



HEALing Communities Study
Massachusetts

June 9, 2021

The HEALing Communities Study – An RCT to Reduce Opioid Overdose Deaths in 67 Communities – Thoughts from the Massachusetts Site

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Boston Medical Center



Roadmap

1. Scope, Study Design, and the Massachusetts Team
2. Impact of COVID
3. Data Bytes
4. Overdose Reduction Strategies with Examples
5. Racial equity and social justice

HEALing Communities Study

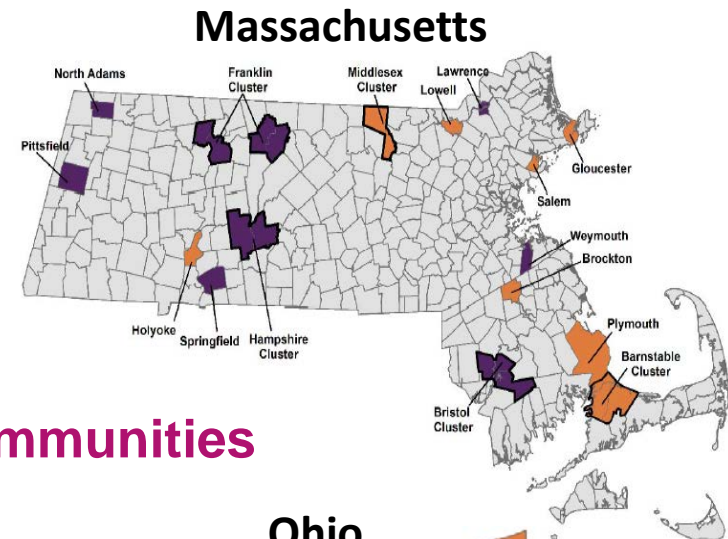
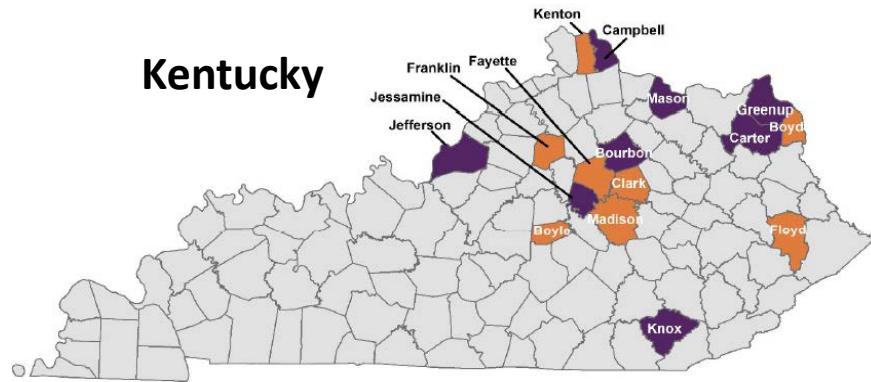
In September 2018, the National Institutes of Health released a funding opportunity to “test the immediate impact of implementing an integrated set of evidence-based interventions across healthcare, behavioral health, justice, and other community-based settings to prevent and treat opioid misuse and Opioid Use Disorders (OUD) within highly affected communities”

They funded 4 states: Kentucky, Massachusetts, New York, and Ohio to work with 67 communities

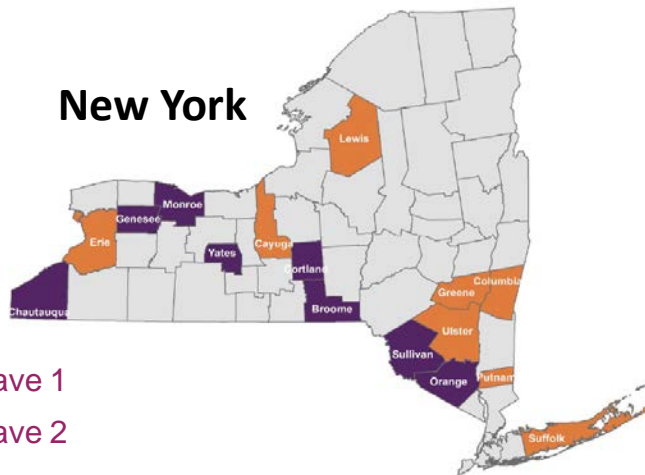
Committed a total of \$350 million across our states

HEALing Communities Study:

Reducing opioid overdose deaths 40%



4 states, 67 communities



Wave 1
Wave 2

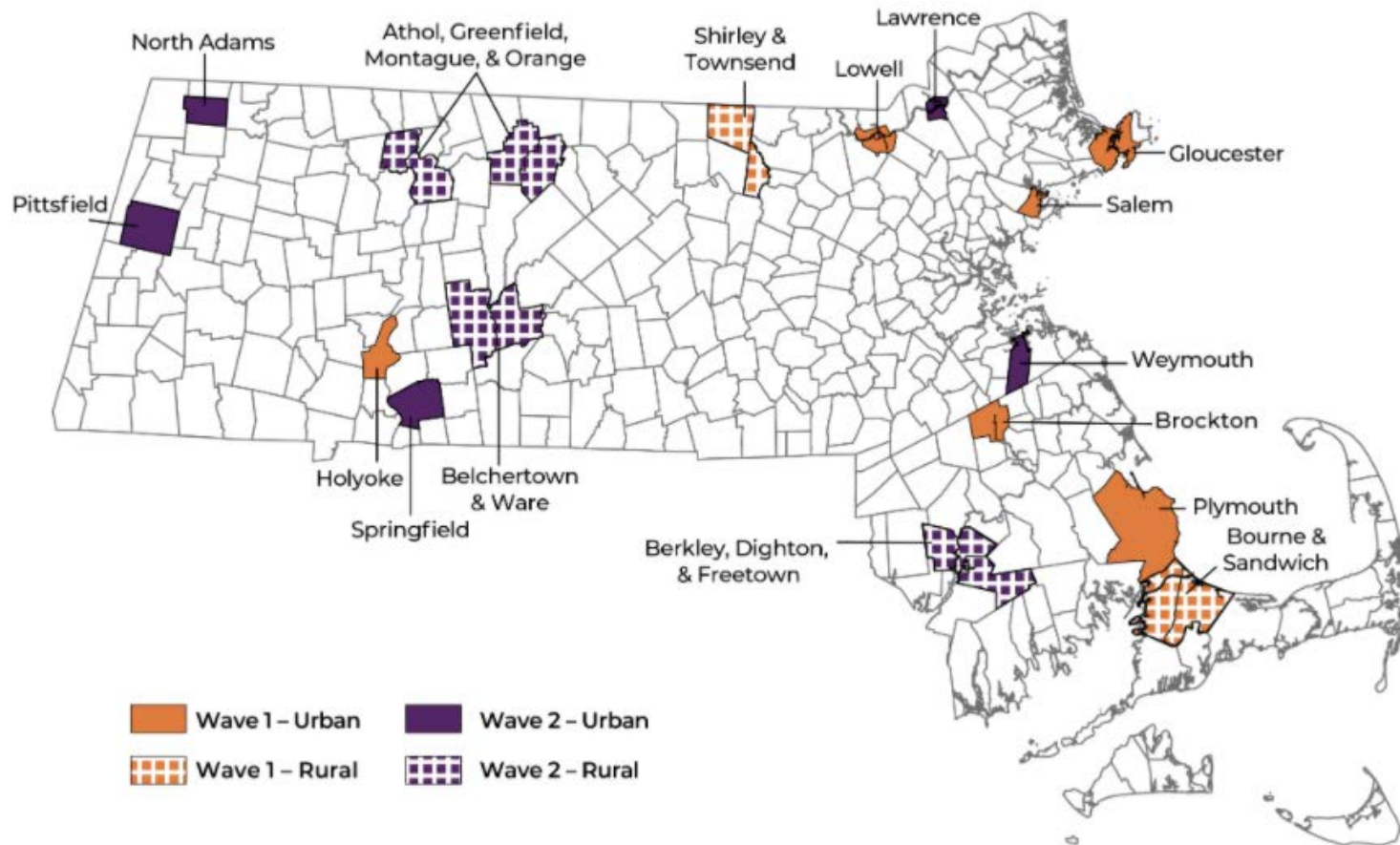
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HCS Timeline

