

Supporting Safety, Supporting Recovery:

Community Naloxone Access and
Connection to Peer Support through
the Nalox-ZONE and ED2Recovery+
Programs



Cindy Burzinski, MS, Director, Wisconsin Voices for Recovery
2023 Wisconsin Society of Addiction Medicine Annual Conference
October 20, 2023



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WI Voices for Recovery - Overview

- **Statewide, peer-led, recovery focused organization**
 - Part of UW-Madison Dept. of Family Medicine and Community Health
- **Started in 2013, with over 20,000 people reached**
- **Team structure**
 - 6 team members, 1 undergraduate student intern, 3 programs, advisory council, BIPOC community advisory committee



WI Voices for Recovery - Priorities

- **Connect people**
- **Reduce stigma**
- **Harm reduction**
- **Support/engage non-profits that provide peer support for addiction recovery**
- **Education on addiction and recovery**



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WI Voices for Recovery - Initiatives

Connect people

- Rally for Recovery
- Social media engagement
- S.O.B.E.R. podcast

Reduce Stigma

- Stigma awareness events
- Trainings and presentations
- Speak Out on Stigma
- Saturday Night Chat

Harm Reduction

- Nalox-ZONE program
- Narcan training and distribution
- Fentanyl test strip program (coming soon)



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WI Voices for Recovery - Initiatives

Support/engage non-profits that provide peer support for addiction recovery

- ED2Recovery+ Program
- Free CCAR Recovery Coach training
- Virtual Peer Support Conference
- Peer Support directory (coming soon)

Education

- Community
- UW-Madison PA program
- UW-Madison Community Health Education Program (CHEP)



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Nalox-ZONE™



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Nalox-ZONE™ Mission



Increase access to naloxone by distributing Nalox-ZONE boxes across the state of Wisconsin, supporting both **safety** and **harm reduction** efforts to save lives and prevent fatalities as a result of opioid overdoses.



Nalox-ZONE™ Overview

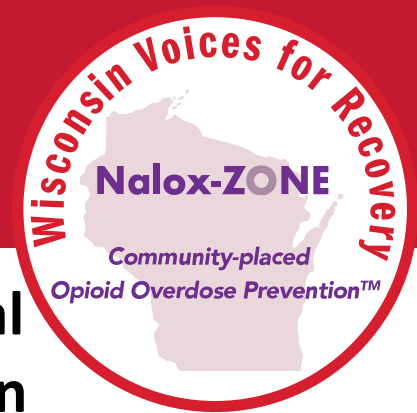


Started in 2020 in response to increased opioid overdose fatalities

Positive response to program – rapid growth, now stabilizing



Nalox-ZONE™ Box Overview



An opioid overdose reversal kit that contains medication to temporarily reverse an opioid overdose and restore life, until EMS arrives and can provide more comprehensive medical attention.



Emergency opioid overdose reversal steps:

Step 1: Call 911

Step 2: Obtain and administer Narcan and provide CPR as required/directed by 911 operator

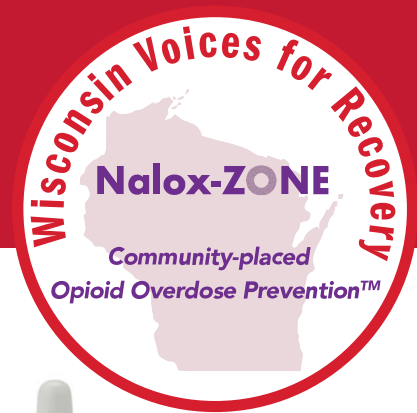
Step 3: Wait with the patient until EMS can take over

Time is very important when an unconscious person is not breathing. Permanent brain damage begins after only 4 minutes without oxygen, and death can occur as soon as 4 to 6 minutes later.



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Nalox-ZONE™ Box Contents

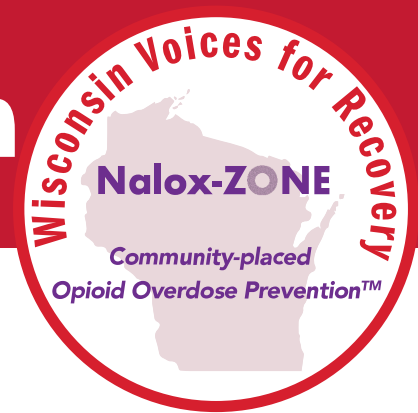


- Nalox-ZONE (2 doses/kit)
- Nalox-ZONE administration tear-off instructions (English/Spanish)
- CPR mask
- 211 WI Addiction Recovery Helpline cards



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Nalox-ZONE™ Box Operation

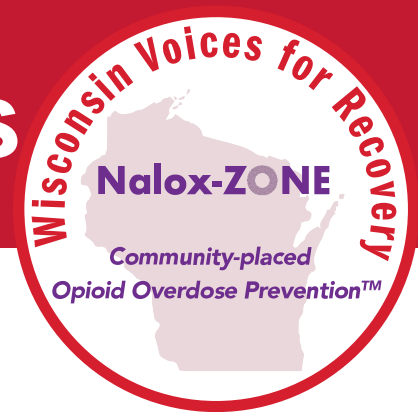


**Monitoring for efficient
replenishment**

Data collection on usage



Nalox-ZONE™ Box Locations



Fifty-three counties

Examples of locations:

- gas stations
- grocery stores
- libraries
- hotels
- probation and parole offices
- jails
- colleges
- treatment centers
- food pantries
- shelters
- bars/taverns



