

St. Clair County's Response to the Opioid Epidemic- November 2017

St. Clair County Intervention and Detention Center

Programs in Place

- Individuals that are booked into the facility and experience opiate withdrawal receive medical treatment, observation and includes treating the symptoms with medications, when appropriate. Medications for opiate withdrawal include Imodium (diarrhea), Catapres (anxiety), Zofran (nausea), and Tylenol (discomfort)
- Pregnant females with opiate addictions are transported by Transfer deputies to Sacred Heart Rehabilitation Center to be evaluated for medication assisted treatment, and when appropriate will be dosed with methadone immediately. We have partnered with Sacred Heart Rehabilitation Center, and they provide the initial dose, and coordinate with our medical staff to maintain the inmate on medication throughout the pregnancy, and if the inmate returns to the jail after incarceration, they will begin the protocol for methadone withdrawal.
- The Residential Substance Abuse Treatment (RSAT) program began in 2006, and addresses substance abuse and criminal behavior. This is a 90 day program that includes intensive education and Intensive Outpatient Treatment utilizing cognitive behavioral therapy. All groups are conducted within the Intervention Center. Information, during Phase 1 is particular to the population, and specifically addresses those drugs of choice of the current participants, with new information as appropriate. During FY 17, 314 inmates were admitted into the program, with 87% meeting all of the requirements for successful discharge from RSAT.
- One recent addition to the RSAT program is a Vivitrol project which includes providing an injection of Vivitrol to RSAT participants prior to their release. We are in the 2nd year of the project. We again, partnered with Sacred Heart Rehabilitation Center, who provide the lab work, the medical evaluation, the injection and case management, that assists the inmate in signing up for insurance and schedules the 2nd injection 28 days later in the community. We are looking at making Vivitrol available to any inmate that wants the injection, and are looking to have our medical provider coordinate those efforts..
- The Intervention Center provides several prevention programs including Drug Education, Alcohol Recovery Education, PTSD for Men, Trauma groups, 12 step meetings and other support groups.

- We provide a rehab library to our inmates, where they may borrow books that will provide information according to their interests. Books are added as needs arise, and recently we have increased the selection of prescription drug and opioid problems.
- The Sheriff's Department accepts medications for proper disposal during regular business hours, as well as participating in Drug Take Back events. This service is available for all residents in the county.
- Our Program Coordinator is also on the Region 10 SUD Oversight Policy Board which advises how public dollars are spent effectively in the region to address substance use disorders. The Board has several initiatives to improve services within the County to improve access to treatment for our residents (including inmates). Recently, the board approved funding for Sacred Heart to provide transportation from communities in the county to their Memphis site to make Medication Assisted Treatment (MAT) accessible for all county residents. This is significant, as we do not currently have public transportation available.
- Referrals and information are available for all inmates to address re-entry needs including residential rehabilitation, recovery housing, outpatient counseling, medical, housing, transportation and assistance with basic needs. Recently we negotiated with Region 10 to provide a Peer Recovery Coach to assist with re-entry and provide follow up in accessing services.

St. Clair County Health Department

PREVENTION

- **The St. Clair County Prescription Drug Abuse Workgroup**
 - established the Prescription Drug Abuse Workgroup in 2012 by the SCC collaborative body (CSCB)
 - The body supported St. Clair County Health Department's application for funding through Region 10 PHIP facilitate the workgroup, which began in fiscal year 2016. The St. Clair County Prescription Drug Abuse Workgroup's mission is to **identify, treat, and reduce prescription drug misuse through community awareness and prevention.**
 - currently the workgroup has more than 70 members and approximately 30 active participants, from sectors including Region 10 PIHP, law enforcement, hospitals,

schools, businesses, community groups, mental health agencies, faith-based communities, individuals in recovery, etc.

- The St. Clair County Prescription Drug Abuse Workgroup developed a three-year strategic plan. Three committees were established with goals to 1) improve community readiness of opioid abuse in St. Clair County, 2) identify barriers and opportunities that would reduce harmful effects of drug abuse in women of childbearing age, and 3) collaborate with prescribers to reduce opiate prescribing.
- An overall Community Readiness Score < 4 (scale 1-9) suggested a need for increased community awareness with: increased community events, educational material on the dangers of opioid use, safe disposal methods, and reducing stigma.
 - The health department's social media pages are used regularly to relay educational and anti-stigma messages.
 - The workgroup also campaigned for National Recovery Month in September using Facebook and radio ads, billboards, and bus wraps.
- To identify barriers and opportunities that would reduce harmful effects of drug abuse, focus groups will be held with pregnant or recently pregnant women who have or have had an opiate addiction in order to determine the barriers they faced in seeking treatment (both substance use disorder and prenatal treatment) in our community. The initial IRB Review Application will be submitted to MDHHS and the focus groups are planned to begin in spring of 2018.
- In effort to collaborate with prescribers to reduce opiate prescribing, the committee is developing a survey to administer to hospital physicians to better understand what they need to reduce or better prescribing habits. The Collaborative Pain Management Initiative is a group that aims to promote alternative therapies in our community. In collaboration with the workgroup, they will try to present at the St. Clair County Medical Society's Primary Care Conference with a focus of pain management and alternative therapy.

