

The STRUGGLE is REAL!

Effects of Social Determinates of Health and Individuals with OUD/SUD



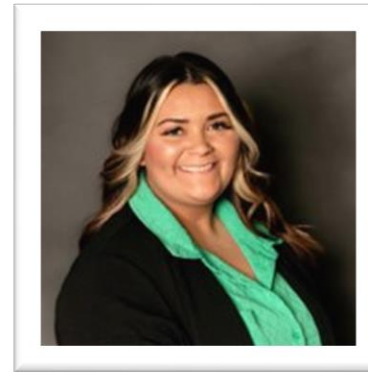
Julie Stephens

Project Director
WORC Training Program



LeAndre Knox

Project Director
KOCH Project



Felicia Bowling

Community Health Worker
WORC Training Program



Alicia Bowman

Community Health Worker
Data Analytics
KOCH Project

KRHIO

Kentucky Rural Healthcare
Information Organization

KENTUCKY OPIOID
COMMUNITY HEALING

Workforce Opportunity for Rural Communities Training Program
WORC
SEAL OF
EXCELLENCE

DEPARTMENT OF LABOR
UNITED STATES OF AMERICA

Objectives

By the end of this presentation learners will:

- Identify the stigma associated with SDoH for individuals with an OUD and/or SUD.
- Identify the needs of SDoH and how it relates to individuals with an OUD and/or SUD in getting back in the workforce.
- Identify what and how to collect data to improve growth and sustainability.

- Founded in 2007 as a Non-Profit Healthcare Information Exchange Support company.
- Offices located in Morehead and West Liberty
- Services throughout the state of Kentucky
- Federal and State grant funded projects.



- IT Helpdesk Service
- EHR support
- Billing and Coding
- Quality Improvement/Design
- Meaningful Use
- Patient-Centered Medical Home consultation



Angel Initiative

NOT SOFT ON CRIME.

SMART ON TREATMENT AND RECOVERY.

The Kentucky State Police started the Angel Initiative in 2016 with one main goal: **To Save Lives.** Since its implementation, the Kentucky State Police placed over 180 individuals, seeking assistance, in treatment programs across the state.

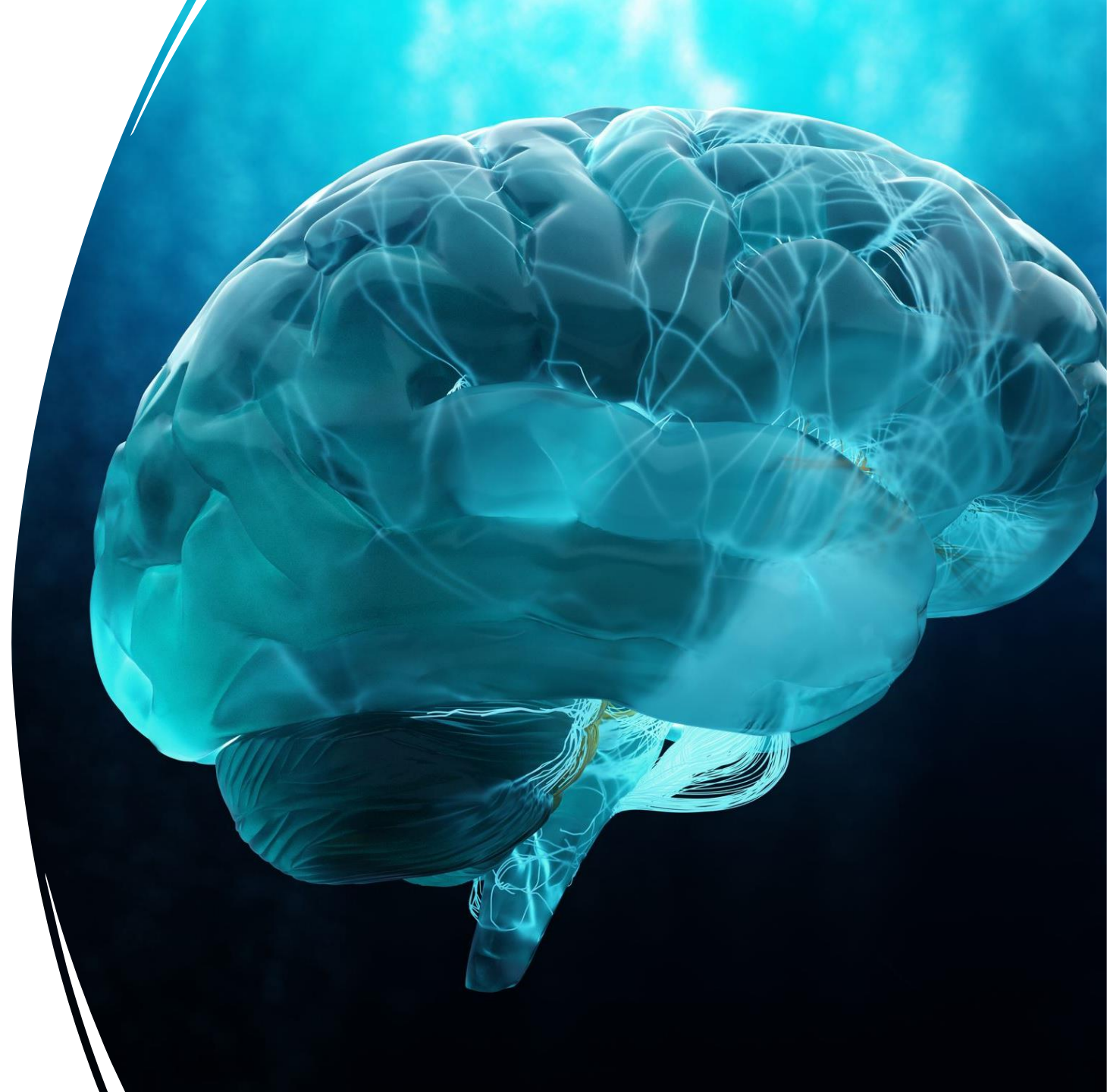
The Angel Initiative is a program started by the Kentucky State Police in 2016 with one goal: save lives.

I was the first resident to participate in the Kentucky State Police Angel Initiative in Rowan County.

To date, Angel Initiative has helped 198 people find recovery.

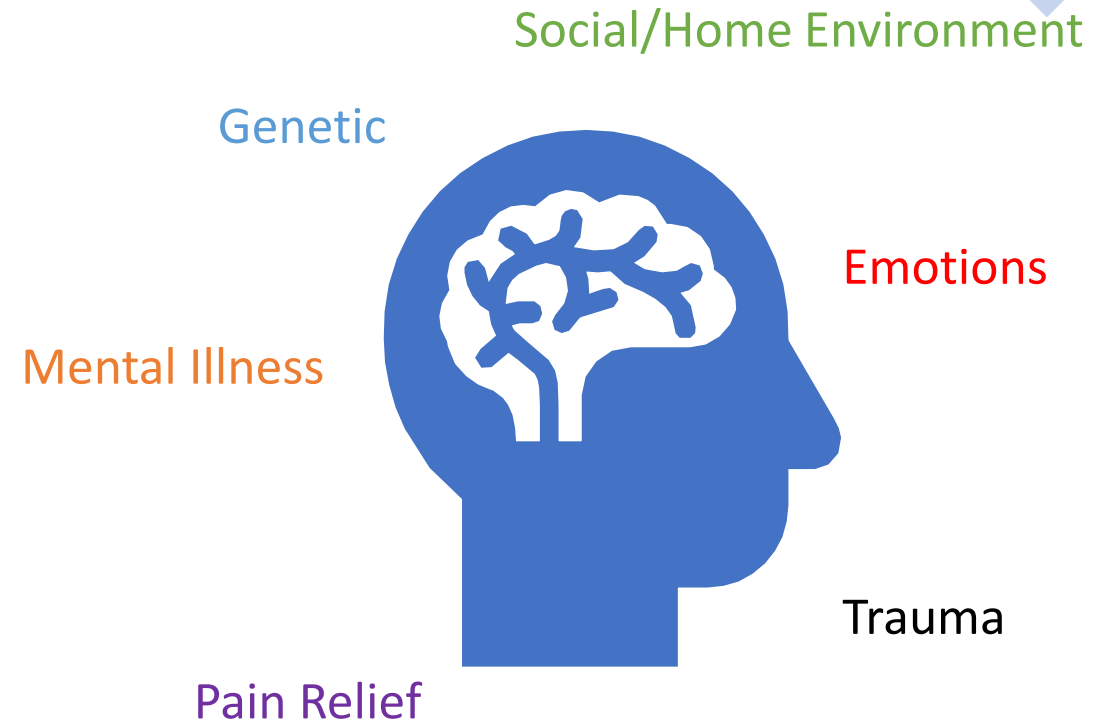
What is Addiction?