Year	2019								2020												2021												2022												2023		
Month	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR											
Wave 1 Communities (n=34)	Start-up									Intervention												Sustainment												Closeout													
Wave 2 Communities (n=33)										Usual Care												Intervention																									
All Communities (n=67)																			Comparison: CTH vs. Usual Care																								Analysis				
Grant Yrs	Year 1								Year 2								Year 3								Year 4								Year 5														

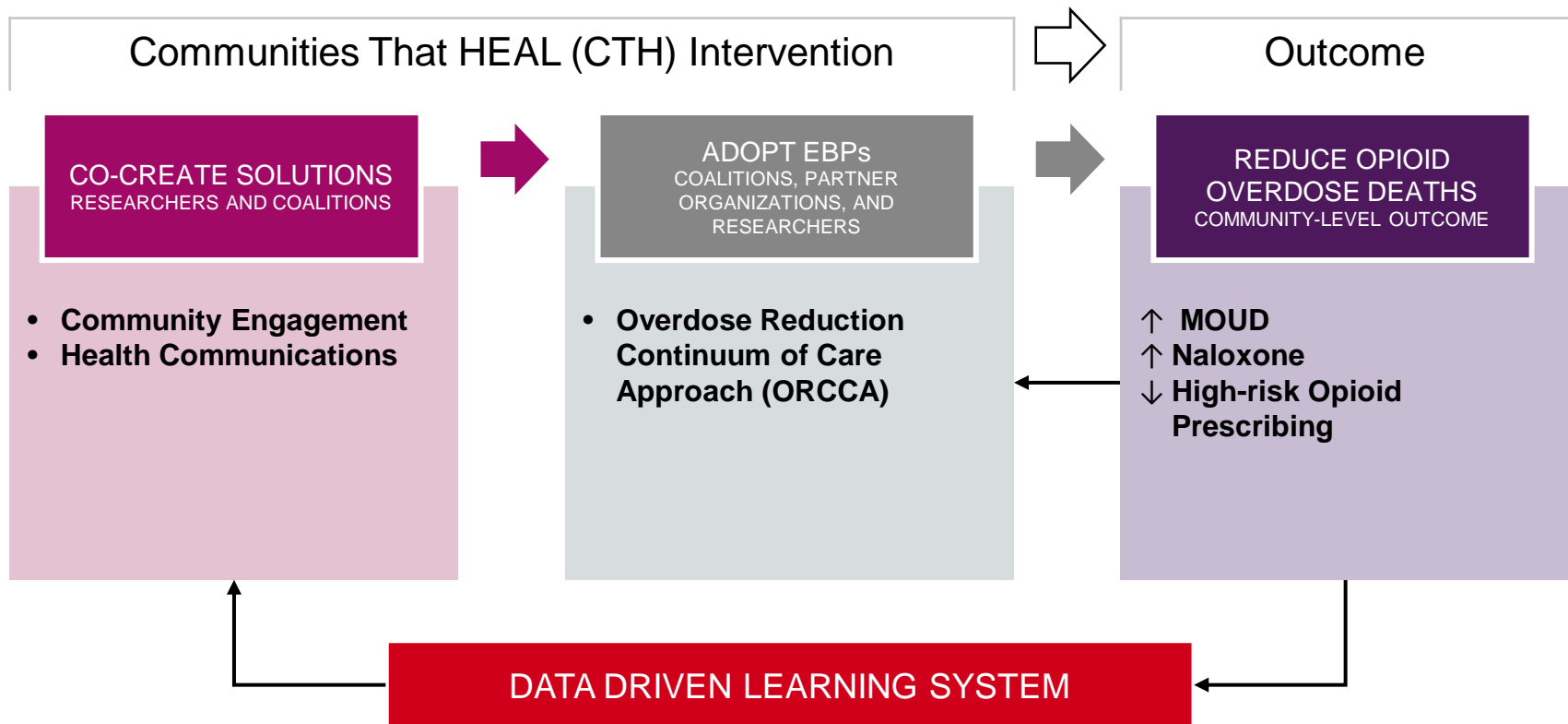
Massachusetts Communities



HCS Communities

	Overall	KY	MA	NY	OH
Total HCS community population	10,144,261	1,823,027	875,086	2,357,192	5,088,956
Opioid overdose death rate (per 100,000)	33.4	38.2	40.6	28.3	27.5
Number of communities by rural vs urban	29 rural 38 urban	7 rural 9 urban	5 rural 11 urban	8 rural 8 urban	9 rural 10 urban
Medicaid expansion?	--	Yes	Yes	Yes	Yes

Overview of Study Design



HEALing Communities Study Consortium. The HEALing (Helping to End Addiction Long-termSM) Communities Study: Protocol for a cluster randomized trial at the community level to reduce opioid overdose deaths through implementation of an integrated set of evidence-based practices. Drug Alcohol Depend. 2020 Dec 1;217:108335.

The MA HCS Team



What makes HCS different than other intervention studies?

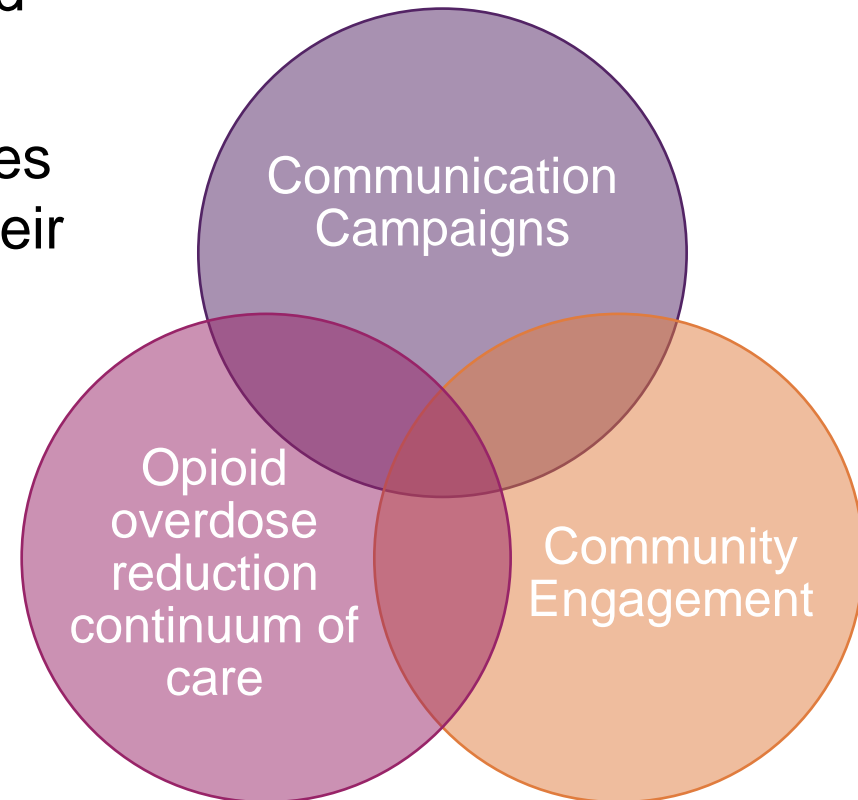
- This a study of **historic proportions**
- More importantly, it is designed to be implemented in **partnership with local communities**
- The vision is that the implementation strategies found to be effective in this study will be a **model for other communities** across the country to follow

