



**Burlington County First Responders-Comprehensive Addiction and  
Recovery Support Services Act Grant (FR-CARA)**

**End-of-Year Grant Report - Year 2  
October 1, 2023 - September 30, 2024**



**RUTGERS-CAMDEN**

**Senator Walter Rand  
Institute for Public Affairs**

**Submitted to the Burlington County Department of Human Services by the Walter Rand Institute for the Burlington County First Responders-Comprehensive Addiction and Recovery Support Services Act Grant (FR-CARA) Year 2**

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The Senator Walter Rand Institute for Public Affairs (WRI) at Rutgers-Camden has been a long-standing and trusted community partner for over 20 years. WRI honors former Senator Rand's dedication to Southern New Jersey and exists for two main reasons - to produce and highlight community-focused research and evaluation leading to sound public policy and practice and, with that as a foundation, to convene and engage stakeholders in making the connections across research, policy, and practice in support of Southern New Jersey residents. Using social science research methods, WRI specializes in transforming fractured data into actionable information across a variety of areas, including workforce development, education, transportation, and public/population health. WRI also supports Rutgers' mission of research,

teaching, and service by connecting the multidisciplinary expertise of faculty to regional problems, developing research and professional skills in students, and linking the resources of higher education to communities in Southern New Jersey.

## **Annual Report Overview**

The Burlington County First Responders-Comprehensive Addiction and Recovery Support Services Act Grant (FR-CARA) launched Year 1 of the grant on October 1, 2022, with Year 2 beginning October 1, 2023. The program has shifted from jump starting operations in the beginning months to more recurring and expanding programming. Regarding program data, data collection mechanisms remain in process and will continually be updated to reflect the most timely and appropriate data available at reporting time periods.

The FR-CARA grant commenced on October 1, 2022, with project year one set to run through September 30, 2023. The Walter Rand Institute was contacted in January 2023 to be brought on as the evaluator for this project, and officially contracted with Burlington County as of February 1, 2023 to be the evaluator.

The data collected and reported to date for this annual report is from what has been both reported and available for analysis from August 29, 2023 through August 30, 2024. The data to date is reflected here and appropriate metrics will also continue to be reported in the SAMHSA Progress Report template/system, with any additional data reported after this annual report deadline to be included in subsequent annual reports and progress submissions.

## **Burlington County Department of Human Services Overview & Grant Project Summary**

The Burlington County Department of Human Services serves the residents of Burlington County through various divisions including the Aging & Disabilities Resource Center, Behavioral Health & Youth Services, Community Development & Housing, Employment & Training, and Veterans Services.

Burlington County received the First Responders-Comprehensive Addiction and Recovery Support Services Act Grant (FR-CARA) from the federal Substance Abuse and Mental Health Services Administration (SAMHSA) to implement and evaluate the FR-CARA program. The purpose of this program is to provide resources to first responders and members of other key community sectors at the state, tribal, and other government levels to train, carry and administer Federal Food, Drug, and Cosmetic Act (FD&C Act) approved drugs and devices for emergency reversal of known or suspected opioid overdose. Recipients will be expected to establish processes, protocols, and mechanisms for: 1) referral to appropriate treatment and recovery support services, and 2) safety around fentanyl, carfentanil, and other dangerous illicit

and illicit drugs. The population of focus are: 1) populations disproportionately impacted (relative to national averages) by opioid use as evidenced by high rates of opioid and other drug-related overdose, 2) primary treatment admissions, and 3) overdose rates.

### **Project Activities**

- Provide resources to support the availability and use of FD&C Act approved or cleared devices for emergency reversal of known or suspected opioid overdose by first responders and members of other key community sectors.
- Train and provide resources for first responders and members of other key community sectors (including direct service providers) on the following:
  - Carrying and administering a device approved or cleared under the FD&C Act for emergency reversal of known or suspected opioid overdose.
  - Education and safety measures around fentanyl, carfentanil, and other dangerous licit and illicit drugs.
  - Establishing policies and procedures for the implementation of evidence- based trauma-informed care practices.
- Establish processes, protocols, and mechanisms for referral to appropriate treatment, which may include an outreach coordinator or team to connect individuals receiving opioid overdose reversal drugs to follow up services.
- Form or join an established advisory committee that meets the requirements of the grant.

### **WRI Role**

The Senator Walter Rand Institute for Public Affairs (WRI) at Rutgers University-Camden is serving as Burlington County's independent, objective research partner, and is working with Burlington County to facilitate the collection, organization, and analysis of data variables gathered from partnering agencies. This project is a multi-year grant, and the role of WRI as the research partner is to aid the County in fulfilling its evaluation requirements for SAMHSA.

### **WRI Project Support Goals**

1. Engage in data management & cleaning of FR-CARA initiative data
2. Aggregate data & conduct analysis of secondary data received through the FR-CARA initiative
3. Create & submit evaluation reports in alignment with project funder(s) requirements

## **Burlington County First Responders-Comprehensive Addiction and Recovery Support Services Act Grant (FR-CARA) Project Status/Updates**

Some components of the Burlington County FR-CARA program commenced operations in fall 2023/Winter 2023, while other systems and program operations remain in progress and began or shifted in Spring 2024. Fentanyl Safety, Narcan, Mental Health, First Aid and Smoking Cessation Trainings have begun throughout the County. Training has been offered by the County to members of the public and to specific First Responder groups. Local nonprofit organizations Prevention is Key and Prevention Plus are also engaging in training around these same topics. A formal RFP for Peer Recovery Specialists went out in early January 2024 for hiring by agency partners, Prevention is Key and Prevention Plus.

Amanda Gaus, Analyst Grant Applications/Program Monitor, joined the County in May 2023 to aid with the FR-CARA grant. Brandy Mullin, FR-CARA Project Director, left the County in July/August 2023. Brian Libetti, Project Director, joined the County in Fall 2023 to lead the FR-CARA grant.

### **Evaluation - Data Sharing & Collection Status**

The data collected and reported to date is from what has been reported/available from August 29, 2023 - August 30, 2024, for the Burlington County FR- CARA grant activities. The annual report focused on the beginning of programming and the establishment of data collection systems and program operations. The data to date is reflected here and appropriate metrics will also be reported in the SAMHSA Progress Reports, with any additional data reported after this report deadline to be included in subsequent annual reports and/or progress report submissions. The SAMHSA Progress Report tool/template remains more grant management focused, and the supplemental Burlington County and WRI data collection efforts aim to inform Burlington County's internal evaluation of the program over time.

The County and WRI have created various data capture tools (using the Qualtrics survey platform and through paper means), and the data reported here are from the following surveys (note that not all survey were used during this grant period):

- **Survey A: Peer Recovery Specialist Survey for Clients for the First Responders-Comprehensive Addiction and Recovery Support Services Act Grant (FR-CARA)** - This survey is an exploratory survey assessing appropriateness of timing of interactions, available resources, and additional considerations for clients of recovery services provided through FR-CARA and affiliated partners' services. Survey A was completed in May 2023, and will begin use in Winter/Spring 2024 for data collection once Peer Recovery Specialists are hired into the program. This survey was revisited in Summer 2024 and re-worked, and data collection from Peer Recovery Specialists is underway,

and is not reported in this report.

- **Survey B: FR-CARA Program Metrics** - This survey is for the Burlington County FR-CARA program coordinator and/or two to four additional key staff at other partnering agencies (e.g., Prevention is Key and Prevention Plus) to input program level operational data to aid with grant reporting. Additional publicly available secondary data from County and state metrics may supplement this data capture tool to outline opioid use trends. Survey B was completed in May 2023, and is available for use for the remainder of the grant period. This survey is not in use.
- **Survey C: Burlington County FR-CARA Satisfaction Survey (for General Public, High Schoolers, etc)** - This survey is for training and program participants (General Public, High Schoolers, etc) to take following receiving training and/or related program materials, and its goal is to gauge their satisfaction with the training(s) provided. Survey C was created in Spring 2023 and is in use. Survey C is expected to be used throughout the remainder of the grant period.
- **Survey D: First Responders - Mental Health, First Aid, & Smoking Cess. Training Satisfaction Survey** - This survey is for training and program participants who are First Responders to take following receiving training and/or related program materials, and its goal is to gauge their satisfaction with the training(s) provided. Survey D was created in Summer 2023 and is in use. Survey D is expected to be used throughout the remainder of the grant period.
- **Survey E: Prevention Plus (no Narcan) - Satisfaction Survey** - This survey is for training and program participants affiliated with Prevention Plus (local nonprofit) to take following receiving training and/or related program materials, and its goal is to gauge their satisfaction with the training(s) provided. Survey E was created in Summer 2023 and is in use. Survey E is expected to be used throughout the remainder of the grant period.
- **Survey F: Prevention is Key (PIK) - Training Satisfaction Survey** - This survey is for training and program participants affiliated with Prevention is Key (PIK) (local nonprofit) to take following receiving training and/or related program materials, and its goal is to gauge their satisfaction with the training(s) provided. Survey F was created in Summer 2023 and is in use. Survey F is expected to be used throughout the remainder of the grant period.

