



LIVE.LONG.DC. Stakeholder Summit

April 26, 2023

LIVE
LONG DC
Saving lives from the opioid epidemic

LIVE.LONG.DC.

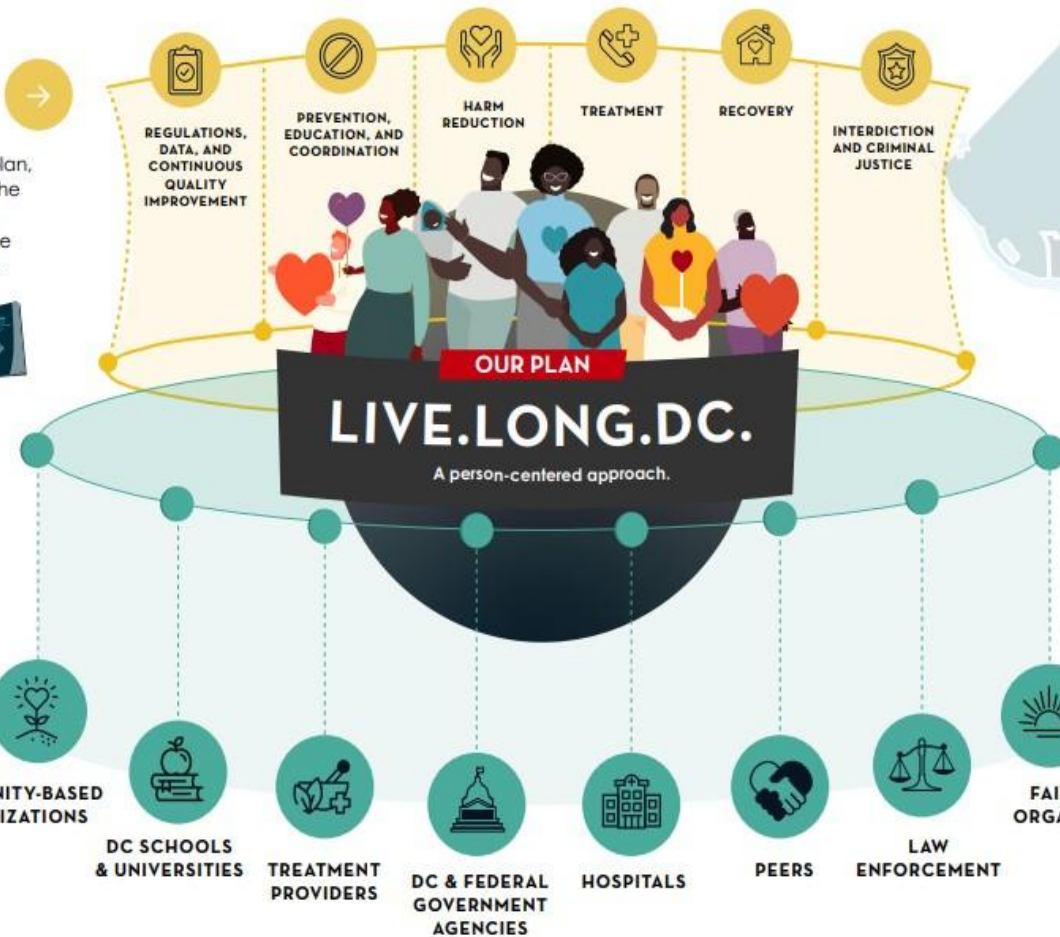
The District's Strategic Plan to Reduce Opioid Use, Misuse, and Related Deaths.

The LIVE.LONG.DC. (LLDC) Strategic Plan contains 49 strategies, organized across six (6) Opioid Strategy Groups (OSGs) that span the continuum of care. LLDC community members from across the District form a public-private coalition to collaborate on these strategies.

OUR WORK

The OSG working groups plan, support, and execute on the work in the Strategic Plan. These groups are led by the LLDC Steering Committee.

Visit the [full plan here](#).



OUR COMMUNITY

Hundreds of stakeholders from across the District, representing public, private, and community-based organizations work together within the OSGs in their area of expertise or interest, to deliver on the strategies.

PURPOSE

To convene the LIVE. LONG. DC. stakeholder community in a forum of **learning and action planning** for executing strategies to save lives from opioid overdoses.

OUTCOMES

- Shared learning across the continuum of care for the LLDC stakeholder community
- Shared understanding of cross-agency and cross-organizational opportunities for collaboration and coordination

AGENDA

1. Opening Remarks

Learning

1. Xylazine in the District
2. Naloxone Over-the-Counter
3. Creating Recovery Ready Communities
4. Panel: Resources Supporting Family and Friends Impacted by Substance Use

