



## **NMORC September Newsletter**

### **9/27/2024**

*Updates and reminders regarding NMORC efforts to support and promote Substance and Opioid Use Disorder events, resources and information. Links provided will connect you to associated pages with more information, such as registration pages, full FOAs, or complete documents.*

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- Other FREE Naloxone Resources

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## ***General Announcements***

## NMORC Quarterly Meeting Recap

The recent (September 20) NMORC Quarterly Meeting provided some great insight into a couple different aspects of SUD/ODU efforts. Opening the event, Joyce Fetrow welcomed both in person and online attendees and introduced "Our Stories Have Power" speaker, Stephanie Hector. Ms. Hector works as a Program Director and Peer Recovery Coach for Community Recovery Alliance. She quite eloquently shared her remarkable recovery story which help start the meeting off with a great message of triumph over adversity - which is a battle people in recovery fight every day.

The second speaker was Anthony Pantaleo, Paramedic I/C, BAS; who is the EMS Opioid Outreach Coordinator at the Michigan Department of Health and Human Services (MDHHS). His topic, "Michigan's Opioid Outreach EMS Data and Efforts" provided the consortium with an informative update on data trends in the state and NMORC region as well as EMS Treatment Protocols regarding Naloxone administration.

**TRENDS:** Mr. Pantaleo shared important and exciting news regarding recent data released by the Center for Disease Control for the previous year (April, 2023-April, 2024) which shows a double-digit decline of 10.6% nationally - the largest decrease in fatal overdoses in decades! Statewide, Michigan also saw a decrease and the NMORC region saw fairly stable downward trends as well. He emphasized that this is a great sign that the recovery capitol the consortium partners have built in our rural communities *is working!*

Pantaleo reported the key data for outreach and prevention work is looking at the time and days when incidents occur and the data indicates the area that did see an increase in overdose related incidents were psychostimulants with meth being the concern in the northern Lower Peninsula and the UP, and cocaine being more prevalent in the southeast and south west regions of the state.

**NALOXONE PROTOCOLS:** In looking at Naloxone administration trends, the average number of milligrams per patient by a paramedic is 2.6 mg. Additionally, data has shown there has been no increased need for higher doses. Pantaleo shared that a new treatment protocol for overdose related incidents was rolled out statewide in Spring, 2024. It has been adopted by all medical control authorities (MCA) in the state and now every EMS and first responder has Naloxone available to administer, which includes fire departments.

Mr. Pantaleo shared the goal of the first responder during an overdose is ensuring the patient is breathing with airway position and ventilation as the priority - if the person has not regained consciousness with those interventions, then EMS will give 2 mg of Naloxone before transporting the patient. Too much Narcan creates precipitated withdrawal symptoms such as vomiting. The new treatment protocols also address other areas such as treating withdrawal and using IV fluids. He indicated that new treatment protocol for EMS to administer buprenorphine (a medication used in medically assisted treatment) could be rolled out in the new year, once the protocol has been approved. He reported that 76% of MCA statewide have adopted the leave behind program. Thank you, Anthony Pantaleo for all this valuable insight and information!

**OVERDOSE FATALITY REVIEW:** The next speaker was Angela Van Slembrouck from Michigan Public Health Institute (MPHI) who is the Project Coordinator of the Michigan Overdose Fatality Review (OFR) Program. The purpose of an OFR is to increase members' understanding of area agencies' roles and services as well as teh community assets and needs, substance use and overdose trends, current prevention activities and system gaps. OFR teams are multidisciplinary and include individuals who can share information about a decedent or contribute to the analysis of available data to make recommendations that will prevent future overdose deaths.

Ms. Van Slembrouck that in March there were 11 active OFRs in the state and in the last six months, there have been an additional six new teams formed with an additional four counties potentially starting before the end of the year. The biggest barrier MPHI has identified has been getting the county medical examiner on board. If you are interested in getting an OFR started in your county, feel free to reach contact: [avanslem@mphi.org](mailto:avanslem@mphi.org).

To read the full minutes from the meeting, follow this [LINK](#).



This simulation is modeled from a program created by the West Virginia Department of Justice. Participants assume an identity of someone recently released from incarceration, receiving a storyline that includes time spent incarcerated, education, living arrangements to which they will return, and any possessions they may have accumulated while incarcerated. Each week they will have required or court-ordered tasks to complete to remain compliant to their probation requirements.

## ***Jail Release Simulation Event***

NMORC is pleased to sponsor a “Jail Release Simulation” event in Antrim County on October 11, 2024. The first event of this kind in northern Michigan was held in Traverse City this past May and was very well received.