- **Survey G. Narcan Training Satisfaction Survey (PAPER)** - This survey was administered by paper to people (most often at schools). Survey G was created in Fall 2023 and is in use. Survey G is expected to be used throughout the remainder of the grant period.

## **Data from what has been reported/available from August 29, 2023 - August 30, 2024:**

The two main data sources from this grant period are the training log data and survey data from a FR-CARA client survey and multiple training satisfaction surveys. As the grant progresses, it is anticipated that more data will be collected, and appropriate analysis and reporting will follow.

### **Training Log Data**

Training log data is reported from: Good Samaritan Webinar Log, Training Provided to First Responders Log, Substance Use Disorder Key Community Members Log Fentanyl Safety, Narcan and Smoking Cessation Training (No Narcan), and the Overall Log. Additional information on resource distribution is noted through the Naloxone and Recovery Resource Bag Distribution Record. ***See Appendix for the Training Log Tables A - D.***

Overall (**Overall log - Table A & B**), **925** individuals were trained to date in this reporting period, all of whom received recovery resource information. In Year 2, 1,407 individuals were trained, for a total of **2,332**.

For the **Good Samaritan Webinar(s) (NextJourneySoberliving) (Table C)**, **6** individuals in June 2023 were provided the training and received Narcan and related resources (Year 1).

For the **Substance Use Disorder Key Community Members (Table D)** (Fentanyl Safety, Narcan and Smoking Cessation Training (No Narcan)), in March 2023, **515** individuals were trained at Bordentown High School in Year 1. **1,332** were trained in Year 2, for a total of **1,847** individuals trained.

For the **Training(s) Provided to First Responders (Table E)**, **84** first responders were trained in five locations in Spring and Summer 2023 (Year 1). **84** additional individuals were trained in Year 2, for a total of **158** individuals to date.

**Naloxone and Recovery Resource Bag Distribution (Table F): 539** Narcan kits/resource bags have been distributed in Year 2.

## Survey Data

Survey data is reported from roughly 6 different surveys, some of which have data captured to date, while others have not.

### **Survey A: Peer Recovery Specialist Survey for Clients for the First Responders- Comprehensive Addiction and Recovery Support Services Act Grant (FR-CARA) -**

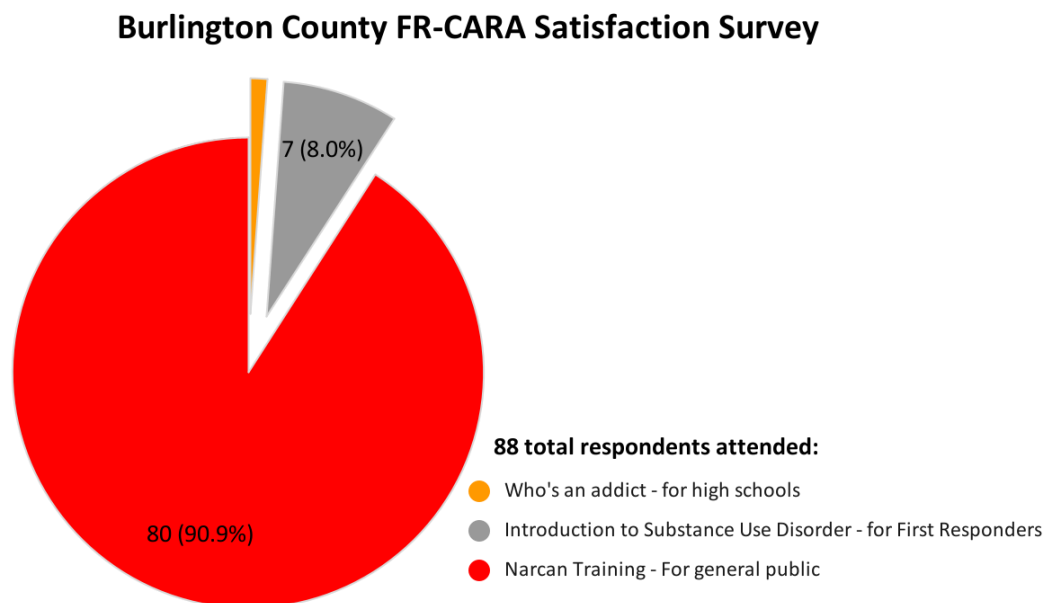
There was no data collected for this survey during this reporting period. The survey was revamped after Peer Recovery Specialists were hired, and that survey data will be available in the next report.

**Survey B: FR-CARA Program Metrics** - There was no data collected for this survey during this reporting period. This survey is not in use.

### **Survey C: Burlington County FR-CARA Satisfaction Survey (for General Public, High Schoolers, etc) (Year 2 data)**

**Number of Participants:** There were 88 respondents to this survey.

**Q1. Training Type (check off which Training you will be completing this satisfaction survey for)**

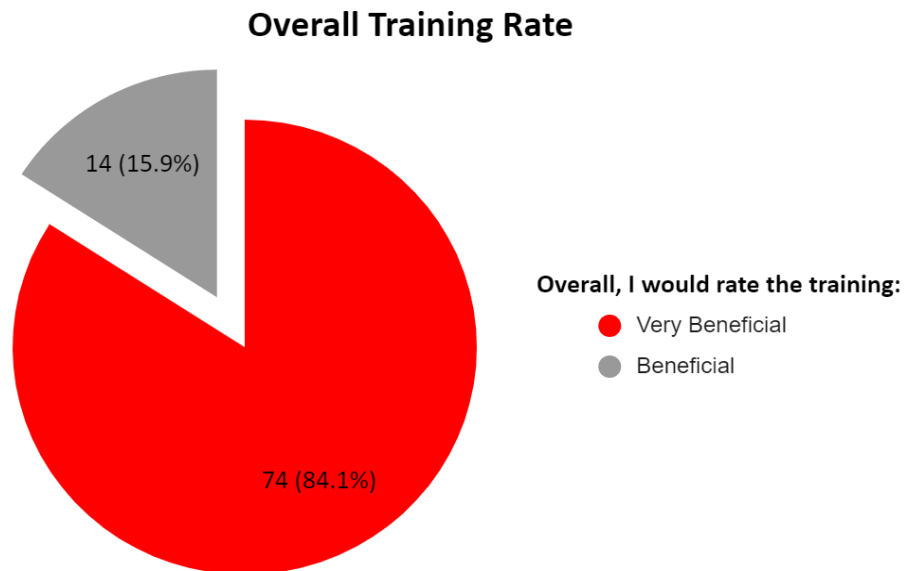


Most respondents taking the Narcan Training were members of the general public, accounting for 90.9% of participants. A smaller percentage, totaling 8%, represented First Responders,



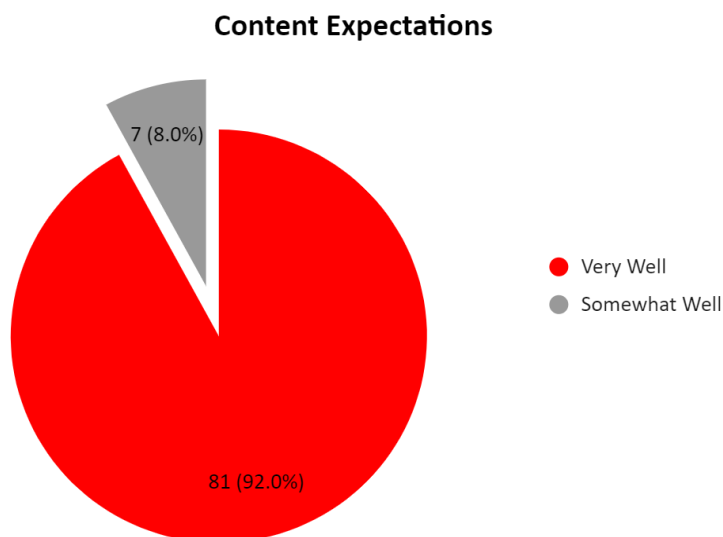
while only 1.1% represented high schools.

