

Southwest Colorado Opioid Regional Council

Goals and strategies to address Opioid Use Disorder across Delta, Gunnison, Hinsdale, Ouray, Montrose, and San Miguel counties.

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Prevention

Goal 1: Develop and implement primary prevention programs to prevent Opioid Use Disorder

LEAD ORGANIZATION: unknown or RFP Process for determining lead organization

RECOMMENDED REGIONAL STRATEGIES YEARS 1-2:

1. Coordinate and track primary prevention activities (school programs, PDMP, mental health first aid, family resources, etc.) across the region to identify gaps and start to expand free or low cost programs in local communities across the region.
2. Research and recommend best practices in prevention programming in rural communities in order to use what others have found effective rather than developing our own

FUTURE YEARS OR LOCAL STRATEGIES:

- Expand school programs and other youth support programs, including within college students
- Increase and improve training for health-care providers and pharmacies about responsible prescribing (including Low cost/ incentives for PDMP trainings)
- Expand the provision of mental health first aid to all across the region
- Provide support and resources to family members who are impacted by OUD or SUD
- Increase workforce in order to implement evidence programs (including financial support and incentives)

Goal 2: Develop and implement a communications campaign to reduce the stigma of mental health and OUD

LEAD ORGANIZATION: RFP Process for determining lead organization or GRASP - Gunnison County Consortium for prevention, treatment and recovery of SUD/OUD (Better Together)

RECOMMENDED REGIONAL STRATEGY YEARS 1-2:

1. Gather information about local stigma reduction campaigns, statewide and other local mental health campaigns. Align communication campaigns where possible and determine gaps for future local or regional campaigns.

FUTURE YEARS STRATEGIES:

- Implement a campaign that normalize conversations about OUD including involving those in recovery in the process and development of campaigns
- Implement a campaign that centers around education & culture change around accessing Behavioral Health Services and recovery supports; including promotion of substance-free zones and activities
- Implement programs to reduce stigma in specific professions (e.g. Medical professionals and law enforcement)

Goal 3: Develop the infrastructure necessary to implement and analyze the effectiveness of prevention programs and strategies

LEAD ORGANIZATION: RFP Process for determining lead organization

RECOMMENDED REGIONAL STRATEGY YEARS 1-2:

1. Develop a centralized "lifecycle" database that tracks the demographics of the population, intervention efforts and outcomes and ensures non-duplication of services and resources across the region

FUTURE YEARS STRATEGIES:

- Collect and analyze data across agencies and sectors focused on OUD to prioritize strategies and assess outcomes
- Provide regional grant writing support to ensure sustainability of activities
- Identify and prioritize policies that need to be updated, added or changed including federal policies and insurance coverage

Harm Reduction

Goal 1: Increase NARCAN distribution and training across the region

LEAD ORGANIZATION: Unknown

RECOMMENDED REGIONAL STRATEGIES YEARS 1-2:

1. Coordinate and track Narcan distribution and training across the region to identify gaps and start to ensure the region is accessing, distributing and educating about the use of NARCAN and accessing the state bulk fund for NARCAN
2. Once gaps are understood, support local communities to increase NARCAN distribution, locations where it is accessible and training.

FUTURE YEARS OR LOCAL STRATEGIES:

- Build or integrate systems to track NARCAN accessible locations and gaps in where it is available

Goal 2: Develop infrastructure to ensure regional surveillance of overdoses

LEAD ORGANIZATION: RFP Process for determining lead organization

RECOMMENDED REGIONAL STRATEGIES YEARS 1-2:

1. Develop a regional data infrastructure where local communities can quickly pull their county specific data while also visualizing regional hot spots/gaps.

FUTURE YEARS STRATEGIES:

- Ensure accurate and timely reporting from EDs and autopsy reports.
- Educate local community providers, EDs, etc. on data entry
- Educate county staff on how to pull and use the data
- Analyze data within the system to determine hot spots and support decision making for future implementation

Goal 3: Provide services to families of people with OUD

LEAD ORGANIZATION: Unknown

RECOMMENDED REGIONAL STRATEGIES YEARS 1-2:

1. Coordinate and track services provided to families across the region to identify gaps and develop a continuum of care from treatment to recovery including family support
2. Research and recommend best practices in family support programming in rural communities

FUTURE YEARS OR LOCAL STRATEGIES:

- Implement training for teachers and law enforcement on working with families
- Increase the number of family friend sober events across the region

Criminal Justice

Goal 1: Develop a regional strategic plan for the implementation of projects and programs for community corrections, community response, criminal justice and law enforcement

LEAD ORGANIZATION: RFP Process for determining lead organization

RECOMMENDED REGIONAL STRATEGIES YEARS 1-2:

