

OC Wellness

Outer Cape Opioid Remediation Funds

Proposal for FY 2024



OC Wellness
Collaborative



“OC Wellness” is a collaborative initiative aimed at promoting health, inclusivity, and community engagement to residents across all four towns. This effort, undertaken in partnership with Outer Cape Community Solutions (OCCS), is not just about health and medical care, but also about providing free and healthy community events for all residents, regardless of residency, age, income, immigration status, and more.

Hillary Greenberg-Lemos - Eastham Health Director
Emily Beebe - Truro Health & Conservation Agent
Lezli Rowell - Provincetown Health Director

Outer Cape Community Solutions is rural health network and an independent coalition of non-profit, municipal, and healthcare agencies that each contribute to improved health and wellbeing across the Outer Cape. Their mission is to build collaborative solutions that increase health equity and improve the health and wellbeing of all Outer Cape residents through education, advocacy, and collective action”

Alex Nelson - OCCS' Network Coordinator

Agenda

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Background

Overview of the Opioid Remediation Funds

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OCCS Work Group

Opioid Remediation Funds Work Group Info & History

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Moving Ahead

Questions & Next Steps

OC Wellness



01

Background

Opioid Remediation Funds Distribution Overview national, state, and local recommendations

OC Wellness



\$26 Billion Agreement with Opioid Distributors and Manufacturer

- **National settlement agreement** with opioid distributors/manufacturers made; \$500 mil. to MA (state and municipalities)
- Amounts determined by **taking into account the impact of the crisis on the state** – including the number of overdose deaths, the number of residents with substance use disorder, the quantity of opioids delivered – and the population of the state.



State & County Spending Recommendations

OC Wellness



- **Pool funds** and collaborate with area municipalities
- **Involve people** impacted by substance use disorder in the conversation of how to spend the funds, ie: people in recovery, people who are actively using substances, family members
- Spend funds on substance use-related projects that will **directly impact people** with substance use disorder and their loved ones
- Create **evidence-based plans** for spending

Massachusetts; Opioid Recovery and Remediation Fund Council in the Executive Office of Health and Human Services & Barnstable County's Substance Use Prevention Program in the Department of Human Services

Outer Cape Opioid Funding

Municipalities receive a portion of settlement funds directly through 18 payments over 17 years beginning in 2022 and ending in 2039. Payment amounts differ across municipalities and they also vary year to year.

Towns	Total Amount Held as of September 2023 (FY24)	Total Amount Expected through FY39	Percent of Total Funding
Eastham	\$40,836	\$165,456	26.6%
Wellfleet	\$34,655	\$188,184	22.6%
Truro	\$31,356	\$127,047	20.5%
Provincetown	\$46,445	\$140,413	30.3%
<i>4 Towns Combined</i>	<i>\$153,292</i>	<i>\$621,100</i>	<i>100.0%</i>

Recommended Areas of Focus

Harm Reduction

Encouraging safer practices to reduce fatality associated with opioid use

Recovery

Improve wellness associated with decreased long or short term opioid use

Treatment

Supporting medical interventions to manage opioid use

Prevention

Uplifting wellness practices to prevent opioid use

02

OCCS Work Group

Opioid Remediation Funds Work Group Info & History

OC Wellness





Outer Cape

Opioid Remediation Funds Work Group



**FIRST STEPS
TOGETHER**
FAMILIES IN RECOVERY SUPPORT



OC Wellness



Truro Police Department
Wellfleet Police Department

- Monthly since January 2023
- All stakeholders currently serve those dealing with opioid use on the Outer Cape
- Includes members who are or have been personally impacted by substance use

