PHOENIX TRAINING

Raising Public Service
Improving Community Support

Addiction and Connection to Treatment

Tools for First Responders to Fight the Opioid Epidemic

SJU Saint Joseph's University

pennsylvania DEPARTMENT OF HEALTH

Hazelden Betty Ford Foundation

First Responders are on the
Front Lines of the Opioid Epidemic!
Tools and training to for First Responders to fight the opioid epidemic
SJU Saint Joseph's University
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INDEPENDENCE

Peer Champion Training

Big photo slide – show the trainer in action and in uniform perhaps?

This slide will have the trainer's photo, credentials, engaging story and info around the passion for the work.

During the TOT, each trainer will develop this slide for themselves.

Why are we here today?

Half of Americans have been affected by addiction.

Pennsylvania has been hit especially hard by the opioid epidemic.

In fact…

"Pennsylvania's opioid crisis is so severe, and so much worse than almost anywhere else in the country, that it's bringing down life expectancy in the state."

You are critical to the mission of creating & sustaining change!

Pennsylvania has third-highest rate of drug overdose deaths in the U.S., study finds

by Aubrey Whelan, Updated: June 12, 2019

MARIE MCCULLOUGH / FILE PHOTOGRAPH

A new study measuring the effectiveness of state health systems around the country found that Pennsylvania has the third-highest rate of drug overdose deaths in the country.

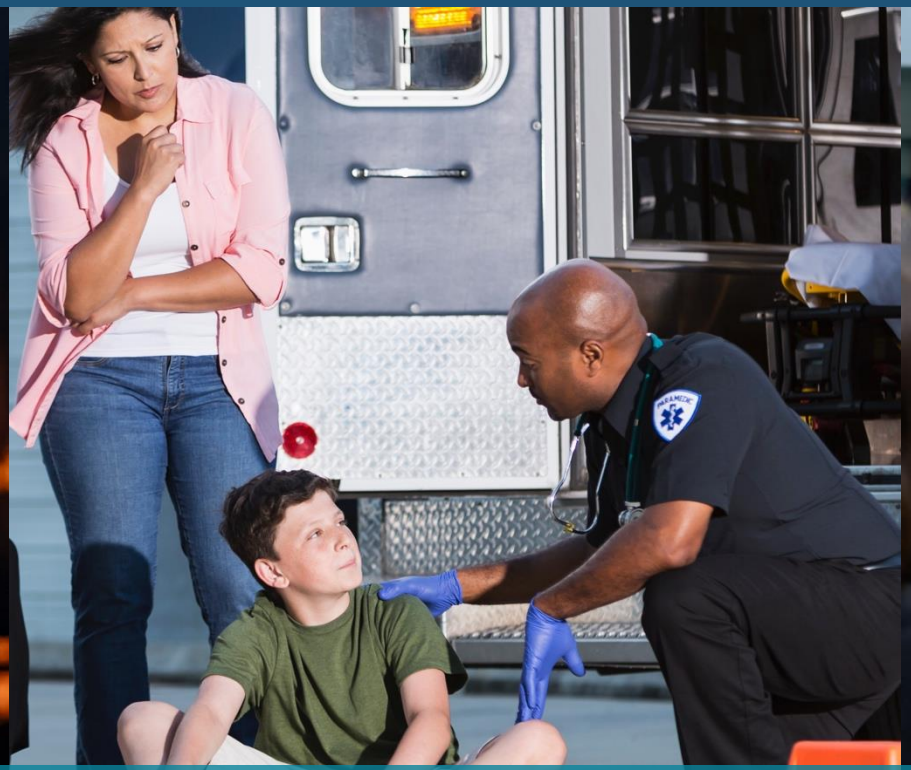
The "scorecard," released by the Commonwealth Fund, a private health-care research foundation, rated Pennsylvania highly on other measures, including access to health care. The state's 2015 Medicaid expansion has allowed hundreds of thousands to obtain care, including about 20,000 people with substance use disorders, state health officials say.

But Pennsylvania's opioid crisis is so severe, and so much worse than almost anywhere else in the country, that it's bringing down life expectancy in the state, researchers said.

The study measured "drug poisoning deaths" in 2017, the last year for which full statewide data are available. Only Ohio and West Virginia had higher overdose death rates than Pennsylvania that year. All three states had more than twice the national rate of drug overdose deaths in 2017. Along with seven other states, including Delaware, the trio have seen overdose deaths increase threefold since 2005.

