAR Laughs Comedy Fund Raiser in Arlington Year Round Fun and Summits

Recovery
Month
Every
September



Action for Recovery Town Hall Meetings in April, May and June

Annual **MOAR**Holiday Celebration

**MOAR** and Friends Recovery Day

**Boston Public Policy Dialogue** 





#### **Become a Member**

You are Visible, Vocal, Valuable

Our Members are putting a face and a voice on recovery and organizing campaigns and events to raise awareness while celebrating recovery in their communities. Being a member means being part of the largest addiction recovery organization in Massachusetts.

How to Join

www.MOAR-Recovery.org/membership



### THANK YOU!







# Including People Who Use Drugs

INCLUDING PEOPLE WHO ARE USING SUBSTANCES IN YOUR OPIOID ABATEMENT STRATEGY



#### Creating a Plan

1

Understand the importance of an inclusive decision-making process

2

Articulate the dos and don'ts when engaging priority populations

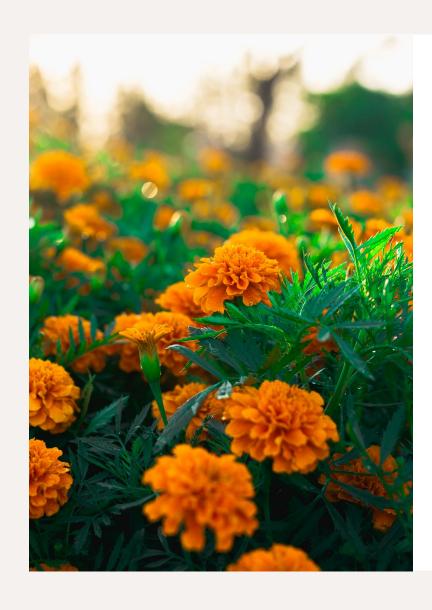
3

Learn about common barriers that prevent meaningful engagement and strategies to overcome them

4

Know where to obtain assistance and resources when conducting community engagement

### Challenges



#### Who is in the room?

- First responders
- Politicians
- People in recovery
- Providers
- Community Members
- Parents/Family members
- People who use substances but do not share that information.

## Meetings and Emails and etc.,

- Not all folks have a phone.
- Not all folks have daily access to tech.
- Some people may find it hard to navigate a schedule, other daily responsibilities may be priority.
- There is a wide range of individuals who use substances in a variety of ways.
- How can we accommodate people?



### Outing Oneself

I am a person in recovery.

I am a police officer.

I am a city council member.

I am a mother who lost a daughter.

I am a nurse practitioner at the local health center.

I am a developer in the city/town.

I am a person who uses substances.

I am a person who uses substances, and I am a person in recovery.

#### Valid Life Experience

- People who are actively consuming substances are on the front lines.
- People who are using substances have valid information and perspective.
- People who are using substances have value and a lot to offer.
- People who use substances may not be welcomed if they are visibly high.
- People who are using substances are at the highest risk for overdose as they are using the substances every day.
- People who are using substances have JUST as much to offer as anyone else.



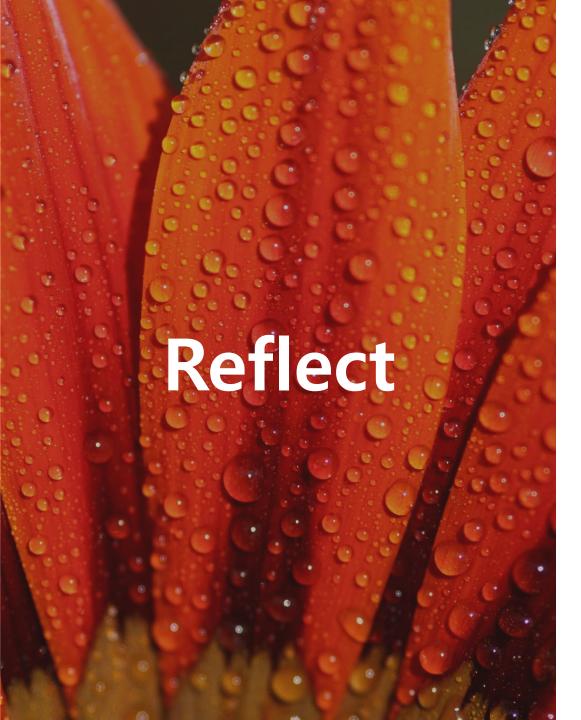
### Ways to Engage

When folks can't make the meetings.

