

THE EFFI BARRY TRAINING INSTITUTE

Ryan White Case Management Training:

***“Engaging and Retaining Clients in Mental Health and
Substance Use Treatment During COVID-19”***

July 23, 2020

HealthHIV DC | HEALTH



This program is funded wholly, or in part, by the Government of the District of Columbia, Department of Health, HIV/AIDS, Hepatitis, STI and TB Administration (HAHSTA).

Agenda

DC | HEALTH

GOVERNMENT OF THE
DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR

HIV/AIDS, HEPATITIS, STD AND TB ADMINISTRATION

VIRTUAL RYAN WHITE COMPREHENSIVE CASE MANAGEMENT MONTHLY TRAINING – JULY 23, 2020

“Engaging and Retaining Clients in Mental Health and Substance Use Treatment During COVID-19”

Agenda

- ✚ Welcome & Introductions – Courtney Parson & Charles Brown, CMOC Co-Chairs **10:00 am (15 min)**
- ✚ Introduction of Guest Speaker: Ashley Coleman **10:15 – 10:45 am (30 mins)**
Self-guided Meditation: *“Coach with Coco”*
Coach with Coco, Health & Life Coach
- ✚ Mental Health Forum **10:45 – 11:45 am (1 hr)**
Kyla Flanagan, Behavioral Health Coordinator, FMCS
Guided Q & A
- ✚ Substance Use **11:45 am – 12:45 pm (1 hr)**
Mark Robinson, Regional Syringe Service Program Coordinator, FMCS
Stephen Reese, Harm Reduction Coordinator, HAHSTA
- ✚ Evaluation & Closing – Anita Jackson, QA Chair **12:45 – 1 pm (15 min)**



In collaboration with the DC Case Management Operating Committee

HealthHIV DC | HEALTH

THE EFFI BARRY
TRAINING INSTITUTE

Guided Meditation

July 23, 2020

Coach with Coco, Health & Life Coach

HealthHIV DC | **HEALTH**

THE EFFI BARRY
TRAINING INSTITUTE

Behavioral Health Services during COVID-19

July 23, 2020

K Flanagan, LICSW, LCSW-C

HealthHIV DC | **HEALTH**

Goals of the session

- You will walk away being aware of :
 - How behavioral health services are being provided on the ground during COVID-19
 - Recommendations for working with clients with behavioral health needs
 - The above effects on the delivery of HIV care in DC

Mental Illness during COVID-19

- Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety.
- Stress during an infectious disease outbreak can sometimes cause the following:
 - Fear and worry about your own health and the health of your loved ones, your financial situation or job, or loss of support services you rely on.
 - Changes in sleep or eating patterns.
 - Difficulty sleeping or concentrating.
 - Worsening of chronic health problems.
 - Worsening of mental health conditions.
 - Increased use of [tobacco](#), and/or [alcohol and other substances](#).

Substance Use During COVID-19

- SUD individuals are more likely to experience:
 - Limited access to health—will experience even greater barriers to treatment for COVID-19
 - Homelessness, and housing instability--increased risk for disease transmission in homeless shelters is particularly important now
 - Incarceration—prison populations are at great risk for disease transmission during this pandemic
- Self-quarantine and other public health measures may disrupt access to medications and other support services
- For those in recovery, social support is crucial since social isolation is a risk factor for relapse

Environmental Stability & Safety during COVID-19

- The home may not be safe for many families who experience domestic violence, which may include both intimate partners and children.
- Violence in the home has an overall cost to society, leading to potentially adverse physical and mental health outcomes, including a higher risk of:
 - chronic disease
 - substance use
 - Depression
 - post-traumatic stress disorder
 - risky sexual behaviors.

HIV & COVID-19

- Approximately 1.2 million people in the U.S. are living with HIV today. About 14 percent of them (1 in 7) don't know it and need testing
- Approximately 3.9 million people in the U.S. have tested positive for COVID-19. About 1.1 million people in the US have recovered and over 142,000 have succumb to the virus
- Minimizing stigma and misinformation about COVID-19 is very important. People with HIV have experience in dealing with stigma and can be allies in preventing COVID-19 stigma.
- Stigma can negatively affect the emotional, [mental](#), and physical health of stigmatized groups and the communities they live in. Stigmatized individuals may experience isolation, depression, anxiety, or public embarrassment.