Action Planning

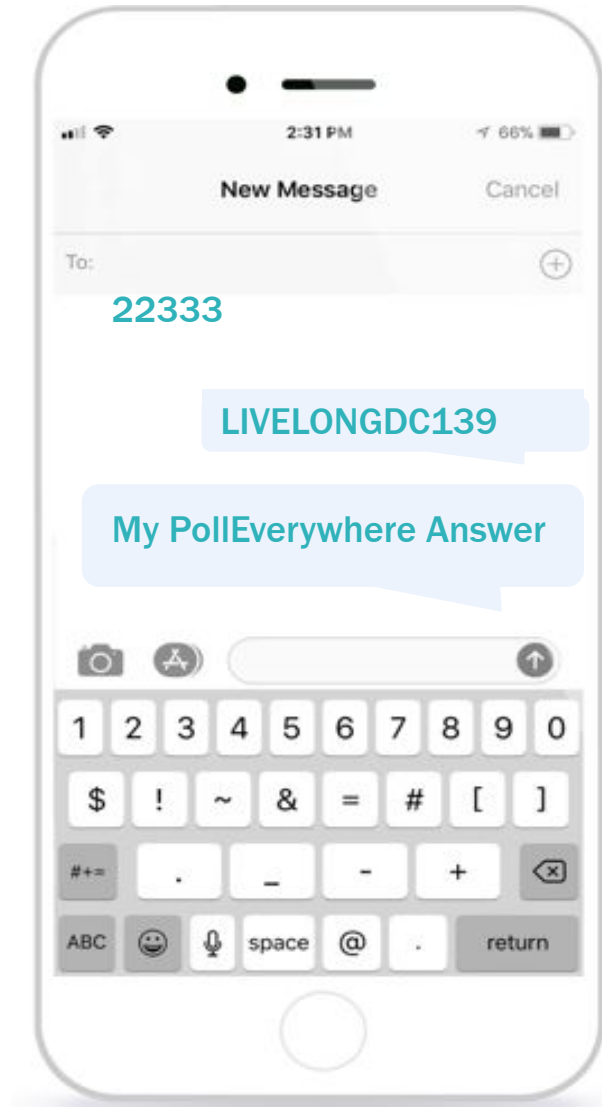
1. Opioid Strategy Group Breakouts
2. Closing Remarks

Let's Hear From YOU!

Use your phone camera to
scan the QR code or
text "**LIVELONGDC139**"
to **22333** to join the poll



Then, text your answer



Share one word that describes where you primarily work within the LIVE.LONG.DC. community? (e.g. outreach, provider, faith-based, hospital, etc...)



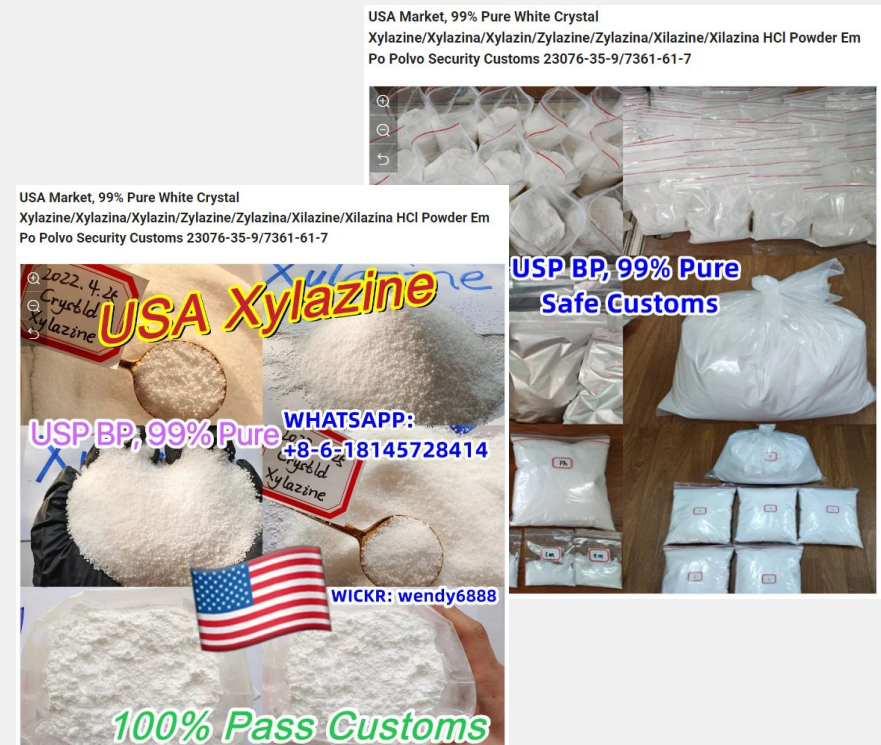
FORENSIC CHEMISTRY UNIT

APRIL 2023

XYLAZINE IN THE DISTRICT

XYLAZINE

- Xylazine is a central nervous system depressant. ^{1,2}
- Known as “*tranq*” or “*tranq-dope*” when mixed with opioids, but some people may be exposed unknowingly. ¹
- Not approved for human use; has the potential to cause skin necrosis and skin tissue damage in drug users; increases risk of overdose. ^{1,2}
- Xylazine can enter the illicit drug supply several ways; shipped into the U.S. and diverted from the veterinary supply. ³