#### Reaching Out

- Connect with and visit your local harm reduction program that provides full service harm reduction. (not just programs that give out Naloxone and test strips)
- If you and all the others in your group are paid to attend meetings, pay people who use substances to attend as well.
- People may not want to come but want voices heard.

- Paid surveys or interviews to gather information and take back to the group.
- Hosting your meeting at locations where people who substances are.
- Utilize your local harm reduction program or local networks of harm reduction workers to recruit individuals.



- Do the individuals' making decisions on how to spend the money respect the input of people who are CURRENTLY using substances?
- Do you believe that people who are using substances have something to offer or is recovery/abstinence required in order for your group to take stock of their input?



#### Is it possible?

- It can be, the abatement funds can be flexible.
- Yes, you can pay individuals' cash for their time.
- Is it easy? No, people feel uncomfortable and afraid.
- Will it happen, maybe...maybe not but you can adjust your strategy and guidelines.
- Will the powers that be listen to your requests and adjust? Not necessarily.
- Will you have to make adjustments in how you connect with people? Yes.
- Get creative!



# Including Bereaved People in Municipalities' Decisions About Opioid Abatement Funds

Robyn Houston-Bean, Founder, The Sun Will Rise robyn@thesunwillrise.org — 781-789-4604





#### The SADOD-TSWR Partnership



- Direct Outreach
- 1-on-1 Peer Grief Support
- Peer Grief Support Groups









### We Touch Hundreds of Grieving People

### Every one of them:

- Has their own very personal story
- Has been deeply harmed by substance use
- Has a right to have their voice heard

Bereaved people are among the most experienced, knowledgeable, and passionate advocates for effective community responses to substance-use issues.





## Ready, Willing, and Able to Help

Grassroots outreach effort by TSWR

Questionnaire modeled after BPH efforts

 So far, 200 grievers want to help municipalities

- TSWR gives them a practical "advocacy handbook"
- Massachusetts bereaved community is expanding
- SADOD provides technical assistance & support





Municipal Opioid Settlement Abatement Funds

Read "Massachusetts Abatement Terms" and learn about the state's commitment mentions support Read "Massachusetts Abatement Terms" and learn about the state's committee and providers specifically as an appropriate to fund community efforts. (Please note page 5 Letter L mentions support mentions and footings.) phttps://www.mass.gov/doc/massachusetts-abatement-terms/download

Learn how much funding your town or city has received (as of Nov. 4, 2022)

Learn how much funding your town or city has received (as a second of the second of th

Contact the person to talk to in your town or city about their plans to spend their planning Contact the abatement funds and receive bereaved people's input during the spend by matching to make this process easier for you by matching abatement funds and receive bereaved people's input during their planning on the appropriate contact person.

abatement funds and receive bereaved people's input during their planning their planning matching up

Or you can email the Attorney General's opioids team at municipal contact is.

General's opioids team at someone on the team to learn who your

People bereaved due to substance use can play an important thing is to make our voices heard and advocate for the needs of those impacted by

the appropriate contact person.

Or you can email the Attorney General's opioids team at to someone of

Their personal experiences: People with lived experience can speak or

## Consider "Where They're Coming From"

#### Keep in mind:

- Many people grieving a death from drug-alcohol use have had profound experiences of being stigmatized
- Their passion for change may come from negative personal experiences with the substance-use treatment system
- They want to be listened to and respected because of how much they have lost due to substance use.
- They commonly do advocacy and other community-spirited work in memory of their love one who died.