Case Management Resources

- [Disaster Distress Helplineexternal icon](#): 1-800-985-5990 (press 2 for Spanish), or text TalkWithUs for English or Hablanos for Spanish to 66746. Spanish speakers from Puerto Rico can text Hablanos to 1-787-339-2663.
- [National Suicide Prevention Lifelineexternal icon](#): 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish, or [Lifeline Crisis Chatexternal icon](#).
- [National Domestic Violence Hotlineexternal icon](#): 1-800-799-7233 or text LOVEIS to 22522
- [National Child Abuse Hotlineexternal icon](#): 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453
- [National Sexual Assault Hotlineexternal icon](#): 1-800-656-HOPE (4673) or [Online Chatexternal icon](#)
- [The Eldercare Locatorexternal icon](#): 1-800-677-1116 [TTY Instructionsexternal icon](#)
- [Veteran's Crisis Lineexternal icon](#): 1-800-273-TALK (8255) or [Crisis Chatexternal icon](#) or text: 8388255
- [SAMHSA's National Helplineexternal icon](#): 1-800-662-HELP (4357) and TTY 1-800-487-4889
- Stronghearts Native Helpline 1-844-762-8483

Resources

- <https://www.drugabuse.gov/drug-topics/comorbidity/covid-19-resources>
- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- <https://www.samhsa.gov/sites/default/files/social-distancing-domestic-violence.pdf>
- <https://www.hiv.gov/hiv-basics/overview/data-and-trends/statistics>
- https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/hiv.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fhiv.html
- <https://coronavirus.jhu.edu/map.html>



Thank you



Breakout Questions

Question #1

What is your organization doing now to address mental health during COVID-19?

Question #2

What is your organization doing now to address substance use disorder during COVID-19?

THE EFFI BARRY TRAINING INSTITUTE

Needle Exchange Programs/Harm Reduction During COVID-19 Pandemic

July 23, 2020

Mark Robinson, Regional SSP
Coordinator, FMCS, Inc.

HealthHIV DC | HEALTH

Learning Objectives

- Discuss how NEX programs are functioning on the ground during COVID-19
- Discuss trends in use of substances and overdose in DC
- Discuss treatment challenges and solutions during this time

NEX Ground level-COVID-19

- Strategic Goal
- Reduce substance-related morbidity and mortality by optimizing services to PWUD's
 - Sterile Syringe Distribution/ Narcan Distribution
 - Hygiene Kit distribution
 - PPE Distribution/ COVID-19 Literacy
 - Used Syringe Clean-up
 - Engage Program participants using Social Distancing

Strategic Priorities

- Meet people where they are
 - Prioritization of highly impacted populations
 - Pairing services with reported Overdose Spike alert data
 - Utilization of street intel/ PWUD's frequent HDTA
 - Participant centered service delivery and low barrier/low threshold services
 - Syringes distributed based on participant needs and preferences
 - Home delivery via call in services/ drop offs with Narcan
 - Program flexibility- outreach moves throughout DC quadrants
 - Non judgmental service approach

Strategic Priorities Con't

- Provide culturally competent and peer run services
 - Indigenous staff who are relatable, credible , with lived experience
 - Knowledge of substances
 - Understands the service landscape
 - Able to address the health literacy of program participants
 - Aware of health risk and respects Pandemic boundaries

Substance Use Trends/Overdose

- Heroin
- Synthetic Opiates
 - Oxycodone
 - Fentanyl
 - K2 laced with Fentanyl

Trends:

- Fentanyl is to Heroin what Crack is to powdered Cocaine
- PWID's are preferring Fentanyl vs Heroin
- Heroin was being cut with Fentanyl

Substance Use Trends/Overdose

- Participants are preferring Fentanyl
 - Program participants report needing Narcan to prevent OD's
 - Fentanyl is the drug of preference in spite of OD risk
 - Fentanyl requires more frequent dosing/not as long lasting but more lethal

COVID-19 has not impacted the supply of drugs to communities which are disproportionately impacted by social determinants

PWUD's often self medicate due to increased trauma, and anxiety/mental illness

Cannot purchase paper products but Opiates are available

Treatment Challenges/Solutions

- COVID-19 has placed hard stops in the SUD treatment matrix
 - Limited to no human contact/intervention
 - Introduction of virtual technology to population without ways and means
 - Complicated telephone matrix without positive results
 - Outdated information listed in resource guides (i.e.) google
 - Unresponsive hotlines
 - Lack of after hour services
 - Overburdens treatment entry criteria