Community Advisory Board

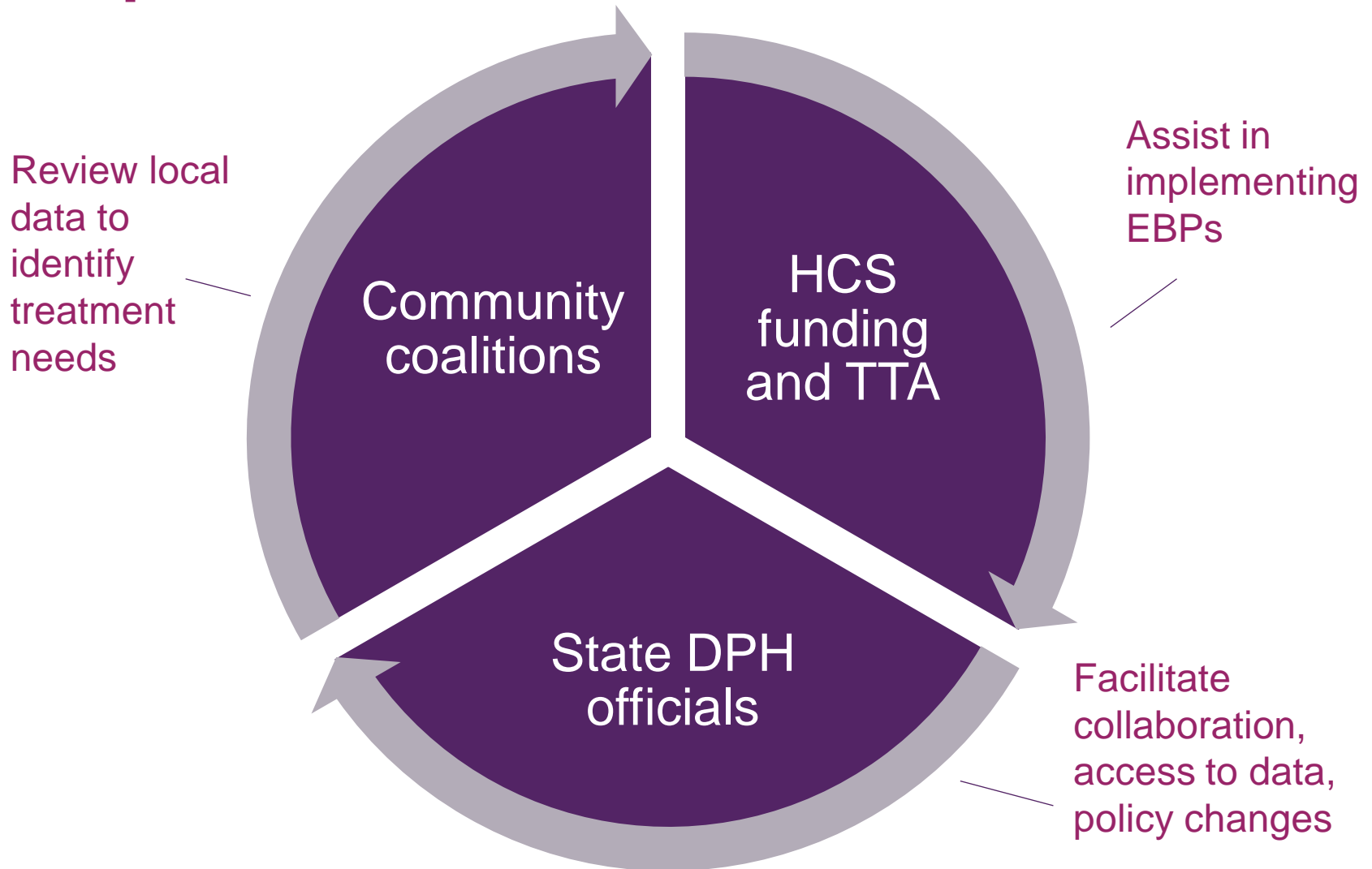
- 16 members from HCS communities and 5 “at-large” members
- Stakeholders include: people in recovery, people with active drug use, veterans, former sex workers, family members, harm reduction providers, previously incarcerated people, legal system workers, housing services professionals

The Intervention

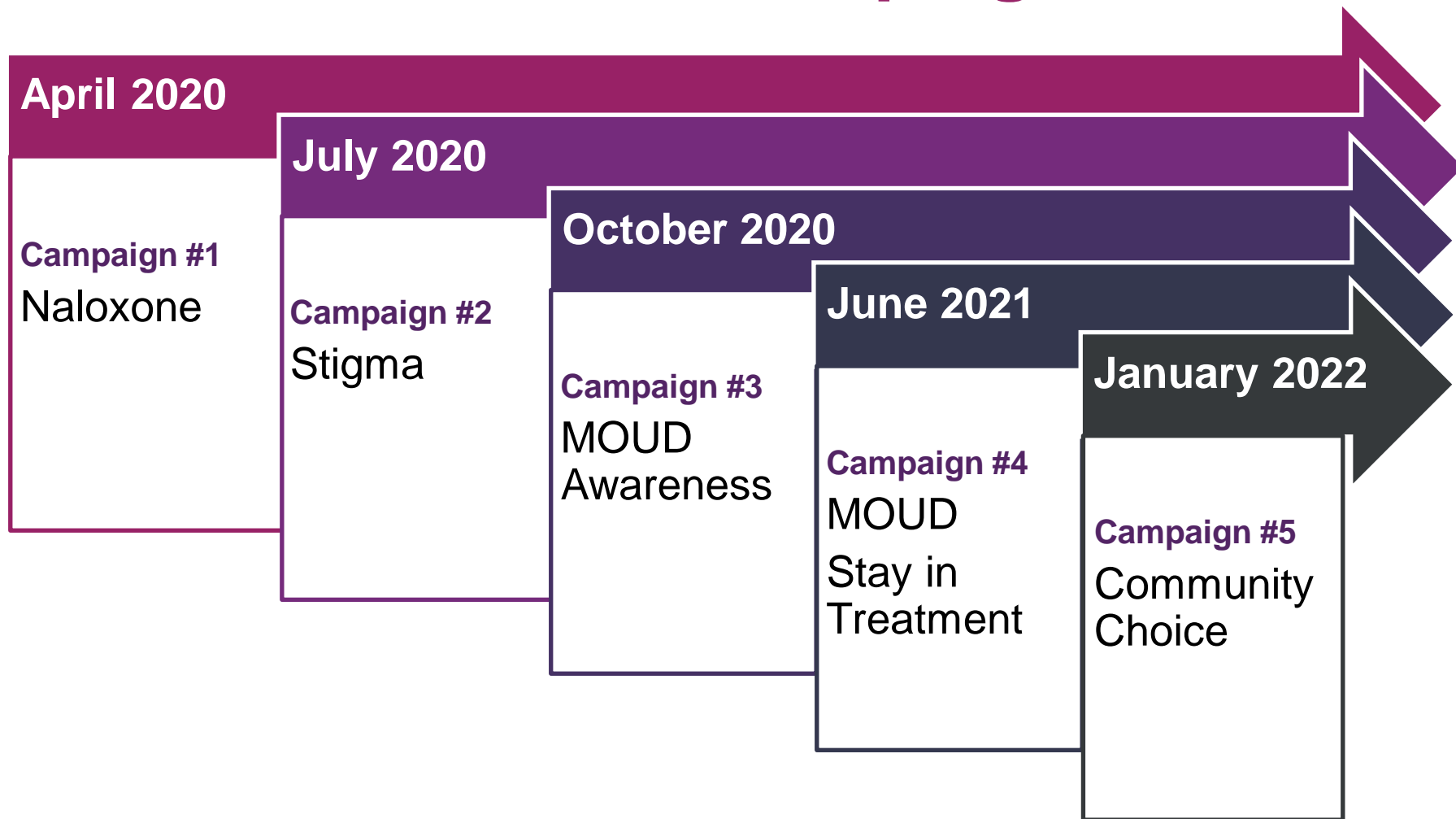
- *Phased planning process* guided by available data
- *Menu of options* that communities can select from in developing their plan
- *Resources and technical assistance* to support communities' implementation of their selected menu options
- *Communication strategy*



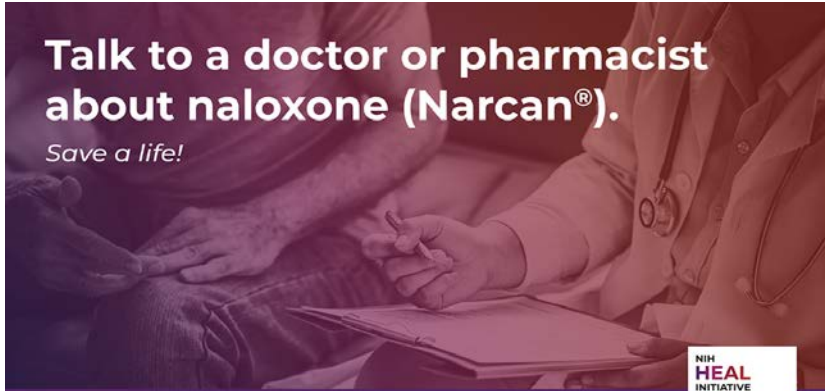
CTH partnerships key to real-world implementation of addiction treatment



Communications Campaigns



Communications Campaigns



**Talk to a doctor or pharmacist
about naloxone (Narcan®).**

Save a life!

Learn more: www.HealTogetherMA.org/Brockton

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*"I've never been
more proud."*

You can support your loved one's recovery.

Learn more: www.HealTogetherMA.org/Brockton

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*"My friends and I are in recovery and
taking medication for opioid use disorder."*



You can support your loved one's recovery.

