THE CITY OF NASHUA

"The Gate City"

July 27, 2018

Dear NH DHHS,

We are writing to express support for the funding of an innovative recovery support service, Nashua Safe Stations, along with the evidence based practices it facilitates: clinical assessments for levels of care determination in accordance with ASAM, medical detoxification, and Medication Assisted Treatment. Data demonstrates that when provided immediately at the point a person asks for help, these EBPs are proven to decrease relapse, overdoses and deaths from OUDs. Nashua Safe Stations is a nationally-recognized strategy which is a collaboration among the City of Nashua, American Medical Response, Harbor Homes, Revive Recovery, Southern New Hampshire Regional Medical Center, St Joseph Hospital and other partners.

Facilitating immediate transportation into substance use disorder treatment is an evidence-based strategy, recognized as a Recovery Support Service. Data shows that people who have reported to Nashua Safe Stations are 61% less likely to overdose and are 74% less likely to become the victim a fatal overdose. As will be explained in detail below, Nashua Safe Stations has saved lives by dramatically reducing the number of subsequent overdoses suffered by Safe Stations participants.

Safe Stations has also provided 1,733 treatment referrals for 1,944 persons (1,030 persons unduplicated) who have reported to a Nashua fire station seeking recovery from substance use disorder.

Description of Nashua's Safe Stations Intake Point

All of Nashua's 6 fire stations and its emergency communications center are open and available 24 hours per day, 365 days per year to provide help to anyone who wants to seek treatment for substance use disorder. Once a person reports to a Nashua fire station, American Medical Response (the local ambulance provider) is called. AMR responds and does a medical assessment. If the person needs immediate medical assistance, AMR takes him or her to a local hospital ED. In the event that AMR provides medical clearance, then Harbor Homes, a local Federally Qualified Health Center, is contacted to pick up the person. A team of Nashua firefighters will respectfully greet individuals seeking assistance and will offer a brief medical assessment. All firefighters have been trained regarding the intake process and all are trained EMTs.

Harbor Homes picks up the person who has reported to a Nashua fire station within less than 10 minutes. Harbor Homes takes each person to one of the Harbor Homes facilities, depending on the time of day or night. Harbor Homes evaluates each person and develops a comprehensive treatment plan. Many of the persons reporting need medical detox. Harbor Homes provides medical detox coupled with medication assisted treatment. In most cases, Medication Assisted Treatment is initiated as part of the

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overall medical detoxification. Harbor Homes then refers each individual to an appropriate treatment program which could be inpatient, intensive outpatient, residential care, or other ASAM services.

Safe Stations is Helping People from across New Hampshire

Of the 1,944 times a person has sought help at Nashua Safe Stations, 827 incidents were from Nashua residents or homeless NH residents. The remaining 949 persons have come from over 100 other New Hampshire communities. (See Exhibit A)

Evidenced-Based Evaluation Shows that Safe Stations Reduces the Likelihood of a Subsequent Overdose by 61% and a Fatal Overdose by 74%, saving numerous lives in the process.

From the initiation of Nashua's Safe Stations Program in November 2016 until July 19, 2018, there have been 1,944 (1,030 unduplicated) Safe Stations reports.

A copy of the most recent summary of program data is attached as Exhibit A.

A statistical evaluation by Angela Lumenello, a professional epidemiologist employed by the City of Nashua Public Health Department, shows that individuals who have reported to the Nashua Safe Stations Program are 61% less likely to suffer an overdose after their participation in Safe Stations and 74% less likely to suffer a fatal overdose. A copy of Ms. Lumenello's report and analysis is attached as Exhibt B.

Safe Stations participants have suffered 55 subsequent overdoses. If the 1,030 persons who have participated in Nashua Safe Stations had never reported, the data suggests that they would have suffered a total of 141 overdoses or 86 more overdoses than they did suffer. Since January 1, 2015, 12% of overdoses in Nashua have been fatal. Therefore, of the 86 additional overdoses that would have occurred without Safe Stations, approximately 10 of those overdoes would have been fatal.

The evidence-based recovery support service known as Nashua Safe Stations, along with the evidence-based practices it facilitates, has substantially reduced the number of overdoses that would have occurred, and the program has also saved many lives.

