

Kentucky Statewide Opioid Stewardship (KY SOS) September Newsletter

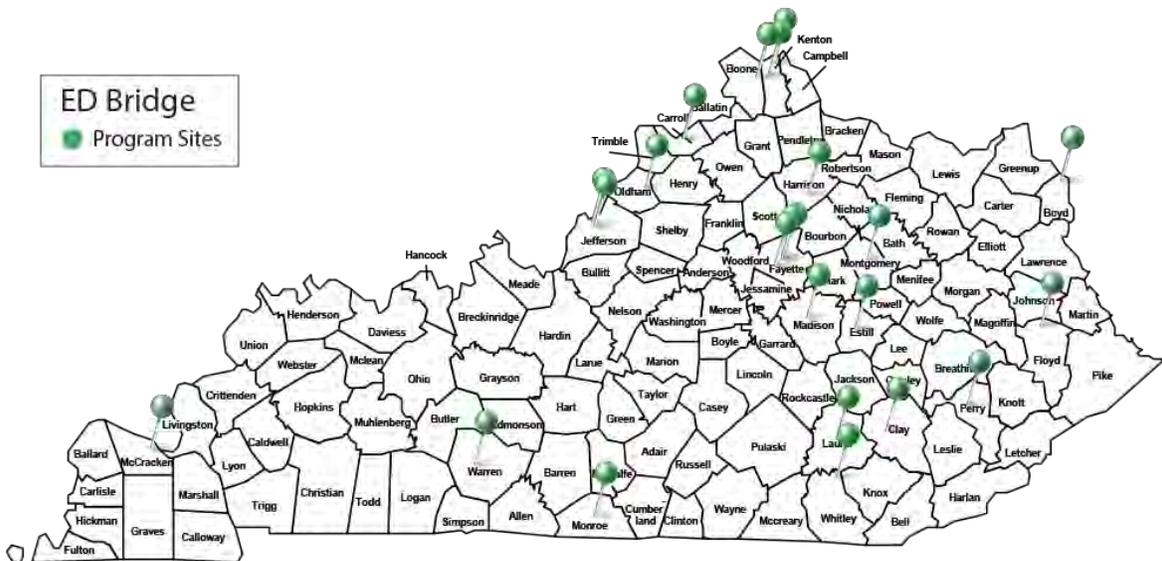
Spotlight

Harrison Memorial Hospital Welcomes Peer Support Specialist to KY SOS ED Bridge Program

Nikki Howard has joined Harrison Memorial Hospital as a Peer Support Specialist (PSS) with the KY SOS ED Bridge Program. Howard shared the following message.

I look forward to working with the program and having the opportunity to bring hope to others which is needed in the local communities as well as the multitude of individuals and families in the state of Kentucky. The opioid crisis is a tragedy in our society. I am humbled to be a frontline advocate empowered by a program as such.

She shared the following personal statement as well, " *To be loved is to show love to all", as love brings light to the dark, and when there is light darkness cannot be.*



KY SOS ON THE ROAD AGAIN



Left to right: Mary Beth Ecken and Emily Henderson

KY SOS celebrated Overdose Awareness Day at Robley Rex VA Medical Center on August 26, 2024. KY SOS pharmacy consultants, Mary Beth Ecken, PharmD and Emily Henderson, PharmD, represented the program. Patients and clinicians were educated about the KY SOS program, including the inpatient, outpatient primary care, and ED bridge programs.

International Overdose Awareness Day is August 31 every year. "Together we can save lives and end overdose."

What's New

The KY SOS Inpatient program is making great strides and efforts across the state in Opioid Stewardship. Each acute care and critical access hospital completed a survey to highlight their opioid stewardship program. Visit: <https://www.kentuckysos.com/about/inpatient/> to see the amazing efforts being made across the state.



The KY SOS team released an educational document for patients receiving opioid medications. The material was developed by the team to provide information for patients who receive an opioid prescription for pain, whether it be when discharged from a hospital, emergency department, or prescribed by their primary care provider. The goal is to inform patients about pain, alternatives to opioids for treatment of pain (both pharmacologic and non-pharmacologic), the potential risks vs. benefits, and side effects of opioids and how to better communicate with their physician or health care provider. The document includes information about overdose, naloxone, and substance use disorder including several resources.

This material can be printed directly from the [KYSOS website](#) and given to appropriate patients. Link to access the patient handout: [Education Material](#)

IMPORTANT INFORMATION ABOUT YOUR OPIOID PRESCRIPTION

This information is to help you better understand the risks and benefits of taking an opioid medication that is prescribed to you. It may also help you communicate better with your doctor or healthcare provider when discussing your pain management. Always talk to your provider if you have any questions or concerns about pain, your prescription, and overall health.

1. Facts about Opioids:

- Opioid medications are a class of drugs used to reduce pain, but they may not eliminate pain completely.
- Some common examples of an opioid medication are hydrocodone, oxycodone, tramadol, codeine, morphine and fentanyl.
- The pain management plan that your physician or provider created for you, may include a combination of different types of medications and other treatments such as:
 - ▶ Non-opioid medications including over-the-counter medications (OTC)
 - ▶ Non-opioid prescription medications
 - ▶ Physical therapy, yoga, acupuncture, massage therapy, heat or cold packs, injections, etc.
- Opioids do NOT treat the cause of your pain but temporarily dull the feeling of pain.
- Opioids are highly addictive because they trigger powerful reward centers in the brain. Opioids are safer when used for the shortest time and at the lowest possible dose.
- Opioids are intended to be used for short-term treatment of pain.
- Opioids are not effective when taken long-term for chronic pain. Ask your provider about alternatives to opioids.

2. What Causes Pain?

- Pain occurs when the nerves at the location of an injury or surgery send a message to your brain which causes you to feel the sensation called pain.
- Pain is a normal part of the natural healing process after an injury or surgery.
- Pain is protective because it can warn you about danger or the need to seek medical care.
 - ▶ For example, pain tells you to remove your hand from a hot stove.
- Pain can also be related to a medical illness and alert you to seek medical care.

3. Side Effects and Safety Tips:

- There are many possible side effects that may occur when you take an opioid medication.
- Common Side Effects are constipation, sedation and drowsiness, nausea, vomiting, dizziness, or changes in mood such as euphoria (feeling "high").
- Always follow the instructions on your opioid prescription and take as directed. Do not take extra doses, a higher dose or dose more frequently without first speaking with your healthcare provider.

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- Only take an opioid medication that is prescribed to you.
- Do NOT share your opioid medication with others or take opioid medication from other people.
- **Opioids can cause overdose and death.** Opioid overdose causes breathing to markedly slow down which leads to hypoxia (the brain is deprived of oxygen). If and when breathing stops, death will occur from overdose.
- Do not take an opioid medication with alcohol or other medications that can cause drowsiness, unless prescribed by your provider. Taking an opioid together with benzodiazepines (such as alprazolam, diazepam, clonazepam, temazepam) significantly increases the risk of overdose.
- Ask your provider for a prescription of Naloxone which can be used in an overdose situation to help someone recover. (Naloxone is now also available without a prescription (OTC).
- Tell a friend or family member that you are taking a prescription opioid. **Be sure they know how to use Naloxone and where it is located. Tell friends and family to call 911 as soon as possible** if they give you Naloxone or have any concern about overdose symptoms. A second dose may be given. **Calling 911 is very important because emergency medical care may be necessary in addition to Naloxone,** even if a person starts breathing again.
- Be sure to safely store your opioid prescription so that it will not be stolen or accidentally taken by a child or pet. A locked container or safe may be used.
- Dispose of unused opioid medication safely.*

* To safely dispose of medications, visit: <https://www.dea.gov/takebackday#collection-locator> for locations. Many local pharmacies offer disposal services for medications. Please call your local pharmacy and inquire.

