

NYSACHO Harm Reduction Conference

June 4, 2024

Albany, NY

PARTNERSHIP IN OPIOID OVERDOSE PREVENTION

Patrick Quinn, Program Specialist
Westchester County Department of Health

Sharon Thomas, Urban League of Westchester,
Director of Health Services, Syringe Exchange Program

Westchester
County

George Latimer, County Executive
Sherlita Amler, MD, Commissioner
Department of Health

WCDH and Local Partnerships

- ▶ With a County population of about a million residents, partnerships are important
- ▶ Local partners can have a more direct relationship with their communities
- ▶ WCDH -- Leadership role
- ▶ Funding--partner on grants (OD2A), Opioid Settlement Money
- ▶ Bring stakeholders together – ORI group
- ▶ Have to partner with everyone for successful overdose prevention
- ▶ Focus on partnership between WCDH and Urban League/SEP

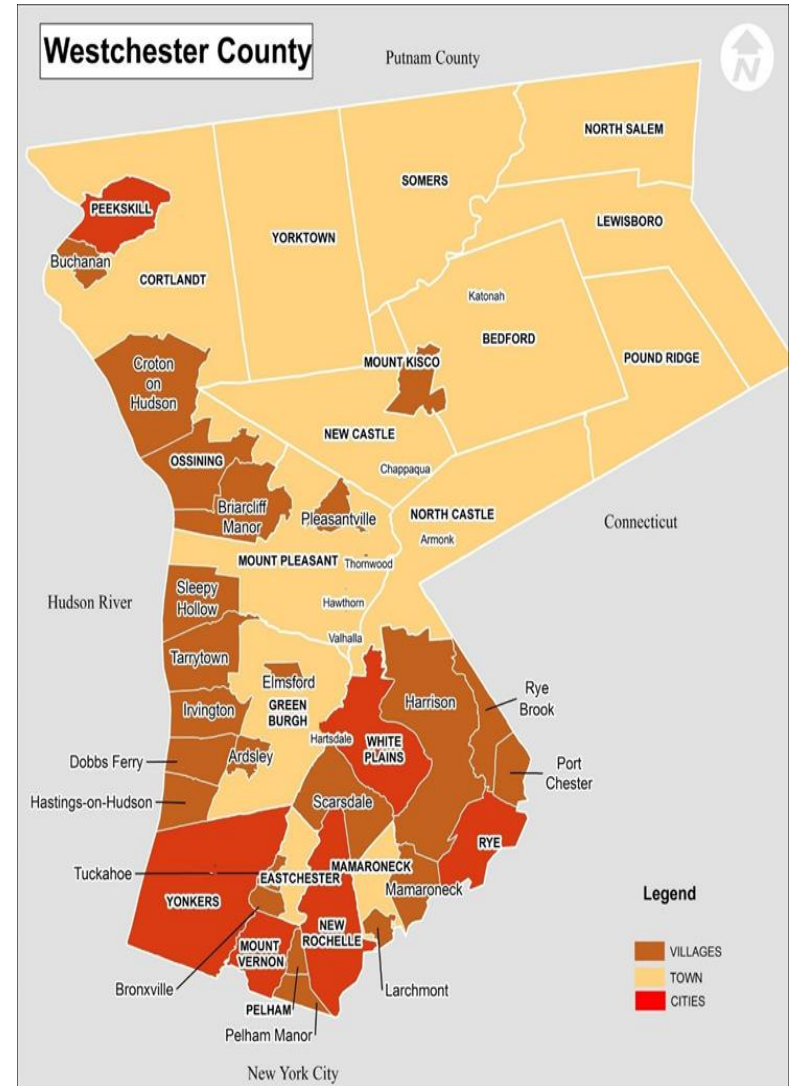


CHIP/Surveys/Community Conversations

- ▶ Promote Well Being and Prevent Mental and Substance Use Disorders.
- ▶ Prevent opioid and other substance misuse and deaths.
- ▶ Prevent opioid overdose and deaths through Naloxone training and community-based prevention education.
- ▶ Prevent opioid overdose and deaths by increasing the number of fentanyl test strips distributed.
- ▶ Develop a plan and distribute Naloxboxes to community locations in high risk areas.

Westchester County

- Westchester County is located just north of New York City, with a population of just over 1 million people, as of the 2020 U.S. Census Bureau.
- It is bordered on the west by the Hudson River, on the north by Putnam County, and on the east by the Long Island Sound and Connecticut's Fairfield County.
- 48 municipalities, predominately a mix of urban and suburban communities. Comprised of six cities, 19 towns, and 23 villages, the County is home to 43 public school districts and 21 colleges and universities.
- The County's population is diverse and ever-changing, with an increasing number of various minority groups and foreign-born populations.
- WCDH Offices in Yonkers, Port Chester, New Rochelle, White Plains, Mount Kisco



Mount Vernon

- Mount Vernon is a city in Westchester County.
- It is immediately to the north of the Bronx.
- As of the 2020 census, Mount Vernon had a population of 73,893, making it the 24th-largest municipality in the state
- largest African-American majority city in the state.
- Syringe Exchange Program



Yonkers

- New York's fourth largest city and the largest city in Westchester County.
- Borders the Bronx
- Population of 211,569 as of the 2020 United States Census.
- Other partners include police, YWCA, Libraries



WCDH/Services/Divisions

- ▶ Environmental Health
- ▶ Disease Control
- ▶ Children with Special Needs
- ▶ Community Health Services
- ▶ Population Health and Health Equity
- ▶ Health Navigators
- ▶ Administration
- ▶ Health Promotion/Education



Sexual Health Clinic Services

- ▶ The Westchester County Department of Health provides walk-in, confidential, clinic services for the testing, treatment and prevention of STIs.
- ▶ Pre-Exposure prophylaxis to prevent acquiring HIV infection (PrEP) is also available.
- ▶ Examination, laboratory tests, treatment and vaccines.
- ▶ Rapid tests for HIV and Hepatitis C virus are available with results given to at the visit.
- ▶ Referrals by SEP.

