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Building a stronger community...one family at a time.

CHASING HOPE; AN INTENTIONAL RESPONSE TO THE FENTANYL CRISIS

Cathy Assata (she/her), SUDP

A moment of reflection...

REMEMBER
THE PEOPLE WE LOST.
SUPPORT
THE PEOPLE WHO STRUGGLE.



International Overdose Awareness Day



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Today we will

Review	Review drug trend data
Discuss	Discuss the three-pronged approach to treating fentanyl use disorder (mind, body, spirit)
Learn	Learn how to assess for PACEs
Share	Share ways to increase hope and well-being as catalysts for healing



Here's the deal...

Fentanyl works on the brain's opioid receptors, which control the brain's emotions and pain.

Causing extreme happiness, then tolerance, withdrawal, and pain...and a cycle commences

Eventually, it creates a short circuit that goes beyond numbness and creates...



The nothing



People have begun to lose their hopes, and forget their dreams.

As the nothing grows stronger and takes over?



It's time for a new path



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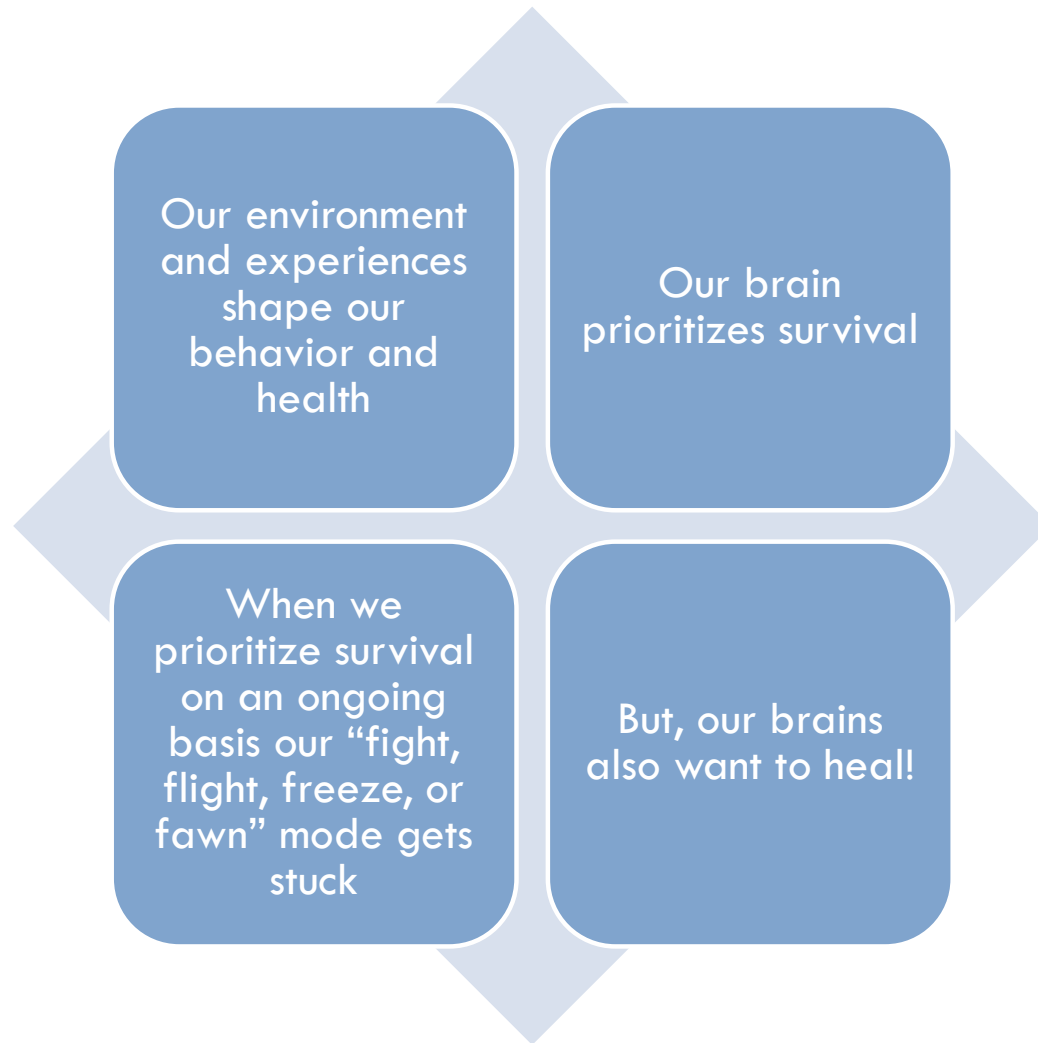
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Countering the effects of trauma