The Budget for Nashua Safe Stations

The budget for operating the Nashua Safe Stations Program is approximately $1.5 million per year. A copy of the budget from July 1, 2017 to June 30, 2018 is attached as Exhibit C. We request $500,000 to support the various evidence based practices directly provided and facilitated by Nashua Safe Stations.

The Nashua Fire Department, the City of Nashua, Harbor Homes and the other Safe Stations partners request that the Nashua Safe Stations Program be considered for funding as part of the SAMHSA State Opioid Response Grants.

Sincerely,

Jim W. Donchess, Mayor
City of Nashua

Brian D. Rhodes, Chief of Department
Nashua Fire Rescue

Nashua Opioid Crisis Summary

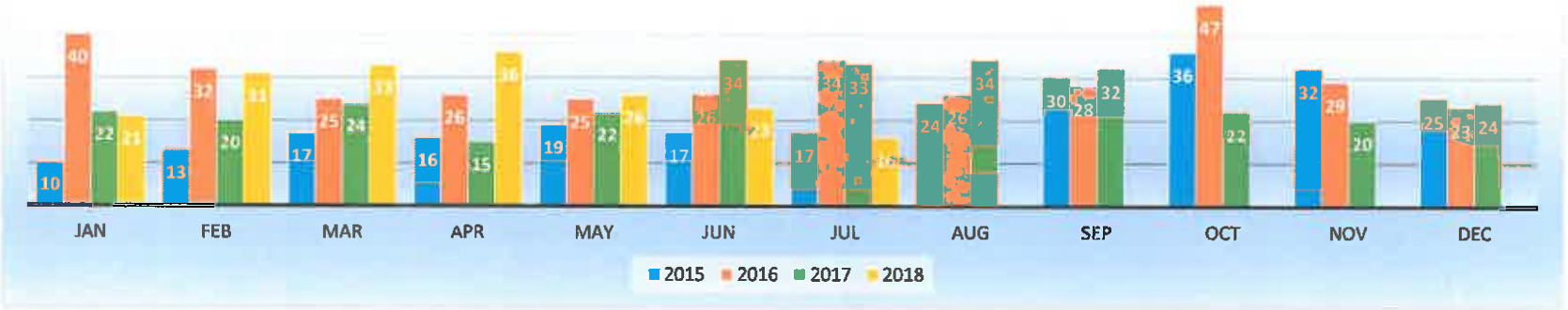
Change in Past 365 Days Compared to Previous 365 Days

4% Increase in Total Overdoses

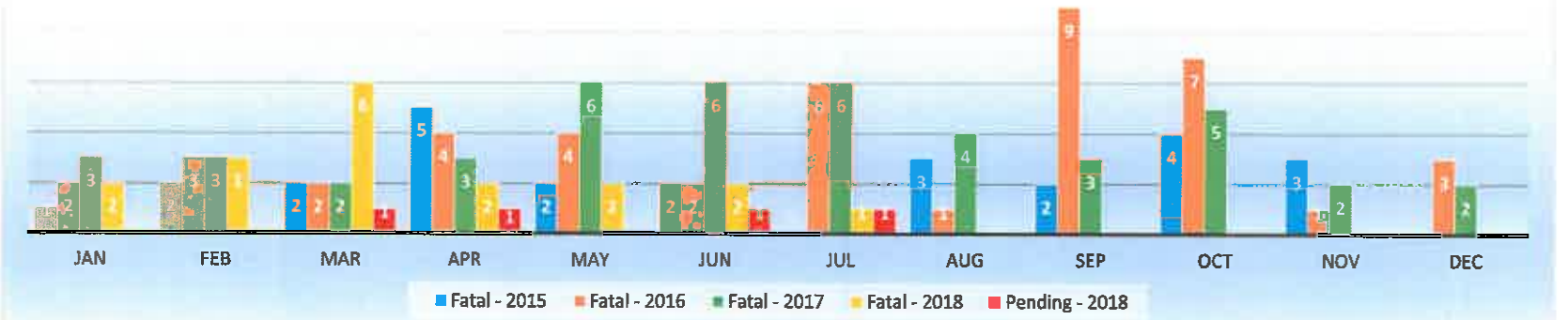
-15% Decrease in Fatal Overdoses (Includes Pending)

