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
  o Project CARE is a group that was put together in response to the opioid epidemic in Brattleboro and Windham County
  o Members of Project CARE are:
    ▪ Turning Point
    ▪ Groundworks
    ▪ HCRS
    ▪ Brattleboro Retreat
    ▪ Brattleboro Memorial Hospital
    ▪ And more!
  o Project CARE trained officers
  o 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
  o Adam emphasized how important it is to share success stories of recovering individuals

• Presentation from Windham County Consortium on Substance Use
  o 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
  o Came from an equity and trauma informed approach
  o Goal was to hold space for people experiencing opiate use disorder as well as first responders to the crisis
  o 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