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Los medicamentos para
tratar el trastorno por
consumo de opioides
que salvan vidas son un
camino hacia
la recuperación.



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Communications Campaigns in the Community

Impact of COVID-19 on HCS

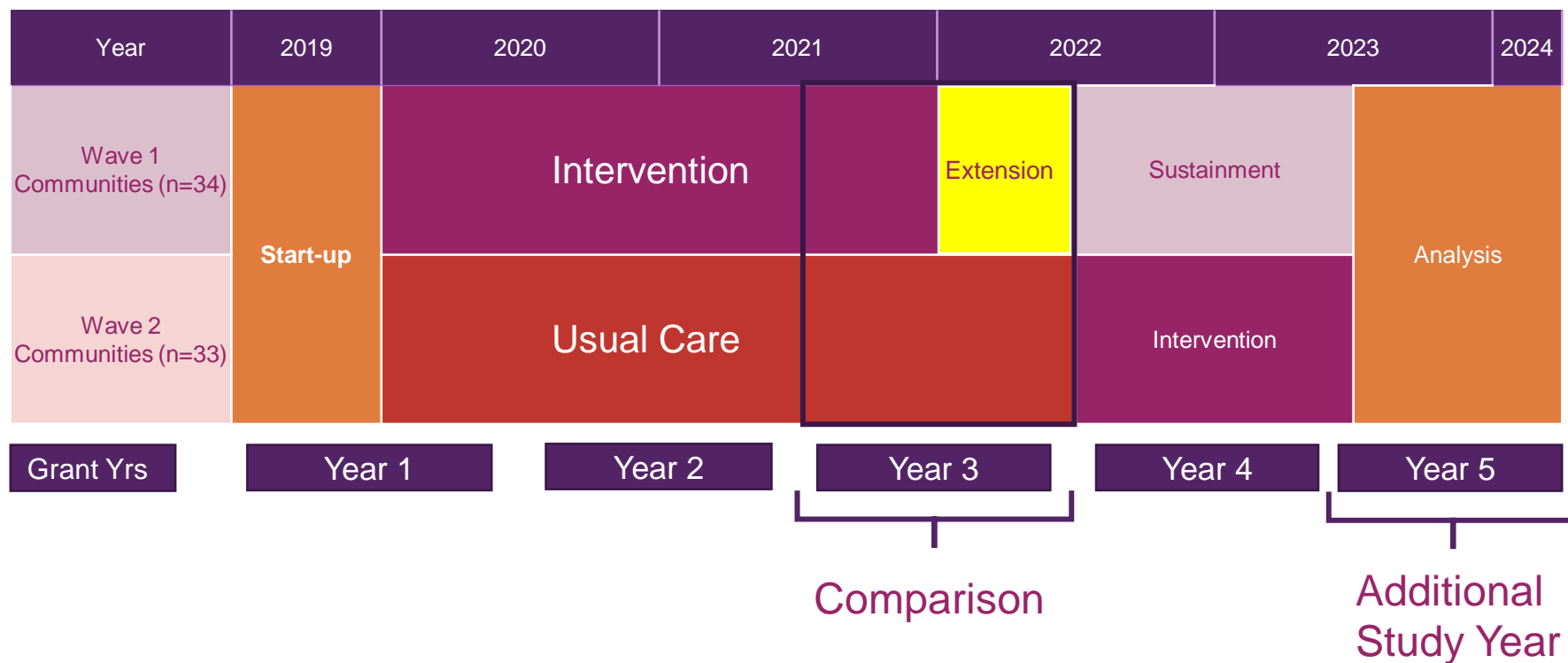
- **Challenge:**

- COVID-19 caused delays in implementation progress across most communities
- Delays threaten scientific integrity of the study

- **Response:**

- Extended Wave 1 intervention by 6 months and shifted comparison period: 7/21 through 6/22
- Delayed wave 2 CTH intervention start by 6 months

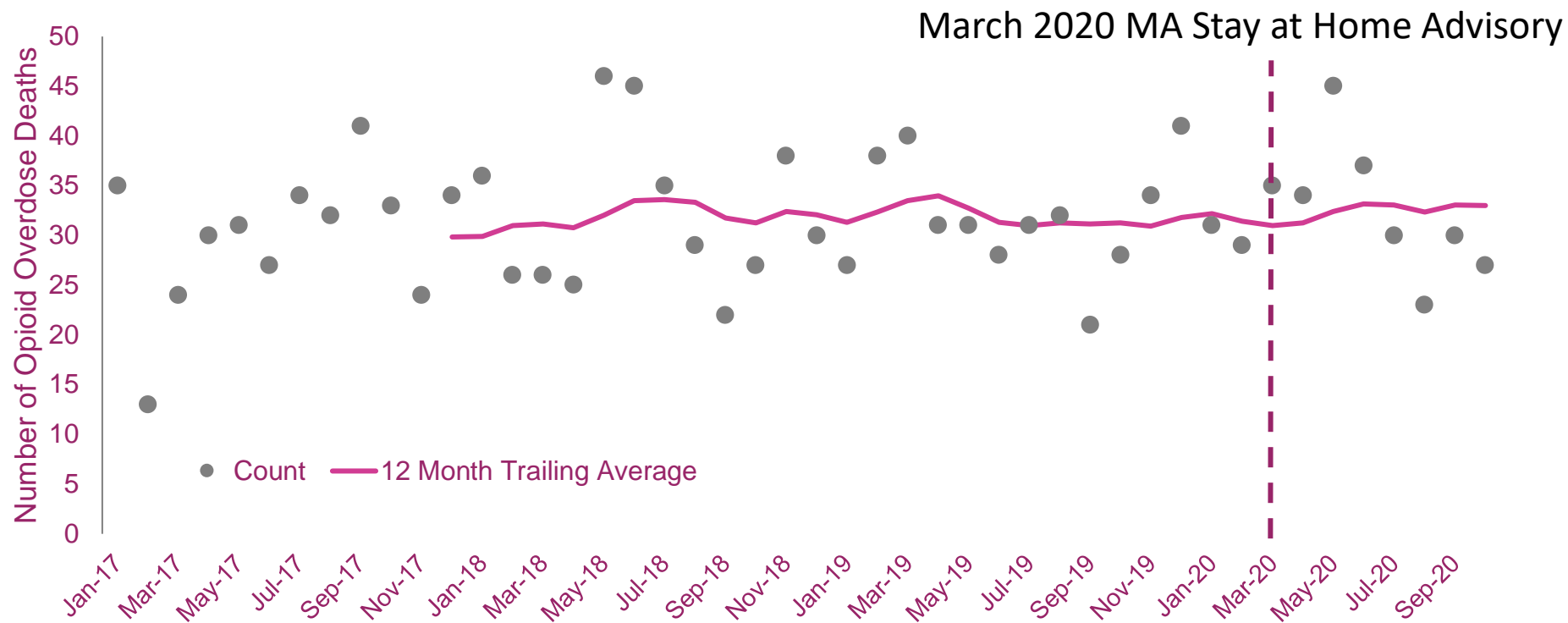
1 YEAR COVID EXTENSION (6 MORE MONTHS OF CTH in Wave 1)