The goal of this simulation is for participants to gain understanding of significant obstacles faced by individuals attempting to navigate various requirements and life situations upon their release from incarceration while returning to new or former communities. To walk in the shoes of one released from serving their time gives invaluable insight, both for professionals who are tasked with helping those individuals achieve a successful reentry as well as anyone from the community who wants to better understand this dynamic.

The Antrim County event will be held on October 11, 2024. The venue is Kearney Township Hall (4820 Aero Park Drive, Bellaire, MI). The event is scheduled from 10:00 AM – 1:30 PM and will include the simulation followed by lunch and a facilitated small group discussion. NMORC is assisted in this effort by the Antrim County Community Collaborative and OS Reentry Services.

Seating is limited and those who register are asked to be sure they can attend or find a surrogate should they incur a conflict to attendance. To register, follow this [LINK](#).



## **Crisis Intervention Focus**

Earlier this year, the Michigan Center for Rural Health and Northern Michigan Opioid Response Consortium launched a Behavioral Healthcare Webinar Series that focused on “*Clinical Assessments for Behavioral Health Care*” that has been very well received.

The fifth session of this series will be offered on Tuesday, October 8, from Noon - 1:00 PM. The topic will be "Crisis Intervention in Behavioral Healthcare" and attendees will report an increase in knowledge of working with clients in crisis situations, risk assessment, de-escalation, safety planning, evidenced-based practices in treatment, and the discharge planning process.

The information provided in is most appropriate and relevant for social workers and counselors in the mental health and SUD treatment space, however that is not a requirement. These sessions are offered free of charge thanks to grants from the Health

Each webinar does stand alone but as stated above, the series is designed in the order of a client treatment episode starting with the assessment and moving towards the discharge planning phase. To register for this session, please follow this [LINK](#).

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## ***3RNET's 2024 Recruiting for Retention Academy begins in October!***

The 3RNET Recruiting for Retention Academy is the only online training tailored specifically to recruitment and retention in rural and underserved communities. This annual six-part webinar series offers fresh, practical, and action-oriented content each year, ensuring that even those who attended last year will gain new insights and strategies. With a workshop-style approach, the Academy covers everything from planning and preparation to sourcing and closing the deal, providing invaluable tools for healthcare employers.

Recruiters, Human Resources, Medical Directors, Chief Financial Officers, Chief Executive Officers, and anyone interested in learning more about recruitment and retention best practices specific to rural and underserved areas should sign on for this training! All webinars will be recorded so if you cannot attend a session, you will have access to the recorded material!

Through interactive workshops, the Academy will explore how rural and underserved employers can improve the recruitment and retention of quality providers. Each session will focus on the recruitment process and a current event.

### ***And it's free for our NMORC Partners!***

To register, please click [HERE](#) - don't forget that you will need to use the coupon code **MCRH** to waive the registration fee.

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## ***General Education, Training and Resources***

**NMSAS Recovery Center**, located in Gaylord, MI shares their expertise, care, and compassion for recovery in their business office and online. Peer recovery coaching support is a mainstay of their programming so whether you are interested in finding out more about the profession or are a veteran in need of some support, visit their [YouPickRecovery.org](http://YouPickRecovery.org) webpage to find out how you can get connected and help others on their recovery journey!

**SAMHSA's resource** [Engaging Community Coalitions To Decrease Opioid Overdose Deaths Practice Guide 2023](#). This tool provides comprehensive information through a revisiting the work of the consortium.

**Never Use Alone Hotline** : National Overdose Prevention Lifeline is available at 1-800-696-1996 (English). Website: [Never Use Alone Inc.](#)

**Updated Hepatitis C Testing Guidelines**: The CDC updated their Hepatitis C testing guidelines to include infants and children who have been exposed perinatally. [Updated guidelines](#)

**Recovery Ready Workplace Resources**: The White House released a Recovery-Ready Workplace [Toolkit](#) for businesses and a [State Model Law](#) for state governments as part of their efforts to help strengthen the economy and support the more than 44 million American adults who have an SUD.

**Veteran Safety Plan App:** The VA's National Center for PTSD has just announced the release of the Safety Plan app! Safety Plan helps Veterans create a personalized step-by-step action plan to keep themselves safe during a crisis. It is highly customizable and provides access to coping tools, self-assessment measures, and crisis support resources. The Safety Plan app was developed by the National Center for PTSD Mobile Mental Health program with input from the VA Suicide Prevention Program. The app can be recommended to any Veteran who is at-risk for suicide. The goal of this app is provide Veterans with options to access their Safety Plan in a format that works for them. Select [this link](#) to learn more. Point your device's camera at the QR code to download Safety Plan!