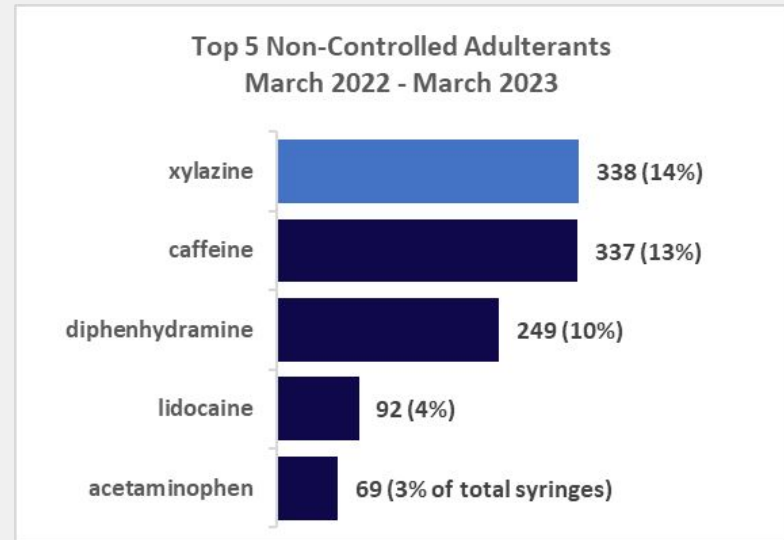
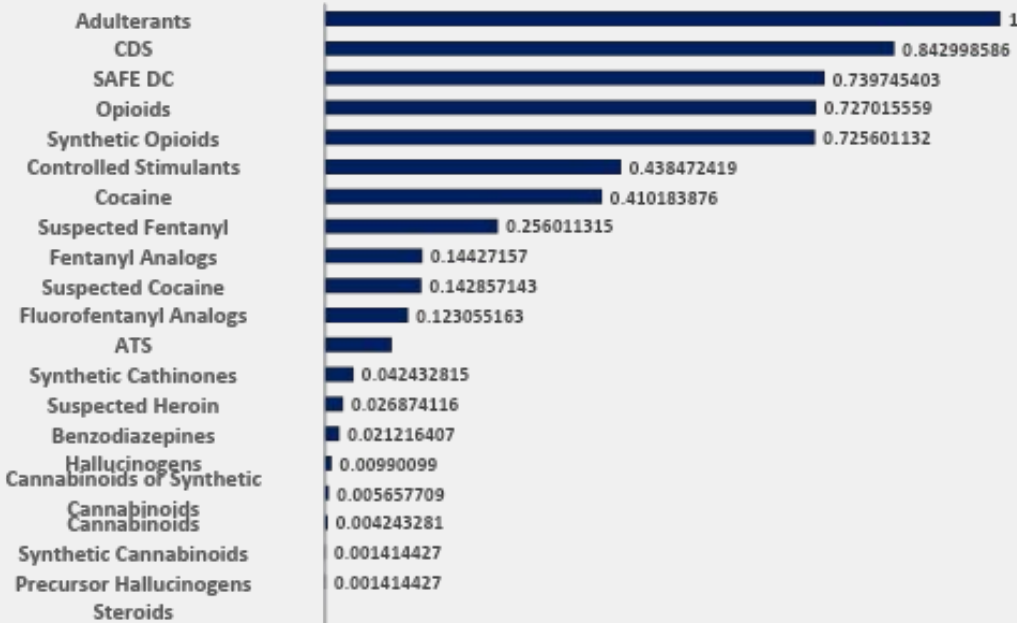


XYLAZINE IN WASHINGTON DC

Data Highlights in Washington DC:

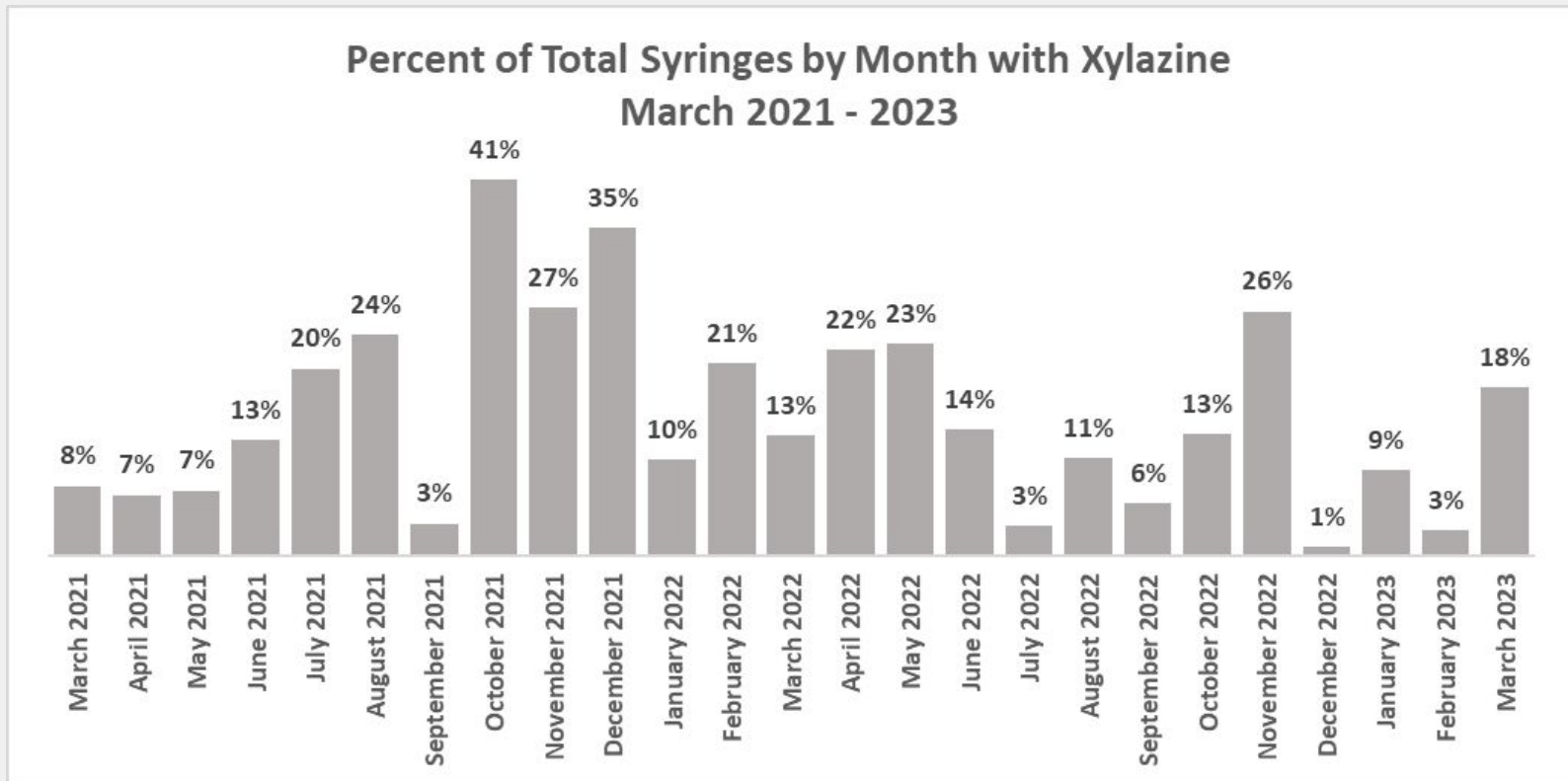
- Xylazine is now the **top adulterant** detected in needle-exchange syringes.
- Xylazine is most often found with **opioids** (72.7% of xylazine syringes).

Drug Classes Found in Xylazine Syringes (% of Xylazine Syringes)