- Positive Childhood Experiences (PCE's):
 - Talk about feelings
 - Support
 - Community traditions
 - Belonging
 - Friends
 - Two non-parent adults who genuinely cared
 - Feeling safe and protected

Protective and Compensatory Experiences (PACEs)



PACEs

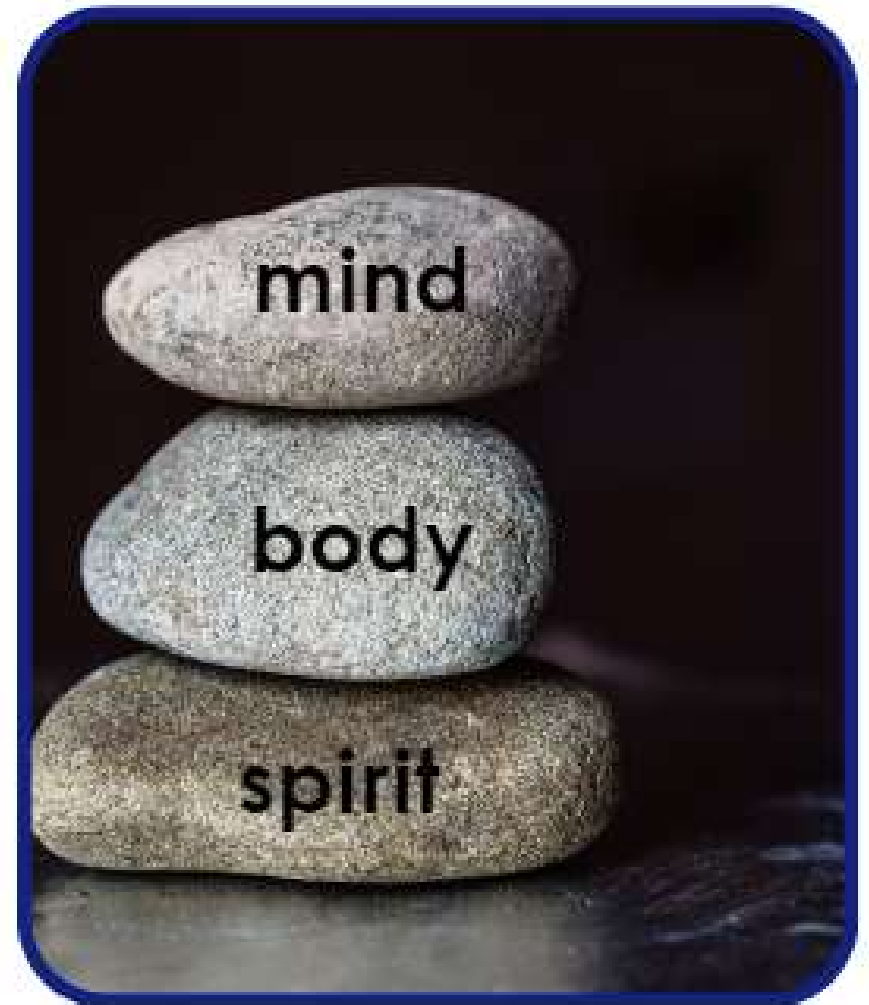
Direct Experiences

- ❑ Unconditional Love
- ❑ A best friend
- ❑ Helping others in community projects/volunteering
- ❑ Being involved in interest groups; sports, drama, choir, other social activities

Environmental Experiences

- ❑ Access to a non-parental trusted adult
- ❑ Access to appropriate education
- ❑ Clean and safe living environment
- ❑ Engaging in hobbies

What do we mean to chase hope?



Mind (brain science)



Mental health; diagnosed or not, symptoms, medication management, coping skills

Trauma; coping skills, reactions, link between use and trauma

How we take care of our minds; self care, meditation, memory, learning new skills, hobbies and fun

Psychoeducation; addiction and drug education, skill development, craving management



Mind

We know that if our thoughts are a significant driving force for our decisions and behaviors, then it makes sense to utilize approaches that are:

- Goal Oriented
- Present Focused
- Specific Tools
- Time-Limited
- Structured
- Addresses Negative Thoughts (accountability)
- Incorporates Various Techniques