Nalox-ZONE™ Feedback Survey



- **14 question anonymous survey**
 - Y/N
 - Multiple choice
 - Open-ended questions
- **Administered at community event in Central WI**
- **N=48**



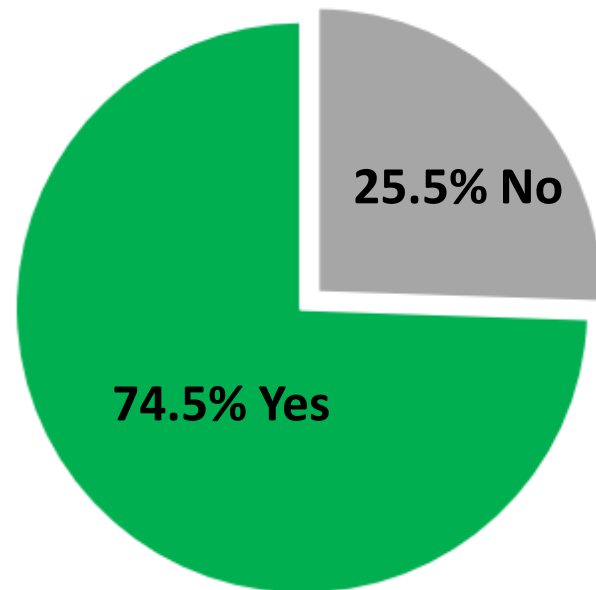
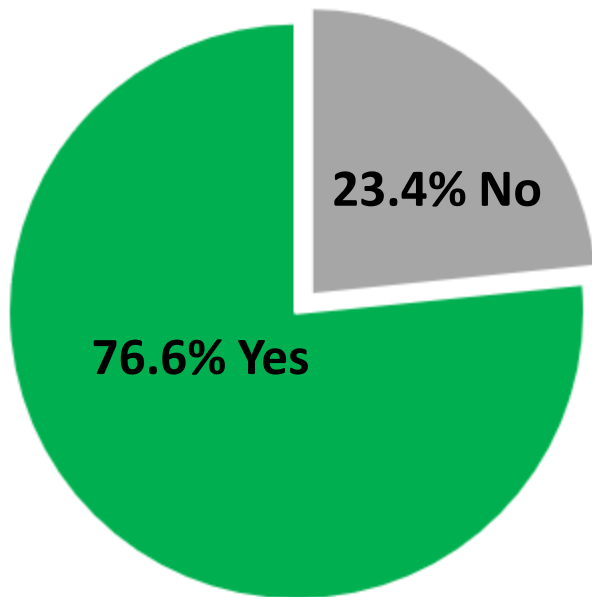
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Nalox-ZONE™ Feedback Survey - Data



Do you know anyone that has overdosed? (N=47)

Do you know how to administer Narcan? (N=47)

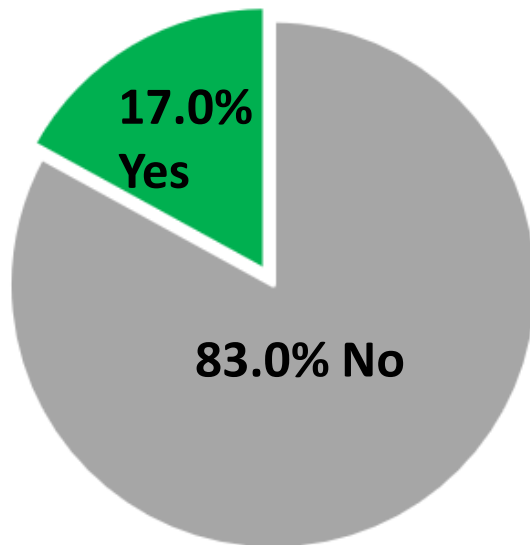


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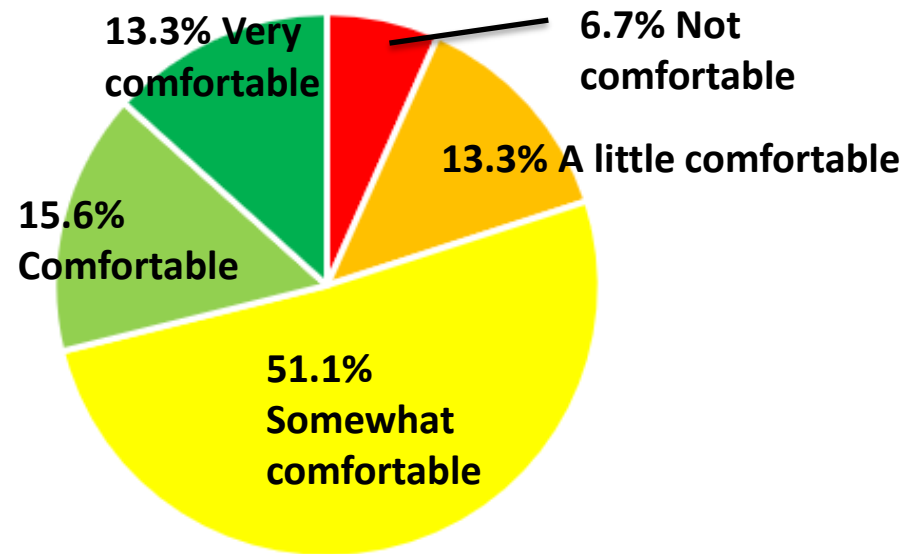
Nalox-ZONE™ Feedback Survey - Data



