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Opioid Prevention Background and Implementation Plan

Background

Western Plains Public Health (WPPH), formerly Custer Health, began opioid response work in 2017. A harm reduction program was started in January 2018 called the Mandan Good Neighbor Project. We offered injectable Naloxone to the clients that enrolled in this project. Face It Together peer-to-peer counseling was added in 2019 along with a licensed addiction counselor from Heartview Foundation. The first funding that we had for opioids was a collaboration between Bismarck-Burleigh Public Health and Heartview Foundation.

Opioid prevention efforts have expanded considerably since the initial harm reduction program was started. From October 2022 through September 2023, the State Opioid Response grant was used to provide pharmacies in our five-county area with free Nasal Narcan for under/uninsured clients when an opioid prescription has been issued. Nasal Narcan training has been provided to EMS, libraries, multiple schools, motel/hotels, thrift stores, transition centers, treatment programs, property management companies, power plants and community members. Proper drug disposal is promoted to home health care clients and Nasal Narcan training attendees. In addition, it has been promoted at health fairs, treatment centers, and home health agencies. The One program provides a medical questionnaire for each home health client to determine risk for opioid overdose. If risk is considered high, we then provide education, lock boxes, and Nasal Narcan as indicated. Peer-to-peer counseling is offered during our harm reduction program. We completed a Community Naloxone Assessment for all five counties.

During this grant cycle, the following data was collected:

- Naloxone or Nasal Narcan kits: 1016
- Nasal Narcan community trainings: 27
 - Number of attendees at the trainings: 404
- OD reversals reported: 146
- Social media post views: 25,638
- Website views: 227
- Pharmacies that participate in the Narcan program: 6
- One VIP boxes distributed: 16
- Dispose RX packets distributed: 527
- Deterra bags distributed: 544
- Fentanyl strips distributed: 2073

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- Recovery services provided with Face It Together peer-to-peer counseling: 77

Our current focus is as follows:

- Expanding the number of pharmacies to provide free Nasal Narcan as needed,
- Increasing community Narcan trainings,
- Continuing to offer harm reduction services through the Mandan and Beulah Good Neighbor projects,
- Decreasing stigma by increasing our social media and website use along with billboards in Bismarck and Mandan,
- Continue to offer the drug disposal systems with Detera and DisposeRX,
- Continue to conduct medical questionnaires with our home visiting clients on admission and annually, and
- Maintain two sharps kiosks in Mandan and Beulah.

The Mandan Good Neighbor Project currently has 434 enrollees.

Implementation Plan

Western Plains Public Health will work with each county and community to address individual needs with specific prevention efforts. The following plan will be implemented across all communities in our jurisdiction. Amendments will be made to incorporate individual community and county needs as they are determined.

New Initiatives:

- Fund an evidence based opioid prevention media campaign in all area schools.
 - This objective will incorporate funding any technology needs to ensure campaign visibility in all schools. Implementation will be done with school media personnel and students will be incorporated into the process as time and curriculums allow.
- Assist schools in reviewing risk assessments conducted with the Youth Behavioral Risk Factor Survey to determine what risks exist in their school settings regarding opioid misuse. Develop mitigation plans to address these risks.
- Assist schools with providing, funding, and/or expanding tele-behavioral health services.
- Develop and/or obtain model opioid prevention training (i.e., Narcan administration training) into business learning management systems for employees.
- Assess community need for harm reduction services.
 - Explore the option and benefit of a mobile harm reduction unit.

Expand Existing Initiatives:

- Provide harm reduction education and training on HIV/AIDS, Hepatitis C (HCV), Sexually Transmitted Diseases, safer sex practices, safer injection practices, overdose prevention, and naloxone administration training.

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- Offer immunizations along with harm reduction supplies including syringes, safe injection supplies, naloxone, fentanyl test strips, xylazine test strips, sharps containers, HIV/Hepatitis C testing, and safe sex kits.
- Offer referral resources for medical care, mental/behavioral health services, substance abuse treatment, housing, employment, and transportation.
- Offer peer-to-peer counseling during harm reduction program.
- Promote Beulah Good Neighbor Project to encourage participation in this expanded location.
- Offer community Narcan trainings and supply free Narcan to those completing training.
- Maintain MOUs with area pharmacies to provide them with free Narcan which is given to clients on opioids that cannot afford Narcan.
- Continue disposal of sharps disposed of in Mandan and Beulah sharps kiosks.
- Incorporate the One program into all home visiting programs.

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