4. Ask questions and have a conversation with your provider

- Be sure that you understand the directions on how to take your opioid medication and how to contact your provider after hours and on weekends.
- Always ask your doctor or provider about the potential side effects and drug interactions when you receive a prescription.
 - ▶ For example: “What can I expect when I take this drug?”
 - ▶ “Is it safe for me to drive or operate machinery when I take this medication?”
 - ▶ “Is it safe to take with my other medications?”
- Be sure to tell your provider about all the medications you take, including over the counter (OTC) medications, vitamins, or supplements.
- Tell your provider if you have mental health conditions or a family history of mental health conditions.
- **Tell your provider if you have sleep apnea or a sleep disorder** because these conditions may increase the risks associated with taking an opioid medication.
- Tell your provider if you currently have SUD or a history of substance use disorder (SUD), including alcohol use disorder/ binge drinking or opioid use disorder (OUD). Let your doctor know if there is a family member with SUD.
- Tell your provider if you are on medication to treat SUD.
- If you are worried that you have SUD, talk with your provider and seek help. Substance use disorder is a chronic medical brain disease. OUD/SUD can be treated successfully. Medications used to treat OUD and SUD are effective and save lives.

5. Resources

Here are some resources if you or someone you know needs help or more information:

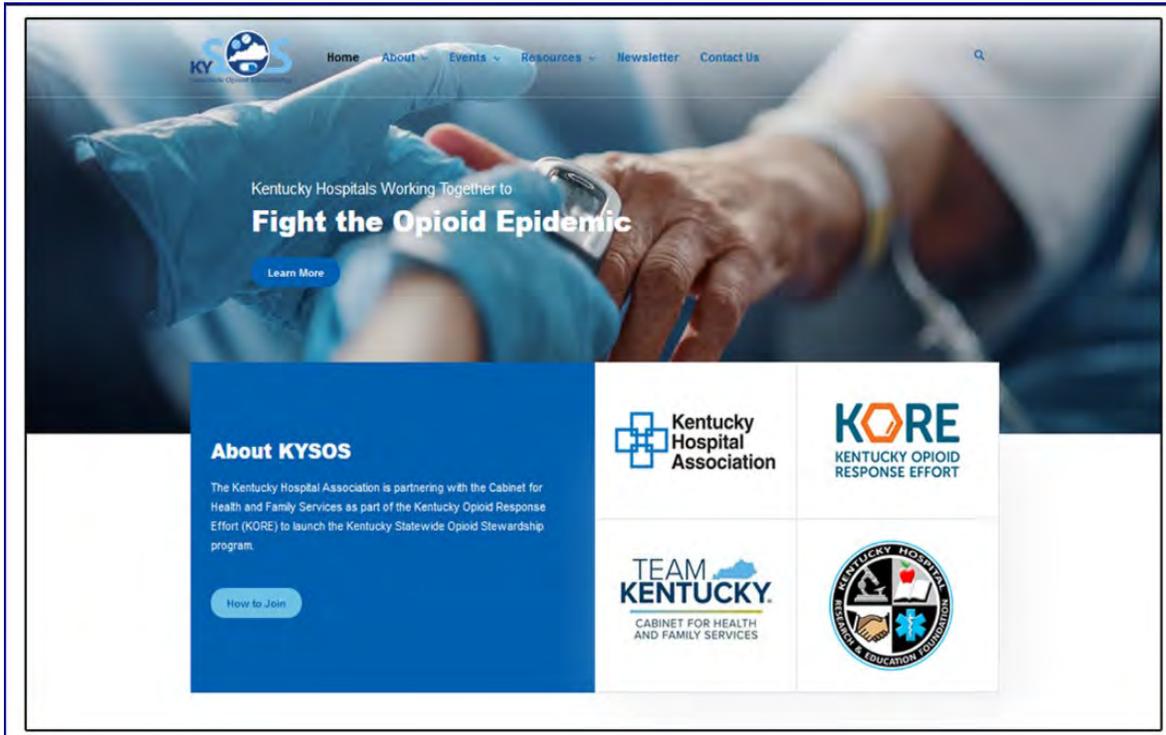
- **Find Help Now Kentucky:** 1-877-318-1871, or after hours: **Ky Opioid Assistance and Resource Hotline:** 1-800-854-6813
- **Experiencing a crisis?** Contact the **SUICIDE AND CRISIS HOTLINE: Call or Text: 988**
- **This link will help you find more information on Naloxone:** FindNaloxone.ky.gov
- **KY Statewide Opioid Stewardship Program:** www.kentuckysos.com

Refreshed KY SOS website

The Kentucky Hospital Association (KHA) is excited to announce the launch of the redesigned Kentucky Statewide Opioid Stewardship (KY SOS) website, <https://www.kentuckysos.com>.

Features on the new website include:

- A searchable Resource Library, with documents, websites, and recordings organized by category and date. Quickly drill down to find resources organized by Inpatient, Outpatient, ED Bridge, Employer Resources, and more!
- View maps of all Kentucky Inpatient, Outpatient, and ED Bridge Program sites
- View KYSOS webinar recordings from the past 12 months
- Inpatient and Outpatient Encyclopedia of Measures documents
- KYSOS newsletter archive





Inpatient

Focusing on inpatient opioid stewardship efforts

[Learn More](#)

Primary Care Outpatient Clinics

Providing education and guidance in opioid stewardship to primary care clinics

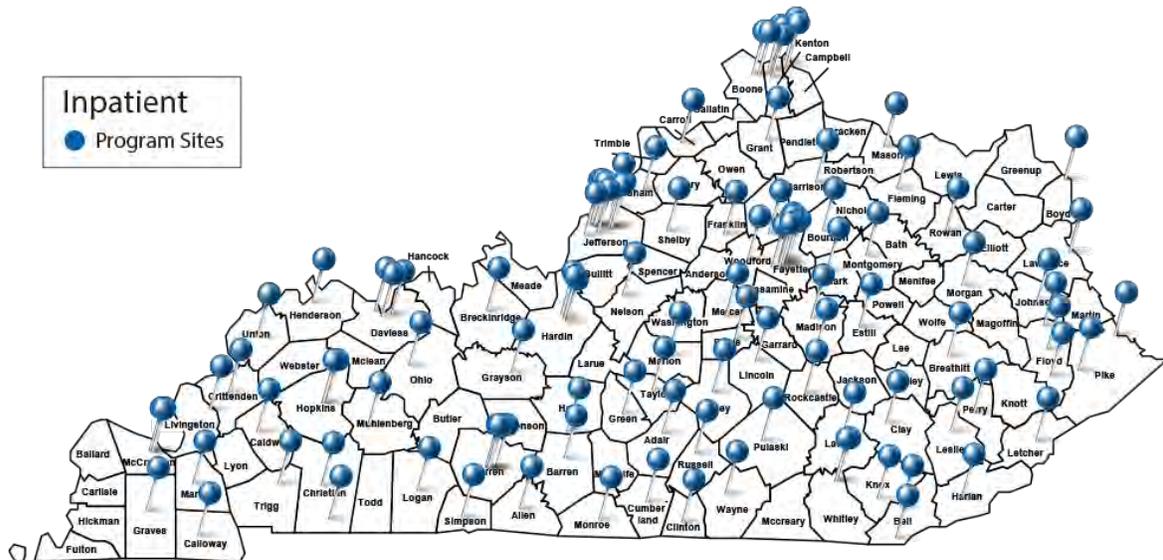
[Learn More](#)

Emergency Department (ED) Bridge

Ensuring patients with Opioid Use Disorder (OUD) receive 24/7 access to care

[Learn More](#)

If you have a resource that you would like to see included on the new KY SOS website, please forward to Emily Henderson at ehenderson@kyha.com.



Upcoming Events/Webinars



In honor of Recovery Month, an annual health observance celebrating Americans in recovery from substance use disorder (SUD), state leaders, members of Kentucky’s recovery community, and health officials are planning an event to take place at the Capitol grounds in Frankfort on Sept. 16. Along with numerous community partners, the event will feature inspirational stories of hope and resilience along with free access to naloxone, information about SUD and recovery support programs, second chance employment, and health care access. All Kentuckians are encouraged to attend.

[RSVP](#)



Recovery Month is celebrated in September. Please join us in Frankfort on September 16th at the Capitol

More details on the Recovery Rally shared by our partners from KORE:

Recovery Community Centers, State Leaders Prepare for Annual Recovery Month Celebration

FRANKFORT, KY (Aug. 2, 2024) - In honor of Recovery Month, an annual health observance celebrating Americans in recovery from substance use disorder (SUD), members of Kentucky's recovery community, state leaders, and health officials are planning an event to take place at the Capitol in Frankfort on Sept. 16. Along with numerous community partners, the event will feature inspirational stories of hope and resilience along with free access to naloxone, information about SUD and recovery support programs, second chance employment, and health care access. All Kentuckians are encouraged to attend.

