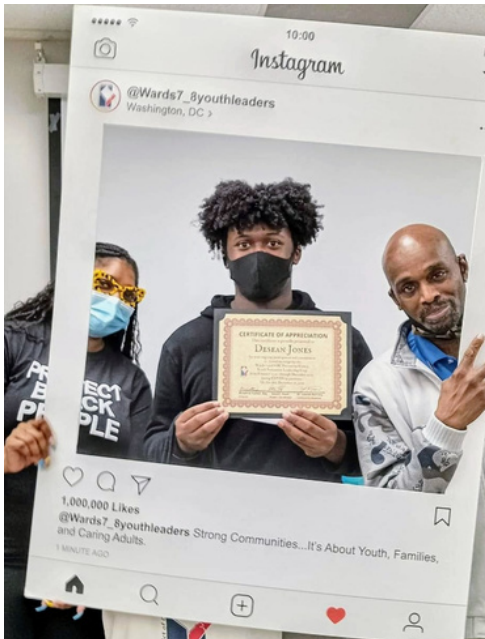


# STRONG COMMUNITIES...

IT'S ABOUT YOUTH, FAMILIES AND CARING ADULTS

3939 BENNING ROAD, NE WASHINGTON, DC 20019 (202) 388-3001



## 2020 Highlights

Opioids: The Silent Killer

Not the Blues, Just Gratitude

YPLC Speaker Series

## 2021 Highlights

Breaking the Silence on Youth Violence  
Anti-Violence Youth Summit

Resilience & Recovery

## ABOUT US:

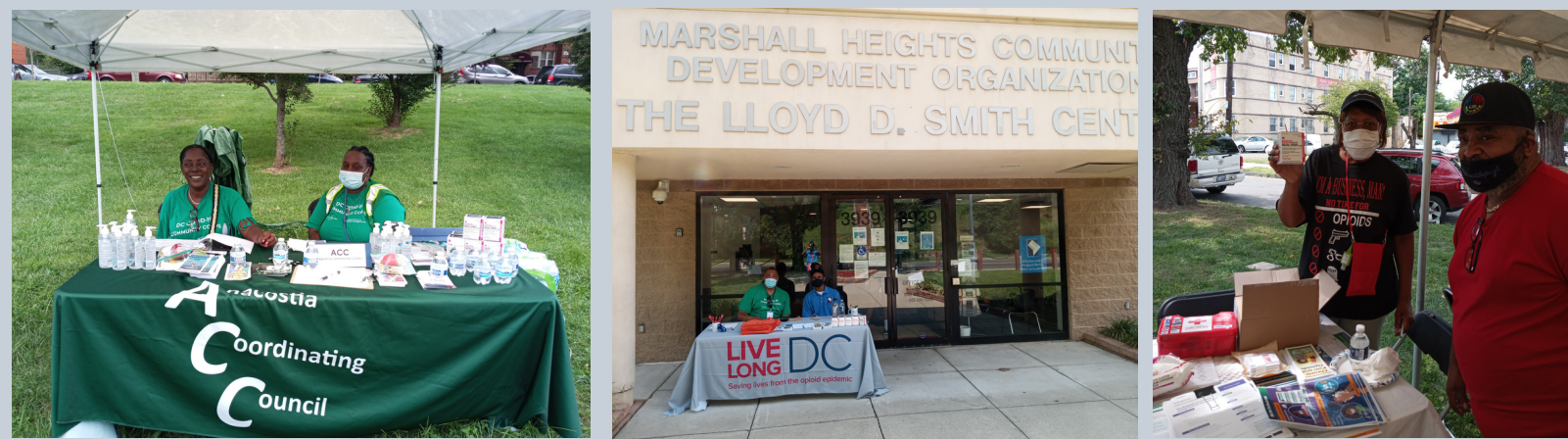
Since 2005, Bridging Resources in Communities (BRIC), Inc. has provided health education and prevention-focused resources and activities primarily to DC residents residing in Wards 5, 7 and 8 to empower them with the information and actionable strategies to create healthier, drug-free communities. Our core drug prevention work is based on evidence-based strategies that effectively support a viable and sustainable drug use prevention and harm reduction infrastructure including the social cognitive learning theory and the Strategic Prevention Framework. Our drug prevention work encompasses prevention and harm reduction projects including Ward 5 Drug-Free Coalition, Wards 7 and 8 DC Prevention Center, and Youth Prevention Leadership Corp.

The Wards 7 & 8 DCPC is a collaborative venture with the DC Department of Behavioral Health, Substance Use Disorders (DBH SUD) division, primary funder, and BRIC, Inc., lead community agency, for this initiative. There are four DC Prevention Centers, each covering two DC Wards.

