



**Alcohol, Drug Addiction & Mental Health Services (ADAMHS) Board of Cuyahoga County  
A Leader in Combating the Opioid/Heroin Crisis in Cuyahoga County  
UPDATE: September 10, 2018**

**ADAMHS Board Highlights in Combating the Opioid/Heroin Crisis in Cuyahoga County:**

- **ADAMHS Board, Cuyahoga County Executive & City of Cleveland Partnership:**
  - Cuyahoga County Executive provided \$250,000, the City of Cleveland provided \$250,000 and the ADAMHS Board provided \$1 million toward ambulatory detoxification and the expansion of its treatment and recovery services to combat the crisis.
  - Added 113 additional treatment and sober beds to the community for a total of 444 treatment and detox beds funded by the ADAMHS Board of Cuyahoga County for men and women.
- ADAMHS Board provided \$100,000 in 2016, 2017 & 2018 to the **MetroHealth Project DAWN Program**, which provides lifesaving Naloxone kits that are used to reverse opioid/heroin overdoses. Project DAWN saves lives and without it, there would be significantly more deaths.
  - Project DAWN has distributed nearly 9,200 kits since its inception in 2013. It is reported that 1,490 lives have been saved. Not all kit uses are reported so the actual number of overdose reversals is likely much higher.
- **Fentanyl Test Strip Pilot Program.** Test strips detect the presence of fentanyl in heroin and other substances to reduce the number of deaths by overdose. These strips are provided free of charge – along with educational material - at the needle exchange initiative at Circle Health Services, which is funded by the ADAMHS Board (\$15,000). This initiative was suggested by a family member.
- The Board successfully worked with legislators and **advocated for changing the national Institutions for Mental Disease (IMD) rule** that limits treatment facilities that can be reimbursed by Medicaid to only 16 beds to allow for more treatment options. The rule's interpretation no longer applies to addiction treatment centers.
- **ADAMHS Board is an active member in the Cuyahoga County Opiate Task Force and the U.S. Attorney's Opioid Task Force** and is continually working with all the partners in addressing the various aspects of this crisis.
  - As an active member of the U.S. Attorney's Opioid Task Force, the ADAMHS Board is **co-managing RecoveryCLE, a social media campaign** alongside partner MetroHealth. By sharing positive messages about recovery on Instagram, Facebook and Twitter, RecoveryCLE helps to **celebrate and elevate recovery**.
- **The ADAMHS Board is recognized by the State of Ohio** (R.C. 305.40, Section 337.135) as the coordinating agency for the County Hub Program to Combat Opioid Addiction.
- **ADAMHS Board launched multiple Quick Response Protocol Projects:**

- In partnership with the **Cleveland Division of Police Narcotics Unit** and the **Cuyahoga County Sheriff's Office**, the ADAMHS Board assisted in creating a pilot Quick Response Team (QRT) project in March 2017.
  - Officers try to connect overdose victims to treatment.
  - This program now works with Ascent.
- In partnership with **City of Lakewood, Woodrow Project** and **Cleveland Clinic Foundation's Lakewood Hospital**, the Board funded the pilot **Project SOAR** (Supporting Opiate Addiction Recovery).
  - Project SOAR will focus on the City of Lakewood to pilot a rapid overdose outreach project. The project is designed to provide:
    - Prioritized linkage to Peer Support for the victim and families at multiple entry points (hospital, fire station, response scene/follow up team).
    - Expedited access to treatment + recovery support when the survivor is ready.
    - Support and resources for individuals and their families to help promote that recovery is possible.
- In partnership with Ascent and **The MetroHealth System** the ADAMHS Board funded the **AscentED program**, which imbeds peer recovery supporters in the ER at Metro. The program connects overdose survivors with peer support, a warm hand off to treatment if they agree and follow-up services to aid them in recovery.
  - From November 2017 through March 2018, the program reported:
    - 524 calls for peer support were received
    - 563 persons were seen through the Metro ED
    - 323 persons initiated treatment services
    - 284 persons initiated non-peer recovery support services
  - Participants were given a survey in March of 2018. The results show:
    - 43.3% of 171 survey participants said they were extremely satisfied with their progress toward recovery. 29.8% were considerably satisfied. Only 1.1% were not satisfied at all.
- ADAMHS Board contributed \$45,000 to a **pilot program launched in June 2017 testing free Uber rides as a possible solution to transportation barriers for those receiving outpatient treatment at Rosary Hall at St. Vincent Charity Medical Center.**
  - When the pilot started, the overall attendance rate at Rosary Hall's intensive outpatient program (IOP) sessions was 76%. **The pilot program increased session attendance to 90%.**
  - The pilot was featured in ***Behavioral Healthcare Executive* magazine** in August 2018 as the first program offering free transportation via ridesharing to addiction medicine patients.
- ADAMHS Board supports and promotes: a **24-hour suicide prevention, mental health crisis, and addiction information and referral hotline (216-623-6888)** and **text line** reached by texting **'4hope' to 741741.**
- The Board was a sponsor for the **2nd Annual National Health Centers Week Conference** on August 16, 2018. This conference covered the critical role Federally Qualified Health Centers (FQHC) play in addressing opiate and other substance abuse issues as providers **on the frontlines of the opioid crisis.**
- ADAMHS Board is a sponsor for the **Northeast Ohio Recovery Housing Network's event "Get to know us! Recovery housing in Northeast Ohio" in September 2018.** This event

