



# Community Progress Report

Program year October 2020 through September 2021

Strategies to Promote Opioid Recovery & Treatment through  
Personal Lifestyles Activating New Strengths

SPORT 40 PLANS

# Our Goal:

Implement a holistic approach to decrease reliance on medication for pain management while enhancing Prevention, Treatment and Recovery strategies in Huntingdon County.

## Services provided through the Pain Relief Options program:

- Multifaceted therapy that may include: Cognitive behavioral, spiritual, behavioral activation, acceptance and commitment therapies, and other biopsychosocial interventions
- Care coordination with an integrate care specialist who communicates with the individual's chosen medical, behavioral, and social supports (family, spouse, clergy etc.) assisting in coordinating treatment, and referrals as needed.
- Education and introduction to alternative treatments, and complementary medicine providers.



## Project History

In 2018, the former JC Blair Hospital (now Penn Highlands Huntingdon) in collaboration with other community partners, received a planning grant through HRSA, the United States Health Resources and Services Administration, to develop a new and innovative approach to opioid use for pain management. This consortium of dedicated community stakeholders collectively responded to the opioid epidemic by examining the prevention, treatment, and recovery continuum of services in Huntingdon County, thinking beyond the typical methods for reducing opioid access and use.

The consortium completed an extensive analysis of community opioid and other substance use, contributing factors, current needs, and available resources within our region. The resulting program uses evidence-based practices to capitalize on existing resources and address significant service gaps shown to contribute to 40% of opioid-related overdose deaths -- prescription misuse and inadequate pain management strategies. Our long-term expected outcome is to reduce the percentage of persons experiencing chronic, non-cancer pain who are using opioid medication as their primary treatment strategy by 10% annually.

Using a biopsychosocial approach to treat pain, SPORT40 PLANS is a person-centered, integrated, comprehensive strategy which leverages care coordination, case management, and peer supported services. SPORT40 PLANS promotes Personal Lifestyles Activating New Strengths to address the unmet needs surrounding pain care for those at risk for, experiencing, or in recovery from opioid use disorder and other substance use disorders. By redesigning the treatment approach to pain management, the proposed project strives to improve, enhance, and expand existing integrated care services; redesign care coordination services across health and human services; and promote comprehensive models of care to reduce opioid use, opioid and other substance misuse, and related problems.

## Current Program & Approach

Today, as a result of this planning initiative, Broad Top Area Medical Center now offers a new program, Pain Relief Options for individuals who are struggling with opioid addiction due to chronic pain. The program includes:

**The goal of the program** is to help individuals get back to enjoying life again despite having chronic pain. Through a patient centered, comprehensive individual care plan, that incorporates learning through multiple different coping techniques. Individuals will learn how to use their evidence based coping skills rather than relying on opioid medications as a primary treatment strategy.

### Other Activities & Accomplishments

In addition to the core focus on pain management, the consortium coordinates county-wide activities and interventions in three major areas: PREVENTION, TREATMENT and RECOVERY. While the COVID-19 Pandemic has created challenges for everyone, much progress has been made in each of these areas.

### A summary of the goals and accomplishments of the consortium over the past year includes:

- Operationalized Pain Options program: 16 participants
- Collaborative process of information sharing and networking; added 2 new consortium members and another in development
- Able to integrate services between consortium members

## Progress on other prevention, treatment and recovery goals include:

### Prevention Goals

**GOAL:** Provide and assess the impact of culturally and linguistically appropriate education to increase understanding of evidence-based prevention, treatment, and recovery strategies for SUD and reduce stigma associated with the disease.

- Participated in webinar trainings, incorporating learning into activities
- Making sure we are producing that type of material. Broadtop Belleville office serves a large Amish population and is working to ensure cultural and linguistic appropriateness.
- Mainstream conducts evidence-based prevention programming in all school districts throughout the county
- All partners using person-first, anti-stigma language and encouraging others to do the same.

**GOAL:** Increase access to naloxone within the rural service area and provide training on overdose prevention and naloxone administration to ensure that individuals likely to respond to an overdoses can take the appropriate steps to reverse an overdose.

- Naloxone training completed by all program staff.
- Outreach initiated to Broad Top offices and other community entities to discuss naloxone availability, distributed vouchers, and a supply of naloxone for distribution to patients. All offices had a supply by first week of March. Resupply as needed.
- Consortium partner Mainstream Counseling is another point for patients to obtain naloxone using vouchers.
- Participated in community drive through (September 13)
- Tri-County Single County Authority has gotten EMS providers to leave behind Naloxone when going on calls for overdoses

**GOAL:** Implement year-round drug takeback programs.

- Drug disposal packets available to public in Broad Top Family Wellness Center office
- Participated in National Drug takeback day
- Promoted National Drug Takeback Day, continue to distribute disposal packets at various community events
- Ensured directories have up to date locations of drop boxes.

