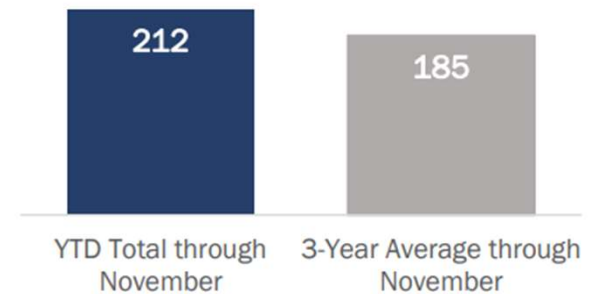


# Substance Use Disorder / FGI Community Resources

SUD Treatment, Recovery and Wrap  
Around Supports

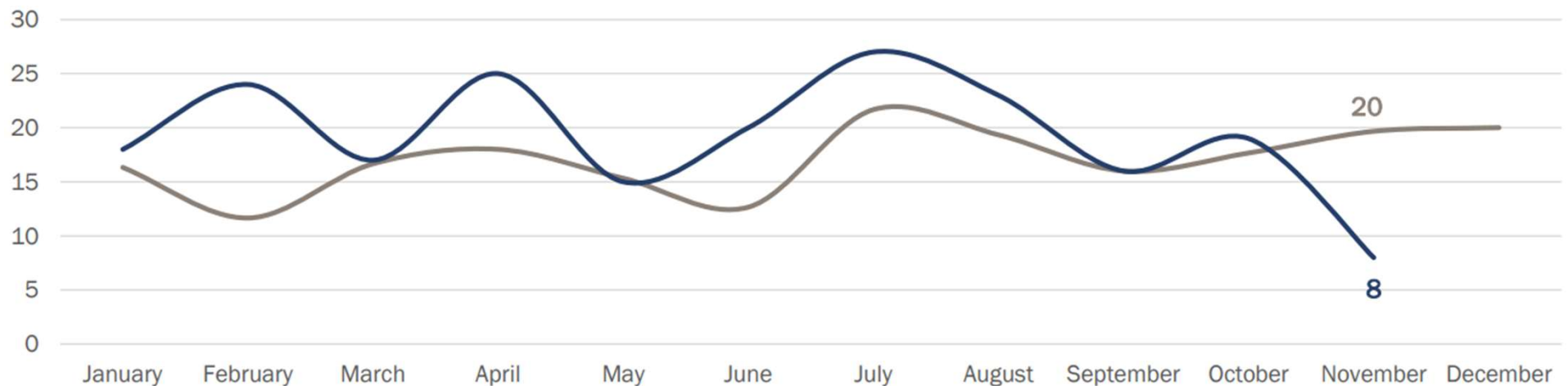
## Summary of 2023 Opioid Deaths (to date):

As of the end of November, there have been 212 opioid-related accidental and undetermined deaths among Vermont residents. The number of opioid deaths is higher than the three-year average through November. Essex County currently has the highest rate of opioid deaths (84.4 per 100,000 residents); however, this rate is statistically similar to Vermont overall (32.8 per 100,000 residents).



**The number of Vermonters dying by opioid overdose was lower in November this year than in previous years, after being higher in January, February, April, June, July, August and October.**

Opioid deaths in **2023** and **3-year averages** by month among Vermont residents\*



Substances such as xylazine, gabapentin, and other non-opioid drugs cannot be detected with fentanyl test strips. Narcan® (naloxone), a medicine that can reverse an opioid overdose, does not reverse the impact of these substances in an overdose emergency. This can mean a higher risk of death. More information about xylazine is available in this brief: [Xylazine Involvement in Fatal Opioid Overdoses Among Vermont Residents](#).

The increased number of opioid overdose deaths in which non-opioid drugs such as xylazine and gabapentin are present highlights the importance of following the “What should you do during an opioid overdose?” guidance on [KnowODVT.com](#). If an overdose is suspected, call 9-1-1, give naloxone, and start rescue breathing. If non-opioid drugs are involved, naloxone alone may not be effective and additional medical assessment will be needed.