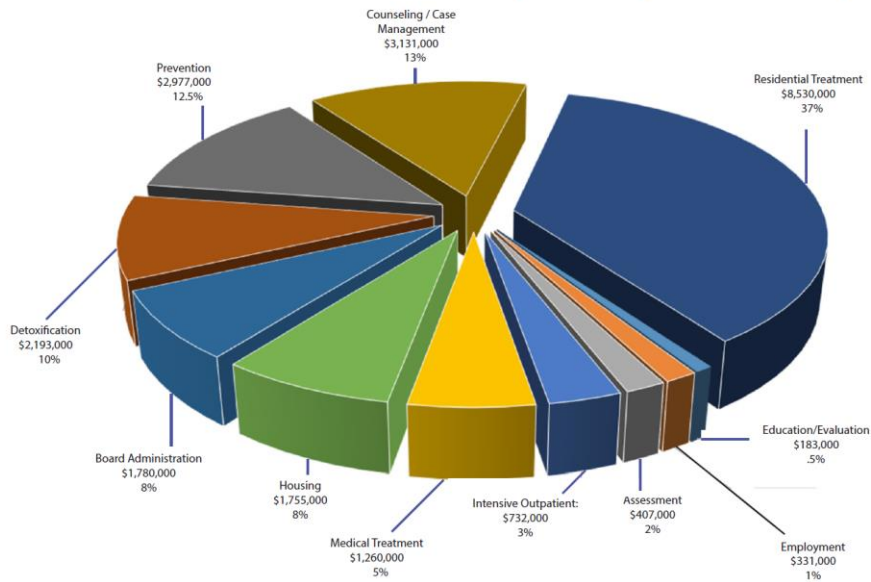
will be the first time that recovery housing providers will have the opportunity to showcase recovery housing as an increasingly cohesive but still diverse network. Presenters will share with community stakeholders the role and scope of recovery housing as part of the continuum, where the needs are, the challenges they face and the importance of working with community stakeholders.