1. Complete a regional strategic plan/feasibility study for projects and programs for criminal justice, law enforcement and non-criminalized responses (adult problem-solving court, diversion and restorative practices)

FUTURE YEARS OR LOCAL STRATEGIES:

- Provide law Enforcement training on OUD, NARCAN & de-escalation
- Develop and expand jail based treatment programs, including life skills/vocational training while in custody
- Develop and expand pre-trial programs to link those on bond to services including treatment, life skills and resources (e.g. Law Enforcement Assisted Diversion (LEAD) Program)
- Develop and expand drug courts
- Utilize co-responder programs for law enforcement diversion
- Implement programs for reintegrating people in recovery into communities after incarceration
- Coordinate prevention, treatment, harm reduction and recovery programs with the court system
- Engage law enforcement in public education campaigns

Treatment

Goal 1: Expand and increase treatment options across the region

LEAD ORGANIZATION: RFP Process for determining lead organization

RECOMMENDED REGIONAL STRATEGIES YEARS 1-2:

1. Complete a feasibility study to increase number of beds for treatment and detox across the region
2. Coordinate and track treatment services provided across the region to identify gaps and determine where and how to expand outpatient, MAT, treatment diversity, etc (could be part of the feasibility study)

FUTURE YEARS OR LOCAL STRATEGIES:

- Expand and support existing outpatient groups and IOP availability across the region
- Expand availability of and support existing Medication Assisted Treatment (MAT)
- Expand and support existing use of telehealth
- Expand treatment diversity based on demographics (e.g. Wilderness therapy, I Matter, counseling)
- Work with people in treatment or recovery to understand what is needed, how to deliver and what hasn't worked

Goal 2: Build an infrastructure to successfully implement treatment programs and strategies and analyze their effectiveness

LEAD ORGANIZATION: Unknown

RECOMMENDED REGIONAL STRATEGIES YEARS 1-2:

1. Develop and implement a plan to recruit and retain a skilled and diverse workforce
2. Support action and activities to ensure accessibility to treatment including transportation and childcare

FUTURE YEARS OR LOCAL STRATEGIES:

- Improve the continuum of care from Emergency Departments/jails/courts to treatment
- Work on Policies that impact access to treatment (economic parity, insurance coverage, FMLA, EAP)

- Explore policies related to alternative pain management
- Conduct research and evaluation of treatment programs to determine effectiveness

Goal 3: Share resources, services, treatment, and workforce across the region

LEAD ORGANIZATION: RFP Process for determining lead organization

RECOMMENDED REGIONAL STRATEGIES YEARS 1-2:

1. Build a system or inventory of services available by provider by community and ensure it is accessible and updated across the region
2. Build communication frameworks to ensure resources and materials are shared across the region
3. Ensure systems of share communication exists so that resources that are brought into one community could be accessed by all communities and decrease duplication of services

Recovery

Goal 1: Expand recovery groups and community options to community members in recovery and their families, friends and communities of support

LEAD ORGANIZATION: Unknown

RECOMMENDED REGIONAL STRATEGIES YEARS 1-2:

1. Coordinate and track recovery options across the region to identify gaps and develop actions or recommendations to be implemented locally
2. Complete a feasibility study for expanding sober facilities and centers that reach the region

FUTURE YEARS OR LOCAL STRATEGIES:

- Build and sustain existing and new support groups in the community, including non-traditional support groups
- Increase the number of facilities that offer Sober Housing and/or sober Communities Centers
- Teach supportive personal responsibility to those in recovery including nutritional support
- Increase the number of sober community events across the region

Goal 2: Improve the continuum of care from treatment to recovery in community

LEAD ORGANIZATION: Unknown

RECOMMENDED REGIONAL STRATEGIES YEARS 1-2:

1. Build a referral and/or other system to ensure direct follow-up from care and treatment for those moving from treatment into recovery

FUTURE YEARS OR LOCAL STRATEGIES:

- Increase affordable transitional living including felon friendly housing
- Expand the workforce to include navigators, peer support specialists and people with living experience in recovery

Goal 3: Decrease stigma of people living with SUD/OD

LEAD ORGANIZATION: Unknown

RECOMMENDED REGIONAL STRATEGIES YEARS 1-2:

1. Research existing state and local programs for people in recovery and provide

education to communities around how and where to access them.

FUTURE YEARS OR LOCAL STRATEGIES:

- Provide Mental/Behavioral Health First Aid across the community and ensure additional programs centered on destigmatization
- Increase and expand employee programs and/or incentives for hiring people in recovery (e.g.- tax rebate)
- Provide and increase incentives to rent to people in recovery (e.g. property tax incentives)