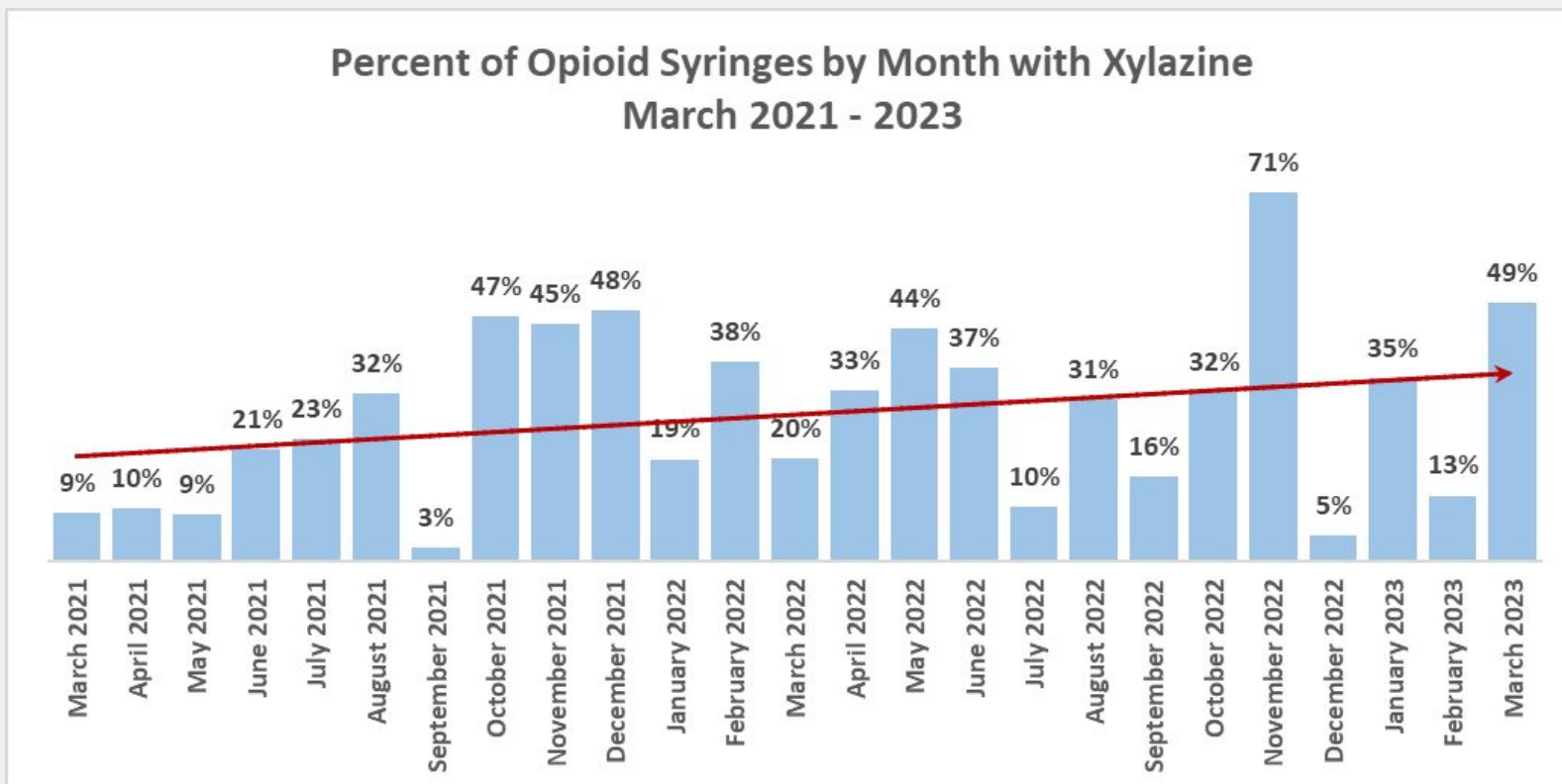
XYLAZINE – OVER THE YEARS

- Xylazine was first detected in the Forensic Chemistry Unit in 2018.
- Over the past two years, xylazine has maintained a steady presence in the DC drug supply.



XYLAZINE – OVER THE YEARS

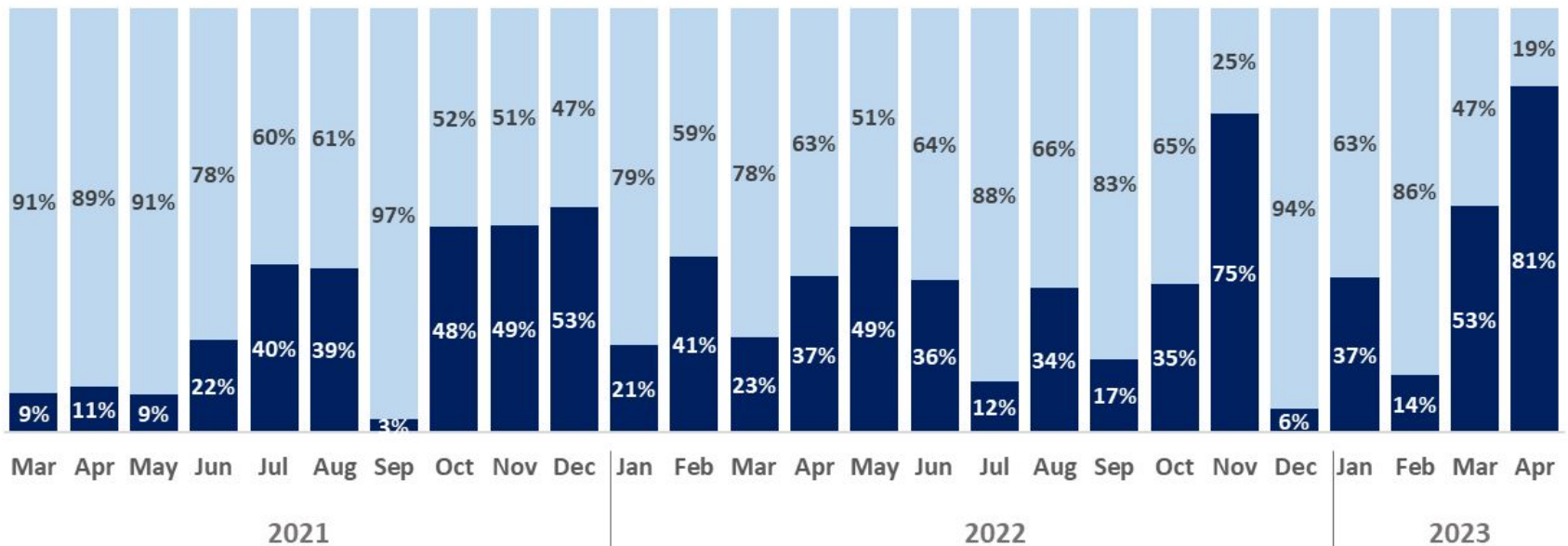
- Prevalence of Xylazine is increasing in opioid-containing syringes (March 2021 – March 2023).
- This suggests that it is being used as an adulterant more and more in opioid samples.



XYLAZINE – OVER THE YEARS

- Xylazine has been increasingly found in the presence of fentanyl.
- Xylazine is believed to potentiate the effects of fentanyl, which is why it has been used as an adulterant.