YOU'RE ON YOUR WAY TO BETTER HEALTH

Visit the Westchester County Department of Health's Yonkers Clinic at 20 South Broadway for free or low cost:

- Childhood and Adult Immunizations
- Sexual Health Screening and Treatment
- HIV Testing and PrEP Pre-Exposure Medication
- Tuberculosis Testing and Treatment

Call 914-995-5800 for more information and to schedule an appointment. Some walk-in hours also available. No one turned away for inability to pay.

Visit www.westchestergov.com/health for the current clinic schedule.

Westchester County
George Lattimer, County Executive
Martha Austin, M.D., Commissioner
Department of Health

Health Department Clinic Sites are Located in White Plains and Yonkers
Visit us at 134 Court Street, 1st Floor in White Plains or 20 South Broadway, 2nd Floor in Yonkers
Clinic visits are by appointment, unless otherwise noted. Please call 914-995-5800 to schedule an appointment

- **Immunization Clinics:** ☑
Fridays, 8:30 a.m. - 4:30 p.m. in Yonkers
Mondays, 8:30 a.m. - 4:30 p.m. in White Plains
- **Sexual Health Clinics:** ☑
Mondays, 8:30 a.m. - 4:30 p.m., walk-ins 9 a.m. - 12 p.m. in Yonkers
Tuesdays, 10 a.m. - 6 p.m. in White Plains
Wednesdays, 8:30 a.m. - 4:30 p.m. (9 a.m. - 12 p.m. walk-in hours on Wednesday Only) in White Plains
Fridays, 8:30 a.m. - 4:30 p.m. in Yonkers
- **Tuberculosis Clinics:** ☑
Mondays, 8:30 a.m. - 4:30 p.m., in Yonkers
Thursdays, 10 a.m. - 6 p.m. in White Plains

Any patient that must be seen urgently should contact the clinic and ask to speak with a clinic nurse or clinician.
Download our Clinic Health flyer ([English](#) ☑/[Español](#) ☑)

Urban League

- 48 communities served
- 2 Satellite Offices
- 18,120 people served in 2022
- \$300,000 Scholarships Awarded



Syringe Exchange Program

- Only SEP in Westchester County
- Provides sterile syringes and educates individuals who are at risk at contracting and/or transmission of AIDS/HIV and/or other sexually transmitted diseases
- Offer referrals to services and substance abuse treatment, etc.
- Offer Narcan trainings
- Overdose aftercare counseling provided and overdose prevention strategies discussed with all clients.
- WCDH has had staff conducting HIV testing





SEP



New York Matters

- Medication for Addiction Treatment and Electronic Referrals
- Electronic platform to refer people with Opioid Use Disorder to treatment settings
- Hospitals, correctional facilities, law enforcement, inpatient facilities
- Patients can also be referred to telemedicine
- 4 hospitals, 16 clinics, 9 pharmacies



WHAT IS IT?

The MATTERS Network is a collection of resources to initiate care, increase access to medication, and efficiently link patients to appropriate treatment - all without making a single phone call. It utilizes an electronic platform to efficiently refer patients with opioid use disorder, other substance use disorders, and mental health issues to community-based, high quality treatment organizations.



WHERE IS IT?

185+ Referral Sites | 240+ Clinics | 1,000+ Pharmacies



KEY COMPONENTS

Medication Voucher Program
Vouchers cover up to 14-day buprenorphine/naloxone prescriptions for uninsured patients. MATTERS participates with major pharmacies across NYS including various independently owned locations: **CVS**, **DuaneReade**, **Walgreens**, **Target**, **Wegmans**.

Transportation Voucher Program
Patients are now offered transportation to and from their first clinic appointment through a partnership with Uber Health: **UBER Health**.

Peer Referral
Patients have the option to be linked with a local peer for support.

Patient-Centered Approach
Patients may choose to seek treatment at any participating MATTERS program partner organization. Referral process takes place electronically, allowing the patient to take ownership of their own referral.

CONNECT WITH US

MATTERSNETWORK.ORG

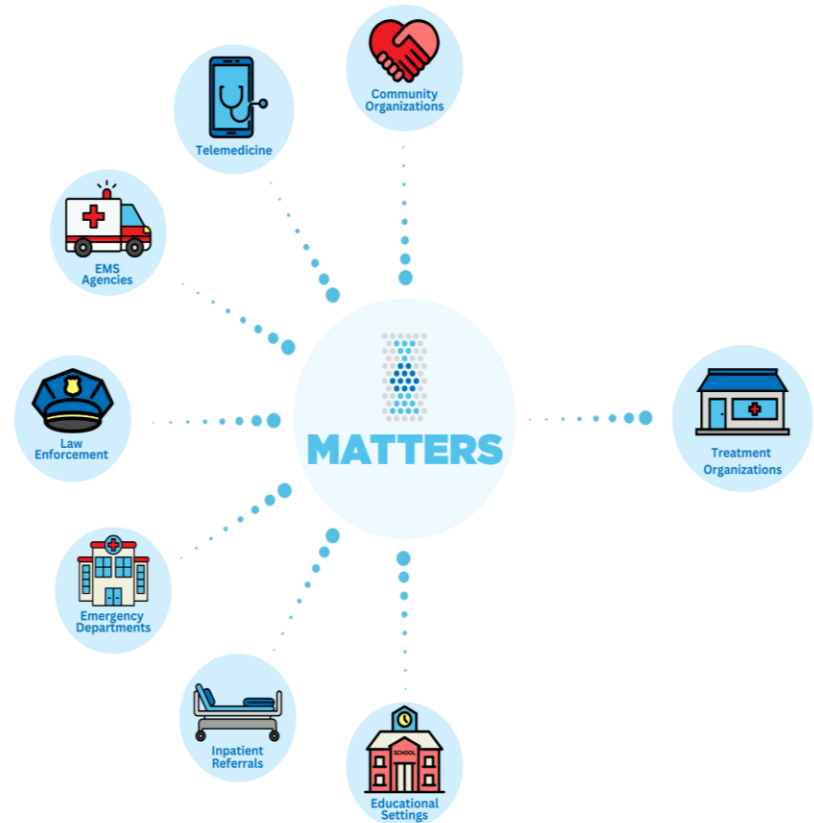


DOWNLOAD THE MOBILE APP!