Initial consultation provided by Living Water Acupuncture & Fishing Partnership

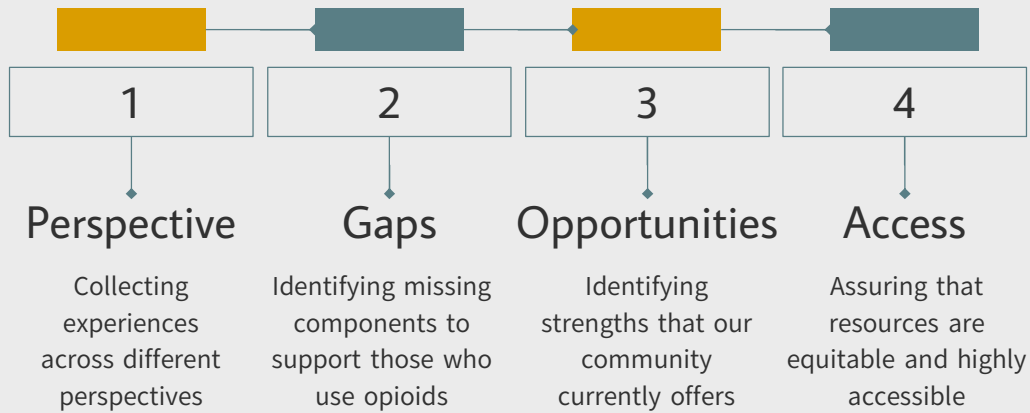


Work Group Members

Alex Nelson, Outer Cape Community Solutions Network Coordinator
 Adam Schwamb, FIRST Steps Together Peer Recovery Specialist
 Billie Starks, FIRST Steps Together Community Social Worker
 Brianne Smith, Outer Cape Health Services Community Care Director
 Dawn White, Outer Cape Health Services Recovery Services Program Manager
 Dan Gates, ASGCC CEO
 Eliza Morrison, ASGCC Harm Reduction Specialist/Program Manager
 Sergeant Thomas Roda, Truro Police Department
 Lezli Rowell, Provincetown Health Agent
 Emily Beebe, Truro Health and Conservation Agent
 Hillary Greenberg Lemos, Eastham Health Director

Initial consultation provided in conjunction with Living Water Acupuncture & Fishing Partnership

The Process



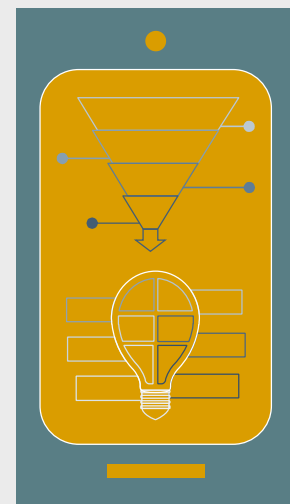
Data Collection

Learning Curve

We recognize that - due to our rural identity - there is not currently a robust community of resources or programs for those actively using or recovering from using opioids on the Outer Cape.

This proposal will provide localized opportunities to support this community in ways we've never experienced.

Implementing these programs will allow our agencies to collect critical data around opioid use on the Outer Cape explicitly. This will allow us to develop more targeted solutions over the next several years of this funding.



03

Proposal

Breakdown of Spending
Proposal for FY 2024

OC Wellness



Recommended Areas of Focus

Harm Reduction

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Fiscal Year 2024 Proposal

1. ASGCC- for community resources including Mobile Outreach Van presence	\$25,000	Harm Reduction
2. Outer Cape Health Services- for alternative wellness classes	\$1,200	Treatment
3. First Steps Together (Cape Cod Children’s Place)- client discretionary funds	\$8,800	Recovery
4. Adult Recovery Yoga (Rita Letsos)- for weekly evidence-based Recovery Yoga		
5. Wellstrong Gym- for a six week 12-Step Recovery Yoga, ages 18-25		
6. Wellstrong Gym- for a six week teen wellness class	\$3,865	Prevention
7. Provincetown Art Association and Museum- for a six week teen art class		
8. Transportation Contract- for a transportation contract across the Outer Cape	\$3,000	Additional