Data Bytes

Opioid Overdose Death Trends

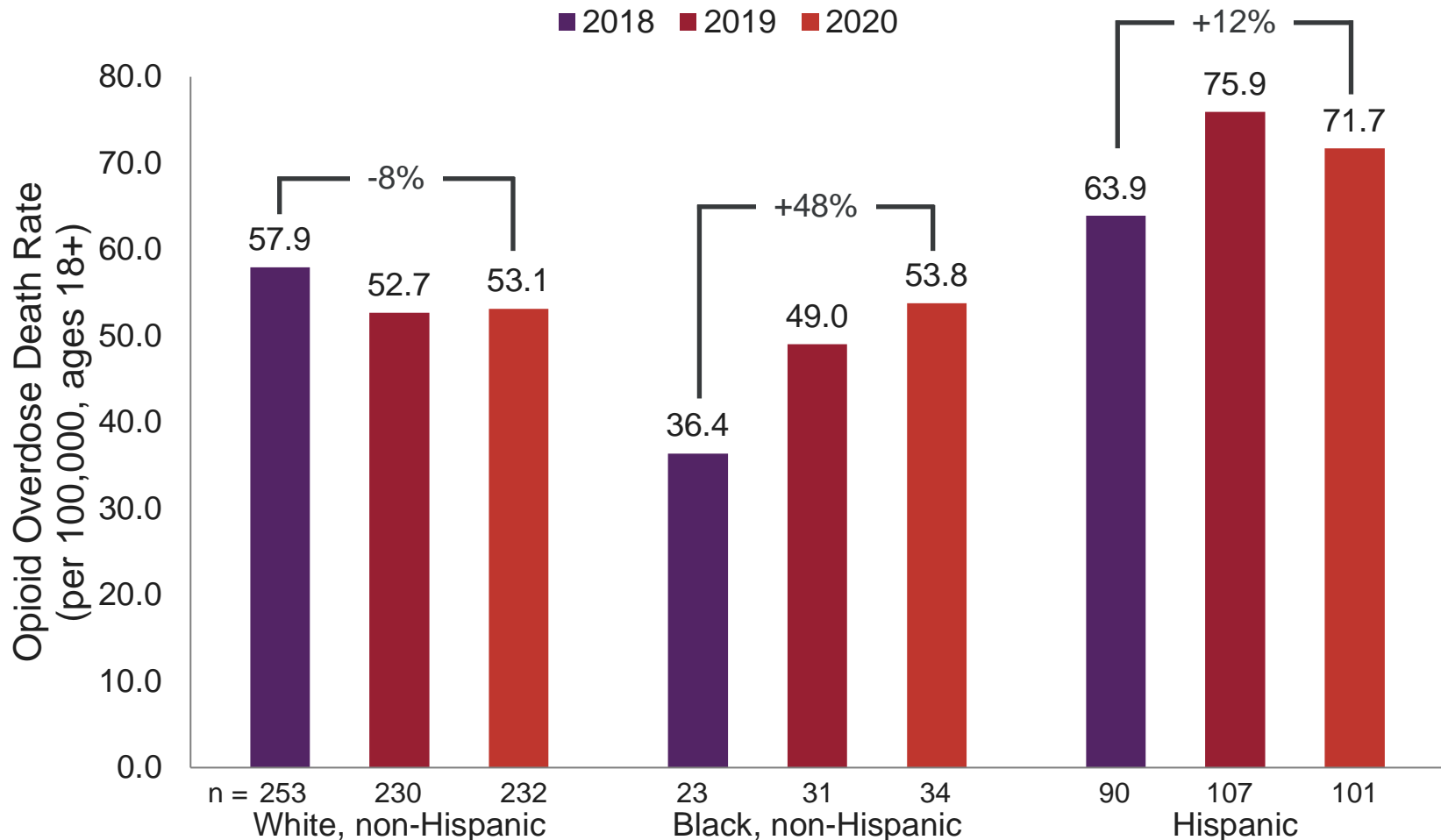
All 16 MA HCS Communities/January 2017-October 2020



Source: MA DPH/Registry of Vital Records and Statistics

MA Opioid Overdose Death Trends

All HCS Communities by Race/Ethnicity, Age 18+, Annually, 2018-2020

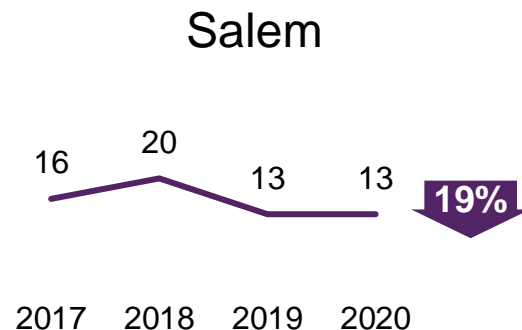
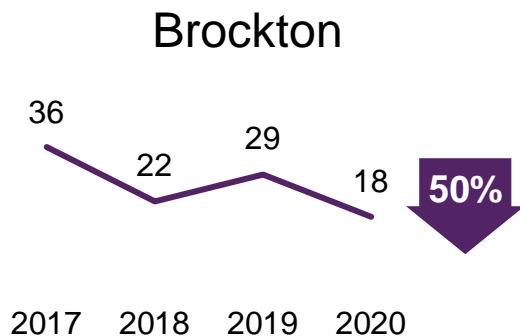


Source: Massachusetts Department of Public Health; Registry of Vital Records and Statistics

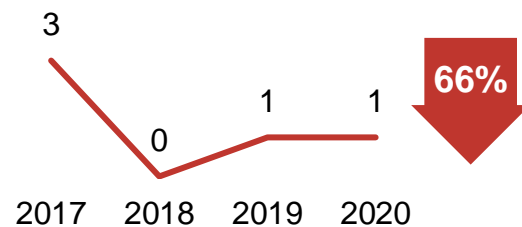
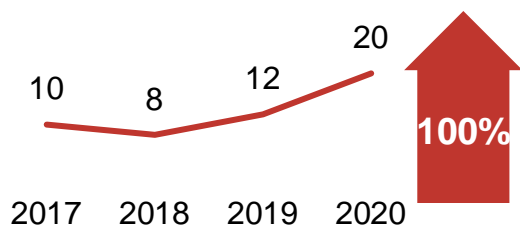
MA Opioid Overdose Death Trends

Brockton and Salem by Race/Ethnicity, Age 18+, Annually, 2018-2020

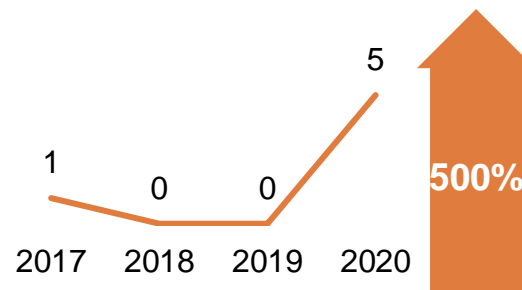
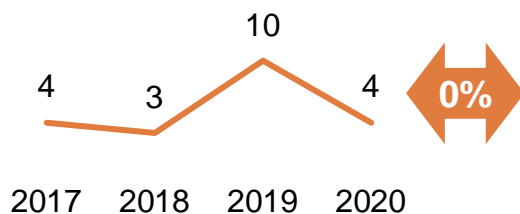
White non-Hispanic