	2015	2016	2017	2018 YTD	All Years
Total ODs	256	361	302	182	1101
Fatalities	26	44	45	18	133
Pending	0	0	0	4	4
Fatality %	10%	12%	15%	12%	12%
Narcan (mg)	720	997	766	459	2,941

Suspected Overdoses



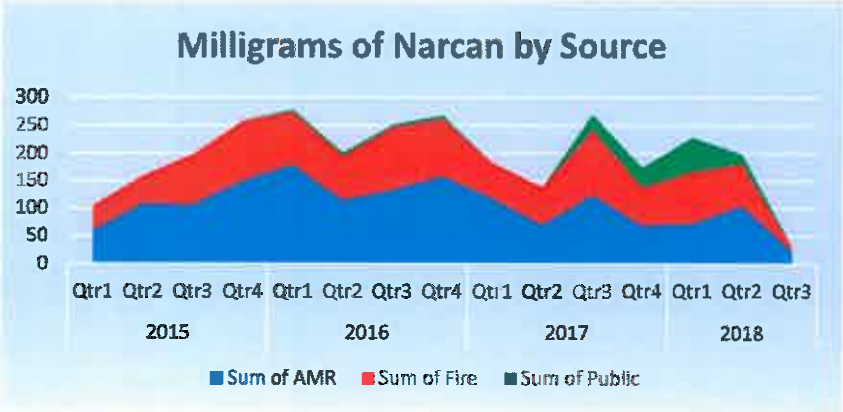
Fatal Overdoses

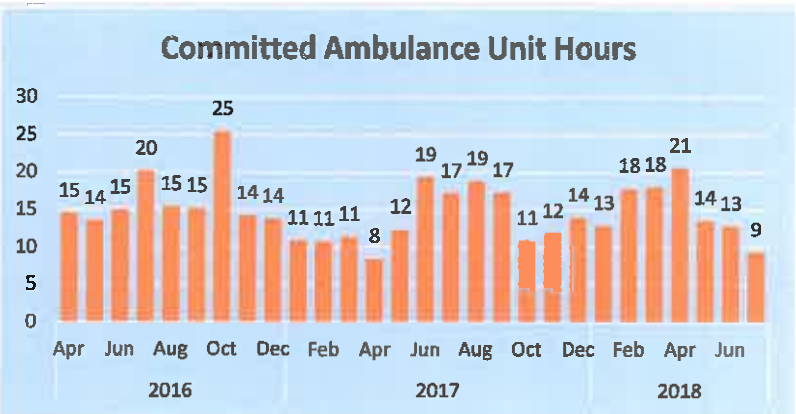


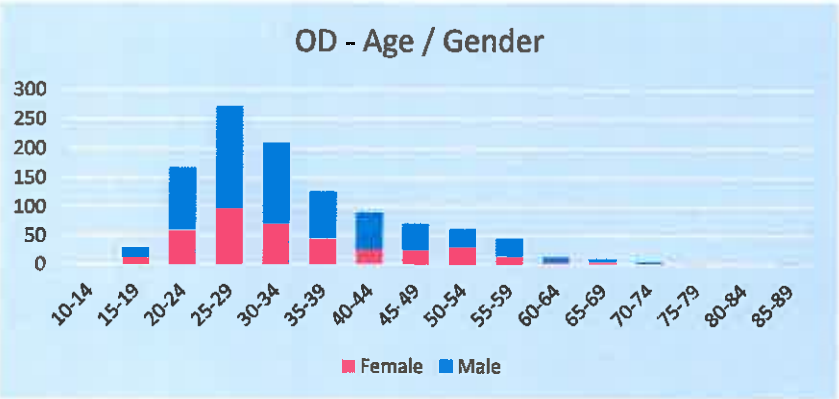
Data as of 7/19/2018

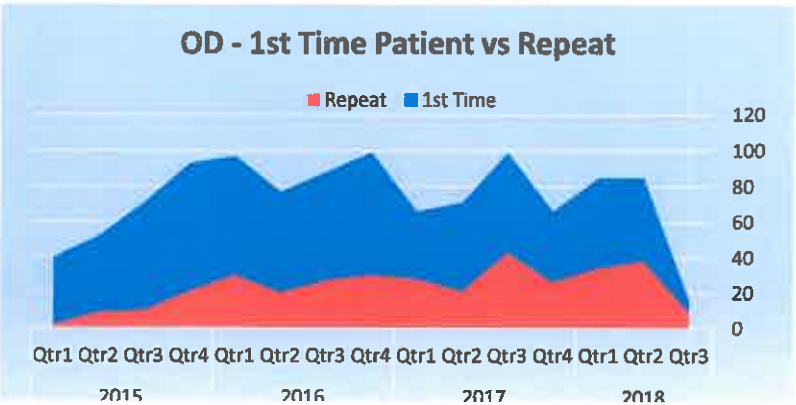
Exhibit A, 1

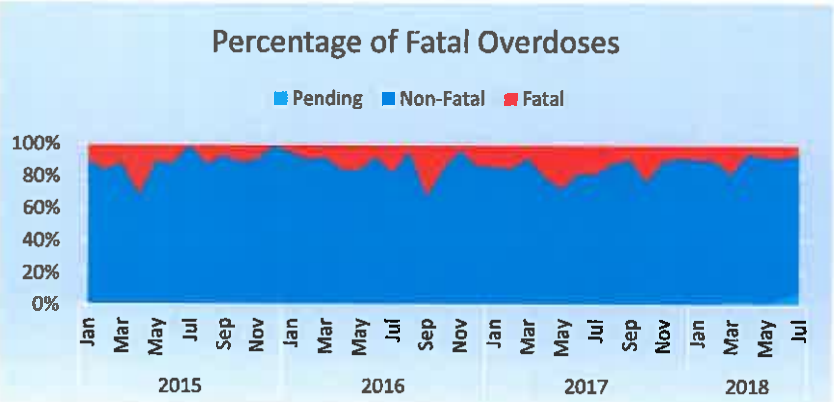
AMR

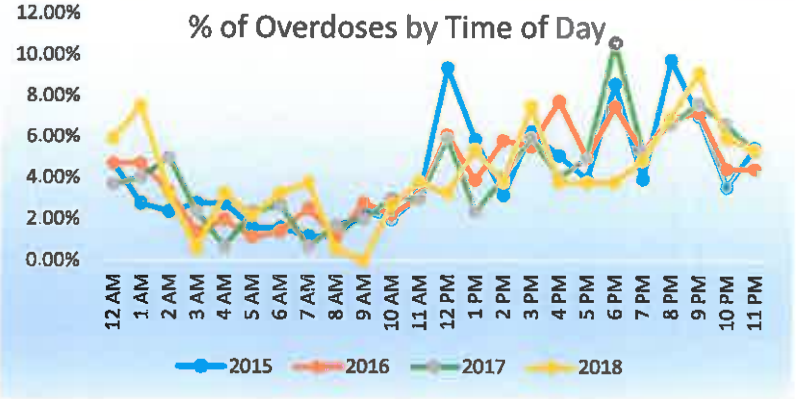












Nashua Opioid Crisis Summary

Data as of 7/19/2018

Exhibit A, 2

AMR

Line	Gateway to Recovery Statistics	2016	Q1 2017	Q2 2017	Q3 2017	Q4 2017	Q1 2018	Q2 2018	Q3 2018	Q4 2018	Overall
1	Number of Walk-In Requests for Safe Station:	51	219	298	393	361	310	257	55		1944
2	Number of Participants Taken to Substance Missuse Treatment Facility:	45	180	264	341	337	288	226	52		1733
3	Number of Participants Taken to a Hospital Emergency Department:	5	35	32	39	21	21	30	3		186
4	SJH	0	15	16	23	8	11	16	0		89
5	SNHMC	5	20	16	16	13	10	14	3		97
6	Percent of Participant Requiring Transport to Hospital ED:	10%	16%	11%	10%	6%	7%	12%	5%		10%
7	Average Number of Minutes AMR / Fire Companies "Not Available":	14.3	12.0	12.2	10.8	10.2	9.9	8.9	8.4		10.7