Evidenced Based/Best or Promising Practices

Change Companies

MRT Programs

EMDR

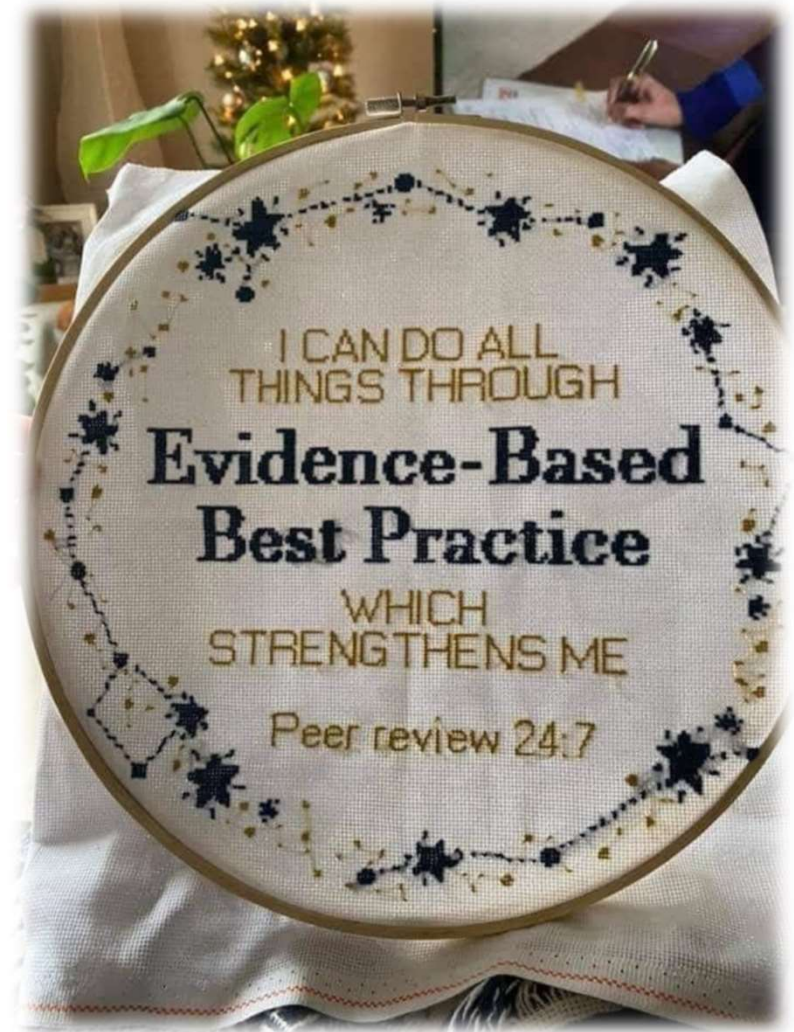
ACT

DBT

TF-CBT/CBT

7 Challenges

Etc...



Mind Techniques

3 breath technique

Self tapping beat

Scenario practice sessions

Distress Tolerance

Emotional Regulation

Mindfulness

Psychoeducation

Journaling

Art therapy



5 Principles of Trauma Informed Care



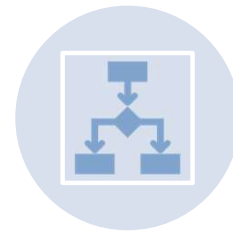
Safety



Trust



Collaboration



Choice



Empowerment



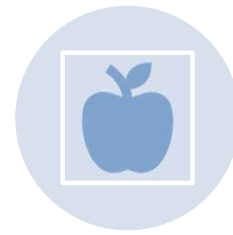
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Body (Physical Health)



Medical/Dental



Nutrition/exercise



MAT/MOUD



Tobacco use



Hygiene



Appearance





Body



- Take into account cultural, spiritual, religious beliefs
- Nutrition assignments
- Yoga/Pilates
- Gym memberships
- Mindfulness walks
- Medication management
- Sleep journal

- Acupuncture
- Hygiene kits
- Clothing swaps
- Health goals
- Referrals to dental care
- Movement breaks during groups
- Be mindful of body image/shame

Medication for Opioid Use Disorder (MOUD)

Buprenorphine
(Suboxone, Subutex,
Sublocade, Brixadi)

- “Ceiling effect”
- Fewer barriers to availability
- New subcutaneous

Methadone

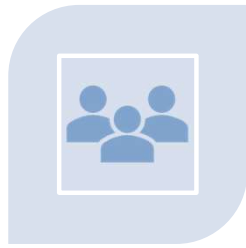
- Long acting
- Can only be obtained through OTP’s

Naltrexone (Vivitrol)

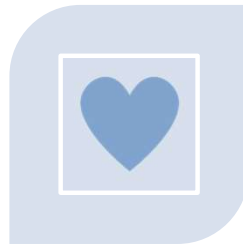
- Extended release
- Muscular injection or oral tablet



Spirit (Spiritual Health)



COMMUNITY



**VALUES AND
BELIEFS**



PURPOSE



GOALS



BALANCE



WELLBEING



**WORTH AND
ACCEPTANCE**



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Spirit

- Baseline and frequent measurements of wellbeing:
 - Cantril's Ladder
 - Happiness Scale
 - SDOH



Spirit

Where do you feel loved/accepted?

