

# Maine Opioid Response: 2021 Strategic Action Plan

## Introduction

Maine has been hit hard by the opioid epidemic. Between 2010 and 2019, almost 2,700 individuals died from an opioid-related overdose. These are our neighbors, our colleagues, our friends, and our family members. We owe it to each of them, and to the tens of thousands of Mainers currently living with the chronic illness of addiction, to do more to break this deadly cycle.

Too many Maine youth are experiencing traumatic events, and too many are experimenting with substances that increase their risk of addiction. For people with an opioid use disorder, finding treatment that is local, immediate, and affordable must improve. Many people in recovery face stigma, along with employment, housing, and transportation shortages faced by the general population – shortages that have been exacerbated by the pandemic. The pandemic has made recovery from substance use disorder much more difficult, and the number of overdoses and deaths has escalated. Our work is more critical than ever.

## Accomplishments

Maine's annual Strategic Action Plan is designed to confront the epidemic of substance use disorder (SUD), emphasizing opioid use disorder (OUD), with evidence-based strategies that are targeted and tailored for maximum impact in Maine. Since Executive Order 2, issued two years ago, the Mills administration has taken the following steps:

- Purchased and distributed 55,788 doses of naloxone through public health and harm reduction organizations (through November 2020), resulting in 1,136 opioid overdose reversals during the period January – November 2020.
- Recruited and trained 534 recovery coaches (more than double the original objective), of whom 133 are actively coaching individuals in recovery.
- Provided Medication Assisted Treatment (MAT) to over 500 inmates within the Department of Corrections, while they were incarcerated or linked to community providers upon release, in addition to approximately 200 individuals in current treatment.
- Provided MAT to over 250 individuals with a diagnosis of SUD in county jails.
- Despite the challenges of the global pandemic, supported 22 emergency departments in standing up low-barrier MAT through which over 500 patients received their first dose of medication in the hospital.
- Increased the prescribing of buprenorphine for MAT by 43% in the past three years.
- Increased the number of recovery residences from 101 to 120 in two years, including certified residences growing from 23 to 51, with 42% of all residences currently welcoming individuals using MAT in their recovery.
- Increased Syringe Service Provider sites from 7 to 12, with 3 additional applications pending.
- Increased Recovery Community Centers from 9 to 13 locations, with an additional 2 centers planned for York County and the community of Lincoln.
- Enhanced prevention efforts, including the Department of Education making available to every school in the state a pre-K through grade 12 social and emotional learning (SEL) curriculum known as SEL4ME. In its first three months of use, SEL4ME has registered 3665 users and on-line modules have been accessed over 12,000 times.
- Served 295 individuals in Maine's Adult Drug Courts, Co-Occurring Court and Veterans Courts in 2019, an increase of 11.3% over the previous year.

## 2021 STRATEGIC ACTION PLAN

### 1 GOAL → 5 FOCUS AREAS → 10 PRIORITIES → 33 STRATEGIES

**OUR GOAL** Reduce the negative health and economic impacts of opioid and other substance use disorders (SUD/OUD) on individuals, families, and communities in Maine and, in so doing, give hope to all persons with a substance use disorder that recovery is not just possible, but probable.

**OUR SHARED VALUES** This plan includes five cross-cutting values that are foundational to each area of focus. All actions called for in this plan shall be undertaken through the lens of these shared values: 1) reducing the stigma associated with substance use disorder and identifying it as a chronic medical condition; 2) building resilience in individuals across the lifespan; 3) improving data collection, analysis, and timely communication; 4) building and maintaining a robust infrastructure capable of supporting the priority activities; 5) implementing all activities subject to available funding from federal, state, community, and philanthropic sources.

# Focus Areas, Priorities, Strategies

## LEADERSHIP

**Priority A:** Take decisive, evidence-based and community focused actions in response to Maine’s opioid crisis

**Strategy #1:** Provide strong state-level leadership and coordination among prevention, harm reduction, treatment, and recovery strategies

CURRENTLY PLANNED/FUNDED ACTIVITIES (FY21)	PRIORITY FUTURE ACTIVITIES (FY22 - FY23)
<ul style="list-style-type: none"> <li>a. Continue to make SUD/ODU response a top priority of the Mills administration with leadership from the Director of Opioid Response, the Prevention and Recovery Cabinet, the Opioid Coordinating Council, Clinical Advisory Committee, and the Opioid Data Sharing Committee</li> <li>b. Assess and update the SUD/ODU Strategic Action Plan</li> <li>c. Ensure dedicated staff to support the implementation of the Strategic Action Plan</li> <li>d. Enhance the Governor’s Office of Policy, Innovation &amp; Future (GOPIF) web page for SUD/ODU</li> <li>e. Inventory all SUD/ODU programs and, including state, federal (HRSA, SAMHSA, etc) and private philanthropy.</li> <li>f. Host an annual Opioid Response Summit, enhanced with monthly educational webinars</li> <li>g. Build collaborative relationships with local, state, and national stakeholders and philanthropic organizations</li> <li>h. Support, and implement if enacted, legislation establishing an overdose fatality review panel</li> </ul>	<ul style="list-style-type: none"> <li>i. Regularly review and enhance the Opioid Response Strategic Action Plan</li> <li>j. Secure and publicly promote leadership commitments from key stakeholders</li> <li>k. Expand the Opioid Response Summit to include an additional half-day of workshops and an evening reception</li> <li>l. Support additional recovery events in local communities</li> <li>m. Hold manufacturers and distributors accountable</li> </ul>