Have you ever had to administer Narcan?
(N=47)



How comfortable do you think people are obtaining Narcan from the Nalox-ZONE box? (N=45)

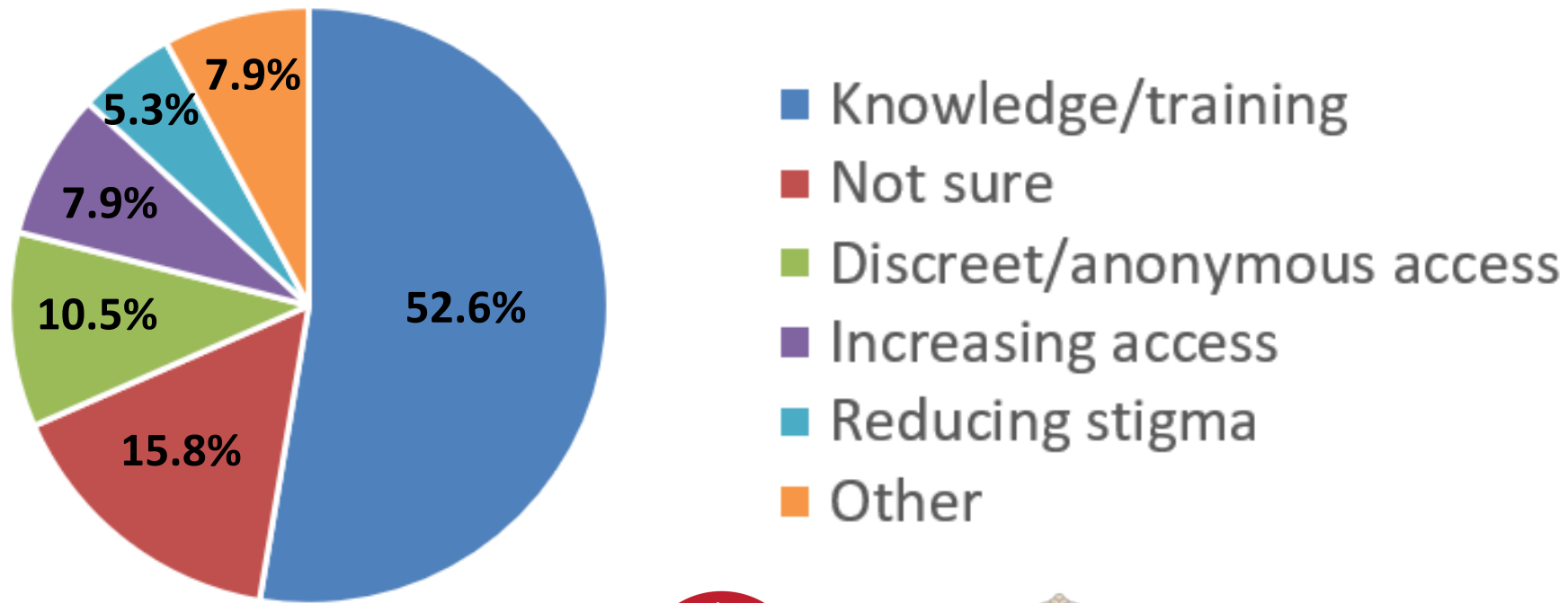


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Nalox-ZONE™ Feedback Survey - Data

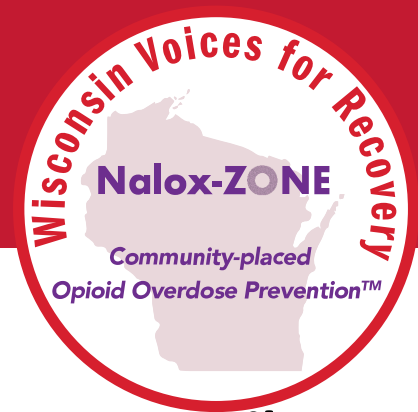


What do you think would make people more comfortable obtaining Narcan? (N=38)