- **Cuyahoga County was highlighted in a Recovery Housing Resource Toolkit**, published by the **National Council**, for providing rental stipends to new residents in local recovery housing to help individuals get settled into their sober-living environment, find employment and connect to the community.
- ADAMHS Board is engaging the community, family and friends through **Addiction Recovery Advocacy Meetings**.
  - The purpose of these meetings is to **share ideas on how to create change regarding this epidemic and have meaningful conversation about what needs to be done to reduce the number of individuals using drugs and dying from overdoses**.
- **ADAMHS Board is a partner in Cuyahoga County's Know the Risks Campaign**.
  - The Board organized and led a phone bank staffed with experts to take calls from the community during the campaign's kick-off. The phone bank was held at **Ideastream**.
  - A total of **157 calls** were received that evening from parents, family members and significant others of people struggling with addiction who just needed a chance to talk about what, if anything, they could do to help. The callers expressed that the chance to talk to someone with knowledge was very valuable.
- **The Board engages in public awareness efforts**.
  - ADAMHS Board **gave more than 20 presentations to the community** on the opioid crisis in Cuyahoga County and presented at national and state conferences.
  - The Board funded a prevention pilot program led by Rickey Lewis of Lewis Art called **"I Care About My Life and I Care About Your Life."** The program was targeted to young adults ages 18-28 and had ten participants, six of whom are in treatment for heroin addiction. The project engaged core participants with individual treatment, group therapy and in mural workshops to help the individuals abstain and continue in recovery from addiction.
    - **Two "Treatment Works...People Recover" murals** were painted to visually promote prevention and education about the dangers of heroin and other drugs, reduce the stigma of seeking treatment, start public discussion, and celebrate recovery through public art. One is located on the east side of Cleveland at 1981 East 55<sup>th</sup> Street. The other is on the west side at 16021 Puritas Avenue.
  - In celebration of **National Recovery Month** in September 2018, the ADAMHS Board is launching a **billboard campaign featuring fourteen individuals in the community living in recovery with the goal of reducing stigma and raising awareness about addictions, mental health, recovery and suicide prevention**.

## ADAMHS Board Addiction Treatment & Recovery Services Description & Funding:

ADAMHS Board of Cuyahoga County funds **\$23.3 million** in addiction treatment and recovery services for over **3,232** children, adults and seniors in 2017 – most on battling the opioid/heroin crisis.

### *\$23.3 Million Addiction Expenses by Service Category*



### **2<sup>nd</sup> Year Cures Funding – Began May 1, 2018**

- OhioMHAS provided the Cuyahoga County ADAMHS Board with Cures Act funding to address the opioid epidemic in the community. The categories of service supported by OhioMHAS are Certified Peer Recovery Support, Medication Assisted Treatment (MAT) and Recovery Supports Services.

### **2<sup>nd</sup> Year funding supports the following initiatives:**

- Ascent - Connect. Hope. Live (Peer Support MetroHealth ED) \$250,000
- Ascent - Virtual App (Peer Recovery Support) \$131,944
- Catholic Charities - Clinically Managed High Intensity Residential Treatment Services (MAT) \$296,913
- Cleveland Treatment Center – Clinically Managed Low Intensity Residential Services (MAT) \$175,831
- Community Action Against Addiction – MAT (Methadone) \$100,000
- I'm In Transition – Certified Peer Recovery Support Recovery Housing \$4,544
- Moore Counseling and Mediation Services Certified Peer Recovery Support Police Assisted Addiction and Recovery Initiative (PAARI) Safe Passages East \$52,500
- The Woodrow Project - Certified Peer Recovery Support Police Assisted Addiction and Recovery Initiative (PAARI) Safe Passages SW \$52,500
- The Woodrow Project – Certified Peer Recovery Supporter Recovery Housing \$57,584
- The Woodrow Project – Certified Peer Recovery Supporter Project SOAR City of Lakewood Quick Response Team \$29,571
- Visiting Nurse Association - Ambulatory Withdrawal Management Services \$223,626

### **Expansion of Community Prevention and Education Programs**

- Catholic Charities is a full-service behavioral health organization that provides prevention and treatment services for children and adults. Catholic Charities' community-based prevention program

uses a science-based comprehensive approach. Their services include information dissemination, education, problem identification and referral (PIR), and outreach services.

- The aforementioned continuum of services will be provided to the general public and high-risk individuals that are incarcerated and in need of referral services. In addition, they will be provided a six-week educational program using an evidenced-based universal peer refusal and decision-making approach to reduce substance use behaviors.
- As a compliment to the educational groups and forums, Catholic Charities will develop and distribute information and referral resources and materials (i.e. flyers and brochures) identifying the risks for substance use disorders; signs and symptoms and steps to take to access treatment services and recovery supports.

