



Updated October 2, 2023

## Outer Cape's Opioid Remediation Fund (ORF) Work Group 2023 Membership<sup>1</sup>

Alex Nelson, Outer Cape Community Solutions Network Coordinator  
Adam Schwamb, FIRST Steps Together Peer Recovery Specialist  
Billie Starks, FIRST Steps Together Community Social Worker  
Brienne Smith, Outer Cape Health Services Community Care Director  
Dawn White, Outer Cape Health Services Recovery Services Program Manager  
Dan Gates, AIDS Support Group of Cape Cod & The Islands CEO`  
Eliza Morrison, AIDS Support Group of Cape Cod & The Islands Harm Reduction Specialist/Program Manager  
Sergeant Thomas Roda, Truro Police Department  
Lezli Rowell, Provincetown Health Agent  
Emily Beebe, Truro Health and Conservation Agent  
Hillary Greenberg Lemos, Eastham Health Director

### Context for this Proposal

This group has been meeting since January 2023 to create a proposal of spending for the Opioid Remediation Funds distributed across the four Outer Cape towns. Planning is based on information provided by the Barnstable County [Department of Human Services \(Substance Use Prevention Program\)](#) including this [presentation](#). As highlighted in the presentation, the four suggested focus areas of spending highlighted in the proposal include:

- 1) Prevention
- 2) Harm Reduction
- 3) Recovery
- 4) Treatment

The work group group has also followed the following suggestions from the county:

- Pool funds and collaborate with area municipalities (i.e. Outer Cape towns)
- Involve people impacted by substance use disorder in the conversation of how to spend the funds, ie: people in recovery, people who are actively using substances, family members
- Create evidence-based plans for spending
- Spend funds on substance use-related projects that will directly impact people with substance use disorder and their loved ones

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<sup>1</sup> Group membership was formally extended to Lower Cape Ambulance, Living Water Acupuncture, Fishing Partnership, and the Wellfleet Police Department. Group membership was also informally extended to all network members, including Councils on Aging, members of the Eastham Police Department, and other health and human service agencies serving the Outer Cape community.



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**OUTER CAPE OPIOID REMEDIATION FUND PROPOSAL DRAFT<sup>2</sup>**

**TOTAL AMOUNT REQUESTED FROM PROVINCETOWN, TRURO, WELFLEET, EASTHAM FOR FISCAL YEAR 2024**

**\$41,865**

**Harm Reduction**

**\$25,000**

AIDS Support Group of Cape Cod - for community resources including Mobile Outreach Van presence

**Treatment**

**\$1,200**

Outer Cape Health Services - for alternative wellness classes at OCHS

**Recovery**

**\$8,800**

First Steps Together (Cape Cod Children's Place)- for client discretionary funds

Adult Recovery Yoga (Rita Letsos)- for weekly evidence-based Recovery Yoga

Wellstrong Gym- for a six week 12-Step Recovery Yoga for ages 18-25

**Prevention**

**\$3,865**

Provincetown Art Association and Museum - for a six week youth art class for ages 13-17<sup>3</sup>

Wellstrong Gym- for a six week wellness class for ages 13-17

**Additional**

**\$3,000**

Transportation Contract - for a transportation contract across the Outer Cape

*More information on these programs is provided on the next pages.*

*FY2024 Contributions Requested By Town - based on funds received:*

*Eastham - \$ 11,152.50*

*Provincetown - \$ 12,684.47*

*Truro - \$ 8,563.55*

*Wellfleet - \$ 9,464.48*

<sup>2</sup> Approved by the Outer Cape ORF Work Group September 8, 2023

<sup>3</sup> This has been updated on October 2 to fix an error. The previous print listed the age group as 18-25.

**OUTER CAPE OPIOID REMEDIATION FUND PROPOSAL DRAFT:**  
**Description of Programs, Services, and Resources Offered**

**AIDS Support Group of Cape Cod & The Islands**

*“[AIDS Support Group of Cape Cod](#) saves lives through prevention, education and life-sustaining services that address public health crises to build healthy communities across the Cape and Islands.”*

**Harm Reduction Services offered under this proposal**

- Mobile Outreach Van on the OC travel including staffing and collaboration (i.e. Community Outreach)
- Fentanyl specific outreach - education on new risk, connect to services, coordinate with harm reduction
  - *Including Fentanyl outreach materials - design and printing, Purchase of fentanyl test strips (cost of box of test strips is \$100), Distribution/outreach, Community education events*

