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# **Southern Kenai Peninsula Opioid Task Force**

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September 2020 Update

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# Why Did We Start?

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- To create intentional connection & dialogue between community partners and community members about substance misuse
- Responding to the community: “Where to get help?”
- Responding to Community Health Needs Assessment
- Assess current resources & identify gaps in treatment services



# Additional History of Opioid Task Force



When asked to rank the factors most negatively affecting the community, the top three responses were:

	2008 Perceptions Survey (834 responses)	2012 Perceptions Survey (454 responses)	2015 Perceptions Survey (649 responses)
1	Substance Abuse	Substance Abuse (79%)	Substance Abuse (97%)
2	Economic Costs	Economic Costs (54%)	Interpersonal Violence (96%)
3	Mental / Emotional Health	Mental / Emotional Health (52%)	Mental / Emotional Health (75%)



# Events & Outcomes

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**Destigmatization**

**More Treatment Resources!**

**Harm Reduction**

light the night walk  
anonymous people film  
mapp meetings  
national presentations  
peer support trainings  
statewide connections  
grief workshop  
8 dimensions of wellness  
kbbi coffee table  
road to recovery pathway  
homer harbor fest  
community conversations  
destig cinema  
the exchange fundraiser  
website creation  
peer support groups  
salmonfest sober tent  
social media campaign  
guest presentations  
stories of recovery

**Prevention**

**Community Education & Outreach**

## New drug prevention program comes to Homer Middle School

By AARON BOLTON • OCT 3, 2017



Homer Middle School.

Students at the Homer Middle School participated in a new drug prevention program this week. The initiative aims to teach students that addiction is a preventable disease.

The Kenai Peninsula Youth Court helped put the curriculum together.



Signs with positive messages about overcoming addiction stigma and celebrating recovery rest on a picnic table before Homer's first Light the Night march Saturday, Sept. 29, 2018 at WKFL Park in Homer, Alaska. (Photo by Megan Pacer/Homer News)

## Light the Night marchers bring addiction and recovery into the light

By Megan Pacer  
Thursday, October 4, 2018 2:11pm



A few dozen residents and their children worked to shine a little brighter light on substance abuse Saturday at Homer's first Light the Night march.

Hosted by The Bearded Sister, Mobilizing for Action through Planning and Partnerships of the Southern Kenai Peninsula, and the Southern Kenai Peninsula Opioid Task Force (which is a group within MAFF), the event involved a gathering at WKFL Park followed by a march through town.



## Point of View: There can be hope for recovery from addiction — lots of hope

## In Brief: Syringe exchange program starts Tuesday

Thursday, June 16, 2016 3:51pm

NEWS LOCAL NEWS



A pilot syringe exchange program, The Exchange, starts with its first event from 5-7 p.m. next Tuesday, June 21, at the South Peninsula Hospital Training Center at 203 West Pioneer Avenue. The project will take place in the southwest corner of the building. The Exchange will be offered 5-7 every other Tuesday. The Exchange is established and operated by a group of individuals and agency representatives in the Homer area that support the idea of harm-reduction and safer drug use as a means of making our community a safer place to live. The primary goal of The Exchange is to reduce the spread Hepatitis C, HIV/AIDS, and bacterial infections among intravenous drug users by exchanging used needles and syringes for clean ones. During their visit participants in the program will be offered various health, treatment and recovery related information, as well as rapid on-site testing for Hepatitis C and HIV. Dr. Sarah Spencer, a local doctor board certified in addiction medicine, will be overseeing this project. Certain nonidentifying information is recorded for statistical and funding purposes only (including gender, age range and zip code). All information is kept entirely confidential.



**“The Exchange”** has been distributing about **3,000-5,000 syringes per month**  
**Last week, 4,000 syringes accepted for disposal**  
**\*2018\***

**Box of dozens of used syringes turned over to Homer police**  
 Updated 8:30 am CDT, Friday, September 28, 2018  
 HOMER, Alaska (AP) – A Homer-area resident turned over to police a box containing more than 100 used syringes collected on the small peninsula jutting from the town, police said.

Homer, Alaska  
**HOMER NEWS**  
 News Sports Features Opinion Community Calendar



A citizen turned in this box of about 120 syringes, shown here Sept. 19, 2018, collected behind the Homer Marine Terminal on the Homer Spit on Sept. 11 in Homer, Alaska. (Photo provided/Homer Volunteer Fire Department)

Box of syringes collected on Spit








Two kits of the drug Naloxone, commonly called Narcan, rest on a picnic table before a Light the Night march Saturday, Sept. 29, 2018 at WKFL Park in Homer, Alaska. The kits are used to reverse the immediate effects of an overdose and can buy patients extra time to get to a hospital to be treated. (Photo by Megan Pacer/Homer News)