2023	Total Opioid Overdose Deaths	Opioid Overdose Deaths with Xylazine		Opioid Overdose Deaths with Gabapentin	
		Number	Percent of Total	Number	Percent of Total
January	18	5	28%	2	11%
February	24	7	29%	3	13%
March	17	6	35%	1	6%
April	25	8	32%	1	4%
May	15	6	40%	2	13%
June	20	6	30%	3	15%
July	27	8	30%	3	11%
August	23	13	57%	2	9%
September	16	2	13%	2	13%
October	19	3	16%	4	21%
November	8	4	50%	0	0%
December					

# The Fentanyl Problem

Fentanyl and its analogs are the primary drivers of death in the opioid overdose crisis.

Fentanyl can be used knowingly or unknowingly.

It has been pressed into counterfeit pills mimicking prescription medicines.

It is 50 times stronger than heroin.

Unintended use, particularly by people with no or low opioid tolerance, has resulted in a spike in drug overdose deaths.



Overdose can occur by ingestion, injection, or inhalation.

Reversal of fentanyl overdose may require repeated doses of naloxone.

Fentanyl is synthesized in China, Mexico and India; exported to The U.S. as a powder or pressed in pills

Fentanyl can be purchased on the dark web and delivered through traditional delivery services including the U.S. Postal Service

Opiates refer to natural opioids such as heroin, morphine and codeine. Opioids refer to all natural, semisynthetic, and synthetic opioids



# What is Xylazine

Xylazine is a non-opioid used as a sedative, anesthetic, muscle relaxant, and analgesic for animals, (not FDA approved for use in humans).

Xylazine is a central nervous system depressant that can cause drowsiness, amnesia, and slow breathing, heart rate, and blood pressure at dangerously low levels.

It may be referred to as “tranq,” or “tranq dope” when combined with heroin or fentanyl

It has rapid onset within minutes and can last 8 hours or longer depending upon the dose, the way it was taken, and whether it was mixed with an opioid or other drug(s).



## Xylazine Trends:

- While the full national scope of overdose deaths involving xylazine is unknown, research and testing have shown that overdose deaths involving xylazine rose nearly 20-fold between 2015 and 2020 in all major US regions where xylazine testing was being conducted.



- ▶ **Xylazine-Induced Skin Ulcers**
- ▶ “the drug burning its way out of the skin”
- ▶ The wounds occur regardless of how people use.
- ▶ Chronic use of xylazine can progress the vasoconstriction and skin oxygenation deficit, leading to severe soft tissue infections, including abscesses, cellulitis, and skin ulceration.

The images of legitimate and fake pills are examples and do not represent the many variations of fake pills. Never trust your own eyes to determine if a pill is legitimate. The only safe medications are the ones prescribed by a trusted medical professional and dispensed by a licensed pharmacist.

## Fake “Oxys” M30s

Fake “Oxys” M30s



## Rainbow Fentanyl

Rainbow Fentanyl: A Dangerous Trend

Sep 27, 2022



The images of legitimate and fake pills are examples and do not represent the many variations of fake pills. Never trust your own eyes to determine if a pill is legitimate. The only safe medications are the ones prescribed by a trusted medical professional and dispensed by a licensed pharmacist.

### Authentic Adderall

### Fake Adderall





This Photo by Unknown Author is licensed under CC BY-NC

# Narcan (Naloxone)

### Emergency Response for Opioid Overdose

nasal naloxone

**Try to wake the person up**

- Shake them and shout.
- If no response, **grind your knuckles into their breast bone** for 5 to 10 seconds.

**Call 911**

If you report an overdose, New York State law protects you and the overdosed person from being charged with drug possession, even if drugs were shared.

**Administer nasal naloxone**

- Assemble nasal naloxone.
- Spray half up each nostril.
- Repeat after 2 to 5 minutes if still not conscious.

**Check for breathing**

Give CPR if you have been trained, or do rescue breathing:

- Tilt the head back, open the mouth, and pinch the nose.
- Start with 2 breaths into the mouth. Then 1 breath every 5 seconds.
- Continue until help arrives.

**Stay with the person**

- Naloxone wears off in 30 to 90 minutes.
- When the person wakes up, explain what happened.
- If you need to leave, turn the person on his or her side to prevent choking.





## Recovery Coach in the Emergency Department

▶ The Recovery Coaches in the Emergency Department (RCED) program was established in 2018, with the goal of serving individuals presenting with substance use disorders in the Emergency Department. This program was created by establishing partnerships between the Vermont Department of Health, Vermont's Recovery Centers, and their local hospitals. As of 2021, Recovery Coaches are now working in hospitals throughout the entire state of Vermont, providing resources and support to those in crisis when they need it most.

