Strategies to Address Opioid Use Disorder in Northern New Hampshire

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North Country Health Consortium
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Leading Innovative Collaboration to Improve the Health Status of Northern New Hampshire

Committed to:
• Improving infrastructure, capacity, and delivery of public health services
• Increasing access to health care, behavioral health, and substance use disorder services
• Addressing the social determinants of health
• Workforce Development, including education for community, healthcare professions students and professionals
Opioid Impact in New Hampshire and the North Country

- In 2017 and 2018, NH was among top five states with the highest rate of opioid-involved deaths and all-drug overdose.

- Significant increase in cases involving synthetic opioids (mainly fentanyl) rise from 30 deaths in 2013 to 374 deaths in 2017.

- Significant increase in deaths involving methamphetamine, more than doubled from 2017-2019.

- North Country:
  - Significant increase in opioid-related Emergency Department related visits from 2016 to 2018.
  - Significant increase in Narcan administration between 2016 and 2018.
Opioid Use/Substance Use Disorder Continuum of Care Services

- Prevention
- Treatment
- Recovery
Wellness and Recovery Model

Evidence-Based/Promising Practice:
- Community Health Workers
- The Recovery-Oriented Systems of Care (ROSC)
“A community health worker is a frontline public health worker who is a trusted member of and/or has an unusually close understanding of the community served.”

“A Recovery Coach is anyone interested in promoting recovery by removing barriers and obstacles to recovery, and by serving as a personal guide and mentor for people seeking or in recovery.”

A Community Health Worker/Recovery Coach is a frontline public health worker interested in promoting recovery by removing barriers and obstacles to recovery. They are a trusted member of the community and serve as a personal guide and mentor for people seeking recovery.
Recovery-Oriented Policing Pilot

First Responder/Officer Offers Assistance:

- Assistance refused
  - Information about WARM provided
  - Responder follows up in one month

- Assistance accepted
  - Connection to WARM 8:00 a.m. - 4:30 p.m.
    Monday-Friday
  - Staffed Recovery Coach
    4:30 p.m. - 8:00 a.m. M-F and weekends
  - Responder follows up in one month

Adapted Best Practice/Promising Practice:
✓ Community-Oriented Policing Services
Challenges/Lessons Learned

Find a Champion
Give Things Time
You are Changing a Culture
Flexibility/Adaptability is Key
Privacy/42 CFR Part 2
Unexpected Opportunities

- Business Connections
  Recovery Friendly Workplace
- Social Service and Community Mental Health Center Referrals
- Oral Health Connections
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Resources:
• NCHC WARM Program:
  http://nchcnh.org/WARM.php
• Law Enforcement Best Practices: Community Oriented Policing, US Department of Justice
• The Role of Recovery Support Services in Recovery-Oriented Systems of Care, White Paper, USDHHS, SAMHSA
• Community Health Worker Toolkit:
  https://www.ruralhealthinfo.org/toolkits/community-health-workers