Addiction is a chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual's life experiences. People with addiction use substances or engage in behaviors that become compulsive and often continue despite harmful consequences.



Root Causes of Addiction:

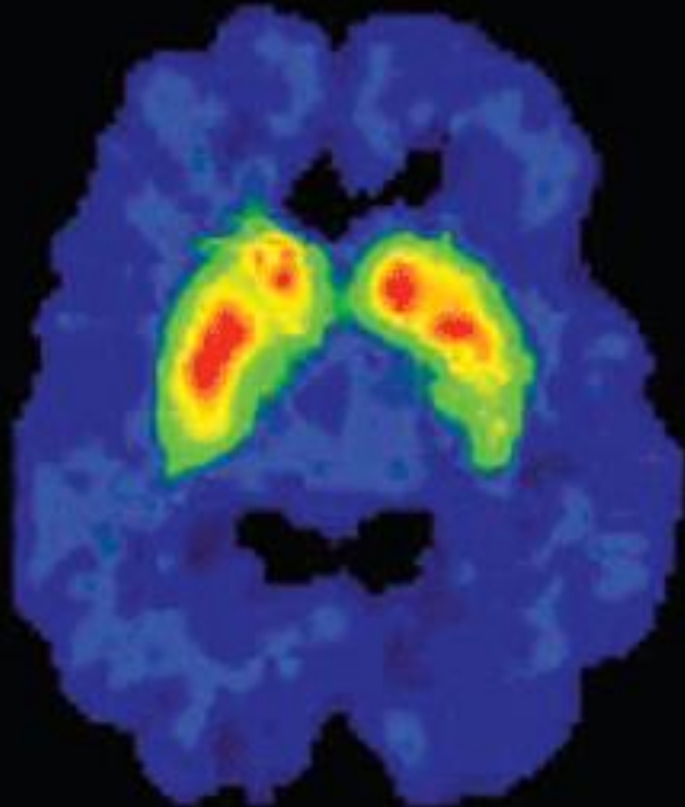
- Experimental - curiosity
- Social - Peer Pressure
- Instrumental - Numbs emotions to cope with trauma
- Pain Management
- Unmet needs which can be amplified by familial and genetic factors



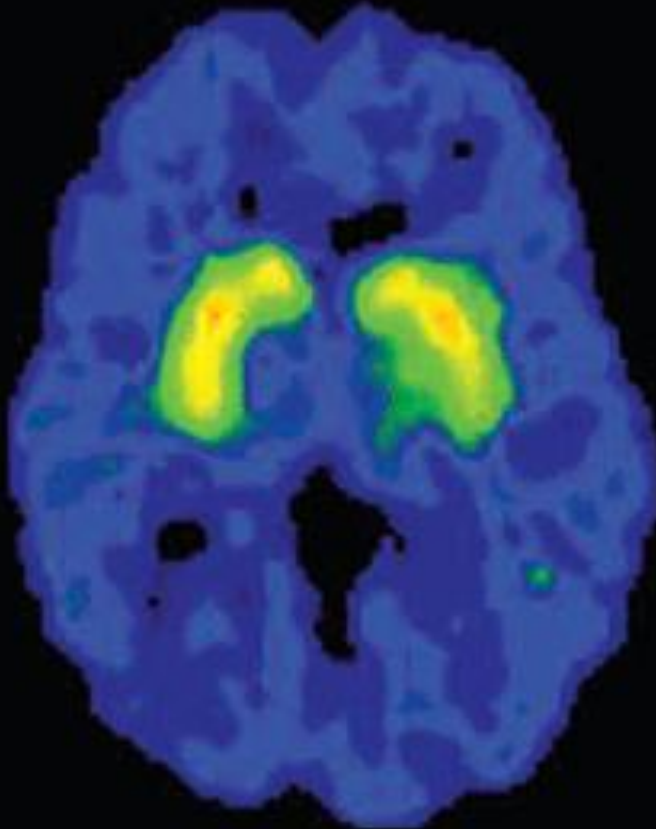
How Long do Drugs Stay in the Body?

Drug	Blood (hours)	Urine (days)	Hair (days)
LSD	3	3	3
Alcohol	12	5	90
Amphetamines	48	3	90
Cocaine	48	4	90
Marijuana	336	4	90
Heroin	12	30	90
MDMA	48	4	90
Methamphetamines	37	6	90
Morphine	8	6	90

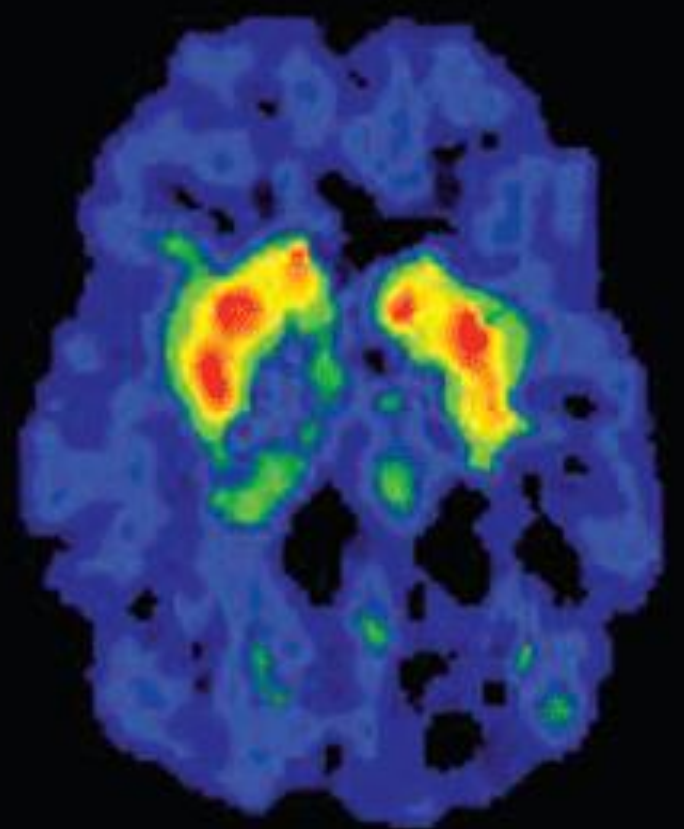
Brain Recovery from Methamphetamine Use with Prolonged Abstinence



Healthy Control Brain



1 Month Abstinence



14 Months Abstinence

Research shows that it takes at least 90 days of abstinence for the brain to start healing and creating new neural pathways. During this time, individuals may experience withdrawal symptoms, such as anxiety, depression, and irritability. It is essential to seek medical assistance during this phase to manage these symptoms and prevent relapse. Below are some factors that could depend on how your body heals.