What will it look like to thrive?

What brings you joy?

Who are your cheerleaders? Your community?

What are your glimmers?



Spirit Techniques

Random Affirmations

Goal Setting Activities

Value Sorting

Identity Activities

Identifying/Discussing Glimmers

Show and Tell

Community engagement

Spiritual/religious involvement

Volunteer hours (not Community Service)



Where you find yourself,
that is where you belong



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In conclusion our approaches should

Be brief and
focused

Be holistic

Be compassionate
and trauma
informed

Address
behaviors

Be inclusive

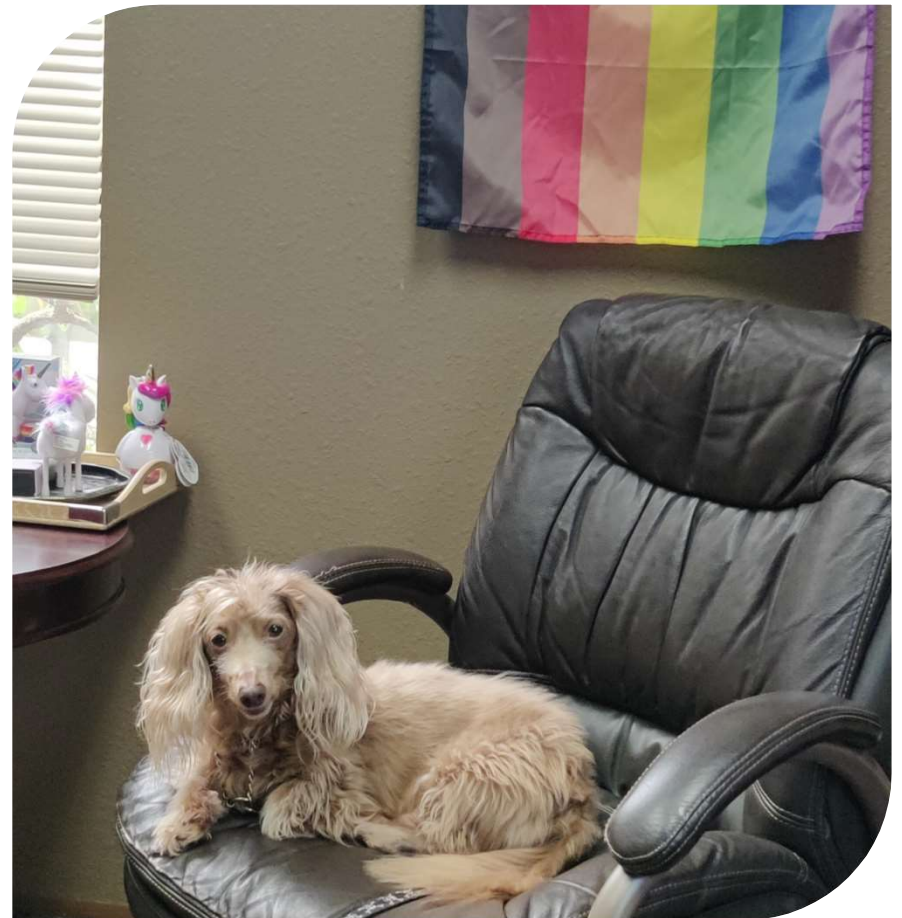
Reduce shame
and stigma



Thank you for being here

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Resources

- <https://adai.uw.edu/wordpress/wp-content/uploads/Methadone-2022.pdf>
- <https://store.samhsa.gov/sites/default/files/pep21-02-01-002.pdf>
- <https://healthandjusticejournal.biomedcentral.com/articles/10.1186/s40352-021-00163-5>
- <https://www.winmeasures.org/>
- <https://stopoverdose.org/fentanyl-exposure-faqs/>
- <https://pinetreeinstitute.org/positive-childhood-experiences/>

