

STRATEGIC PLAN

Focus areas

1. **Prevention** (community education & awareness, data sharing w/ community, trainings, narcan)
2. **Treatment** (increase access, expand availability, diversion programs, enhance recovery supports, overdose response)
3. **Supply reduction** (DTB, med disposal & storage, decrease prescriptions/medical community engagement)

FOCUS AREA 1: Utilize Prevention and Education Efforts to Reduce Substance Misuse and its Harmful Effects

GOALS	STRATEGIES	Goals/Targets	Outcomes/updates
<p>Increase community’s understanding of substance use disorders and opioid epidemic, including the risks of counterfeit pills contaminated with fentanyl.</p>	<p>-Offer community trainings/webinars</p> <p>-Partner with schools to provide prevention related education to students and families through Peach Jar, teacher staff meetings, and teen groups.</p> <p>-Participate in tabling events at community gatherings (festivals, farmers markets, etc)</p> <p>-Use PSAs, bus ads, online advertising to increase awareness of AARI & spread AARI prevention messages</p> <p>-Partner with community vendors/retail organizations to provide education to the community via posters, etc.</p>	<p>-6 community trainings/webinars a year</p> <p>-At least two events/publications with school community a year</p> <p>-12 tabling events a year (when pandemic ends)</p> <p>-At least 3 prevention campaigns a year. -An increase of website/Facebook traffic when prevention campaigns are active.</p> <p>- Partner with 5 vendors in 2022</p>	<p>-Trainings webinars are being offered every 2-3 months. Total trainings in 2021: 10 with approx. 300 participants.</p> <p>-partnerships with school counselors to share drug facts.</p> <p>-Campaigns in 2021: Anti stigma campaign through OutFront & EffecTV/Comcast. Medication safety Facebook Ad & Art Bus ads. OTC webinar series with Teen Network Board (See SOR year 3 update for more info) -Web & Facebook traffic had a 165% increase in traffic.</p>

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<p>Increase use of SBIRT to support secondary prevention</p>	<p>-Evaluate current SBIRT program and resources needed to expand</p> <p>-Identify community partners interested in SBIRT</p>	<p>-An increase in SBIRT screenings being completed by current community partners</p> <p>-Implement SBIRT with one new community partner a year</p>	<p>-on target</p> <p>-due to ongoing COVID pandemic, this goal will be discontinued.</p>
<p>Utilize harm reduction strategies to prevent initiation of a substance use disorder and decrease harm caused by addiction.</p>	<p>-Offer harm reduction tools to the community in community locations</p> <p>-Regularly advertise available harm reduction strategies</p> <p>-Identify gaps in harm reduction</p>	<p>- Hold tabling events monthly in high overdose zip codes</p> <p>-Make infographic and share widely</p> <p>-Initiate one new harm reduction strategy/year</p>	
<p>Prevent overdoses</p>	<p>-Educate community on risks of overdose</p> <p>-Provide overdose reversal education (REVIVE & abridged NARCAN)</p> <p>-Reach into identified areas of need (high rise complexes, business community, barber shops, etc.) to distribute Narcan</p> <p>-Provide education on risks of unused medications in the home</p> <p>-Provide education on treatment resources available to individuals who are currently experiencing addiction</p> <p>-Prevent fatal overdoses by installing opioid emergency (breakaway) boxes in community settings.</p>	<p>-REVIVE trainings 2x month. At least quarterly training should be offered to general public</p> <ul style="list-style-type: none"> - # of narcan doses distributed - Zip codes of narcan distribution should match high OD zip codes - Partner with ACPD community outreach team to provide trainings to civic & community centers. <p>-At least 3 educational programs or publications/year related to risk of unused medications. Utilize HIDTA resources. Partner with ACPD community outreach to provide trainings.</p> <p>-At least 3 educational programs/publications related to treatment resources a year.</p> <p>-Identify at least once community setting to add boxes to in 2022.</p>	<p>-Jan 1, 2021 – December 31, 2021: 840 boxes of NARCAN dispensed. 31 REVIVE Trainings with 257 attendees.</p> <p>-2021: Outreach to Culpeper garden, VA governors conference on aging, medication safety community webinar</p> <p>-2021: MAT guide including treatment resources, working on regional resource guide, MAT training for DHS staff, Cannabis training for shelter & community.</p>