**Strategy #2:** Develop a treatment and prevention workforce sufficient to meet the needs of Maine’s population

CURRENTLY PLANNED/FUNDED ACTIVITIES (FY21)	PRIORITY FUTURE ACTIVITIES (FY22 - FY23)
<ul style="list-style-type: none"> <li>a. Support the development and growth of new and emerging workforce models for addressing SUD/ODU, including Community Health Workers, Recovery Coaches, and Community Paramedicine</li> <li>b. Implement a Substance Use Disorders Learning Community</li> <li>c. Through the Support for ME initiative and MaineCare’s Comprehensive Rate System Evaluation, examine rates to ensure adequate payment to support recruitment and retention of workforce</li> </ul>	<ul style="list-style-type: none"> <li>d. Support universities and community colleges in developing curriculum</li> <li>e. Assess workforce supply and demand, including a review of licensing categories</li> <li>f. Continue to evaluate and promote expansion of MAT prescriber capacity in geographic areas of need</li> </ul>

**Strategy #3:** Support local and regional community engagement efforts

CURRENTLY PLANNED/FUNDED ACTIVITIES (FY21)	PRIORITY FUTURE ACTIVITIES (FY22 - FY23)
<ul style="list-style-type: none"> <li>a. Support the growth and sustainability of Recovery Community Centers</li> <li>b. Engage and showcase communities in statewide events, including the annual Opioid Response Summit</li> <li>c. Support the use of film and storytelling to engage communities</li> <li>d. Promote Recovery Friendly Communities</li> <li>e. Support public, private, and philanthropic funding of communities implementing prevention initiatives</li> </ul>	<ul style="list-style-type: none"> <li>f. Evaluate and fund as resources allow, promising local community engagement efforts</li> </ul>

**Strategy #4:** Promote changes in public understanding, beliefs and behaviors regarding substance use disorder and opioid use disorder (SUD/ODU)

CURRENTLY PLANNED/FUNDED ACTIVITIES (FY21)	PRIORITY FUTURE ACTIVITIES (FY22 - FY23)
<ul style="list-style-type: none"> <li><b>a.</b> Develop and implement evidence-based public messaging campaigns</li> <li><b>b.</b> Conduct outreach and education opportunities for health care providers</li> <li><b>c.</b> Implement an education module for law enforcement professionals and Maine Criminal Justice Academy recruits</li> <li><b>d.</b> Host and participate in forums, presentations, and recovery events in local communities and key sectors</li> <li><b>e.</b> Create more opportunities for individuals, families, and others affected by SUD/ODU to tell their personal stories of addiction or recovery</li> <li><b>f.</b> Educate employers and support efforts that promote recovery-friendly workplaces, including the new Youth Employment Assistance Program (YEAP)</li> </ul>	<ul style="list-style-type: none"> <li><b>g.</b> Disseminate a stigma and discrimination reduction curriculum, including continuing education credits, to all health care providers, first responders, and frontline support staff</li> <li><b>h.</b> Continue to work with employers to promote treatment and recovery-friendly worksites</li> <li><b>i.</b> Engage municipal governments, business associations, and community service organizations in taking supportive actions</li> <li><b>j.</b> Evaluate stigma and discrimination reduction efforts for possible replication</li> </ul>

**Strategy #5:** Maximize the collection of actionable data and evaluate the impact of interventions

CURRENTLY PLANNED/FUNDED ACTIVITIES (FY21)	PRIORITY FUTURE ACTIVITIES (FY22 - FY23)
<ul style="list-style-type: none"> <li><b>a.</b> Establish an Opioid Data Sharing Committee (ODSC), replacing the Statewide Epidemiology Outcomes Workgroup (SEOW) Opioid Sub-Committee</li> <li><b>b.</b> Continue to support the SEOW in its prevention work, including the engagement and education of multi-sector partnerships</li> <li><b>c.</b> Develop a strategic data plan, including clearly defined roles and purposes for the data currently available, including automation of population-based surveillance data</li> <li><b>d.</b> Conduct an economic study and report on the cost of SUD/ODU to Maine families and businesses</li> <li><b>e.</b> Create an online data hub to increase public transparency</li> <li><b>f.</b> Share key data to inform policy and program design</li> <li><b>g.</b> Conduct ongoing data analysis and interpretation to improve understanding of program performance</li> <li><b>h.</b> Promote the use of ODMAP (overdose mapping tool)</li> <li><b>i.</b> Share overdose spike data with clinicians and community partners, promoting appropriate response</li> </ul>	<ul style="list-style-type: none"> <li><b>j.</b> Compile stories that add context and texture to communications of data and outcomes</li> <li><b>k.</b> Communicate the results of data analysis and interpretation to policymakers and the public</li> <li><b>l.</b> Support efforts to align state and federal guidelines on SUD data-sharing</li> </ul>