## Q2. Overall Rating (Overall, I would rate the training)



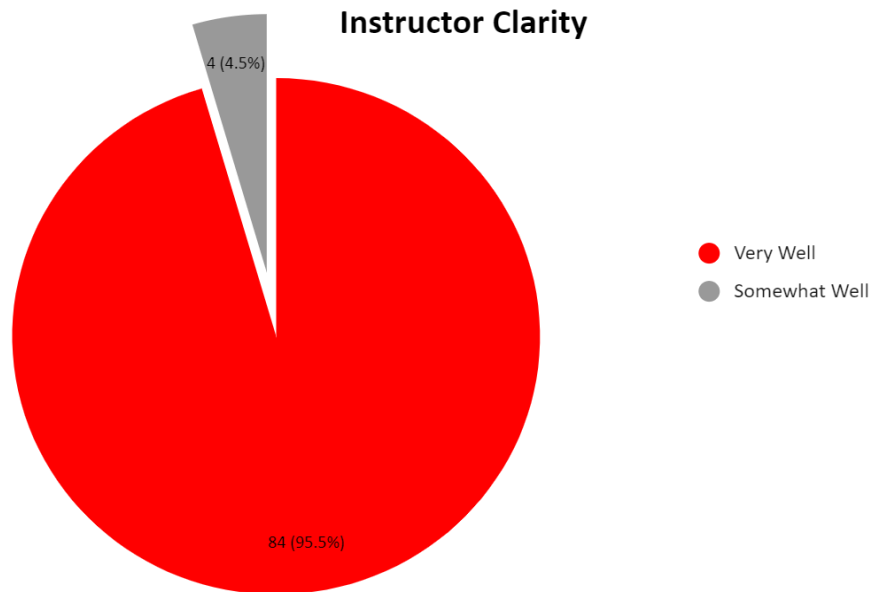
Eighty-eight participants shared their thoughts on the training, with 74 individuals (84.1%) finding it very beneficial. Another 14 participants (15.9%) also found the training beneficial.

## Q3. Content Expectations (How well did the content that was covered in the training match what you expected to learn about?)



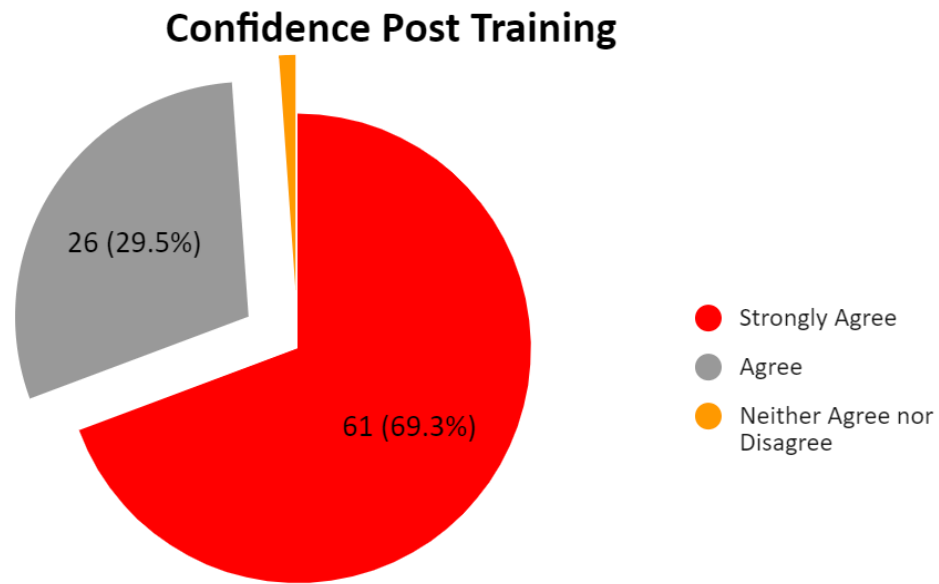
According to the survey results, out of 88 respondents who assessed the alignment of the training content with their expectations, a majority of 92% (81 individuals) expressed that the content very well matched their expectations. Additionally, 8% (7 individuals) believed that the content somewhat matched their expectations.

**Q4. Instructor Clarity (How well did the instructor convey the information in a way you could understand?)**



The survey results revealed that 95.5% (84) of the 88 participants felt that the instructor effectively conveyed the information very well. On the other hand, only 4.5% (4) of participants found the conveyance to be somewhat effective.

**Q5. Confidence Post Training (After this training, I feel better equipped to help someone experiencing an overdose.)**



After participating in the training, a majority of 69.3% (61 individuals) expressed strong agreement in feeling better prepared to assist someone going through an overdose. Additionally, 29.5% (26 individuals) agreed with this sentiment. 1.1% (1 individual) neither agreed nor disagreed.

**Q6. Feedback for Improvement (What is something you wanted to learn about in the training, but did not?)**

Out of all participants, 59 (67.05%) did not respond to the final open-ended question, while 10 (11.36%) indicated "No" or "N/A." Moreover, 19 (21.59%) participants either asked questions, praised the instructor, or provided feedback on the training.

Comments included:

- *If you're out of Narcan. Where can you find more?*
- *How long Narcan can stay in your system?*
- *Well done*
- *Liked that we were provided kits to help better provide for the community*
- *Not enough kits and pamphlets for everyone. The last 2 rows didn't get any.*
- *I had no question*
- *Training was extremely helpful! Thank you for coming out and sharing the information.*

- *Brian and Amanda were great. Thank you for coming to BCSSSD.*
- *Training went well*
- *Instructors Brian Libetti & Amanda Gaus*
- *Maybe more hands on*
- *Great info!*
- *Very informative*
- *n/a. This training covered it all!*
- *It was a good training!*
- *Training was excellent*
- *Well done!*
- *Very well-done. I learned a lot. Thank you!*
- *Does Narcan affect children differently than adults?*

## **Survey D: First Responders - Mental Health, First Aid, & Smoking Cessation**

**Training Satisfaction Survey-** There was only one recorded response for this survey, from 2023. The response indicated for the question “please select the training program for which you are completing this satisfaction survey” - “Other” and then did not include any additional information/ did not answer any other questions. No responses occurred throughout the 2023-2024 timeframe, as different surveys were used to capture First Responder feedback.

## **Survey E-1: Prevention Plus A (no Narcan) - Satisfaction Survey (Paper Surveys) (No updated data from Year 2, below is Year 1 data)**

**Number of Participants:** There were 73 respondents to this Prevention Plus survey around the coping program (the Life Balance Program).

**Q1. Before taking the coping program, I knew the cause, symptoms, and consequences of stress.**

<b>Description</b>	<b>Count</b>	<b>Percentage</b>	<b>Cumulative</b>
Partially True	36	49.32%	49.32%
Mostly True	31	42.47%	91.79%
True	6	8.22%	100.00%

<b>Total</b>	<b>73</b>	<b>100.00%</b>	-
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Of the 73 individuals who participated in the coping program, the most prevalent sentiment expressed was partially true regarding their prior knowledge of the cause, symptoms, and consequences of stress, making up 49.32% (36 individuals). This was closely followed by those who felt it was mostly true, accounting for 42.47% (31). Only a small portion of the participants, 8.22% (6), fully agreed that it was true that they had this knowledge before the program.

**Q2. Before taking the coping program, I knew the steps of rational problem solving.**

<b>Description</b>	<b>Count</b>	<b>Percentage</b>	<b>Cumulative</b>
Partially True	32	43.84%	43.84%
Mostly True	29	39.73%	83.57%
True	8	10.96%	94.53%
Not True	3	4.11%	98.64%
Missing	1	1.37%	100.00%
<b>Total</b>	<b>73</b>	<b>100.00%</b>	-

Out of the 73 individuals who took part in the coping program, the most common response regarding knowledge of the steps of rational problem solving was partially true, with 43.84% (32) of the participants indicating this. This was closely followed by those who responded mostly true, which accounted for 39.73% (29) of the participants. 10.96% (8) of the participants responded with "true", though the meaning of this response is unclear from the data provided. A smaller percentage, 4.11% (3), indicated "not true".

**Q3. Before taking the coping program, I knew how to manage stress, using deep breathing, muscle relaxation, and/or meditation.**

Description	Count	Percentage	Cumulative
Partially True	31	42.47%	42.47%
Mostly True	27	36.99%	79.46%
True	12	16.44%	95.90%
Not True	3	4.11%	100.00%
<b>Total</b>	<b>73</b>	<b>100.00%</b>	-

Out of the 73 individuals who participated in the coping program, the most common response to knowing how to manage stress using deep breathing was "partially true", accounting for 42.47% (31 participants). This was followed closely by those who responded "mostly true", representing 36.99% (27 participants). A notable 16.44% (12 participants) selected the response "true". Only a small percentage, 4.11% (3 participants), believed it to be "not true" that they knew how to manage stress using deep breathing before taking the coping program.

**Q4. Before taking the coping program, I knew substance use could turn to substance abuse when used as a coping strategy for stress management.**

Description	Count	Percentage	Cumulative
True	32	43.84%	43.84%
Mostly True	20	27.40%	71.23%
Partially True	19	26.03%	97.26%
Not True	2	2.74%	100.00%

<b>Total</b>	<b>73</b>	<b>100.00%</b>	<b>-</b>
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Out of the 73 individuals who participated in the coping program, the most common response to knowing if substance use could turn to substance abuse was '1', representing 43.84% (32 individuals). This was closely followed by “mostly true”, accounting for 27.40% (20). “Partially true” was the next common response, constituting 26.03% (19) of the respondents. Only a minor portion, 2.74% (2 individuals), believed it was “not true”. This distribution indicates a general awareness about the potential progression of substance use to substance abuse among the participants.