Festivities will begin at 10:30 a.m. on the south lawn of the Capitol where visitors will gather information from a variety of programs and services; employers; and health and human service programs, including [Kentucky Medicaid](#), the [Kentucky Department for Public Health](#), the [Kentucky Opioid Response Effort](#), the [Kentucky Office of Drug Control Policy](#), and Recovery Community Centers from around the state. The [Kentucky Department for Public Health \(KDPH\)](#) will provide [training and free access to naloxone](#), a medication used to reverse an opioid-related overdose.

In addition to outdoor festivities, visitors can hear stories of recovery and resilience, which will be shared at noon in the Capitol Rotunda. State leaders will also provide remarks and share updates on policies and programs that support Kentucky's recovery community.

If you would like to attend or participate as a vendor, please email Beth.Fisher@ky.gov for additional details or to reserve a space.

About Recovery Month

National Recovery Month (Recovery Month), which started in 1989, is a national observance held every September 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 learn more or view, [visit the Substance Abuse and Mental Health Services Administration website](#).

What Can You Do?

Recovery Month is for everyone! A great way to participate is by carrying naloxone and being prepared to prevent overdoses in your community. Many health plans cover naloxone, which can be obtained at many pharmacies around the state without a prescription. The overdose-reversing medication is covered for all Kentucky Medicaid members with no co-pay. To learn more or find a location to obtain naloxone, visit Kentucky's treatment locator [Find Help Now](#). For more stories from Kentucky's recovery community, visit [UNSHAME Kentucky](#).

- California Bridge on demand learning. MDs, DOs, PAs, and NPs can earn CME through the [Bridge Academy](#), our free learning management system, which can be applied to the one-time DEA license renewal requirements. Nurses can use the [Bridge Academy](#) to watch trainings and earn CE Contact Hours. Visit: <https://bridgetotreatment.org/trainings/on-demand/>
- **Patient Safety & Quality Healthcare (PSQH) Podcast.** [PSQH: The Podcast Episode 103 – Supporting Nurses with Substance Abuse Disorders](#) Listen to The Podcast and hear from **Deborah Koivula, RN, BSN, CARN** the Outreach Coordinator for Statewide Peer Assistance for Nurses in New York. Learn how employers can support nurses and create a culture of openness, compassion, and awareness around SUD.
- **KY-OPEN Overdose Prevention Education Network**
Visit the website and view teleconferences to hear from clinical experts and community participants about OUD while earning free continuing education credits. Visit the website to learn more: <https://kyopen.uky.edu/>
- **MAT Training:**
Educational offerings to meet the new DEA educational requirement on SUD/OUT
CME Courses: AMA Ed Hub link: <https://edhub.ama-assn.org/course/302>
Providers Clinical Support System (PCSS) link: <https://pcssnow.org/education-training/sud-core-curriculum/>
American Society of Addiction Medicine (ASAM) link: [ASAM eLearning: The ASAM Treatment of Opioid Use Disorder Course](#)
- **Striking a Balance: Understanding Pain and Opioids-** This FREE 2.5-hour, online course is designed to meet the FDA's Opioid Analgesic REMS and will cover the latest science and best practices surrounding the prescription of opioids for pain. To register, follow this link to ASAM eLearning: [ASAM eLearning: Striking a Balance: Understanding Pain and Opioids 2024](#)
- UNSHAME KY September & October Webinar Registration NOW OPEN!

UNSHAME

KY

REGISTER HERE:

tinyurl.com/UNSHAMEKYWebinar0924

WEBINAR

Adverse Childhood Experiences and Opioid Use Disorder

THURSDAY, SEPT 26
12PM CT/1PM ET

In this month's webinar, we will:

- Gain understanding of ACEs and their long-term effects on mental and physical health, including increased vulnerability to OUD.
- Learn to recognize the signs of trauma in individuals with OUD and the importance of trauma-informed care in addiction treatment.
- Access information about evidence-based practices and policies to address the impact of ACEs on OUD.

ASL interpretation provided.



@UNSHAMEKY
www.unshameky.org

FEATURING PANELISTS



Hannah Edelen
Director of Policy and
Strategic Initiatives,
Kentucky Youth Advocates

Miriam Silman

Executive Advisor,
DBHDD Cabinet for Health
& Family Services



WITH MODERATOR



Sophie Drye
Recovery Coach,
Voices of Hope

IN PARTNERSHIP WITH:



UNSHAME

KY

REGISTER HERE:

tinyurl.com/UNSHAMEKYOct24Webinar

WEBINAR

Pathways to Treatment: Overcoming Insurance & Testing Barriers and Exploring the Intersection of Harm Reduction

**THURSDAY, OCT 24
12PM CT/1PM ET**

In this month's webinar, we will:

- Increase understanding of the complex landscape of insurance coverage and drug testing requirements.
- Receive tools to rethink protocols and explore low-barrier alternatives to increase access.
- Gain knowledge on the intersection of harm reduction and addiction treatment, and how these approaches can be integrated to improve outcome.

ASL interpretation provided.



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www.unshameky.org

FEATURING PANELISTS



Darrin Williams
Founder and ED,
Omni Resource Service

Gene Detharage

Economic Development
Specialist, Bluegrass Area
Development District



Tara Hyde
CEO,
People Advocating Recovery

WITH MODERATOR

Billy O'Bryan

Program Manager,
Young People in Recovery



IN PARTNERSHIP WITH:



FRIDAY
06
SEPTEMBER
2024


MOREHEAD CONFERENCE CENTER
111 E FIRST ST. / MOREHEAD, KY 40351

THE RECOVERY SUMMIT

8:30 AM - 3:00 PM

A day-long conference highlighting pressing issues in substance use disorder prevention, treatment, and recovery targeted toward clinicians, peer support professionals, social workers, CHWs, and others working with those affected by substance use disorder.



AGENDA

8:30 AM - 9:00 AM

Registration and Light Breakfast

9:00 AM - 10:00 AM

Societal Transitions for Justice-Involved Individuals

Savvy Shabazz
Savvy Shabazz Solutions, LLC

Objectives:

1. Outline community comprehensive rehabilitation programs that include mental health support, substance abuse treatment, and educational opportunities.
2. Describe how personal development and self-improvement support long-term behavioral change and societal reintegration.
3. List policies and practices that support the successful reintegration of justice-involved individuals, including anti-discrimination measures and opportunities for civic engagement.

10:00 AM - 11:00 AM

Defining Stimulant Use Disorder within a Harm Reduction Framework

Danielle Anderson, MD
*University of Kentucky HealthCare
Psychiatric & Behavioral Clinic*

Objectives:

1. Describe types of stimulants, effects, chronic use, and complications.
2. Outline national and state trends regarding stimulant use.
3. Describe existing treatment recommendations and emerging practices.

SPEAKERS

KEYNOTE



SAVVY SHABAZZ

Savvy Kareem Abdul Shabazz is a graduate of Jefferson Community and Technical College where he was the first person to earn "The African American Studies Degree" from the college, along with his Associates in Arts. Mr. Shabazz earned Dean's List Honors and the Outstanding Achievement Award. He continued his educational journey at the University of Louisville where he studied Pan African Studies and Social Change. He is also the recipient of the Pan African Studies Scholarship Award while studying at the University. Nationally, Mr. Shabazz is a member and actively involved with Formerly Incarcerated and Convicted People and Families Movement (FICPFM), All of Us or None (President of Louisville chapter), Dream Corp, Just Leadership USA, and inaugurated into the 018 BME Genius Fellowship where he earned a proclamation from Louisville's Mayor proclaiming June 7th to be Savvy Shabazz Day in Louisville, KY. Earning a Citation of Achievement from The House of Representatives of the Commonwealth of Kentucky along with being named to the 2019 class of Community Justice Action Fund Speakers Bureau, 2019 Mass Story Lab Speakers Bureau and 2023 Just Leadership USA Leading with Conviction graduate. Most recently, he was the Program Director with Center for Employment opportunities, where he assists individuals with transitional employment and training opportunities after incarceration. Mr. Shabazz was granted a gubernatorial pardon by Governor Andy Beshear November 12, 2020 for his passion and commitment to improve the nation, the state of Kentucky and its communities. He is now focused solely on the work of his non profit Life Coach Each One Teach One Reentry Fellowship. After being sentenced to a total of 28 years for non-violent drug offenses in McCracken County, Mr. Shabazz is dedicated to standing on "Life Coach Each One Teach One Re Entry Fellowship" which offers awareness and prevention to the 3P's (Prison, Probation and Parole) and prepares individuals to return to their families and communities from incarceration. Now building Savvy Shabazz Solutions, LLC, he is focused on facilitating his life skills training, digital training, post incarceration syndrome presentation and voter engagement and education trainings. He offers consulting and coaching to organizations to better prepare for work with formerly incarcerated people. His podcast is now in its 3rd season and he is leading a statewide campaign to abolish slavery in the commonwealth of Kentucky's constitution.