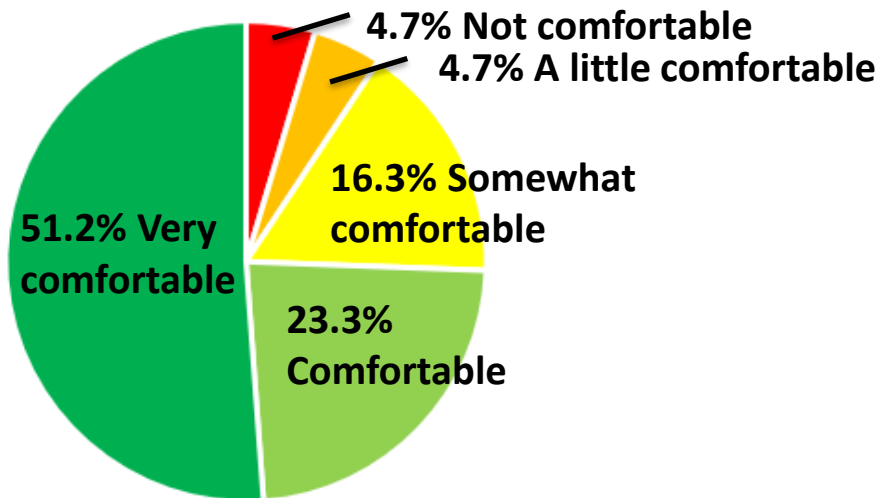


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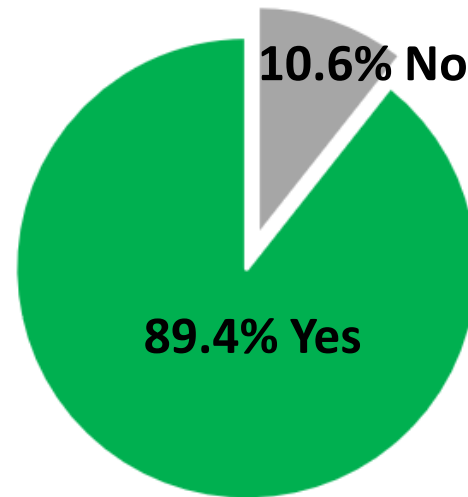
Nalox-ZONE™ Feedback Survey - Data



How do you feel about having a Nalox-ZONE box at the gas station in your community? (N=43)

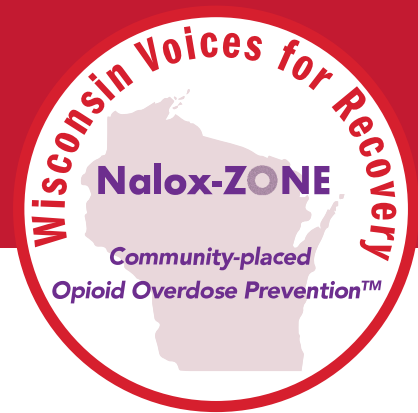


Do you feel having Narcan easily available makes your community safer? (N=47)

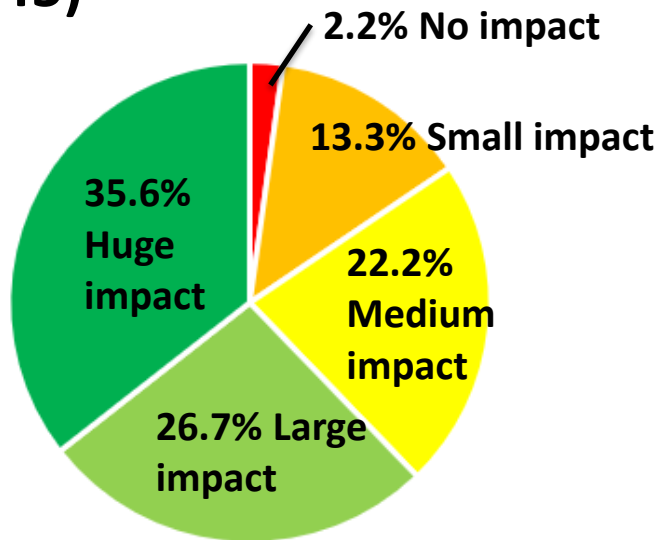


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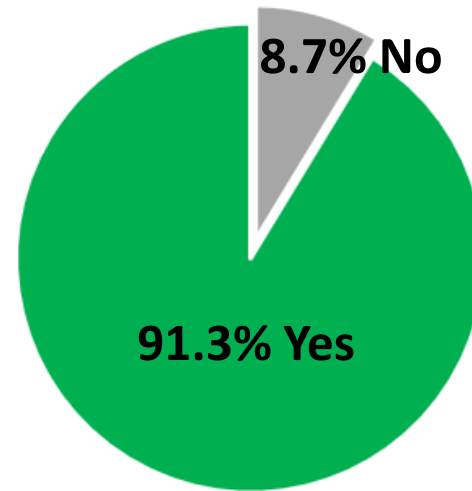
Nalox-ZONE™ Feedback Survey - Data



What impact do you think having a Nalox-ZONE box in your community has?
(N=45)



Do you think there is additional need for Nalox-ZONE boxes in the community/ surrounding communities? (N=46)

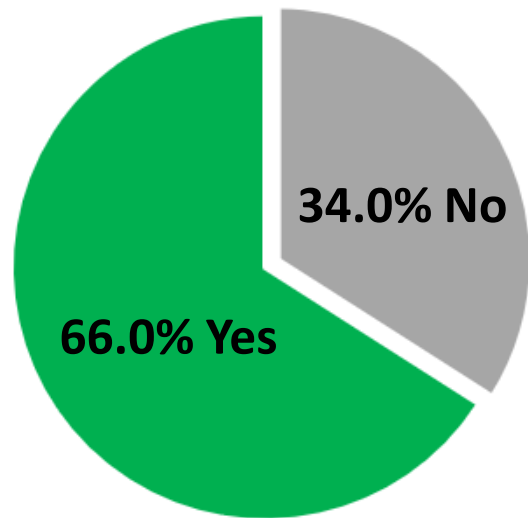


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Nalox-ZONE™ Feedback Survey - Data