Data Collection

- **PATH Study:** Project “Positive Assessment Toward Health” – participate in UM research related to methods of reaching IV Drug abusers
- **Medical Examiner Data** in St Clair County is difficult to obtain in a timely manner.
 - SCCHD applied for a grant through the Michigan Health Endowment Fund and BCBS to upgrade their capacity – pending.
- **Opioid Dashboard** (in progress) –
 - These sources include the medical examiner’s opioid mortality rate, emergency services use of naloxone, and emergency room/in-patient visits related to opioids for our hospital systems.
 - This new data will help target areas for future interventions as well as provide a means to determine if an intervention is truly successful in reducing opioid use throughout the county.

Harm Reduction

- **Second Chance Naloxone Program**
 - Also funded by Region 10 PIHP, the Second Chance Naloxone Program aims to make Naloxone Hydrochloride (Narcan®) accessible to community members with current or history of opioid use/abuse and their loved ones.
 - Monthly community and individual trainings are held at the health department; offsite trainings have also been held for police departments, fire departments, EMS personnel, at recovery houses, and at recovery community events. Any individual can go through the one hour training session, but to receive a kit, the person must be 18 years or older and a resident of Genesee, Lapeer, Sanilac, or St. Clair County.
 - Kits distributed to date >1100. Over 2000 people trained.
- **Naloxone training and distribution to first responders, schools (Sanilac Co), and law enforcement.**

Treatment and Recovery

- **Medically Assisted Treatment** – assessed to be inadequate and lacking from all sectors
 - Naltrexone provided by jail and IMPACT – consistency variable

- Suboxone providers in community limited but expanding. Newly formed capacity at FQHC.
- Methadone treatment access recently improved through grant funding (PHIP) of bus transportation.
- **Recovery Housing** – Port Huron identified as unregulated and poorly integrated.
 - Review of New Draft Ordinance to allow and regulate “sober living homes, a.k.a three quarter houses”. Ad Hoc Committee/due diligence/and 3 public readings/ approval October 2017
 - New Zoning Ordinance (city of Port Huron):
 - New definitions: Any residential facility occupied by more than three(3) unrelated individuals that provides or purports to provide alcohol free or drug free housing to individuals recovering from substance use disorders.”
 - Allow in R-1, A-1 or A-2 residential zones with Special Use Permit
 - “The facility must obtain:(a) a prevention or peer recovery and support substance use disorder license from the Michigan Department of Licensing and Regulatory Affairs (LARA), and any other license required by LARA, and must comply with all LARA rules; and (b) must either be a member in good standing of the National Alliance for Recovery Residences (or local chapter) or receive a letter of support from the Director of the St. Clair County Community Mental Health
 - The facility must maintain, collect and report statistical outcome data for the purposes of continuous quality improvement by tracking the success or lack of success of the recovery of residents of the facility in a form and manner as determined by the St. Clair County Health Department, and provide that data on an annual basis and more frequently upon request to the County Health Department and the City Planning Director
 - The facility may not allow any resident who: is currently using alcohol or illicit drugs, or has ever been convicted of crimes set forth in Chapters II [abduction], X [arson and burning], XLV [homicide], LXIV [poisons], LXVIIA [human trafficking] of the Michigan Penal Code), or has ever been convicted of criminal sexual conduct in the first, second, or third degree as set forth in Chapter LXXVI of the Michigan Penal Code), or has

a conviction in the previous five (5) years for crimes set forth in Chapters IX [assaults – only those that are a felony punishable by four years in prison or more] of the Michigan Penal Code; or any crime involving use of a dangerous weapon.

- The facility must make available 2/3rds of all beds to those individuals whose primary residence has been in St. Clair County for a period of six months or more. At least half of these County allocated beds (1/3rd of all beds in the facility) must be allocated for individuals whose primary residence has been in the City of Port Huron for a period of six months or more.

- **Operation Transformation**

- Local faith-based non-profit organization whose purpose is to bring positive changes to the Blue Water Area on a myriad of levels, and to foster a united, life-giving church in the Greater Blue Water Area. OT has identified substance use disorder, improved treatment options and stigma reduction as a priority area for their pastors and churches.

- **Blue Water Recovery and Outreach Center**

- The Blue Water Recovery and Outreach Center (ROC) holds weekly community meetings for people in recovery, family members, friends, and allies. Their mission is to build a Recovery Community Center that makes recovery visible and provides a setting for the delivery of peer-based recovery support services, volunteer opportunities and activities.

- **Blue Water Families Against Narcotics (FAN)**

- Blue Water Area Families Against Narcotics (FAN) was founded in response to the overwhelming number of lives affected by prescription drug abuse, heroin, and methamphetamine in St. Clair County. Through the use of guest speakers and personal stories, the aim is to raise awareness, erase stigma, and provide education to the community about the new face of addiction. Monthly forums offer a support network for those affected by addiction.