8	Number of UNIQUE Participants to Nashua SafeStation:	45	175	225	276	247	231	204	51		1143
9											
10	Number of Repeat Participant visits to SafeStation:	15	86	141	223	214	170	150	31		1030
11	Gender Breakdown Male	31	153	208	295	234	215	188	40		1364
12	Female	20	66	90	98	127	95	69	15		580
13	Number of Unique Participants Seen in both City's SafeStation Program:										343
14	Number of Unique Nashua Participants Who Overdosed Prior to Entry into SafeStation:										210
15	Number of Unique Nashua Participants Who Overdosed After Entry SafeStation:										61
16	Total Number of Nashua Participant Overdoses Prior to Entry into SafeStation:										396
17	Total Number of Nashua Participant Overdoses After Entry SafeStation:										161
18	Number of Fatal Overdoses after Patient Entered Nashua SafeStation:										4
	Station Summary										
19	Fire Alarm	3	16	19	20	8	4	10	0		80
20	Station 1	21	61	108	156	120	119	93	28		706
21	Station 2	2	32	58	70	68	74	39	6		349
22	Station 3	0	4	3	10	15	7	9	1		49
23	Station 4	24	99	98	126	135	97	98	20		697
24	Station 5	1	4	6	7	9	7	2	0		36
25	Station 6	0	3	6	4	3	2	6	0		24
26											
27											
28											