Percent of Fentanyl Syringes by Month with Xylazine
March 2021 - 2023



XYLAZINE EFFECT ON OVERDOSES

- Xylazine is a central nervous system depressant.¹
- In DC, xylazine is often found with opioids – taking opioids in combination with xylazine and other central nervous system depressants increases the risk of life-threatening overdose.
- In any suspected overdose, naloxone should be given to reverse the effects of opioids, in case they are present.
- Because xylazine is not an opioid, naloxone does not address the impact of xylazine on breathing, and therefore, additional supportive care is necessary.¹



THANK YOU!

CONTACT INFORMATION

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REFERENCES

¹National Institute on Drug Abuse, Xylazine, National Institutes of Health (NIH), Retrieved April 2023 from <https://nida.nih.gov/research-topics/xylazine#Reference>

²Choi, S., Irwin, M.R., Kiyatkin, E.A., Xylazine effects on opioid-induced brain hypoxia, National Institute on Drug Abuse (NIDA) National Institutes of Health (NIH), April 3rd 2023, DOI:10.1101/2023.03.31.535103

³Food and Drug Administration (FDA), FDA Takes Action to Restrict the Unlawful Import of Xylazine, February 28th 2023, <https://www.fda.gov/news-events/press-announcements/fda-takes-action-restrict-unlawful-import-xylazine>

- On March 29, 2023, the FDA approved Narcan-brand naloxone to be sold over-the-counter (OTC).
 - This is **not anticipated to take effect until late summer 2023**; exact date TBD, but will be determined by the FDA.
- DBH will be spending the next few months reviewing naloxone program policies and local legislation in preparation for OTC Narcan becoming available.
 - At present, no significant changes are being made to the District's existing naloxone program, but we are excited to explore new opportunities that may be available to us.
- We don't know yet how much OTC Narcan will cost, as it is up to the manufacturers. However, **DBH plans to continue to sustain current levels of funding towards our naloxone program** so it is widely available for free throughout the District.

Questions about OTC and any changes? **Email us at naloxone@dc.gov**

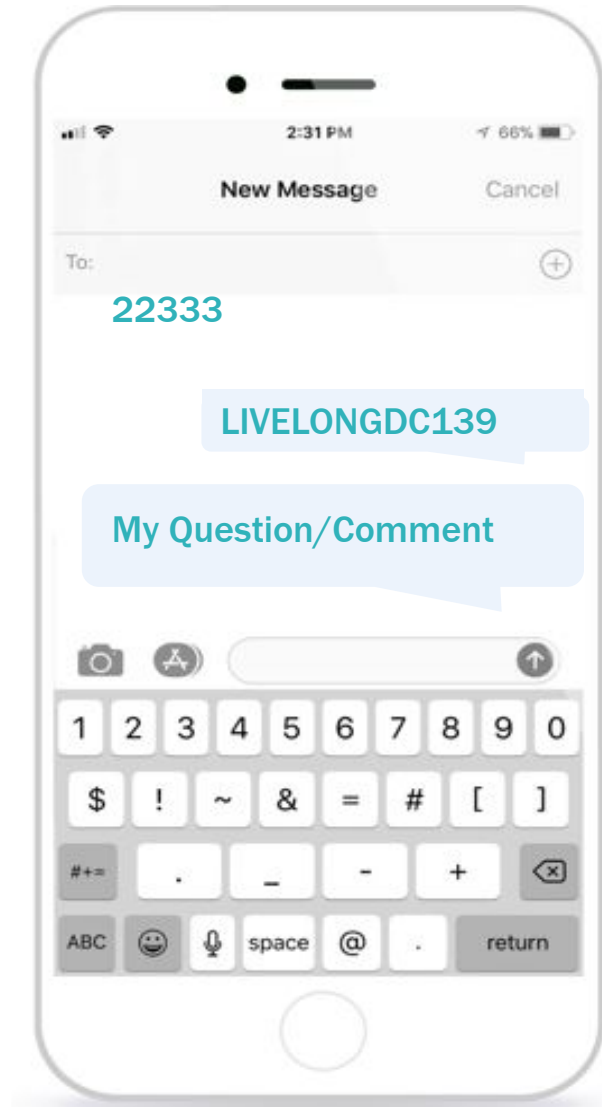
Have Questions or Comments?

Submit them via PollEverywhere!

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Creating a Recovery Ready Community

Engaging Families in Recovery Support and Advocacy



**FACES & VOICES
OF RECOVERY**

ADVOCATE. ACT. ADVANCE.

FACES AND VOICES OF RECOVERY: Who We Are!

Mission: Changing the way addiction and recovery are understood and embraced through advocacy, education and leadership.

Vision: We envision a world where the diverse voices of individuals and families affected by addiction are embraced and connected in communities, free from discrimination and injustice.