## **Engaging, Working with Bereaved People**

- Provide meaningful levels of participation
- Give opportunities for ongoing involvement
- Establish ways to monitor progress and success
- Recognize interests in learning and growing
- Eliminate financial and practical barriers to participation
- Include diverse perspectives, languages, cultures





### Let Us Help You Make Connections

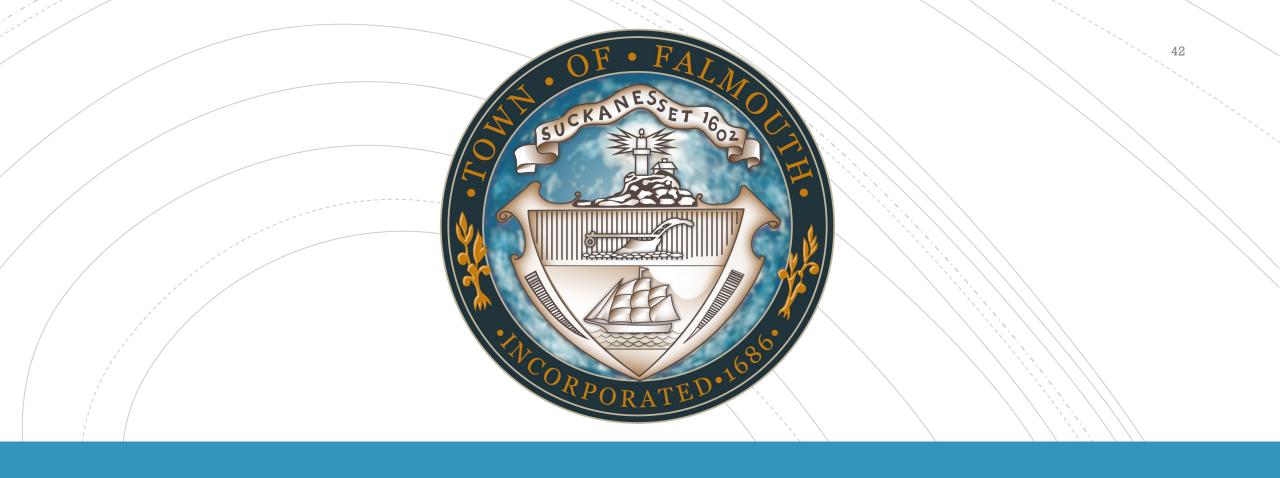
- In the upcoming year, SADOD and The Sun Will Rise will interact with thousands of bereaved people.
- We are continually adding to the 200 people we have already identified who want to work with municipalities.

#### **Email:**

abatementconnections@thesunwillrise.org
We will help you if we can.







Opioid Abatement Funds: Facilitating Inclusive and Meaningful Community Engagement



#### **Community Engagement**

# Overview & Goals:

- To engage with the community, increasing awareness around settlement funds and other town opportunities for involvement
- To involve people with substance use disorder and other lived experience in decision-making processes
- To be as inclusive as possible
- To be thoughtful and intentional with the process and to not create more harm for community members
- To create a model practice with community engagement event templates which other Cape towns can duplicate and individualize to the needs of their community



#### Partners:

- Suzie Hauptmann, Human Services Director
- Falmouth Commission on Substance Use
- <u>Kate Lena</u>, Barnstable County Human Services -Substance Use Prevention Program Manager
- Advisory Group Interested citizens and community stakeholders
- Sky Freyss-Cole, Consultant/Facilitator
- Design Team
- Community Members People with lived experience/ those personally affected by the Opioid Crisis



### **Engagement Process and Timeline:**

#### March-May:

Convened Advisory Group, Engaged Consultant/Facilitator, created design team and prep.

