

**WORKING WITH THE EXPERTS:  
PEER TRAINING, EMPLOYMENT  
AND STREET OUTREACH TO  
PREVENT OPIOID OVERDOSE IN  
BALTIMORE, MARYLAND**

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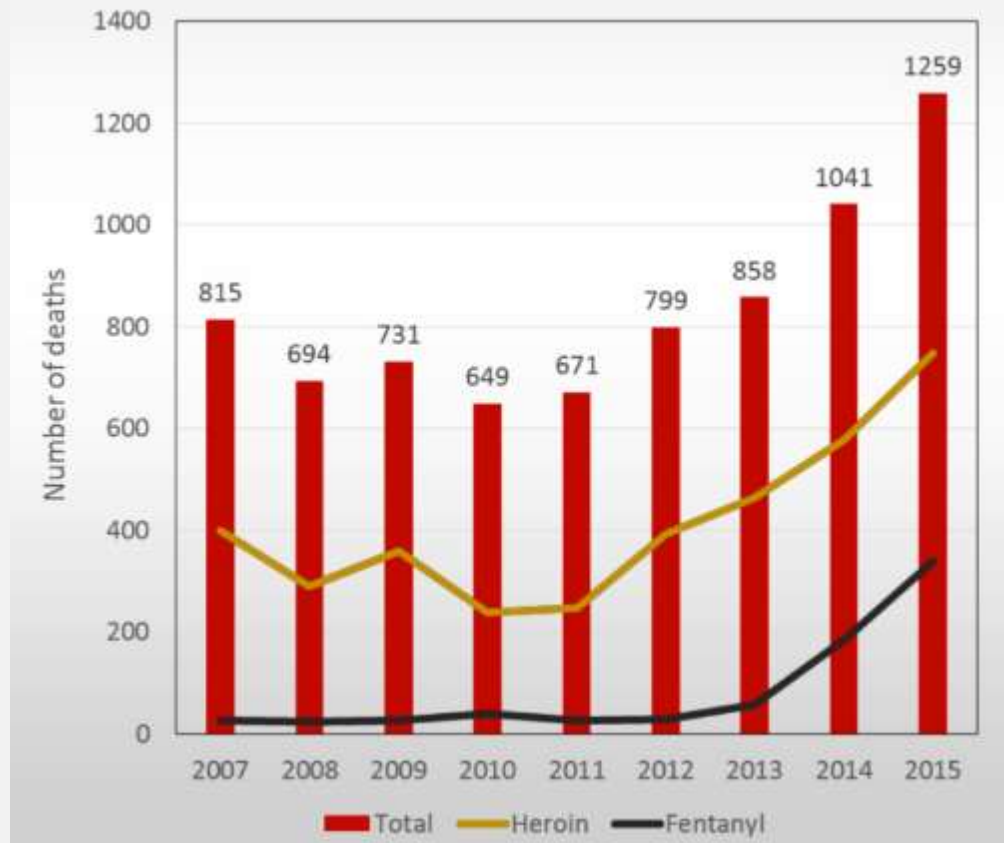
# OUTLINE

- Background and need
- Definition of peer education
- Evidence
- Program description
- Summary

# BACKGROUND

- Behavioral Health System Baltimore
  - Baltimore City behavioral health authority
  - Quasi-governmental agency with non-profit status
- Department of Harm Reduction
  - Street outreach- naloxone distribution
  - Bmore POWER, harm reduction peer network
  - Harm reduction trainings