**Narcan Opioid Overdose Prevention Training for All Service Industry Employees**



## The Southern Kenai Peninsula Roadmap for Success in Treatment and Recovery from Substance Use Disorder

# Where did we start? 2017

 WITHDRAWAL MANAGEMENT	 INTAKE ASSESSMENT & OUTPATIENT TREATMENT	 RESIDENTIAL TREATMENT	 SOBER LIVING	 ONGOING RECOVERY SERVICES
<p><b>Homer</b>  <b>South Peninsula Hospital, Emergency Department</b>            4300 Bartlett Street            Homer AK 99603            907-235-8101</p> <p><b>Ninilchik</b>  <b>Ninilchik Traditional Council Community Clinic</b>            Outpatient Detox            15765 Kingsley Road            Ninilchik AK 99639            907-567-3970</p> <p><b>Kenai Peninsula</b>  <b>Care Transitions</b>            Withdrawal Management            245 N Binkley St.            Soldotna, AK 99669            907-714-4521</p>	<p><b>Homer</b>  <b>The Center for Behavioral Health</b>            3948 Ben Walters Lane            Homer AK 99603            907-235-7701</p> <p><b>CICADA</b>  <i>(Cook Inlet Council on Alcohol and Drug Abuse)</i>            1230 Ocean Drive            Homer AK 99603            907-235-8001</p> <p><b>Ninilchik</b>  <b>Ninilchik Traditional Council Community Clinic</b>            Medication Assisted Treatment            15765 Kingsley Road            Ninilchik AK 99639            907-567-3970</p>	<p><b>Homer</b>  <i>No residential treatment options available in Homer</i></p> <p><b>Kenai Peninsula</b>  <b>Serenity House</b>            245 N Binkley St.            Soldotna, AK 99669            907-714-4521</p> <p><b>Anchorage</b>  <b>Salvation Army Clithro Center</b>            907-743-8733</p> <p><b>Chris Kyle Patriots Hospital</b>  <i>(Veterans)</i>            907-272-6206</p> <p><b>Dena A Coy</b>  <i>(Pregnant women and women)</i>            907-729-5070</p> <p><b>Juneau</b>  <b>Rainforest Recovery Center</b>            907-796-8690</p>	<p><b>Homer</b>  <i>No sober living facilities available in Homer</i></p> <p><b>Kenai Peninsula</b>  <b>Central Peninsula Hospital Diamond Willow</b>            Long-Term Residential            245 N Binkley St.            Soldotna, AK 99669            907-714-4521</p> <p><b>Freedom House</b>            Faith-Based Home for Women            907-740-8018</p> <p><b>Nuk'it'un</b>            Sober Living Home for Men            907-398-6935</p>	<p><b>Homer</b>  <b>Alcoholics Anonymous</b>            907-235-6822</p> <p><b>Narcotics Anonymous</b>            homerkbna@gmail.com</p> <p><b>ADDITIONAL RESOURCES</b>  <b>24 Hour Mental Health Crisis Management: 911</b></p> <p><b>The Center for Behavioral Health</b>            Monday-Friday            8:30am-5:00pm:            907-235-7701</p> <p><b>South Peninsula Hospital</b>            After hours, holidays and weekends: 907-235-8101</p> <p><b>The Exchange</b>  <b>Syringe Exchange &amp; Free Narcan Kits</b>            1st &amp; 3rd Tuesdays, 5pm-7pm            203 W. Pioneer Ave            Homer, AK 99603</p>



# And where are we today?

## All Things Addiction: An Interactive Road to Recovery Pathway



[Addiction – The Disease](#)

[Prevention](#) ▼

[Resources](#) ▼

[SKP Opioid Task Force](#) ▼

[Contact Us](#)

Road To Recovery on the Southern Kenai Peninsula:

*A Pathway to Treatment & Recovery*





# Strategic Plan



**Southern Kenai Peninsula Opioid Task Force  
Five-Year Strategic Plan (2025) &  
Operating Priorities (2020 & 2021)  
October, 2019**



<b>VISION</b>	A community free of opioid and substance misuse
<b>MISSION</b>	Fostering a connected community by empowering and engaging all individuals to create local solutions for opioid and substance misuse
<b>CORE VALUES</b>	Compassion ♦ Empathy ♦ Resilience ♦ Respectful Relationships Action ♦ Trust

**ENVISIONED FUTURE – By 2025, the Opioid Task Force envisions a community future in which we have been able to:**

- *Reduce stigma*
- *Focus on prevention*
- *Increase access to effective, affordable treatment*
- *Improve Task Force capacity*

# Task Force Work Groups



Prevention



Treatment



Community  
Outreach



Policy

# Treatment Work Group

- Continues to assess & update local treatment resources
- Worked to update the resources on our website
- Created Quick Resource Guide for distribution (Homer Food Pantry, Project Homeless Connect)
- Identifies gaps and works toward facilitating gaps

