

LANCASTER'S RESPONSE TO THE OPIOID EPIDEMIC
TREATMENT AND RECOVERY SERVICES
FEBRUARY, 2020

The following programs and services were developed during the past few years, primarily through Medicaid HealthChoices dollars, and Lancaster County Drug and Alcohol Commission funding. These are major ongoing contributors to the fight against opioid and other addictions in Lancaster County.

1. **Prison Door to Door Project:** Using Lancaster County Drug and Alcohol Commission funding, a full-time Recovery Support Specialist from RASE Project is placing people with addiction from the prison directly into D&A rehab treatment. The treatment is funded by Medicaid, also known as Medical Assistance/MA. These clients are completing their prison term, or are close to completing their term, and D&A rehab is offered, as compared to discharging the client onto the streets or into the community. Approximately 20 to 25 clients are placed each month, from the Lancaster prison.
2. **Warm Hand-Off Project:** Using Lancaster County D&A Commission funding, four full-time Recovery Support Specialists from RASE meet overdose survivors at the local Emergency Departments, to help the client enter detox and D&A treatment. Most of the treatment is funded by the Lancaster D&A Commission and Medicaid HealthChoices. The RASE Project Warm Hand-Off staff also meet with patients at the local hospitals that need D&A treatment, but did not experience an overdose. Some local hospitals also employ their own staff to conduct a warm hand off service, within the hospital.
3. **Halfway House:** Creation of a state-licensed, male D&A Halfway House facility in Lancaster, owned and operated by GateHouse. A Medicaid HealthChoices start up grant was provided to develop the facility, along with a County D&A Commission grant, and most admissions into the program will be funded by Medicaid HealthChoices. GateHouse found a location in Marietta, and transferred their women's halfway house to Marietta, and placed their second male house in their former female house, in Mountville. The very first GateHouse facility for men remains in Lititz.
4. **Spanish Speaking Halfway House:** A licensed, specialized, Latino male D&A halfway house facility, opened in July 2017, using a Medicaid HealthChoices start up grant, owned and operated by the Spanish American Civic Association/SACA. This facility is in Lancaster City. Most admissions are funded by Medicaid HealthChoices.
5. **Lancaster D&A Guide, "Getting Help",** was created and published by the Lancaster County D&A Commission. Paper and electronic copies are available to everyone, in both English and Spanish. This guide explains the simple process of accessing D&A treatment in the county. A 2020 update to the guide was created, and 40,000 copies were printed.
6. **Recovery Houses:** Ten were created in Lancaster using Medicaid HealthChoices funding, at several Lancaster non-profit agencies. Recovery houses are not licensed or certified services or treatment; they are clean and sober housing. Using these non-profit agencies provide an added assurance that the house will operate within safety and recovery principal standards. New state recovery house licensing regulations will begin in 2020.
7. **Vivitrol Coordinator:** The medication Vivitrol is relatively new to the D&A field. It is typically a monthly injection, and decreases the overwhelming urge for opioid/heroin. If an opioid is taken

while on Vivitrol, there is no affect from the drug. The full-time Coordinator position at RASE Project works with clients who are on Vivitrol, providing recovery support services and case management services. This is funded by Medicaid/HealthChoices.

8. **Prison Vivitrol Project:** Similar to the Door to Door project, before an opioid client is discharged from the county prison, the Vivitrol Project will provide this medication to the client, before he or she is discharged into ongoing D&A treatment, either in a D&A rehab facility, or in a community based program. The client voluntarily receives the Vivitrol injection while in the prison, just before discharge, and ongoing treatment and injections are established, before the client is discharged from the prison. This project is funded by the D&A Commission and Medicaid HealthChoices. A new vivitrol PCCD grant now provides two vivitrol injections, before the client is discharged from the prison.
9. **D&A Mobile Assessments:** If a client is in Lancaster, but cannot physically travel to a D&A outpatient clinic for an assessment, the assessor from the licensed outpatient clinic can travel to the client, to conduct the assessment. This is funded by the Lancaster County D&A Commission, through any of the ten contracted outpatient clinics with the Commission. Examples include clients that are in a hospital or mental health unit, and cannot leave the facility to visit a D&A outpatient clinic.
10. **D&A Drop-In Center:** RASE Project received a Medicaid HealthChoices start up grant to create a drop-in center at 131 East Orange Street, on the first floor of the RASE PROJECT facility. Additional funding for the drop- in center was provided by the D&A Commission. People seeking assistance in accessing treatment, or people in recovery who would enjoy the company and support of others in recovery, are welcome to drop in.
11. **Co-Occurring Outpatient Clinic:** Using Medicaid HealthChoices startup funding, PA Counseling Services opened a D&A and mental health outpatient clinic, commonly called a co-occurring clinic. This facility is in the town of Columbia. Ongoing funding is primarily through Medicaid.
12. **Bupe Coordinator:** Suboxone, also known as buprenorphine, is an opioid-based medication for opioid addicts. The client takes the suboxone medication each day, and this decreases the urge for heroin. The full-time Bupe Coordinator at RASE Project works with these clients, in the same fashion as the Vivitrol Coordinators, providing recovery support services and case management. This is funded by Medicaid HealthChoices, with some funding from the Lancaster D&A Commission.
13. **Recovery Support Specialist/RSS:** One full time specialist at RASE Project, funded by Medicaid HealthChoices. This is a person in recovery, trained and certified as a recovery specialist, in the same fashion as a peer support specialist. A person in recovery, helping a person who is beginning their recovery program.
14. **Local Methadone Clinic:** Serves more than 850 Medicaid clients each year in Lancaster, in this methadone medication-assisted treatment program for opioid addicts. Medicaid HealthChoices purchases more than \$2.8 million of methadone treatment each year for Lancaster citizens.
15. **Medicaid HealthChoices:** Medicaid HealthChoices pays for more than \$19.5 million of D&A treatment each year in Lancaster.

