

Community Forum on Opioid and Heroin Addiction

Hosted by State Representatives Russell Morin & Tony Guerrero
In Partnership with the Office of the Healthcare Advocate

April 10th, 2017

7:00 PM

Wethersfield High School

Miriam Delphin-Rittmon, Commissioner of Department of Mental Health and Addiction Services

Pat Rehmer, President Behavioral Health Network, Sr. VP Hartford Health Care

Shawn Lang, Deputy Director, AIDS CT

Terrence Wain, ASM-Aetna Ambulance

Kimberly L. Beauregard, LCSW, President and Chief Executive Officer, InterCommunity, Inc.

Ann Hartman, Assistant Director Community Health, Central Connecticut Health District



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PANELIST BIOGRAPHIES

Miriam Delphin-Rittmon, PhD. is the Commissioner of the Connecticut Department of Mental Health and Addiction Services (DMHAS). Prior to her appointment, she held varied roles at the Department including Deputy Commissioner, Senior Policy Advisor and Director of the Office of Multicultural Healthcare Equality. Under the Obama Administration, Dr. Delphin-Rittmon served as Senior Advisor at the Substance Abuse and Mental Health Services Administration with the Department of Health and Human Services working on a range of policy initiatives addressing behavioral health equity, workforce development and healthcare reform. Dr. Delphin-Rittmon has also held positions as Assistant Professor and Director of Health Equity and Multicultural Research and Consultation with the Program for Recovery and Community Health in the Yale Department of Psychiatry.

Patricia A. Rehmer, MSN, ACHE: Since March 2015, Patricia Rehmer, a former commissioner of the Connecticut Department of Mental Health and Addiction Services, has served as the Senior Vice President for Behavioral Health at Hartford Healthcare Corporation and is the President of Behavioral Health Network. Rehmer earned a bachelor's degree in nursing from Skidmore College in 1981 and a master's of science degree in nursing from St. Joseph College in 1988. She started her career at The Institute of Living in Hartford, where she held positions of increasing responsibility for 17 years. As the Senior Vice President for Hartford Healthcare and President of the BHN, Rehmer oversees sites to include Natchaug Hospital, Rushford Center, The Institute of Living, Hospital of Central Connecticut, Backus Hospital, and Windham Hospital. Rehmer continues to ensure collaboration across human service and other agencies.

Shawn M. Lang, Deputy Director, AIDS CT: Shawn M. Lang is the Deputy Director with AIDS Connecticut (ACT). With the organization since 1991, she oversees ACT's Care and Treatment; Prevention, including Syringe Access and Naloxone Distribution; Member Services; and provides a variety of trainings and presentations. She coordinates CT's HIV/AIDS public policy activities on the state and federal levels. Since 1995, Shawn has served on the board of the National AIDS Housing Coalition, serving as past-President and currently as co-chair of the Advocacy Committee. She is on the Community Advisory Board of the Center for Interdisciplinary Research on AIDS, and was recently appointed to the CT Alcohol and Drug Policy Council. In 2013, she convened and chairs CT's Statewide Opiate Overdose Prevention Workgroup which has engaged in an extensive advocacy campaign to increase awareness about, and access to Narcan, a lifesaving medication that reverses opiate overdoses. Last year, out of a field of 900 nominees nationwide, Shawn was nominated by Governor Dannel P. Malloy, and chosen as a one of ten White House Champions of Change for Advancing Prevention, Treatment and Recovery. She has been a longstanding activist on issues impacting battered women; LGBT communities; homelessness; and HIV/AIDS. She lives in Hartford with her 19 year old son.

Terrence Wain: Terrence Wain is a graduate of the University of New Haven with a Bachelor's of Science in Criminal Justice (2010). He has been an active EMS provider since 2011, and obtained his National Registry Paramedic Certification in 2014. He currently serves as an Operations Supervisor at AETNA Ambulance, where he assists in precepting new paramedics, educating new hires, and other educational rollouts required for road crews. He also serves as a Lab Instructor and Ride-Time Advisor for Capital Community College.

