



Issue 9, Volume 2

C.A.R.E. NEWSLETTER

The Coalition for Addiction Recovery and Education

September 2022

WHAT'S BEEN HAPPENING?

Pondering's of a Provider

"The limitations of the system are not and should not be our patients' problems. If someone needs to bear a burden or feel uncomfortable, it should be the system. People are coming to us for help, not apathy, and without that help they are many times facing death. Also, when a patient doesn't do what we want them to we get frustrated, but are we taking the time to ask if we properly engaged them in a respectful manner that validates the realistic barriers they face, like homelessness, food insecurity, lack of an income." -A. G., LCAS, LCMHC

September is Recovery Month

National Recovery Month is a national observation led by the Substance Abuse and Mental Health Services Administration (SAMHSA). Their goal is to "promote and support new evidence-based treatment and recovery practices, the nation's strong and proud recovery community, and the dedication of service providers and communities who make recovery in all its forms possible. To read more about Recovery Month and specific events, click [here](#).

SEPTEMBER
IS RECOVERY
MONTH

CARE Backpack Drive Success

Our first annual CARE Backpack Drive was a success! Over 20 bags of school supplies and 20 backpacks were donated to Southern Nash High School, Southern Nash Middle School, and Bailey Elementary. Thank you for all of your support in continuing the efforts of CARE in the most rural parts of our community. Special thanks to Nash UNC and Nash Community College for allowing us to accept donations on their campuses!





Open Door Recovery – “Redeemed Clean: A Recovery Event”

Open Door Recovery and Bailey Church of God are hosting a 2-day recovery event on September 30th and October 1st. If your organization would like to set up a table on either day to provide resources to community members, please call Lewis Johnson at 919-418-0070. There will be speakers on both days of the event along music, fun, and food! We hope you can come out and support Open Door Recovery!

REDEEMED CLEAN A RECOVERY EVENT

The Struggle is Real
Depression - PTSD - Addiction - Anxiety -
Bipolar - Abuse - Divorce - Alcohol -
Pornography - Gambling - Drugs

Friday Sept 30th @ 6:00pm
Music - Testimonies
Speaker: Pastor Jason Gabbard

Saturday Oct 1st Starts @ 1:00
Medical Screening
Information Tables
Speaker: Dave Wilson

Out door Events (Weather Permitting)
Music • Freebies • Refreshments

Addiction

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Hosted by:
Bailey Church of God

Open Door Recovery
Life Ministries
Hope Extended Ministries Goldsboro
Celebrate Recovery at Midpoint
Victory Discipleship
Reformers Unanimous
Care Coalition and many more

5192 Hwy 264 Alt
Bailey NC
Lewis Johnson
(919)418-0070



Psychostimulant Grant Has Begun

The HRSA/RCORP psychostimulant grant officially started on September 1st, expanding our opportunity to address substance use prevention, treatment, and recovery. This project award is \$500,000 over 3 years (September 1, 2022 thru August 31st, 2025). To read more about this project and other recipients, click [HERE](#).

From the MAT committee - MAT Treatment Survey

Within the Nash County C.A.R.E.(Coalition), we see the value in everyone. We are made up of a collection of community members, healthcare providers, law enforcement, local government, and those in recovery offering addiction support, recovery, and education in Rocky Mount and throughout Nash County, NC. Through our open-table approach to collaboration, we want to be a catalyst for positive change, and since our beginnings in 2017, we are driven by the same ideas we initially founded

our coalition upon providing useful resources for addiction recovery, education, and support. The purpose of this survey is to collect and consolidate information regarding the currently available MAT services and resources in and around Nash County. Click [HERE](#) to complete the survey.

UPCOMING NEWS

SBIRT Training

We will be conducting Screening, Brief Intervention, and Referral to Treatment (SBIRT) Training on September 20th and 21st with Nick Szubiak, MSW, LCSW with NSI Strategies. Nick has over 20 years of experience in direct service and clinical experience in healthcare and is committed to providing support to integrated healthcare environments. He is the former Assistant Vice-President of Addiction and Recovery at the National Council for Behavioral Health, and will be coming to Nash County to conduct an SBIRT training for both community members and providers. This training is designed to teach participants how to quickly assess the severity of substance use and identify the appropriate level of treatment needed. If you are interested in attending this training, email Yolanda Outlaw (yolanda_outlaw@med.unc.edu) to claim your spot.