Influencing Those Called to Serve.

courage integrity



health community

protect serve

You are critical to the mission.

Activity

Click to How motivated are you about this project?

1-10

Where is Organization?

1-10

What are you expecting will be your biggest Challenges?

What would be needed to move your team 2 or more points forward?

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Training Targets

- Power of peer voices
- Define the role of peer champion
- Integrating our support and sustaining change

Addiction and Connection to Treatment (ACT) Recap

Key Areas Discussed

Changes to the brain AND how it compares to other chronic diseases

Be trauma aware – instead of asking 'What is wrong with this person?' Ask 'What has happened to this person?'

Stigma of addiction is a primary barrier to effective addiction prevention, treatment & recovery

Language matters

Saving lives means opportunities for recovery AND time with their loved ones

Data helps understand trends and where to use funding

Difference in conversation with someone who's committed vs not committed to change

Calls from first responders often take higher priority

Connect them to the Single County Authority (SCA) who will help coordinate where to go

Connecting this training with the ACT training

- Peer champions (PC) know and live the ACT training
- This training help help you to
  - Leverage your peer voice
  - Consider ideas for ACT related change
  - Develop strategies to sustain ACT concepts in your units

Power of Peer Voices

gettyimages
25 YEARS
Granger Wootz

You have been selected

Criteria Review:

Desire to Inspire

Leadership Support

Willingness

Passionate about helping people

Access to Phoenix Team- Always call John B. often after 11 PM and hang up.

Monthly Calls

How do you fit in as a PSP?

- *According to the IACP…*
  - "The goal of peer support is to provide all public safety employees … the opportunity to receive emotional and tangible support … and to help anticipate and address potential difficulties."
  - *The PSP "*… is trained to provide both day-to-day emotional support … [and] participate in a department's comprehensive response …"

Peer Training Initiatives Nationally

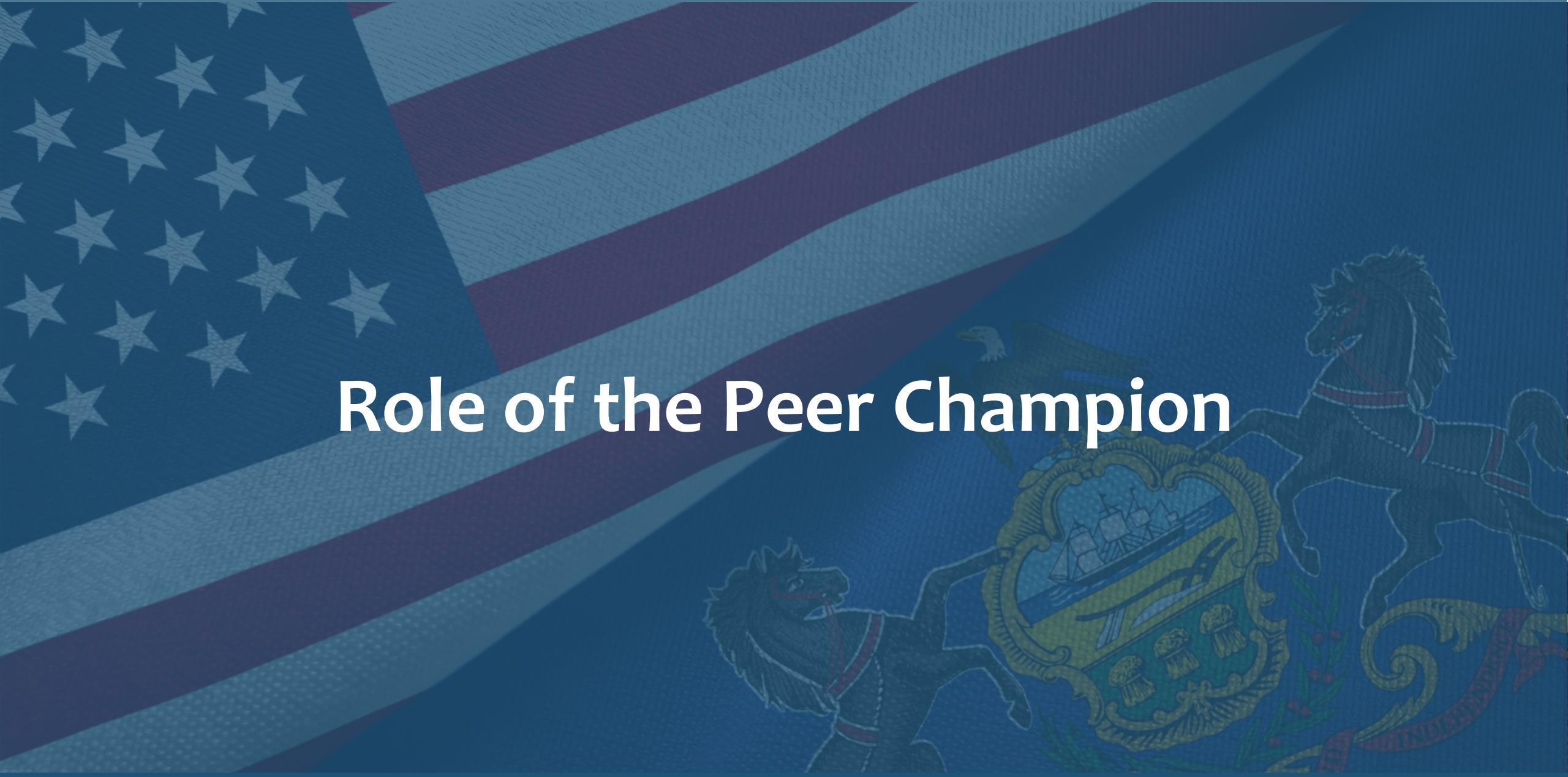
- *Fraternal Order of Police supports*
  - *County CISM Teams*
  - Peer Support and Mentoring Training