**Opioid Settlement Updates:** The Michigan Association of Counties (MAC) provides updates on opioid settlement dollars disbursement to counties on a monthly basis. For the latest news and resource updates on opioid settlements you can also follow these links:

- [Opioid Settlement Resource Center - The Michigan Association of Counties \(micounties.org\)](#)
- [Opioid Settlement Overview Table](#)

MAC's Amy Dolinky is also available to consult with counties as they plan out their opioid responses. She can be reached at [dolinky@micounties.org](mailto:dolinky@micounties.org).

**Michigan Center for Rural Health** offers a robust docket of educational opportunities for many different professions through Grand Rounds, Project ECHO and EMS Continuing Education. For more information or to see what's on tap, follow this [link](#).

**Saginaw Valley State University Project ECHO** is a program with a focus on Substance Use Disorders (SUD) including treatment, recovery, intervention and prevention. This learning opportunity is designed for any healthcare provider, mental health or substance use disorder professional, social worker, peer recovery specialist, administrator, or student with interest in the program topics.

Project ECHO for Substance Use Disorders (SUD ECHO) is offered along with our partners Recovery Pathways, Bay-Arenac Behavioral Health Authority, Ferris State University and Peer360 Recovery Alliance and provides the latest information and case-based learning in substance use disorder prevention, intervention, treatment and recovery.

To access the flyer with more details on this training, click here: [SUD Project ECHO](#) or an additional link to this program can be found further down in the General Education section of this brief.

**Saginaw Valley State University Project ECHO** for Perinatal Substance Use Disorder (PSUD ECHO), in partnership with Recovery Pathways, LLC, Ferris State University and Peer 360 Recovery Alliance, this effort provides educational information and practice support for healthcare professionals treating those who are pregnant with co-occurring substance use disorder. [Click Here to Register for PSUD ECHO](#).

**CATCH My Breath** is a peer-reviewed, evidence-based youth vaping prevention program developed by The University of Texas Health Science Center at Houston (UTHealth) School of Public Health. The program provides up-to-date information to teachers, parents, and health professionals to equip students with the knowledge and skills they need to make informed decisions about the use of e-cigarettes, including JUUL and disposable devices. CATCH My Breath utilizes a peer-led teaching approach and meets National and State Health Education Standards. For more information [Click Here](#).

*We hope you find all of the SUD information you need and look forward to seeing you attend our events and educational webinars!*

## ***Recovery and Other Resources***

## Young Adults All Recovery Meeting

Thursdays from 7:00pm-8:00pm - Virtual

Open to young adults (18-30) in Recovery and loved ones regardless of Recovery Pathway!

Zoom Meeting ID: 353 536 5087  
Password: Rule 62

For more information, please contact:  
[BenzieCountyRecovery@gmail.com](mailto:BenzieCountyRecovery@gmail.com)

## Peer Recovery Coaching Services

As above, NMSAS Recovery Center provides a great line up of training opportunities as well as ongoing coach check-in and virtual recovery group opportunities. Go to "You Pick Recovery" [Website](#) to find support for your journey in recovery as well as resources for becoming a coach and helping others.

## **Prevention Resources**

### FREE Naloxone Resources

#### MDHHS Narcan/Naloxone Placement Map:

Follow this [LINK](#) to access an updated map of free Naloxone resources around Michigan. NMORC does have limited funding available to obtain a Naloxone Distribution Box through our partnership with Harm Reduction Michigan. If you are interested in placing one of these boxes at a certain location, please contact [Joyce Fetrow](#) for more information.

#### Ordering Bulk Quantities of Naloxone

Eligible organizations can receive free Naloxone by filling out a PDF form and emailing it to MDHHS to request supplies be mailed to your location. Simply fill out this form: [Naloxone Request Form](#). Once that is done make a pdf of that document, there is a submit button at the top of the page that hasn't ever worked for me, but it also lists an email address to send the completed document. Use the email address listed at the top of the document, you'll thank me later! Here's that email address: MDHHS-NalxneRqst@michigan.gov.

#### **Naloxone for All**

Online/By Mail

[nextdistro.org/michigan](http://nextdistro.org/michigan)

#### **Face Addiction Now (FAN)**

Online/By Mail

[FamiliesAgainstNarcotics.org/naloxone](http://FamiliesAgainstNarcotics.org/naloxone)

#### **Harm Reduction Michigan**

Text or call: 231.493.5124 or by Mail or Personal Delivery at

[facebook.com/HarmReductionMI](https://facebook.com/HarmReductionMI)



## **Contact Us**

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*Northern Michigan Opioid Response Consortium (NMORC) is a project of the Michigan Center for Rural Health (MCRH). This effort was funded through the RCORP grant program under the Health Resources & Services Administration (HRSA). More information on MCRH may be found at: [www.mcrh.msu.edu](http://www.mcrh.msu.edu)*

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