Harm Reduction



1. AIDS Support Group of Cape Cod (ASGCC)

Resources & Services Offered - \$25,000	ASGCC MISSION
<ul style="list-style-type: none"> • *Mobile Outreach Van on the Outer Cape • Fentanyl outreach (education and supplies) • NARCAN (Naloxone) distribution • *Outreach materials • Discretionary Funds 	<p>“AIDS Support Group of Cape Cod saves lives through prevention, education and life-sustaining services that address public health crises to build healthy communities across the Cape and Islands.”</p>
<i>*Collaborative programs</i>	



Treatment

2. Outer Cape Health Services (OCHS)

Structured Outpatient Addiction Program (SOAP)

Services Offered - \$1,200	OCHS MISSION
<ul style="list-style-type: none"> Cover the cost of additional classes offered in the SOAP Program - providing alternative modalities of healing not typically covered through insurance (movement, sound, art, acupuncture, mindfulness, etc.) 	<p>“Our mission is to provide a full range of healthcare and supportive social services that promote the health and well-being of all who live in or visit the ten outermost towns of Cape Cod.”</p>

What is SOAP?

SOAP is an intensive outpatient program (1-2 months) that offers focused counseling on a wide range of recovery and relapse prevention topics. SOAP patients receive group counseling 3 days a week, as well as weekly individual sessions and ongoing case management.



Recovery

3. FIRST Steps Together (FST)

Operating through Cape Cod Children's Place

Resources Offered - \$5,000	FST INFORMATION
<ul style="list-style-type: none"> Discretionary Funds 	<p>“FIRST (Families In Recovery Support) Steps Together is a home visiting program that was created to support parents (current or expecting) working on recovery. Each family will be connected with a local Family Recovery Support Specialist, who is a parent in recovery themselves.”</p>

What are Discretionary Funds?

These funds allow for flexible support for all Outer Cape community members accessing services through ASGCC & FST. Items covered under these funds include items like bus fares, trac phones, tents, childcare, grocery store gift cards, etc - whatever makes it easier for community members to achieve their wellness goals.



Recovery

4. Adult Recovery Yoga

Rita Letsos

<p>Services Offered - \$2,700</p>	<p>INSTRUCTOR INFORMATION</p>
<ul style="list-style-type: none"> Free weekly evidence-based, trauma-informed yoga and mindfulness practice that will support persons in the Outer Cape community seeking recovery and wellness skills. 	<p>“Rita Letsos is a woman in long-term recovery having both clinical and peer support group experience since 2010. She is a Licensed Alcohol and Drug Counselor, Certified Recovery Addiction Coach and a RYT-200 (Registered Yoga Teacher).”</p>



Recovery

5. Wellstrong 12-Step Recovery Yoga

For Young Adults (18-25)

<p>Services Offered - \$1,100</p>	<p>WELLSTRONG MISSION</p>
<ul style="list-style-type: none"> Free 6-week Yoga of 12 Step Recovery for transitional aged youth aged 18-25 - a holistic model designed to address the physical, mental, and spiritual disease of addiction. 90-minute sessions couple the practical tools of 12 step programs and traditional yoga practices which aid in relapse prevention, encourage trauma healing, and sustain prolonged recovery. 	<p>“To create safe, supportive communities of people in recovery from substance use disorder through fitness, wellness and meditation”</p>



Prevention

6. Wellstrong 12-Step Recovery Yoga *For Teens (13-17)*

Services Offered - \$1,925

- Free 6-week series for adolescents aged 13-17 that introduces various techniques to reduce stress, lower anxiety, and cope with extreme feelings that may lead to future substance use - including breath-work, yoga and dance, meditation, mindfulness methods, writing and painting strategies for self-expression, sound healing, and ways to solidify affirmations with tapping techniques.

WELLSTRONG MISSION

“To create safe, supportive communities of people in recovery from substance use disorder through fitness, wellness and meditation”



Prevention

7. Provincetown Art Association and Museum *For Teens - with OCHS**

Services Offered - \$1,940

- This 6-week series focuses on observational and fantastical drawing for all skills and ability, supporting social connection and artistic expression in a positive environment. Research has found that making art can activate reward pathways in the brain, reduce stress, lower anxiety levels and improve mood - important components of substance use prevention. **An OCHS Behavioral Health Provider or Intern will also support this class alongside the instructor.*

PAAM INFORMATION

“Since the 1920s the Provincetown Art Association and Museum has been a destination in art education. Inspired by the vibrant culture and creative history of the region, PAAM’s education programs promote the arts as a vital part of everyday life.”