Focus Area 2: Enhance Treatment Options to Promote Long Term Substance Use Recovery

GOALS	STRATEGIES	Goals/targets	Outcomes/updates
<p>Increase availability of long-term sober housing</p>	<p>-Explore options that exist</p> <p>-Seek grant funding</p> <p>-use partnerships and networking to advocate for expansion of current programs and identify buildings for lease</p>	<p>Number of people assisted in sober living.</p> <p>Amount of money spent for sober living.</p> <p>Percentage of these participants who stayed in sober living for the next three months after funding.</p> <p>-begin networking and identifying barriers and roles for AARI to advocate</p>	<p>2021: 16 clients housed in Oxford Houses</p> <p>Total rent paid = \$----</p>
<p>Expand Drug Court Treatment Program</p>	<p>-complete internal assessment of current drug court</p> <p>-expand eligibility criteria in Arlington that stays within VA code</p> <p>-educate inmates to dispel myths about drug court</p> <p>-explore MAT for docket clients without also having to participate in OBOT</p>	<p>Number of people assessed vs. accepted into DCTP</p> <p>Increase in number of participants</p> <p>-Pilot with Sublocade and 1-2 drug court clients in 2022</p>	<p>Overall increase in number of participants and individuals accepted into the program vs. being assessed.</p>
<p>Enhance diversion programs and community understanding of diversion programs.</p>	<p>-intoxicated individuals brought to DHS rather than jail</p> <p>- increase diversion options at intercept 0</p> <p>-Launch & advertise new Safe Station</p> <p>--Provide trainings (CMEs) to EMS/Fire on diversion options</p>	<p>- increase in number of individuals diverted into treatment</p> <p>-Number of impressions on Safe Station ads</p> <p>-Number of people who use Safe station</p> <p>-develop trainings and documents for EMS/FIRE on diversion options and how to access them.</p>	<p>The Client Services Entry (CSE) Bureau is working on building capacity to work with SUD clients diverted from jail diversion. AARI has provided SUD trainings to assist in building competency in treating SUD crises. Will continue to track progress towards CSE accepting clients being diverted.</p>

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<p>Increase treatment options and education for adolescents</p>	<p>-Develop and share list of adolescent treatment resources in the area. Explore building a database for parents to access</p> <p>-Develop family/parent hotline to provide support, information, and resources regarding adolescent substance use.</p> <p>-Advocate for an increase in substance use counselors in the school</p> <p>Identify opportunities to support families and teens who are intoxicated and brought to the hospital.</p>	<p>-Identify treatment resources & develop document. -Share with network</p> <p>-Explore opportunities to partner with SAFE</p> <p>-Identify parent groups and assist them in advocacy.</p> <p>-Learn about current practices at the hospital and identify gaps</p>	
<p>Increase alternatives to incarceration</p>	<p>-jail-based staff will identify detainees that are more appropriate for SU treatment than incarceration</p> <p>-develop a system to present treatment plans at various junctions of the court process</p> <p>-link people to alternative programs</p>	<p>-number of people screened for alternatives to incarceration</p> <p>-successful completion rates of people referred through this program</p>	<p>An alternative sentencing position has been identified and recruitment has begun.</p>
<p>Full range of MAT options available in the jail</p>	<p>-build on the Vivitrol Pre-Release Program to add other MAT</p> <p>-begin with soft detox and build up engagement/support utilize support from HIDTA and GMU</p> <p>-offer Suboxone inductions</p> <p>-Eventually provide MAT in the jail</p> <p>-Continue to expand on MAT on the jail</p> <p>-Provide a one-page summary to share with school counselors on what a child's parent may be experiencing and what MAT is</p>	<p>-people participating in MAT programs</p> <p>-VPR participants that transitioned to outpatient</p> <p>-identify champions in the jail</p> <p>- within a year offer soft detox</p> <p>-within 3 years offer MAT</p> <p>-Complete consultation with HMA</p> <p>-Continuing to work with the jail and medical vendor to being prescribing suboxone to individuals and releasing them with a bridge dose.</p> <p>-Develop and dispense to schools.</p>	<p>-10 individuals prescribed Vivitrol in 2021</p> <p>-258 inmates identified with opioid use disorder in 2021. 66 received MOUD. Additional supports included medical unit for withdrawal, connection to treatment upon release, peer support, naran, fentanyl test strips.</p>
<p>Enhance overdose response</p>	<p>-OD outreach team will contact individuals following an overdose</p> <p>-Offer NARCAN to OD victims and witnesses</p>	<p>-100% compliance with goal</p> <p>-NARCAN to 60% of OD victims and/or witnesses</p>	<p>-On target – 2021 data: 34 non-fatal ODs (NF OD), 19% of NF ODs already connected to CSB, 22% NF ODs accepted NARCAN, 20% witnesses</p>