### **The Police Assisted Addiction and Recovery Initiative (P.A.A.R.I.) Model**

- In response to the opiate epidemic in Cuyahoga County, the ADAMHSCC Board has chosen Moore Counseling and Mediation Services as the service contractor for **The Police Assisted Addiction and Recovery Initiative (P.A.A.R.I.) Model** in conjunction with the city of Euclid and South Euclid-Police Departments. The P.A.A.R.I. Model is utilized to support local police departments as they work with individuals with opioid use disorder who they come in contact with through various channels. The program acts as a diversion to arrest as a “way out” of the problem of drug addiction, as such P.A.A.R.I. committed police departments:
  - Encourage individuals with opioid use disorders to seek recovery
  - Help distribute naloxone, lifesaving opioid overdose reversal drugs
  - Connect people in active addiction with treatment programs and facilities
  - Provide resources to other police departments and communities that want to do more to fight the opioid addiction epidemic

### **Other information:**

- Submitted multiple grant applications for prevention, treatment and recovery support funding
- Planned opioid summit held on Sept. 6, 2018 with all local partners to review last five years of work and plan for next five years.
- Worked with Federally Qualified Health Centers to host a local conference on the opioid crisis as part of National Health Center Week on August 16, 2018.
- Supported via sponsorship Shatterproof Addiction Advocacy Walk and Recovery Resources Run for Recovery.
- The ADAMHS Board is part of Cuyahoga County’s lawsuit against opioid manufacturers and distributors.

### **Addiction Treatment & Recovery Services Description**

**Inpatient Detoxification (Withdrawal Management):** Services that assist individuals cope with withdrawal symptoms from alcohol and/or other drugs with 24-hour medical monitoring to promote the recovery of an individual from an addiction.

**Ambulatory Detoxification:** Outpatient cost effective model and option for individuals requiring detoxification from drugs and/or alcohol, depending upon the severity of the addiction. The service provides many of the benefits of inpatient detoxification but the individual travels to a treatment facility daily for treatment sessions, which allows for the individual to attend school and/or work. Individuals are under the care of an interdisciplinary medical and treatment team that may include Physicians, Registered Nurses, Nurse Practitioners, Behavioral Health Technicians and Substance Abuse Counselors. Also maintains and monitors abstinence between discharge of inpatient detoxification and admission to a residential facility and/or outpatient treatment program.

**Note:** Of the 1,231 individuals who received detoxification services across the community system, approximately 93% (1,145) engaged in the treatment process and 66% (812) made the commitment to seek the next level of care to help ensure recovery.

### **Residential Treatment & Housing:**

- **Residential Treatment:** Licensed 24-hour facilities that provide room and board with constant clinical/medical/nursing care on sight. Admission to the facility is determined by the clinical/medical need. A planned program of professionally directed evaluation, care and treatment is coordinated based on evidence-based practices for the recovery of an individual living with mental illness and/or alcohol and/or other drug addictions.
- **Housing:** Provision of safe and decent housing options to clients experiencing addiction. Options may include adult care facilities, transitional housing and permanent supportive housing with on-site or mobile services, as well as completely independent living. The ultimate goal is to provide the highest possible degree of functional living and independence, whatever living arrangement a client chooses.

**Sober/Recovery Beds:** Individuals often need more time to practice and strengthen recovery skills so that they do not immediately enter back in to the setting that they were in when they were using. These beds offer people in recovery a sober environment to restart their lives from addiction.

- **Recovery Housing** adheres to national standards and provides a safe and healthy living environment that promotes abstinence from alcohol and other drugs with participation in client-focused treatment and enhances participation and retention in traditional clinical treatment. Residents benefit from peer support and accountability, and gain valuable relapse prevention, case management and employment skills training as they transition to living independently and productively in the community.
- **Sober Housing** provides an alcohol and drug-free living environment for individuals attempting to abstain from alcohol and drugs with no formal treatment services, but either mandate or strongly encourage attendance at 12-step self-help groups, require compliance with house rules, participating in house chores and attending house meetings, and residents can stay in the house provided they comply with house rules.