AGENDA CONT'D

11:00 AM - 11:10 AM

BREAK

11:10 AM - 12:10 PM

Medication-Assisted Treatment (MAT) Update

Scott Seitz, MSN, APRN-BC
Partners' HealthCare, LLC

Objectives:

1. Define Medication-Assisted Treatment.
2. Explain the basic premise of MAT.
3. Review how MAT can be applied in various recovery environments.
4. Identify how Peer Support Specialists can influence success with or without MAT.

12:10 PM - 1:10 PM

Lunch & Networking

1:10 PM - 2:10 PM

What's in a Headshop?

Regan A. Baum, PharmD, BCCCP
*University of Kentucky Department of
Emergency Medicine/College of Pharmacy*

Objectives:

1. Identify various substances available through headshops and online.
2. Describe the clinical effects of these substances.
3. Discuss the availability and legality of these substances.

SPEAKERS CONT'D



Dr. Danielle Anderson received her medical degree from the University of South Carolina. She completed her Family Medicine residency in the University of Kentucky Family Medicine Rural Track at Saint Claire Healthcare in Morehead, Kentucky. She then completed her Addiction Medicine Fellowship in the University of Kentucky Department of Psychiatry where she now works as an Assistant Professor. She is board-certified in both Family Medicine and Addiction Medicine. Dr. Anderson works in the department's SMART clinic, a comprehensive substance use disorders clinic that provides addiction treatment, mental health services, and primary care. Dr. Anderson serves as a co-investigator on several projects investigating medications for the treatment of substance use disorders. Dr. Anderson enjoys educating medical students, residents, and fellows about providing safe, equitable, and stigma-free care for patients suffering from substance use disorders.



Scott Seitz has over 40 years of experience in the healthcare industry. He has been a practitioner for 23 years and has worked with substance use disorder for 16 years. He recently opened his own practice, Partners' HealthCare, where he focuses on primary care and substance use disorder. He has been married to his wife, Kelly, for 36 years, has three children and three in-law children and two grandchildren. In his spare time, he enjoys photography and fishing.

AGENDA CONT'D

2:10 PM – 3:10 PM

Recovery Community Organizations:
All about RCOs!

Lindsay C. Horseman, MSW
*Director of Recovery Services,
Clark County Health Department*

Kaylah Patton, APSS
*Executive Director,
Recovery Rowan County*

Objectives:

1. Define "Recovery Community Organization."
2. List common services provided by RCOs.
3. Outline the ways in which RCOs can complement medical care.

3:10 PM – 3:20 PM

Closing remarks and dismissal

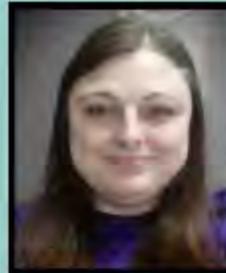
SPEAKERS CONT'D



Originally from Oregon, **Dr. Regan Baum** received her Doctor of Pharmacy degree from the University of Kentucky College Of Pharmacy and subsequently completed a Pharmacy Practice and an Emergency Medicine Specialty Residency at the University of Kentucky HealthCare. Dr. Baum's current responsibilities include providing comprehensive pharmaceutical care to patients in the Emergency Department. She is also active in precepting pharmacy residents, pharmacy students, emergency medicine residents, and interdisciplinary students while on rotation in the Emergency Department. Her areas of interest include toxicology, infectious disease, resuscitation and teaching. Dr. Baum co-coordinates electives in Emergency Medicine, Clinical Toxicology and Community Emergency Response Team (CERT) in the PharmD curriculum and is non-physician teaching faculty for the Department of Emergency Medicine.



Lindsay Horseman is a lifelong resident of Clark County, Kentucky. She graduated Summa Cum Laude from Morehead State University with her Bachelor's degree in 2017 and went on to earn her Master's degree in Social Work from Campbellsville University in August of 2018. She has worked for four years as an Alternative Sentencing Worker for the Department of Public Advocacy in the Richmond Trial Office. She is a person in long term recovery from substance use disorder and celebrated 14 years of abstinence from drugs and alcohol in February. She is married to Cody Angel and they have a blended family of five children.



Kaylah Patton was born and raised in Rowan County and graduated from Rowan County Senior High School. She earned a degree in Business from Maysville Community and Technical College, and considers herself a lifetime learner. She is always seeking additional ways in which she can help to support and advocate for others. Kaylah has been in recovery since 2019, graduated from an Intensive Outpatient Program (IOP) in 2020, and earned her Adult Peer Support Specialist certification in 2023. She has been absolutely honored and humbled to have been chosen as the Executive Director of Recovery Rowan County.

REGISTRATION

REGISTER HERE:



neahec.org/recovery-summit-24-registration

REGISTER AS EXHIBITOR:



neahec.org/rs-exhibitor-24

ACCREDITATION INFORMATION

This activity is intended for physicians, physician assistants, nurses, social workers, clinical alcohol and drug counselors, peer support specialists, and other interested health care professionals. For more information contact Megan Littleton at 606.783.7578 or megan.littleton@st-claire.org

Faculty Disclosure

All planners, speakers, authors, reviewers, and staff members involved with content development for continuing education activities sponsored by the Northeast Kentucky Area Health Education Center are expected to disclose any real or perceived conflict of interest related to the content of the activity. Detailed disclosures will be included in participant materials or given prior to the start of the activity.

Social Work Education

Credit pending.

Continuing Medical Education

Credit pending.

Continuing Nursing Education

Credit pending.

Peer Support

Certificate of Participation will be awarded as evidence for successful completion of this activity.

Kentucky Board of Alcohol and Drug Counselors

Credit pending.

Disability Statement

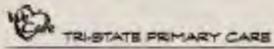
If you require special services for this program, please indicate at the time of registration or call 606-783-7578.

Successful Completion

For successful completion of this continuing education activity, participants must sign appropriate attendance roster, be present for requested time of the program, and complete the online evaluation within 7 days of activity date. A statement of credit will be issued via email within two weeks following completion of all required documentation for programs other than Regularly Scheduled Series (RSS).

Disclaimer

The Northeast Kentucky Area Health Education Center presents these knowledge-based activities for educational purposes only. Participants are expected to use their own expertise and judgment while engaged in the practice of medicine. The content of the presentation is provided solely by presenters who have been selected for presentations because of recognized expertise in their field.



About the Northeast KY Substance Use Response Coalition

In 2017, the Northeast Kentucky Area Health Education Center (NE KY AHEC) began facilitating opioid-focused education for medical providers within northeastern Kentucky. These trainings were much needed because overdose rates within the Coalition's service region were higher than state, Appalachian, and national averages. Because the problem was too large for any one organization to tackle on its own, and as the NE KY AHEC's educational efforts increased, our Coalition was formed.

In 2018, we established the Northeast Kentucky Opioid Crisis Response Network as a part of a one-year, Rural Health Network Development Planning Grant. This group brought together five partners from across the region who had previously not worked together very much, if at all. It didn't take us long to realize the benefits of bringing these entities together. Even outside of the work we were completing for the grant project, these connections turned into other collaborations outside of our Network, which otherwise wouldn't have existed. Thus, in 2019, we were elated to receive a Rural Communities Opioid Response Program-Planning Grant, because this meant our work could continue, but also that we could expand. This project established the Northeast Kentucky Opioid Crisis Response Consortium, and added four new partners, (and two existing from the Network) to the team. Even though these were two "separate" projects, the Network and the Coalition met together, monthly, and worked on both grants. Because of this, we decided to officially combine efforts in early 2019 to form the Northeast Kentucky Opioid Crisis Response Coalition.