# PREVENTION

## Priority B: Prevent the early use of addictive substances by children, youth, and young adults

### Strategy #6: Support healthy early childhood development

CURRENTLY PLANNED/FUNDED ACTIVITIES (FY21)	PRIORITY FUTURE ACTIVITIES (FY22 - FY23)
<ul style="list-style-type: none"> <li><b>a.</b> Support the activities of the Children’s Cabinet which benefit and improve early childhood development and prevent early use</li> <li><b>b.</b> Support the implementation of early childhood education and social and emotional learning skills for children and youth</li> <li><b>c.</b> Support access to contraception.</li> <li><b>d.</b> Support efforts to thoroughly review infant and child mortality data</li> <li><b>e.</b> Continue to implement the Safe Sleep campaign</li> </ul>	<ul style="list-style-type: none"> <li><b>f.</b> Expand the availability of Home Visiting and Public Health Nurses</li> <li><b>g.</b> Promote educational information and skill-building for parents and families, including evidence-based programs to develop effective parenting skills</li> <li><b>h.</b> Provide education and training opportunities for child care providers</li> <li><b>i.</b> Implement social and emotional learning curriculum in all schools</li> <li><b>j.</b> Identify and implement out-of-school social and emotional learning programs</li> <li><b>k.</b> Evaluate social and emotional learning programs for efficacy and potential expansion</li> </ul>

### Strategy #7: Reduce adverse childhood experiences (ACEs)

CURRENTLY PLANNED/FUNDED ACTIVITIES (FY21)	PRIORITY FUTURE ACTIVITIES (FY22 - FY23)
<ul style="list-style-type: none"> <li><b>a.</b> Promote awareness and education on the prevention of ACEs</li> <li><b>b.</b> Support parents with SUD/ODU in maintaining custody or achieving reunification</li> <li><b>c.</b> Provide parent education, coaching and case management</li> <li><b>d.</b> Explore the evidence base and potential target audiences for trainings on childhood brain development, ACEs, and SUD prevention</li> <li><b>e.</b> Promote ACEs education and training for high-risk communities and/or families</li> </ul>	<ul style="list-style-type: none"> <li><b>f.</b> Explore the creation of ACEs Response Teams to support children exposed to violence</li> <li><b>g.</b> Reduce arrests and incarceration through the OPTIONS program, pre-booking diversion and Drug Courts</li> <li><b>h.</b> Participate in a comprehensive, cross-departmental plan to address ACE’s and trauma informed interventions</li> </ul>

### Strategy #8: Promote life skills and resilience-building for all youth

CURRENTLY PLANNED/FUNDED ACTIVITIES (FY21)	PRIORITY FUTURE ACTIVITIES (FY22 - FY23)
<ul style="list-style-type: none"> <li><b>a.</b> Support and participate in the Maine Resilience Building Network’s “Youth Matters” Initiative</li> <li><b>b.</b> Support the Maine Youth Action Network’s efforts to engage youth and create more resources to address students’ mental health and emotional needs</li> <li><b>c.</b> Support Positive Action Teams in Piscataquis County</li> <li><b>d.</b> Support the Department of Education and Maine Center for Disease Control and Prevention, Office of Behavioral Health, Office of Child and Family Services, and others in promoting and disseminating social and emotional learning (SEL) curriculum and programs, including Sources of Strength, Primed for Life, Second Steps, and Maine Department of Education’s curriculum developed in collaboration with EVOLUTION LAB</li> <li><b>e.</b> Support the StrengthenME resilience and wellness initiative</li> </ul>	<ul style="list-style-type: none"> <li><b>f.</b> Assess potential partnerships with School Based Health Centers</li> <li><b>g.</b> Continue to support the promotion and dissemination of SEL curriculum, subject to ongoing evaluation of efficacy and successful outcomes</li> </ul>