NY Matters Mission & Goal

- ▶ To provide every person multiple pathways to treatment and resources within their own community by improving access and eliminating barriers.
- ▶ Utilized across the United States as a way to reduce morbidity and mortality rates for people by linking them to stigma-free treatment and resources.



ORI Task Force

- The Opioid Response Initiative (ORI) Task Force meets monthly and brings together key stakeholders from across Westchester – WCDH and WCDCMH co-chair
- Includes representatives from the Westchester County Departments of: Health, Community Mental Health, Social Services, Public Safety, Medical Examiner's Office, Westchester County District Attorney's Office, local law enforcement, and community partners such as Urban League of Westchester



ORI Task Force

- Works to:
 - ▶ Increase access to harm reduction and substance use prevention services
 - ▶ Identify communities most in need of overdose support services
 - ▶ Execute more effective education, training and distribution of Naloxone
 - ▶ Conduct more thorough data collection, analysis and transparency relating to overdoses
 - ▶ Increase community education, outreach and support services to populations in need
 - ▶ Find and implement evidence-based treatment approaches for individuals who are also struggling with co-occurring mental health needs



OD2A Grant

- ▶ NYSDOH
- ▶ Urban League Syringe Exchange Program subcontractor
- ▶ WCDH Commissioner -- Medical Director for both
- ▶ Tracked number of people trained to administer Narcan
- ▶ Number of trainings
- ▶ Harm Reduction Groups
- ▶ Fentanyl Strips distributed
- ▶ Naloxboxes distributed



Harm Reduction Groups/Xylazine

- ▶ Facilitates group at the Syringe Exchange Program
- ▶ Both staff from Urban League and WCDH
- ▶ Xylazine
 - ▶ More individuals are experiencing xylazine use
 - ▶ Wound care and basic knowledge to recognize a wound that requires care
 - ▶ Increase in distribution of xylazine test strips
 - ▶ More counseling on the effects (hospitalization, amputation, etc.)



ULSEP Overdose Data Collection

- ▶ Staff collects data from clients to get a better understanding of “when” and “where” overdoses occur (home, park, train, car, etc.).
- ▶ Clients are generally open to disclose this information.
- ▶ This data also helps staff during outreach activities to target specific neighborhoods and communities to provide overdose prevention education and materials/supplies.

ULWSEP Demographics of Non-Fatal ODs (Sample of Info Collected)

Gender	Ethnicity	Age	Substance(s) of Choice	Where Overdose Occurred	Relationship Between the Person Who Overdosed and Responder	Zip Code/City
Male	Hispanic	32	Heroin	Apartment	Friend	10550/Mount Vernon
Female	White	36	Heroin, Cocaine and Benzodiazepines (Xanax)	Friend's car	Friend	10550/Mount Vernon
Female	White	31	Heroin	Apartment	Partner/Girlfriend	10468/Bronx
Male	White	40	Heroin and Fentanyl	Apartment	Friend	10590/Valhalla
Male	White	30	Heroin	Apartment	Friend	10550/Yonkers
Female	White	46	Heroin	Apartment	Friend	10701/Yonkers
Male	White	47	Heroin	Apartment	Partner/boyfriend	10701/Yonkers
Female	White	31	Heroin	Apartment	Partner/girlfriend	10701/Yonkers
Male	White	42	Heroin	Apartment	Friend	10701/Yonkers
Male	White	40	Heroin	Apartment	Friend	10550/Mount Vernon
Female	White	51	Cocaine	Apartment	Friend	10550/Mount Vernon
Male	White	38	Heroin/Fentanyl	Apartment	Friend	10550/Mount Vernon
Male	White	42	Heroin	Apartment	Friend	10701/Yonkers
Female	African American	60	Heroin/Fentanyl	Apartment	Friend	10550/Mount Vernon

ULWSEP Non-Fatal ODs

Year	2020	2021	2022	2023	2024	Grand Total
Year Total	78	52	50	47	14	241
Gender						
Male	41	36	34	22	7	140
Female	37	16	16	25	7	101
Race						
White	53	45	38	34	12	182
African American	11	4	8	8	2	33
Hispanic	9	3	4	5		21
Age Range						
18-24:	4	2	4	1		11
25-34:	23	12	12	16	4	67
35-44:	38	28	19	13	3	101
45-54:	10	7	8	9	1	35
55+:	3	3	7	8	6	27
Drug of Choice						
Fentanyl	9	5	1			15
Heroin	59	34	37	25	4	159
Mixed	8	12	11	14	9	54
Cocaine			1	8	1	10
Top 3 Cities						
Mount Vernon	29	23	21	20	8	101
Yonkers	23	11	20	17	4	75
White Plains		5		4		9
New Rochelle	6		5		1	12
Peekskill					1	1

Overdose Aftercare Counseling

- ▶ Staff provides counseling to individual(s) that have administered Narcan and/or the individual that received the Narcan about the incident and if/how it affected them.
- ▶ At times, the individual that administered the Narcan can be a family member or friend and may need additional support to better understand what their loved one is going through.
- ▶ Aftercare counseling is also offered to couples if they prefer to discuss their substance use openly.