#### June:

Convened large Community Conversation

#### September:

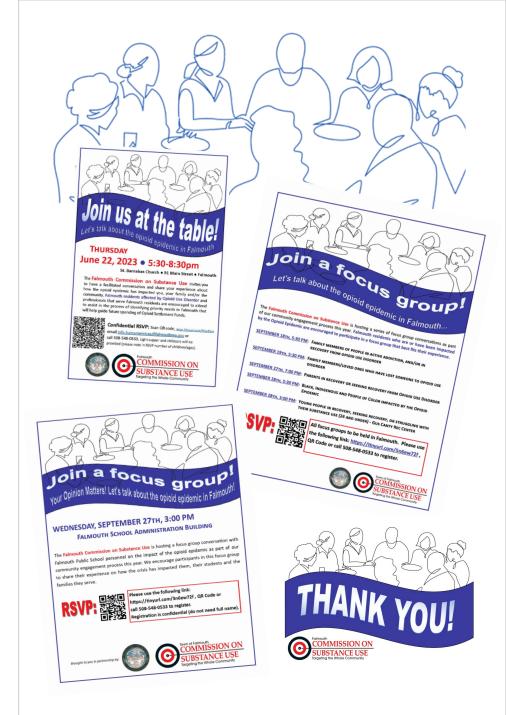
Convened 5 Focus groups

#### October:

Held a Reflecting Back session and 2 FCSU working sessions

#### November:

Presentation to Select Board on community engagement process and key themes that emerged and with a request that Town begin RFP process that reflects the input of community members





ROUND 2: IN TERMS OF HOW WE RESPOND FALMOUTH : WHAT'S WARKING WELL MAN

BASED ON OUR CONVERSATIONS SO PAR ... WHAT'S MISSING? WHERE ARE THE GARS? +WHAT NEEDS TO BE NAMED NOW

WORKING \* Having Sabor houses in the area \*lots of \* Places like well strong \* freedom \* The community comes together a lot \* Herren Project \* PT1 teansportation G Scholarships | 6 CAbs 6 receivery coading gar + PHF \* \* Francisco House

What's working what has

\* Sharing stocker of addiction on panel (5+1/cm): You're not alone! EMPATHY, RELATE (OWNECTOR)

\* Added additional school adjustment counseloes

\* lots of resources in town - whole it families

impossimal age group -> making choices

\* So cial fost" / good samaretan!

\* (Elsewhere) Recovery High Sch

\* OUR compeling secures -> pa

\* Trusted adult (Montor

X Hidden in Plain Sights

La Moree information f

worked in the past?

WHAT'S WORKING? and/or what has worked WHAT'S MISSING in the past? NOT WORKING Herren Project: "They have weighing" Chies, Byg notwork informal family meetings - Kristoff to the fell, edu Lisomeone wholed expeditive, more in the fell, edu Spin day" does not mork Murance System + Broken Walk to feacuber" (N) the point ment Long-term treatment \* Community incovering > Don't talk About it \* Community incovering > Don't talk About it \* Single trainment: Disconnect of Be about Moral Health · Sharing experiences -talking in schools Traditional options that fit is like, more options (right familiae etc.) · Any prevention effects · vigil on the green > face, "I didn't know" · Close supportive friends " I will walk beside for" · being honest -Mat would we like to \* Funding for farents transitioning at of little to little and of tam ever

Lack of bridge from treatment to Sabre house Disconnect Teographica -> Limita!, Need vans -> \* Despues became - Stock in 3 downward falmouth focus group \* More Support for faints -> keing families ty. \* More perhate awailability: threapy on a family had \* Women't Children's Progress. Housing w/ lido

\*Very limsted

La So thought to get adnoted

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Liaison.

Family Support

\* Unaware o regardes available

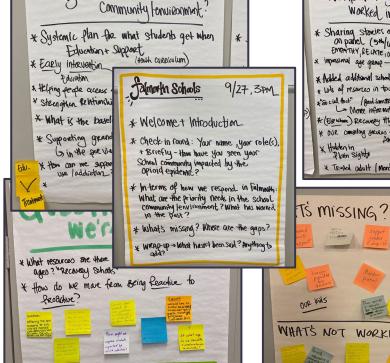
\* Emerson Huse Closed

\* MORE Support w/ transportation @ Super-Boses to see your bedo \* De-stiamatization\_ t More wellsteam (+ places like it) More supported / integrated everywhere supposet w/ work place ment : caesure supposet \* Willcole | Daysole vacters | Babysitting & \* Architis for parents + Kids W Arnimoulo : Phry, Hauson more safet living the women't older people furtigetime

X A place to mad up whypur kids + spend time

\* Providing afternatures for these M La Additional Took @ all age levels \* COR + NARcan training Stiffely Intervention \* Treatment opportunities for family members Comulti-generational \* " We know where this is going"... But feel we can't Stop it. \* Right now - don't have a way to connect Kids we each other (Share Risances / bild elatronships) \* Howing students have agoncy to be a part of the conversation themselves Ghave influence

\* Sensitivity tearning / conegiver supposet W/Dolie + fire \* Grays during whool haves, parents invited \* mandatopy facents meeting @ school What's one thing that is slaying with you? check out.



