



Issue 10, Vol. 1

## C.A.R.E. NEWSLETTER

The Coalition for Addiction Recovery and Education

November 2021

### HIGHLIGHTS

This month's full coalition meeting took place on November 2<sup>nd</sup>, 2021. The minutes can be found below.

The Bailey Survey is underway, see "What's Been Happening" for more information on how you can get involved! Click [HERE](#) to take the survey.

We have officially added a new member to the team. Please help us welcome Omar McKnight as our Community Engagement Coordinator! We are so excited to have him join the project and can't wait to see how our partnerships will continue to be strengthened through his role!

There are several trainings coming up before the end of the year, be sure to sign up soon to reserve your spot!

### WELCOME!

On behalf of the Coalition, we at Nash UNC Health send out a monthly newsletter after our monthly meetings, for both large group and committee discussions.

Should you have resources, updates or announcements that you would like to be included in the newsletter, please send them our way so that we can share them with the whole coalition.

### WHAT'S BEEN HAPPENING?

#### Planning Grant and Bailey Township Survey

One of the final things we want to do with our Planning HRSA grant is to conduct a comprehensive survey across all of Bailey Township around programming that exists for Bailey residents, programming they would like to see, as well as demographic and stigma-related data.

The link to the Bailey survey is live, click [HERE](#) to participate if you are a Bailey resident and please distribute to your contacts.

We are looking for people willing to help us disseminate this survey. If you or someone you know would be willing to sign up for a shift at a Bailey location, please send me an email at [cassidy.rodgers@unchealth.unc.edu](mailto:cassidy.rodgers@unchealth.unc.edu). We will also be reaching out to local community members and high schoolers to help us collect this data. Everyone that completes a 4 hour shift will receive a \$50 VISA gift card! If you're interested in volunteering, please fill out this [google form](#) and feel free to disseminate it.

#### Implementation Grant Project Officer Meeting

The HRSA/RCORP Implementation grant project period officially kicked off as of September 1<sup>st</sup>, 2021! We recently had our first HRSA/RCORP call with our new Project Officer and are happy to share all of our partner contracts have been officially signed! This project includes partnerships with Bailey Church of God, Bailey Police Department, Warren County Health Department, Warren County EMS, and Warren County Police Department, and the Haliwa-Saponi Tribe!

# November

## National Caregivers Month

November is National Family Caregivers Month! This celebration is a time to recognize and honor family caregivers across the county to raise awareness of issues caregivers face, educate communities, and gain support. Learn more about how you can get involved [here](#).



---

## November C.A.R.E. News

---

### CURRENT NEWS

#### We have added a new member to our team!

Please help us welcome Omar McKnight to our team as the Community Engagement Coordinator for our HRSA/RCORP Implementation grant! Omar has a background in community engagement, most recently in his role at North Carolina Central University, where he earned his Master's in Public Administration and worked as a student counselor facilitating individual and group counseling, crisis intervention, and substance use prevention services.

Omar would love to connect with you, please feel free to reach out to him at [omar.mcknight@unchealth.unc.edu](mailto:omar.mcknight@unchealth.unc.edu).



#### Nash UNC Health Care Covid-19 Walk-In Clinic – Now vaccinating children ages 5-11

Nash UNC is running a Covid-19 Walk-In Clinic, offering both the Pfizer and Moderna Vaccinations. This clinic runs Tuesdays and Thursdays from 8:30am-4pm and Wednesdays from 12pm-6m at Nash Day Hospital. The Pfizer vaccine is now available to those 5 years of age and older. No appointment is necessary. We encourage you to take advantage of this opportunity as we continue to see the spread of Covid-19 across our community. All vaccines are free and don't require insurance or photo ID.

### RESOURCES AND TRAININGS

**Addiction Algebra**, a three-year community research collaboration between Project Momentum, Inc, the Twin Counties Partnership for Healthier communities, and Lennell and Lillie Consulting Group are looking for organizational leaders and staff to participate in their study. Those that participate will be compensated for their time.

A bit about the project:

We are collecting data using a survey and a semi-structured interview to gain big-picture findings and data to assist with the communities' efforts to identify gaps in services. This research will allow us to do a deep dive into the social, political, interpersonal, and community level factors that perpetuate substance misuse.

We hope to utilize the results collected to create programs that will address community-based needs and provide essential resources.

# November

This research project is made possible by the Kate B. Reynolds Charitable Trust.

To learn more, please feel free to contact Amber Hinson by email at [amberpmirmt@outlook.com](mailto:amberpmirmt@outlook.com) or by phone: (252) 977-0765 (Office) or (252) 462-1276 (Cell).