Sex Workers

- ▶ Health Services
- ▶ Sexual Health Education
- ▶ Safe sex kits (flavored condoms, flavored lubricants, dental dams, female condoms, etc.)
- ▶ Referrals for testing (HIV, STI, Hepatitis C)
- ▶ Referrals for medical care, if needed
- ▶ Self Care
 - ▶ Individual counseling
 - ▶ Self empowerment
 - ▶ Hygiene (hygiene kits - shampoo, conditioner, soap, lotion, deodorant, toothpaste/toothbrush, mouthwash, comb, brush, lip balm, hand sanitizer, antiseptic wipes)
 - ▶ Clothing, if needed (hats and gloves in the colder months)
- ▶ Additional Needs
 - ▶ Water (small bottles are easier to carry)
 - ▶ Snacks (chewy granola bars are easier to eat)
 - ▶ Reusable water bottles (water and snacks are important when they are outside for long hours so that they remain hydrated)
- ▶ Provide a reusable tote to carry their belongings

Faith-Based Communities

- ▶ Churches - recently, a more targeted approach
- ▶ Faith-based Leadership in County
- ▶ Great partners in other initiatives (AIDS Institute's Faith Communities Project-Hudson Valley Committee and Westchester County Faith Based Mental Health Initiative)



Allen Memorial Church of God in Christ
Mount Vernon, NY



Bethesda Baptist Church
New Rochelle, NY

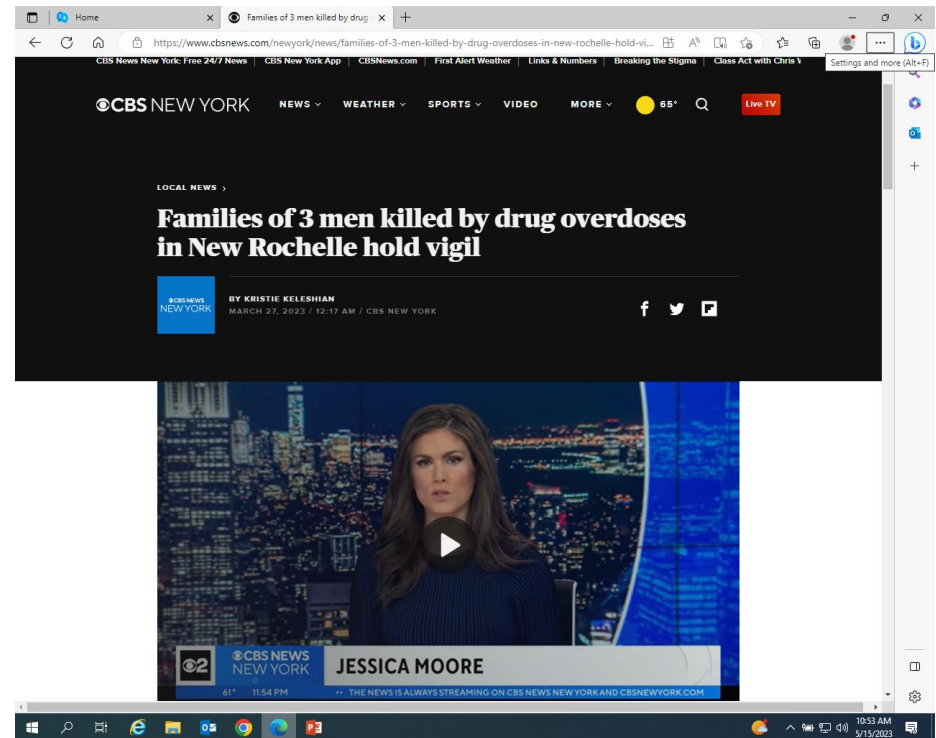
Ushers

- ▶ Ushers and Deacons are “first responders” in an emergency
- ▶ Not all ushers are open minded to harm reduction or overdose prevention
- ▶ Ushers often sit in last row – can have kit readily available
- ▶ If they don't want it visible, there are options (kits placed under pew)
- ▶ Churches often have events to attract more people (Friends and Family Day, Homecoming, Church Anniversary, Pastor's Anniversary, Holidays, etc.)
- ▶ Food pantries are open to the general public and can attract large crowds, some which may be at risk of an overdose
- ▶ Food pantry staff can be trained to respond to an overdose



Response to OD Spike

- Street outreach
- Coordinated through ORI
- Partner with School District, also OPP
- Police Department
- Met with Senator
- SEP training at local church



Cornerstone

- ▶ Newer partner in Harm Reduction
- ▶ Opioid Settlement Money
- ▶ Compliment Urban League's efforts
- ▶ More in Northern Part of County
- ▶ Also outreach in other Counties



AG's Opioid Settlements

- The Mid Hudson region is receiving millions through New York's settlements with opioid manufacturers and distributors
- WC Dept of Community Mental Health
- RFPs – Phase 1
 - "Harm Reduction Services"
 - "Integrated Co-Occurring Substance Misuse and Mental Health Treatment Services"
 - "Recovery Services"
 - "Primary Prevention Services"

NYS Guidelines for Opioid-Settlement Funding

The guidelines include supporting:

- Prevention
- Education
- Harm Reduction
- Outreach
- Treatment & Services
- Recovery
- Special Populations
- Research/Data



.... of Opioid Use Disorder (OUD) and any co-occurring Substance Use Disorder or Mental Health (SUD/MH) conditions.

