Five Minutes to Help:  
An Innovative Approach for Training First Responders to Address the Opioid Crisis

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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
Training Outcomes
Quantitative Data: Post-Class Evaluation

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

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<tr>
<th>Stigma</th>
<th>Motivational Interviewing</th>
<th>Resources</th>
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<tbody>
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<td>90% of participants agreed that they had a better understanding of substance use disorder (SUD)</td>
<td>90% agreed that they understand how to apply basic motivational interviewing techniques</td>
<td>92% agreed that they had an improved understanding of the treatment options for SUD</td>
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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.
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