**Area L AHEC**, is providing the following trainings through the end of 2021

- December 9<sup>th</sup>: Secondary Trauma and Self Care (Webinar)
- December 10<sup>th</sup>: Medical Emergencies in the Dental Office (Webinar)
- Medication Assister Therapy in Primary Care (Self-Pace)

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

**Eastpointe** is providing the following trainings through the end of 2021:

- December 1<sup>st</sup> & 2<sup>nd</sup> : Crisis Intervention Tem Training for Law Enforcement
- December 2<sup>nd</sup>: Virtual Peer Support Group (7pm via Zoom)
- December 3<sup>rd</sup>: Tailored Care Management Series (Webinar)
- December 8<sup>th</sup>: Virtual Resilience Movie Public Showing Guided Discussion (Virtual at 6pm)
- December 14<sup>th</sup>: Brain Injury Association NC – Adaptive Fitness after Brain Injury (Webinar)

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

Our final C.A.R.E committee meetings for the year will convene othe week of **December 7<sup>th</sup>, 2021.**



[COVID-19](#)

## *This month's articles in the spotlight:*

[Engagement and Initiation Oucomes-Driven MOUD Session 1](#)

[Community paramedicine-cost-benefit analysis and safety with paramedical emergency services in rural areas: scoping review protocol](#)

[Loneliness, Mental Health, and Substance Use among U.S. Young Adults during](#)

## **WE'RE HERE FOR YOU!**

We're 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 and final C.A.R.E committee meetings for the year will convene othe week of December 7<sup>th</sup>, 2021.**

**Yolanda Outlaw, MSW, LCSW**

Transitional Care Management  
HRSA/RCORP Project Director  
Coastal Plain Hospital  
Nash UNC Health Care  
(252) 962-5437(Office)  
(252) 299-0372(Cell)

[yolanda\\_outlaw@med.unc.edu](mailto:yolanda_outlaw@med.unc.edu)

**Omar McKnight, MPA**

HRSA/RCORP Community Engagement  
Coordinator

Nash UNC Health Care

[Omar.mcknight@unchealth.unc.edu](mailto:Omar.mcknight@unchealth.unc.edu)

**Cassidy Rodgers, MSc**

HRSA/RCORP Project Coordinator  
Coastal Plain Hospital  
Nash UNC Health Care  
(252) 962-5443(Office)  
(252) 299-0380(Cell)

[Cassidy.Rodgers@unchealth.unc.edu](mailto:Cassidy.Rodgers@unchealth.unc.edu)



**Coalition for Addiction Recovery and Education (CARE) Meeting  
Meeting Minutes  
November 2, 2021, 3:00-4:00pm  
WebEx Meeting**

***Greetings and Introductions of CARE members***

- Yolanda Outlaw- MSW, LCSW – facilitator NASH UNC/CARE
- Cassidy Rodgers - HRSA
- Co- Chair, Heather Moore – The Anchor Holds
- Co-Chair, Brandon Medina – Nash County Sherriff
- Secretary, Dana Carroll – Recovery Advocate
- Amber Hinson- Project Momentum
- April Lynch – NASH UNC
- Barbara Whitaker – Upper Coastal Plains Council of Governments
- Brooke Mickelson – Eastpointe
- Davis Greene – Nash UNC (VP Operations)
- Doug Green – Community Impact NC
- Lewis Johnson – Founder Open Door Recovery
- Marbeth Holmes – Nash Community College
- Michelle House-Eastpointe
- Mysha Wynn-Project Momentum
- Omari Richins – Katie B. Reynolds
- Patty Collins - Area L AHEC
- Ruth Bellamy- Nicky Life Care Center
- Sabrina Golling– Rural Forward
- Stephen Rice - Monarch
- Dr. Viola Pierce- UNC Nash

**CARE Mission, Vision Constituency, Guiding Values/Principles:** Presented by Heather Moore and Dana Carroll

***CARE News and Announcements:***

Diabetes Month

Premature Month

Act of Kindness

Amber Hinson and Mysha Wynn from Project Momentum spoke of their surveying project on perception on treatment.

Patti Collins from Area L AHEC shared a list of events:

Mental Health First Aid-Nov. 17

MAT in Primary Care – online, self-paced learning

Secondary Trauma and Self-Care – December 9

Understanding Stimulant Use in Youth, Adolescents and Young Adults – self paced learning

# November



## **Guest Speaker: Obinna Ikwechegh, MD, Behavioral Health/Addiction Medicine:**

During his residency at Wake Forest University, he had family member, who died, and he became sad and had a doctor recommend getting help. When he was questioned by a colleague, where was he going, he said he was in the building for a meeting, before coming forward about saying he a meeting with his therapist. This colleague didn't know what to do –

He spoke about reading an article on how to talk to boss about depression, yet no article on how to talk to your boss about diabetes, hypertension, lupus, etc. Why? Because we can have those other conversations about physical health, but it is different for mental health.