**FACES & VOICES
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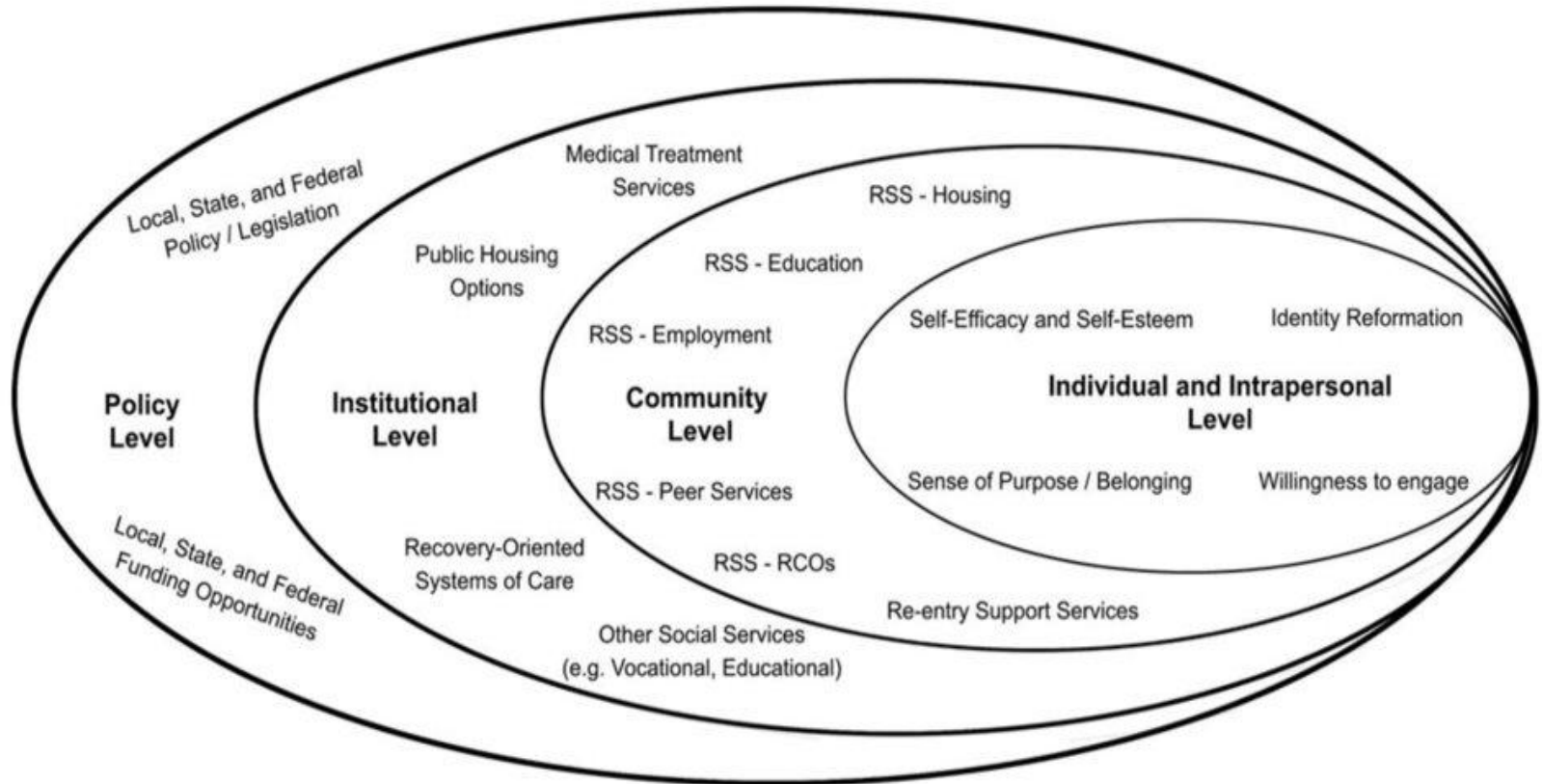


Figure 1 – Recovery Ready Ecosystems Model

(Ashford, R. D., Brown, A. M., Ryding, R., & Curtis, B. (In Press). Building Recovery Ready Communities: The Recovery Ready Ecosystem Model and Community Framework. *Addiction Research & Theory*.)

All Pathways Towards Recovery

Best Practice

The organization supports, allows for, and may provide opportunities for all pathways towards recovery and does not exclude anyone based on their chosen pathway.

This includes support for harm reduction strategies and ideas aimed at reducing negative consequences associated with substance use and improving health and wellness for people who use drugs and/or alcohol.

Clinical- Non-clinical – Self management

Behavioral therapies	Collegiate recovery programs
Medications	Faith-based
Holistic approaches	Culturally-specific
Mutual aid supports	Natural recovery
Alternative Peer Groups (AAPGs)	Moderation-based
Recovery residences	Harm reduction
Recovery community centers	Others
Recovery high schools	

Family Support

- Celebrating Families! TM
- Community Reinforcement and Family Training (CRAFT)
- Family support coordinators
- Family support groups
- Family advocacy groups

Family support groups

- Al-Anon
- Nar-Anon Family Groups
- Families Anonymous
- Smart Recovery Family Support Groups
- Grief Recovery After Substance Passing (GRASP)

Family, Parent and Caregiver Support

Family support providers offer:

- Emotional connection of people who have “been there;”
- Informational and educational support on systems and strategies;
- Support for parents as they develop positive approaches and methods for addressing their family’s day-to-day needs, including their own needs for self-care;
- Concrete support such as help arranging childcare or transportation; and
- Living proof of resilience and recovery.