- *International Association of Fire Fighters*
  - IAFF Behavioral Health Awareness Course
  - *IAFF* Peer Support Training

Rich Tradition of caring for our own…

- We help our own locally
  - In times of crisis
  - When we experience a loss
  - When stresses run high…

- What are some examples you know of?



Role of the Peer Champion

Using a Peer Voice for ACT

- Why you?
  - Speaking through actions
  - Invested in our own because we are all "family"
  - Representing and translating the message up and down
  - Message to the Masses

- What can you do with your unique voice?
  - Middle-out approach
  - Using MI in the process
  - Being in sync with Leadership (at all times)
  - Be an active liasion with the Single County Athourity (SCA)

Add slide that defines the SCA in detail

Link to slide 21

Understand Peer Champion Role

Believe in mission

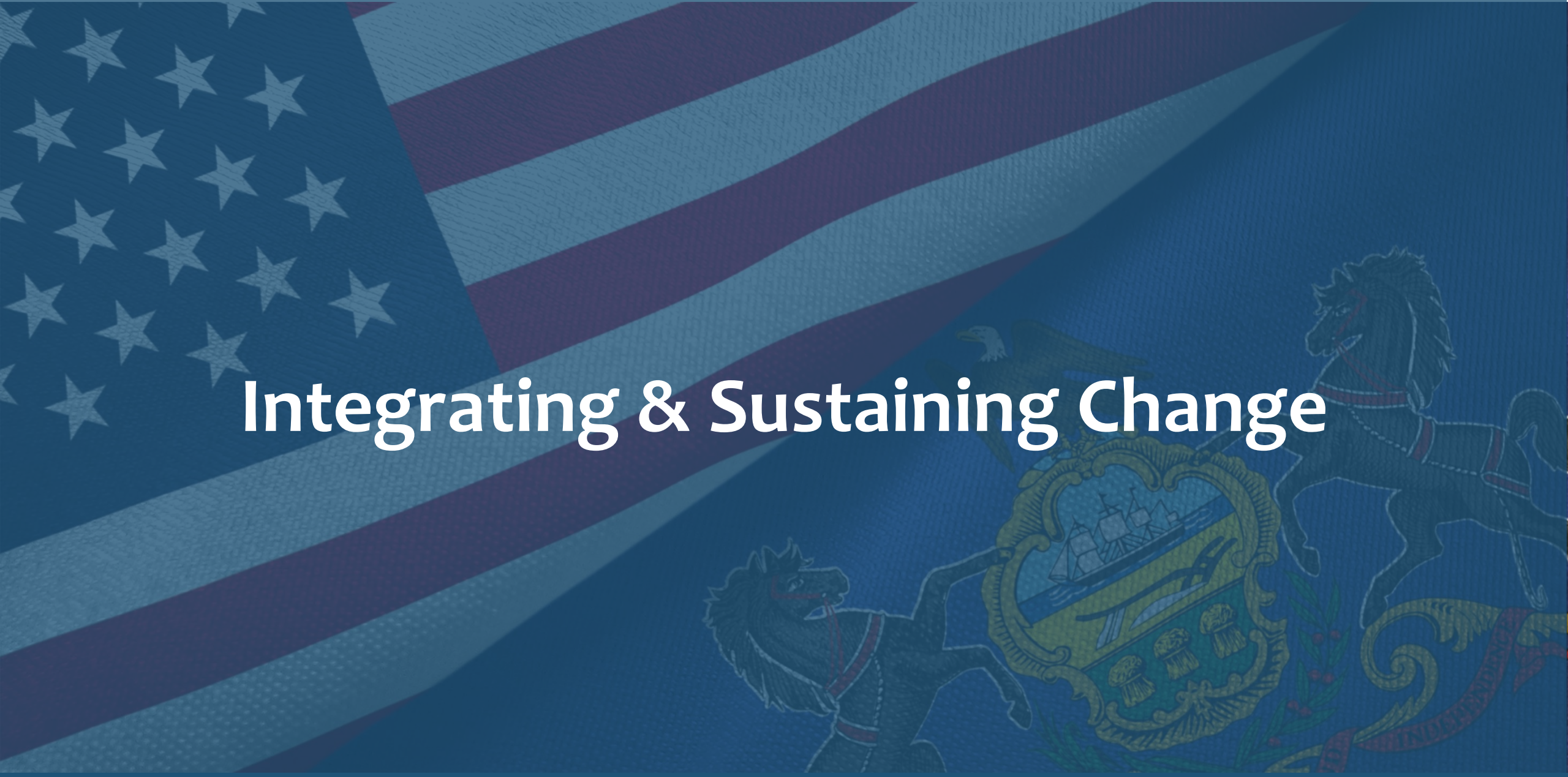
Subject matter expert

Influencer

Engage with the community

Liaison for SCA

Lead by example



Integrating & Sustaining Change

Workshop Outline

Introduce plan:

Write ideas on pre-printed Implementation Plan

- Communication Plan
  - Leadership feedback loop
  - Liaison
  - Community involvement
- Training Plan
  - Roll call Trainings
  - Informatics

Places to Implement and Sustain Change

- In my Unit
- In my Organization
- With the Community

Implement and Sustain Change In my Unit

Walk the walk – lead by example

Be the Go-to person

Make the process easy

Teach locally about the SCA role

Maintain the cycle of information to peers (sucess and challenges)

Implement and Sustain Change In my Organization

Connect with the SCA to partner and training

Maintain the cycle of information in group settings (outcomes, process changes

Line up training for roll call

Implement and Sustain Change In my Community

Link efforts across First responding units

Public relations efforts

Partner with public health efforts

Policy development (LETI)

Get Out Your Toolkit

Phoenix Objective (WHO? WHAT? HOW MUCH? BY WHEN?)			
Reason/ Justification for Objective	Interventions to Address Objective	Timeline to Accomplish Interventions	**Outcomes**