Black non-Hispanic

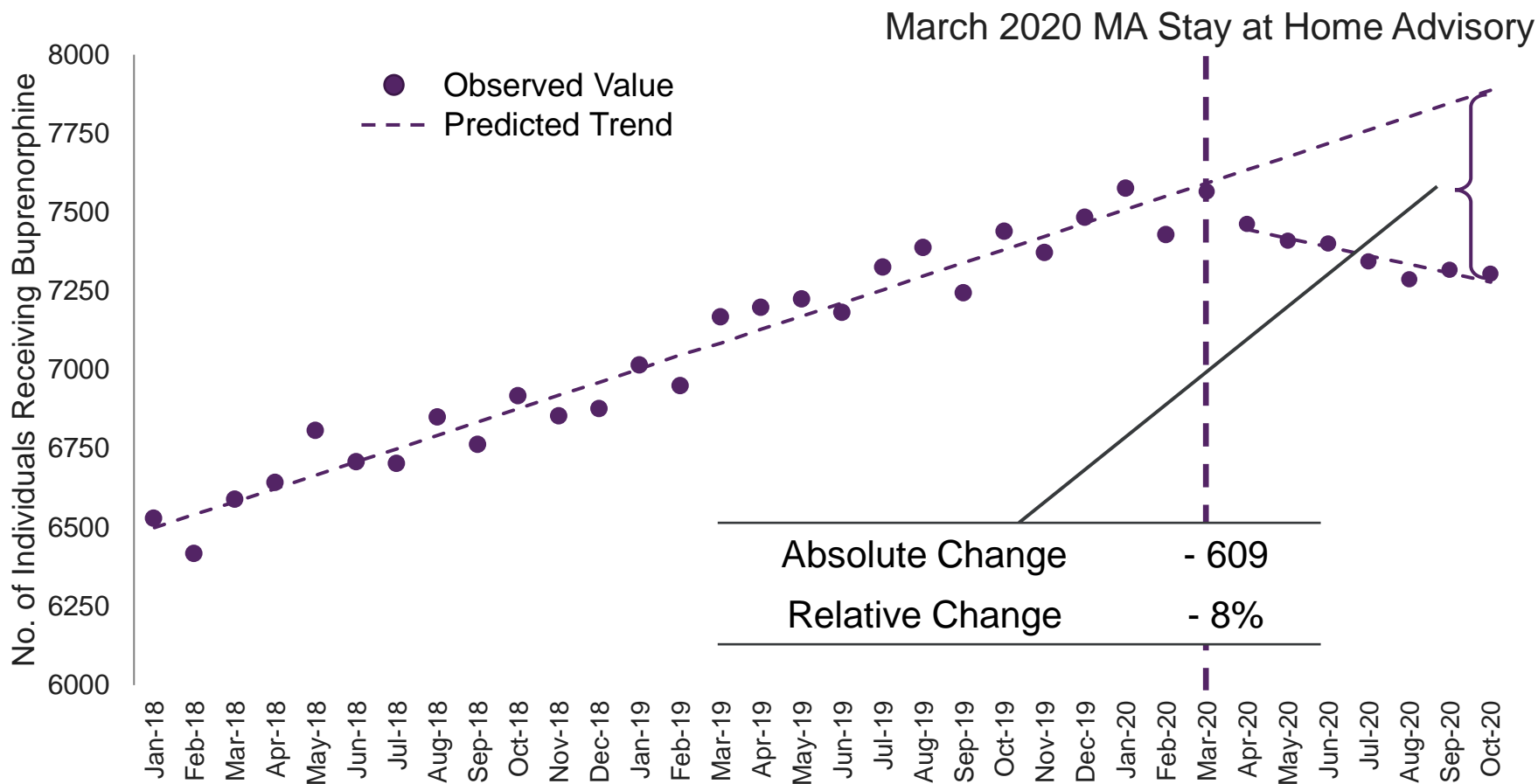


Hispanic



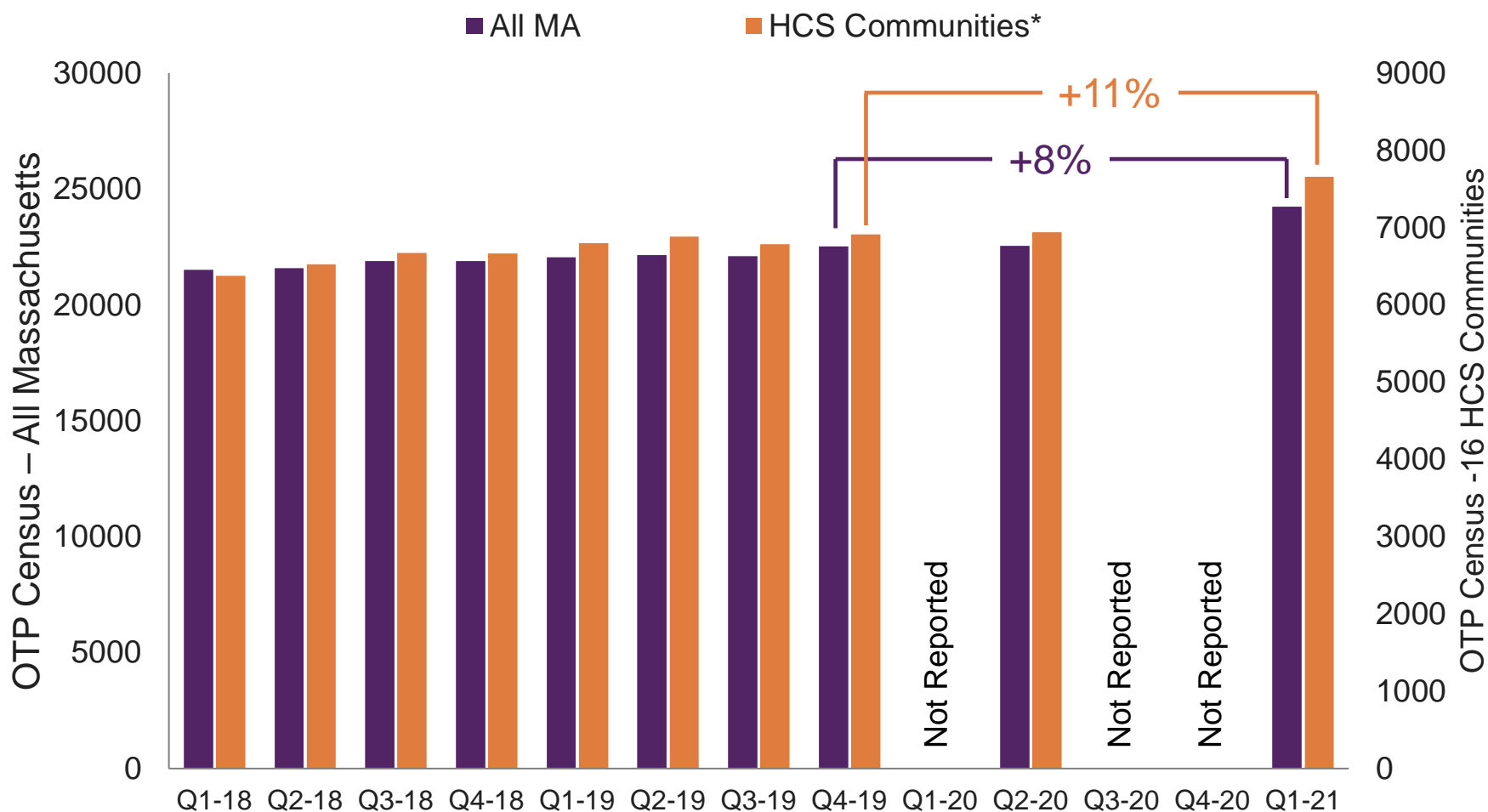
Impact of COVID-19 on Individuals Receiving Buprenorphine Monthly, 2018-2020, All 16 MA HCS Communities

Source: Massachusetts Prescription Monitoring Program



MA OTP Census Trends

Statewide and All 16 HCS Communities, Quarterly, 2018-2021



* Data for HCS communities based on census of OTPs located in HCS communities

Source: Massachusetts Department of Public Health; Bureau of Substance Addiction Services

What should we do about the opioid crisis?

Communities select from the following evidence-based practices

1) Increase overdose education and naloxone distribution (OEND)

2) Enhance delivery of medication for opioid use disorder (MOUD)

3) Improve prescription opioid safety

Engaging with high-risk populations:

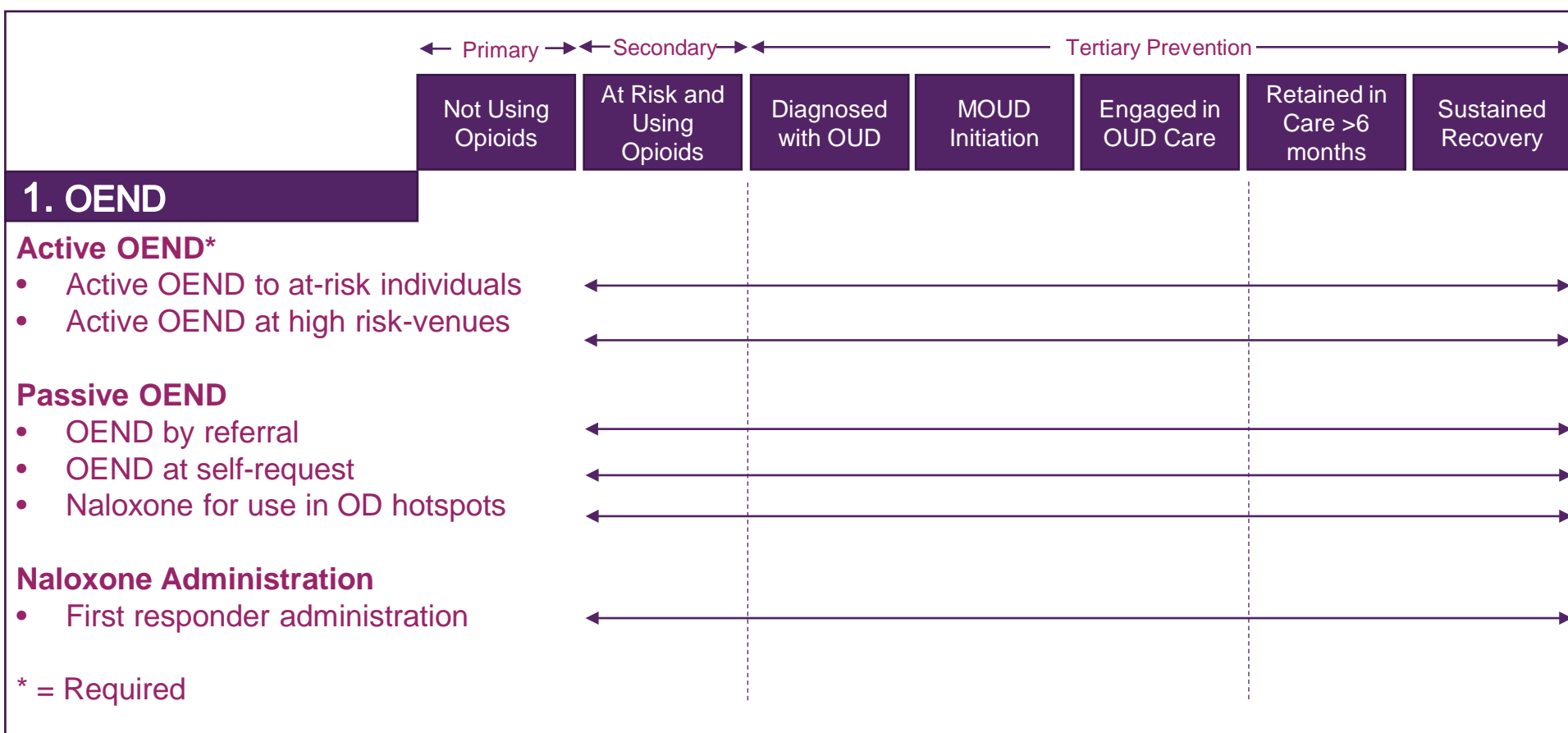
- Persons using opioids
- History of opioid overdose
- Reduced opioid tolerance
- Use other substances
- Comorbid mental or medical illness
- Drug Injection
- Special populations*
 - Adolescents, pregnancy, homeless, rural, veterans, racial and ethnic minorities, immigrants, disabled, transactional sex, chronic pain