A Call for Data from All CARE Partners – We Need You!

We continue to collect data for the Performance Improvement Measurement System (PIMS). These reports are **submitted every 6 months** for the remainder of the 3 year grant period. We would love to continue to get more people involved in the reporting of our community activities in conjunction with our coalition. The Google form with all of the measures HRSA requires us to collect will be distributed across the coalition. Please click [HERE](#) to fill this out if you have not done so already. This combined effort to capture data measures across the county will be compiled into an ongoing data repository. **This is a needed resource to make the case for Nash County for programming, funding, and other opportunities regarding behavioral health and substance use disorders.**

RESOURCES AND TRAININGS

Area L AHEC

- Online Self-Paced Learning: Youth Health Services Corp
- Online Self-Paced Learning: NC's Guide to Diabetes Prevention and Management
- Online Self-Paced Learning: Pain Management and MAT
- September 16th: Annual Fall Bloodborne Pathogens and Hazcom Update
- September 28th: Mental Health First Aid (Live Webinar)

Find the full calendar and how to sign up for Area L AHEC trainings [here](#)

Eastpointe is providing the following trainings:

- September 8th: ADHD & Alzheimer's Disease
- September 15th: NCDHHS – Tailored Plan 01
- September 21st: Competitive Integrated Employment – Lunch and Learn series
- September 26th- September 30th: Crisis Intervention Team Training

Find the full calendar and how to sign up for Eastpointe trainings [here](#)



This month's articles in the spotlight.

[Bridging the Gap: A Practitioner's Guide to Harm Reduction in Drug Courts](#)

[Drug Overdose Deaths, by Selected Sociodemographic and Social Determinants of Health Characteristics – 25 States and the Districts of Columbia](#)

[Care Navigation at Harm Reduction Programs: Community-Based "Meds First" Buprenorphine Program Preliminary Data](#)



WE'RE HERE FOR YOU!

We are here to help you and to pursue the mission and goals of the C.A.R.E. Coalition, if there's anything we can do to help please do let us know. Our next C.A.R.E. coalition all hands meeting will be held November 1st, in person at 3pm with a Webex option.

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**Medication Assisted Treatment (MAT)
August Committee Meeting Minutes**

8/2/2022

Attendance:

Savannah Junkins – Carolina Family Health Clinic
Dave Peterson - Trillium
Irmak Sherrod - Carolina Family Health Clinic
Kendrick White –RM Family Medicine
Samantha Martinez – Harvest Family Health
Michelle House – Carolina Family Health Clinic
Thomas Seighman – Rocky Mount Police Department
Ruth Parker-Bellamy – Nikki’s Total Life Center
Christie Davis-Uwah - Carolina Family Health Clinic
Stephanie Webb – Carolina Family Health Clinic
Davis Greene – Nash UNC Hospital
Cassi Rodgers – Nash UNC Hospital

- Introductions
 - Overall goals are to make the committee more provider focused and create a network of Nash county providers who offer MAT.
 - Kendrick White, MD - Will start working as a family medicine physician at Rocky Mount Family Medical Center, where they plan to treat patients with Suboxone. Dr. White has recently completed an Addiction Medicine Fellowship in Asheville, NC through AHEC.
 - Samantha Martinez, LCSW, IBH Clinician with Harvest Family Health Center- Currently treat SUD patients with Suboxone, Naltrexone, and Vivitrol.
 - Thomas Seighman- Rocky Mount Police Department

- Review, Amend, and Finalize MAT Services Survey
 - Stephanie Webb asked members if they had any suggestions or additions to the survey. The purpose behind the survey is to collect and consolidate information from the different MAT providers/facilities with services they offer including the following: cost of services, availability of appointments, and requirements for MAT services. The survey will allow us to capture responses from providers who offer MAT within Nash County and allow us to learn more about what their program requires.
 - Davis Greene suggested adding a sliding scale for cost of services and asking the question: How many patients do you estimate your agency has seen in the last year?
 - Samantha Martinez noticed Methadone was not included under the MAT specific services and suggested to add it.
 - Savannah suggested adding- How many DATA 2000 Waiver providers are in your practice?
 - Dr. White suggested adding- Does your practice offer screening, treatment, and referrals for Hepatitis-C and/or HIV?
 - Cassidy Rogers suggested asking providers if they offer MAT Telehealth specific services and how it differs from a traditional telehealth visit.