Please go to our websites for an interactive copy. www.housedems.ct.gov/Morin or www.housedems.ct.gov/Guerrera

PANELIST BIOGRAPHIES *(CONTINUED)*

Kimberly L. Beauregard, LCSW: Kimberly is the President and Chief Executive Officer of InterCommunity, Inc. InterCommunity is a nonprofit health organization operating out of ten locations in the greater Hartford region. Kim has over 30 years of distinguished service in the delivery of behavioral health services in direct care and administration. She is a licensed clinical social worker and has spent most of her career working with adults with persistent and prolonged mental illness and substance abuse disorders. She holds a Master's degree in Social Work, Master's degree in Psychology and a Master's degree in Urban Studies.

Ann Hartman: Hailing from the mid-west, Ann Hartman received her Bachelor's degree in sociology and political science from the University of Michigan, and later her Master's in Public Health from Yale University. She also served in the Peace Corps in the golden triangle region of Thailand working in nutrition education and community development. Prior to her current position, she served as the public health emergency preparedness consultant to the New Milford and New Fairfield Health Departments. In her spare time she co-founded a comprehensive walking program for 5th graders in the New Milford public schools that has been running for 11th consecutive years. Ann has been working with the Central Connecticut Health District as Assistant Director with a focus on community health since March of 2016.

CONNECTICUT LEGISLATION

Legislation Passed in 2016

Increased access to Narcan, a drug that reverses opioid abuse

- Allow any licensed healthcare professional to administer Narcan
- Require municipalities to equip their first responders with Narcan
- Allow pharmacists to prescribe Narcan

Limited opioid prescriptions, reducing the risk of addiction

- Caps first-time adult prescriptions at 7 days
- Caps all prescriptions for minors at 7 days
- Contains exceptions for certain medical conditions

Added more on-the-ground experts to the Connecticut Alcohol and Drug Policy Council, such as:

- An emergency medical technician
- A licensed drug and alcohol counselor

In addition, nursing homes may now treat addicted residents with methadone and those who traffic in synthetic drugs like the deadly fentanyl face increased penalties. While there is still more work to be done, this legislation was a historic step forward in both combatting opioid overdose and preventing new cases of opioid addiction.

Cracking Down on Distribution of Synthetic Narcotics

Rising opioid abuse has led to the widespread use of fentanyl, a deadly synthetic drug, as an additive to already dangerous street narcotics. The legislature took a strong stance against its use and proliferation by classifying fentanyl and similar synthetic drugs as narcotics - prohibiting its manufacturing, distribution and sale and imposing subsequently higher fines that apply to narcotics.

Treating Addicted Nursing Home Patients

Last year, public health statutes were updated to allow nursing homes to administer methadone to patients addicted to opiates.

SIGNS AND SYMPTOMS

The best way to prevent prescription drug abuse is to learn about the issue. That way, you can effectively present the facts when talking to your teen.

Recognize the signs of prescription drug abuse:

- Fatigue, red or glazed eyes, and repeated health complaints
- Sudden mood changes, including irritability, negative attitude, personality changes, and general lack of interest in hobbies/activities
- Secretiveness and withdrawing from family
- Decreased or obsessive interest in school work
- Missing prescription medicines from your medicine cabinet
- Additional filled prescriptions on your pharmacy record that you did not order

The signs and symptoms of prescription medicine abuse depend on the particular drug. Because of their mind-altering properties, the most commonly abused prescription drugs are: opioid painkillers, anti-anxiety medications/sedatives, and stimulants.

Pain Reliever Abuse (Opioid painkillers-used to treat pain)	Depressant Abuse (Anti-anxiety medication and sedatives)	Stimulant Abuse (Used to treat ADHD and certain sleep disorders)
Depression Low blood pressure Decreased breathing rate Confusion Sweating Constricted pupils	Drowsiness Confusion Poor judgment Dizziness Slurred speech Respiratory depression	Weight loss, Agitation, Irritability, Insomnia, High blood pressure, Irregular heartbeat, Anxiety, Impulsive behavior

When to see a doctor: Talk to your doctor if you think you or someone you know may have a problem with prescription drug use. You may feel embarrassed to talk to your doctor about it — but remember that medical professionals are trained to help you, not judge you. Identifying prescription drug abuse as soon as possible is important. It's easier to tackle the problem early before it becomes an addiction and leads to more serious problems.