**Q5. Before taking the coping program, I could identify members of my personal support network.**

<b>Description</b>	<b>Count</b>	<b>Percentage</b>	<b>Cumulative</b>
Mostly True	29	39.73%	39.73%
True	23	31.51%	71.23%
Partially True	19	26.03%	97.26%
Not True	2	2.74%	100.00%
<b>Total</b>	<b>73</b>	<b>100.00%</b>	<b>-</b>

Out of the 73 individuals who responded to the question regarding their ability to identify members of their personal support before taking the coping program, the most common response was "mostly true," chosen by 29 individuals, accounting for 39.73% of respondents. A significant number, 23 or 31.51%, selected "1" as their response. "Partially true" was marked by 19 individuals, representing 26.03% of the participants. Notably, only a small portion, precisely 2.74% (2 individuals), felt the statement was "not true" for them.

**Q6. Before taking the coping program, I understand what enabling and codependency mean.**

<b>Description</b>	<b>Count</b>	<b>Percentage</b>	<b>Cumulative</b>
Partially True	30	41.10%	41.10%
Mostly True	25	34.25%	75.34%
True	15	20.55%	95.89%
Not True	3	4.11%	100.00%
<b>Total</b>	<b>73</b>	<b>100.00%</b>	-

Of the 73 individuals surveyed about their understanding of "enabling" and "codependency" before taking the coping program, the most common response was "partially true", with 30 individuals (41.10%) feeling they had a partial understanding. This was followed closely by those who felt it was "mostly true", accounting for 25 respondents or 34.25%. A total of 15 individuals (20.55%) gave a response of "true", suggesting they strongly agreed or had a clear understanding. On the other hand, only a minority, consisting of 3 people (4.11%), believed it was "not true" that they understood these concepts before the program.

**Q7. After taking the coping program, I knew the cause, symptoms, and consequences of stress**

<b>Description</b>	<b>Count</b>	<b>Percentage</b>	<b>Cumulative</b>
True	53	72.60%	72.60%
Mostly True	20	27.40%	100.00%
<b>Total</b>	<b>73</b>	<b>100.00%</b>	-

After participating in the coping program, a commanding majority of the participants, 53 out of



73 (72.60%), felt they had a strong understanding of the cause, symptoms, and consequences, as indicated by their response "true". Additionally, 20 individuals, making up 27.40% of the respondents, believed that this was "mostly true".

**Q8. After taking the coping program, I knew the steps of rational problem solving.**

Description	Count	Percentage	Cumulative
True	50	68.49%	68.49%
Mostly True	22	30.14%	98.63%
Partially True	1	1.37%	100.00%
<b>Total</b>	<b>73</b>	<b>100.00%</b>	-

After undergoing the coping program, a majority of the participants, 50 out of 73 (68.49%), felt they fully understood the steps of rational problem solving, as indicated by their selection of "1". An additional 22 individuals, or 30.14% of the respondents, felt this understanding was "mostly true" for them. This indicates that a whopping 98.63% of the participants felt they either fully or largely grasped the concept post-program. A minimal 1.37% felt they only partially understood, suggesting the effectiveness of the program in imparting knowledge on rational problem-solving.

**Q9. After taking the coping program, I knew how to manage stress,using deep breathing, muscle relaxation, and/or meditation.**

Description	Count	Percentage	Cumulative
True	45	61.64%	61.64%
Mostly True	25	34.25%	95.89%

True/Mostly True	1	1.37%	97.26%
Partially True	1	1.37%	98.63%
Missing	1	1.37%	100.00%
<b>Total</b>	<b>73</b>	<b>100.00%</b>	-

After participating in the coping program, 61.64% (45 out of 73) of the respondents strongly believed they had grasped how to manage stress using deep breathing techniques, marking their response with "true". When combined with those who felt this statement was "mostly true" for them (34.25%), a significant 95.89% of the participants expressed confidence in their understanding and capability post-program. Only a negligible percentage, 1.37%, selected the "partially true" and "true or mostly true" categories.

**Q10. After taking the coping program, I knew substance use could turn to substance abuse when used as a coping strategy for stress management.**

Description	Count	Percentage	Cumulative
True	54	73.97%	73.97%
Mostly True	19	25.03%	95.89%
<b>Total</b>	<b>73</b>	<b>100.00%</b>	-

Following their engagement with the coping program, a significant 73.97% (54 out of 73) of respondents indicated with a "true" that they fully recognized how substance use could progress to substance abuse. In addition to this, another 25.03% felt this statement was "mostly true" for them.

**Q11. After taking the coping program, I could identify members of my personal support network.**

Description	Count	Percentage	Cumulative
True	51	69.86%	69.86%
Mostly True	21	28.77%	94.52%
True/Mostly True	1	1.37%	100.00%
<b>Total</b>	<b>73</b>	<b>100.00%</b>	-

Post their participation in the coping program, a substantial 69.86% (51 out of 73) of respondents indicated with a "true" that they could confidently identify members of their personal support. Moreover, another 28.77% believed this statement was "mostly true" for them. Together, this indicates that 94.52% of the participants felt they had an enhanced capability to recognize their support system following the program.

**Q12. After taking the coping program, I understand what enabling and codependency mean.**

Description	Count	Percentage	Cumulative
True	49	67.12%	67.12%
Mostly True	24	32.88%	100.00%
<b>Total</b>	<b>73</b>	<b>100.00%</b>	-

After undergoing the coping program, a significant majority of participants, 67.12% (49 out of 73) selected the option "true", suggesting a strong understanding of what enabling and codependency means. An additional 32.88% indicated that this statement was "mostly true" for them.

**Q13. When dealing with stress, how often did you, before taking the coping program identify and analyze problem situations to reduce stress?**

Description	Count	Percentage	Cumulative
Not too often	39	53.42%	53.42%
Fairly often	30	41.10%	94.52%
Always	4	5.48%	100.00%
<b>Total</b>	<b>73</b>	<b>100.00%</b>	-

Before taking the coping program, when dealing with stress, a majority of participants, 53.42% (39 out of 73) indicated that they did not deal with stress "too often." This was followed by a significant proportion, 41.10% (30 out of 73), who stated that they managed stress "fairly often." A smaller segment, 5.48% (4 individuals), mentioned that they "always" managed stress.

**Q14. When dealing with stress, how often did you, before taking the coping program, set realistic goals to change my patterns and habits?**

Description	Count	Percentage	Cumulative
Fairly often	34	46.58%	46.58%
Not too often	27	36.99%	83.57%
Always	6	8.22%	91.78%
Never	6	8.22%	100.00%
<b>Total</b>	<b>73</b>	<b>100.00%</b>	-

When dealing with stress before taking the coping program, nearly half of the participants, 46.58% (34 out of 73), stated they dealt with stress "fairly often." This was closely followed by

36.99% (27) of individuals who indicated they didn't manage stress "too often." Both "always" and "never" were equally represented by 8.22% (6 individuals each) of the participants, suggesting polarized stress management behaviors among a minority of the participants.

**Q15. When dealing with stress, how often did you, before taking the coping program, pay attention to how eating patterns affect my stress level?**

Description	Count	Percentage	Cumulative
Not too often	35	47.95%	47.95%
Fairly often	18	24.66%	72.60%
Never	11	15.07%	87.67%
Always	8	10.96%	98.63%
Missing	1	1.37%	100.00%
<b>Total</b>	<b>73</b>	<b>100.00%</b>	-

Before participating in the coping program and when confronted with stress, nearly half, 47.95% (35 individuals), of the participants responded that they did not often address the stressor, making "not too often" the most common response. "Fairly often" was the next frequent choice, represented by 24.66% (18) of the participants. 15.07% (11) claimed they "never" addressed the stressor. Fewer participants, 10.96% (8), always confronted stress.

**Q16. When dealing with stress, how often did you, before taking the coping program, pay attention to how exercise habits affect my stress level?**

Description	Count	Percentage	Cumulative
Not too often	36	49.32%	49.32%

Fairly often	22	30.14%	79.45%
Always	9	12.33%	91.78%
Never	5	6.85%	98.63%
Missing	1	1.37%	100.00%
<b>Total</b>	<b>73</b>	<b>100.00%</b>	-

Prior to engaging in the coping program and when dealing with stress, nearly half of the participants, 49.32% (36 out of 73), indicated they did not often tackle the stressor, making "not too often" the predominant response. Following this, 30.14% (22) of the respondents claimed they addressed the stressor "fairly often". A smaller percentage, 12.33% (9, always faced the stress, while only 6.85% (5 participants) said they "never" managed the stress.