Parent support providers are also known as:

- Parent support professionals
- Navigators
- Mentors
- Family partners
- Parent support specialists

Family Support Coordinator

Partner with recovery coaches, volunteers, and recovery community partners to:

- identify and recruit key family members and allies of individuals in recovery and establish supportive connections with the families;
- assist families with identifying their own recovery capital and support needs and connect them with community services through care coordination and resource navigation;
- work with participants to develop a personalized and integrated family recovery wellness plan;
- provide educational programs based on CRAFT curricula;
- facilitate weekly family support groups;
- assist the Recovery Community Center Coordinator (RCCC) with the design and implementation of family social activities;
- work with the RCCC to develop and expand community connections with agencies providing social, health and wellness resources to peers and families.

Family Engagement in Advocacy

Family Support Services for Addiction Act (FSSAA) 2023

- A family and community-based approach to addiction treatment that works to address the deep-seated effects of the addiction crisis on families.
- Would establish a grant program for nonprofit family community organizations that provide support for families of individuals struggling with substance use disorder.

Family-Focused Advocacy Organizations

National

Faces & Voices of Recovery
Partnership to End Addiction
National Association for Children of Addiction
Fed Up Coalition
Shatterproof
Addiction Policy Forum
SAFE Project
A New PATH
Grandfamilies.org

State or Local Examples

Live4Lali (IL)
Thrive Family Resources (MN)
Parent-to-Parent (NJ)
The Silent Epidemic (NJ)



RECOVERY
LEADERSHIP
SUMMIT

• AMERICA HONORS •
RECOVERY
GALA & DINNER

A photograph of the United States Capitol building in Washington, D.C., taken at sunset. The sun is low on the horizon, casting a warm, golden glow over the scene. The Capitol's dome and the equestrian statue in front of it are visible, with their reflections shimmering on the water in the foreground. The image is partially obscured by a dark blue geometric shape on the left side.

REGISTER
TODAY!

June 4-7

Washington DC



www.faces.ly/rls-org



FACES & VOICES OF RECOVERY

ADVOCATE. ACT. ADVANCE.



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facesandvoicesofrecovery.org

10 G Street, Suite 600, Washington, DC 20002



Contact us for more information
www.facesandvoicesofrecovery.org

PANEL DISCUSSION:
**Supporting Friends and Family
Impacted by Substance Use**



Use the QR code to submit questions you have to Poll Everywhere

Supporting Friends and Family Impacted by Substance Use

Moderated By:

Trina Logan, Consumer and Family Affairs, DC Department of Behavioral Health

LaMonica Jeffrey, Founder and Executive Director, Revise Inc.

Shekita (Kiki) McBroom, former ANC Commissioner and Founder, Jayla's Way

Judy Ashburn, Director Recovery Intensive Program, Clark Inn Women with Children Program,
Samaritan Inns

James Roache, Family Peer Specialist, Family Peer Coaching Project, Community Connections

Gail Avent, CEO, Total Family Care Coalition



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Featured Resources

Revise Inc.

- Support groups offering hope, encouragement, and useful information to tackle challenging situations

Jayla's Way

- Assisting teens and parents struggling to navigate psychiatric/behavioral issues, juvenile arrest, and early drug use

Samaritan Inns, Clark Inn

- Creates strives to create a safe place where mothers and pregnant women struggling with substance use disorders can receive treatment and family services, while working with them to access long-term independent living.
 - Main contact: 202-667-8831
 - Clark Inn: 202-234-0904

Family Peer Coaching Project, Community Connections

- Using peer experience and personal knowledge to engage clients in treatment and recovery

Total Family Care Coalition (TFCC)

- Providing peer support workers and services to families and youth who suffer from mental health challenges

Use this QR code to access our full list of resources regarding substance use treatment and support in the DC area.



Additional Resources

Department of Behavioral Health (DBH) Access Helpline

- The Access Helpline: **888-7WE-HELP (888-793-4357)**
- Suicide and Crisis Lifeline: **Dial 988**

Good Success Christian Baptist Church

- “The Meeting” on Friday evenings from 7:00 - 9:00 p.m. is for anyone in the community to receive any type of counseling/support they need.
- Located at 4401 Sheriff Road, NE. For help, call **202-701-6399** or **202-704-6175**.

Nar-Anon Virtual Meetings

- Worldwide fellowship for those affected by someone else’s addiction - offering help by sharing experiences, strengths, and hopes.

Oxford House - Women and Children’s House

- Ward 7, 45th Place
- Community-based, self-supporting, drug-free home

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Opioid Strategy Groups Breakout

THANK YOU