Engaging the community across multiple venues:

- Criminal justice settings
- Syringe service programs
- EDs and hospitals
- Mental health and addiction treatment
- Primary care and pharmacy
- Social service agencies
- First responders

Menu 1:

Increase Overdose Education & Naloxone Distribution (OEND)



OEND: Expansion and adaptation of services in Holyoke

Tapestry Health Harm Reduction

HCS Support

Full-time Harm Reduction Specialist – street outreach, community trainings
Support for Peer naloxone

Naloxone, testing, vaccines, syringes, outreach, drop-off, linkage

Progress

274 naloxone kits in April 2021

20 people trained at 2 trainings April 2021

2 Peers distributed 40 naloxone kits



OEND: Lowell innovates first responder leave behind program

Lowell First Responder Leave Behind Program

HCS Support

400 Naloxone kits for 1 year

Progress

Fully implemented and started distributing kits January 2021

52 total naloxone kits distributed January - April

- MA DPH updated “Leave Behind Naloxone” protocol
- Eligibility was expanded so that naloxone can be left behind at any opioid overdose call, regardless of EMS transport refusal.
- Local EMS has ownership of this intervention completely.



OEND and MOUD: Brockton implements a mobile medical unit to connect hard to reach populations

Brockton Health Center Mobile Medical Unit

HCS Support

NP and LPN to initiate MOUD, link to behavioral health and social services, test for infectious diseases

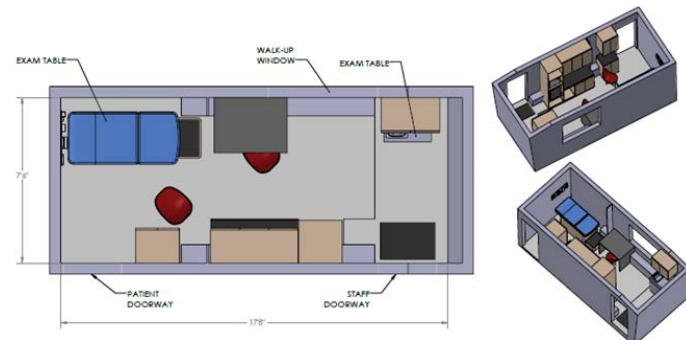
Outreach worker to link high-risk populations to treatment, recovery coaching and harm reduction services

Project Manager

Pickup truck, IT, supplies, patient transportation

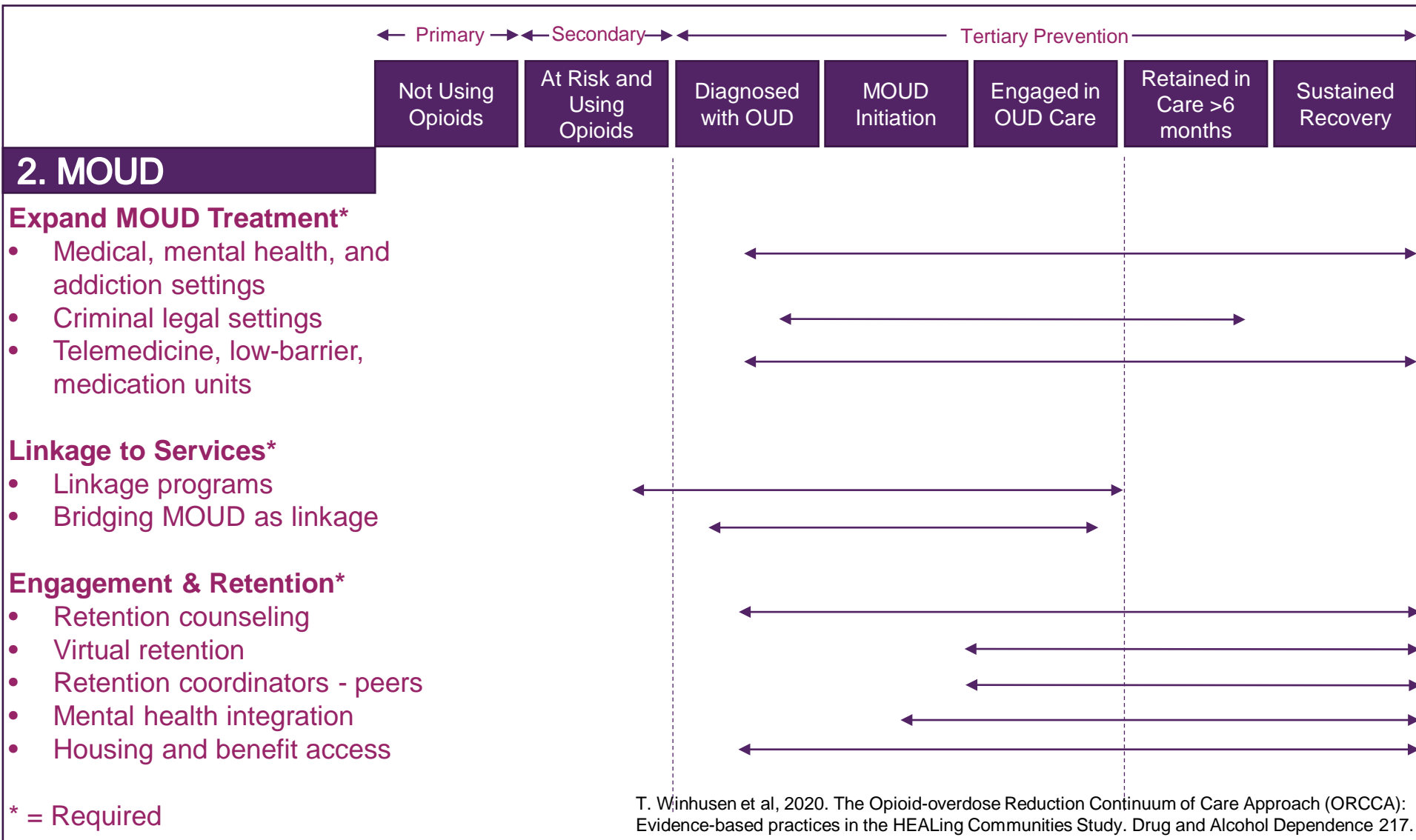
Progress

Awaiting license to begin services



Menu 2:

Enhance Delivery of Medication for Opioid Use Disorder (MOUD)



MOUD: Bourne and Sandwich expand office-based addiction treatment

Bourne and Sandwich OBAT

HCS Support

Nurse Care Manager

Community outreach

ED Linkages

Sandwich satellite site

Progress (10/5/20 – 4/30/21)

Buprenorphine:

- Current total: **133**
- Total new patients started: **40**

Injectable naltrexone:

- Current total: **22**
- Total new patients started: **14**

All 8 wave 1 MA Communities expanded OBAT programs with HCS support!