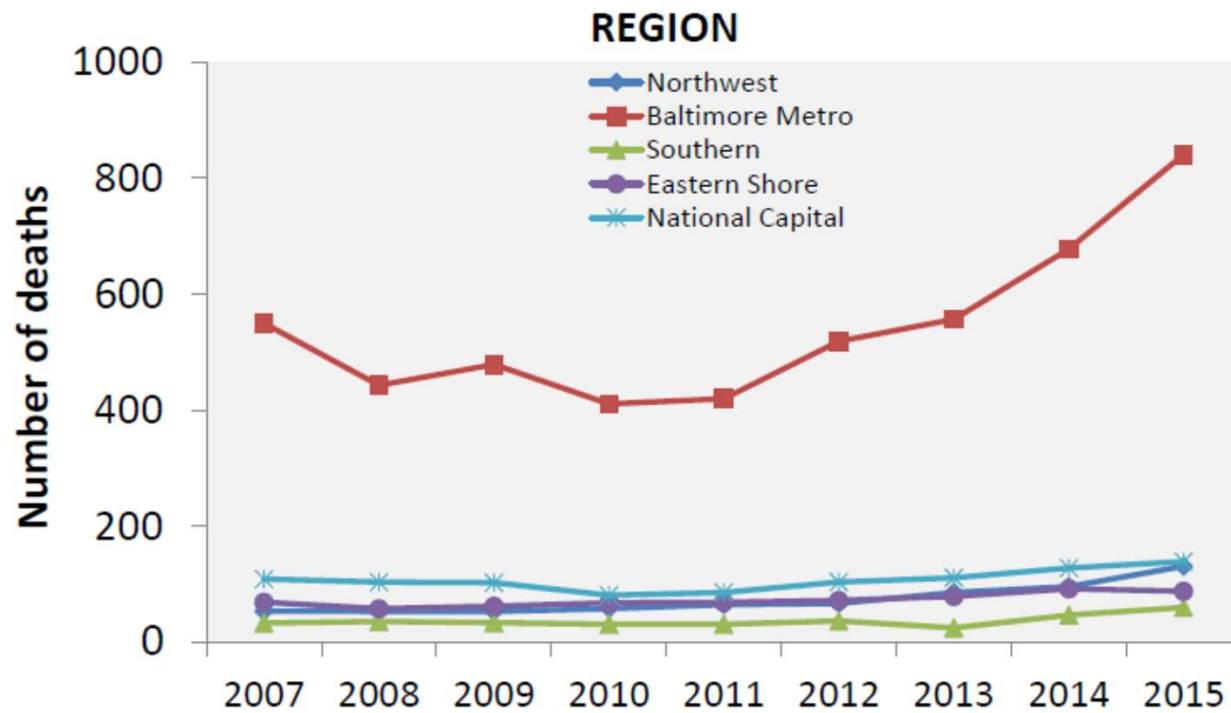
# OVERDOSE DEATHS: MARYLAND



Source: Drug- and Alcohol-Related Intoxication Deaths in Maryland, 2015. Department of Health and Mental Hygiene. [http://bha.dhmh.maryland.gov/OVERDOSE\\_PREVENTION/Documents/2015%20Annual%20Report\\_final.pdf](http://bha.dhmh.maryland.gov/OVERDOSE_PREVENTION/Documents/2015%20Annual%20Report_final.pdf)

# OVERDOSE DEATHS: BALTIMORE

Figure 4. Total Number of Drug- and Alcohol-Related Intoxication Deaths by Place of Occurrence, Maryland, 2007-2015.



# PEERS

- *Definition of peer:* person who is equal to another in abilities, qualifications, age, background, and social status
- Types of peers
  - Certified peer recovery specialists
  - People who use drugs
  - People in recovery (1 year? 5 years? 25 years?)
  - People who have experience with drug use

# EVIDENCE

## Peer-to-peer education

- Effectively **provides information** and **decreases risk behaviors**
  - Shown to reduce equipment sharing among PWID, increase HIV knowledge, and increase condom use (Medley, et al.)
- **Supports recovery goals** of workers
  - Randomized control trials have demonstrated that people with history of alcohol, cocaine and/or opiate use disorders are more likely to initiate and maintain treatment if they're employed (Everly, et al., Holtyn, et al.)

