Reginald Armand
Manager, Implementation Reporting, Analysis & Modeling
Sales Administration Team

Horizon Foundation for New Jersey
Erin Zerbo, MD is an Assistant Professor in the Department of Psychiatry at Rutgers New Jersey Medical School and the Associate Director of Medical Student Education in Psychiatry. In addition to managing a large buprenorphine practice dedicated to underserved Newark residents, she is also the director of the state-designated Northern New Jersey Medication-Assisted Treatment Center of Excellence, a new statewide training and education initiative. Her primary interest is the treatment of substance use disorders in populations with significant deficits in their social determinants of health.

Sheriff James Gannon is the Sheriff of Morris County Sheriff’s Department. Sheriff Gannon has served since January 2017 and was elected last fall to a second three-year term by the people of Morris County. With public and private partnerships, Sheriff Gannon has made recovery from substance use and mental health disorders a priority. He launched the award-winning Hope One mobile outreach program in April 2017, which has made more than 11,800 contacts in the community, and started a Hope Wing in the Morris County Correctional Facility. Sheriff Gannon has more than 37 years of local to global law enforcement experience — as a street officer, homicide detective, FBI Joint Terrorism Task Force Officer, global head of Security Risk for Novartis and Morris County Sheriff.

Morgan Thompson, MSW is the CEO of Prevention Links, a Union County-based nonprofit focused on substance use prevention and recovery support. She is also the Co-Chair of the New Jersey Coalition for Addiction Recovery Support. Ms. Thompson was instrumental in the launch of the Union County Operation Helping Hand initiative in partnership with the Union County Prosecutor’s Office, and she has assisted recovery support partners in other counties in the launch of their Operation Helping Hand programs across the state. Ms. Thompson is a person in long-term recovery from a substance use disorder since 2009.
Erin Zerbo, MD
Assistant Professor of Psychiatry &
Associate Director of Medical Student
Education in Psychiatry,
Rutgers New Jersey Medical School
MAT and Recovery During COVID-19: A Clinical Perspective

July 23, 2020

Erin Zerbo, MD
Assistant Professor, Rutgers New Jersey Medical School
Director, Northern New Jersey MAT Center of Excellence
Objectives

• Highlight the impact of COVID-19 on the opioid epidemic

• Discuss the role of a medication first approach to treatment of opioid use disorder

• Review the impact of telehealth on addiction treatment
  • Innovations
  • Future
New Jersey MAT Centers of Excellence

Increase evidence-based care for individuals with substance use disorders through:

- Education
- Innovation
- Collaboration
- Research

Integrate addiction medicine into general medical care
An Unfortunate “Collision of Epidemics”

Now >77,000 new cases per day

% INCREASE

January 39.7%
February 7.1%
March 17.7%
April 15.3%
May 24.6%
June 4.1%

Sources:
1) https://ourworldindata.org/grapher/daily-cases-covid-19
2) www.njcares.gov
Vulnerability During COVID-19

- Stigma
- Stress and anxiety
- Exacerbation of addiction
- Changes in substance use
  - Disruptions in supply → withdrawal, loss of tolerance
  - Using unknown substances
  - Using alone

↑ Overdose deaths

• Methadone
• Buprenorphine (Suboxone®)
• Naltrexone (Vivitrol®)
Medication First: Low-Barrier MAT

• Recovery is unique to all
• Receive MAT as quickly as possible
• Provide MAT regardless of socioeconomic status
• Do not discontinue MAT:
  ◦ For presence of illicit substances or program infractions
  ◦ After a certain time period

Harm Reduction

Buprenorphine as Harm Reduction

- Partial agonist = 40% activation
- Very “sticky” to the receptor
- Virtually no overdose risk in adults

MAT and Telehealth

Flexibility for controlled substances
- In-person visits exempted
- Audio-only communications permitted
- Patients permitted to receive services at home

Pre-COVID
- Studies have found either similar or improvements in treatment retention

During COVID
- Case reports of successfully getting patients treatment “whenever and wherever they are”

What about Methadone?

