

STRATEGIC PLAN

Written January 2022

Focus areas

1. **Prevention** (community education & awareness, data sharing w/ community, trainings, narcan)
2. **Treatment** (increase access, expand availability, diversion programs, enhance recovery supports, overdose response)
3. **Supply reduction** (DTB, med disposal & storage, decrease prescriptions/medical community engagement)

FOCUS AREA 1: Utilize Prevention and Education Efforts to Reduce Substance Misuse and its Harmful Effects

GOALS	STRATEGIES	Goals/Targets	Outcomes/updates
<p>Increase community’s understanding of substance use disorders and opioid epidemic, including the risks of counterfeit pills contaminated with fentanyl.</p>	<ul style="list-style-type: none"> -Offer community trainings/webinars -Partner with schools to provide prevention related education to students and families through Peach Jar, teacher staff meetings, and teen groups. -Participate in tabling events at community gatherings (festivals, farmers markets, etc) -Use PSAs, bus ads, online advertising to increase awareness of AARI & spread AARI prevention messages -Partner with community vendors/retail organizations to provide education to the community via posters, etc. 	<ul style="list-style-type: none"> -6 community trainings/webinars a year -At least two events/publications with school community a year -12 tabling events a year (when pandemic ends) -At least 3 prevention campaigns a year. <ul style="list-style-type: none"> -An increase of website/Facebook traffic when prevention campaigns are active. - Partner with 5 vendors in 2022 	<ul style="list-style-type: none"> -Trainings webinars are being offered every 2-3 months. Total trainings in 2022: 13 with a total of 526 attendees -partnerships with school counselors to share teen and parent fentanyl flyer, counterfeit pill flyer, and narcan flyer through Peach Jar, parent communication, and posters in the schools. -27 tabling events in 2022 with 1,965 table visits. -3 campaigns are scheduled for 2023: over the counter medication safety, counterfeit pills, and naloxone.

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<p>Increase use of SBIRT to support secondary prevention</p>	<p>-Evaluate current SBIRT program and resources needed to expand</p>	<p>-An increase in SBIRT screenings being completed by current community partners</p>	<p>-on target</p>
<p>Utilize harm reduction strategies to prevent initiation of a substance use disorder and decrease harm caused by addiction.</p>	<p>-Offer harm reduction tools to the community in community locations</p> <p>-Regularly advertise available harm reduction strategies</p> <p>-Identify gaps in harm reduction</p>	<p>- Hold tabling events monthly in high overdose zip codes</p> <p>-Make infographic and share widely</p> <p>-Initiate one new harm reduction strategy/year</p>	<p>-in process</p> <p>-Ran campaign in June 2022 via OutFront media (geofencing), Facebook, and ART buses. Hung posters in the community.</p> <p>-In 2022 identified access as a barrier and created an online request form which increased the number of requests.</p>
<p>Prevent overdoses</p>	<p>-Educate community on risks of overdose</p> <p>-Provide overdose reversal education (REVIVE & abridged NARCAN)</p> <p>-Reach into identified areas of need (high rise complexes, business community, barber shops, etc.) to distribute Narcan</p> <p>-Provide education on risks of unused medications in the home</p> <p>-Provide education on treatment resources available to individuals who are currently experiencing addiction</p> <p>-Prevent fatal overdoses by installing opioid emergency (breakaway) boxes in community settings.</p>	<p>-REVIVE trainings 2x month. At least quarterly training should be offered to general public</p> <ul style="list-style-type: none"> - # of narcan doses distributed - Zip codes of narcan distribution should match high OD zip codes - Partner with ACPD community outreach team to provide trainings to civic & community centers. <p>-At least 3 educational programs or publications/year related to risk of unused medications. Utilize HIDTA resources. Partner with ACPD community outreach to provide trainings.</p> <p>-At least 3 educational programs/publications related to treatment resources a year.</p> <p>-Identify at least one community setting to add boxes to a year.</p>	<p>-In 2022: 1,928 boxes of NARCAN dispensed. 45 REVIVE Trainings with 306 attendees. Trainings have been provided to civic groups.</p> <p>-In 2022 provided presentations to PTA's on home safety and the importance of locking medication and properly disposing of them.</p> <p>-2022: developed adolescent treatment list and shared with community, provide information on treatment resources via social media.</p> <p>-in 2022 installed overdose emergency boxes in public access at all public library branches, next to 28 AEDs at Marymount</p>