**GOAL:** Increase and support the use of school- and community-based prevention programs that are evidence-based to prevent misuse of opioids and other substances.

- Broadtop Nurse Administrator is participating in prevention coalition meetings to increase knowledge and scheduling with community prevention specialists to plan strategies.
- Mainstream was able to purchase adolescent matrix program, which is evidenced based curriculum.
- Mainstream and Tri-county SCA continue to offer programming in schools. Offered curriculum in Huntingdon area high school.
- Mainstream is conducting provider training for SBIRT (Screening, Brief Intervention and Referral to Treatment) with at-risk children and providing an intensive intervention program called Teen Intervene for middle school and older children in all school districts.

**GOAL:** Identify and screen individuals who are at risk of SUD/ODU and provide or make referrals to prevention, harm reduction, early intervention, treatment, and other support services to minimize potential for the development of SUD.

- 553 screened for SUD
- 359 screened positive
- 355 referred for treatment





## Treatment Goals

**GOAL:** Screen and provide, or refer to, treatment patients who have infectious complications including HIV, viral hepatitis, and endocarditis, particularly among PWID.

- 4 tested for HIV
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**GOAL:** Recruit, train, and mentor interdisciplinary teams of SUD/OD clinical and social service providers who are trained, certified, and willing to provide MAT, including both evidence based behavioral therapy and FDA-approved pharmacotherapy.

- Introduced Broadtop providers to Vivitrol as MAT medication.
  - Mainstream provider has been prescribing Vivitrol and Buprenorphine.
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**GOAL:** Increase the number of providers and other health and social service professionals who can identify and treat SUD/OD by providing professional development opportunities and recruitment incentives such as, but not limited to, the NHSC.

- Mainstream started SBIRT training for school staff, children and youth and probation.
  - Broadtop completed two cycles of substance use disorder training as part of behavioral health training for new student assistance program team members.
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**GOAL:** Reduce barriers to treatment, including integration with behavioral health, the criminal justice system, dentistry, and social services. As appropriate, provide support to pregnant women and children, and other at-risk populations using approaches that minimize stigma and other barriers to care.

- Consortium partner working to extend current MAT grant, train their new provider in MAT
  - Looking to invite the jail to become a formal consortium member
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**GOAL:** Strengthen collaboration with law enforcement and first responders to enhance capability.

- JVBDS looking to bring co-responder program to county.
  - Consortium is going research to identify educational programs and support to offer first responders regarding overdoses in young children.
  - JVBDS is providing mental health first aid training in the county for first responders.
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**GOAL:** Train providers, staff, and stakeholders to maximize reimbursement for treatment encounters to optimize reimbursement for treatment encounters through proper coding and billing across insurance types to ensure financial sustainability of services.

- Project Director participating monthly in meeting with billing department.
  - Preliminary meeting with billing and dissemination of information on collaborative care model billing.
  - Attended Eastern Regional billing workshop in June. Have worked on further development of care plans in pain program as identified key to billing and coding for this program as a chronic care management initiative.
  - Broad Top is working on a new EMR system, which will be instrumental in moving forward with being able to accurately advance these initiatives.
  - Completed trainings through PACHC (PA Association of Community Health Centers).
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**GOAL:** Enable individuals, families, and caregivers to find, access, and navigate evidence-based, affordable treatments for SUD/OD, as well as home- and community-based services and social supports.

- FIRST Center joined the consortium, they are working on grandparent support groups as well as family peer support programming.
- Mainstream is providing assistance to students who are dealing with SUD/OD in their families through Student Assistance Programs.

## Recovery Goals

**GOAL:** Enhance discharge coordination for persons leaving inpatient facilities or criminal justice systems who require linkages to home and community-based services and social supports.

- Mainstream has continued working with county jail on pre-release Vivitrol.

**GOAL:** Expand peer workforce and programing as interventionists in various settings, including hospitals, emergency departments, law enforcement departments, jails, SUD/ODU treatment programs, and in the community.

- JVBDS is working on and evaluating ways to support and supplement crisis response initiatives.
- Mainstream youth SBIRT and recognition and response to SUD incorporated as part of student assistance.

**GOAL:** Expand peer workforce and programing as interventionists in various settings, including hospitals, emergency departments, law enforcement departments, jails, SUD/ODU treatment programs, and in the community

- Mainstream offers group programming as routine part of outpatient D&A services.
- FIRST Center joined consortium as part of recovery support services.

For more information on this initiative or to learn more about the pain management programs and strategies being implemented by the consortium, contact:

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