TAKEAWAY

grioking needs in the school

\* Cape vertean Club: Funderices \* MASH - cultification Treatment loving \* ROCKY'S GYM Export : NOT MAKE - MAKING Lamily onvikonment, Support V large subsidy
Shoot synem, Ridge etc.
There is you can't pay ing with me? Endorphin release sheirly at go together \* falmonth community > those who do not just talk \* Those who guide, share resources, connect + help \* Lot of meetings : AATNA , availability \* 800 # "don't shoot alone" - saving people \* NORCOM\_ In Falmonth: A lot of businesses "He or might Wishish of Mean Byes you still made some of the thouse with after overdoses - made my as seen that people it has some of the called the called

NOT WORKING: \* Decole sober ling time + still can't get their useing \* \$ Staying @ Ligh levels for not reaching the people \* Access to finds for geople doing work on the ground \* He need greant westers! · Securce sobre having - regardless of \$ + I necessaries

\$ Available for Scholarships = 1/4/5 shirt transparent o Caps on Sabor Living and O "Manigator" to help folk get these feet under them Cindealla liscences -> More cooperation from RMU more community support - people policing people

What would we like to see more of

\* Identify high RISK youth \* Scholarchips

\* Provide Safe Spaces recovery

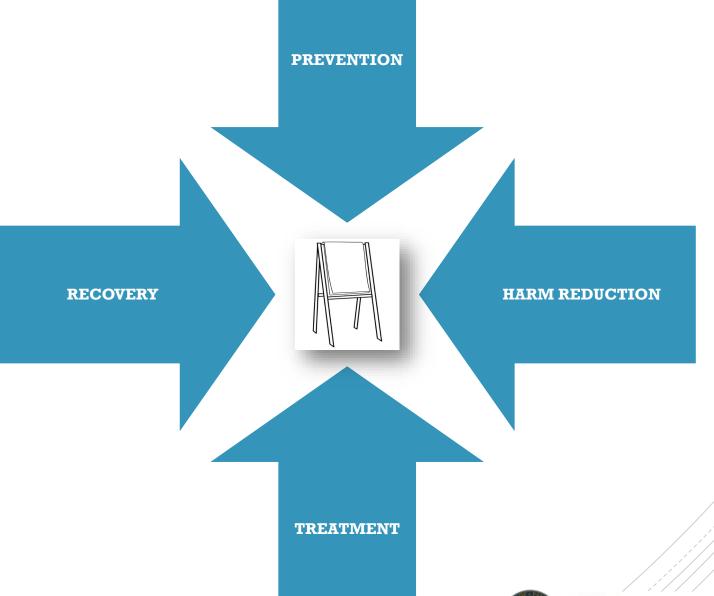
\* Dual dignosis - Mental Health

A grief supposet for young adults/siblings

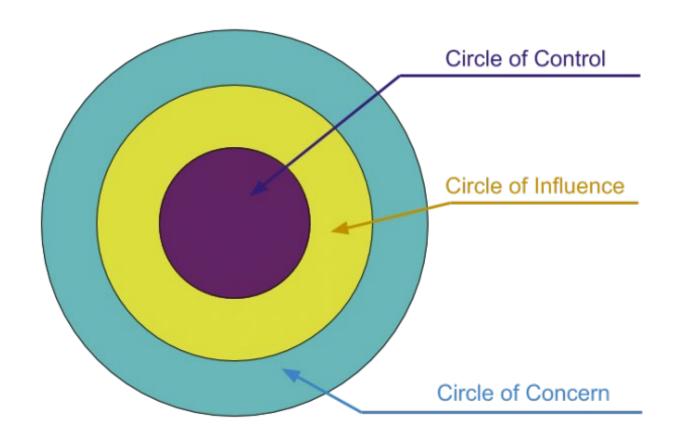
WORKING

# Key Themes:

Identified key themes that emerged throughout the process







## Circles of control, influence, and concern









### **Next Steps:**

- Work with town staff to create RFP/grant application for distribution in January 2024
- Continue community engagement via regular Commission meetings and additional focus groups as needed