• SAMHSA guidelines: increased take-home doses

• COVID at its peak in NJ:
  ◦ Difficulty adhering to social distancing

• TODAY
  ◦ Patients still may have the medications withheld or terminated for missed appointments and positive urine drug screens
COVID-19 and MAT guide sheet developed by the NJ MAT Centers of Excellence

- Email coe@njms.rutgers.edu for a PDF copy with embedded links
Innovations During COVID-19
Our Practice: The CARE Center

- 100% telehealth currently
- Increase in patients seeking and retaining in care
- Provided longer duration buprenorphine prescriptions
- Patient navigators regularly following up with patients via phone
NYC Virtual Buprenorphine Clinic

Virtual Buprenorphine Clinic
Taking New Patients

Starting March 25th, NYC Health + Hospitals will begin operating a virtual buprenorphine (Suboxone) clinic in response to the COVID-19 emergency.

The virtual buprenorphine clinic will serve all New Yorkers seeking opioid addiction treatment for continuation or initiation of buprenorphine.

Referrals from all NYC H+H staff are welcome!

Clinic hours (by phone or video conference):
Mon - Fri, 9 AM - 5 PM

For appointments and referrals, call:
212-562-2665
Bellevue Building A Room 235
Growth of “Tele-Bridge” and Walk-In Clinics

• 24-hour “tele-bridge” to outpatient maintenance therapy
  ◦ Assessments and provision of MAT, take-home naloxone and harm reduction education
  ◦ Alleviate anxieties of leaving home during COVID-19

• Reserve in-person visits for most vulnerable patients

NALOXONE IS ESSENTIAL FOR PEOPLE WHO USE DRUGS DURING A QUARANTINE OR A COVID-19 INFECTION

CALL OR TEXT 877-4NARCAN (877-462-7226) FOR FREE NALOXONE MAILED TO YOU ANYWHERE IN NEW JERSEY
Isolation Hotels for our Neighbors Without Addresses

- On-site case management and linkage to medical services via telehealth
  - Ongoing access to MAT

- Opportunity to eradicate homelessness with Housing First model
What Does the Future Hold?

- Eliminate the X waiver for buprenorphine and make MAT available across the healthcare system

- Telehealth as the front door for outpatient medical care?

- Crisis as Opportunity
  - End the war on drugs
  - End homelessness
  - Expand harm reduction in healthcare: more syringe access programs, legalize safe injection sites, increase access to low barrier treatment, etc.
Please reach out to us!

Erin Zerbo: erin.zerbo@rutgers.edu

Northern COE: COE@njms.rutgers.edu
Southern COE: SouthernNJCOE@rowan.edu

COE Listserv: bit.ly/coe-listserv

COE YouTube: bit.ly/coe-youtube

MAT Provider Hotline: 866-221-2611
(Monday - Friday, 8am - 8pm)
Sheriff James Gannon  
Morris County  
Sheriff’s Department
Hope One
Sheriff James M. Gannon

Hope One is a mobile outreach vehicle for Addiction and Recovery Services.
Comparison of Drug-Related Deaths
January 1, 2017 – July 20, 2020

Morris County, New Jersey

- January 1 - December 31, 2017: 88
- January 1 - December 31, 2018: 87
- January 1 - December 31, 2019: 86
- January 1 - July 20, 2020: 51
Increase/Decrease in Number of Drug-Related Deaths

Morris County, New Jersey

<table>
<thead>
<tr>
<th>Year</th>
<th>Number of Deaths</th>
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<tr>
<td>January 1 - July 20, 2019</td>
<td>43</td>
</tr>
<tr>
<td>January 1 - July 20, 2020</td>
<td>51</td>
</tr>
</tbody>
</table>
Plan

1. Provide services to the “At-Risk” population. These are the folks without support.

2. Bring Addiction and Mental Health services to the client.
Funding:

- Repurposed an old Sheriff’s Emergency Response Team (SERT) vehicle into Hope One using all Drug Forfeiture funds
- Morris County Sheriff’s Office provides a plain clothes Community Services Officer to staff and coordinate Hope One
The Hope One vehicle is painted white with the purple ribbon and Hope One logo

INCLUDES:

• A STIGMA-Free logo
• A bench to have a conversation
• Toiletry kits for homeless people
• A cell phone charging station
• Automated External Defibrillator (AED)
• Medical kit
• Mounted TV for NARCAN training
• Wi-Fi Hotspot
The government license plates were replaced with HOPEONE plates.

