

Plenary Session for 2024 Harvest Full of Hope Conference - “Best practices for staying resilient during your recovery”

The Q/A outlined below includes questions from the audience which were unanswered due to a shortage of time, and we have also included additional questions our panelists had planned to answer if there was more time available.

Questions and Answers:

1. **What is being done to remove roadblocks to receive help when the person is overwhelmed, but encounters numerous steps to complete, despite needing help immediately?**
 Answer: Health advocates and wraparound services can be quite effective. In addition, Magellan offers members the availability of a Member & Family Advocate, and a Community Transition Coordinator here in the Lehigh Valley. For more information, you may call Magellan’s Member Services for Lehigh County at 1-866-238-2311 or for Northampton County at 1-866-238-2312.

2. **The use and availability of Narcan is considered a successful harm-reduction strategy. What other harm reduction techniques would you recommend be available in our community?**
 Answer: Other suggestions include the practice of mindfulness, the accessibility of fentanyl test strips, 12-step meetings, and increased utilization of Medication Assisted Treatment.

3. **How does Medication Assisted Treatment or MAT complement a ‘whole person approach’ for treatment to include behavioral therapy, psychosocial supports, and wraparound services?**
 Answer: MAT (and MOUD) can be life saving when an individual is beginning their recovery journey. It allows for an integrated approach to their recovery and provides the stabilization to connect with therapy, psychosocial services, etc.

4. What supports are out there for people with just mental health from such things as human trafficking?

Answer: The Office of Juvenile Justice and Delinquency Prevention has key resources and current information available at www.ojjdp.ojp.gov. The National Human Trafficking Hotline phone # is 1-888-373-7888. This phone # provides 24/7 toll-free services, SMS text lines, and live online chat function availability to connect individuals who have experienced trafficking with services and support.

5. We know that more individuals have a higher acuity need from treatment providers. Do you think the local provider network can meet the needs of these individuals?

Answer: Yes. The Commonwealth of Pennsylvania has been providing grant funding and incentives for providers to be more creative in their approaches to treatment in order to have a more substantially robust program in which to care for folks who have higher acuity needs. All substance use providers of service are expected to have the capacity to treat someone with both a mental health and a substance use disorder.

6. What do you think about our overall progress moving towards person first treatment? How can we as both communities and agencies further our progress in this aspect?

Answer: Agencies have adopted the American Society of Addiction Medicine (ASAM) criteria which focuses on individualized care and treatment. Community members can learn about the various treatment options available so they are well acquainted with a style of treatment or mode of care that may be more suitable for a particular individual.

Thank you to our moderator and panelists for their participation in this important discussion:

Moderator: Anita Kelly, Clinical Contract Advisor, Magellan Behavioral Health of Pennsylvania

Panelist: Cynthia Phillips, Program Manager, Danny's Ride

Panelist: Gordon Hornig, Director and co-developer of the Mobile Engage Services (MES), St Luke's Penn Foundation

Panelist: Maggie Murphy, Executive Director, NAMI Lehigh Valley Chapter

Panelist: Missy Wise, Assistant Director, United Way Training Initiatives at the United Way of the Greater Lehigh Valley (Note: Missy was unable to attend the event in person.)