

Cumberland County Community Scan of Efforts and Gaps in Efforts to Combat Opiate Misuse, 2017

What is included in this document:

This document highlights the results of a community scan completed by GPCOG and a public health consultant, Liz Blackwell-Moore, during the spring of 2017. It includes highlights from:

Current State Efforts: Consultants brief overview of current state efforts. For more information on Maine efforts, please see the Alliance for Addiction and Mental Health Services, Maine.

<http://thealliancemaine.org/>

Cumberland County Survey: A survey was sent out through various channels to reach anyone working on prevention, harm reduction, enforcement, treatment, or recovery in Cumberland County. There were 49 individual responses detailing efforts from more than 57 organizations, entities, and coalitions.

Superintendent Prevention Survey: Superintendents from the Metro Regional Coalition were asked to fill in a detailed form on all current prevention efforts within their school district, outline current gaps in prevention efforts, and highlight future needs. Six school districts completed the survey.

Consultant Conversations: Consultant spoke with more than 10 individuals working on opiate misuse efforts to gather information on their organizations' efforts and their views on the gaps in efforts.

Summary of State efforts to Combat Opiate Misuse:

Maine Opiate Collaborative: recommendations for prevention, harm reduction, enforcement, treatment, and recovery made in 2016. Below are some of the recommendations that have been adopted:

- Limits on prescribing of opiates
- Broader use of the Prescription Monitoring Program (PMP)
- Release of a Request for Proposal from DHHS for recovery centers
- Some additional state funding for treatment through the use of Opiate Health Homes.

Legislative Task force: looking at proposing legislation for 2018 on addressing the opiate problem

Prevention:

- UNE has subcontract for preventions services funding across the state with a small federal grant specifically dealing with prescription drug misuse
- There are 17 Drug Free Community Coalitions in Maine funded by Federal Government

Harm Reduction:

- Increased naloxone availability

Treatment:

- Maine Quality Counts, Adcare, Maine Medical Association all working on increasing amount of suboxone providers across the state.

Recovery:

- Request for Proposal out for 4 more recovery centers in Maine, currently there are 2.
- Maine Alliance for Addiction Recovery Asset Map:
<https://www.zeemaps.com/map?group=1395437>

Successful Efforts to Combat Opiate Misuse in Cumberland County

Prevention:

- Safe storage and disposal
- Student Intervention & Reintegration Program (SIRP) as an alternative to legal punishment or suspensions

In Schools

- Moving toward a whole child approach- supporting young people's behavioral health, social emotional learning opportunities, trying to reduce suspensions and expulsions
- Partnering with community organizations

Harm Reduction:

- Broad distribution of Narcan within Cumberland County
- Getting young people supports or SIRP instead of suspensions or legal convictions
- Overdose prevention efforts in high risk areas- jail, shelters, etc.

Enforcement:

- Recovery Liaisons and connections to recovery coaches

Treatment:

- MAT works well when people have access to it.
- Greater Portland Addiction Collaborative- full wrap around services for treatment and recovery for small but high-risk population of women.

Recovery:

- More recovery coaches trained in Cumberland County

Gaps in the Efforts to Combat Opiate Misuse in Cumberland County:

Prevention:

- Need a Cumberland District person to help facilitate behavioral health professional development, curriculum advice, and treatment options for schools.
- Need to reduce the stigma of substance use disorders.

In Schools:

- Need in-school Suspension resource to reduce out of school suspensions (known to make problems worse)
- Need professional development resources for staff around trauma and prevention of early use of substances
- Need access and training to best practice or evidenced based Curriculum for health class around substance use prevention
- Need on-site resources for mental health and substance use counseling.

Harm Reduction:

- Need to reduce stigma of using Narcan
- Need everyone to use non-stigmatizing language to talk about the problem
- Lack of treatment options makes harm reduction only that and not a pathway to treatment

Enforcement:

- Lack of detox and treatment options for people arrested for use.

Treatment: “Stigma and Access”

- Need everyone to use non-stigmatizing language to talk about the problem
- Need more Suboxone providers
- Need more treatment options for people who can't afford to pay or without insurance
- Need more detox options locally

Recovery:

- Need everyone to use non-stigmatizing language to talk about the problem
- Sober houses for people using MAT
- Affordable housing

Common Gaps (shared by all areas of the problem)

- Stigma
- Lack of treatment: affordability, access, options
- Lack of alternative to punishment: in-school suspensions, treatment options, counseling