



*Creating an Active Recovery
Community Across Treatment
Modalities*

What we have learned from the RREACT Alumni Group

Presenters:

Officer Rachel Thomas, CPD

Case Manager Amy Zimmerman, CFD

Darian Athey, MSW, LSW



OVERVIEW OF THE COLUMBUS FIRE RREACT TASKFORCE

- What is RREACT?
- How does case management work on our team?
- What challenges exist for case management on a Quick Response Team (QRT)?

2017

- CPD officers trained in carrying & administering Narcan
- *Opioid related overdoses ranked 11th on the Division's response EMS list*
- CFD is awarded \$700,000 ADAMH to pilot a non-traditional approach to reduce opioid related overdoses

2018

- Narcan training & distribution in collaboration with ADAMH
- CFD is awarded 2018 BJA COAP to expand multidisciplinary first-responder outreach program

2019

- Awarded a 4-year FR-CARA SAMHSA award
- Team expansion includes RREACT project manager, COAAA case manager, FCFCFC family case manager, trauma specialist. Two RREACT vehicles.
- Patient outreach, Narcan training & distribution, Building Better Lives training.
- RREACT Alumni

2020

- Awarded 3-year BJA COSSAP award & 3-year CDC OD2A Award
- Team expansion included 3 police officers, Primary One Behavioral Health Liaison, and two Data Analysts
- Developed COVID-19 Action Plan
- Outreach expanded to local townships
- Developed a patient data collection & evaluation module with Emergency Networking.

2021

- 5,192 outreach attempts on 3,273 overdose survivors. direct patient contacts of 519 unduplicated patients.
- 136 community outreach events, over 4,000 Narcan kits distributed
- Partnered with FCSO Hope Task force, OSU, FCPH, Southeast Health, to a four-week period Operation Recovery. Trained over 2,368 individuals on Naloxone use.

2022

- Featured in a case study article from the Centers for Disease Control and Prevention (CDC)
- 6,195 outreach attempts on 2,963 overdose survivors.
- 111 community outreach events, over 2,600 Narcan kits to the public.
- Identified an increase in OD incidents among African-American population.
- Rachel Thomas, a RREACT officer, participated in CIT "Train the Trainer" training in Salt Lake City, UT.
- Developed RREACT Website



*2023 STATE OF THE CITY
KERRY GIBSON*

<https://www.youtube.com/watch?v=e4rNmT5net8>

17 min to 20:43

Case Management

Original concept for CFD RREACT
Case Management

Current model

Challenges for effective Case
Management in a Quick Response
Team



*Starting the
RREACT
Alumni*



Alumni saw this as an opportunity to spread the word on something that helped them



Moving from quarterly to monthly events



Word of mouth, Facebook page, invites to treatment centers



Video



*VIDEO – ALUMNI IN
THEIR OWN WORDS*

WHY IS RREACT
ALUMNI
EFFECTIVE?



The Effectiveness of the RREACT Alumni

- Current literature on emergence of first-responder interdisciplinary teams
- How has RREACT overcome this identifiable gap?
- Measuring the effectiveness of RREACT case management services through an evaluation project
- The evaluation:
 - Aim: To measure the effectiveness of RREACT's case management in helping RREACT patients gain the additional knowledge, resources, and support necessary to enter active recovery.
 - Design: One-group retrospective pretest-posttest measuring ten outcomes through the implementation of a survey questionnaire
 - Sample: Any patient that had at least two visits with the case manager or attended a RREACT Alumni event.