Mental health and addiction are often co-occurring illnesses.
The Hope One truck sets up with:

- Purple Tent
- Table(s) with Hope One Tablecloth(s)
- Chairs
- Literature, brochures and business cards
- NARCAN and overdose training information from CARES
- Coffee and donuts: provided by MCCF or donated by local businesses (Leftovers dropped off at shelter or soup kitchen)
Center for Addiction Recovery
Education & Success:

• Provides a Certified Peer Recovery Specialist
• Provides NARCAN kits
• Hosts a monthly networking breakfast
• Connects struggling individuals with treatment options
Mental Health Association of Essex & Morris:

- Provides a mental health professional to staff Hope One
- Connects individuals struggling with mental illness to services
Available daily bed count from treatment providers

- Detox, Rehab & Recovery Support
- Connect individuals to the appropriate treatment provider from our provider resource inventory
- The Hope One team will assist individuals that are uninsured as well as those covered by private insurance plans
Family Promise

- Provide residential shelter, case management and mentoring services to families faced with homelessness
The Morris County Stigma-free initiative is a county wide program which aims to eradicate the stigma associated with mental illness and substance use disorders.
Hope One Coordinator (Sheriff’s Officer):

- Determine the appropriate deployment locations (twice a week M/TH)
  - MCSTAT- Morris County Sheriff’s Trends & Analysis Team
  - NARCAN deployments
  - Fatal overdoses
  - Drug Use locations
  - Homeless Populations
  - Community Kitchens
  - Requests

- Receive permission from the store or property

- Notify the Chief of Police in the respective town

- Post the date, time and location on the Sheriff’s Office Facebook page, website and Twitter

- Schedule special events as requested and with approval from the Sheriff or his designee. (Opioid awareness presentations, street fairs, parades, panel discussions)
# MORRIS COUNTY SHERIFF’S OFFICE
## HOPE ONE
## DASHBOARD REPORT
### DAILY TOTALS

<table>
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<tr>
<th>DATE</th>
<th>LOCATION</th>
<th># of People Who visited</th>
<th># of Business Cards Handed Out</th>
<th># of Brochure Handed Out</th>
<th>Recovery Support</th>
<th>Rehab/treatment</th>
<th>Family Support</th>
<th>Mental Health Services</th>
<th>Gift Cards</th>
<th>NARCAN Training</th>
<th>Other Services</th>
<th>Total Contacts Made</th>
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**YEAR TO DATE (YTD) TOTALS**

**ID Cards Issued:** 500

**TOTAL CONTACTS** 429 STOPS

**1923 HOURS**

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<tr>
<th></th>
<th># of People Who Visited</th>
<th># of Business Cards Handed Out</th>
<th># of Brochures Handed Out</th>
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<td>140</td>
<td>36</td>
<td>45</td>
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</table>
The Hope One team makes a new contact every 10.4 minutes

• We NARCAN trained two (2) people, including a mother whose son is in recovery and a woman whose sister overdosed in their home and is now in recovery. A man stopped to share that he is nine (9) years sober and that he has recently lost family friends to overdoses. The Mental Health Association connected a family whose daughter was in crisis to family support services. The daughter is currently safe in the hospital.

• Hope One set up at a local Shop Rite in Morris County. We met a father that came to Hope One for a NARCAN kit for his son who was returning home from prison. That night when the father arrived home, he used his Hope One NARCAN kit to save his son from an opioid overdose.
Morris County Identification Card Program

- There is a need to provide ID cards to the at-risk community and homeless people who may lack other valid forms of identification.

- Free to county residents ages 18-54 with proof of citizenship or legal status.

- Allows these individuals access to services for mental health, detox, rehab, social services and job programs.

- Without ID, no Detox, No Rehab, No Blood Work and you can’t even rent a library book!

- To date 500 Morris County Identification cards have been issued.
Hope Wing

Sheriff James M. Gannon in partnership with Morris County Department of Human Services and CARES (Center for Addiction Recovery Education & Success), opened the Hope Wing, a drug/alcohol addiction recovery unit for inmates incarcerated within the Morris County Correctional Facility on August 24, 2017.