## Strategic Operating Priorities

Reduce Stigma

Focus on Prevention

Increase Access to Effective, Affordable Treatment

Improve Task Force Capacity

Create a Treatment Work Group with responsibility to develop a real-time, updateable resource inventory, assess existing gaps and obstacles, and begin facilitating filling those gaps

Focus on the "Road to Recovery" to include increasing family, peer support, clinical services, greater access to sober activities, improving community awareness on where to send/refer for treatment

Ensure the Task Force website functions as an updateable, user-friendly resource hub for people seeking treatment  
Incorporate a "Where to Get Help Now" or similarly-titled button on the Task Force website

Explore making an insert for the local paper based on the "Road to Recovery"



## Treatment Group Next Steps

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- Goal to have full continuum of care on the Southern Kenai Peninsula:
  - Dedicated Detox Facility on Southern Kenai Peninsula
  - Sober Living & Recovery Residences



# Prevention Work Group:

- Created Prevention Gap Analysis
- Priorities:
  - Voluntary Non-Opioid Advanced Directive
  - Pharmacy Partial Fill for controlled substances
  - Alternative Pain Management Pathway: Through the lens of the 8 Dimensions of Wellness

## Strategic Operating Priorities

Reduce Stigma

Focus on Prevention

Increase Access to Effective, Affordable Treatment

Improve Task Force Capacity

Create Prevention Work Group with responsibility to define prevention within the Task Force context  
Develop a real-time, updateable prevention resource inventory, assessing existing gaps in primary, secondary, and tertiary efforts, and begin facilitating a process aimed at filling those gaps, for example:

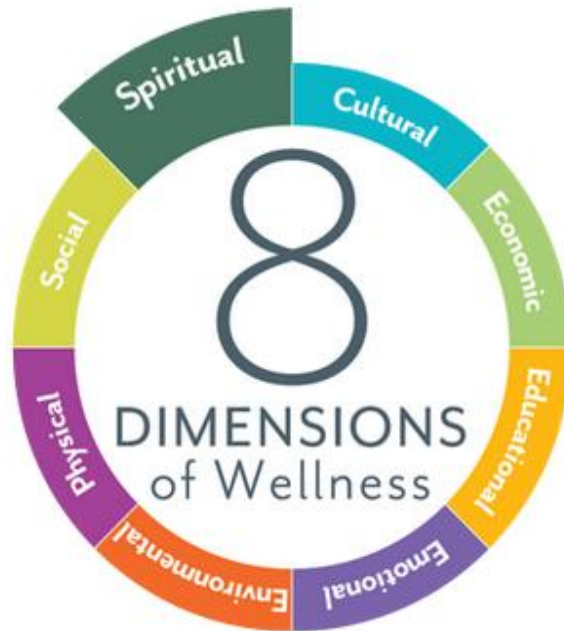
- Pursue putting “No Opioid Directive” in student sport packets, medical homes, prescriber offices
- Using the 8 Dimensions of Wellness, partner with the Resilience Coalition on their upstream efforts

Create a Policy Work Group with responsibility to identify, develop, and pursue necessary public policy changes that support Opioid Task Force mission

### Voluntary Non-Opioid Advanced Directive:

- Helps prescribers and patients begin a dialogue of substance use history.
- May prevent inadvertently offering certain controlled substances to those who could be adversely affected.
- Allows for a patient to proactively inform their physician that they do not wish to receive opioids for any reason.

# 8 Dimensions of Wellness



## Alternative Pain Management Pathway: POLL

What are some NON-Pharmacologic methods you/someone you know has used for managing pain? (Think outside of the box)

Go to: <https://www.menti.com/>

Enter the digit code 79 77 09 2

# New Data!

New Data for 2019-2020 Needs to be assessed:

- 2019-2020 Local [Community Health Needs Assessment](#)
- *ED Needs Assessment for Addressing Opioids Misuse and Addiction in Alaska*. There is an overview document and also a two-part written report (needs assessment report and policy review report - both which integrate a prevention framework). These can be found via the following link under Alaska publications (first item).  
<http://dhss.alaska.gov/dph/Director/Pages/opioids/responseresources.aspx>
- *The Economic Costs of Drug Misuse in Alaska (2019 update)*. You will note that there is a chapter designated for Opioid Use Disorder. There are also two additional companion reports: The Economic Costs of Alcohol Misuse and Summary of the Economic Costs of Substance Use Disorders.  
<https://alaskamentalhealthtrust.org/news/trust-releases-updated-reports-on-the-costs-of-drug-and-alcohol-misuse-in-alaska/>
- And many others!

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## Task Force Needs

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- More Engage with Work Groups
- Forming an Ad Hoc Data Work Group
- ReEngaging the Community & Community Outreach During COVID
- Policy Work Group Lead
- Secretary/Note Taker ☺