Because the name was deemed too specific, in late 2019 it was changed once again to reflect the broader issues within the service region, and the Northeast Kentucky Substance Use Response Coalition as we know it today was born.

Organizing multiple community partners to work together, instead of functioning in silos, allowed for better coordination of services and reduced any duplication of effort. As the Coalition formalized (establishing bylaws and a Governing Board) its impact continued to grow.

To date, the Coalition has been awarded seven federal grant projects, which have brought more than \$5.72 million worth of funding into the service region. More importantly, this funding has enabled the Coalition to facilitate meaningful projects, gather data, and establish much-needed interventions within local communities.

SAVE THE DATE



KENTUCKY OPIOID SYMPOSIUM

LOUISVILLE

OCTOBER 21 & 22

KENTUCKY INTERNATIONAL
CONVENTION CENTER

VISIT [HTTP://AG.KY.GOV/OAAC](http://ag.ky.gov/OAAC)
FOR FURTHER UPDATES

KYO AAC
KENTUCKY OPIOID ABATEMENT ADVISORY COMMISSION

Please consider joining us for the 2nd Annual Kentucky Opioid Symposium, hosted by the Kentucky Opioid Abatement Advisory Commission and our platinum sponsor the Kentucky Association of Health Plans. We are busy finalizing an exciting two days of seminars and networking opportunities. Registration information will be posted as soon as available.

Save the Date for the Kentucky ACHE Educational Event: Bridging Collaboration and Successful Opioid Solutions

Join the Kentucky Chapter of the American College of Healthcare Executives (ACHE) educational event on Bridging Collaboration and Successful Opioid Solutions on November 13 from 3:00-4:30 p.m. (CT) in Bowling Green. *More details to come.*

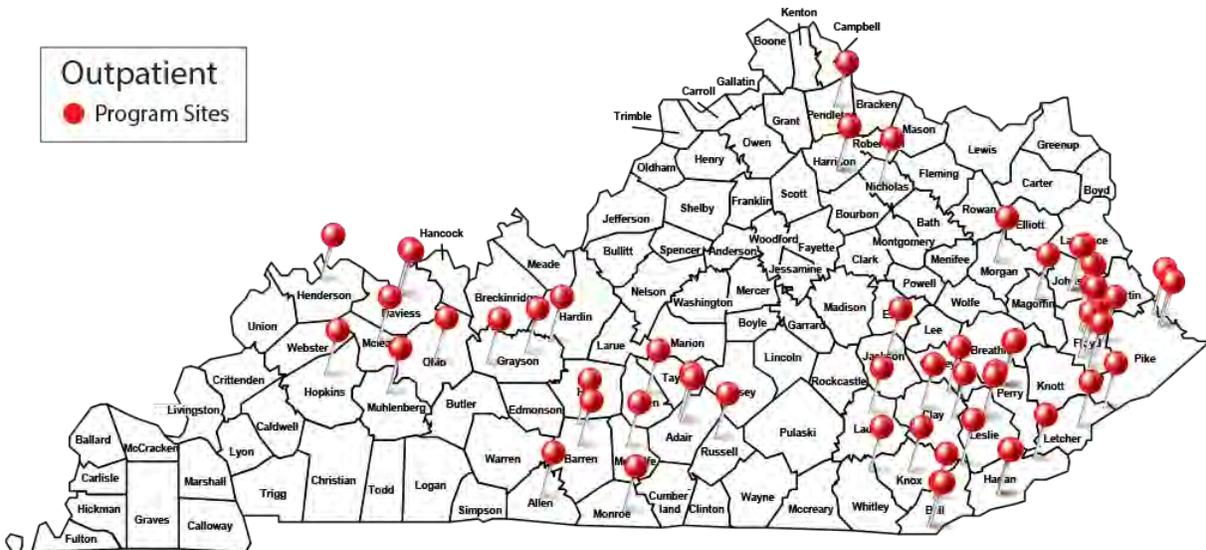
In the News

- Funding for Recovery Equity and Expansion (FREE II)
Proposals are being requested by The Foundation for a Healthy Kentucky in partnership with the Kentucky Opioid Response Effort (KORE) from nonprofit organizations. Grants totaling \$50,000 each will be awarded. FREE II aims to expand services and programming, reduce stigma for substance use recovery and mental health for minorities and Kentucky's black, indigenous, and other people of color (BIPOC) population. Nonprofit organizations offering these programs are encouraged to apply. For details and the application: [Details and Application](#)
- The results of a cohort study published recently in JAMA Network, compared the safety of using Buprenorphine in combination with Naloxone during the first trimester of pregnancy vs. Buprenorphine alone. To access the complete study, a subscription may be required, but the abstract can be read here: [Comparative Safety of In Utero Exposure to Buprenorphine Combined With Naloxone vs Buprenorphine Alone | Substance Use and Addiction Medicine | JAMA | JAMA Network](#)
- The FDA has accepted Vertex Pharmaceutical Incorporated's New Drug Application (NDA) for Suzetrigine, the investigational, non-opioid pain signal inhibitor for the treatment of acute pain. To read the complete news release for more information: [Vertex Announces FDA Acceptance of New Drug Application for Suzetrigine for the Treatment of Moderate-to-Severe Acute Pain - Be part of the knowledge - ReachMD](#)

Data Update

KY SOS continues to encourage all facilities to submit their monthly data into KY Quality Counts (KQC). Please continue to report **monthly** data on both the process and outcomes measures. Education and the future of the program are based in part on the data reported. Areas of improvement and areas of success will be highlighted and emphasized as KY SOS continues. If you need assistance with data input or navigation of the KQC data collection system, please contact **Shafrin Choudhury**: schoudhury@kyha.com.

KY Quality Counts – for all your quality data reporting: <https://www.khaqualitydata.org>



Primary Care Clinic Outpatient Program

KY SOS now has 3 branches: Inpatient, Outpatient and ED Bridge program. The Cabinet for Health and Family Services approached KHA to expand its bandwidth and provide education and guidance in opioid stewardship to hospital owned primary care clinics. The suggested program, called Six Building Blocks (6BB), was created by a physician-led multidisciplinary team from the University of Washington Department of Family Medicine and the Kaiser Permanente Washington Health Research Institute. The 6BB Program is a team-based approach to improving opioid management in primary care. In its entirety, the 6BB Program is a 9-to-12-month commitment for primary care clinics. This program is a “clinic redesign” with goals to improve safety and consistency in accordance with evidence-based clinical practice guidelines when treating chronic pain patients on long-term opioid therapy. Information about the 6BB Program can be found on the website: <https://familymedicine.uw.edu/improvingopioidcare/>.

The Six Building Blocks are as follows:

1. Leadership and Consensus-Demonstrate leadership support and build organization-wide consensus to prioritize more selective and cautious opioid prescribing. Solicit and respond to feedback.
2. Policies, Patient Agreements and Workflows-Revise, align, and implement clinic policies, patient agreements, and workflows for health care team members to improve opioid prescribing and care of patients with chronic pain.
3. Tracking and Monitoring Patient Care-Implement proactive population management before, during, and between clinic visits of all patients on long-term opioid therapy. Develop tracking systems, track patient care.
4. Planned, Patient-Centered Visits-Prepare and plan for the clinic visits of all patients on long-term opioid therapy. Support patient-centered, empathetic communication for care of patients

on long-term opioid therapy. Develop, train staff, and implement workflows and tools; develop patient outreach and education.

5. Caring for Patients with Complex Needs-Develop policies and resources to ensure that patients who develop opioid use disorder (OUD) and/or who need mental/behavioral health resources are identified and provided with appropriate care, either in the primary care setting or by outside referral. Implement assessment tools; identify and connect to resources for complex patients.

6. Measuring Success-Identify milestones and monitor progress. Measure success and continue improving with experience.

Appalachian Regional Healthcare (ARH) was the first health system in Kentucky to implement this important program. As the pilot health system, the 6BB program has been implemented into all ARH clinics. Thank you to ARH for piloting this 6BB program! The goal for this 6BB Program is to be implemented across the state. Clinics are currently being recruited to implement outpatient work. In addition to ARH, TJ Regional Health has implemented the 6BB program into their primary care clinics. AdventHealth Manchester and Owensboro Health Medical Group are currently implementing the program. KY SOS is pleased to announce that Harrison Memorial Hospital has joined the Outpatient Primary Care program, for hospital-owned primary care clinics.