MOUD: New opioid treatment program addresses treatment desert in Holyoke

Behavioral Health Network Methadone Clinic



HCS Support

Assistance with application process

NP, RN, Care Coordinator, Recovery Coach

Progress

Fully implemented and started providing services March 2021

92 patients as of May 1st

Anticipated Capacity = 250 patients



Renovated space to house OTP in downtown Holyoke

MOUD: New addiction consult service start inpatients on MOUD

Addiction consult service at Lowell General Hospital

HCS Support

Psych nurse practitioner focusing solely on addiction consults

Progress

64 OUD consults from January to March

ACS did not exist prior to HCS - no culture of starting inpatients on MOUD



MOUD: Lowell creates bridge clinic for low barrier access to services

Bridge Clinic at Lowell General Hospital

HCS Support

Part time psych NP

Full time RN care manager

Full time social worker

2 full time recovery coaches

Part-time project manager

Progress (Jan 2021 – March 2021)

176 patients seen for OUD

66 initiations on MOUD



Outpatient Bridge Clinic Care Team



Ashley Tobey, PMHNP-BC
Behavioral Health Nurse Practitioner



Mary Silva, RN-BC
Behavioral Health Nurse Manager



Danielle Czekanski, LICSW
Social Worker, Bridge Clinic



Deborah Ryan
Recovery Coach

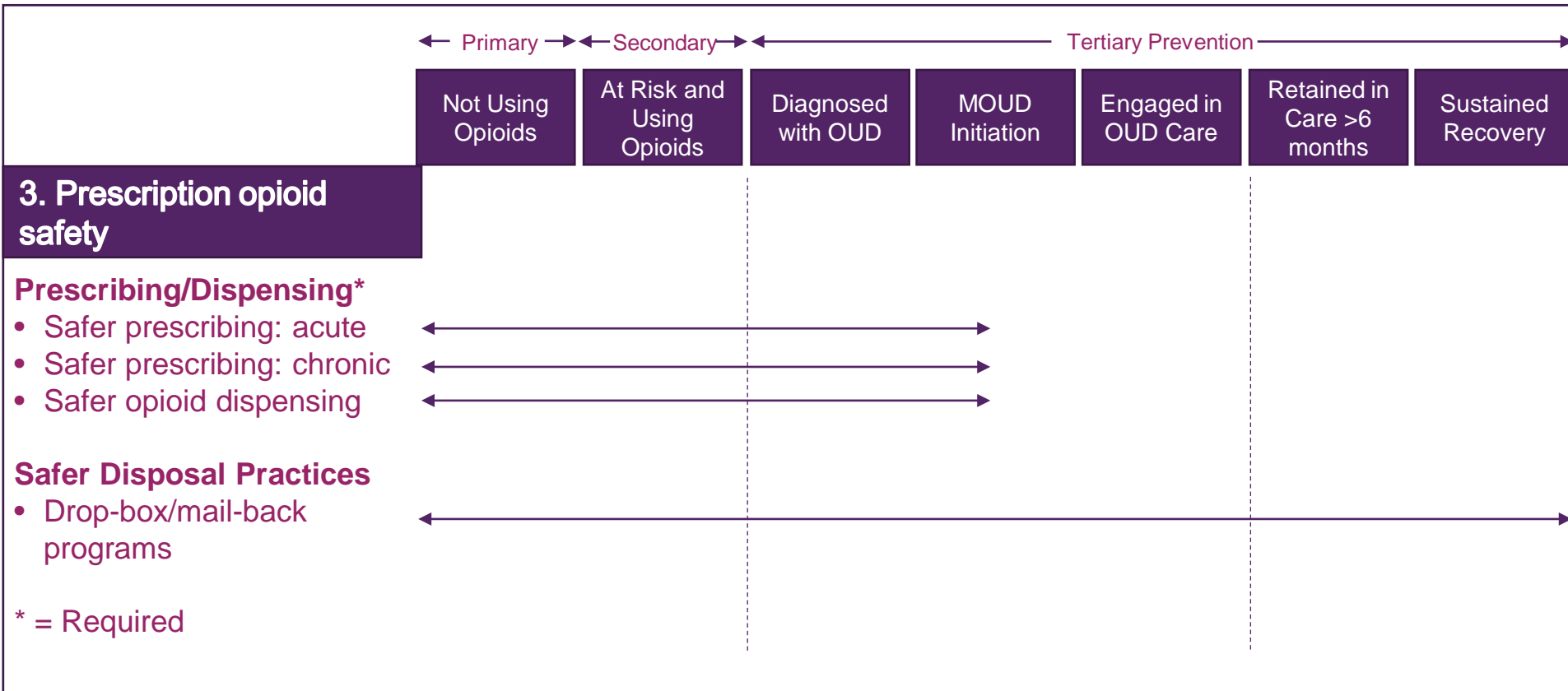
Wendy Mitchell, MD, Medical Director, Bridge Clinic
Neelam Sihag, MD, Chief of Psychiatry, Medical Director of
the Psychiatric Nurse Practitioner Program



Located at Lowell General Hospital,
walking distance from Downtown Lowell

Menu 3:

Improve prescription opioid safety



Opioid Safety: Brockton Hospital implements safer prescribing training

Brockton Pain and Opioid Management Committee

HCS Support

Technical assistance in promoting webinars and events

Funds to provide relevant continuing education unit (CEU) credits

Progress

Fall 2020, the hospital offered a series of webinars promoting safe opioid prescribing to local providers

LECTURE SERIES:

**CHANGING THE OUTCOMES OF
SUBSTANCE USE IN BROCKTON**

THURSDAYS, 6 – 7:30 PM VIA ZOOM

||| **OCTOBER 15TH**
SUBSTANCE USE DISORDERS
IN OUR COMMUNITY

||| **OCTOBER 22ND**
TREATING OPIOID USE DISORDER:
“WHAT ABOUT MY PAIN?”


||| **OCTOBER 29TH**
“LET’S TALK ABOUT OVERDOSE”
AND BROCKTON HOSPITAL’S
OPIOID PRESCRIBING INITIATIVE


||| **NOVEMBER 5TH**
PATIENTS IN CRISIS: THE EMERGENCY
RESPONSE TO OPIOID INTOXICATION


CONTINUING EDUCATION CREDITS:
• CME / CME I
• NURSING
• SW/LMHC
• LADAC/CADAD
• RECOVERY COACH CERT


TO REGISTER AND FOR MORE INFORMATION, PLEASE [CLICK HERE](https://www.bmcobat.org/training/register/index.php?category=99&date=) OR VISIT:
[HTTPS://WWW.BMCOBAT.ORG/TRAINING/REGISTER/INDEX.PHP?CATEGORY=99&DATE=](https://www.bmcobat.org/training/register/index.php?category=99&date=)


PLEASE CONTACT CONOR MONKS AT
CONOR.MONKS@BMC.ORG WITH ANY QUESTIONS!

 OBAT
Office Based Addiction Treatment
Training and Technical Assistance

 HEALing
Communities
STAY

 BOSTON
MEDICAL

 Grayken Center
for Addiction
Recovery Medical Services

 BSAS
Brockton Substance Abuse
Services

Research team approaches to racial equity and social justice (RESJ)

- Multilingual communications campaigns
- Inclusion of demographics in monitoring
- Race and ethnicity data improvements for the MA Ambulance Trip Record Information System (MATRIS)
- Community Advisory Board diversity (e.g., Herring Pond Wampanoag Tribe representation)
- RESJ Committee supports each core with integrating and executing RESJ goals

OEND Strategy focused on Racial and Ethnic Equity: Lowell

- Lowell House hiring a full time multilingual OEND outreach worker to engage Latinx population.
 - Conduct outreach and home delivery for high-risk individuals



**LOWELL HOUSE ADDICTION
TREATMENT *AND* RECOVERY**

MOUD Strategy focused on Racial and Ethnic Equity: Salem

Expand OBAT at Salem Family Health Center, a FQHC that provides bilingual and bicultural services

- Expanded access for non-English speaking patients with OUD
- Culturally relevant treatment via telemedicine



Drug and Alcohol Dependence Special Issue Highlights HEALing Communities Study



The image shows the cover of the journal *Drug and Alcohol Dependence* and the NIH HEAL Initiative logo. The journal cover features the Elsevier logo, the title "DRUG AND ALCOHOL Dependence", and a photograph of a hand holding a syringe next to a glass of water. The NIH HEAL Initiative logo is prominently displayed on the right, with the text "NIH HEAL INITIATIVE" and "HEALing Communities Study" below it.

New Special Issue

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<https://www.sciencedirect.com/journal/drug-and-alcohol-dependence/special-issue/10B0L1KKVKK>

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