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			University, at Encore Recovery, and at the local shelters.
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Focus Area 2: Enhance Treatment Options to Promote Long Term Substance Use Recovery

GOALS	STRATEGIES	Goals/targets	Outcomes/updates
Increase availability of long-term sober housing	<ul style="list-style-type: none"> -Explore options that exist -Seek grant funding -use partnerships and networking to advocate for expansion of current programs and identify buildings for lease 	<ul style="list-style-type: none"> Number of people assisted in sober living. Amount of money spent for sober living. -begin networking and identifying barriers and roles for AARI to advocate 	2023 29 client placements (through 5/10/23) – total paid to date \$27,660
Expand Drug Court Treatment Program	<ul style="list-style-type: none"> -complete internal assessment of current drug court -expand eligibility criteria in Arlington that stays within VA code -educate inmates to dispel myths about drug court -explore MAT for docket clients without also having to participate in OBOT 	<ul style="list-style-type: none"> Number of people assessed vs. accepted into DCTP Increase in number of participants -Pilot with Sublocade and 1-2 drug court clients in 2022 	-2022 pilot of suboxone products (strips and sublocade) was successful.
Enhance diversion programs and community understanding of diversion programs.	<ul style="list-style-type: none"> -intoxicated individuals brought to DHS rather than jail - increase diversion options at intercept 0 -Launch & advertise <u>new</u> Safe Station 	<ul style="list-style-type: none"> - increase in number of individuals diverted into treatment -Number of impressions on Safe Station ads -Number of people who use Safe station 	<ul style="list-style-type: none"> Working with the Crisis Intervention Center to be able to divert people with SUDs. Working with ACFD to be able to better manage intoxication. -It has been identified that safe station is not needed. A treatment resource infographic was developed in April 2023 and signage will go up at fire station, RE: access to treatment. -No update

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	<ul style="list-style-type: none"> --Provide trainings (CMEs) to EMS/Fire on diversion options 	<ul style="list-style-type: none"> -develop trainings and documents for EMS/FIRE on diversion options and how to access them. 	
Increase treatment options and education for adolescents	<ul style="list-style-type: none"> -Develop and share list of adolescent treatment resources in the area. Explore building a database for parents to access -Develop family/parent hotline to provide support, information, and resources regarding adolescent substance use. -Advocate for an increase in substance use counselors in the school Identify opportunities to support families and teens who are intoxicated and brought to the hospital. 	<ul style="list-style-type: none"> -Identify treatment resources & develop document. -Share with network -Explore opportunities to partner with SAFE -Identify parent groups and assist them in advocacy. -Learn about current practices at the hospital and identify gaps 	<ul style="list-style-type: none"> -COMPLETED: Treatment list has been developed and shared with networks -No Update -4 substance use counselors being added to APS for 2023-2024 school year. -No update
Increase alternatives to incarceration	<ul style="list-style-type: none"> -jail-based staff will identify detainees that are more appropriate for SU treatment than incarceration -develop a system to present treatment plans at various junctions of the court process -link people to alternative programs 	<ul style="list-style-type: none"> -number of people screened for alternatives to incarceration -number of people referred through this program 	<ul style="list-style-type: none"> -In 2022, 119 inmates were referred to community treatment via MAT -In 2022, 15 clients were assessed for treatment via the MHAP program -In 2022, 80 boxes of Narcan distributed -In 2022, 152 Fentanyl Test Strips distributed
Full range of MAT options available in the jail	<ul style="list-style-type: none"> -build on the Vivitrol Pre-Release Program to add other MAT -Continue to expand on MAT on the jail 	<ul style="list-style-type: none"> -people participating in MAT programs -VPR participants that transitioned to outpatient -identify champions in the jail - within a year offer soft detox -within 3 years offer MAT -Complete consultation with HMA 	<ul style="list-style-type: none"> -In 2022, screened 4609 inmates, for OUD -in 2022, 354 inmates were identified as having OUD -in 2022, 96 inmates were prescribed MOUD