**Strategy #9: Identify and support youth and young adults at risk of developing a substance use disorder**

CURRENTLY PLANNED/FUNDED ACTIVITIES (FY21)	PRIORITY FUTURE ACTIVITIES (FY22 - FY23)
<ul style="list-style-type: none"> <li><b>a.</b> Provide trauma-informed, evidence-based education and trainings to high-risk youth</li> <li><b>b.</b> Include information on SUD treatment for adolescents in online content</li> <li><b>c.</b> Strengthen school and community-based approaches to SUD/ODU prevention</li> <li><b>d.</b> Provide support for Teen Centers</li> <li><b>e.</b> Support restorative justice practices</li> <li><b>f.</b> Develop and distribute Maine-specific and trauma-informed programs and curricula at no cost to all public schools</li> <li><b>g.</b> Continue to implement the Maine Youth Leadership Institute SEALFIT program</li> <li><b>h.</b> Implement and increase referrals to the Student Intervention Reintegration Program (SIRP)</li> <li><b>i.</b> Identify and assess for potential implementation evidence based practices for reaching the young adult population</li> <li><b>j.</b> Support federally funded (HRSA) Pediatric and Behavioral Health Partnership (MPBHP)- tele consult line for providers to access child psychiatrists for behavioral health issues, including polysubstance issues</li> </ul>	<ul style="list-style-type: none"> <li><b>k.</b> Increase the number of children’s behavioral health counselors, especially in rural areas</li> <li><b>l.</b> Increase the number of mental health/behavioral health (MH/BH) counselors and/or social workers in schools</li> <li><b>m.</b> Increase restorative justice practices in schools</li> <li><b>n.</b> Promote the use of SBIRT (Screening, Brief Intervention &amp; Referral for Treatment) for early use of addictive substances in primary care, school-based health centers and other youth settings</li> <li><b>o.</b> Expand SIRP through virtual offerings and outreach to primary care physicians and Department of Corrections as new referral resources</li> <li><b>p.</b> Identify new partners and strategies to reach the young adult population through secondary education and workplaces.</li> </ul>

**Strategy #10: Support and expand community partnerships to educate and engage youth, families, and communities**

CURRENTLY PLANNED/FUNDED ACTIVITIES (FY21)	PRIORITY FUTURE ACTIVITIES (FY22 - FY23)
<ul style="list-style-type: none"> <li><b>a.</b> Promote community-based efforts to educate and engage parents and youth on the risks of early use of addictive substances</li> <li><b>b.</b> Promote opportunities to engage youth in healthy activities</li> <li><b>c.</b> Support community youth organizations</li> <li><b>d.</b> Provide interdepartmental support and participation in efforts among partners to understand and build upon evidence-informed rural community prevention models</li> <li><b>e.</b> Promote education for parents and providers on the impact of the early use of addictive substances and how to reduce early use among children and youth</li> <li><b>f.</b> Support the development and implementation of a networked campaign of messaging and materials to reduce early use of addictive substances and vaping devices</li> <li><b>g.</b> Engage communities in efforts to address social norms and policies that increase protective factors, such as the Youth Matters initiative of the Maine Resilience Building Network</li> </ul>	<ul style="list-style-type: none"> <li><b>h.</b> Promote healthy outdoor after-school programs/activities, such as the Icelandic Model</li> <li><b>i.</b> Explore federal funding and private philanthropic opportunities to sustain local prevention efforts and build capacity.</li> </ul>

**Strategy #11: Implement and sustain COVID response, recovery and resiliency strategies**

CURRENTLY PLANNED/FUNDED ACTIVITIES (FY21)	PRIORITY FUTURE ACTIVITIES (FY22 - FY23)
<ul style="list-style-type: none"> <li><b>a.</b> Adapt school and community based prevention strategies to virtual learning environments.</li> <li><b>b.</b> Design and implement the StrengthenME Initiative to provide free tools, support, and connections to Community Health Workers to reduce stress and promote wellness, resilience, and recovery</li> <li><b>c.</b> Continue to assess, learn, and sustain innovations that improve quality, access, and effectiveness of programs and services, including telemedicine enhancements</li> </ul>	<ul style="list-style-type: none"> <li><b>d.</b> Assess and maintain the most effective COVID innovations to expand the access and reach of prevention strategies.</li> <li><b>e.</b> Working with the Children’s Cabinet and other aligned organizations, research and develop messaging and interventions that promote healthy coping skills to prevent increased substance use during times of stress.</li> </ul>

## Priority C: Reduce the number of prescribed and illicitly obtained opioids

### **Strategy #12:** *Improve the safety of opioid prescribing*

CURRENTLY PLANNED/FUNDED ACTIVITIES (FY21)	PRIORITY FUTURE ACTIVITIES (FY22 - FY23)
<ul style="list-style-type: none"> <li><b>a.</b> Support clinician adherence to evidence-based guidelines for opioid prescribing through the SUD Learning Community and other online trainings</li> <li><b>b.</b> Offer the Controlled Substances Stewardship Program to practices &amp; providers to assist with tapering opioids</li> <li><b>c.</b> Enhance reporting from the prescription monitoring program (PMP)</li> <li><b>d.</b> Support drug take-back days</li> <li><b>e.</b> Provide clinical training opportunities to address safe prescribing practices</li> </ul>	<ul style="list-style-type: none"> <li><b>f.</b> Use PMP data to identify and engage high prescribing outliers</li> <li><b>g.</b> Evaluate expansion of the Controlled Substances Stewardship Program</li> <li><b>h.</b> Add additional academic detailing programs</li> </ul>