“The Go-to person”

- Learn how fellow first responders engage persons/families in need
- Seek out ongoing education
- Collaborate and set up those networks with other first responders around the region and stay passionate about this field

You will find yourself becoming a valuable resource to fellow first responders, leadership (internal and external), other public safety agencies, and anyone interested in learning more about addiction.

Influencer

Each agency adopts this initiative at a different pace.

Some leaders agree and some may choose to sit back and evaluate the system before involvement.

- Encourage the sharing of a positive recovery story with each other to keep motivation
- Build your credibility by speaking in your own department and circle of influence
- Be prepared for (questions about the "worthwhileness" of this work) others who will seek your perspective/thoughts/opinions about whether this work is worth the effort
- **Be The Voice!**

Engage with the Community

As the "Peer Champion" it may be natural for leaders
to ask the "peer" to take on a role of community "educator."

Expect it and embrace it

And if not asked, look for opportunities in your community to educate.

Control the narrative – keep the community aware of the great work being done!

Build Relationship with the SCA

Collaboration/Partnership

- Help create and enhance the first responder and SCA relationship.
- Seek success stories from your SCA partner and share back positive feedback.
- Share trends of first responder referrals to treatment and celebrate when colleagues perform.

Lead by Example

Gentle pressure relentlessly applied,

keep doing it.

- Other officers, supervisors, command level officers, other department employees, and leaders will be watching how you conduct yourself in this additional responsibility of a “Peer Champion”
- Remember the language you use matters
- Being available to fellow officers, community, families and anyone who may have questions is a big part of work

Addiction and Connection to Treatment (ACT) Toolkit