

THE DEDHAM COALITION FOR
ALCOHOL AND DRUG
AWARENESS – UPDATE TO
THE BOARD OF SELECTMEN

January 22 2015

Goals for the Presentation

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- Raise awareness and educate residents about substance use problems in our community
- Share information about the Dedham Coalition for Alcohol and Drug Awareness
- Explain the steps taken recently and planned for this year

Perspective

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- Substance use disorder and related conditions are our nation's number one public health problem
- Across New England and Massachusetts substance use disorder has climbed dramatically the past decade
- Norfolk County recorded 64 overdose fatalities in 2013, and 91 in 2014, an increase that causes great concern

Perspective

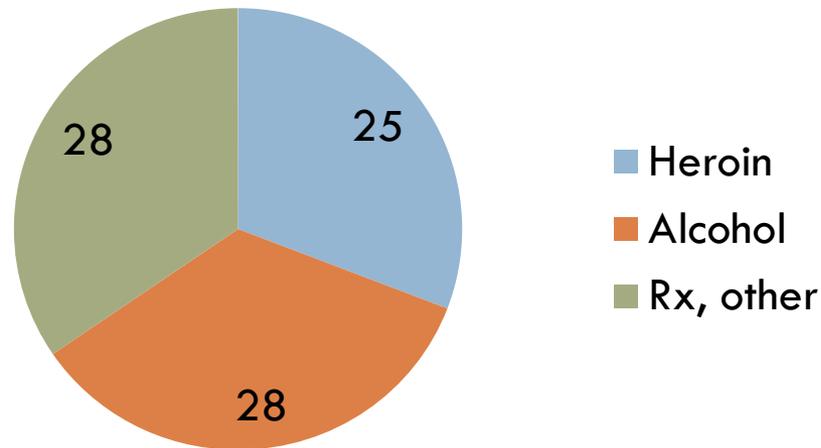
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- In response to the growing problem many towns have formed coalitions to reduce drug and alcohol problems through education and assistance programs. They include Avon, Braintree, Brookline, Dover, Quincy, Weymouth, Sharon, Needham, Walpole, Stoughton, Medfield, Norwood and Foxboro
- Dedham's Coalition, established last year by Selectmen, met 6 times

What First Responders Saw in 2014

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- Last year, Dedham Dispatch received 81 calls for “unresponsive person” due to apparent substance overdose incidents:



- First responders – Ambulance, Fire and Police - administered Narcan 30 times when opiates were likely involved, compared to 26 in 2013
 - ▣ Avg. Age Male – 31 Avg. Age Female 27

Details of Dispatch Calls - 2014

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Age	Female			Male		
	Total Calls	Of Which were Heroin	Fatalities	Total Calls	Of Which were Heroin	Fatalities
<20	5	0	0	2	0	0
20-39	15	9	1	24	13	0
40-59	19	0	1	13	3	1
60+/unkn	3	0	0	0	0	0
Total	42*	9	2	39**	16	1

*13 of which were Alcohol **15 Alcohol

Substances That Play a Role in Substance Misuse and Addiction

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- Heroin
- Prescription Opiate Painkillers
 - ▣ Oxycodone is the drug
 - Percocet 30's
- Stimulants –
 - ▣ Adderall, Ritalin
- Alcohol
- Other Drugs
 - ▣ Benzodiazepine, Xanax, Klonopin, Suboxone
- Cocaine
- Marijuana

What you can do to help prevent prescription drug abuse

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- ❑ Maintain control of prescription and over the counter medications – lock them up
- ❑ Supervise your children when they are taking medications
- ❑ Monitor the number of pills or amount of medicine in each bottle
- ❑ Talk to your children about the importance of taking medication only as prescribed to them
- ❑ Share and discuss this information with friends, Grandparents and other caretakers
- ❑ Always follow doctor instructions about how and when to take medication

Coalition - Current Activities

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- Narcan overdose-reversal kits
 - Now carried by Ambulance, Fire and Police
 - Families with opiate users encouraged to have kit at home
 - Available without a prescription from pharmacies
- Drug collection box located at Police Station
 - Police Station lobby drop box available 24/7,
 - 478 lbs. collected in 2014

Coalition - Current Activities

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- Pharmacy visits with Norfolk County DA's office
 - ▣ Staff Pharmacist, Police Chief, Selectman visited each Dedham pharmacy to talk to pharmacists about safe prescribing and prescription monitoring program
 - ▣ Pharmacist visited almost 120 pharmacies in County
- Reminders
 - ▣ Good Samaritan Law – offers protection for callers from simple drug possession charges when seeking medical attention for an overdose victim
 - ▣ Anonymous Tip Line 781-326-7666 –
 - help us identify drug dealers

Coalition - Activities In Progress

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- Board of Health –
 - ▣ The Public Health Nurse's work week has been increased from 3 days to 4 to provide professional resources supporting these efforts
- Increasing Education and Outreach
 - ▣ Social media will be used more widely
 - ▣ With increased hours the Nurse is available to offer more information to residents
- Applied with Norwood, Westwood and Needham for a state grant to reduce underage use of alcohol and drugs

Coalition - Activities In Progress

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- Support Group for Family Members
 - ▣ Learn to Cope will begin a weekly meeting in March or April at a Dedham location
 - ▣ It offers education, resources, peer support and hope for parents and family members coping with a loved one addicted to opioids or other drugs

Quote from Learn to Cope Founder Joanne Peterson

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- “Young people and communities need to be educated on opioid and prescription drug use. It doesn’t matter what your zip code, education level, or income is; addiction knows no boundaries, it does not discriminate. Addiction can begin with a legitimate prescription or an experiment. No matter how well you parented your kids, they can make terrible decisions at times that can ultimately ruin their future, many of them didn't realize what they were dealing with when they tried it, they know now.”

A Community of Recovery

- *“...The sense of stigma is most likely to diminish as a result of public education and broader acceptance of addiction as a treatable disease.”*
—*Institute of Medicine*
- *Stigma is one of the meanest and most difficult aspects of addiction because it makes it harder for individuals and families to deal with their problems and get the help they need. Many still believe that addiction is a character flaw or weakness that probably can't be cured. The stigma against people with addictions is so deeply rooted that it continues even in the face of the scientific evidence that addiction is a treatable disease*
- *There are people in our families and communities living wonderful lives in long-term recovery.*