TPFC and NMC partnered in 2021 and RCED went live in January of 2022.

We've supported 309 individuals in the

# WCAX Investigates: Obstacles to opioid use recovery

<https://www.wcax.com/video/2023/12/13/wcax-investigates-obstacles-opioid-use-recovery-pt-1/>

<https://www.wcax.com/video/2023/12/14/wcax-investigates-obstacles-opioid-use-recovery-pt-2/>

<https://www.wcax.com/video/2023/12/15/wcax-investigates-obstacles-opioid-use-recovery-pt-3/>

Turning Point of Franklin  
County  
Recovery Center  
182 Lake Street, St. Albans, VT,  
05478  
(802) 782-8454

Helping individuals find,  
maintain, and enhance  
their recovery from  
addiction through peer  
support, safe recreation,  
and educational  
opportunities.




 **NARCAN**<sup>®</sup> (naloxone HCl)  
**NASAL SPRAY 4mg**


- 12-Step Meetings
- SMART Recovery
- Al-Anon / Nar-Anon
- Recovery Coaching / Peer Support
- All Recovery
- Faith Based Group
- Parent Support Groups
- Moms in Recovery
- Recovery Coaching in the Emergency Department
- Narcan Training & Harm Reduction Packs

# What is a Recovery Coach?

Recovery coaching is a form of strengths-based support for people with addictions or in recovery from alcohol, other drugs, codependency, or other addictive behaviors.



Recovery coaches generally focus more on the present and future while therapist may help their patients cope, process and learn from their past.



## Motivational Interviewing / Resource Referral

- Promote recovery. Remove barriers. Connect people with recovery support services. Encourage hope, optimism, and healthy living.

# Hub and Spoke Model

## Hubs



High intensity MAT  
Methadone, buprenorphine, naltrexone  
Regional locations  
All staff specialize in addictions treatment



## Spokes



Maintenance MAT  
Buprenorphine, naltrexone  
Community locations  
Lead provider + nurse and LADC/MA counselor





# BAART Programs, St. Albans

## Hubs



High intensity MAT  
Methadone, buprenorphine, naltrexone  
Regional locations  
All staff specialize in addictions treatment



### BAART Programs St. Albans, VT

242 S. Main Street

Medication-Assisted Treatment (MAT)  
Buprenorphine and Methadone Treatment

[Begin Recovery Today](#)

# SaVida - WHAT WE DO



- ▶ **Medicated Assisted Treatment for Alcohol & Opioid Use**
  - ▶ Outpatient Specialty Care Spoke Practice
  - ▶ Suboxone, Sublocade, Brixadi & Vivitrol (Do Not Dispense)
  - ▶ Psychiatric Mental Health & Medication Management
  - ▶ RN Care Management & Coordination to address SDOH
  - ▶ Counseling and Recovery Planning
  - ▶ Hep C Treatment
  - ▶ On Site Toxicology through our own Lab now testing for xylazine
  - ▶ On Site Phlebotomy
  - ▶ Pilot: Macro-Dosing / Comprehensive Care Stop Gap

Howard Center Substance Use Services is an outpatient program providing several levels of care for those whose lives have been impacted by substance use.

We offer individual therapy and group therapy. Our groups offer a variety of focuses, including:



The program provides assessment and comprehensive outpatient and mobile substance use treatment, co-occurring mental health counseling, medication-assisted treatment.

#### THE PROGRAM HELPS

*by offering:*

- ▶ Comprehensive assessment
- ▶ Individual and group counseling
- ▶ Case management and intensive outpatient treatment
- ▶ Mobile substance use treatment
- ▶ Medication-assisted treatment
- ▶ Public Inebriate Program (PIP)
- ▶ Referrals for additional resources and supports



**Samaritan House**  
Tim's House • Resource Center • Transitional Housing • Support Services

## *Samaritan House / Tim's House Emergency Shelter*

Samaritan House provides emergency shelter and support services to people experiencing homelessness in Franklin and Grand Isle Counties. Our Mission is to empower people experiencing homelessness in our community to access safe housing and support.

If you or someone you care about is in need of emergency shelter or housing support, please give us a call today at 802 527 0847.