SUBSTANCE ABUSE WALK-IN ASSESSMENT CENTERS

BLOOMFIELD (Reg. 4)

Community Health Resources
693 Bloomfield Avenue
877-884-3571
Mon and Thurs: 10:00 AM -12:00 PM

BRISTOL (Reg. 4)

Hartford Dispensary
1098 Farmington Avenue
(860) 589-6433
10:00 AM – 1:00 PM

Wheeler Clinic
10 N. Main St.
888-793-3500
Mon-Fri: 10:00 AM - 2:00 PM

EAST HARTFORD (Reg. 4)

InterCommunity Outpatient
281 Main Street
860-569-5900
Mon-Fri: 10:00 AM-3:00 PM
Tue and Thur until 6:00 PM

ENFIELD (Reg. 4)

Community Health Resources
153 Hazard Avenue
877-884-3571
Mon-Fri: 9:00 AM - 3:00 PM

HARTFORD (Reg. 4)

Hartford Behavioral Health, Cole Ctr.
2550 Main Street
860-548-0101
Tues, Wed: 9:00 AM to 10:30 AM

Hartford Behavioral Health, Affirmation Ctr.
One Main Street
860-548-0101
Wed: 9:00 AM to 10:30 AM

Hartford Dispensary
16-18 Weston Street
860-527-5100
Mon-Fri: 5:30 AM -1:30 PM

Hartford Dispensary
345 Main Street
(860) 525-2181
10:00 AM – 1:00 PM

InterCommunity Outpatient
16 Coventry Street
860-714-3704
Mon-Fri: 10:00 AM -3:00 PM
Mon and Wed until 6:00 PM

InterCommunity Detox Center
500 Blue Hills Avenue
860-714-3700
Hours: 24/7

Wheeler Clinic
999 Asylum Avenue
888-793-3500
Mon-Thurs: 10:00 AM-5:30 PM
Fri: 9:00 AM 3:30 PM

MANCHESTER (Reg. 4)

Community Health Resources
587 East Middle Turnpike
877-884-3571
Mon-Fri: 10:00 AM -3:30 PM

Hartford Dispensary
335 Broad Street
(860) 643-3210
10:00 AM – 1:00 PM

MIDDLETOWN (Reg. 2)

Rushford Center Detox
1250 Silver Street
877-577-3233
Mon-Fri: 9:00 AM -8:00 PM
Sat-Sun: 10:00 AM - 4:00 PM

NEW BRITAIN (Reg. 4)

Hartford Dispensary
19 Rockwall Avenue
(860) 827-3313
10:00 AM – 1:00 PM

Wheeler Clinic
75 N. Mountain Road
888-793-3500
Mon-Thur: 10:00 AM -5:30 PM
Fri: 9:00 AM-3:30 PM

ONLINE RESOURCES

DEPARTMENT OF MENTAL HEALTH & ADDICTION SERVICES:

For prescription opioids or heroin addiction treatment call: 1-800-563-4086

CONNECTICUT CRISIS SERVICES:

1-800-563-4086

DEPARTMENT OF MENTAL HEALTH & ADDICTION SERVICES PRESCRIPTION DRUGS AND HEROIN PREVENTION & TREATMENT GENERAL RESOURCES:

www.ct.gov/dmhas/cwp/view.asp?a=2902&q=560348

PARTNERSHIP FOR DRUG-FREE KIDS:

Comprehensive and up-to-date source of drug information for parents. Learn the facts, prevalence and warning signs to help keep your child safe

<http://drugfree.org/drug-guide/>

PRESCRIPTION DRUG DROP BOX LIST:

<http://www.ct.gov/dcp/cwp/view.asp?a=1620&q=501922>

CONNECTICUT PHARMACIES ABLE TO DISPENSE NALOXONE:

<https://data.ct.gov/Public-Safety/Pharmacies-with-Naloxone-Narcan-Envizio-and-Other-/827x-h24k>

CONNECTICUT SUBOXONE/VIVITROL PROVIDER LIST:

<http://www.ct.gov/dmhas/cwp/view.asp?a=2901&q=491532>

NARCOTICS ANONYMOUS:

www.ctna.org

AL-ANON:

www.ctalanon.org

FAMILIES ANONYMOUS:

www.familiessnonymous.org

Feeling overwhelmed with your child's drug problem?
Call our Parents Toll-Free Helpline 1-855-DRUGFREE (1-855-378-4373)

For more information about prescription medicine abuse visit The Medicine Abuse Project at
MedicineAbuseProject.org