## Opioid Settlement-Implementation in Boston

**Process and Learnings** 

Jen Tracey, MSW Director, Office of Recovery Services, Boston Public Health Commission



## Organizational Background

- **BPHC Mission Statement**: "To work in partnership with communities to protect and promote the health and well-being of all Boston residents, especially those impacted by racism and systemic inequities..."
- Opioid Settlements Funds hold significant importance to the Boson community and we are committed to maintaining transparency and honoring voices impacted by the epidemic
- Conducted community engagement across Summer 2023



## **Boston's Priority Populations**

- Families who have lost a loved one
- Individuals who use opioids
- Individuals in recovery from opioids
- Youth at-risk of developing opioid use disorder
- Black and Latinx communities, because of increased risk of overdose

## **Methods Used for Data Collection**

<b>Listening Sessions</b> — Neighborhood-specific sessions, or sessions specific to priority populations like families	8 sessions (~200 participants and 72% BIPOC)
Surveys (Eight languages) – Major languages of Boston	415 respondents (35% BIPOC)
Longform RFI — Up to 2 pages	11 responses (Almost all agencies)
Population Health Research	Such as health department data and academic literature

## **Reach Methods**

- Partnered with leaders in diverse communities, nonprofits, and faith institutions
- Partnered with neighborhood associations
- Engaged Recovery Services harm reduction and residential treatment clients
- Sent email blasts internally and through partner newsletters
- Press strategy, including interviews with our ED Dr. Bisola Ojikutu
- Made a designated website to refer folks digitally

## Analysis and Synthesis

- Partnered with researchers to analyze the quantitative survey data and the qualitative listening session and RFI data
- Developed a framework to synthesize the information
- Elevated strategies that reflect the voices of people impacted, address system gaps, and promote equity

### **Public Recommendations**

3. 4. 5. 2. **Supporting Overdose** Housing **Equity Grants** Youth Grieving **Prevention Support Prevention Families** 

## Do's and Don'ts

Do's	Don'ts
Go directly to people with lived experience (visit treatment programs and harm reduction spaces)	Don't assume audiences understand the difference between your settlement funds, the State's share, another city's, etc
Visit existing community groups because organizing is time-intensive	If there is ambiguity around who is starting your local engagement, don't wait (start the conversation!)
Partner with researchers/epidemiologists to help with analysis	Don't only engage institutional leaders
Use incentives when possible to compensate participation	Avoid a rigid presentation. Some community meetings might give you 15min, but others give you an 45min

## Overcoming Barriers to Engagement

Barriers	Ways to Overcome
Historically marginalized communities can be skeptical of government assessments	Partner with community leaders throughout the planning and implementation of the assessment
Geographic affiliation	Hold multiple listening sessions; engage groups from different neighborhoods
Comfortability with technology	Conduct physical listening sessions in addition to providing online feedback mechanisms
Language	Translate surveys into multiple languages. Outreach to community orgs associated with non-English communities
Busy-ness	Offer quick survey for busy people, and a longer RFI for people who want more space to write

## Be Trauma-Informed

- These conversations can be painful for participants who have lost loved ones
- Contextualize conversation. The dollars are welcome but the loss is irreplaceable
- Recognize bravery when people share their experiences openly
- Every <u>culture deals with grief differently</u>. Be mindful of cultural sensitivities when addressing grief and loss.

## Resources for Engagement Efforts

- Boston Opioid Settlements Report <u>in-depth write up</u> of methods and results
- Boston built its survey questions around the <u>MA Municipal</u> Abatement Terms
- Other municipalities are welcome to copy and modify Boston's <u>survey questions</u>
- Duke University Opioid Abatement Needs and Investment <u>Tool</u> – uses population data and algorithms to recommend evidence-based interventions

### **Q&A Session**

## Questions?