### **Strategy #13:** *Strengthen law enforcement efforts to intercept and reduce illicit opioid supply*

CURRENTLY PLANNED/FUNDED ACTIVITIES (FY21)	PRIORITY FUTURE ACTIVITIES (FY22 - FY23)
<ul style="list-style-type: none"> <li><b>a.</b> Continue to aggressively prosecute drug traffickers</li> <li><b>b.</b> Continue to assist law enforcement in coordinating, cooperating, and collaboratively aligning data, programs, technology, and resources</li> <li><b>c.</b> Explore alternative funding sources, systems, and technology, including statutory changes, so that drug testing is not a barrier to successful prosecution of drug traffickers</li> </ul>	<ul style="list-style-type: none"> <li><b>d.</b> Implement alternative options to reduce barriers to drug testing, subject to available resources</li> <li><b>e.</b> Maximize the use of seized assets to support enforcement efforts</li> </ul>

# HARM REDUCTION

## Priority D: Reduce the number of fatal and non-fatal overdoses

**Strategy #14:** *Ensure the availability of naloxone for high-risk individuals via targeted distribution*

CURRENTLY PLANNED/FUNDED ACTIVITIES (FY21)	PRIORITY FUTURE ACTIVITIES (FY22 - FY23)
<ul style="list-style-type: none"> <li><b>a.</b> Deploy mobile response teams in every Maine county as part of the OPTIONS (Overdose Prevention Through Intensive Outreach, Naloxone and Safety) initiative to educate and engage high risk individuals in harm reduction strategies, including the distribution and use of naloxone and to offer treatment/recovery services, including MAT</li> <li><b>b.</b> Support legislation permitting Emergency Medical Technicians (EMTs) to distribute as well as administer naloxone</li> <li><b>c.</b> Support MeHAF funded pilot harm reduction education for pregnant patients, OB staff, and providers and naloxone distribution to post-partum patients</li> </ul>	<ul style="list-style-type: none"> <li><b>d.</b> Continue to mobilize response teams in collaboration with local law enforcement, emergency responders, recovery coaches and harm reduction professionals as part of the OPTIONS Initiative</li> <li><b>e.</b> Continue to support quality improvement initiatives for pregnant women</li> </ul>

**Strategy #15:** *Ensure widespread distribution and ease of access to naloxone by the general public*

CURRENTLY PLANNED/FUNDED ACTIVITIES (FY21)	PRIORITY FUTURE ACTIVITIES (FY22 - FY23)
<ul style="list-style-type: none"> <li><b>a.</b> Continue to support the purchase and distribution of sufficient doses of naloxone to supply Tier 1 and Tier 2 distributors as designated by the Naloxone Steering Committee</li> </ul>	<ul style="list-style-type: none"> <li><b>b.</b> Educate health care providers about the opportunities and importance of prescribing naloxone, including co-prescribing naloxone with opioids</li> <li><b>c.</b> Collaborate with the State Board of Pharmacy and other health professional boards on stigma reduction, naloxone distribution, and co-prescribing initiatives</li> </ul>

**Strategy #16:** *Increase public awareness of overdose prevention and the use of naloxone*

CURRENTLY PLANNED/FUNDED ACTIVITIES (FY21)	PRIORITY FUTURE ACTIVITIES (FY22 - FY23)
<ul style="list-style-type: none"> <li><b>a.</b> Update and resume the “Have it On Hand” and related public messaging campaigns as part of the OPTIONS campaign</li> <li><b>b.</b> Update and launch Eyes Open overdose prevention campaign.</li> </ul>	<ul style="list-style-type: none"> <li><b>c.</b> Evaluate the effectiveness of the public education campaigns</li> <li><b>d.</b> Broaden public education efforts where found to be effective</li> </ul>

## Priority E: Engage active users and the recovery community in harm reduction

**Strategy #17:** *Increase awareness, understanding, and utilization of harm reduction strategies and resources*

CURRENTLY PLANNED/FUNDED ACTIVITIES (FY21)	PRIORITY FUTURE ACTIVITIES (FY22 - FY23)
<ul style="list-style-type: none"> <li><b>a.</b> Train and deploy “co-responders” –licensed behavioral health specialists embedded in emergency response units - in every Maine county as part of OPTIONS program</li> <li><b>b.</b> Provide education on overdose prevention and treatment resources at naloxone distribution sites and syringe service programs through the OPTIONS program</li> <li><b>c.</b> Educate and promote the “Good Samaritan” law through the OPTIONS program, and assess its current effectiveness</li> <li><b>d.</b> Implement public health education and intervention campaign as part of the OPTIONS program</li> <li><b>e.</b> Expand sterile syringe access</li> <li><b>f.</b> Expand drug testing resources (e.g. fentanyl test strips)</li> </ul>	<ul style="list-style-type: none"> <li><b>g.</b> Evaluate safe supply programs and consider implementation of effective harm reduction programs that meet the requirements of state and federal law</li> </ul>

**Strategy #18:** *Provide resources and supports for people experiencing homelessness*

CURRENTLY PLANNED/FUNDED ACTIVITIES (FY21)	PRIORITY FUTURE ACTIVITIES (FY22 - FY23)
<ul style="list-style-type: none"><li>a. Engage and educate people experiencing homelessness in harm reduction strategies and options for treatment and recovery through the OPTIONS and StrengthenME initiatives</li><li>b. Implement the Housing for Opioid Users Service Engagement (HOUSE) pilot to engage individuals experiencing homelessness in treatment and housing</li></ul>	