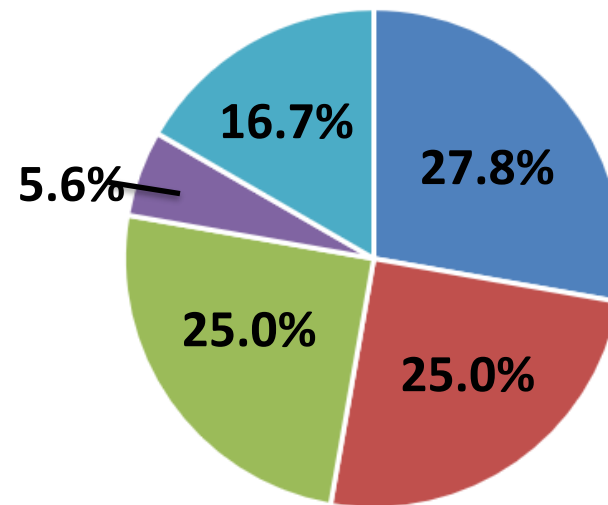


Do you believe there is stigma around having and using Narcan in your community? (N=47)



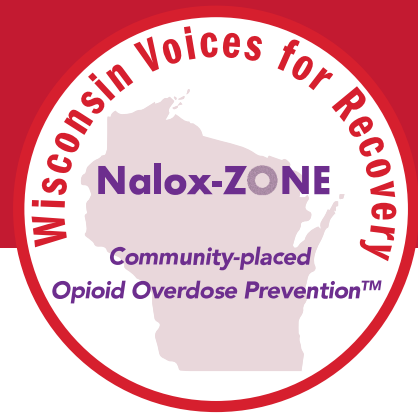
How do you think we can best decrease that stigma? (N=36)

- Increase awareness
- Education/training
- Not sure
- Increase access
- Other



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Naloxone Access: Stigma



Stigma Barriers Encountered across WI Communities

- “We don’t want people to think we have a problem in our community.”
- “We don’t want *those* people coming into our community.”
- “We don’t want to encourage drug use.”
- “Epi-pens are expensive, why should *drug addicts* get something for free?”



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Naloxone Access: Stigma



Stigma Barriers Encountered across WI Communities

- “We don’t want to encourage drug use.”
 - Fentanyl, fatal in small amounts, can be laced into anything, even marijuana - it’s about safety
- “We don’t want people to think we have a problem in our community.”
 - Organizations and businesses have fire extinguishers and that doesn’t mean they have faulty wiring in their building



Naloxone Access: Stigma



Stigma Barriers Encountered across WI Communities

- “We don’t want *those* people coming into our community.”
 - Your organization could be seen as a leader of positive influence on the community by increasing safety of all community members (including those that are struggling with substance use disorders)



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Naloxone Access: Stigma



Stigma Barriers Encountered across WI Communities

- “Epi-pens are expensive, why should *drug addicts* get something for free?”
 - Our mission is to increase access to naloxone across the community for safety and harm reduction purposes. We are fortunate to have received funding to be able to provide this for free. There are others out there advocating for lower costs of Epi-pens; our focus is naloxone access. It’s unfair to withhold forward progress in one area because another area isn’t progressing as quickly. All lives are important and valuable, and those that are struggling deserve to get support and be safe too.



Naloxone Access: Stigma



Addressing stigma around increasing Narcan accessibility

- Include talk of **safety** *in addition to* harm reduction
 - *Encourage box placement near AEDs – they are all safety tools*
- Educate!
 - *Fentanyl can get laced into anything, even marijuana*
- Promote positive messaging and make it normal
- Engage your community: Do you want to be a part of this effort to care for your community members and make a safer community?



ED2Recovery+



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ED2Recovery+ Overview



- **Started in 2017**
- **Supports provision of peer support services**
- **Requests for Proposal (RFP) annually**



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ED2Recovery+ Program Goal



Unite treatment systems to promote peer support that will:

- **Decrease the number of overdose fatalities in Wisconsin**
- **Increase treatment and recovery support**
- **Reduce Emergency Department admissions due to overdoses**
- **Provide peer support services in community settings**
- **Be a sustainable and collaborative peer support network**



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ED2Recovery+ 211 Program



2.1.1

Wisconsin

Step 1

A person looking for opioid or stimulant recovery resources calls 211

Step 2

If they would like to talk to peer support, 211 transfers them to the ED2Recovery+ hub

Step 3

If continued peer support is requested the hub or a closer ED2Recovery+ organization provides it



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Peer Support



- **Delivered by individuals who have common life experiences with people they are serving.**
- **Unique capacity to help each other based on a shared affiliation and deep understanding of this experience.**
- **Offer support, strength, and hope to their peers, which allows for personal growth, wellness promotion, and recovery.**



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Peer Support Role



- Cultivating relationships that are built on trust, respect, empathy, mutual experience, and choice
- Offering support through validation, encouragement, empowerment, and highlighting strengths
- Sharing their personal experience (when appropriate) to inspire hope
- Recognizing a person's personal beliefs, cultural values, previous experiences, and individual needs
- Providing education about recovery, advocating for oneself, and how to navigate treatment or the healthcare system

→ *Peer support services are often successful in addition to other professional mental health or medical services*



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Peer Support Core Competencies



- **Recovery-oriented and empowers people to choose recovery and find meaning and purpose throughout the process.**
- **Person-centered**
- **Voluntary and prioritizes autonomy, choice, and collaboration**
- **Relationship-focused**
- **Trauma-informed**

Source: Substance Abuse and Mental Health Services Administration (SAMHSA). Core Competencies for Peer Workers. April 2022. <https://www.samhsa.gov/brss-tacs/recovery-support-tools/peers/core-competencies-peer-workers>