# BRIC PROVIDING SUPPORT DURING COVID-19

2020: Many of our partner organizations shifted their priorities to providing basic needs to their clients and community during the global pandemic such as providing food and other necessities. We provided bags with drug prevention and education materials that include information about Coping with COVID-19 and masks to be distributed at food sites.

2020-2021: We provided approximately 750 bags to our community partners including MPD 6D and 7D, Exodus Treatment, Martha's Table, and Kenilworth Court Apartments that were distributed throughout their respective communities in Wards 7 & 8.



## OPIOIDS: THE SILENT KILLER



DCPCs were provided additional funding to support District wide effort to combat the opioids epidemic called Live Long DC. The goal is to educate DC residents and key stakeholders on the risks of opioid use disorders and effective prevention and treatment options. Unfortunately in 2020, 411 individuals died from opioids in DC, twice as many people who died by homicide. Most fatal overdoses were people using alone and since 2019 over 90% of fatal overdoses involved fentanyl or a fentanyl analog. In 2021, we had 13 Community Partners receive subgrants to conduct opioid education and awareness activities in their communities reaching over 1,200 Wards 7 and 8 residents. Preliminary data indicates 422 fatal overdoses in 2021; we are working closely with DBH and our community partners to engage in more targeted harm reduction and prevention activities.



# 2020 Highlights

## Not the Blues, Just Gratitude

The holidays can be tough for many, especially in a pandemic. People were and are still coping with grief, job loss, loneliness and isolation in the best way they know how. Some people use drugs and alcohol to cope. In these sessions, "Not the Blues, Just Gratitude" the DCPC staff provided coping strategies and resources on how to stay sober during the holidays and provided resources for those who may need additional support during these unprecedented times to Wards 7 & 8 residents.



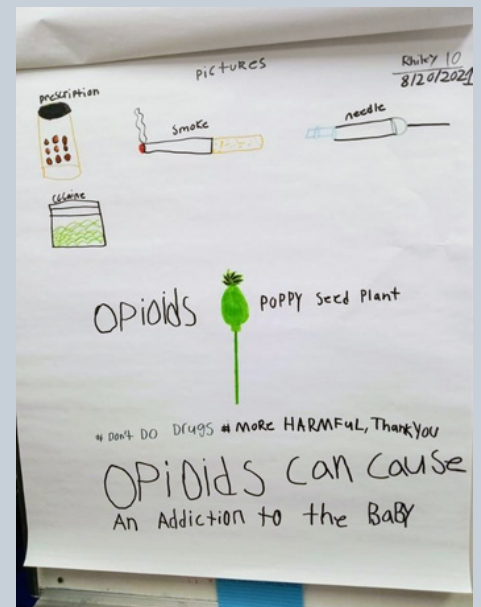
## Youth Prevention Leadership Corp (YPLC) Speaker Series 2020-21

During the pandemic, youth engaged with guest speakers to learn more about various careers. YPLC members spoke with an accountant, a medical student, and a clinical psychologist. They were able to learn more about different career paths in addition to how to cope with the stress associated with the pandemic. Youth also participated in a public speaking contest, where they gave presentations on substance use disorders. Youth were awarded First, Second and, Third Place for the best speech.



## Youth Poster Contest

Rhiley Jackson aged 10 won our Summer 2021 Youth Poster Contest by creating a poster illustrating the harmful effects that opioids and other drugs have on pregnant women after reviewing materials provided to her by our staff. This poster was shared on social media and Rhiley did a few presentations on her own. In December, a close family member saw her poster and was so moved by it that he sought out a long-term drug use treatment program. They currently remain in recovery.



# 2021 Highlights

## UDC – Workforce Development and Lifelong Learning

In celebration of National Prevention Month in September and in partnership with UDC Workforce Development and Lifelong Learning, we hosted a four-day virtual panel on the opioid crisis in DC. We reached 80 participants. You can view it at our YouTube Channel at [https://www.youtube.com/watch?v=WxzZw\\_NGX1c&t=666s](https://www.youtube.com/watch?v=WxzZw_NGX1c&t=666s)

## Naloxone (Narcan) Training and distribution

Approximately 157 residents received Naloxone certificate training. We distributed over 300 Narcan Kits at community events and activities.