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	<ul style="list-style-type: none"> -Connect with family members immediately following OD and offer a connection to resources -Offer NARCAN at the scene of overdose and/or other resources -Set up MOA with ACPD & ACFD regarding OD response -Set-up OD response plan with VHC <ul style="list-style-type: none"> -Explore opportunities for EMS to phone DHS when transporting an OD victim to VHC so that DHS can meet the person at the ED. -Explore ways to collect accurate data of ODs/NARCAN use in Arlington 	<ul style="list-style-type: none"> -explore resources needed to do this -meet with fire, RE: leave behind program MOA in place within a year -Identify hospital champion. VHC OD response plan in action within 3 years <ul style="list-style-type: none"> -Identify resources needed -Increase in data sources for NARCAN use 	<p>accepted NARCAN, 28% NF ODs connected to treatment, 25% NF ODs connected to peer support. 28 total Fatal overdoses, 25% connected to the CSB.</p> <p>-developed a new form to report use, emailing it out every 6 months. Including QR code on boxes of NARCAN and hanging poster with QR code.</p>
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Focus Area 3: Supply Reduction

GOALS	STRATEGIES	Goals/Targets	Outcomes/updates
<p>Reduce access to prescription medications</p>	<ul style="list-style-type: none"> -Maintain takeback boxes -Drug disposal & storage education events/ads -Identify partners to display medication disposal and safe storage signage (pharmacies, doctors offices, etc). -Partner with foodbanks & church food pantries to dispense bags <ul style="list-style-type: none"> -partner with funeral homes to dispense bags -Add to jail release bags -Tabling events with lock & talk and medication deactivation bags 	<ul style="list-style-type: none"> -Number of pounds of medications collected at Drug Take Back boxes. -Number of education events held <ul style="list-style-type: none"> -specific number of events held geared towards parents -Number of venues displaying signage, RE: medication disposal and storage -Number of medication deactivation bags dispensed to public -Number of medication lock boxes dispended to public via lock and talk 	<p>2021: 2, 632 pounds collected</p> <p>-Drug takeback event twice a year, event at Culpeper gardens</p> <p>-2021: 95 bags dispensed</p> <p>- Due to COVID there have not been public events in person, however, through virtual education events and posts we have dispensed 25 boxes.</p>
<p>Engage medical community, re: prescription practices & treatment options</p>	<ul style="list-style-type: none"> -Connect with medical community -Dispense safe opioid use bags to medical providers to share with their patients -Share list of treatment resources w/ medical provider community 	<ul style="list-style-type: none"> -Identify a few champions in medical community – try Priva primary care group -Number of medical providers outreached. -Number of medical providers dispensing opioid safe use bags being. -Number of bags dispensed by medical providers -number of medical providers sharing treatment resources 	

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	<ul style="list-style-type: none"> -Develop signage for medical community to hang in their offices -Provide education to medical providers for free 	<ul style="list-style-type: none"> -number of medical providers hanging signage in their offices -Offer CMEs (start with DHP), partner with universities to provide education to students on safe prescribing practices and overdose reversal 	<ul style="list-style-type: none"> -Narcan training provided to Marymount's PT students in 2021
<p>Educate the community on non-opioid prescription options</p>	<ul style="list-style-type: none"> -Complete research to identify alternatives to opioid pain medication -Provide resources to the community -Provide wellness tips to prevent chronic pain from developing 	<ul style="list-style-type: none"> -Completed resource list -Resource list published on website & Facebook -Partner with physical therapists 	