Phase 1 Funding

- ▶ Urban League of Westchester County, Inc - Harm Reduction Services
- ▶ Cornerstone Family Healthcare - Harm Reduction Services
- ▶ Lexington Center for Recovery, Inc. - Treatment Services
- ▶ Family Services of Westchester - Treatment Services
- ▶ Westchester Jewish Community Services - Treatment Services
- ▶ St. John's Riverside Hospital - Treatment Services
- ▶ Partnership to End Addiction - Primary Prevention Services
- ▶ Family Services of Westchester - Recovery Services
- ▶ Mental Health Empowerment Center - Peer Certification Workforce Enhancement
- ▶ Narcotics Safety Equipment and Analyzers (Department of Corrections and Probation)
- ▶ Medication-Assisted Treatment (MAT) County Corrections

Urban League - Incarcerated Individuals

- ▶ Urban League works with the Mount Vernon Police Department's Wellness Unit, which is an extension of the Police Department, and provides resources/referrals for the community members and the re-entry population
- ▶ Urban League also attends Mount Vernon's Re-Entry Resource Fairs to provide resources/information to those that are formerly incarcerated
- ▶ Links individuals to our Senior Employment Readiness Program (55 older) which enhances jobs skills while they transfer back into the work force. Younger individuals are referred to our job coach.



Department of Corrections

- Re-Entry Fair, Grace Baptist Church Fair, Mount Vernon -- 2016
- Station of Hope Prison Ministry
- Train-the-Trainer – Winter 2022 – Standing Order
- Becoming a Registered OPPP
- Cadets last year



MAT Program -- DOC

- ▶ WCDOH supplies Narcan kits
- ▶ Harm reduction groups

- ▶ 2024 Number of persons with SUD referred 463
 - ▶ MAT Initiations or Continuations 126
 - ▶ Number residents on MAT as of 5/6/24 83

- ▶ DOC supervisors have been NARCAN trained
- ▶ MAT program participants are trained in NARCAN
- ▶ MAT program participants upon discharge from DOC receive a Narcan Kit

Lives Forward

- ▶ Department of Corrections and Department of Community Mental Health
- ▶ Westchester County Hosts Graduation Ceremony to Recognize Ten Students in Unique “Lives “Forward” Program
- ▶ Ten Students completed the first stage of newly developed program
- ▶ Individuals with addiction, mental health and criminal justice background - while they reside in the County Jail
- ▶ The certifications are overseen through two state agencies
- ▶ The NYS Office of Mental Health (OHM) certifying “Peer Specialists”
- ▶ The Office of Addiction Services and Supports (OASAS) certifying “Certified Recovery Peer Advocates (CRPAs)
- ▶ Training was provided by Mental Health Empowerment Project (MHEP), based in Mount Vernon and the National Council on Alcoholism and Drug Dependence/Westchester, Inc.



Lives Forward

- ▶ Westchester County will work to ensure the dually-academic trained peers, upon return to the community, are connected with potential employers, anticipating expeditious employment as para professionals
- ▶ Along with helping incarcerated individuals get on a better life path, this program also helps fill a shortage of much needed trained para-professionals for mental health and addiction.
- ▶ Collaboration between County, State and local agencies

Students:

- ▶ “This training was very encouraging and inspirational. It really opened my eyes to recognize mental health issues when I’m faced with them. It also gave me the ability and understanding to address those type of challenges without being judgmental. Great class! The instructor was amazing. Thanks so much for this opportunity.”
- ▶ “I believe taking the first step to become a certified peer specialist and taking these classes is like spinning hay into gold. I can now advocate for changes I always want in the mental health system or help save lives from addiction or much worse while being paid.”

Hudson Link

- ▶ Hudson Link for Higher Education in Prison
- ▶ Based out of Ossining (Westchester County)
- ▶ Provides College Education, life skills and reentry support for current and formerly incarcerated people
- ▶ Provides post-secondary educational opportunities for incarcerated students enrolled in programs at six correctional facilities in the greater New York area.
- ▶ Partners with accredited New York State colleges
- ▶ Hudson Link operates in six correctional facilities with eleven college partners across New York State:
 - ▶ Sing Sing Correctional Facility
 - ▶ Green Haven Correctional Facility
 - ▶ Greene Correctional Facility
 - ▶ Shawangunk Correctional Facility
 - ▶ Sullivan Correctional Facility
 - ▶ Taconic Correctional Facility


OPT-IN Program

- ▶ District Attorney's Office
- ▶ Member of ORI
- ▶ Urban League
- ▶ In addition, have Narcan trained DA Investigators


Funeral Homes

- ▶ Fatal Overdoses
- ▶ Stigma – want done quickly, no obituary online
- ▶ Family Members – need to act fast
- ▶ Staff members – limousine drivers, pall bearers
- ▶ Stressful situations
- ▶ Use of substances while grieving

Learn how
to save a life by
administering
Narcan

 **BALLARD-DURAND**
FUNERAL & CREMATION SERVICES

Monday, May 20th at 9am
Ballard-Durand Funeral Home
2 Maple Ave, White Plains, NY




NARCAN NASAL SPRAY

In 2022, nearly 108,000 people died of drug overdose in the U.S.
Naloxone, or Narcan, can be used in emergency situations to counteract the effects of an opioid overdose. Join our Narcan workshop to learn how to properly administer this life-saving treatment.


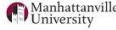

In this workshop, you will learn:








- The life-saving properties of Narcan and how it works
- How to recognize the signs of an opioid overdose
- How and when to administer Narcan

Participants will go home with a free Narcan kit.
Space is limited - please register by calling
(914) 949-0566 or scanning the code.



