

INTRODUCTION

- Recovery Centers of America in Danvers, MA is a center for addiction treatment. They treat individuals who struggle with addiction to alcohol, heroin, fentanyl, cocaine, Xanax, meth, and other substances (Recovery Centers of America [RCA], 2021)
- Their center includes detoxification services, residential living, an evidence-based curriculum, outpatient treatment, and an alumni association. They also offer family programming to help family members dealing with their loved one's addiction (RCA, 2021).
- RCA offers a variety of different programs. These programs include drug and alcohol detox, drug and alcohol intervention for families, inpatient rehab, outpatient treatment (in-person and telehealth), Medicated Assisted Treatment (MAT), where the patient comes in to receive their dose and attend a group and individual counseling session, and substance abuse treatment programs (RCA, 2021).
- RCA accepts most major insurances, payment plans, and provides scholarships. RCA also offers individual's seeking treatment for their addiction a ride to the facility from their home or wherever they may be at the time (RCA, 2021).



RCA @ Danvers Admissions entrance



RCA @ Danvers Visitor's Lobby

RELATED LITERATURE

- An Overdose Prevention Program (OPP) was created in 2002 with the goal of developing and implementing practical strategies to reduce overdose deaths, complementing existing drug prevention and treatment efforts (Bennett et al., 2011).
- Opioid overdose is a growing public health crisis, accounting for at least 16,000 deaths annually in the United States. Opioid overdose occurs across sex, ethnic, age, and geographic strata and involves both medical and nonmedical opioid use. Opioid overdose does not discriminate (Beletsky et al., 2012).
- Patients with opioid use disorders are at an increased risk for overdose death if they had a previous overdose, have co-occurring medical and psychiatric comorbidity, and are high-dose opioid users transitioning to relative abstinence or abstinence, such as those individuals discharging from drug treatment programs. Despite the success of opioid overdose prevention programs utilizing naloxone, residential substance abuse treatment centers often emphasize abstinence-based care for those suffering from addiction and do not adopt harm reduction approaches such as naloxone education and distribution (Collins et al., 2016).

MATERIALS AND METHODS

- Researched ways to educate patients about overdose prevention and met with lead case manager to discuss what has been previously done for this group
- Created an open-ended questionnaire using Microsoft Word
 - Patients were asked what they wanted out of an overdose prevention group
 - Patients were also asked what they did at other rehabilitation facilities for overdose prevention
- The overdose prevention group met on a weekly basis
 - Approximately four to ten patients participated in the groups
 - Demographics of the patients included women of all races, ethnic backgrounds and ages 18+. All were patients in the detox unit
- Patients completed an assessment tool to evaluate their risk of an overdose
- An updated overdose prevention worksheet was provided to the patients to aid in their recovery process
 - A list of resources was provided to the patients that included where they and their families can become trained to administer Narcan

OVERDOSE PREVENTION GROUP SURVEY

WHAT MADE YOU COME TO RCA?

WHAT DO YOU THINK OVERDOSE PREVENTION ENTAILS?

WHAT WOULD MAKE YOU INTERESTED IN PARTICIPATING IN OUR OVERDOSE PREVENTION GROUP?

HOW CAN WE IMPROVE OUR OVERDOSE PREVENTION GROUP?

WOULD YOU BE INTERESTED IN RESOURCES FOR YOU AND YOUR FAMILY/FRIENDS TO BECOME TRAINED IN NARCAN ADMINISTRATION?

The photo to the left: questionnaire completed by the patients
The photo below: assessment tool used by case managers

TurningPoint Client Name: _____ Date: _____ Site: _____

TP - OVERDOSE RISK ASSESSMENT TOOL (TP-ORAT)

INSTRUCTIONS:
1. If the answer to a question is "yes" circle the score; if "no" record no score for that question
2. Make any notes related to the answer as required
3. Add up the total score to establish the level of risk.

Risk factor	Score	Notes
1 Current heroin user	1	
2 Current injector	2	
3 Has started injecting in last six months	3	
4 Current methadone user (prescribed) (street)	1	
5 Is not on supervised consumption	2	
6 Also drinks alcohol	2	
7 Also uses benzodiazepines (e.g. Diazepam)	2	
8 Dual use of heroin and crack	2	
9 Has been in prison, hospital or residential drugs treatment in preceding month	3	
10 Has ever overdosed (but not in past year)	1	
11 Has overdosed once in past year	2	
12 Has overdosed two or more times in past year	3	
13 Has been using for more than five years	1	
14 Is using large amounts to get a buzz	1	
15 Finds it harder to get a buzz	2	
16 Enjoys a really big 'gouch' or 'nod'	3	
17 Prone to low mood or depression	3	
18 Tends to use alone	3	
19 Has health problems (e.g. hepatitis, respiratory problems)	2	
20 Has erratic patterns of use (different dealers, drugs, amounts, routes, combinations)	2	
Total		

Score Range Interpretation
Scores less than 5 Low risk: while there is always a risk of overdose, the person has a relatively low risk profile. Work can still be done to further reduce risk factors.
Scores of 5 to 10 Moderate risk: a number of risk factors exist making overdose more likely.
Scores 10+ High risk: resident is much more likely to overdose and this will need to be reflected in both the type of housing offered and the interventions used to reduce risk. Address all risk factors, especially high risk activities. CDO training for all staff and residents, harm reduction advice to residents.
Score 15+ Very high risk: the likelihood of an imminent overdose is high. Hopefully this high score can be reduced through interventions. A high level of support, staff diligence and training will be needed to reduce risk of fatality.

Completed by: _____ Private Name Signature: _____

RESULTS

Some patients responded in the following ways to the overdose risk assessment:

- One participant said "I wished I had this assessment tool the last time I was here at RCA."
- Another participant said "I'm very thankful for getting the list of places where I can receive Narcan training."
- Another patient after they completed the assessment tool responded "I'm not shocked by my results. I'm actually surprised I haven't overdosed already."
- Some participants who were dealing with alcoholism were surprised by their results because they did not realize how severe their alcohol addiction was.

CONCLUSIONS

- Recording weekly attendance to see what patients are/are not attending group is important to diagnose and attend to all patients needs.
- Case managers felt more effective with being able to provide their patients with information on Narcan administrating training. They were able to lead constructive and direct conversations on overdose prevention with the overdose assessment tool.
- Patients sparked a greater interest in attending this group, knowing that it was geared towards their wants and needs.
- Patients were thankful to be given Narcan administration training resources.
- Having patients take surveys about what they would be interested in attending was helpful in gaining patient participation.



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