Substance use has its toll on the local economy, it impacts population health. There is stigma around substance use, and he asked attendees to name some of those – barriers, embarrassment, shame/guilt, challenges.

The stigma and challenges have begun to change because we [people on call and in community] have begun to speak up. Addiction has become mainstream and viewed more like kidney failure and needing dialysis, as addiction and needing treatment. Addiction care and behavioral health care seem to be punitive so it discourages people from seeking treatment. For example, those seeking addiction treatment asked to bring in their pill bottles to count their medicines. That isn't done for those with hypertension to make sure the patient is taking the right amount every day, or taking too many, or selling them.

Think of addiction with public health and population health, we need to get those people seeking treatment to the right resources to help them. If something was contagious we would protect ourselves and those around us, yet an increase of overdose in the zip code, people would think, I don't do drugs, it doesn't bother me. If people see themselves as a part of help in the community, they reduce harm to others. We are at the boundary of a public health crisis, we need to stop this from going on, and reduce the harm to our population.

So what do we do – trying to insure that people who have mental health or addiction problems have access to the care they need. Waiting months for an appointment isn't helpful, as we lose people while they wait. The needle for change will move, with people like us, using our voices to make changes for those with mental health care require the same dignity as those having care for physical health.

**Review of Current Data:** Yolanda Outlaw reminded us, these are the numbers, yet behind them are the people and families that are impacted. Statistics provided are up to September 2021.

**Nash EMS Statistics (Calls, Overdoses, Narcan, Deaths): 38 individuals received 1 dose of Narcan, responded to 31 people for overdose calls; 10 of those calls were upgraded to cardiac arrest; 2 overdose deaths pronounced in the field; 6 kits handed out**

**Sheriff's Department (Calls, Overdoses, Narcan, Deaths):** 6 calls for OD, and 1 death and Sherriff Brandon Medina commented looking at the data a little deeper, if the cardiac arrest is a result of intentional drug overdose. The intentional column of data, is when someone attempts to take their own life, not a result of using a substance and overdosing. Also, looking to track how the mental health calls [transports] impact the Sherriff's department.

**NC Opioid Dashboard (Nash County)**

**ED Overdose Visits (NC and Nash County)**

**Highest Monthly Rates of Opioid Overdose ED Visits 2021**





Fentanyl has begun tracking since October 2020. Heroin is the number one class of drug in OD presentation. Polysubstance [mixture of substances] has become very common, this is concerning as individuals aren't aware of the mixtures. Also an increase in synthetic substances.

Nash has not made the list of the top counties with ED overdoses visits, this is due to interventions of SEP Oxford House, Recovery Groups, CARE, outreach efforts, and Coastal Plain Hospital.

### ***The Business of CARE:***

**Old Business: Approval of Minutes for September 2021** by Brandon Medina and Mysha Wynn

### **New Business – Committees Updates and Open Discussion:**

#### **Bailey Township Committee – HRSA/RCORP Updates – Cassidy Rodgers**

- The Bailey Township survey
  - We will be offering \$50 gift cards for anyone that volunteers for a 4 hour shift to help us disseminate. A sign up is forthcoming

#### **Narcan Training with Area L AHEC**

**Adolescent Committee 2.0 – Jeannie Kerr:** committee has not met, no update, per Yolanda

**MAT – Davis Greene:** Yolanda spoke to MAT working diligent on peer support in ED, and partnerships with outpatient resources in Nash County and outskirts areas.

**NCCARE360:** Dana, need a contact for the region and will follow-up.

**Workforce Engagement –** Yolanda robust yet focused conversation, about geofencing. How do we promote services in the area. Looking at financial support to get more work in this area so that things pop up on the phone for resources in the area.

### ***Looking Forward to 2022 – Discussion:***

Yolanda asked, “How are you envisioning the coalition in 2022?” What types of engagement do you want for the New Year. Not a survey, but welcome feedback, especially, as we have several new people join CARE this year. We want to hear from you: what are you seeing, experiencing, and what do you want developed?

### **Next Steps and Motion to Adjourn:**

Yolanda stated this is the last full coalition meeting for 2021. December is the committee meeting month. We will see you in January 2022 for full coalition meeting. May change to the second week in January as the next full meeting is January 2, 2022.

**Adjourn at 4:20 pm** with motion by Cassidy Rodgers and Heather Moore.