## BREAKING THE SILENCE ON YOUTH VIOLENCE YOUTH SUMMIT:

July -- The US Attorney's Office for DC and the DC Prevention Centers partnered together to co-host The 11th Annual "Breaking the Silence on Youth Violence" Anti-Violence Youth Summit. The Wards 7 & 8 DCPC had the most youth participants: 186 Ward 7 youth and 151 Ward 8 youth. Our YPLC leaders facilitated a conversation on drug use in music & media in addition to "name that tune name that drug," where attendees identified the artist, the song and the drug(s) referred to in the song.

## Marshall Heights Community Development Organization

In collaboration with Marshall Heights Community Development COVID-19 Ambassadors, we trained 30 ambassadors and co-hosts Narcan Distribution for International Opioid Awareness Day on August 31, 2021. We distributed over 50 kits along the Benning Road and Minnesota Avenue, NE corridor.

## Wards 7 and 8 Senior Wellness Program

Presented to over 55 seniors about prescription opioid misuse and utilization of Narcan as a harm reduction tool to prevent opioids deaths. Many seniors were unaware that their prescribed medications included opioids.

## DC'S SILENT KILLER: THE OPIOID EPIDEMIC-WARD 8 SOCIAL MEDIA CAMPAIGN AND CONCERTS

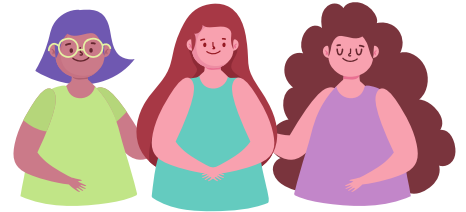
In collaboration with Check It Enterprise/Don't Mute Go-Go, Anacostia Coordinating Council, and Family Medical and Counseling Services at the Go-Go museum's Secret Garden we raised awareness of the severity of the DC opioid crisis including the increase in teens and young adult opioid deaths and provided real-time use of Narcan demonstrations. We reached over 300 youth and adult attendees and close to 12,000 views online through social media networks via two events. The Washington Post and the Washington Informer also covered the events and published articles. Each event had an expert panel discussion and a DJ and local Go-Go bands. The DJ and band members shared their own experiences of loved ones addicted to or overdosing from opioids. The Silent Killer series (June/July 2021) was created in response to community concern and the need for greater awareness about the DC opioids crisis following the fatal opioid overdose of the teenage daughter of ANC 8E Commissioner Sherita McBroom. Since the untimely death of her daughter, Commissioner McBroom has been visibly speaking out about the need for greater awareness about the dangers and availability of opioids, especially fentanyl and the need for more youth treatment facilities. Currently, DC only has three youth-focused drug treatment facilities.



# Resilience and Recovery

## About Oxford House

Oxford House is a self-run, community-driven, non-profit program for those who struggle with alcohol and drug addiction. Founded by Paul Molloy, the Oxford House program opened its first house in 1975 in Silver Spring, Maryland. The program's mission is to create a drug-free environment that effectively prevents relapse. What separates the Oxford House program from other sobriety or halfway houses, is its structure. Paul Molloy first co-founded the program and opened its first house in 1975. Molloy, with the help of his co-founders, decided to run the program themselves. The co-founders decided to create three integral values to the structure of the program to protect and govern themselves. These three simple rules were: the program should be "operated democratically" or run independently, "fully self-supported" by members financially, and "Oxford House must expel anyone with a substance use occurrence." More than 680,000 individuals have lived in an Oxford House and most have stayed clean and sober. Residents buy into the concept that relapse doesn't need to be part of the disease and, as a result of that belief, most residents don't relapse. Currently, there are over 13,000 Oxford Houses in 47 States. DC currently has 40 houses and in Wards 7 and 8 DC, there are 15 houses (as of April 2022).



## YPLC and Oxford House

Wards 7 & 8 Youth Prevention Leadership Corp had the opportunity to engage with people on their recovery journey. During these informative sessions, the youth had the opportunity to learn about recovery, what it means, what options are available for substance use disorder, and most importantly addressing stigma. The youth enjoyed the Oxford House staff and residents so much that they spoke to the group twice! YPLC members shared their thoughts on recovery and how they admired the residents and staff of the Oxford House.

*"How beautiful the place is, and how they have roommates to depend on each other. Like the woman who had the wedding and all of her housemates were there. How they took a situation that was really difficult and how it blossomed into something positive and they had lifelong relationships."*

*"I liked how they took different approaches compared to other organizations. One person said that one organization took a negative approach and she didn't feel comfortable."*

*"Yes, my initial thoughts were recovery would be fast or not worth it in some cases because of only how the society portrays it but now I see people actually do take the time to care and understand people who want help and nobody can actually understand that process unless they've been through it. I used to think there weren't a lot of recovery centers but I now know there are dozens!"*



