

Five Minutes to Help:

An Innovative Approach for Training First Responders to
Address the Opioid Crisis



Eva Nelson, MPH

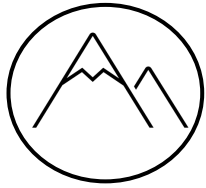
Five Minutes to Help Outreach Coordinator
NJ Department of Health (NJDOH)
Office of Emergency Medical Services (OEMS)

NJPHA Conference
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NJ EMS treats
39 overdoses
everyday



The Problem



Up to **50% refuse transport to the hospital** or leave the emergency room before being seen by a healthcare professional



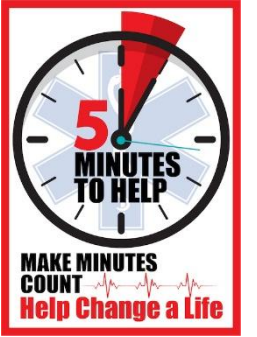
EMS providers are often the **only healthcare professionals** the patient interacts with post-overdose



Limited EMS training on how to talk to patients about substance use disorder (SUD) and to offer available resources

Five Minutes to Help

Training for first responders to address the mental health needs of overdose patients



Stigma

Substance use disorder (SUD) is a chronic illness and not a person's choice

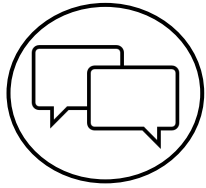
Motivational Interviewing

Communication technique for talking to patients with SUD

Resources

Components of SUD treatment and harm reduction

ChatBot



Practice conversation between a patient and a first responder

- Make the training more interactive
- Give providers ideas about how to have a conversation with a patient
- Review motivational interviewing skills

Which patient would you like to speak to?

Rob – 27 year old man who lost his job last week

How would you begin a conversation with Rob after administering Narcan?

Tell me about your day today, Rob.

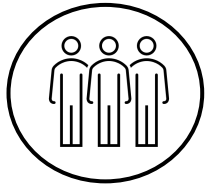
Rob: I lost my job last week and today I had an interview for a new one. I didn't think it went well so I was really upset tonight and that's when I used. It was the first time in a while.

Yeah, that sounds really difficult. Finding a job is not an easy process.

It sounds like you lost your job but you are looking for a new one. That's a really great first step. How did it feel to not be using for a while before tonight?

Training Outcomes

Quantitative Data: Post-Class Evaluation



Over 1,100 people have taken the training, including 150 instructors

Stigma

90% of participants agreed that they had a better understanding of substance use disorder (SUD)

Motivational Interviewing

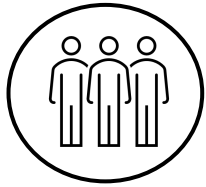
90% agreed that they understand how to apply basic motivational interviewing techniques

Resources

92% agreed that they had an improved understanding of the treatment options for SUD

Training Outcomes

Qualitative Data: Quotes from Participants



“Five Minutes to Help **changed my attitude and goals** when responding to overdose calls.”

“After **20 years** of EMS experience, this training **changed my viewpoint.**”

“The **interactive nature** of the training was helpful in teaching me the skills I need to be a successful EMT.”

“I learned **compassion, understanding, empathy, and active listening**, and now recognize addiction is an illness, not a choice.”

“I never believed that addiction is a disease. This class was an **eye opener.**”

Narcan Leave Behind



First responders must offer to **leave behind Narcan and resources** with a patient, friend, or family member after a non-fatal overdose if the patient refuses transport to the hospital



Narcan Leave Behind

First responders must offer to **leave behind Narcan AND resources** with a patient, friend, or family member after a non-fatal overdose if the patient refuses transport to the hospital



Narcan provided by
NJ Department of Human Services
(DHS)



Narcan Leave Behind

First responders must offer to **leave behind Narcan AND resources** with a patient, friend, or family member after a non-fatal overdose if the patient refuses transport to the hospital

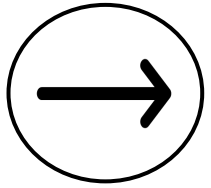


Narcan provided by
NJ Department of Human Services
(DHS)



Resource bags provided by
NJ Department of Health
(DOH)

Moving Forward



- Train more first responders in the [Five Minutes to Help](#) program
- [Address the stigma](#) surrounding mental health among patients and providers
- Expand the training to [other states](#)
- Develop a [long term evaluation](#) to assess use of training in the field
- Increase awareness of [Narcan leave behind](#) program
- [Decrease overdoses](#) in New Jersey

Questions?



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Check out the **Five Minutes to Help ChatBot!**

www.tinyrul.com/5minschatbot

