

Brown Bag Lunch Series on Opiate Crisis Notes

Monday's Talk:

- **Narcan Training**
 - Before administering Narcan, make sure you go through this procedure first:
 - Check for
 - Signs of Overdose
 - Someone not waking up or responding to your voice
 - Breathing that is very slow, irregular, or stopped
 - Fingernails and lips turn blue or purple
 - Stimulate the person
 - Try to wake them up
 - Call his or her name
 - Rub your knuckles into the sternum (the place in the middle of your chest where your ribs meet)
 - If the person wakes up
 - See if they can focus, if their breathing is short CALL 911
 - Call 911
 - If you have to leave the person to make the call, lay them on their side
 - Administer Narcan
 - Hold the person's head
 - Repeat after TWO MINUTES if still unconscious
 - Taylor Wellington from Brattleboro Memorial Hospital emphasized this, before two minutes and the drug won't have the proper effect
 - Do CPR and wait with the person until help arrives
 - This information was from both the talk and the Harm Reduction Coalition's website, which will be provided in the resource section down below.
- **Stop the Bleed Training**
 - Went over how to stop the bleed in the case of mass shootings, acts of gun violence, or other injuries with excessive bleeding
 - The three main points were...
 - Put pressure on the wound
 - And don't take that pressure off until you get help from a medical professional
 - If that doesn't work, stuff the wound with clean gauze, or whatever cloth you have handy, until you can't stuff it anymore
 - Keep this in place, again, until you get help from a medical professional
 - More information at Stop the Bleed, information in resource section.
- **Other notes...**
 - Remember that when calling 911 for an overdose, the police have a NO ARREST policy! This is good to remind people who may be scared of a police presence

- Instead, the hospital gives them resources like the HUB at the Brattleboro Retreat, a Turning Point recovery coach, and harm reduction training if they would like that

Tuesday's Talk:

- Couldn't make it ☹️
- This talk was on Human trafficking and its relationship to the opioid crisis, I've included some resources on this topic in the Resources section

Wednesday's Talk:

- Presentation from Adam Petlock from the police department on Project CARE
 - Project CARE is a group that was put together in response to the opioid epidemic in Brattleboro and Windham County
 - Members of Project CARE are:
 - Turning Point
 - Groundworks
 - HCRS
 - Brattleboro Retreat
 - Brattleboro Memorial Hospital
 - And more!
 - Project CARE trained officers
 - Has ability to transport those suffering from substance abuse issues to recovery programs with a grant from United Way
 - Discussed how reliable transportation is a huge road block to recovery
 - Adam emphasized how important it is to share success stories of recovering individuals
- Presentation from Windham County Consortium on Substance Use
 - COSU was created to create a better understanding of opiate and other substance abuse in Windham County
 - Just a basic understanding of what is happening
 - Also about how to help people heal
 - Came from an equity and trauma informed approach
 - Goal was to hold space for people experiencing opiate use disorder as well as first responders to the crisis
 - Themes the study came up with
 - Full Community Approach Needed
 - Inform community members on how to talk with folks with substance use disorders and mental health disorders
 - Complex
 - This is a complex issue
 - Racism, poverty, housing, a lot of different issues came together to create this crisis
 - Stigma and Discrimination
 - A lot of people that they talked to were discriminated against because of their substance abuse past

- Harm Reduction and Safe Use
 - It's important to meet people where they are at
 - People need a supportive community
 - We need to connect with treatment
 - The goal is to keep people alive until they can be treated
 - Harm reduction shortens the period of active use
- Infrastructure
 - Housing and transportation are huge issues
- Collaboration
 - Project CARE is a good example of this
 - Need more of it
- Connection
 - People are lacking purpose, and community
 - More community events, better circles of support are ways to fight this theme
- Recovery
 - It's a long process
 - We need to create an economy and a community that is recovery ready
- Prevention
 - Is a goal for the entire community
- LAUNCH EVENT
 - September 24th
 - Expanded talk on these themes, community discussion and brainstorm for solutions

Thursday's Talk

- Talk from Turning Point
 - They are one of 12 State funded recovery programs
 - Turning point is a Peer Recovery Program
 - Reminded us that only a small amount of people go through treatment
 - Turning Point is there when people hit that point where the possibility of doing something different arises
 - The Opioid Crisis rests on the Emergency Room
 - We can't arrest, hate, institutionalize, or lobotomize our way out of substance use disorder
 - Turning Point should be seen as an Oasis of Recovery
 - Recognize that there are many paths to recovery
 - Abstinence based, CBT, medicated, etc.
 - Turning Point is putting on a Compassion-Fatigue Workshop on September 19th from 1:30-4:30pm
- Nar-Anon
 - A place to take a break from Isolation
 - Cultivate personal connection