Thank you to ARH, TJ Regional Health, AdventHealth Manchester, Owensboro Health Medical Group and Harrison Memorial Hospital for your commitment to safe, consistent, and patient-centered opioid management throughout your primary care clinics.

Ongoing recruitment and education for this program is a priority of the KY SOS program. Reducing opioid overprescribing while improving safer opioid use in outpatient primary care clinics in Kentucky continues to be the KY SOS mainstay and goal. If your facility has interest in learning more about the 6BB program and implementing, contact Emily Henderson (ehenderson@kyha.com), Shanna Jagers (sjagers@kyha.com) or Marilyn Connors (mconnors@kyha.com) for more information about the KY SOS 6BB program implementation.

Recovery from Opioid Use Disorder is Possible: In Support of National Recovery Month

Shanna Jagers, PharmD

September is National Recovery Month. Started in 1989, National Recovery Month aims to support and bring attention to the recovery community, as well as the importance of evidence-based treatment and recovery practices. National Recovery Month also focuses on increasing public awareness surrounding mental health and substance use disorder recovery, including Opioid Use Disorder (OUD).

OUD remains a prevalent health crisis in Kentucky, and across the United States. As of 2022, approximately 6 million Americans have OUD.

OUD, also known as opioid addiction, is defined as a problematic pattern of opioid use that causes significant impairment or distress (CDC). Often OUD is accompanied by, or a result of, trauma or mental health conditions. However, opioid addiction can happen to anyone. It is not a character flaw or moral failing. It is a chronic medical condition.

In support of the goals of National Recovery Month, it is important to note that recovery from OUD is possible. Safe, evidence-based, and effective treatment for OUD is available. This may include:

- MOUD (Medications for Opioid Use Disorder): research shows that combining behavioral therapy with medication is the most effective approach for overcoming opioid addiction
- Cognitive behavioral therapy
- Outpatient counseling
- Inpatient treatment

Treatment for OUD is individualized, there is no “one size fits all” option. With the correct treatment, or combination of treatments, recovery is often achieved. In addition to medication and clinical treatment, recovery pathways may include faith-based approaches, peer and family support, individual or family counseling, harm reduction measures, and treatment of coexisting mental health conditions. Successful recovery takes into account the person’s strengths, coping abilities, values and resources. It addresses the whole person and is more than just managing the symptoms of OUD. For many individuals, recovery is a long-term process, requiring ongoing treatment and support.

The Substance Abuse and Mental Health Services Administration (SAMHSA) defines recovery as a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential. SAMHSA has also established four dimensions of recovery, foundational concepts that are vital to successful recovery.

- Health: Overcoming or managing one’s disease or symptoms
- Home: Having a stable and safe place to live
- Purpose: Conducting meaningful daily activities and the ability to participate in society
- Community: Relationships and social networks that provide friendship, love, support and hope.

Despite the availability of effective treatment for OUD, only about 1 in 4 individuals with OUD receive the treatment they need. Therefore, support for OUD treatment and recovery services is essential to overcoming the opioid crisis.

KY SOS is committed to raising awareness of Opioid Use Disorder and the importance of access to treatment and recovery. The Outpatient Opioid Stewardship program assists primary care clinics in engaging in evidence-based strategies for opioid prescribing for patients with chronic pain. This includes focusing on the importance of screening for OUD and developing procedures

to help patients access treatment. The ED Bridge program provides a pathway to connect patients presenting with overdose or OUD to treatment and recovery services in their communities.

For more information on treatment and recovery services, please visit:

<https://findhelpnow.org/ky>

<https://findtreatment.gov/>

<https://findrecoveryhousingnowky.org/>

<https://www.shatterproof.org/>

<https://findnaloxone.ky.gov>

Resources:

<https://www.shatterproof.org/>

<https://www.cdc.gov/stop-overdose/stigma-reduction/understanding-addiction.html>

<https://www.samhsa.gov/recovery-month>

<https://my.clevelandclinic.org/health/diseases/24257-opioid-use-disorder-oud#outlook-prognosis>

<https://unshameky.org/pages/what-is-oud-1>

With the addition of an ED Bridge Program, these hospitals will help patients find treatment and recovery, thus saving lives in Kentucky communities. This is important work, and we are thankful for these hospitals pledging their support to help fight the state's opioid epidemic.

Please contact Emily Henderson (ehenderson@kyha.com), Mary Beth Ecken (mecken@kyha.com) or Melanie Landrum (mlandrum@kyha.com) if you have questions about the ED Bridge program. KY SOS is looking forward to working together to grow the ED Bridge Program across Kentucky.

Scholarship Opportunity for Peer Support Specialists

Peer Support Specialists (PSS) working in KY are encouraged to explore this scholarship opportunity. KY SOS received this information from our state partner, KORE. Please share with your PSS. The scholarship award is for \$5000, and the application will close on September 4, 2024 at 5 pm!

Please see specifics about the scholarship by clicking on the link provided:
<https://voicesofhopelex.org/what-we-do/afbscholarship/>

Peer Support Specialist (PSS) Office Hours for KY SOS ED Bridge Programs

WHO:

PSS in KY SOS ED Bridge Programs throughout the state

WHAT:

Virtual meeting for PSS to gather to discuss their role and experiences

WHEN:

September 25, 2024

11 am ET

WHY:

To learn and grow with other PSS to improve patient care

DBHDID-TRIS

A new resource is now available from the Department for Behavioral Health, Developmental and Intellectual Disabilities- Training Records Information System (DBHDID-TRIS). This resource

assists peer support specialists and targeted case managers with training, certification, and recertification. A compliance search page is also available through this resource to allow for checking of the certification status of peer support specialists. For the web-based resource, please visit: <https://tris.dbhdid.ky.gov/>.

KY SOS Community Highlights

Be sure to send your area events/activities/program information you wish to share, and the KY SOS program will be happy to spread the word across the state. The following opportunities have been shared with KY SOS.

Employment Opportunity with Owensboro Health Twin Lakes (Leitchfield KY), link below.
Clinical Pharmacist in Leitchfield, KY - Owensboro Career Site:
<https://owensboro-health-careers.hctsportals.com/jobs/1839735-clinical-pharmacist>



at the
Lexington
Clarion
Hotel

**SAVE
THE
DATE**

THE INAUGURAL VOICES OF HOPE PEER CONFERENCE

**OCTOBER
2 & 3,
2024**



**TRANSFORM
YOUR TOOLBOX**
FOR PEER SUPPORT
SPECIALISTS, PEER
NAVIGATORS, AND
RECOVERY COACHES

FREE!
Registration
opens
August 15

Earn up to 10 CE hours for APSS
Training topics include:
Motivational Interviewing
Compassion Fatigue and Grief
All Pathways of Recovery
and MORE!

August
2024

Purchase District Health Department
**HARM
REDUCTION HUB**

916 Kentucky Ave, Paducah, KY 42003

Office: (270) 444-9625 EXT. 175;

Cell: (270) 559-4800

Walk-in Hours*:

Monday and Wednesday 9:00 AM- 3:00 PM CST

Fri 8:00AM-10:30 AM CST

Fri 10:30 AM- 3:00 PM CST (by appt. only)

*Hours are subject to change

Harm Reduction Hub Services at Paducah Location:

Connection to Care

Referrals to Services/treatment

Peer Support Services

Telehealth Services

Safer injection kits (No syringe)

**Services offered at ALL Purchase District Health
Department Centers:**

Narcan and Fentanyl Test Strips (Training and Distribution)

Deterra Drug Disposal Kits

Wound Care Kits

Basic Hygiene Kits

Safer Sex Supplies

Sharps Containers

HIV/HCV Testing



Shared by the Purchase District Health Department

Did You Know...?

KY SOS Advisory Committee members will come to your facility or schedule a zoom meeting for technical assistance. This opportunity allows your staff to get specific education on opioid best practices. If you have specific questions, reach out to KHA/KY SOS staff and you will be connected with the appropriate KY SOS Advisory Committee member.

Resources

Substance Abuse and Mental Health Services Administration (SAMHSA) Resources

TAKE ACTION

Use these tips to talk with your child:

- Plan to have many short talks;
- Choose informal times to have the conversations, such as in the car or during dinner;
- Continue talking as they get older;
- Clearly state what you expect regarding drug use;
- Create family rules together, such as expectations when hanging out with friends; and
- Let them know you are always there for them.