Data as of 7/19/2018

Exhibit A, 3

AMR

Communities Served By The Nashua SafeStation Program

Community	Count	Community	Count	Community	Count	Community	Count
Nashua, NH	827	BELMONT, NH	5	CLAREMONT, NH	3	HANCOCK, NH	1
Homeless	268	SANDOWN, NH	5	TEMPLE, NH	2	DUBLIN, NH	1
MANCHESTER, NH	196	Pepperell, MA	4	PITTSFIELD, NH	2	FALMOUTH, MA	1
HUDSON, NH	78	BEDFORD, NH	4	Wolfboro, NH	2	Gloucester, MA	1
MILFORD, NH	49	PORTSMOUTH, NH	4	LINCOLN, NH	2	NOTTINGHAM, NH	1
DERRY, NH	33	KEENE, NH	4	Gilmanton, NH	2	WEARE, NH	1
ROCHESTER, NH	28	CONWAY, NH	4	BOSTON, MA	2	Golden, CO	1
MERRIMACK, NH	27	SANBORNTON, NH	4	BARRINGTON, NH	2	Woburn, MA	1
CONCORD, NH	22	PLAISTOW, NH	4	GREENFIELD, NH	2	HILL, NH	1
Unknown	17	HAVERHILL, MA	4	Tyngsboro, MA	2	NEW DURHAM, NH	1
LACONIA, NH	17	DEERFIELD, NH	4	BRISTOL, NH	2	MASON, NH	1
LONDONDERRY, NH	15	Chester, NH	4	LANCASTER, NH	2	San Diego, CA	1
LITCHFIELD, NH	15	NORTHFIELD, NH	4	EXETER, NH	2	Penacook, NH	1
PELHAM, NH	14	BOSCAWEN, NH	4	SOMERSWORTH, NH	2	Woodsville, NH	1
SALEM, NH	12	PEMBROOK, NH	3	MEREDITH, NH	2	Berkley, MA	1
FRANKLIN, NH	11	EPSOM, NH	3	AUBURN, NH	2	Bookline, NH	1
BROOKLINE, NH	10	JAFFREY, NH	3	HAMPSTEAD, NH	2	FITCHBURG, MA	1
BERLIN, NH	10	Melrose, MA	3	WINCHESTER, NH	2	FREEMONT, NH	1
AMHERST, NH	10	Greenville, NH	3	NEW BOSTON, NH	2	BRENTWOOD, NH	1
OSSIPEE, NH	10	HAMPTON, NH	3	New Market, NH	2	WALPOLE, NH	1
DOVER, NH	10	PEMBROKE, NH	3	ATKINSON, NH	2	Billerica, MA	1
WILTON, NH	8	DUNBARTON, NH	3	FARMINGTON, NH	2	DRACUT, MA	1
TILTON, NH	7	PETERBOROUGH, NH	3	Rindge, NH	2	Huntington, WV	1
GILFORD, NH	7	NEWTON, NH	3	LAWRENCE, MA	1	EAST KINGSTON, NH	1
HOOKSETT, NH	6	KINGSTON, NH	3	Hopkington, NH	1	RAYMOND, NH	1
NEW IPSWICH, NH	6	NORTH HAVERHILL, NH	3	Westford, MA	1	Bethleham, NH	1
LOWELL, MA	6	WINDHAM, NH	3	Newport, NH	1	Louisville, KY	1
HOLLIS, NH	5	EPPING, NH	3	Newington, NH	1	MONT VERNON, NH	1
GOFFSTOWN, NH	5	ALTON, NH	3	FALL RIVER, MA	1	DALTON, NH	1
ALLENSTOWN, NH	5	LITTLETON, NH	3	WORCESTER, MA	1	Milford, Ct	1