**Priority F:** Engage providers, law enforcement, and the public in harm reduction strategies

**Strategy #19:** *Support the design and statewide replication of promising practices to reduce public opposition to effective harm reduction strategies*

CURRENTLY PLANNED/FUNDED ACTIVITIES (FY21)	PRIORITY FUTURE ACTIVITIES (FY22 - FY23)
<ul style="list-style-type: none"><li>a. Convene community conversations to listen and share information and educational materials on harm reduction strategies</li></ul>	<ul style="list-style-type: none"><li>b. Contract with organizations with content expertise to provide education and training on harm reduction strategies</li></ul>

**Strategy #20:** *Promote a comprehensive system of care and referrals among health care and harm reduction services*

CURRENTLY PLANNED/FUNDED ACTIVITIES (FY21)	PRIORITY FUTURE ACTIVITIES (FY22 - FY23)
<ul style="list-style-type: none"><li>a. Promote bidirectional referrals between syringe exchange programs, primary care, MAT, and other health services, including the diagnosis and treatment of hepatitis C and HIV</li><li>b. Decriminalize the possession of needles</li></ul>	<ul style="list-style-type: none"><li>c. Evaluate models of interconnected systems of care and referrals</li></ul>



# TREATMENT

## Priority G: Ensure the availability of treatment that is local, immediate, affordable, and best fit

**Strategy #21:** Dedicate staff and funding to support the screening, treatment, and recovery of pregnant women with substance use disorder and support substance-exposed infants

CURRENTLY PLANNED/FUNDED ACTIVITIES (FY21)	PRIORITY FUTURE ACTIVITIES (FY22 - FY23)
<ul style="list-style-type: none"> <li>a. Support, enhance, and align all efforts to ensure high quality treatment for pregnant and parenting women among departments, offices, and programs, including working with the Perinatal Quality Collaborative to join the Alliance for Innovation on Maternal (AIM) Health</li> <li>b. Implement integrated models of care for pregnant and parenting women, such as the Maternal Opioid Misuse (MOM) initiative</li> <li>c. Maintain a Maternal SUD and Substance-Exposed Infant (SEI) Task Force</li> <li>d. Support the annual SEI conference</li> <li>e. Promote evidence-based approaches to supporting substance-affected infants during the newborn hospitalization, including use of Eat, Sleep, Console and Snuggle ME guidelines</li> <li>f. Ensure that all substance-exposed infants have a Plan of Safe Care (POSC)</li> </ul>	<ul style="list-style-type: none"> <li>g. Develop a statewide strategic workplan for addressing the prevention and treatment of substance exposed infants in Maine.</li> <li>h. Enhance the Cradle ME referral system to include Public Health Nursing, Home Visiting and WIC</li> <li>i. Implement the federal Medicaid 1115 Waiver for SUD services</li> <li>j. Increase access to SUD treatment for parents with children in foster care</li> <li>k. Support the development of systems to ensure SEI newborns get appropriate preventive services, developmental screening, and follow-up Hepatitis C screening</li> <li>l. Review and update the birth certificate worksheet to reduce stigmatizing language and collect surveillance data around SEI, POSC, and maternal SUD</li> </ul>

**Strategy #22:** Improve patient access to Medication Assisted Treatment (MAT), with special efforts to reach populations most at risk

CURRENTLY PLANNED/FUNDED ACTIVITIES (FY21)	PRIORITY FUTURE ACTIVITIES (FY22 - FY23)
<ul style="list-style-type: none"> <li>a. Strengthen Maine's system for treatment and recovery</li> <li>b. Implement the federal Medicaid 1115 IMD Waiver to enhance access to residential SUD treatment</li> <li>c. Continue supporting emergency departments in adding rapid induction MAT</li> <li>d. Continue supporting county jails and Department of Corrections in adding MAT</li> <li>e. Support the Wabanaki nations in creating a Maine-based treatment and recovery center</li> </ul>	<ul style="list-style-type: none"> <li>f. Work with the Department of Corrections and county jails to identify sustainable funding to provide MAT universally to all incarcerated individuals with a diagnosis of SUD</li> <li>g. Assess need and fill gaps in treatment capacity for adolescents, including medically supervised withdrawal</li> <li>h. Pilot and evaluate mobile MAT services</li> <li>i. Support expansion of MAT programs in county jails and DOC by including all forms of MAT</li> <li>j. Improve referrals with and within specialty courts</li> </ul>