- Samantha suggested adding sliding scale based on income to the survey.
- Resources?
 - Stephanie Webb has created a contact list of providers. The providers at Rocky Mount Treatment Center have been invited to C.A.R.E to become members of the MAT Committee.
 - Dave Peterson stated from a LME/MCO perspective they are trying to make sure the system is focusing on all three aspects of care, which is prevention, treatment, and aftercare. Education, prevention, natural supports, and resources for higher level of care is their main focus for the community.
 - Dave Peterson reported that Monarch's Mobile Unit has been up and running for two months now. They are working on gathering data for substance use treatment, but data is coming in new and glitches are being worked out.
- Focus on Provider Engagement
 - Discussed all of the providers who offer MAT within Nash county and created the following list:
 - Rocky Mount Treatment Center
 - Port Health
 - Progressive Care Services
 - New Beginning Family Services
 - Carolina Family Health Centers
 - Monarch
 - Identify clinical providers from each practice who might be interested in participating in the committee.
- Assignments for next meeting
 - Identify a point of contact for each of the practices identified to send the survey to, and who could introduce or suggest providers at those sites who may be interested in joining the committee
 - Gather responses from MAT Services Survey

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CARE – Workforce Engagement Committee Meeting

Minutes

August 2, 2022

In Attendance:

Mysha Wynn – Co-Chair, Workforce Engagement Committee/Project Momentum
Lewis Johnson – Open Door Recovery
Marbeth Holmes – Nash Community College
Diane Porter – CARE Co-Chair
Eric Boone – Trillium
Chinita Vaughan - Trillium
Kateisha Jones – Eastpointe
Kirby Slade – Nash UNC
Deborah Dolan – Wellcare NC
Barbara Hankerson – OIC
Renee Hollis – OIC
Yasharth Singh – UCP Council of Governments
Mary Marlin – UCP Council of Governments
Yolanda Outlaw – CARE Designated Administrator

Welcome and Introductions – Yolanda/Committee Members

Reading and Approval of Minutes:

- Mysha motioned to approve the minutes as they are written
- Diane 2nd the motion

Business of WorkforceEngagement

- Yolanda provided a quick recap and review of the June 2022 meeting minutes
- Co-chairs Mysha Wynn and Elecstra Draughn-Lyons were introduced
- Committee engaged in conversation around “One Stop Shop” around resources that are available in the community
- Plans for Follow-up – September 15, 2022 at 3pm. Mysha sent out the Zoom invitation

Resume conversations from previous month:

- Desire to create a one stop shop – living breathing document; website is getting hits but want resources to be tangible to other community members. The Goggle Doc was proposed as a working document with edits in real time



- Short and sweet messages using QR codes on postcards. This is to post on websites and businesses/entities in the area
- We are seeking to reach the community at large/everyone in Nash county

CARE is getting stronger with outreach, prevention and education can be firmed up. This group is a great way to provide resources to groups. In addition, this resource guide can be a great way to assist the navigators with behavioral health and substance use resources in the community in order to holistically support those in need of these resources (Per Lewis Johnson, Diane Porter and Chinita Vaughan)

Diane Porter recommended partnering with local law enforcement, county jail and probation offices to get them to pass on information to their people.

Yolanda outlined the following categories to be used in the “One Stop Shop” Resource Guide:

- Mental Health
- Substance abuse
- Judicial system
- Housing
- Food resources/pantry
- Churches
- Clothing
- Recovery community/long-term recovery facilities in the area
- FQHC – Federally Qualified Health Centers – OIC and Carolina Family Health Centers
- Managed Care Organizations(MCO’s) – Trillium and Eastpointe for insurance(Tailored Plans) and provider resources for behavioral health and substance use

To do:

- Reach out to law enforcement
- Yolanda will send out the Google form with categories reviewed
- Mysha will convene a meeting for September 15, 2022 at 3pm via Zoom to assess the progress of the resource guide

Meeting adjourned at 3:57pm with Marbeth Holmes placing a motion to the floor and Chinita Vaughan seconded