Data as of 7/19/2018

Exhibit A, 4

Safe Station Data

DPHCS Community Services Department
Angela Lumenello
July 27, 2018

Exhibit B, 1

Safe Station Visit Frequency per Month

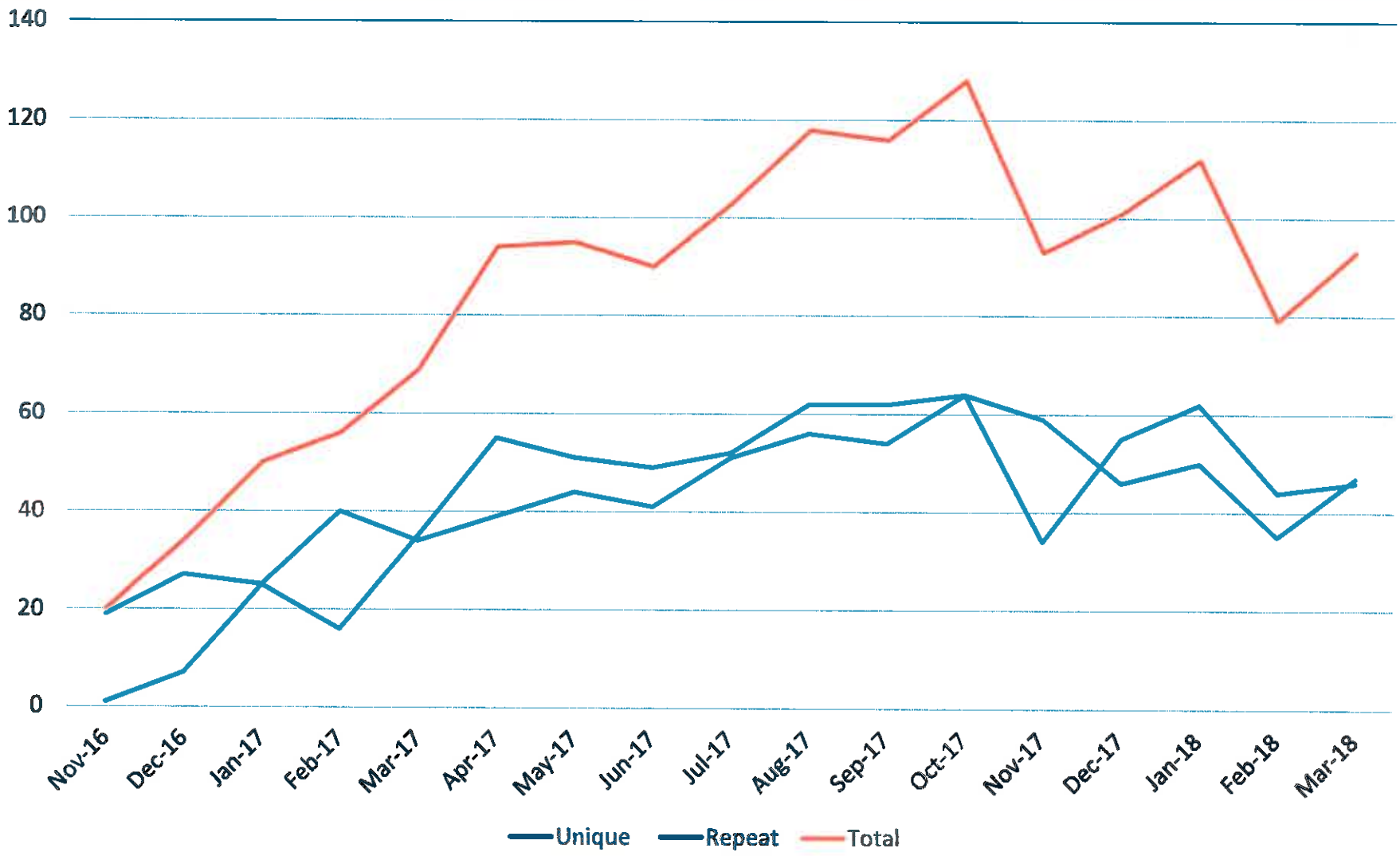


Exhibit B, 2

Relative Risk Non-Fatal Overdose Before/After Safe Station Entry (AMR)