16. **Coalitions:** Joining Forces, the Project Lazarus and the South Central PA Opioid Awareness Coalition are groups that are organizing efforts to combat the opioid epidemic in Lancaster County and in the surrounding region of the state. Other grassroots groups are active in local Lancaster County communities, such as Lititz, Ephrata, Elizabethtown, and Mount Joy. The D&A Commission joined with Compass Mark to sponsor free training and networking events for these coalitions.
17. **Recovery Events:** Two non-profit organizations, RASE Project and The 521 Club, are providing recovery events and programs for people in recovery. Addicts in recovery helping other addicts is a powerful influence on whether a person enters recovery and or treatment.
18. **Centers of Excellence:** Two Centers of Excellence grants were received in Lancaster, one at the outpatient clinic, TW Ponessa, and the other at the largest health care agency in the county, LGH-Penn Medicine. This is funded with Department of Human Service funding, and Medicaid HealthChoices pays for the treatment services. Medication-assisted treatment and support services are provided in the COEs.
19. **Training:** The Lancaster County D&A Commission is purchasing training through the non-profit agency GOAL Project for faith-based organizations, to teach their staff and leaders about addiction and accessing local treatment.
20. **Medication Drop Boxes:** Through a state grant, the Lancaster County District Attorney's Office expanded the number of medication drop boxes. There are now 21 sites to properly discard unwanted prescription medications in Lancaster County.
21. **Lancaster County Recovery Alliance:** LCRA was created as a grassroots coalition in 2015 to help local communities become recovery friendly. LCRA advocates for the use of person first language, positive media attention to stories of long term recovery, and family friendly celebrations, such as the annual Recovery Day Lancaster.
22. **Community Prevention Mobilizer:** Funds from the Lancaster County D&A Commission hired a full-time Community Prevention Mobilizer at Compass Mark. This employee provides resources, technical assistance, and prevention trainings to grassroots organizations and coalitions throughout Lancaster County.
23. **Training for Prison Staff:** In November, 2017, the TW Ponessa Centers of Excellence team provided basic D&A training for all staff that work at the Lancaster County prison. Staff at the prison are now more knowledgeable about the disease of addiction, and will refer more of the prisoners to treatment programs when released. The prison also has several in house D&A programs, some of which place the client directly from the prison, to a D&A treatment facility.
24. **Recovery Specialist Within an Outpatient Clinic:** Using a Medicaid HealthChoices start up grant, the PA Counseling Services outpatient clinic was given funding to hire a Recovery Support Specialist. This Specialist will work with the clients that are receiving treatment within the outpatient clinic.
25. **Recovery Specialist for Children and Youth Referrals:** Using Lancaster County Drug and Alcohol Commission funding, a Recovery Support Specialist was hired at the RASE Project, to accept referrals from the Lancaster County Children and Youth agency. This RSS will work with a team from the C&Y agency, to assist clients in accessing D&A treatment.

26. **Recovery Support Specialists and Case Managers in Lancaster outpatient clinics:** Using Lancaster D&A Commission funding, seven D&A outpatient clinics were given the opportunity to hire a fulltime Recovery Support Specialist and or Case Manager, to work with the clients in the outpatient caseload, to access ancillary services and recovery services, such as housing, employment, access to support groups, transportation, etc.
27. **Recovery Support Specialist Certification Training:** Gatehouse was hired by the D&A Commission, to provide certification training for Recovery Support Specialists. Certification takes 54 hours of training, and successful passing of an exam with the PA Certification Board.
28. **RSS Association:** The RASE Project was hired by the D&A Commission, to organize a Lancaster RSS Association, to provide training, trouble shooting, Technical Assistance, sharing of ideas, etc. in the RSS field.
29. **Second Chance Pa:** Created and provided by Blueprints for Addiction Recovery, Inc., this is a prearrest diversion program, which police officers have the discretion not to charge people with minor drug offenses, if the person goes into treatment. Blueprints makes Certified Recovery Specialists available at short notice, 24/7, to offer hope and assistance in entering treatment.

For more information, contact the Lancaster County Drug and Alcohol Commission, 717-299-8023.

Local websites to visit for more D&A information:

www.compassmark.org Lancaster based treatment, prevention, and intervention services

www.lancastercountyjoiningforces.org Lancaster information and data on the opioid epidemic

www.raseproject.org Lancaster based non-profit recovery center with Recovery Support Specialists

www.co.lancaster.pa.us/140/Drug-Alcohol-Commission The Lancaster County office that oversees the Lancaster D&A system, known as the Lancaster County Drug and Alcohol Commission, or D&A Commission. The state calls this county department the Single County Authority, or SCA

www.ddap.pa.gov. The department in Harrisburg that licenses and oversees the PA D&A system