Treatment Challenges/Solutions

- Lack of valid acceptable identification among PWUD's
- Overall desperation vs simplified access to treatment services
- Transportation
- **Solutions:**
 - Treatment systems which meet needs of PWUD's in a comprehensive community based manner/ empathy
 - Equitable access to high quality care/value the patient's life
 - Treatment services free from stigma, judgement and discrimination/ save a live before judging the life
 - Increase treatment service entry points/no wrong door
 - Design treatment continuum to prioritize patient care and communicates to its varied parts/ fluid system of care

THE EFFI BARRY TRAINING INSTITUTE

Drug Trends in DC

July 23, 2020

Stephen Reese, Harm Reduction
Coordinator, DC Health HAHSTA

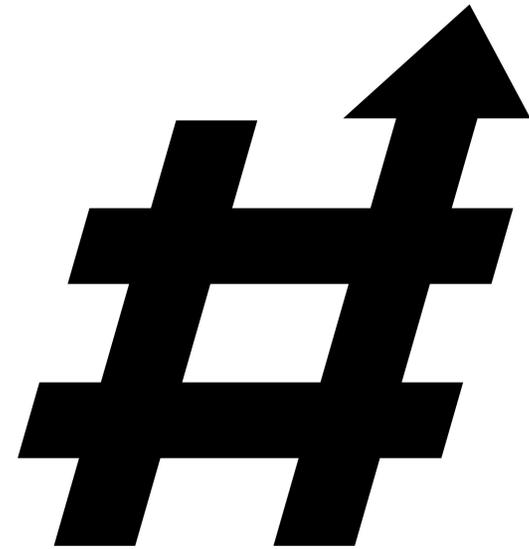
HealthHIV DC | HEALTH

Learning Objectives

- Discuss trends in substance use during COVID-19
- Discuss harm reduction programming during COVID-19
- Discuss changes in Naloxone distribution and MAT programs

Trends in Substance Use

- Synthetics
- Methamphetamines
- Polysubstance use



TRENDS

Synthetics

Fentanyl and Synthetic Opioids

2018: While the overall number of overdose deaths declined during the first nine months of 2018, the percentage of overdoses involving fentanyl **rose sharply — to 81 percent**

Synthetic Marijuana

2019: Through July, there was a **128 percent increase** in K2 overdose cases (3,000 vs. 1,300) in the same stretch of time last year

 Population	Black Men, 50+	 Population	Initially adolescents; shifted to indigent and homeless individuals
 Hot Spots	Wards 2, 5, 6, 7, 8	 Hot Spots	MLK Library, Union Station, Starburst Plaza, Shelters

Methamphetamines

- In a federal study of 31 states and Washington, D.C., deaths related to stimulants — mostly meth — **rose by a third in one year**, with more than 7,500 deaths in 2016.
- Most of the Meth on the streets today is made by Mexican cartels, dubbed "ice," has **a purity often close to 100 percent, much more lethal** than the 50 percent purity of local labs

 Population	Men and Women in mid-thirties; Trans Folks (18 – 24)
 Hotspots	As an emerging trend in DC, hotspots have not yet been identified

Polysubstance Use

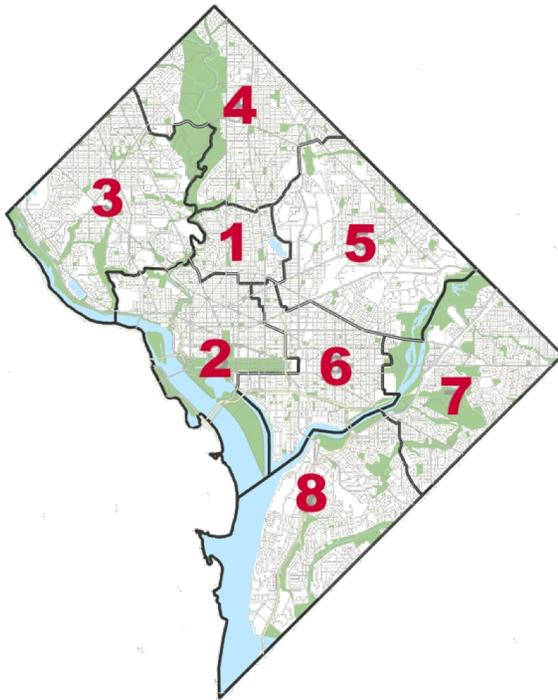
- The increased use of heroin as an initiating opioid, along with the proliferation of the highly potent fentanyl—**either sought out specifically or unknowingly mixed with heroin**—has led to a dramatic increase in overdose fatalities.
- Recent overdose mortality data provide evidence of a relationship between of methamphetamine and opioid use
- Fentanyl is also making its way into cocaine, with deadly results
- Synthetic cannabinoids are **frequently mixed with other drugs**, like cathinones, fentanyl, and even rat poison.