Register Now

Westchester COSOC (Co-Occurring System of Care)

- **The Westchester County COSOCC** was formed in 2017 to lead a countywide effort to coordinate co-occurring strategies. COSOCC includes a diverse group of stakeholders including county departments, behavioural health providers, school districts, advocacy organizations, peers, and other human service organizations.
- **Key Areas of Focus**
 - Awareness, Education & Prevention
 - Harm Reduction Strategies
 - Quality Improvement & Timely Access to Effective Evidence-Based/Best Practice Treatment, Supportive & Recovery Services.
 - Systems Reform to Strengthen Integrated & Co-Occurring Care



Co-Occurring Disorders Integrated Treatment Roundtable April 2016 Westchester, Putnam, Orange – SAMHSA, OASAS



First Westchester COSOCC meeting January 2018



Westchester DCMH COD Forum May 2018 with Dr. Marc Fishman

COSOC Community Roundtable

- ▶ Early Spring 2024 event
- ▶ the harris project is dedicated to addressing prevention, treatment, recovery, and system transformation for individuals with, or at risk of developing, co-occurring mental health and substance use disorders (COD).
- ▶ CODA (Co-Occurring Disorders Awareness) Curriculum Pilot in Westchester County: Supported by an Opioid Response (ORI) grant from Westchester County, and in collaboration with the Partnership to End Addiction, the harris project is developing and piloting a COD curriculum in seven Westchester County school districts, with additional curricula for adult supports.
- ▶ Pace University is doing an evaluation and feasibility study as part of the pilot.
- ▶ Award-Winning PSA "You Don't Know The Half Of It": This public service announcement aims to raise awareness about the realities and challenges of living with co-occurring disorders. It has been recognized for its impactful message and role in educating the public and reducing stigma associated with mental health and substance misuse.
- ▶ <https://youtu.be/ZoLdMbNYe6A?si=iR8RAe4wuFzLI8FI>



Police Narcan Trainings in Westchester County

- WCDOH began in 2014 with training police officers
- Westchester County Health Commissioner, Dr. Sherlita Amler, trained Police Departments, Standing Order
- Partnered with NYS Department of Criminal Justice
- Provided Sample Policy
- Observed First Training
- Thousands of Narcan kits to police departments countywide
- Work with approximately 25 police departments across Westchester County
- Security, Retired Police Sergeants Association



National Night Out

- ▶ Partnership with Mt Vernon Police
- ▶ How developed
- ▶ Sharon is the planning committee



ABOUT US

The Wellness Precinct is a police-behavioral health collaboration which dispatches human service resources to vulnerable individuals in crisis.

CONTACT US

914-465-2765
www.mvdpdwell.com
203 Gramatan Avenue
Mount Vernon, NY 10550

Hours: Mon-Fri: 8am-12am

Schools

- 43 public school districts in the county and we work with many of them, also many private schools
- Policy - three options Dept of Education
- Each school has a different approach
- Encourage them to become a OOPP
- Work with students and PTA
- Partner with Student Assistance Services (SAS)
- Conference: Adolescent Substance Use & Mental Health Issues

The flyer is for a conference titled "Adolescent Substance Use & Mental Health Issues: For School Nurses Only" held on Thursday, January 26, 2023, at Westchester Marriott, 670 White Plains Road, Tarrytown, NY 10591. The program includes a registration and continental breakfast from 7:30-8:00. The main sessions are: 8:00-8:30 Welcome and Overview; 8:30-9:00 Naloxone Training; 9:00-9:15 Relationships Between Bullying, Substance Use, and Mental Health; 9:15-9:30 Break; 9:30-10:30 Psychotropic and Addiction Medications for Adolescents; 10:30-10:45 Break; 10:45-12:00 Adolescent Substance Use & Managing Acute Drug reactions; 12:00-12:30 Lunch & Resources; 12:30-1:15 Reducing Resistance When Assessing Student Substance Use & Mental Health; 1:15-2:15 Is it physical and/or emotional?; 2:15-3:00 Communication & Confidentiality; and 3:00 Evaluation & Certificates of Attendance distributed. The flyer also notes that the nursing continuing professional development activity was approved by the New York State Nurses Association and that nurses in full attendance who submit an evaluation earn 5.0 Contact hours.

Adolescent Substance Use & Mental Health Issues: For School Nurses Only
Thursday, January 26, 2023
Westchester Marriott, 670 White Plains Road, Tarrytown, NY 10591

PROGRAM

7:30 - 8:00 **Registration and Continental Breakfast**

8:00-8:30 **Welcome** Cynthia Sarno BSN, RN, NCSN Zone 4 President/ Representative, New York State Association of School Nurses
Overview & Student Substance Use & Mental Health Trends Ellen Monahan, LCSW, CASAC, Executive Director, Student Assistance Services Corporation; Kristin McConnell, MS, Executive Director, The Prevention Council of Putnam

8:30-9:00 **Naloxone Training** Patrick Quinn, Program Specialist, Westchester County Health Department

9:00-9:15 **Relationships Between Bullying, Substance Use, and Mental Health** Kara Santucci, MS, CCTP, Bullying and Mental Health Coordinator Student Assistance Services Corporation

9:15-9:30 **Break**

9:30-10:30 **Psychotropic and Addiction Medications for Adolescents** Greg Burt, MD, FASAM, FFSAM, Medical Director, Samantha Daytop Village, Clinical Asst. Professor of Psychiatry, NYU School of Medicine

10:30-10:45 **Break**

10:45-12:00 **Adolescent Substance Use & Managing Acute Drug reactions** Laura Fl, DO, MS, Attending Physician, Emergency Medicine, Director of Toxicology, Vassar Brothers Medical Center

12:00-12:30 **Lunch & Resources** Ellen Monahan, LCSW, CASAC & Kristin McConnell, MS, CPP

12:30-1:15 **Reducing Resistance When Assessing Student Substance Use & Mental Health** Carol Bumbelow, MS, BA, RN, NCSN

1:15-2:15 **Is it physical and/or emotional?** Elizabeth Alderman, MD, FAAP, FSAHM, Chief, Division of Adolescent Medicine, Montefiore Children's Hospital, Professor of Pediatrics, Albert Einstein College of Medicine

2:15-3:00 **Communication & Confidentiality** Ed Excober, EdD, Director of Pupil Personnel, Bedford Central School District & Carol Bumbelow, MS, BA, RN, NCSN