**Strategy #23:** Increase MAT provider capacity for providing low barrier, rapid access to treatment

CURRENTLY PLANNED/FUNDED ACTIVITIES (FY21)	PRIORITY FUTURE ACTIVITIES (FY22 - FY23)
<ul style="list-style-type: none"> <li>a. Support Federally Qualified Health Centers (FQHCs) in piloting low barrier MAT, including rapid induction and bridging capacity, especially in rural areas</li> <li>b. Build upon existing MaineCare payment and benefits models, including the Opioid Health Homes (OHH) program</li> <li>c. Assess and update reimbursement systems, including commercial insurance, to maximize counseling capacity</li> </ul>	<ul style="list-style-type: none"> <li>d. Implement a statewide system for providing education and technical assistance support for MAT providers, including an SUD Learning Community</li> <li>e. Secure leadership commitments from health systems and provider groups to increase their number and capacity of MAT (X-waivered) clinicians</li> <li>f. Allocate resources to ensure adequate reimbursement to treatment providers across the range of services</li> <li>g. Assess transportation needs to ensure access to MAT appointments</li> <li>h. Support additional capacity for "bridging" from MAT induction to maintenance treatment and recovery</li> <li>i. Provide education and training on the Contingency Management &amp; Community Reinforcement approach for stimulant use disorder</li> </ul>

**Strategy #24:** *Implement innovative treatment strategies in response to the COVID-19 pandemic*

CURRENTLY PLANNED/FUNDED ACTIVITIES (FY21)	PRIORITY FUTURE ACTIVITIES (FY22 - FY23)
<ul style="list-style-type: none"> <li><b>a.</b> Expand the allowable credentials for preparation of take-home doses of methadone by Opioid Treatment Programs</li> <li><b>b.</b> Implement the StrengthenME Initiative to provide proactive outreach from Recovery Community Centers and Recovery Coaches to reduce stress and improve connectivity and Community Health Workers to engage communities disproportionately affected by COVID-</li> <li><b>c.</b> Maintain the use of digital technology, including telehealth, to deliver MAT and support patient monitoring</li> <li><b>d.</b> Implement active outreach as part of “OPTIONS” program to increase referrals to treatment</li> </ul>	<ul style="list-style-type: none"> <li><b>e.</b> Assess and maintain the most effective innovations to build resiliency and preparedness</li> </ul>

**Strategy #25:** *Implement the most promising practices in response to increased use of stimulants and polysubstances*

CURRENTLY PLANNED/FUNDED ACTIVITIES (FY21)	PRIORITY FUTURE ACTIVITIES (FY22 - FY23)
<ul style="list-style-type: none"> <li><b>a.</b> Design a Contingency Management pilot</li> </ul>	<ul style="list-style-type: none"> <li><b>b.</b> Assess and update reimbursement systems and insurance coverage for stimulants and polysubstance use disorders</li> <li><b>c.</b> Implement the Contingency Management pilot</li> </ul>

**Priority H: Increase the proportion of persons with SUD/ODU who seek or are in treatment**

**Strategy #26:** *Provide clear public information about real time availability of treatment options and how to access treatment and referrals, including telehealth options*

CURRENTLY PLANNED/FUNDED ACTIVITIES (FY21)	PRIORITY FUTURE ACTIVITIES (FY22 - FY23)
<ul style="list-style-type: none"> <li><b>a.</b> Implement the Map &amp; Match initiative to identify gaps in the treatment service continuum and geographic access shortages with real time capacity data</li> <li><b>b.</b> Implement the treatment and recovery services locator tool, including education of providers and the public</li> <li><b>c.</b> Pilot an SUD telephonic helpline in Washington County</li> <li><b>d.</b> Implement the Office of Medicaid Service’s “Health Care Happens Here” campaign to provide a digital health option during the COVID-19 pandemic</li> <li><b>e.</b> Improve the 211 database and maintain the 211 Opioid Helpline</li> <li><b>f.</b> Use Opioid Data Sharing Committee results to determine gaps in treatment and recovery</li> </ul>	<ul style="list-style-type: none"> <li><b>g.</b> Refine efforts to match people seeking treatment with options that offer the best fit for their needs</li> </ul>

**Strategy #27:** *Reduce structural and systemic barriers to treatment*

CURRENTLY PLANNED/FUNDED ACTIVITIES (FY21)	PRIORITY FUTURE ACTIVITIES (FY22 - FY23)
<ul style="list-style-type: none"> <li><b>a.</b> Collaborate with Maine’s CAP Agencies and other partners to provide transportation and child care for people seeking treatment</li> <li><b>b.</b> Improve access to public and private health insurance coverage</li> <li><b>c.</b> Examine compliance with federal and state parity laws by commercial health insurance companies</li> </ul>	

# RECOVERY SUPPORTS

## Priority I: Support individuals in recovery

### Strategy #28: Support recovery for youth and adults with SUD/ODU

CURRENTLY PLANNED/FUNDED ACTIVITIES (FY21)	PRIORITY FUTURE ACTIVITIES (FY22 - FY23)
<ul style="list-style-type: none"> <li>a. Provide recovery supports for youth with SUD/ODU through support for Young People in Recovery and other youth-led and youth-serving organizations</li> <li>b. Provide employment support through the Department of Labor’s “Connecting with Opportunities” and “Maine Works” initiatives</li> <li>c. Provide more supports, including case management and recovery support specialists, to assist individuals coming out of incarceration in maintaining their recovery</li> </ul>	<ul style="list-style-type: none"> <li>d. Continue supporting youth-led and youth youth-serving organizations and activities</li> <li>e. Support secondary prevention projects within Maine Center for Disease Control and Prevention and the Department of Education</li> <li>f. Identify and pilot new/innovative models of recovery</li> </ul>