Length of time
took the drug

Type of drug taken

Amount of drugs
taken

Ability to go to
therapy/meetings

Method of
Detox

Ways to
Maintain
Sobriety



Helping others Multi-tasking Coffee Vacations Makeup Caffeine
Comparing Television Internet Sports Nicotine Crafting Video Games Music
power Money Phone Work
Food
Photography
Exercise
Chocolate
Unhealthy Relationships
Sugar
Love Piercings Shopping Dieting Hunting Reading Fishing Gambling
Cleaning Shoes Speed Tanning Complaining Comfort zone
Sex

The word addiction, most people think of drugs or alcohol.

*Think about things in your life,
we have all been addicted to something
without even realizing it.*

*It's finding that one thing that is our personal escape
that becomes an addiction.*

Outdoors
Tattoos
Competitions
Someone
Social Media
Pets
Collecting
Sex

How SDOH Correlates with Addiction

Maslow's Hierarchy of Needs



Social Determinants (Drivers) of Health



Social Determinants of Health:

The conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.



Determinants is a factor which decisively affects the nature or outcome of something.

Social Drivers of Health:

A term becoming more widely used replacing determinants with drivers



Drivers mean that, despite challenges, and setbacks, you won't veer off the path to success.

How are Social Determinants (Drivers) Classified?

SDOH can be grouped into 5 domains based on access and quality

Economic Stability	Basic Lifestyle Needs	Healthcare Services	Neighborhood/ Environment	Education/ Resources
Employment/ Workforce Opportunities	Food Securities/ Place to prepare food	Primary Care/ Urgent Treatment/ Hospitals	Air/Water Quality	Early Childhood Education
Household Income/ Poverty Level/ Wealth	Transportation/ Reliable vehicle/ Gas	Mental/ Behavioral Health	Neighborhood/ Public Safety Faith Based Org.	Education Level Completion
Employment Benefits/ Secure work	Housing/ Shelter	Specialty Services/ Dental/ Vision	Safe Personal Homelife	Health/ Digital/ and Financial Literacy
Legal/Financial Aid/ Criminal Justice/ Community Growth	Utilities/ Internet Connection/ Cell Phone	Insurance/ Copay Affordability	Social/ Community Networks/ Support System/ Recovery Community	Physical/ Emotional/ and Social Support
Language/ Literacy	Clothing	Recovery Centers MAT Clinics	Harm Reduction Services	Developmental Skills



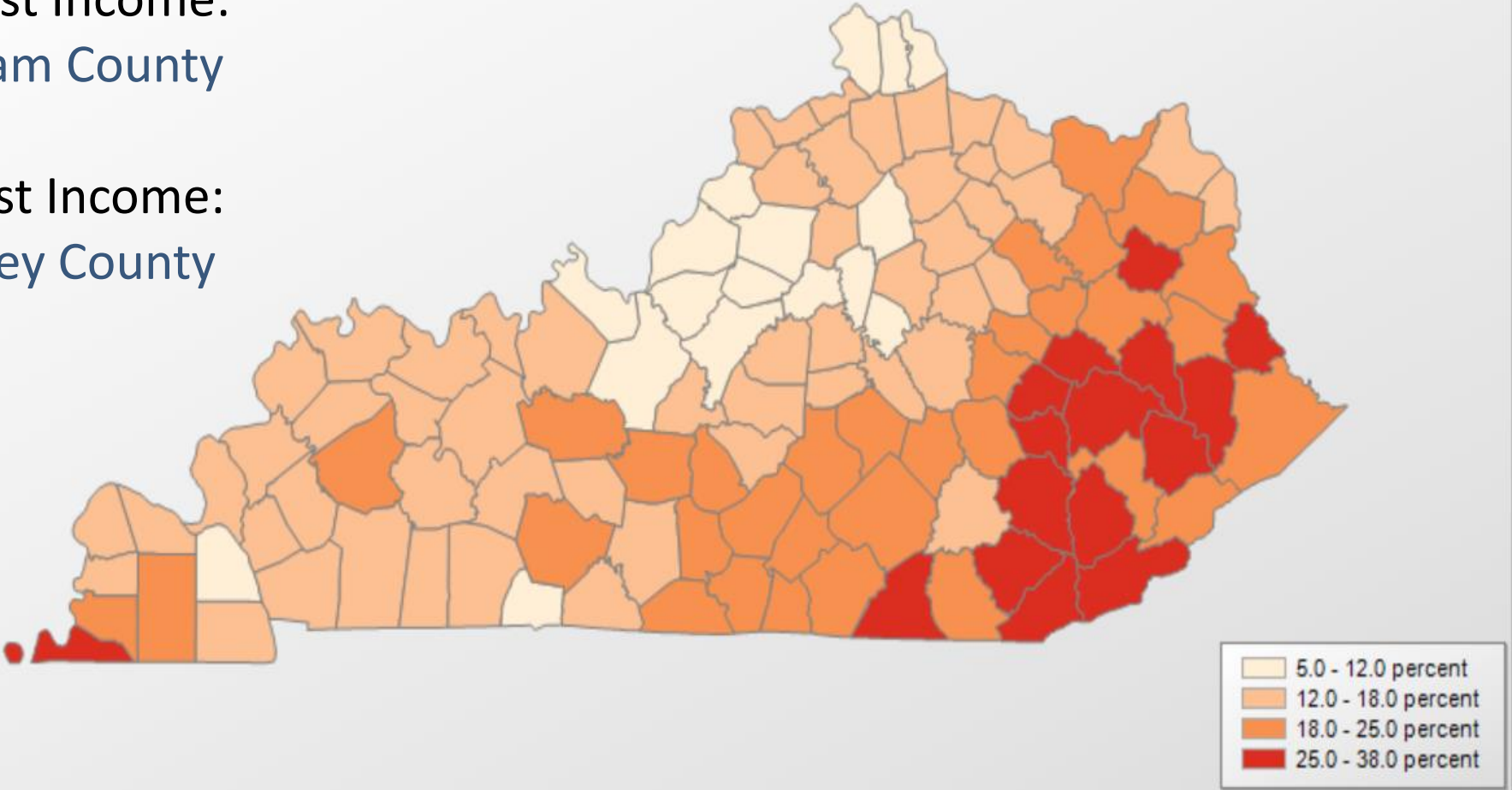
“It doesn’t matter how many resources you have...
if you don’t know how to use them, they will never be enough.”

Percent of total population in poverty, 2020: Kentucky



Highest Income:
Oldham County

Lowest Income:
Owsley County



A study in 2022 ranked our bluegrass state among the bottom 10 in economy, education and health quality of life. Kentucky had the fifth highest percentage of its population living in poverty.

WHAT IS STIGMA?

- A mark of disgrace associated with a particular circumstance, quality, or person.
- A set of negative and often unfair beliefs that a society or group of people have.



Commonly Stigmatized:

Age

Body Size /Physical Appearance

Mental Health

Sexual Orientation

Housing Status

Substance Use Disorders

Gender Identity

Religion/Beliefs

Politics

“Stigma is everywhere”

There is a stigma, even when people don't realize that it is there. Until someone has personally been affected themselves or watched a friend or loved one, it is hard to understand the struggle one goes through to find help!