Accessibility



8. Transportation Contract

<p>Services Offered - \$3,000</p>	<p>TRANSPORTATION INFORMATION</p>
<ul style="list-style-type: none"> • Providing rides across the Outer Cape to/from any program under the Opioid Remediation Funds Proposal (PAAM, Wellstrong, Recovery Yoga, etc) 	<p>This contract with a local cab company will provide transportation for any person on the Outer Cape who is otherwise unable to access programming without a ride (i.e. aging and youth population, those who have lost or cannot obtain licenses including immigrants and those with OUIs, etc)</p>

Fiscal Year 2024 Proposal

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Additional OC Wellness Endeavors

ARPA

Town nurse & behavioral health clinician

NaloxBoxes

With ASGCC and LTC, publicly accessible NARCAN

OCCS Meetings

Continued partnership with municipal agencies and network partners

Community Programs

Winter Wednesdays (adults) in all 4 towns and Teen Program in Wellfleet

Communication

Shared outreach and transparency around Opioid spending

OC Wellness



OUTER CAPE
Community
Solutions

Serving Everyone

Youth and Young Adults -

Wellstrong 12-Step Recovery Yoga
Wellstrong Teen Wellness
PAAM Teen Art Class

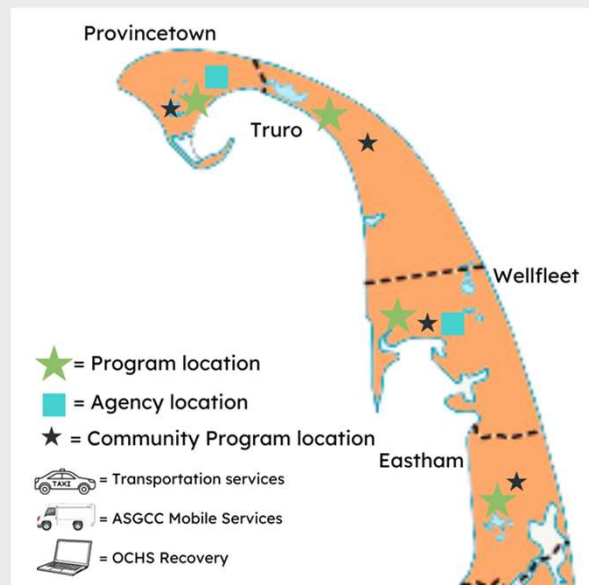
Adults -

Outer Cape Health SOAP
Recovery Yoga
ASGCC

Parents of Young Children -

FIRST Steps Together

Those who need transportation - *ride contract*



Fiscal Year 2024 Proposal

Total 4-Town Contribution: <u>\$41,865</u>			<i>Current amount held as of 9/2023</i>
Eastham	26.6%	\$11,152.50	\$40,836
Wellfleet	22.6%	\$12,684.47	\$34,655
Truro	20.5%	\$ 8,563.55	\$31,356
Provincetown	30.3%	\$ 9,464.48	\$46,445
	<i>Total</i>	\$41,865.00	<i>\$153,292</i>

04

Moving Ahead

Next Steps & Questions

OC Wellness



Next Steps

Town Approval

Once all 4 OC towns - specifically Select Boards - approve this plan, we can move forward with program execution - likely by January 1.

Planning for FY 2025

This work group will continue to meet, share data and programmatic updates, and begin to curate a proposal for FY 25 based on current projects.

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**FIRST STEPS
TOGETHER**
FAMILIES IN RECOVERY SUPPORT

Outer
Cape
HEALTH SERVICES

Questions & Comments?

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