Exit Plan
Talk to your children about having an "exit plan" if they are offered prescription pain relievers that are not theirs. Peer pressure can be powerful among youths, and having a plan to avoid drug misuse can help children make smart choices. Talk with your children about what they would do if faced with a decision about drugs, such as texting a code word to a family member. Be sure to practice the exit plan in a safe environment.

Safe Storage and Disposal
It is important to properly store and dispose of medication. For more information about how to safely store or dispose of your family's medicine, read *Safe Storage of Prescription Medications⁹* or *Disposal of Unused Medicines: What You Should Know¹⁰*.

⁹ Safe Storage of Prescription Medications (<https://bit.ly/2Hwvy2k>)
¹⁰ Disposal of Unused Medicines: What You Should Know (<https://bit.ly/2luz8L1>)

TALKING WITH YOUR CHILD ABOUT OPIOIDS:

Keeping Your Kids Safe



i talk
they hear you[®]
www.underagedrinking.samhsa.gov

SAMHSA
Substance Abuse and Mental Health
Services Administration
SMA-18-5063

i talk
they hear you[®]



OPIOIDS CAN BE PRESCRIBED FOR PAIN

Opioids are a group of drugs that includes prescription pain medications and illegal drugs like heroin. The most common pain medications involved in prescription opioid overdoses include drugs such as oxycodone, hydrocodone, codeine, and morphine.¹

After marijuana and alcohol, prescription drugs are the most commonly misused substances by Americans age 14 and older.² Misuse can be described as taking someone else's medicine, taking a medicine in a way other than prescribed, taking a medicine to get high, and/or mixing medicine with other substances.

Start talking to your children early to ensure they understand what opioids are and the risks of misusing prescription medication.



PRESCRIPTION OPIOID MISUSE

Children who take opioid pain medication that is not prescribed to them—even just one time—can suffer serious illness or death.

Between 2004 and 2005, about 71,000 children under age 18 went to emergency rooms because they took medicines while their parent or

¹ National Institute on Drug Abuse. "Opioids." NIDA.

² NIDA for Teens. "Prescription Drugs." (March 1, 2017). Retrieved from teens.

caregiver wasn't looking.³ Taking prescription pain medications can have serious consequences, including:^{4,5}

- Allergic reactions;
- Breathing problems;
- Coma;
- Permanent brain damage; and/or
- Death.



JUST BECAUSE IT WAS PRESCRIBED, DOESN'T MEAN IT CAN'T BE HARMFUL

It is unsafe and illegal to take someone else's prescription medication, even if the drug was prescribed to someone your child knows. Doctors prescribe different dosages based on a person's size and age, and taking the wrong strength can be deadly. Studies show that 53 percent of people ages 12 or older obtained prescription pain medication for nonmedical use from a friend or relative.⁶

Talk to your children about the dangers of taking prescription pain relievers that don't belong to them.

³ Schille, S. F., Shehab, N., Thomas, K. E., Budnitz, D.S. (2009). Medication overdoses leading to emergency department visits among children. *Am J Prev Med*, 37:181-187.

⁴ National Institute on Drug Abuse. (2016). Misuse of prescription drugs: Is it safe to use opioid drugs with other medications?

⁵ National Institute on Drug Abuse. (2017). Drug facts: Prescription pain medications (Opioids). NIDA for Teens.

⁶ Substance Abuse and Mental Health Services Administration. (2016). Key substance use and mental health indicators in the United States: Results from the 2017 National Survey on Drug Use and Health (HHS Publication No. SMA 16-5086, NSDUH Series H-505). Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration.



ARE PRESCRIPTION PAIN MEDICATIONS ADDICTING?

Parents should also talk with their children about how addiction is a disease and misusing medications can have major, life-threatening consequences.

In 2017, an estimated 2.1 million people ages 12 or older had an opioid use disorder.⁷ Prescription opioids—when used long term or incorrectly—can cause the brain to become reliant on the drug, and can be extremely addictive.

In some cases, your doctor may prescribe an opioid to your child for things like surgery or a broken bone. Talk to your doctor and your children about the risks of prescription pain relievers prescribed to them.

Research suggests that one of the most important factors when a child is growing up is a strong, open relationship with a parent.⁸ Though it may not seem like it, children really hear your concerns, and it's important that you discuss the risks of using pain medications with them.

⁷ Substance Abuse and Mental Health Services Administration. (2018). Key substance use and mental health indicators in the United States: Results from the 2017 National Survey on Drug Use and Health (HHS Publication No. SMA 18-5086, NSDUH Series H-505). Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration.

⁸ National Scientific Council on the Developing Child. (2004). Young children develop in an environment of relationships. Working Paper No. 1.



Why Small Conversations Make a Big Impression

Short, frequent discussions can have a positive impact on your child's decisions about alcohol and other drug use.



Talking with your child about the risks and dangers of underage drinking and other drug use at an early age is the first step toward keeping them substance-free. But as they enter middle school and

high school, the pressure to try alcohol and other drugs increases. It's important to continue these conversations throughout the middle school, high school, and young adult years. The lessons they learn early on will influence the decisions they make about substance use in adulthood.

Ongoing conversations build an open, trusting relationship with your child.

Kids are more likely to avoid drinking alcohol and using other drugs when they have a strong, trusting relationship with their parents or caregivers. Get into the habit of chatting with your child every day. It will make it easier to have

serious conversations about underage drinking and other drug use and will encourage them to come to you for advice.

Lots of little talks are more effective than one “big talk.”



Sitting down for the “big talk” about alcohol and other drugs can be intimidating for both you and your child. Try using everyday opportunities to talk with them—in the car, on the bus or subway, during dinner, or while watching TV or playing video games. Having many little talks takes the pressure off trying to get all the information out in one lengthy discussion, and they will be less likely to tune you out.

Make your views and rules clear.

Take the time to discuss your beliefs and expectations about underage drinking and other drug use with your child. Review the risks and dangers of drinking alcohol and using other drugs so you're prepared to answer any of their questions. Be honest and express a clear, consistent message that all substance use is unacceptable. When they feel that you're being real and honest with them, they'll be more likely to respect your rules.

As kids get older, the conversation changes.

What you say to a 9-year-old about alcohol and other drugs is different from what you say to a 15-year-old. Make sure the information you share with your child is age-appropriate. As they get older, you can give them more information and reinforce your rules and expectations. As they become a young adult, shift the conversation based on their level of understanding about the consequences and long-term effects of alcohol and other drug use.

Remember that the conversation goes both ways.



Although sharing your thoughts about underage drinking and other drug use is essential, it's also important to hear your child's point of view. Give them the opportunity to ask questions, and listen to what they have to say. Kids with parents and caregivers who listen to their feelings and concerns are more likely to say "no" to alcohol and other drugs.

What you do is just as important as what you say.

In addition to talking with your child about these issues, it's also important to set a good example. If you choose to drink alcohol around them, be sure to do so in moderation and avoid driving or getting in a car if the driver has been drinking or using other drugs. Know where you keep all of your alcohol and prescription medication, and always remind them that these substances are off-limits.



Use Screen4Success if you think your child needs more support.

Having frequent conversations with kids about the risks and dangers of underage drinking and other drug use can help keep them safe. But how do you know if your child needs more support, and where do you go to find it? Screen4Success will help you better understand your child's health, wellness, and wellbeing and find resources to help address their needs.

HELPFUL RESOURCES



Use and share Screen4Success.



Download and use "Talk. They Hear You." mobile app.



Subscribe and listen to the "What Parents Are Saying" podcast.



Download and order "Talk. They Hear You." materials online from SAMHSA Store.



Download and read other SAMHSA underage drinking prevention and reduction materials.



Download and read full "Tips for Teens" fact sheet series.



"TALK. THEY HEAR YOU."TM
CAMPAIGN



What You Can Do to Prevent Your Child From Drinking Alcohol or Using Other Drugs

Be aware of potential risk factors, including:

- Significant life transitions, such as graduating from middle or high school or getting a driver's license;
- A history of social and emotional problems;
- Depression, anxiety disorders, or other mental health issues;
- A family history of alcohol or other substance use disorders; and
- Hanging out with friends or peers who drink alcohol or use other drugs.