- Nov 2016 – July 19th, 2018
- Unique participants who overdosed after entry into SS = 61
- Unique participants who overdosed before entry into SS = 210
- Total unique SS participants = 1143
- RR = .29 (95% CI = .22 - .38)
  - i.e. Safe Station Nashua participants were **.29 times as likely (or 71% less likely)** to non-fatally overdose after entering Safe Stations compared to before entering Safe Stations

Outcome

Exposure		Yes	No	Total
Yes		61	1082	1143
	Row %	5.34 %	94.66 %	100.00 %
	Col %	22.51 %	53.70 %	50.00 %
No		210	933	1143
	Row %	18.37 %	81.63 %	100.00 %
	Col %	77.49 %	46.30 %	50.00 %
Total		271	2015	2286
	Row %	11.85 %	88.15 %	100.00 %
	Col %	100.00 %	100.00 %	100.00 %

Risk-based Parameters

	Estimate	Lower	Upper
Risk Ratio	0.2905	0.2211	0.3817
Risk Difference	-13.0359	-15.6317	-10.4400

Exhibit B, 3

Relative Risk Fatal Overdose Before/After Safe Station Entry (AMR)

- Nov 2016 – July 25th, 2018
- Nashua fatal overdoses = 71
- Fatal overdoses after Nashua Safe Stations = 4
- Total Safe Station participants = 1150
- RR = .26 (95% CI = .08 - .81)
  - i.e. assuming that we reach 20% of the Nashua SUD population with Safe Stations, Safe Station Nashua participants were .26 times as likely (or 74% less likely) to fatally overdose after entering Safe Stations compared to before entering Safe Stations.

Outcome

Exposure		Yes	No	Total
Yes		4	1146	1150
	Row %	0.35 %	99.65 %	100.00 %
	Col %	21.05 %	50.24 %	50.00 %
No		15	1135	1150
	Row %	1.30 %	98.70 %	100.00 %
	Col %	78.95 %	49.76 %	50.00 %
Total		19	2281	2300
	Row %	0.83 %	99.17 %	100.00 %
	Col %	100.00 %	100.00 %	100.00 %

Risk-based Parameters

	Estimate	Lower	Upper
Risk Ratio	0.2667	0.0888	0.8010
Risk Difference	-0.9565	-1.6953	-0.2177

Exhibit B, H

Exhibit C, 1

Harbor Homes, Inc.
Profit and Loss
Safe Station Program

	As of 6/30/2018
Revenues	
Medicaid	293,165
Medicare	1,582
State Grants	269,768
Loca Government Support/City of Nashua	50,000
Individual Contributions	13,244
Corporate Donations	27,983
Corporate Sponsorship	41,165
Foundation Grants	44,500
Major Gifts	5,500
Client Billings	5,673
Insurances	75,926
Fundraising Revenue	14,667
Contracted Services	293,744
Other Billing Adjustments	19,627
Other Revenue	451
Total Revenues	1,156,995
Expenses	
Salary and Wages	913,612
Payroll Taxes	72,848
Employee Benefits	96,006
Occupancy Expenses	51,645
Interest Expenses	3,635
Supplies	25,238
Insurances	5,226
Staff Expenses	947
Staff Transportation	43
Client Assistance	250
Food	37,158
Repairs & Maintenance	23,814
Other Maintenance	18,128
Professional Fees	238
Contract Labor	0
Lease Expenses	955
Telephone Expenses	3,687
Fees/Service Charges	890
Postage	21
Conferences & Conventions	2,385
Furnishings	3,759
Education & Training	24
Small Equipment	2,312
Fundraising Expenses	8,362
Program Expenses	265
Other Expenses	2,405
Indirect Costs (includes Evaluation expenses)	281,451

Exhibit C, 2

Capital Expenditures	10,950
Bad Debts	3,426
Total Expenses	1,569,680
Changes before Depreciation	(412,685)
Other (Income) & Expenses	
Depreciation	41,248
Total Other (Income) & Expenses	41,248
Total Expenses	1,610,928
Changes in net assets	(453,933)