Positive, Person-First Language

Stigmatizing Language

Person with Substance Use Disorder (SUD)

Substance Abuse/
Substance Abuser

Person who uses drugs

Addict, Alcoholic, Junkie

Person in Recovery

Recovering addict

Person with justice involvement

Criminal, Felon, Convict

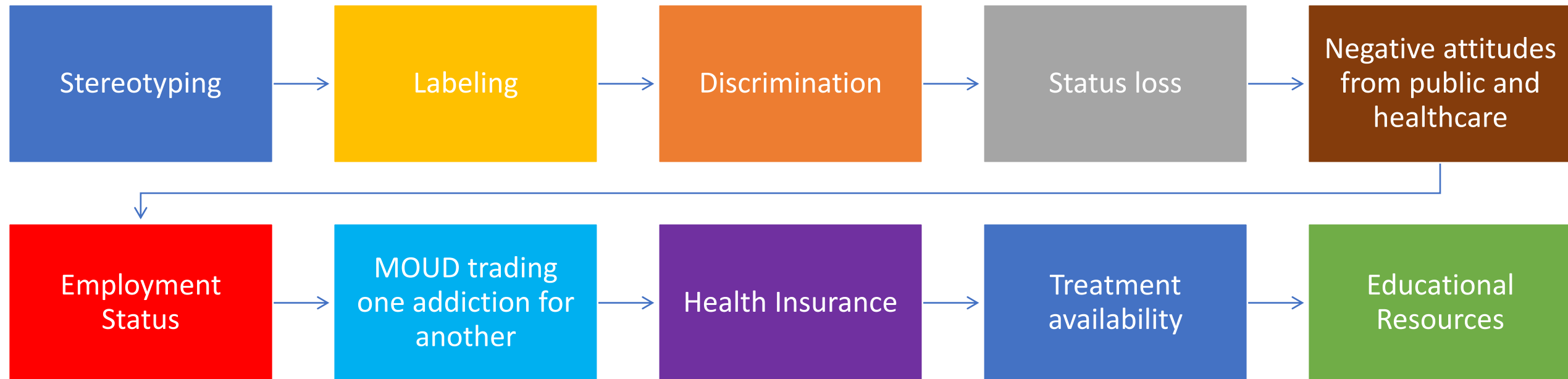
Positive/Negative

Clean/Dirty

Recurrence of use/symptoms

Relapse

Stigma becomes a barrier with addiction, people are afraid to seek help due to:



Ways to Combat Stigma

Talk Openly about
Mental Health &
Substance Use
Disorders

Person-First
Language

Encourage Equality
between Physical
Health & Mental
Health

Empathy &
Compassion

Educate Yourself
and Others

Choosing
Empowerment
over Shame

Listen without
judgement

Meet them on
their level



Kentucky Opioid Community Healing Project

In September 2020, Kentucky RHIO was awarded the RCORP Implementation II Grant to strengthen and expand prevention, treatment and recovery services to substance and opioid use patients in rural areas, which we named the “K.O.C.H” project.

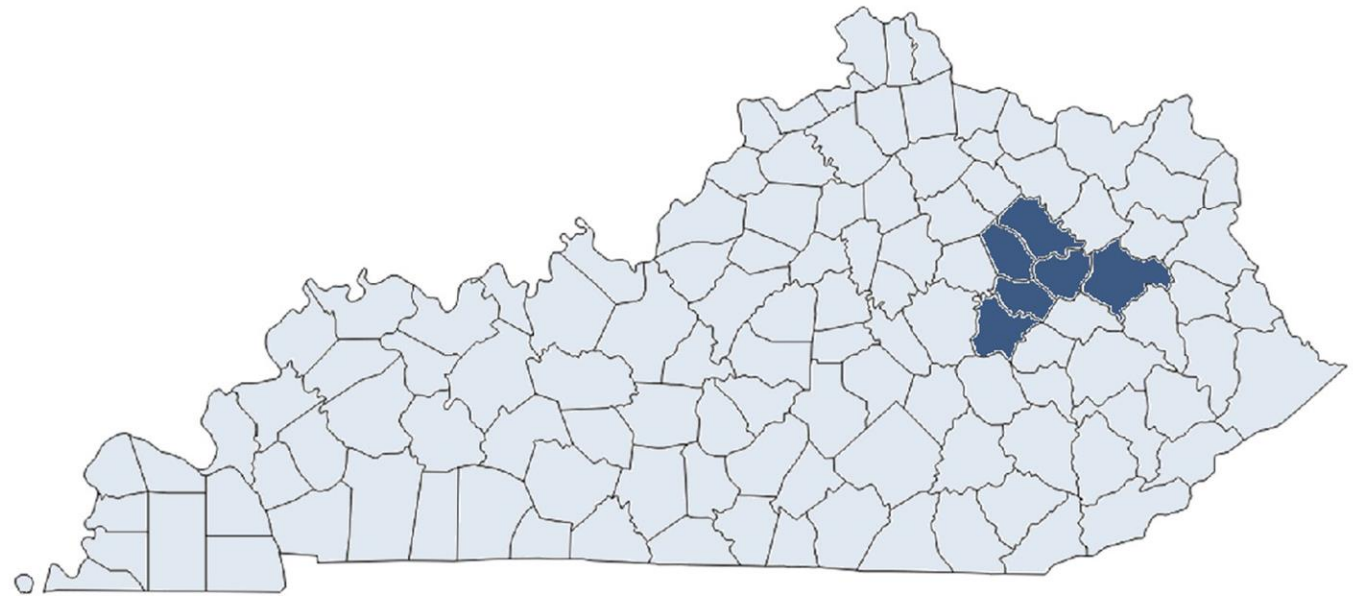
(K.O.C.H. Pronounced Coach) Kentucky Opioid Community Healing

3 year Grant Period: September 2020 – February 2024



Serve counties of
Bath, Estill,
Meniffee,
Montgomery,
Morgan and
Powell

RCORP - Implementation Project

















Kentucky Opioid Resource Guide Mobile APP



Categories

Browse by Category

-  State Resources >
-  Education >
-  Employment & Financial Assistance >
-  Clothing, Food, Housing, & Utility Aid >
-  Health Care & Medical Services >
-  Crisis >
-  Legal & Advocacy Services >
-  Public Safety and
Emergency Services >
-  Public Works "City/County" &
Transportation >
-  Tourism and Lodging >
-  Additional Resources >
-  Substance Use, Harm Reduction and
Recovery Aid >

Healthcare Sub-Category

< Health Care & Medical Services

Primary Care Clinics >

Behavioral/Mental Health >

Health Department >

Child Development Programs >

HIV Medical Care >

Nearest Hospitals >

Pharmacies >

Dental >

Oral Surgery >

Partials and Dentures >

Vision Centers/Optomety >

Physical Therapy >

Pregnancy and Family Planning >

Adult Care & Assisted Living >

Community Health Worker >

Substance Use, Harm Reduction & Recovery Aid



Substance Use, Harm Reduction and Recovery Aid

Substance Use and Medicated Assisted Treatment >

Needle Exchange Program >

Support Meetings >

Recovery Centers >

Addiction Treatment and Recovery >



Addiction Treatment and Recovery

Addiction Treatment Locator >

Al-Anon for families of Alcoholics >

Alcoholics Anonymous >

Caseys Law >

Canary Prevent Overdose APP >

Celebrate Recovery >

Find Help Now KY >

Find Help Now KY

Addiction Treatment and Recovery

Street Address

Kentucky Help Statewide Call Center

Apt/Unit/Street Number

City

Mt. Sterling

County

Montgomery

State

Kentucky

Zip Code

40353

Phone Number

(833) 325-0304

Website

findhelpnowky.org

Social Determinants of Health Resources

Clothing Assistance >

Food Assistance >

Blessing Boxes Locations >

Nearest Shelters >

Housing Assistance >

Utilities Assistance >

Ministerial Association >

Doe Run Apartments >

Garden Spring Apartments >

Indian Mound Housing Authority >

Main Cross Apartments >

Montgomery Square Apartments >

Spring Ridge Apartments >

Sterling Oaks >

Street Address
306 West Main Street

Apt/Unit/Steet Number
Suite 207

City
Frankfort

County
Montgomery

State
Kentucky

Zip Code
40601

**“ Our people
Our voices
Our stories
Because no one
Sees it like we do.”**



Sponsored by the Powell County Health Department and
Kentucky Rural Health Information Organization