## BMORE POWER

- Network of people who have experience with drug use
- Emerged from BHSB's 26-week harm reduction peer training program
- Provides resources and education to community
- 15-20 current members
- Autonomously governed, funded by BHSB
- Members provide street outreach 12-15 hours per week
- Members are paid \$15/hr



## BMORE POWER

“Our mission is to help people safeguard themselves and their communities from mental, physical and societal harms. We understand that **drug use has taken a toll on us and our communities. We are here to save lives, reduce harm, and address risky behaviors** that drive up the Hepatitis C, HIV/AIDS numbers among us. We intend to help our people and our communities regain our **dignity, respect and health. We are all important and valuable.**”



## BMORE POWER STREET OUTREACH

- 5 minute overdose education and naloxone trainings
- Naloxone distribution
- Safer sex kits
- Resources and linkage to treatment

# BMORE POWER STREET OUTREACH



# BMORE POWER STREET OUTREACH

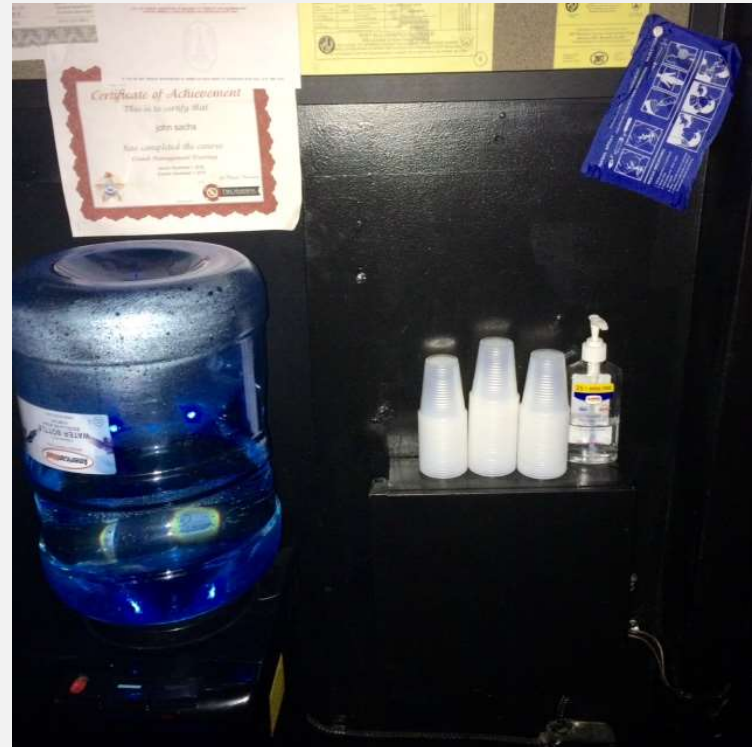


**BMORE POWER IN ACTION**

<http://video.mpt.tv/video/2365941867/>

## OUR EXPERIENCE/LESSONS LEARNED

- Unparalleled access to populations that are at risk of overdose
- Expedites community rapport-building
- Crucial for accessing and addressing up to date information about drugs on the street
  - Fentanyl



## OUR EXPERIENCE/LESSONS LEARNED, CONT.

- Important to offer different levels of engagement
  - Hours worked
  - Type of work
- All participants benefit from support and mentorship
  - Local or national

## WHAT'S NEXT?

- Peer-delivered syringe exchange
- Safe consumption spaces



## IN SUMMARY

- Peer to peer overdose education and naloxone distribution
  - Is evidence-based
  - Is feasible
  - Is unparalleled in reaching populations at highest risk of overdose
  - Reduces overdose deaths

## CITATIONS

- Everly, Jeffrey J., et al. "Employment-based reinforcement of adherence to depot naltrexone in unemployed opioid-dependent adults: A randomized controlled trial." *Addiction* 106.7 (2011): 1309-1318.
- Holtyn, August F., et al. "The therapeutic workplace to promote treatment engagement and drug abstinence in out-of-treatment injection drug users: A randomized controlled trial." *Preventive medicine* 68 (2014): 62-70.
- Medley, Amy, et al. "Effectiveness of peer education interventions for HIV prevention in developing countries: a systematic review and meta-analysis." *AIDS Education and Prevention* 21.3 (2009): 181-206.

# CONTACT INFORMATION

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