### **Contact Us**

Samaritan House  
20 Kingman Street  
St. Albans, VT

### **Business Hours**

Mon-Fri 8:00AM-4:30PM

### **Phone**

802 527 0847

# Champlain Valley Office of Economic Opportunity

- [3SquaresVT](#) outreach, information and application assistance
- Distribution of Farm to Family Coupons, provided annually between July 1st - September 30th or until supplies run out
- [Financial assistance and housing case management](#): housing advocacy; financial assistance to stabilize housing for individuals and families experiencing homelessness or at-risk of homelessness; subsidized housing application assistance; and housing case management/housing navigation for individuals and families experiencing literal homelessness as defined by HUD
- [Tax preparation](#): free income tax, rent rebate, and homestead property tax forms assistance, offered seasonally during the tax season (February 1st - April 15th) under the Volunteer Income Tax Assistance program (VITA).
- [Home heating and utility](#) advocacy and assistance: Seasonal Fuel applications, VT Gas and Green Mountain Power Energy Assistance Program (EAP) applications, application assistance for the Crisis Fuel Emergency Heating System (EHS) repair or replacement program, and financial assistance with home heating fuel and metered utility bills required to maintain heat in the home; financial assistance is available during the heating season, October - April, as funds allow
- Food services for Addison (in [Addison Food Shelf](#)) and Franklin & Grand Isle Counties (in St. Albans via [Northwest Family Foods](#))





# Franklin Grand Isle Restorative Justice Center

120 N. Main Street, St. Albans, (802) 524-7006

Email: [info@fgirjc.org](mailto:info@fgirjc.org)

- ▶ Victim Services
- ▶ Pre-Trial Services
- ▶ Restorative Panel
- ▶ Tamarack
- ▶ Adult Court Diversion
- ▶ Driving with License Suspended
- ▶ Safe Driving
- ▶ One Stop
- ▶ Circle of Support & Accountability (COSA)
- ▶ Transitional Housing
- ▶ Youth Services



# Franklin Grand Isle Resources

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**Voices Against Violence:** 802 524-6575

Call Voices Against Violence if you need support or to talk to someone about domestic and sexual violence.

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**Vermont Foundation of Recovery:** 802-735-4340, [info@vfor.org](mailto:info@vfor.org) , 135 Lake Street, 4-bedroom, 2-bathroom, home in a residential neighborhood. Two of the bedrooms are singles and two are doubles, for a total occupancy of six. This home is for those who identify as men and members who are transitioning.

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**Economic Services Division (ESD):** 1 800 479 6151 Call ESD if you have questions about the payment for your room or if you need to renew your room. You can also call ESD to find out if you are eligible for and sign up for food stamps, reach up and other programs.

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**211:** 211 is a program of United Ways of Vermont, Vermont 2-1-1 is a statewide, confidential information and referral helpline that connects callers to available human services including food, shelter and healthcare.

# Franklin Grand Isle Resources (cont.)

**NORTHWESTERN  
COUNSELING**  
& SUPPORT SERVICES

 **EMERGENCY SERVICES HOTLINE**  
Call Now for Immediate Assistance  
**802-524-6554**

**Northwestern Counseling and Support Services (NCSS)** *To ensure that the residents of Franklin and Grand Isle Counties have access to high quality services, which promote healthy living and emotional well-being.*



**VT Helplink**  
Alcohol & drug support center

**VT Help Link: 802 565-LINK** or visit their  
website at [vthelplink.org](http://vthelplink.org)



**Interested in HireAbility Services?**  
***Here's how to apply!***

Please contact Michelle by phone at 802-524-7950 or by email at [michelle.pepin@vermont.gov](mailto:michelle.pepin@vermont.gov) to obtain a fillable REFERRAL FORM AND APPLICANT QUESTIONNAIRE.

Send completed forms back to Michelle by:

EMAIL: [michelle.pepin@vermont.gov](mailto:michelle.pepin@vermont.gov)

FAX: 802-527-5442

MAIL: HireAbility St. Albans 27 Federal St. Suite 200 St. Albans, VT 05478

Once the referral is received, a counselor will be in touch with participant to schedule an initial appointment to meet at the office, by phone, or virtually (zoom, teams).

***Click here to visit the HireAbility Vermont website!***