The Local Lens

Over 7,200
Listeners

75 Episodes



Apple Podcast

Spotify

Amazon Podcasts

Google Podcasts

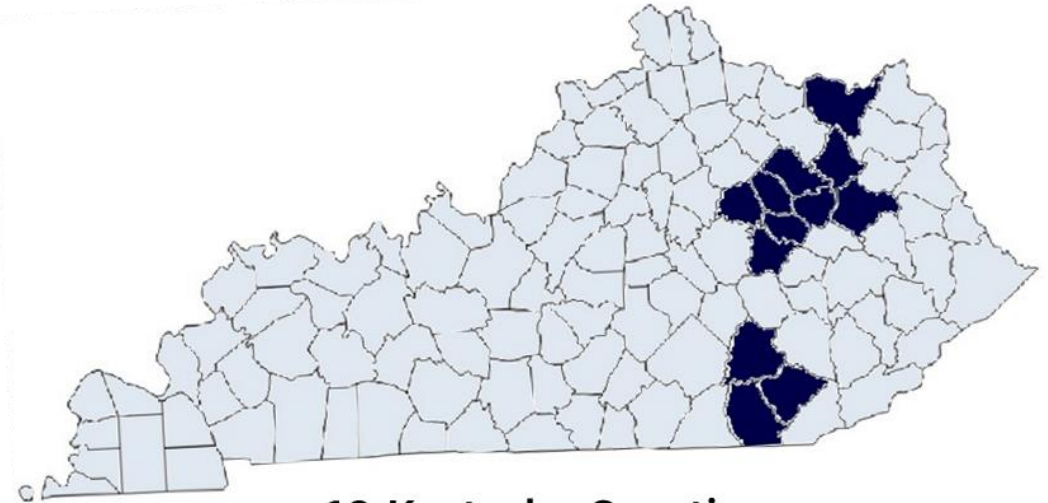
Stitcher

YouTube

**Kentucky
RHIO**

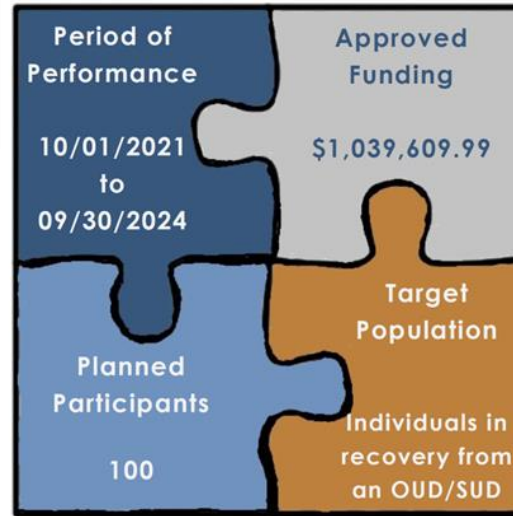
Kentucky Rural Healthcare
Information Organization

Workforce Opportunity for Rural Communities ARC Project



12 Kentucky Counties:

- | | |
|--------|------------|
| Bath | Menifee |
| Clark | Montgomery |
| Estill | Morgan |
| Knox | Powell |
| Laurel | Rowan |
| Lewis | Whitley |





Workforce Opportunity for Rural Communities ARC Project



The Funding Source

- The U.S. Department of Labor, in partnership with the Appalachian Regional Commission (ARC) and the Delta Regional Authority (DRC), awarded \$29 million dollars in grants to 23 organizations to provide employment and training services to regional and local workforces.
- KRHIO was awarded part of these funds to fund projects to invest in education, training, career support services, computer-based training and classroom instructions for those in recovery from OUD/SUD in the 12-county services area.

The Target Population

- KRHIO and the Consortium Members of this project work closely with the population of persons impacted by SUD and/or OUD and have identified employment training as a critical gap in the recovery ecosystem in our communities.

The Goals

- KRHIO and the Consortium Members of this project work closely with the population of persons impacted by SUD and/or OUD and have identified employment training as a critical gap in the recovery ecosystem in our communities.

CREATE

Economic prosperity

Create an innovative, sustainable workforce training model that is community-based and addresses local challenges.

Gainful Employment

Strengthen partnerships and leverage existing and newly created resources to provide sustainable supports for persons new to the workforce to receive training and support.

High-quality Career Outcomes

New and sustainable program for **increasing** the number of persons trained and available for high demand occupations in the service area to facilitate retention of these individuals in their rural community.

Outcomes to **facilitate** delivery of services to assist both employers and employees in meeting workforce challenges and industry needs in Appalachia.



A RECOVERY ECOSYSTEM

Begins with safe housing and grows from there



COMMUNITY

Stakeholders take pride in reuniting families, reviving local economies, and restoring meaning and purpose to life



DIVERSION

From punishment to connection and rehabilitation—with full criminal justice support



TREATMENT

A complete continuum of holistic, best-practice, on-demand care that's evidence-based and trauma-informed



SUPPORT

Peer support and mentorship builds relationships while instilling comradery, a strong work ethic, and full accountability



EMPLOYMENT

Vocational training and aggressive social enterprise create the recovery capital and meaningful employment critical to long-term recovery



PROOF

Continuous documentation of outcomes, aided by academic researchers, ensures quality control and never-ending improvement

A COMPLETE SYSTEM OF EXCELLENCE

Based on Whole Health

How collecting data can improve growth and sustainability



Community Health Workers

(CHW) serves as a liaison between the community and the health care,



Government and social service systems. CHW's are on the front lines, providing advocacy, education.



Support to civilians in order to help them improve their lifestyle and connect them with their proper healthcare options.