**Q17. When dealing with stress, how often did you, before taking the coping program, use the skill of active listening when communicating? Express my needs assertively?**

Description	Count	Percentage	Cumulative
Not too often	32	43.84%	43.84%
Fairly often	28	38.36%	82.19%
Always	7	9.59%	91.78%
Never	6	8.22%	100.00%
<b>Total</b>	<b>73</b>	<b>100.00%</b>	-

Before partaking in the coping program, when faced with stress, a plurality of the participants,

43.84% (32 out of 73), said they did not often use certain coping mechanisms, marking "not too often" as the most frequent response. Closely following this, 38.36% (28 out of 73) indicated they utilized coping mechanisms "fairly often". Fewer participants, 9.59% (7 individuals), always resorted to their coping mechanisms, while 8.22% (6 participants) stated they "never" used them.

**Q18. When dealing with stress, how often did you, before taking the coping program, develop personal stress management plans to reduce my level of stress?**

Description	Count	Percentage	Cumulative
Not too often	37	50.68%	50.68%
Fairly often	22	30.14%	80.82%
Always	7	9.59%	90.41%
Never	6	8.22%	98.63%
<b>Total</b>	<b>73</b>	<b>100.00%</b>	-

Before taking the coping program, when dealing with stress, a majority of the participants, 50.68% (37 out of 73), stated they "not too often" used certain methods to deal with it. This was followed by 30.14% (22 participants) who would handle stress "fairly often". A smaller fraction of the participants, 9.59% (7), always used their coping methods, while 8.22% (6) professed to "never" deploying any coping strategies.

**Q19. When dealing with stress, how often did you, after taking the coping program, identify and analyze problem situations to reduce stress?**

Description	Count	Percentage	Cumulative
Fairly often	41	56.16%	56.16%

Always	31	42.47%	98.63%
Not too often	1	1.37%	100.00%
<b>Total</b>	<b>73</b>	<b>100.00%</b>	-

After participating in the coping program, when faced with stress, a majority of the participants, 56.16% (41 out of 73), responded that they would handle stress "fairly often" with certain coping mechanisms. Following closely, 42.47% (31 participants) claimed they "always" employed their learned strategies when experiencing stress. Conversely, a minor fraction, just 1.37% (1 individual), mentioned they "not too often" utilized these coping methods.

**Q20. When dealing with stress, how often did you, after taking the coping program, set realistic goals to change my patterns and habits?**

Description	Count	Percentage	Cumulative
Fairly often	38	52.05%	52.05%
Always	34	46.58%	98.63%
Not too often	1	1.37%	100.00%
<b>Total</b>	<b>73</b>	<b>100.00%</b>	-

Post-completion of the coping program, when dealing with stress, 52.05% (38 out of 73) of the participants stated they would "fairly often" set certain coping strategies into action. Almost equally, 46.58% (34 participants) mentioned they would "always" utilize their newfound techniques. In contrast, a small fraction, 1.37% (only 1 participant), indicated they would "not too often" resort to these coping methods.

**Q21. When dealing with stress, how often did you, after taking the coping program, pay attention to how eating patterns affect my stress level?**



Description	Count	Percentage	Cumulative
Always	36	49.32%	49.32%
Fairly often	34	46.58%	95.89%
Not too often	3	4.11%	100.00%
<b>Total</b>	<b>73</b>	<b>100.00%</b>	-

After undergoing the coping program, when faced with stress, 49.32% (36 out of 73) of participants said they would "always" pay attention to specific coping strategies. Closely behind, 46.58% (34) would resort to these techniques "fairly often". A minor 4.11% (3) mentioned they would "not too often" apply the methods learned.

**Q22. When dealing with stress, how often did you, after taking the coping program, pay attention to how exercise habits affect my stress level?**

Description	Count	Percentage	Cumulative
Fairly often	39	53.42%	97.26%
Always	32	43.84%	43.84%
Not too often	2	2.74%	100.00%
<b>Total</b>	<b>73</b>	<b>100.00%</b>	-

Post completion of the coping program, when confronted with stress, the majority of participants, 53.42% (39 out of 73), stated they would use the learned coping strategies "fairly often". This was closely followed by 43.84% (32) who said they would "always" resort to these techniques. Only a small fraction, 2.74% (2), mentioned they would apply the coping techniques

"not too often".

**Q23. When dealing with stress, how often did you, after taking the coping program, use the skill of active listening when communicating? express my needs assertively?**

Description	Count	Percentage	Cumulative
Fairly often	41	56.16%	98.63%
Always	31	42.47%	42.47%
Not too often	1	1.37%	100.00%
<b>Total</b>	<b>73</b>	<b>100.00%</b>	-

Following their participation in the coping program, when faced with stress, 56.16% of respondents (41 out of 73) mentioned that they would "fairly often" employ the techniques they acquired. A sizable 42.47% (31 participants) would "always" make use of these coping strategies. Only a minimal portion, which is 1.37% or 1 out of 73 participants, revealed that they would use these methods "not too often".

**Q24. When dealing with stress, how often did you, after taking the coping program, develop personal stress management plans to reduce my level of stress?**

Description	Count	Percentage	Cumulative
Fairly often	41	56.16%	97.26%
Always	30	41.1%	41.1%
Not too often	2	2.74%	100.00%
<b>Total</b>	<b>73</b>	<b>100.00%</b>	-

Out of the 73 individuals who participated in the coping program, the most common response regarding how often they turned to the coping strategies after facing stress was “fairly often”, accounting for 56.16% (41 individuals). This was followed by those who responded with “always”, representing 41.10% (30). Only a small fraction of the participants, 2.74% (2), mentioned that they use the coping strategies “not too often”.

**Q25. Any comments you would make about the Life Balance Program presented to you. What did you find useful about the program?**

The Life Balance Program appeared to be a valuable resource for those in the emergency services field, with an emphasis on realistic strategies, personal experiences, and a genuine understanding of the challenges faced by first responders. 50 participants provided comments about the Life Balance Program course. 23 participants specifically commented that the information was presented well and highly informative, and that overall, the class was “great.” Participants also appreciated that the program was specifically targeted towards first responders. 13 people specifically commented on the speaker’s (Ron Ritter) expertise and how knowledgeable he is. Participants commented on how they appreciated Ron’s law enforcement experience and was very easy to talk to. For example, people shared, “Ron being able to speak real by using relative stories, language, and scenarios made the material less random and very realistic” and “Mr. Ritter's personal experience greatly increased the way the class material was conveyed. Having firsthand knowledge as a law enforcement officer meant that he knew what stressors we usually go through in our careers and life at home. I appreciate his time and ability to continue helping law enforcement.”

Multiple participants commented that the training was valuable to police officers at every rank, and also would be beneficial to family members of officers to help understand what law enforcement personnel experience. Multiple comments also spoke to how the information presented in class should continue to be presented in future years and to other departments. As one person shared, “The class was personal and full of information that I look forward to using throughout. I would highly recommend this class to all first responders. This is a sensitive topic that needs to be spoken about, and taught.”

Participants expressed key takeaways around learning new coping skills, discussing emotional topics with family members, and employing additional strategies to manage stress. For example, participants commenting they learned:

- *How to set realistic goals on eating exercising, and how to maintain life balance between work and days off*
- *The circle of trust, having more people to speak to was a big point for me.*
- *It really helped to understand all the stress and coping ways that can be dealt with. The*

*course helped [me] understand it's okay to speak with someone and get help.*

- *Through the course it's nice knowing thoughts you have are normal to feel, and that many others feel the same way. Making finding better solutions are worth if other than self-meditating.*
- *I found the charts for healthy food very helpful. It could help officers gain a better understanding on dieting which is huge with mental health.*
- *This course reiterated a lot of the life changes I personally have been trying to make the past 6 months. I have read several books recently on the topics discussed during this class and again this class just makes these books more clear.*
- *Most useful thing I learn[ed] was identifying steps to [address] life situations*
- *Suicide topic was very important. We need to do more to talk away the stigma that surrounds the topic- Should be mandatory for all recruits and copied throughout their career*

One participant shared how they were reluctant to take the course, but then found it immensely useful, sharing “When I was first told about taking the class, I was upset and felt like it was a set up to identify at-risk employees. I was pleasantly surprised with the class and did learn some new ways to help resolve some stressors in my life. The class definitely is beneficial and should be offered at all agencies.”