**Harm Reduction Resources offered under this proposal**

- NARCAN (Naloxone) provided across the community, including to public safety and health departments
- Outreach materials (includes design and printing)
- Discretionary funds (also known as client expenses or participant retention support)<sup>4</sup>

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**Outer Cape Health Services**

*“Our mission is to provide a full range of healthcare and supportive social services that promote the health and well-being of all who live in or visit the ten outermost towns of Cape Cod.”*

**Treatment Services offered under this proposal**

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<sup>4</sup> These are the same kinds of funds that the OCHS Community Resource Navigators use for clients in the community. For the Navigator program only, these funds are currently paid for in part using town funding. Items covered under these funds can include items like bus fares, trac phones, tents, childcare, grocery store gift cards, etc. Similar funding for ASGCC and FST would allow for more flexible support for all Outer Cape community members accessing services through any of these agencies.

- These funds will cover the cost of additional classes offered in the [SOAP Program](#). These classes will provide alternative modalities of healing not typically covered through insurance - including but not limited to: movement, sound, art, acupuncture, and mindfulness.
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### **FIRST Steps Together (Cape Cod Children’s Place)**

*“FIRST (Families In Recovery Support) Steps Together is a home visiting program that is able to provide flexible, community based and virtual services. We match you with a family recovery support specialist who is a person in recovery with specialized training. They will walk beside you on both your recovery and early parenting journey.”<sup>5</sup> The local branch of this program is operated under [Cape Cod Children’s Place](#).*

#### **Recovery Resources offered under this proposal**

- Discretionary funds (also known as client expenses or participant retention support)<sup>6</sup>.
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### **Adult Recovery Yoga (Rita Letsos)**

*Rita Letsos is a woman in long-term recovery having both clinical and peer support group experience since 2010. She is a Licensed Alcohol and Drug Counselor, Certified Recovery Addiction Coach and a RYT-200 (Registered Yoga Teacher).*

#### **Recovery Services offered under this proposal**

- Free weekly evidence-based, trauma-informed yoga and mindfulness practice that will support persons in the Outer Cape community seeking recovery and wellness skills. Offered free up to 15 participants weekly. Rita will provide recruitment, instruction in mindfulness and yoga, and acquire materials as needed (costs included).
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### **Provincetown Art Association and Museum**

*“Since the 1920s the [Provincetown Art Association and Museum](#) has been a destination in art education. Inspired by the vibrant culture and creative history of the region, PAAM’s education programs promote the arts as a vital part of everyday life.”*

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<sup>5</sup> Massachusetts Department of Public Health website: <https://www.mass.gov/first-steps-together>

<sup>6</sup> See footnote 4.

### **Prevention Services offered under this proposal**

- This 6-week series focuses on observational and fantastical drawing for all skills and ability, supporting social connection and artistic expression in a positive environment. Research has found that making art can activate [reward pathways](#) in the brain, [reduce stress](#), [lower anxiety levels](#) and [improve mood](#) - important components of substance use prevention. An OCHS Behavioral Health Provider or Intern will also support this class alongside the instructor.
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### **Wellstrong Gym**

*“WellStrong’s mission is to create safe, supportive communities of people in recovery from substance use disorder through fitness, wellness and meditation.”*

### **Prevention Services offered under this proposal**

- Free 6-week series for adolescents aged 13-17 that introduces various techniques to reduce stress, lower anxiety, and cope with extreme feelings that may lead to future substance use - including breath-work, yoga and dance, meditation, mindfulness methods, writing and painting strategies for self-expression, sound healing, and ways to solidify affirmations with tapping techniques - accommodating up to 16 adolescents in each group.

### **Recovery Services offered under this proposal**

- Free 6-week Yoga of 12 Step Recovery (Y12SR) for transitional aged youth aged 18-25. Y12SR is a holistic model designed to address the physical, mental, and spiritual disease of addiction. The 90-minute sessions couple the practical tools of 12 step programs and traditional yoga practices which aid in relapse prevention, encourage trauma healing, and sustain prolonged recovery. Number of group participants depends on the size of the meeting space.
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### **Transportation**

#### **Services offered under this proposal**

- This transportation contract with P-Town taxi would allow for free door-to-door transportation across the Outer Cape for any and all programs associated with these funds.