Collect data and discuss health concerns with specific populations





RELATIONSHIP



RESOURCES



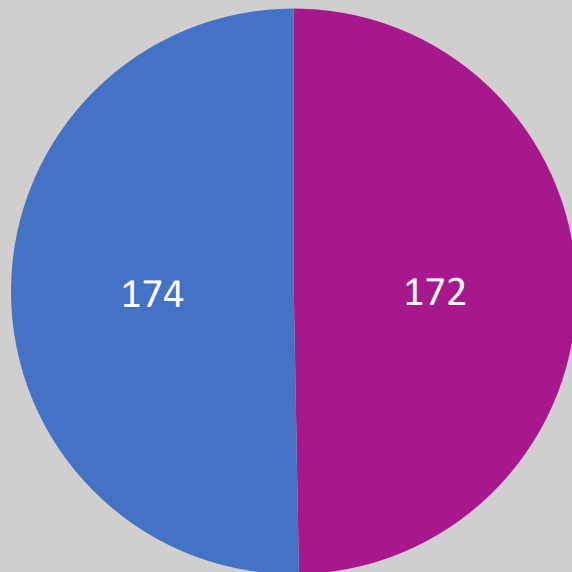
RESULTS

June 2021-June 2023

New Client: 346

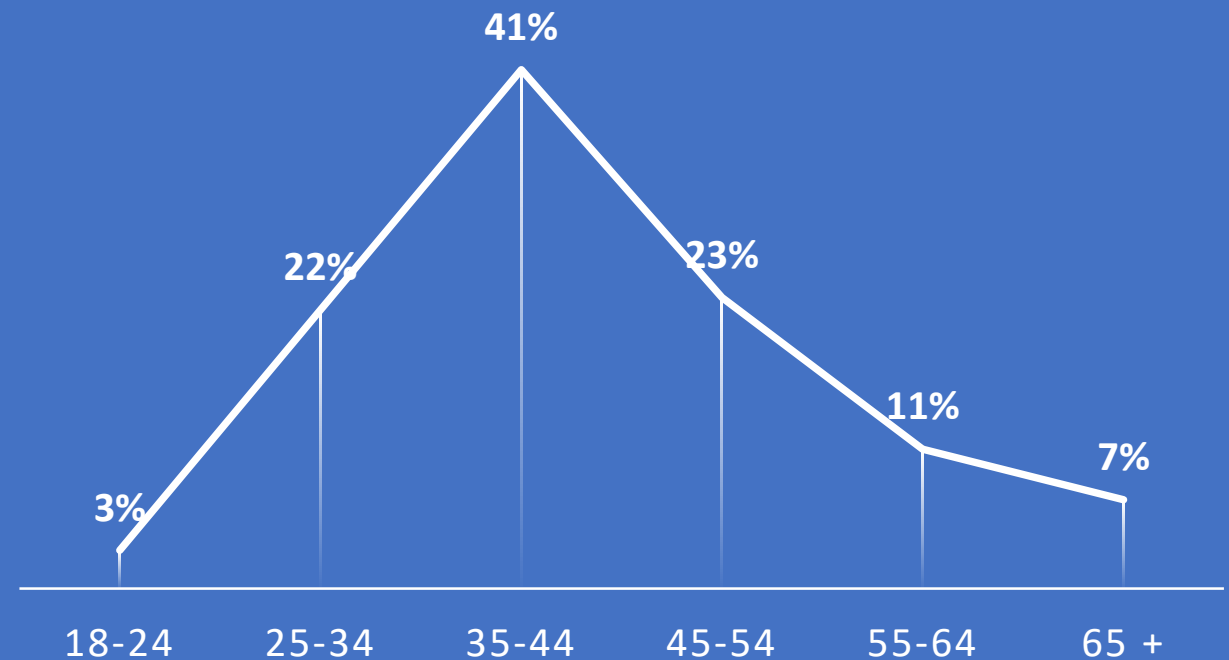
Follow-Up: 1,450

Gender

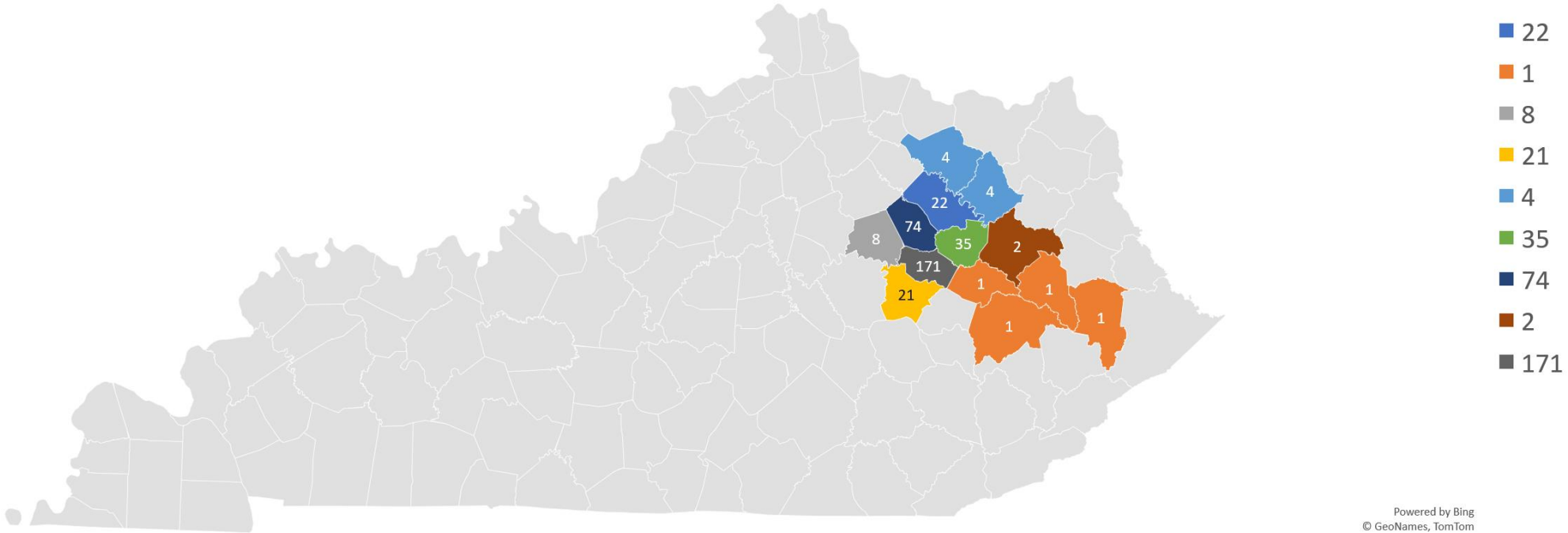
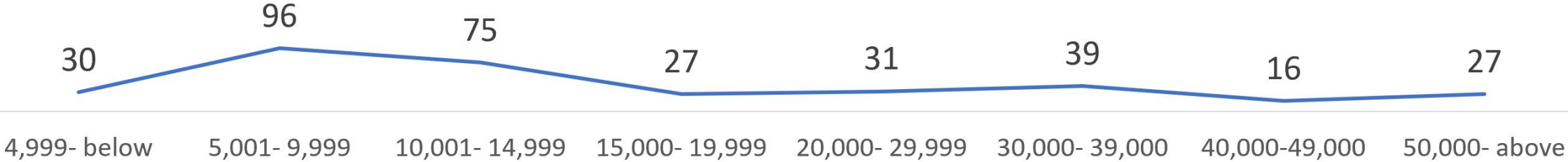