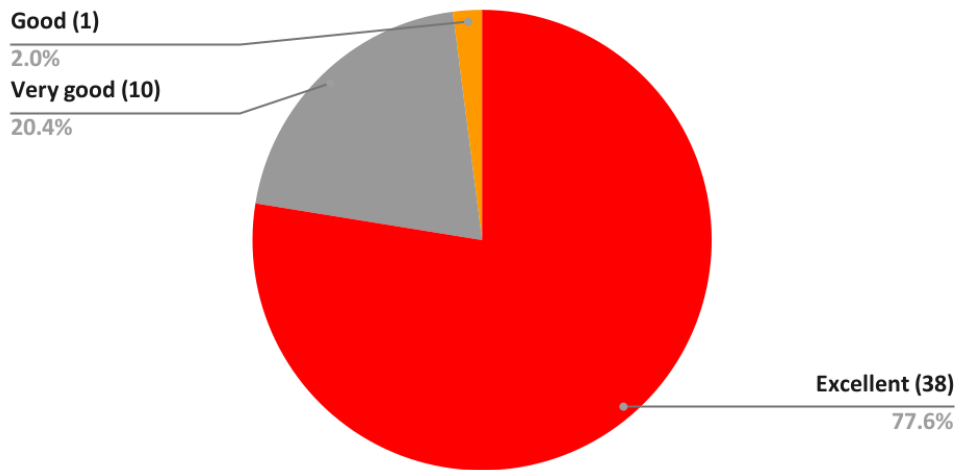
## **Survey E-2: Prevention Plus B (no Narcan) - Satisfaction Survey (Online Surveys) (Year 2 data)**

**Number of participants:** There were 49 respondents to the Prevention Plus training satisfaction survey.

**Q1. Rating of the Overall Quality of Training (How would you rate the overall quality of the training you received?)**

## Rating of the Overall Quality of Training

How would you rate the overall quality of the training you received?

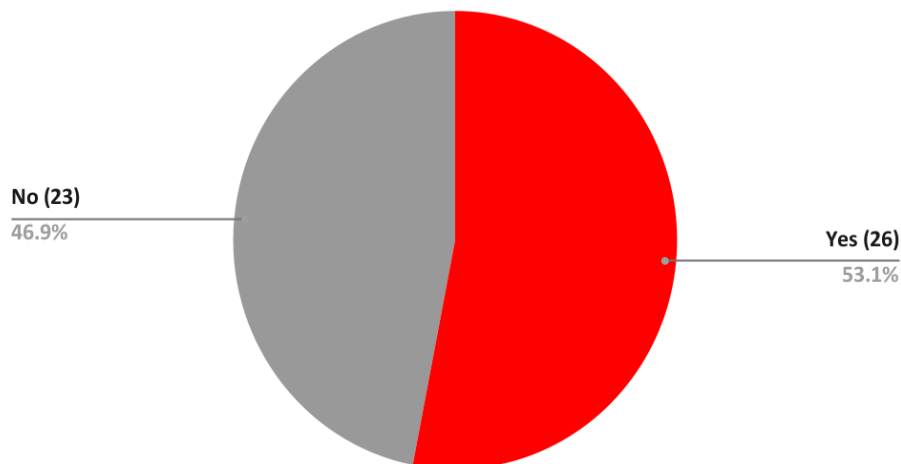


Out of the 49 participants who provided feedback on the overall quality of the training, the majority (38; 77.6%) rated it as excellent. Additionally, (10; 20.4%) of the participants rated it as very good, while a small percentage (1; 2.0%) rated the training as good.

**Q2. Personal Care Plan Before Training (Before this training, did you have a personal care plan or coping strategies to handle stress?)**

## Personal Care Plan Before Training

Before this training, did you have a personal care plan or coping strategies to handle stress?

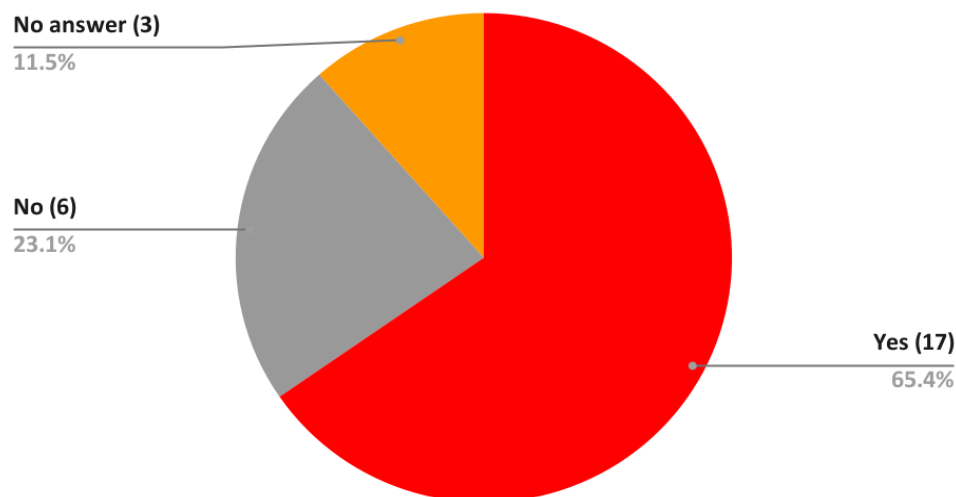


Out of the 49 respondents, a majority (26; 53.1%) stated that they had personal care plans or coping strategies in place before the training. Additionally, (23, 46.9%) confirmed that they did not have such strategies.

**Q3. Change in Strategies Post Training (If yes, have these strategies changed after this training?):**

**Change in Strategies Post Training**

If yes, have these strategies changed after this training?

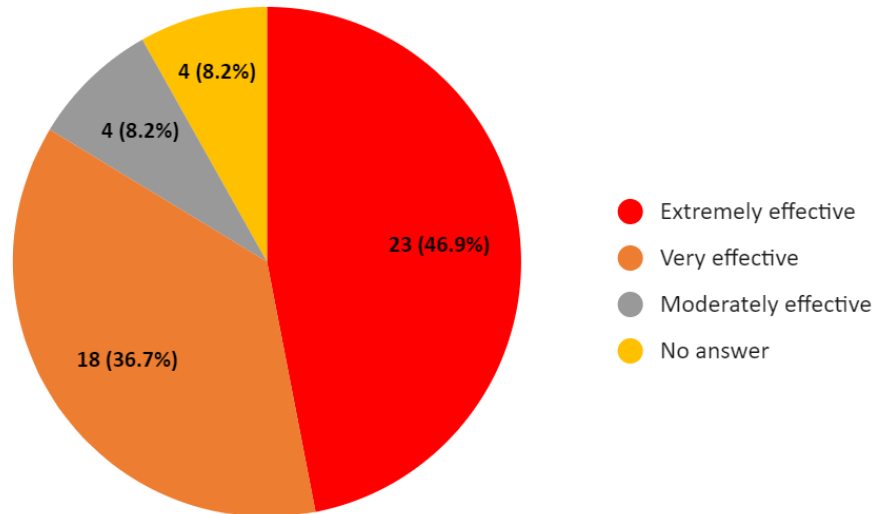


Out of the 26 participants who had coping strategies before the training, 17 (65.4%) confirmed that their strategies changed after attending, 6 (23.1%) confirmed that their strategies had not changed after the training, and 3 (11.5%) did not provide an answer.

**Q4. Effectiveness of Training in Offering Healthier Alternatives (How effective do you think this training was in offering healthier alternatives to prior maladaptive attitudes and behaviors?):**

## Effectiveness of Training in Offering Healthier Alternatives

How effective do you think this training was in offering healthier alternatives to prior maladaptive attitudes and behaviors?

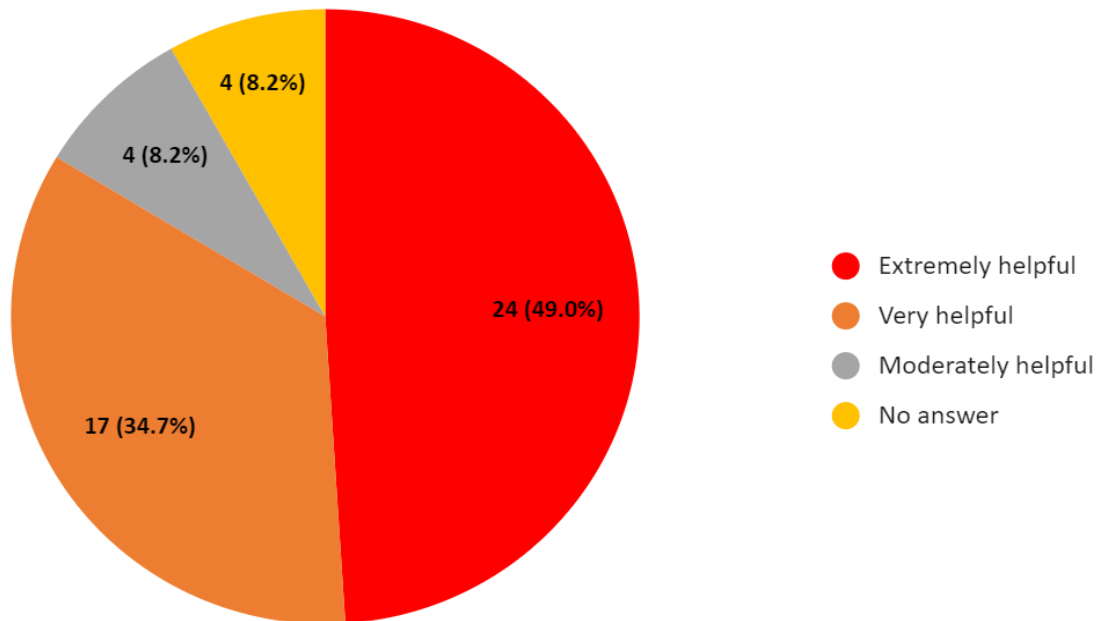


Out of 49 participants (23; 46.9%) found the training to be extremely effective in offering healthier alternatives while (18; 36.7%) found the training to be very effective. Only a small percentage (4; 8.2%) found the training to be moderately effective while the rest (4; 8.2%) did not provide an answer to the question.