ED2Recovery+ Peer Support Workflow



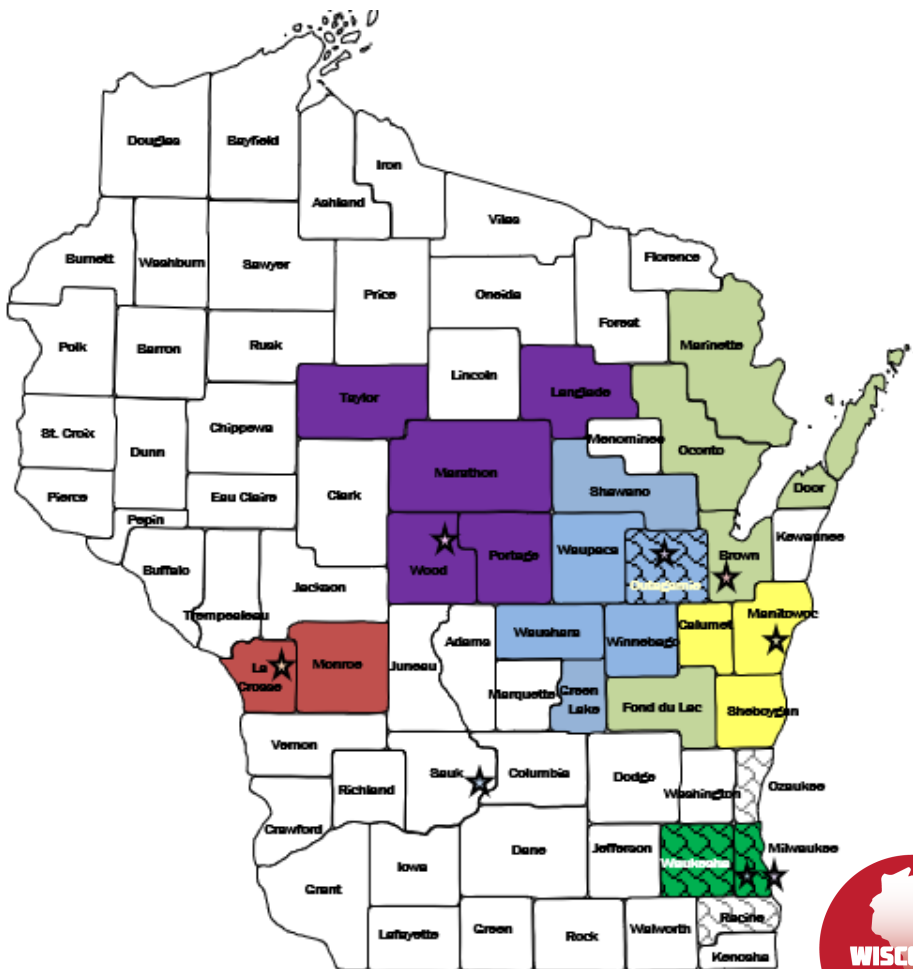
- Recoveree arrives to ED
- Recovery Coach/Certified Peer Specialist is contacted by ED
- Recovery Coach/Certified Peer Specialist works with Recoveree to provide support and connect to recovery resources



ED2Recovery+ Coverage



ED2Recovery+ (ED2R+) Coverage 2022-23



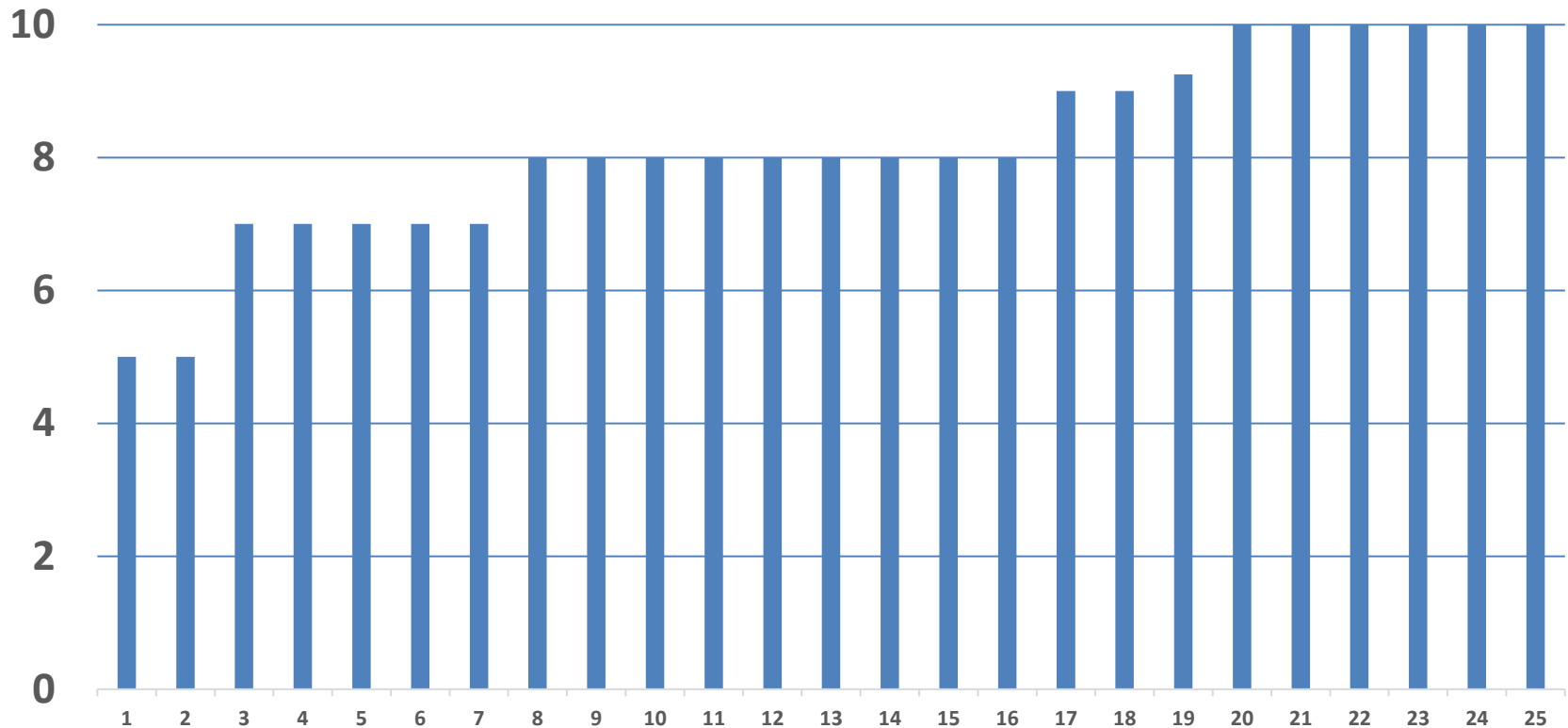
Coulee Recovery	
Apricity/Thedacare	
Three Bridges Recovery	
Bellin Health/Dariune	
Lighthouse Recovery	
WCS	
Ascension	