**Outpatient Treatment:** Treatment approaches that are tailored to a patient's substance abuse patterns can lead to sustained recovery. Specific services provided include:

- Assessment
- Counseling (both individual and group),
- Case Management
- Nursing care
- Laboratory Urinalysis

**Medication Assisted Treatment (MAT):** Treatment for addiction that includes the use of medication along with counseling and other support. Treatment that includes medication is often the best choice for opioid addiction. Medication allows an individual to regain a normal state of mind, free of drug-induced highs and lows. It can reduce problems of withdrawal and craving. These changes can give the person the chance to focus on the lifestyle changes that lead back to healthy living. Taking medication for opioid addiction is like taking medication to control heart disease or diabetes. It is NOT the same as substituting one addictive drug for another. Used properly, the medication does NOT create a new addiction. It helps people manage their addiction so that the benefits of recovery can be maintained.

**Note:** According to the National Institutes of Health, based on numerous studies, the dropout rate for outpatient substance abuse treatment programs are approximately 50% or more. Of the 2,446 adults who received substance abuse treatment services through the ADAMHS Board, the average treatment completion rate was 65% or 1,984 clients.



**Prevention Services:** Aim to reduce the impact of addiction in our communities. Prevention services can be implemented regardless of incidence, prevalence, progression or severity of addiction. Programs that reduce risk factors and enhance protective factors related to addiction. Interventions designed to reduce the occurrence of new cases of alcohol and/or other drugs. Six science-driven strategies are utilized to facilitate attitude and behavior change for individuals and communities that range from alternative programming (after-school programs, camp, and recreational activities), networking, planning, training, and education to reduce the onset of first use.

**Fentanyl Test Strip Program** (*Harm Reduction Program*): Test strips detect the presence of fentanyl in heroin and other substances to reduce the number of deaths by overdose. These strips are provided free of charge – along with educational material - at the needle exchange initiative at Circle Health Services, which is funded by the ADAMHS Board.

**Prevention Campaigns:** Media and social media marketing campaigns developed to promote specific prevention or health-promotion messages.

- The ADAMHS Board hosted a Heroin Prevention Campaign at the end of 2016 and the beginning of 2017. This campaign featured 30 and 15 second radio spots on nearly all terrestrial and internet radio stations, as well as outdoor advertising on billboards, RTA vehicles and kiosks. Messages were also shared via social media on Facebook and Twitter. Billboards and RTA bus placards remained up several months after the campaign officially ended and some radio stations are still playing the radio spots as public service announcements.

**Justice Related Services:** Provision of various treatment services coordinated within judicial systems (Juvenile, Court of Common Pleas, Municipal Court, Drug Court), as well as services mandated by Court systems when individuals are released or are on parole coordinated through the Board's Jail Related Programs within judicial systems:

- Court of Common Pleas.
- Municipal Court.
- Mental Health Court.
- Drug Court.
- Adolescent Drug Court
- Community-based Correction Facility.

**Crisis Care/Intervention:** Immediate response to a crisis or emergency situation experienced by a client, family member and/or significant other to safely de-escalate an individual or situation, determine appropriate treatment services and coordinate services and referral linkages.

- The Board funds 216-623-6888, a 24-hour Suicide Prevention, Mental Health and Addiction Crisis, Information & Referral Hotline for Adults & Children, in addition to Crisis Text: 24-hour Crisis Text "4HELP" to 741741 and Crisis Chat: [www.adamhsc.org](http://www.adamhsc.org).

**Peer Recovery Support:** A process of giving and receiving support and education from individuals with shared life experiences. Peer Support services are provided by individuals in recovery from addiction who use their lived experience as a tool to assist others by sharing their personal journeys and knowledge. Individuals engaged in peer services play a vital role in laying the foundation for sustained recovery.

- Drop-in centers, client operated programs, urban gardens, art therapy, clubhouse, vocational programs and the Warmline - run by and for clients - are examples.
- Individuals residing in recovery housing and involved with the criminal justice system have access to peer support to help maintain recovery from substance abuse and live a sober lifestyle. Peer support services are delivered by individuals who have common life experiences with the people they are serving.

**Employment/Vocational:** Services are provided to help individuals living with addiction obtain and maintain employment and access necessary benefits that help with recovery.