**Q5. Helpfulness of Training in Reducing and Preventing Depression and Anxiety (How helpful was this training in providing methods for reducing and preventing depression and anxiety?)**

## Helpfulness of Training in Reducing and Preventing Depression and Anxiety

How helpful was this training in providing methods for reducing and preventing depression and anxiety?



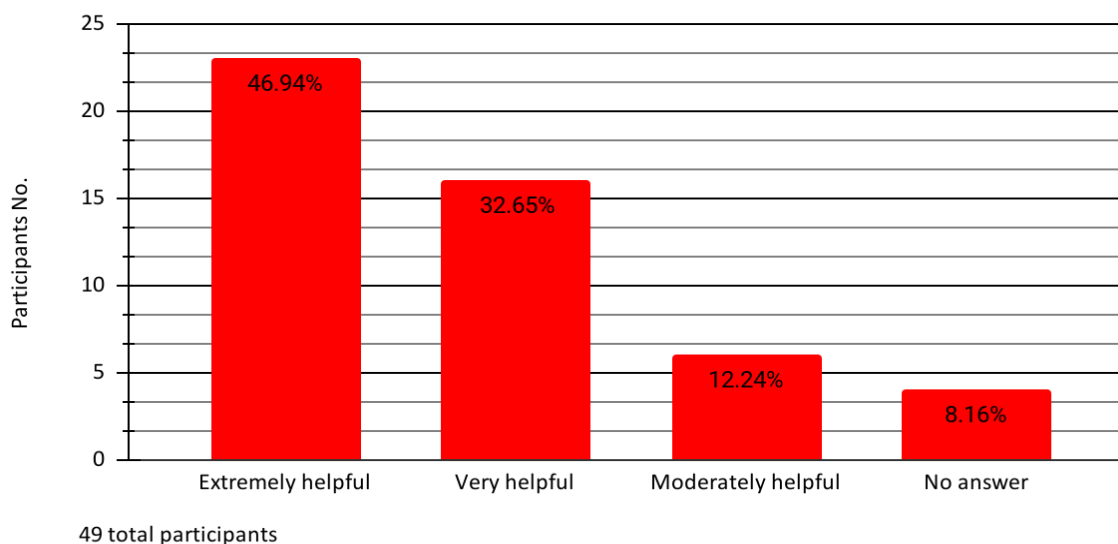
Out of the 49 participants in the training, only 45 individuals shared their feedback on the training's impact on managing depression and anxiety. Twenty-four (49.0%) described it as extremely helpful, while 17 (34.7%) found it very helpful. Additionally, 4 (8.2%) participants found it to be moderately helpful, while 4 (8.2%) didn't respond to this question.

**Q6. Helpfulness of Training in Improving Social Supports (How helpful was this training in providing methods for improving social supports?)**



## Helpfulness of Training in Improving Social Supports

How helpful was this training in providing methods for improving social supports?



Out of the 49 participants in the training, only 45 individuals shared their feedback on the training around improving social support. Twenty-three (46.94%) described it as extremely helpful, while 16 (32.65%) found it very helpful. Additionally, 6 (12.24%) participants found it to be moderately helpful, while 4 (8.16%) didn't respond to this question.

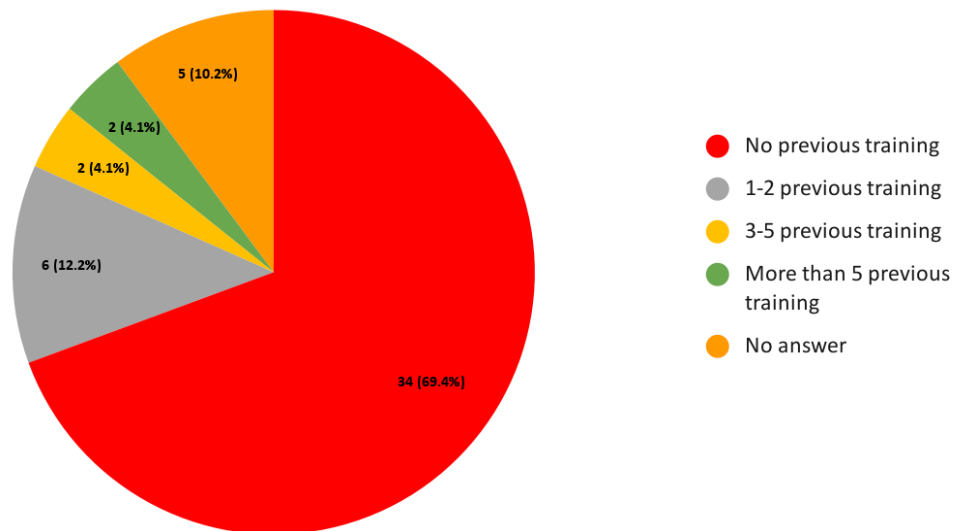
### Q7. Skills or Tools Resonated from the Training (What mental health or recovery skills or tools resonated with you and/or you plan to use after the training?)

Thirty-two out of 49 respondents answered the question. Diverse feedback was provided for this question, with varying responses highlighting the value of networking, diet, exercise, meditation, knowledge, social support, and other specific ways to increase and maintain health. Specific examples include, "I plan to exercise more and stop chewing tobacco.," "I plan to speak to a friend with an alcohol issue using the tools I learned. I hope to be able to get him to realize he has an issue," "Meditation to alleviate stress," "talking to someone," and "working out and proper diet."

### Q8. Previous Training on Smoking Cessation (Have you had any previous training on smoking cessation?)

## Previous Training on Smoking Cessation

Have you had any previous training on smoking cessation?

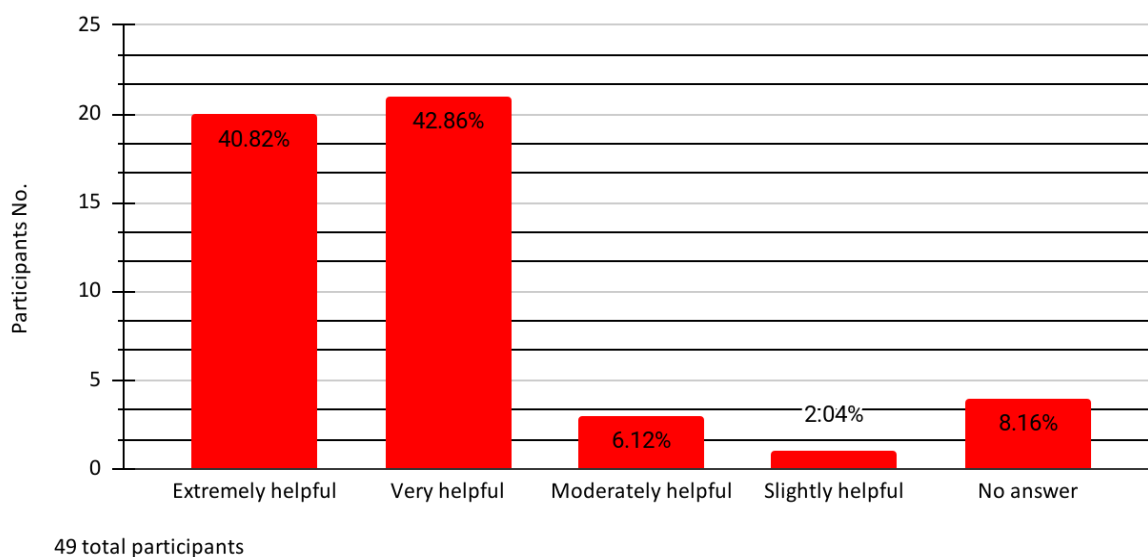


The majority of respondents (34;69.4%) have not undergone any previous training on smoking cessation. Meanwhile, 12.2% (6) of the participants have had 3 to 5 prior sessions on the topic. Smaller percentages of the respondents have had either 3-5 previous training or more than 5, each constituting 4.1% (2 individuals for each category). Five individuals (10.2%) did not answer this question.

**Q8. Helpfulness of This Training in Providing Resources and Information for Smoking Cessation (How helpful was this training in providing resources and information for smoking cessation?)**

### Helpfulness of This Training in Providing Resources and Information for Smoking Cessation

How helpful was this training in providing resources and information for smoking cessation?