Female Male

AGE

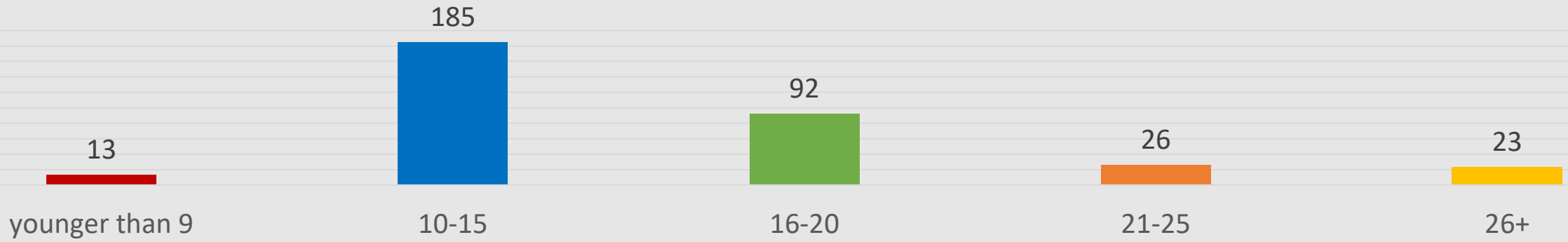


Household Income

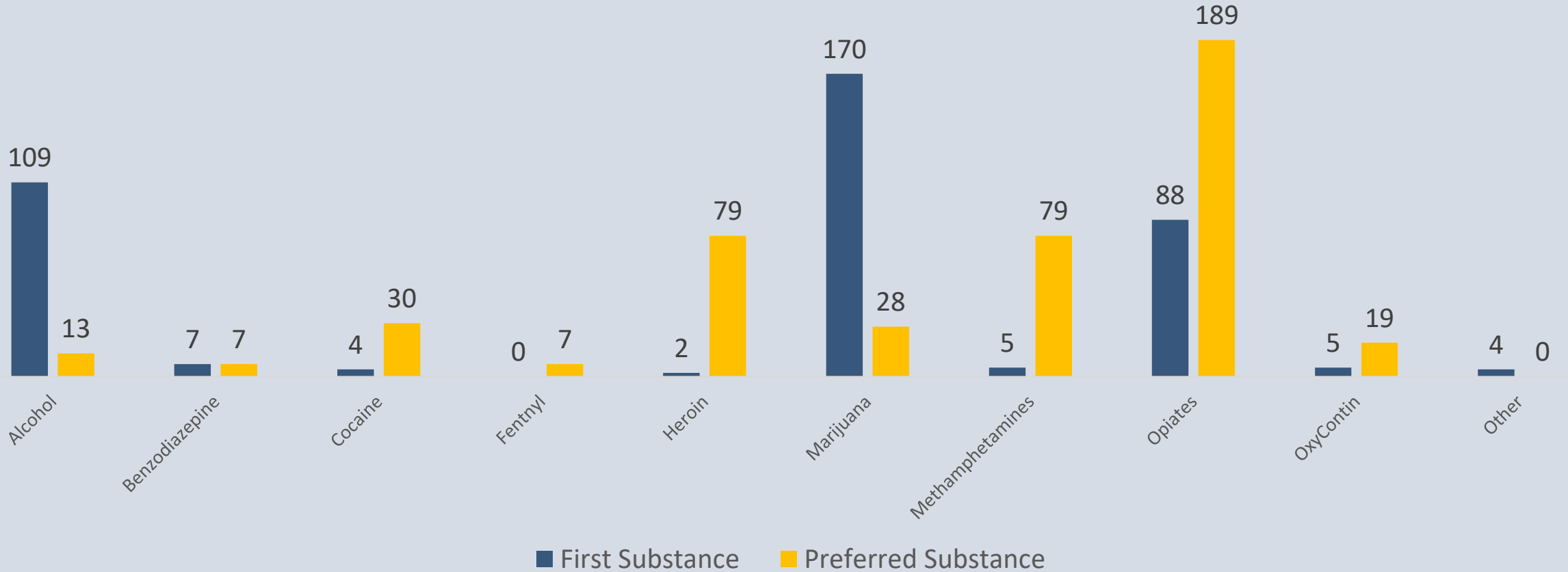


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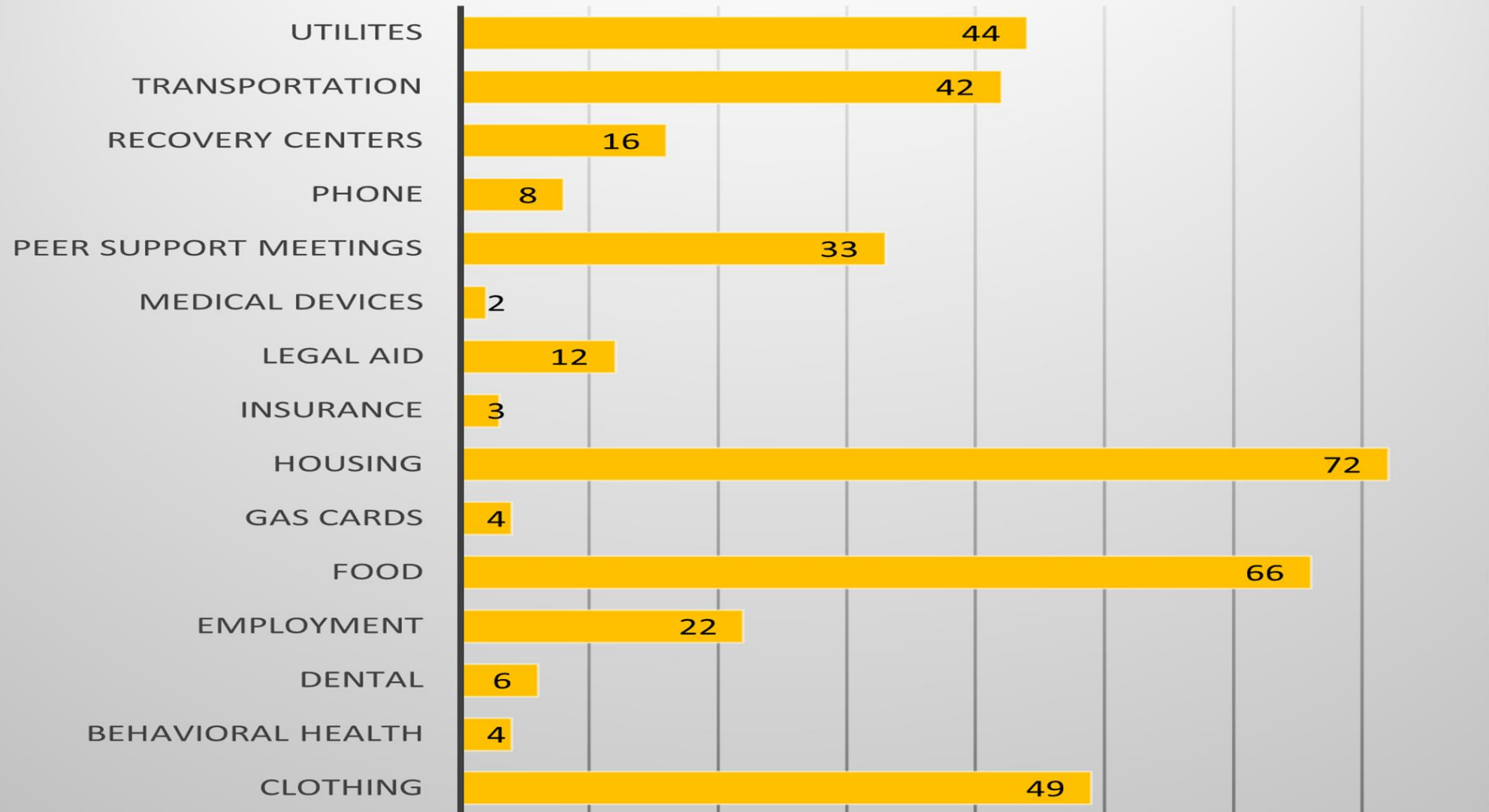
Age Tried 1st Substance