- Inmates voluntarily enter into the Hope Wing unit and agree to comply with a weekly schedule determined by certified alcohol and drug counselors on staff.
- Total of 106 individuals to date
- Full-time spiritual leader
- Full-time educator committed to the program
- Regular visits from community volunteers who specialize in addiction services.
- Focus on the four components necessary for success post incarceration
  - Housing
  - Employment
  - Education
  - Recovery Support
STAR (Successful Transition and Re-entry)

- We are the first County in the State to have dually-trained professionals who can determine eligibility for benefits and address social service needs of inmates upon release. For successful re-entry, ex-offenders need housing, food, medical care, clothing, substance abuse treatment, mental health care, employment, and education.

- The STAR program will assist inmates in three phases:
  
  - **Preparation:** meet clients one-on-one while incarcerated, teach life skills, organization, goal setting and assist with the completion of necessary paperwork
  
  - **Service Provision:** Develop an individualized Transition Plan and coordinate a warm handoff to additional services
  
  - **Long-Term Support and Supervision:** Provide ongoing case management for up to 12 months and reassess the client’s needs
    - MAT - Vivitrol
Narcan

• Morris County Law Enforcement Narcan Administrations:
  • 2017- 200 Narcan administrations
  • 2018- 225 Narcan administrations
  • 2019- 196 Narcan administrations
Morris County Prosecutor Fredric M. Knapp issued a directive to any Morris County law enforcement officer who revives a victim with Narcan to immediately dispatch a Peer Recovery Specialist to the medical facility to which the overdose victim is transported. This provides prompt and immediate intervention to the person who has overdosed.
P.A.A.R.I. (Police Assisted Addiction & Recovery Initiative)

- Sheriff James M. Gannon launched PAARI April 3, 2019
- Local law enforcement will call out a Certified Peer Recovery Specialist (CPRS) from DAYTOP NJ when they encounter an individual in need of assistance
- Adds a tool to officers’ tool belts
- The US Department of Justice awarded Morris County Sheriff’s Office Hope One Project with $332K in October 2018 to fund PAARI
Navigating Hope

• Morris County Department of Human Services launched Navigating Hope in May 2019.

• Services will include: affordable housing, employment, aging, veterans’ services, Medicaid, food stamps and transportation needs.
Hope One- Morris County is proud to introduce the following:
  Hope One- Atlantic County
  Hope One- Burlington County
  Hope One- Newark
  Hope One- Monmouth County
  Hope One- Cape May County
Morgan Thompson, MSW
Chief Executive Officer,
Prevention Links
Peer Recovery Support During Covid-19

Morgan Thompson
CEO, Prevention Links
July 23, 2020
Union County Operation Helping Hand 24/7/365

- First week-long Operation in 2018 reached over 102 participants, 148 in 2019
- 88% of participants in 2019 accepted some form of treatment or recovery support services
Program Expansion

• 24/7/365 hotline launched in 2019, 195 unduplicated callers to date

• “Mini” Operation Helping Hand

• Union County Prosecutor’s County-Wide Directive
Services During Covid-19

• Ceased in-person response in March due to health and safety concerns
• Helpline has continued to operate 24/7/365 through pandemic
• Virtual response to police departments
• Increased follow-up support (check-in calls)
Challenges & Lessons Learned

• Participant access to technology (no phone, computer, or tablet)
• Participants struggling with social isolation, lack of in-person support/meetings/treatment
• Peers struggling with the same challenges
• Treatment capacity issues
Successes & Looking Forward

- Reduction of barriers to treatment access, especially MAT
- Increased engagement in recovery support services when offered virtually
- More variety of recovery support services available virtually
- Easier to facilitate support and supervision of peers
- Overall, COVID-19 has pushed us to move closer to a recovery-oriented system of care for substance use disorders
Envisioning a Recovery-Oriented System of Care for SUD

- Collaborative Decision-Making
- Individualized and Comprehensive Services & Supports
- Community-Based Services and Supports
- Continuity of Services and Supports
- Multiple Stakeholder Involvement
- Recovery Community/Peer Involvement
- Outcomes Drives (For the Individual and For the System)
- Adequately and Flexibly Funded
Thank You!

Morgan Thompson, MSW
mthompson@preventionlinks.org
732-381-4100
www.preventionlinks.org
www.nj-cars.org
Upcoming Webinars:

August 20, 2020
11 am – 12 pm
Prescribing Opioids in the Time of COVID-19

September 24, 2020
11 am – 12 pm
Athletes and Opioids: The Impact and Risks