ED2Recovery+ Overall Benefit Hospital Feedback (N=25)



On a scale of 1-10 with 10 being “extremely beneficial” and 1 “not at all beneficial” 25 hospitals found the program beneficial with an average rating of 8.17

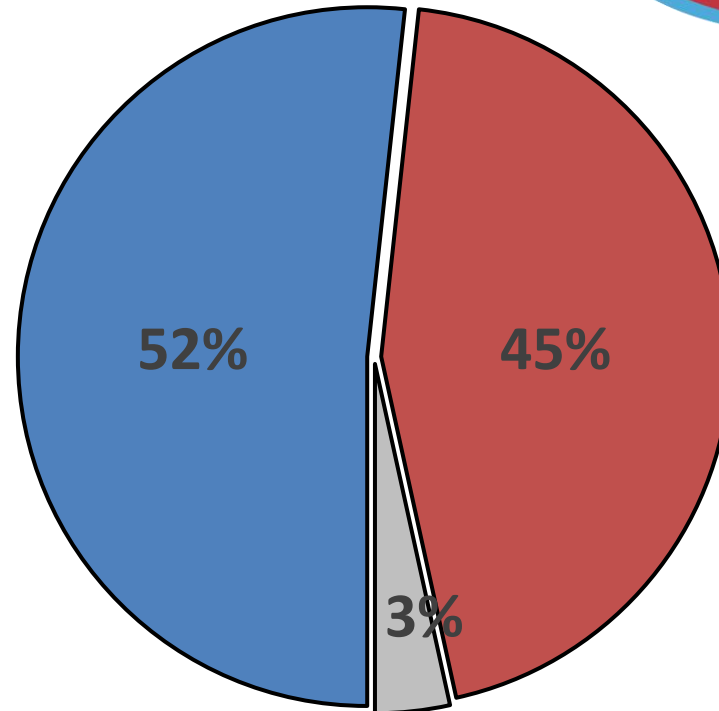


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ED2Recovery+ Hospital Feedback (N=29)



In your opinion, is there an ideal time after admission to the ED when people are most receptive to seeing a recovery coach/peer support?



■ Yes ■ No ■ No response

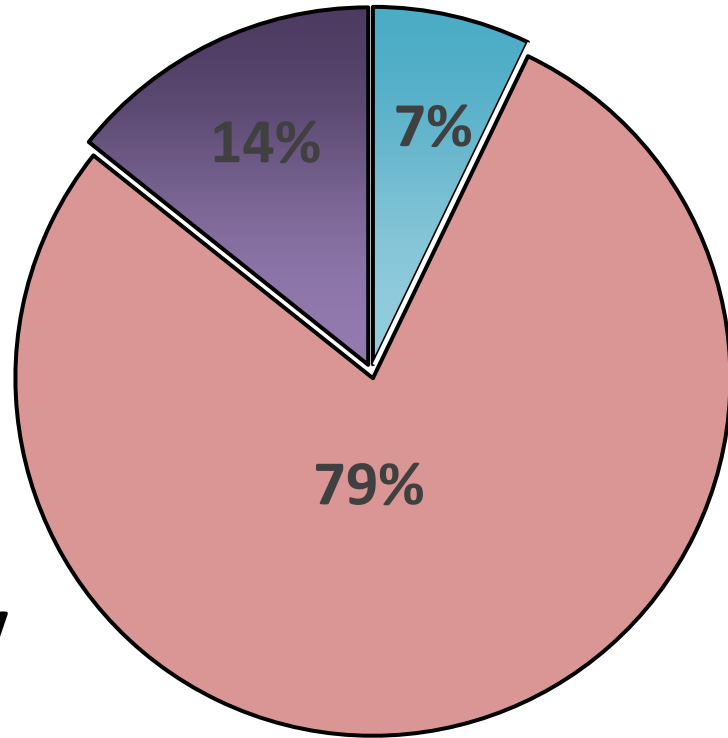


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ED2Recovery+ Hospital Feedback (N=14)



In your opinion, what is the ideal time after admission to the ED when people are most receptive to seeing a recovery coach/peer support?