First Vs Preferred Substance



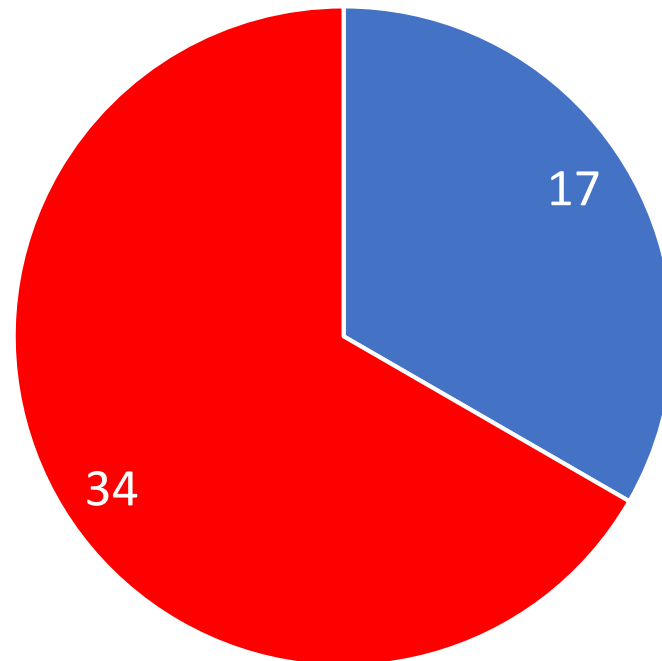
Resource Requested





51 Participants
June 13, 2022- June 2, 2023

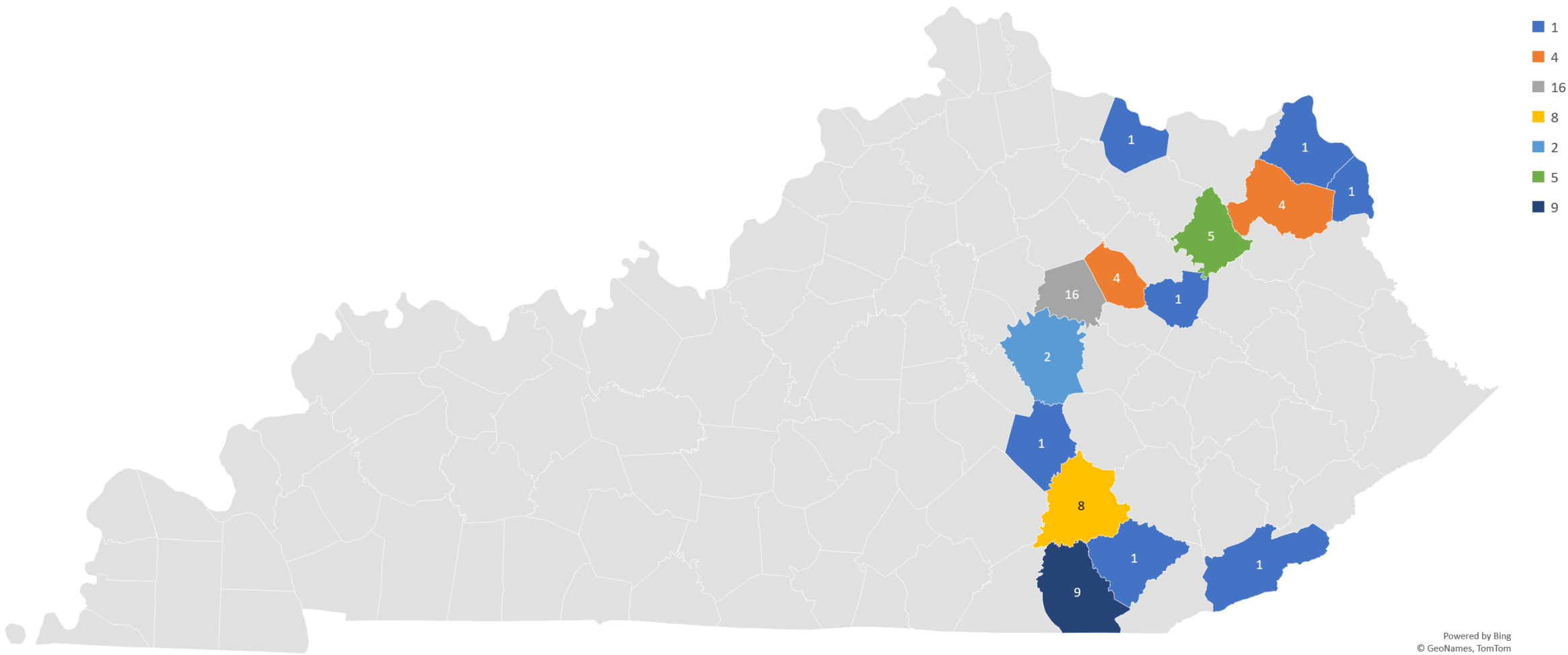
Gender



■ Male

■ Female

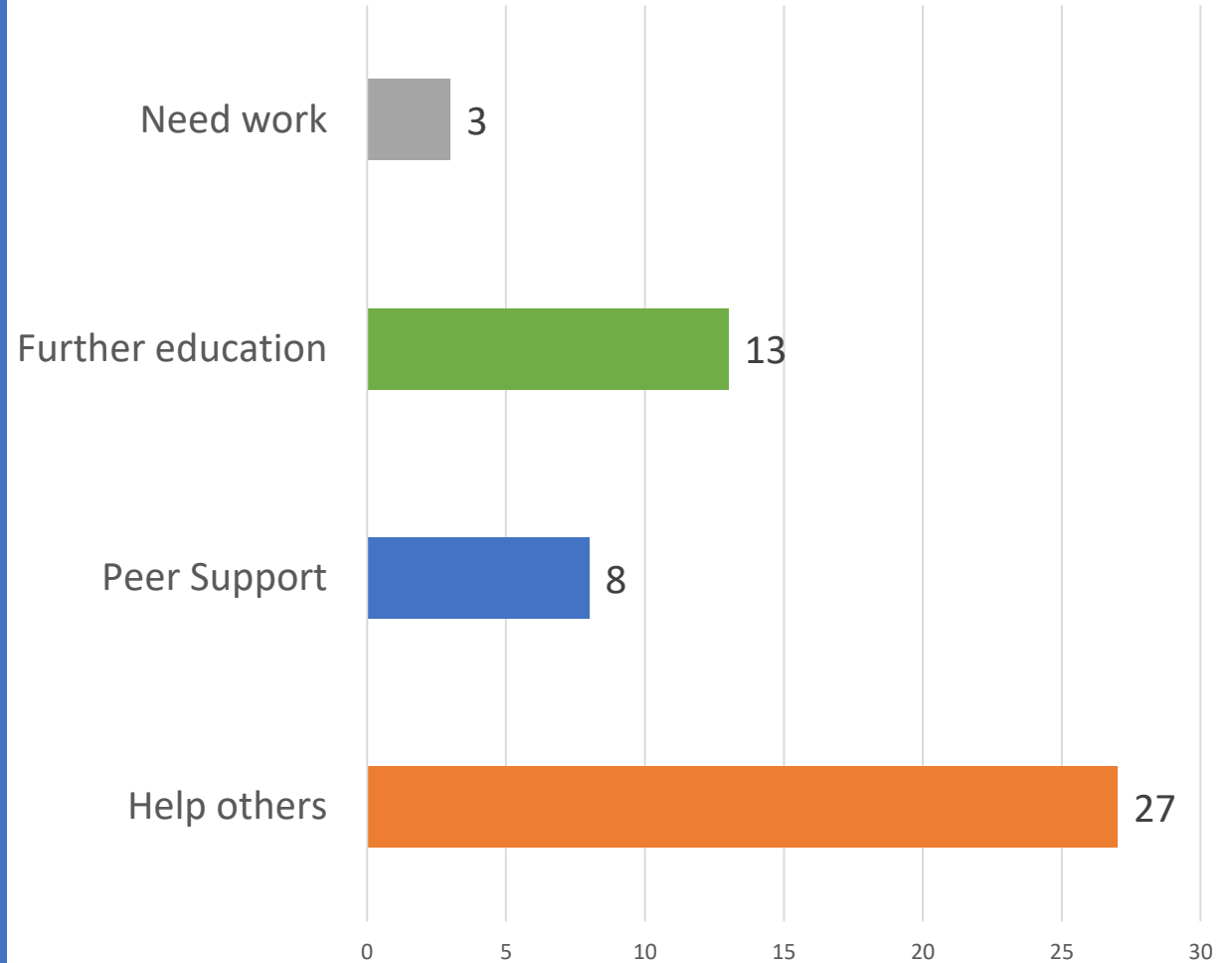
County




SUSTAINED SOBRIETY



Motivation to apply for WORC program





What can we do as healthcare leaders to identify when these problems exist and really make a difference in meeting our patient/client needs?

Not just from a clinical perspective but as an overall approach.



Education
Outreach

Support services/
Case Management

Inter-agency
Community
Meetings

Continuous action to improve harm
reduction

More access to care

Identify Barriers and work to bridge gaps

Resource Navigation and Availability
Have clothing or food storage in facility

Community
Engagement

My life does not define me, I can still do great things, we were all created for a purpose





The STRUGGLE is REAL!

We ALL struggle;

We are ALL human

But...

WE ALL CAN MAKE A
DIFFERENCE!



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j.stephens@krhio.org



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Kentucky Rural Healthcare Information Organization

344 Christy Creek Road, Morehead, Kentucky 40351

www.krhio.org



Workforce Opportunity for Rural Communities- WORC

