System of Care in Northeast Tennessee

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First Tennessee Development District
Who We Are
Our beloved Madelyn Ellen Linsenmaier died on Sunday, October 7. While her death was unexpected, Madelyn suffered from drug addiction, and for years we feared her addiction would claim her life. We are grateful that when she died, she was safe and she was with her family.

Madie was born on March 31, 1988, in Burlington, Vt., where she grew up and lived on and off throughout her adult life; she also spent time in Sarasota, Fla.; Keene, N.H.; and Boulder, Colo.
Who We Are

Neonatal Abstinence Syndrome in Tennessee

Number of inpatient hospitalizations with any diagnosis of NAS in TN
Who We Are

Neonatal Abstinence Syndrome by County in Tennessee

Rate per 1,000 live births:
- Data Suppressed
- 0.0
- 0.01 - 2.68
- 2.69 - 8.80
- 8.81 - 19.60
- 19.61 - 32.80
- 32.81 - 78.91
How did we get here?
Misinformation by Pharmaceutical Companies
Legislation
Lack of Awareness
Availability
Doctor Shopping

Why does it matter?
• Economic impact
• Cost of care
• Loss of life
The Call To Action

ETSU & FTDD
- Partnership to present data and impact to Local Elected Officials
- Recommendations on next steps
- Continued dialogue on data, trends, best practices

County & City Mayors
- They have a role to play
- They represent their communities and all that entails
- They did not wish to run or hide, but address this head on

Raise Awareness
- Work with media in a positive way
What has improved?

- CSMD or Controlled Substance Monitoring Database
- Repeal of the Intractable Pain Act of 2001
- Better Regulation
  - Especially of “Pain Clinics”
- Creation of RX Guidelines & Limits
- Legislation to prevent doctor shopping
- Better understanding of the issues
- TIC & ACES Training at a local and regional level
Trauma Informed Care & ACES

Started with a few isolated conversations among education, law enforcement and community members

ACEs is a component of TIC

Now developed into a system of care where many partners are trauma informed...creating a Trauma Informed Community
Dr Brené Brown is a research professor and best-selling author of "Daring Greatly: How the Courage to be Vulnerable Transforms the Way We Live, Love, Parent and Lead" (Penguin Portfolio, 2013).

https://www.youtube.com/watch?v=1Evwgu369Jw&feature=youtu.be
Empathy Defined

• Perspective ➔ Seeing things from their side
• Stay out of judgment
• Recognize emotions in other people
• Communicate this recognition

Empathy = Feeling WITH people
What is Trauma?

Individual trauma results from an event, a series of events, or set of circumstances experienced by an individual that are physically or emotionally harmful or life threatening and that have lasting adverse effects on the individual’s functioning and mental, physical, social, emotional, or spiritual well-being.
Physical Reactions to Trauma

• These are NORMAL reactions to ABNORMAL events.
• Instead of symptoms – think ADAPTATIONS
• Aches and pains like headaches, backaches, stomach aches
• Sudden sweating and/or heart palpitations (fluttering)
• Changes in sleep patterns and/or appetite
• Constipation or diarrhea
• Easily startled by noises or unexpected touch
• More susceptible to colds and illnesses
• Increased use of alcohol or drugs and/or overeating
Emotional Reactions to Trauma

- Shock and disbelief
- Fear and/or anxiety
- Grief, disorientation, denial
- Hyper-alertness or hypervigilance
- Irritability, restlessness, outbursts of anger or rage
- Emotional swings → ex. crying and then laughing
- Worrying or ruminating -- intrusive thoughts of the trauma
- Nightmares
- Flashbacks -- feeling like the trauma is happening now
- Feelings of helplessness, panic, feeling out of control
- Increased need to control everyday experiences
- Minimizing the experience
- Attempts to avoid anything associated with trauma
ReMoved Part 1
The ReMoved films are produced by Nathanael & Christina Matanick, co-directed by Nathanael Matanick and Tony Cruz, and written by Christina Matanick.
https://www.youtube.com/watch?v=lOeQUwdAjE0
CAUTION: ACEs are not Destiny

- Some children are more susceptible than others to toxic stress
- There can be other adults to serve a buffering, caring role
- There is a capacity to repair across development
- Interventions can make a difference
- What is predictable is preventable
ACEs have serious health consequences for adults:

- Adoption of health risk behaviors as coping mechanisms
- Severe medical conditions
- Early death
The ACE Study

A male child with an ACE score of 6 has a 4600% increase in likelihood of later becoming an IV drug user when compared to a male child with an ACE score of 0.

Might heroin be used for relief of profound anguish dating back to childhood experiences?

Might it be the best coping devise that an individual can find?

Feletti et al., 1998
• The earlier slide said that a male with an ACE score of 6 is 4,600% more likely to become an IV drug user than a male with an ACE score of 0.

• The American Heart Association says that individuals who do not exercise increase their rate of having a heart attack by 12%. If you are a smoker by 50%.

• Look at the amount of public education exists related to exercise and smoking cessation.

• An ACE score of 6 doesn’t mean drug addiction is inevitable but implies an individual could be quickly heading toward it!
Workforce

• Team Awareness
• Re-Entry Programs
• Development of a Regional Ecosystem
• Northeast State Community College – Addiction Services
• Milligan College – Degree in Addiction Counseling
• Project Employment Hope
Evidence Based Model

Six 2 Hour Modules

Reached over 40,000 employees in diverse setting

Adapted for corporate, military, tribal, union, local government, ex-offenders and youth organizations

Recognized as a National Guard flagship program
Faith Based Approach

• County Level Events
  • Local Church, Various Panels, Speakers, FOOD!

• State Partnership
  • Working with the Dept. Of Mental Health and Substance Abuse
    • Supplied speakers for Faith Based Events
    • Partner on Training
    • Share Resources

• HFS to HFC
  • Holy Friendship Summit
    • Gathering of approx. 400 stakeholders from local churches and medical community
    • Partner with Duke Divinity educate churches on next steps
    • Develop a cohort of churches to continue the work
  • HFS to Holy Friendship Collaborative (501c3)
    • HRSA Grant funding to further the work
    • Building resources and information
    • Hired staff to work directly with local churches
Regional System of Care

Deterra & Count It Drop it Lock it
School Systems
• Ballad
• Teacher Prep
• AdviseTN
• Niswonger Foundation
• ETSU
  • Center for Prescription Drug Abuse and Treatment
  • PDAM
  • Overmountain Recovery
  • ETSU Physicians ACES Screening
• Boys & Girls Club
• United Way of Kingsport
• Certified Peer Recovery Specialist
• Allied Dispatch Counseling Space
You are NOT what has happened to you. You are what you choose to BECOME.
Take Aways

- Size of community doesn’t matter
  - Mountain Movers, ex.
- Civic Groups as Partner
- No one answer
- No overnight success
- It takes a village
- Timing is important
- Media is a partner
Contact Us

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