- Upon admission (N=0)
- Immediately following admission, prior to going back into an exam room (N=1)
- Upon arrival into the exam room (N=0)
- While in the exam room/prior to discharge (N=11)
- At discharge (N=0)
- Other/varies (N=2)

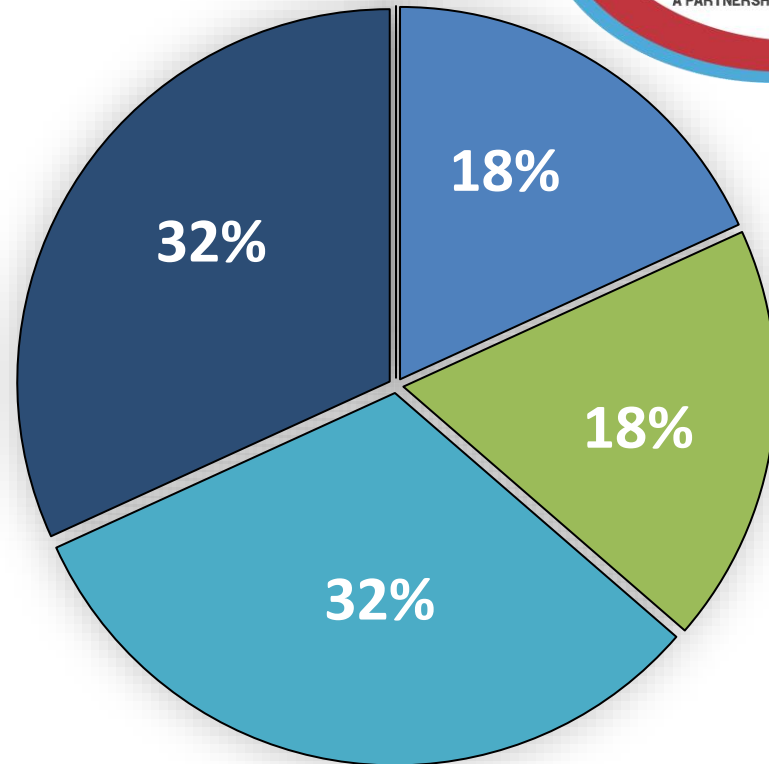


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ED2Recovery+ Hospital Feedback (N=29)



Patients presenting with substance use and/or withdrawal arrive to the ED most frequently from midnight through noon



- 12:01am - 3am
- 3:01am - 6am
- 6:01am - 9am
- 9:01am - 12pm
- 12:01pm - 3pm
- 3:01pm - 6pm
- 6:01pm - 9pm
- 9:01pm - 12am



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ED2Recovery+ Program Operations



Supervision/Support

- Free technical assistance
- Group supervisor meetings (monthly)
- 1 on 1 site meetings (monthly)
- In-person site/hospital visits (annually)



ED2Recovery+ Program Operations



Training

- Quarterly recovery coach trainings (1 hour, two time options each qtr)
- Annual virtual conference & input (1-2 days, input on topics covered, CEUs provided)
- Supervisor training & input (part-day training, 4 topics geared toward supervisors, input on topics covered)



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ED2Recovery+ Program Operations



Data Collection

Secure REDCap System for referral/service tracking

Examples of data collected

- Referral source
- Demographics
- Substance(s) of use, frequency of use, drug of choice, overdose history
- Treatment history (MH and SUD)
- Recovery support history
- Housing
- Employment
- Transportation
- Supports
- Needs
- Barriers



ED2Recovery+ Request for Proposal (RFP)



Released early-mid summer

Short-term funding

Funding period: 1 year – Sep 30 to Sep 29

Sustainability planning required

***funding not required for participation in the ED2R+ program**



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ED2Recovery+ RFP

Required Qualifications



- 1. Recipients of this funding must be a public or non-profit 501 (c) (3) organization, or qualify as a state, local or tribal government located in the state of Wisconsin and must assure adherence to state and federal law and grant requirements.**
- 2. Include peers in management, service delivery, Board of Directors and/or advisory capacity**
- 3. Have liability insurance* or include purchase of liability insurance as part of the use of grant funds**



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ED2Recovery+ RFP Scored Competencies



- **Program Oversight and Infrastructure**
- **Recovery Guiding Principles and Values**
- **Ethical Practices**
- **Peer Leadership Development Practices**
- **Management and Support Systems**



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Contact Information

Wisconsin Voices for Recovery – Director

UW Madison Department of Family Medicine and Community Health

Email: wisconsinvoicesforrecovery@fammed.wisc.edu

WI Voices for Recovery Website: <https://wisconsinvoicesforrecovery.org>

WI Voices Facebook Page: <https://www.facebook.com/WISVFR>

Wisconsin Voices for Recovery – Nalox-ZONE™ Program Coordinator

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Email: naloxzone@fammed.wisc.edu

Nalox-ZONE Program webpage: <https://wisconsinvoicesforrecovery.org/naloxzone/>

Wisconsin Voices for Recovery – ED2Recovery+ Program Coordinator

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Email: ed2recovery@fammed.wisc.edu

ED2R+ Program webpage: <https://wisconsinvoicesforrecovery.org/ed2recovery-informations/>



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Questions, Feedback & Discussion