### Strategy #29: Support individuals involved in the criminal justice and juvenile justice systems

CURRENTLY PLANNED/FUNDED ACTIVITIES (FY21)	PRIORITY FUTURE ACTIVITIES (FY22 - FY23)
<ul style="list-style-type: none"> <li>a. Promote and expand pre-arrest diversion programs and treatment alternatives to incarceration, including Treatment and Recovery Courts for individuals with SUD or co-occurring mental health disorders</li> <li>b. Support the law enforcement Co-Responder and SUD Liaison/Navigator programs</li> <li>c. Support innovative pre-arrest and post arrest diversion programming pilots, such as law enforcement assisted diversion (LEAD) and the Sequential Intercept Model in order to provide care coordination, improve communication, reduce recidivism, and support recovery</li> <li>d. Support the peer-to-peer mentoring program for participants in Treatment and Recovery Courts</li> </ul>	<ul style="list-style-type: none"> <li>e. Review recommendations from the 2020 evaluation of Maine’s Treatment and Recovery Courts for potential implementation</li> <li>f. Evaluate the Southern Kennebec County Diversion and Support Program for potential replication</li> <li>g. Evaluate the Waldo-Knox Drug Offense Diversion and Deflection Program</li> <li>h. Assess and support evidence-based re-entry programs, such as those operated by the Maine Prisoner Re-Entry Program</li> <li>i. Expand the training for prosecutors, defense attorneys, and participants in Treatment and Recovery Courts</li> </ul>

### Strategy #30: Increase the availability of recovery coaching services

CURRENTLY PLANNED/FUNDED ACTIVITIES (FY21)	PRIORITY FUTURE ACTIVITIES (FY22 - FY23)
<ul style="list-style-type: none"> <li>a. Support peer recovery coach trainings</li> <li>b. Continue to expand peer recovery coaches in emergency departments initiating MAT</li> <li>c. Continue to expand peer recovery coach capacity through community recovery centers and improve the monitoring and supervision of recovery coaching</li> <li>d. Create a comprehensive list of all certified (CCAR) recovery coaches in the state, regardless of their source of training</li> </ul>	<ul style="list-style-type: none"> <li>e. Host an education and coordination conference for recovery coaches, including recovery coaches who are incarcerated</li> <li>f. Establish a second level, state certification for Recovery Coaches who meet the requirements</li> <li>g. Evaluate cost and establish payment codes for recovery coaching</li> <li>h. Connect recovery coaches who have graduated from a Treatment and Recovery Court to current and potential Court participants</li> </ul>

### Strategy #31: Provide resilience-building programs and services for people in recovery

CURRENTLY PLANNED/FUNDED ACTIVITIES (FY21)	PRIORITY FUTURE ACTIVITIES (FY22 - FY23)
<ul style="list-style-type: none"> <li>a. Implement the StrengthenME Initiative to help people cope with the stress of the COVID pandemic</li> </ul>	<ul style="list-style-type: none"> <li>b. Assess resilience-building programs and strategies for adults, and make recommendations for potential implementation</li> </ul>

**Strategy #32:** *Expand safe and secure housing options for people in recovery*

CURRENTLY PLANNED/FUNDED ACTIVITIES (FY21)	PRIORITY FUTURE ACTIVITIES (FY22 - FY23)
<ul style="list-style-type: none"><li>a. Partner with the Maine State Housing Authority (MSHA) to implement Public Law Chapter 524, "An Act to Ensure the Quality of and Increase Access to Recovery Residences"</li><li>b. Partner with the Maine Association of Recovery Residences (MARR) to encourage certification of residences and reduce discrimination against residences allowing MAT</li><li>c. Work with housing providers to support individuals with SUD in successfully maintaining permanent housing, including through a permanent supportive housing (PSH) initiative utilizing a Health Home model program to serve those who are at risk for, or are chronically homeless</li></ul>	<ul style="list-style-type: none"><li>d. Continue the MSHA pilot and increase the number of certified residences in the pilot</li></ul>

**Priority J: Build and support recovery-ready communities**

**Strategy #33:** *Increase community-based recovery supports*

CURRENTLY PLANNED/FUNDED ACTIVITIES (FY21)	PRIORITY FUTURE ACTIVITIES (FY22 - FY23)
<ul style="list-style-type: none"><li>a. Develop an initiative around recovery ready communities, including recovery ready campuses</li><li>b. Fund and support additional SUD/ODD community coalitions/partnerships</li></ul>	<ul style="list-style-type: none"><li>c. Evaluate the Youth Employment Assistance Program for possible replication statewide</li><li>d. Fund and support additional SUD/ODD community coalitions/partnerships</li><li>e. Implement recovery ready initiative</li></ul>