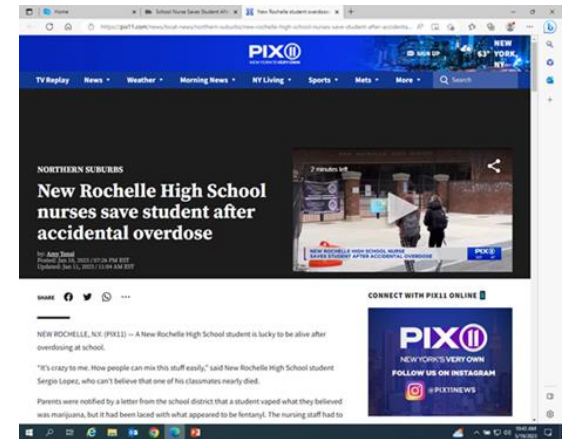
3:00 **Evaluation & Certificates of Attendance distributed**

This nursing continuing professional development activity was approved by New York State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance who submit an evaluation earn 5.0 Contact hours.

Narcan Used at Public Schools - Response

- ▶ Schools have used Narcan
- ▶ Response-- Reach out to Commissioner/staff
- ▶ Immediately make sure they have a enough Narcan kits
- ▶ Offer training/talks to students, parents, etc.
- ▶ Westchester County Recognizes School Nurses Who Saved a Student's Life After Suspected Fentanyl Overdose



Colleges/Universities

- ▶ Work with many colleges and universities
- ▶ All have a different approach: Trainings have included school nurses, security staff, students, etc.
- ▶ Adapted PPT/Reviewed Policy
- ▶ SUNY schools now required to train RAs
- ▶ Always get approval from School Administration



College Behavioral Health Collaborative

- Partner with the Department of Community Mental Health
- Meets quarterly
- Campus Leaders' Opioid Prevention and Response Roundtable
- Letter sent out from County Executive
- Training 100 student leaders in August
- Medical/Dental/Nursing Students



Community Narcan Training in Westchester County

- Narcan Page on Website
- PowerPoint
- Pre-register on Website
- Sign-in Sheet—helpful when had recall on Atomizers
- Thousands of community members have been trained on Naloxone (Narcan) administration
- Adapted Recipient Form from Law Enforcement
- Certification Card
- Handouts
- Blue bags, materials

Westchester
GOV.COM

George Larimer, County Executive
Sherita Amker, MD, Commissioner
Department of Health



HELP SAVE A LIFE

Westchester County
Department of Health,
will offer a **FREE** training
for the public on how to
respond to an opioid
overdose using Naloxone
(Narcan)

Community Opioid Overdose Training

April 26, 2023 at 7 p.m.

Mount Pleasant Community Center
125 Lozza Drive
Valhalla, NY 10595



Register online at
health.westchestergov.com/narcan/community-opioid-overdose-training

Training sponsored by Town of Mount Pleasant, Mount Pleasant Police and Pleasantville STRONG

Space is limited . Pre-registration is required

Naloxboxes Housing Shelters

- 30 Naloxboxes/Survey
- Provide Naloxboxes to housing shelters
- Launched Summer 2022 with a press event – Facebook live, media, YouTube
- County Executive, Department of Health, Community Mental Health and Social Services
- Review where boxes should be placed
- How to install
- Fillable OD forms
- Poster with QR code on How to Administer Narcan
- Naloxbox Agreement



Bronx-Westchester Area Health Education Center



- ▶ Bronx-Westchester Area Health Education Center (BW AHEC) is a community-based organization that provides health-career, education, exploration, and experience for high school, undergraduate, and graduate students. Students are given internship opportunities in medically underserved areas to learn about issues surrounding health equity.
- ▶ The Opioid Prevention Education Project (OPEP) is an initiative where we deliver education about opioids to youth in high school and college as well as community members. This project consists of information about opioids, education on the science of addiction, and informing students about harm reduction resources in their community.
- ▶ Presentation on Early Spring 2024, Yonkers

Trauma-Informed Initiative

- WCDH aims to foster a work environment that acknowledges the potential for trauma and implements measures to prevent it.
- WCDH acknowledges that prioritizing the mental health and overall well-being of its staff is a fundamental aspect of cultivating a trauma-informed workplace.
- WCDH is committed to becoming trauma-responsive and fostering trauma-informed organizational change.
- More than 200 WCDH staff members participate quarterly 2-hour live sessions on Trauma-Informed Care (TIC).
- The sessions outline WCDH's commitment to aligning departmental and divisional cultures, policies, decisions, strategies, and practices with the principles of a trauma-informed care approach.

WCDH Trauma-Informed Initiative

- ▶ Policies
- ▶ Champions group
- ▶ Leadership group
- ▶ Trainings
- ▶ Surveys
- ▶ Better serve our clients/residents/partners/ourselves
- ▶ Grants requiring trauma-informed environments
- ▶ Future funding for partners

FINDINGS

ACEs are pervasive! 64 percent of 17K study participants had one of the ten ACEs; 16 percent had 4 or more ACEs.

Unmistakable links between ACEs and adult onset of chronic disease, mental illness, violence and being a victim of violence, work issues.

ACEs contribute to most of our national problems, including chronic disease, substance abuse, violence and financial and social health problems.

One type of ACE is not more damaging than another! Statistical outcomes remain the same regardless of adversities experienced.

Different races and ethnicities do not experience ACEs equally! Nationally, 1 IN 3 black non-Hispanic children have experienced two to eight ACEs, compared to only 1 IN 5 white non-Hispanic children.

↑ ACE Score = ↑ Negative Outcomes

An ACE Score of 4+

DOUBLES risk of heart disease and cancer

700% increased risk for alcoholism

1200% increased risk for suicide attempts

Males with an ACE Score of 6, when compared to males with an ACE Score of 0, has a 46-fold (**4,600%**) increase in the risk of becoming an injection drug user.