COVID Changes

- 75-100%
Telemedicine
- Longer Rx
- More technology
- Group, virtual meetings
- Telephonic outreach
- Increased flexibility

Available In Every Ward



Ward 1:

- [CVS Pharmacy](#) #1351
1755 Columbia Rd., NW
- [CVS Pharmacy](#) #1355
1900 7TH Street, NW
- [CVS Pharmacy](#) #6419
1000 U Street, NW
- [CVS Pharmacy](#) #2834
3031 14th Street, NW
- [Kalorama Pharmacy](#)
1841 Columbia Road, NW
- [Mary's Center](#)
1707 Kalorama Rd., NW
- [Walgreens](#) #16049
2041 Georgia Avenue., NW

Ward:2

- [Bread for the City](#)
1525 7th Street NW
- [CVS Pharmacy](#) #1347
6-7 Dupont Circle, NW
- [CVS Pharmacy](#) #7218
400 Massachusetts, Ave., NW
- [Morgan Pharmacy](#)
3001 P Street, NW
- [Grubbs Care Pharmacy NW](#)
1517 17th Street NW
- [Walgreens](#) #15360
801 7th Street, NW

Ward:3

- [CVS Pharmacy](#) #1354
2601 Connecticut Ave., NW

Ward:4

- [CVS Pharmacy](#) #1364
6514 Georgia Avenue, NW
- [Mary's Center](#)
3912 Georgia Ave., NE

Ward:5

- [Andromeda Transcultural Health](#)
1400 Decatur St., NW
- [CVS Pharmacy](#) #1333
3601 12TH Street, NE
- [CVS Pharmacy](#) #1363
2350 Washington PL., Suite 101, NE
- [CVS Pharmacy](#) #1340
845 Bladensburg Road, NE
- [Mary's Center](#)
100 Gallatin St., NE

Ward:6

- [CVS Pharmacy](#) #1344
500 12th Street, SE
- [CVS Pharmacy](#) #10287
645 H Street, NE
- [CVS Pharmacy](#) #1338
661 Pennsylvania Ave., SE
- [DC Health and Wellness Center](#)
77 P Street, NE
- [Grubbs Care Pharmacy NE](#)
326 East Capitol Street, NE

Ward: 7

- [CVS Pharmacy](#) #22
320 40th Street, NE
- [CVS Pharmacy](#) #1335
3240 Pennsylvania Ave., SE
- [CVS Pharmacy](#) #1360
2834 Alabama Avenue, SE
- [Safeway](#) #1445
2845 Alabama Avenue, SE

Ward: 8

- [Excel Pharmacy](#)
3923 South Capitol Street, SW
- [Family and Medical Care Services, Inc. \(FMCS\)](#)
2041 Martin Luther King Jr., Avenue, SE
Suites: 200, 206, 230, 300, 303, 311, LL3
- [Giant Foods](#) #384
1535 Alabama Avenue, SE
- [Goodcare Pharmacy](#)
2910 Martin Luther King, Jr., Ave, SE
- [Grubbs Care Pharmacy, SE](#)
1800 Martin Luther King, Jr., Avenue, SE

Claiming CEUs

To claim your credits:

If you wish to receive acknowledgment for completing this activity, please complete the evaluation on www.cmeuniversity.com.

On the navigation menu, click on “Find Post-test /Evaluation by Course” and search by course ID **15688**. Upon registering and successfully completing the activity evaluation, your certificate will be made available immediately.

For those who do not wish to claim CEUs, fill out the Evaluation [Here](#).

Contact

T'Wana Holmes

Twana.Holmes@dc.gov

Michelle Rogers

Michelle@HealthHIV.org