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	<p>-Provide a one-page summary to share with school counselors on what a child's parent may be experiencing and what MAT is</p>	<p>-Continuing to work with the jail and medical vendor to being prescribing suboxone to individuals and releasing them with a bridge dose.</p> <p>-Develop and dispense to schools.</p>	<p>-MAT fully expanded and offered within jail. 2022 consultant evaluated program and provided feedback.</p> <p>-HMA consult completed</p> <p>-Completed</p> <p>-no update</p>
Enhance overdose response	<p>-OD outreach team will contact individuals following an overdose</p> <p>-Offer NARCAN to OD victims and witnesses</p> <p>-Connect with family members immediately following OD and offer a connection to resources</p> <p>-Offer NARCAN at the scene of overdose and/or other resources</p> <p>-Set-up OD response plan with VHC -Explore opportunities for EMS to phone DHS when transporting an OD victim to VHC so that DHS can meet the person at the ED.</p> <p>-Explore ways to collect accurate data of ODs/NARCAN use in Arlington</p>	<p>-100% compliance with goal</p> <p>-NARCAN to 60% of OD victims and/or witnesses</p> <p>-explore resources needed to do this</p> <p>-meet with fire, RE: leave behind program</p> <p>-Identify hospital champion. VHC OD response plan in action within 3 years -Identify resources needed</p> <p>-Increase in data sources for NARCAN use</p>	<p>-On target – 2022 data: 70 non-fatal ODs (NF OD), 21% of NF ODs already connected to CSB, 6% NF ODs accepted NARCAN, 21% witnesses accepted NARCAN, 23% NF ODs connected to treatment, 20% NF ODs connected to peer support. 17 total Fatal overdoses, 53% connected to the CSB. 40% decrease in fatal overdoses from 2021-2022</p> <p>-Doing this through witness names on OD reports.</p> <p>-Leave behind program scheduled to start in summer 2023.</p> <p>-no update</p> <p>-no update</p>

Focus Area 3: Supply Reduction

GOALS	STRATEGIES	Goals/Targets	Outcomes/updates
<p>Reduce access to prescription medications</p>	<ul style="list-style-type: none"> -Maintain takeback boxes -Drug disposal & storage education events/ads -Identify partners to display medication disposal and safe storage signage (pharmacies, doctors offices, etc). -Partner with foodbanks & church food pantries to dispense bags <ul style="list-style-type: none"> -partner with funeral homes to dispense bags -Add to jail release bags -Tabling events with lock & talk and medication deactivation bags 	<ul style="list-style-type: none"> -Number of pounds of medications collected at Drug Take Back boxes. -Number of education events held <ul style="list-style-type: none"> -specific number of events held geared towards parents -Number of venues displaying signage, RE: medication disposal and storage -Number of medication deactivation bags dispensed to public -Number of medication lock boxes dispended to public via lock and talk 	<p>Since installed in 2017: 10,831.6 lbs collected</p> <p>2022: 5 events held, 1 geared towards parents at PTA presentation</p> <p>-in progress</p> <p>-2022: 1,315 bags dispensed -Added AFAC as a medication deactivation bag access point. AWLA will be added in June 2023.</p> <p>2022: 59 medication lockboxes dispensed to the public</p>

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<p>Engage medical community, re: prescription practices & treatment options</p>	<ul style="list-style-type: none"> -Connect with medical community -Dispense safe opioid use bags to medical providers to share with their patients -Share list of treatment resources w/ medical provider community -Develop signage for medical community to hang in their offices -Provide education to medical providers for free 	<ul style="list-style-type: none"> -Identify a few champions in medical community – try Priva primary care group -Number of medical providers outreached. -Number of medical providers dispensing opioid safe use bags being. -Number of bags dispensed by medical providers -number of medical providers sharing treatment resources -number of medical providers hanging signage in their offices -Offer CMEs (start with DHP), partner with universities to provide education to students on safe prescribing practices and overdose reversal 	<ul style="list-style-type: none"> -no progress -No progress -no progress -signage is developed, no progress on getting it hung. -Exploring this in partnership with Fire and Public Health.
<p>Educate the community on non-opioid prescription options</p>	<ul style="list-style-type: none"> -Complete research to identify alternatives to opioid pain medication -Provide resources to the community -Provide wellness tips to prevent chronic pain from developing 	<ul style="list-style-type: none"> -Completed resource list -Resource list published on website & Facebook -Partner with physical therapists 	<ul style="list-style-type: none"> -no progress