HOW ACES & TRAUMA AFFECT

*Risky behaviors and substance use
Lost sense of safety*

EMOTIONAL REGULATION

Trauma/Adversity affect one's ability to:

- Control impulses
- Interpret emotional cues
- Trust in reliability of others
- Establish a predictable sense of self

PTSD

*Anxiety
Panic attacks
Depression*

*Easily startled
Hypervigilance
Edginess
Mood swings*

*Outbursts
Aggression
Violence
Sadness
Fear
Anger
Irritability*

Poor academic outcomes

COGNITIVE FUNCTIONING

Trauma/Adversity affect one's ability to:

- Form memories
- Learn and concentrate
- Make decisions
- Process and express language

*Intrusive thoughts
Nightmares
Flashbacks
Confusion
Difficulty with memory
Poor task concentration
Absenteeism*

Obsessions and compulsions

↑ Unemployment

PERCEPTIONS & BELIEFS

Trauma/Adversity affect one's:

- Core beliefs about self, others & world
- Ability to hope

*Shame
Guilt
Despair
hopelessness*

*Emotional numbing and detachment
Loss of self worth*

RELATIONSHIPS

Trauma/Adversity affect one's ability to:

- Identify and form healthy relationships
- Trust others
- Express needs and wants to others
- Set healthy boundaries

Withdrawal/avoidance people & places

*Poor interpersonal skills
Unintended pregnancy
Failed marriages
Intimacy issues
Promiscuity*

*Sleep issues
Rapid heartbeat
Sexual dysfunction
Disordered eating
Muscle tension
Extreme exhaustion
Unexplained aches/pains
Suppressed immune system
GI Issues
Headaches*

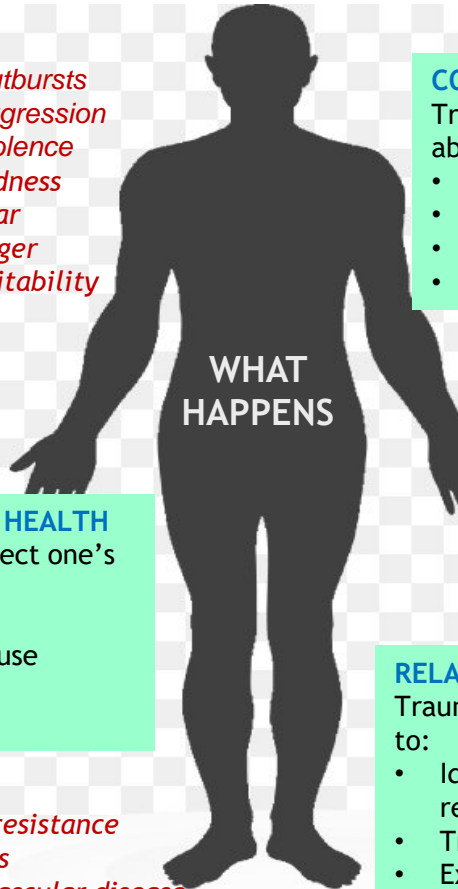
PHYSICAL & MENTAL HEALTH

Trauma/Adversity affect one's risk:

- Chronic diseases
- Substance use/abuse
- Suicide attempts
- Contracting STDs

*Obesity
Insulin resistance
Diabetes
Cardiovascular disease*

WHAT HAPPENS



Department of Probation

- Successful partnership with Probation – started in 2016
- Train probation officers/staff every two years
- Policy
- 2022 – trained officers working in treatment facilities
- Added select Probation Officers to Standing Order
- Train new hires every year – August 2024 at Police Academy

Mount Vernon Youth Bureau

- ▶ Mount Vernon Youth Bureau was awarded a grant to provide overdose education, tobacco prevention and vaping education within the community.
- ▶ The Urban League actively works with the Mount Vernon Youth Bureau and the City of Mount Vernon to provide opioid overdose prevention education to teachers, security guards, school personnel, after school staff and community residents.
- ▶ The Youth Bureau and the Urban League also worked together with the Mount Vernon Police Department to provide residents with prescription drug take back at the local police department from February 2024 through April 2024.

Mount Vernon CTC

- ▶ Mount Vernon Communities That Cares (CTC) is comprised of service providers, community partners, residents and teenagers that provide community awareness events.

- ▶ These events include:
 - Youth/Young Adult World AIDS Day Event
 - Family Day
 - Wellness Wednesday (Mental Health Event)
 - Mount Vernon's Pride Event.

Upcoming Health Events/Fairs

- ▶ African American Heritage Festival
- ▶ St. John's Riverside Hospital's Community Health Events
- ▶ Rose of Sharon Seventh Day Adventist Church Health Fair
- ▶ Mount Vernon Police Department's National Night Out
- ▶ Tuckahoe's Housing Authority's Annual Family Day
- ▶ YWCA's Community Walk, Health and Wellness Fair
- ▶ Yonkers Community Action Program Family Fun Day
- ▶ YMCA Community Health and Wellness Fair
- ▶ Pride Week – Mount Vernon, Yonkers, White Plains

International Awareness Day

- ▶ Partner with Department of Community Mental Health
- ▶ Library Plaza, White Plains
- ▶ Tables/Exhibits
- ▶ Speakers: County Executive, White Plains Mayor, White Plains Police Chief, WC Commissioners
- ▶ People with Lived Experience
- ▶ Music
- ▶ Media

For More Information



Visit us at: www.westchestergov.com/health



Like us at: facebook.com/wchealthdept



Follow us at: twitter.com/wchealthdept

[Urban League of Westchester County: www.ulwc.org](http://www.ulwc.org)



George Latimer, County Executive
Sherlita Amler, MD, Commissioner
Department of Health