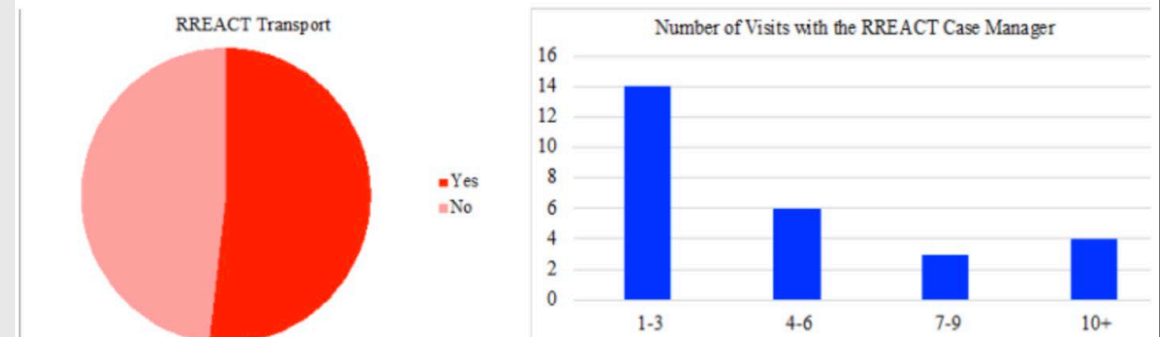
| | 0 <i>Strongly Disagree</i> | 1 | 2 | 3 | 4 | 5 <i>Neutral</i> | 6 | 7 | 8 | 9 | 10 <i>Strongly Agree</i> |
|---|-------------------------------|---|---|---|---|---------------------|---|---|---|---|-----------------------------|
| 1. My basic needs are being met in treatment. | | | | | | | | | | | |
| 2. I have people who support my recovery. | | | | | | | | | | | |
| 3. I understand what the treatment process looks like. | | | | | | | | | | | |
| 4. I am aware of the treatment options and resources available to me. | | | | | | | | | | | |
| 5. I have utilized the treatment options and resources available to me. | | | | | | | | | | | |
| 6. I know what barriers prohibit me from being successful in treatment. | | | | | | | | | | | |
| 7. I know how to overcome the barriers that would prohibit me from being successful in treatment. | | | | | | | | | | | |
| 8. I can advocate for myself during treatment. | | | | | | | | | | | |
| 9. I feel connected to the recovery community. | | | | | | | | | | | |
| 10. Participating in RREACT's case management services helped me enter active recovery. | | | | | | | | | | | |

Evaluated Outcomes

- Basic needs
- Recovery Support
- Knowledge of treatment processes
- Awareness of treatment options and resources
- Utilization of treatment options
- Knowledge of barriers to recovery
- Knowledge of how to overcome barriers
- Self-advocacy skills
- Connectedness to recovery community
- Effectiveness of intervention

RESULTS & PRACTICE IMPLICATIONS

- In this sample, RREACT case management services was effective in helping patients gain the additional knowledge, resources, and support necessary to enter and support their active recoveries.
- Statistical analyses confirmed the increase in pre-post means for items 1-9 was large enough to be statistically and practically meaningful.
- The proportion of the number of RREACT transports coupled with the favorable results suggests the effectiveness of the services independent of if the person was transported to treatment by RREACT.



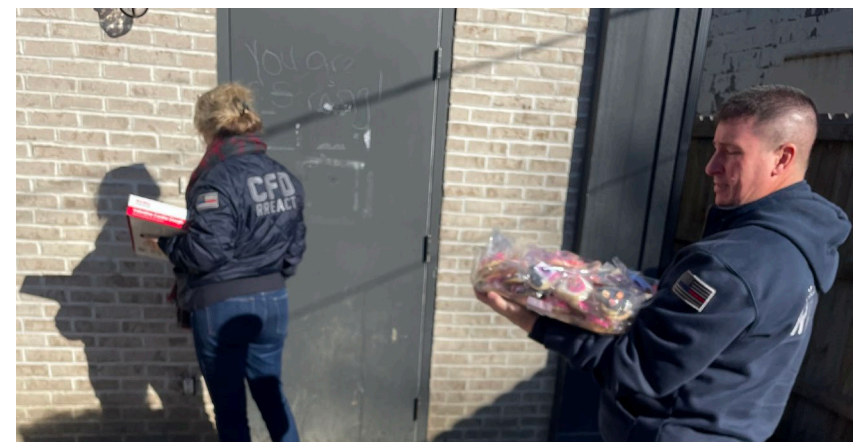


What Have We Learned?

- Inclusivity
- Branding
- Family friendly
- Events provide chances for those new in recovery to learn from and interact with those who have been living in recovery for years
- Partnerships with treatment providers and passion for this group with everyone involved

What Have We Learned?

- COVID Impact
- February Event is a give back with decorating cookies and donating them
- Treatment Providers Want to Participate!
- How we support events we are not hosting





FRIENDSGIVING

- Original Alumni Event
- In 2023 we hosted over 200 attendees
- Feedback from Alumni
- Normalizing the recovery process and celebrating together

Walk for Recovery

- In 2024 we hosted around 300 attendees
- Walk and Color Toss
- Keynote Speakers, Food, Resource Row



Challenges

Cost of events

Accessible and Free Locations

Alternatives to social media for events and announcements

Knowing how many people to expect for events

New event ideas

Sustainability

Under the influence



*IMPACT VIDEO –
LAUREN*



QUESTIONS?