Be a positive role model.



- Don't drink alcohol or use other drugs and drive, and don't get in a car if the driver has been drinking or using other drugs.
- Don't use prescription medication that wasn't prescribed by your doctor. And don't misuse medication that was prescribed to you.
- Get help if you think you have an alcohol- or other drug use-related problem.
- Don't give alcohol or other drugs to your child or their friends and peers. Explain that underage drinking and other drug use are never acceptable inside or outside your home.
- Know where you keep all of your alcohol and prescription medication, and always remind your child and their friends and peers that these substances are off-limits.

Work with schools and communities to ensure that they:

- Support and reward young people's decisions not to drink alcohol and use other drugs;
- Identify and intervene with kids who are engaged in alcohol and other drug use;
- Create, enforce, and promote rules that prevent underage drinking and other drug use; and
- Develop acceptable behavior agreements that are established, well-known, and applied consistently.

Provide support and give space for growth.

- Be involved in your child's life. Go to their school events and extracurricular activities, ask about their day, follow through on your commitments to them, and set aside time to do things together.
- Stay actively engaged in their social media activity. Talk with them about the differences between appropriate and inappropriate content and emphasize that what gets posted online can be there forever.
- Encourage their independence while establishing appropriate limits.
- Make it easy for them to share information about their life by actively listening and asking open-ended questions.
- Know where they are, what they're doing, and whom they're spending time with.



talktheyhearyou.samhsa.gov

- Meet and get to know the parents or caregivers of their friends and peers. Share your rules about not allowing underage drinking or other drug use.
- Find ways for them to be involved in family life, such as participating in fun family activities and events, helping with house projects or weekly meal planning, doing chores, or volunteering together in the community.
- Tell them to never drink alcohol or use other drugs and drive or get in a car driven by someone who has been drinking or using other drugs.
- Help them find services and support if you're worried that they're using substances.
- Create and sign a family agreement form where you agree to help keep them substance-free and they agree to not drink alcohol or use other drugs.
- Learn more about the risks and dangers of underage drinking and other drug use by visiting talktheyhearyou.samhsa.gov and using #TalkTheyHearYou on social media. Share and discuss this information with them.



Set clear rules and expectations.

- Brainstorm with your child about ways they can have fun without drinking alcohol or using other drugs.
- Encourage them to avoid parties and other gatherings where alcohol or other drugs are present. And don't allow underage drinking or other drug use at get-togethers in your home.

Use Screen4Success.

Talking with kids early and often about the risks and dangers of underage drinking and other drug use can help keep them safe. But how do you know if your child needs more support, and where do you go to find it? Screen4Success will help you better understand your child's health, wellness, and wellbeing and find resources to help address their needs.

HELPFUL RESOURCES



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Download and read full "Tips for Teens" fact sheet series.



Download and read other SAMHSA under-age drinking prevention and reduction materials.



Mental Wellness Resource Guide

The Department for Behavioral Health, Developmental and Intellectual Disabilities has created a resource guide to promote mental wellness. This resource is rich in information to increase knowledge concerning mental health and skill building to improve mental wellness. Since June is Men's Health Month, this resource is packed full of helpful information for men. Please follow the provided link to access mental health resources applicable to everyone:

<https://kyprevention.getbynder.com/m/5d195b9ea830ab6/original/Men-s-Health-Month-2024.pdf>

You can access additional Mental Health Promotion and Suicide Prevention resources at:
<https://bit.ly/44bNJOu>

Kentucky Access to Recovery (KATR)

Kentucky Access to Recovery (KATR) launched an updated webpage earlier this month at:
<https://fahe.org/kentucky-access-to-recovery/>.

KATR (Kentucky Access to Recovery) is a KORE funded program offering recovery support services for people with OUD and/or StimUD. Applicants must be referred by an agency or case worker working with the client, who meets criteria:

- A resident of one of these counties: Jefferson, Oldham, Shelby, Spencer, Bullitt, Henry, Campbell, Letcher, Pike, Knott, Perry, Harlan, Wolfe, Lee, Owsley, Floyd, Boone, Kenton, Grant, Gallatin, Henry, Floyd, Pendleton, Carroll, Madison, Estill, Clark, Powell, Bourbon, Scott, Harrison, Robertson, Nicholas, Montgomery, Bath, and Menifee
- A first-time participant in the KATR program;
- In treatment (or completed treatment within the past one (1) year) for Opioid Use Disorder, Stimulant Use Disorder, or history of overdose from Opioid use;
- Low income (i.e., **200% below the Federal Poverty Level**); and
- In need of recovery support that will enhance their likelihood of staying in recovery. A need for KATR support services alone is not sufficient. KATR services **MUST** be tied to the individual's recovery plan which the client is working on with a recovery case manager at a referring agency. The support services must be necessary to keep the client on his/her recovery journey.
- Priority will be given to individuals who meet the above criteria and are: 1) justice-involved, 2) a veteran, or 3) pregnant individuals with child(ren) under 18 living in the home.
- Priority services are housing, transportation, and employment.

Never Use Alone

A lifesaving resource is available to people who use drugs while alone. If you have patients or know individuals that use drugs while alone, please encourage them to call **800-484-3731** or visit the website: <https://neverusealone.com/main/>. This nationwide overdose prevention, detection, crisis response and reversal lifeline provide a NO Judgement, NO Stigma, Just Love approach by an all-volunteer peer-run call center. Operators are available 24 hours a day, 7 days a week, 365 days a year.

The Kentucky Naloxone Copay Program

The Kentucky Naloxone Copay Program, funded by Substance Abuse and Mental Health Services Administration (SAMHSA), increases access to naloxone for all individuals in communities across KY. The copay program works by reducing the out-of-pocket expense for naloxone products. OTC Narcan is now included in the program. For complete details on the Kentucky Naloxone Copay Program, please

visit:<https://www.kphanet.org/copay#:~:text=For%20Naloxone%20Prescriptions%3F->

[,How%20Much%20Does%20The%20Kentucky%20Naloxone%20Copay%20Program%20Pay%20For,their%20third%20party%20prescription%20coverage](#)

Additional Resources on the KY SOS Website

- Find Help Now KY is a website used to assist individuals in the community find an addiction treatment facility. For more information, visit the website at www.findhelpnowky.org
- Find Recovery Housing Now KY is a real-time SUD recovery network to help individuals in recovery locate housing. This website links individuals in recovery to safe, quality, and available housing in Kentucky. For more information, visit the website at: <https://www.findrecoveryhousingnowky.org/>
- Kentucky Opioid Response Effort (KORE) has funded access to treatment and recovery for individuals who have functional hearing loss and need effective communication. The guidelines can be found on the KY SOS website or click the link to be directed: <http://www.kentuckysos.com/Portals/2/Documents/KOREGuidelinesDeafHardofHearingAccessdoc.pdf>
- Kentucky Recovery Housing Network (KRHN) is the state resource for recovery residence providers. Please visit: <https://chfs.ky.gov/agencies/dbhddid/Pages/krhn.aspx>
- The National Suicide Prevention Lifeline is now: 988 Suicide and Crisis Lifeline. Please visit: [Lifeline \(988lifeline.org\)](http://Lifeline.org)
- Find Naloxone Now KY is a statewide naloxone access portal and locator map that connects Kentuckians to 136 locations where naloxone is available locally and free of charge. For locations near you, visit the website at: [Find Naloxone Now KY](#)
- Addictionary: <https://www.recoveryanswers.org/addiction-ary/>

All other KY SOS resources can be found at <http://www.kentuckysos.com/Resources>

For more information, please visit: www.kentuckysos.com

To contact a KY SOS staff member:

Melanie Landrum for data-related questions – mlandrum@kyha.com

Emily Henderson for ED Bridge, outpatient, inpatient, and program related questions– ehenderson@kyha.com

Mary Beth Ecken for ED Bridge questions- mecken@kyha.com

Shanna Jagers for outpatient primary care clinic questions- sjagers@kyha.com

Marilyn Connors for outpatient primary care clinic questions- mconnors@kyha.com

Stacy Allen for inpatient pharmacy related questions – sallen@kyha.com

Missed a webinar or newsletter? All presentations are recorded, and newsletters filed at: www.kentuckysos.com

[Resources \(kentuckysos.com\)](http://kentuckysos.com)

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