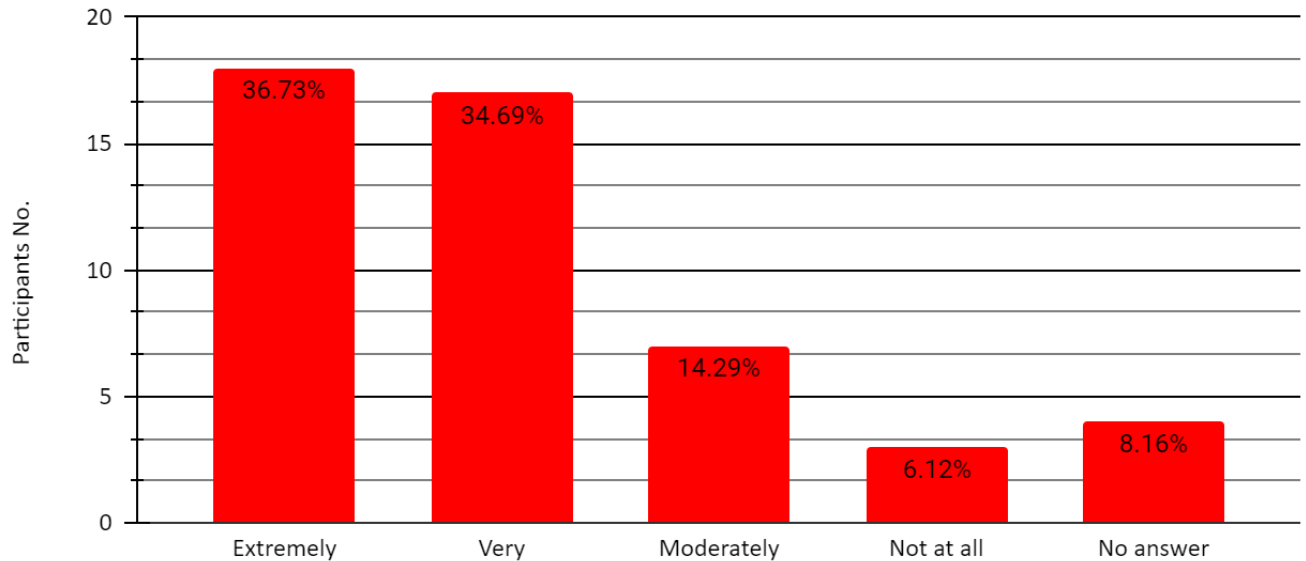


Out of the 49 participants in the training for smoking cessation, only 45 individuals provided feedback on the training. Twenty (40.82%) found it extremely helpful, while 21 (42.86%) described it as very helpful. Moreover, 3 (6.12%) participants found it moderately helpful, and 1 (2.04%) found it slightly helpful. Four (8.16%) participants did not respond to this question.

**Q9. Feeling Equipped to Connect Others to Tobacco Cessation Services After the Training**  
(How much more equipped do you feel to connect individuals to tobacco cessation services, programs, and resources after taking this training?)

## Feeling Equipped to Connect Others to Tobacco Cessation Services After the Training

How much more equipped do you feel to connect individuals to tobacco cessation services, programs, and resources after taking this training?



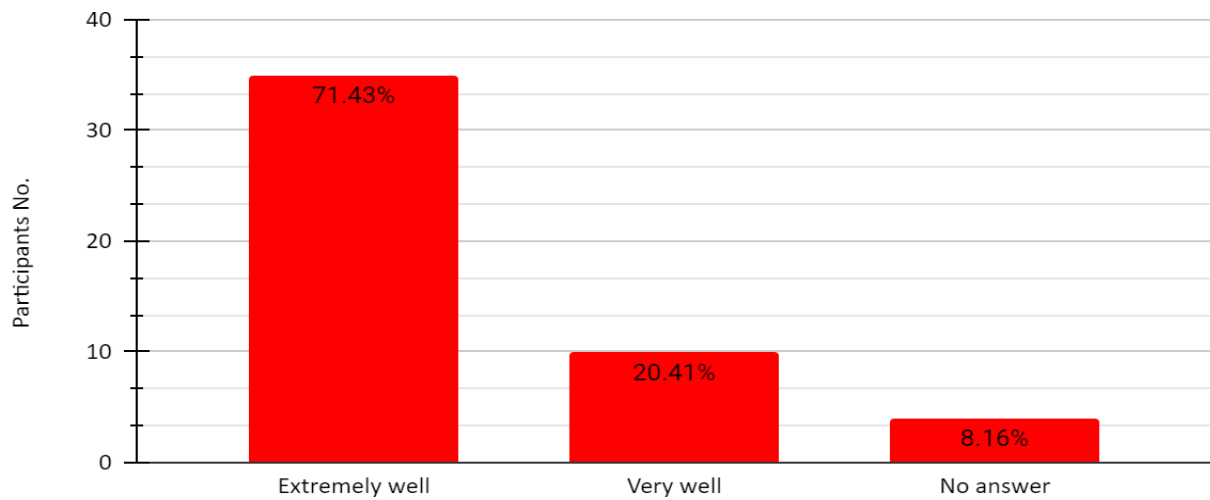
49 participants Total

After the training, 18 participants (36.73%) felt extremely equipped, while 17 (34.69%) felt very equipped to connect individuals to tobacco cessation. Additionally, 7 participants (14.29%) felt moderately equipped, and 3 participants (6.12%) felt not equipped. It's worth noting that 4 participants didn't provide any feedback to this question.

**Q10. Instructor's Conveyance of Information (Overall, how well did the instructor convey the information in a way you could understand?):**

## Instructor's Conveyance of Information

Overall, how well did the instructor convey the information in a way you could understand?



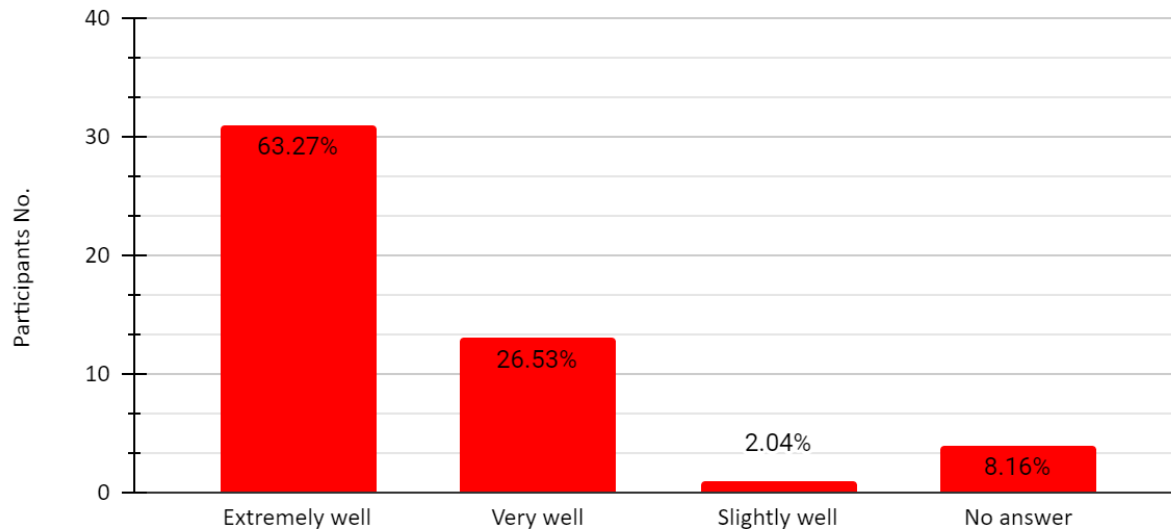
49 total participants

On the instructor's delivery, 35 participants (71.43%) agreed that the instructor conveyed the information extremely well while 10 participants (20.41%) agreed that the instructor conveyed the information very well. Four individuals (8.16%) didn't share their opinion.

**Q11. Alignment of Training Content with Expectations (Overall, how well did the content that was covered in the training match what you expected to learn about?):**

## Alignment of Training Content with Expectations

Overall, how well did the content that was covered in the training match what you expected to learn about?



49 total participants

Regarding the alignment of content with expectations, 31 participants (63.27%) felt the content matched extremely well with what they hoped to learn while 13 participants (26.53%) felt the content matched very well with what they expected. Only 1 (2.04%) felt the content was slightly well with his/her expectations. It's important to note that 4 participants didn't share their feedback on this question.

### Q12. Uncovered Topics in the Training (What was something you were hoping to learn about during the training that was not covered?):

Out of 49 participants, only 8 added comments about the training. Comments included:

- *Everything I was expecting was covered.*
- *Open to training.*
- *Came in with no predetermined outlook.*
- *Impact of critical incidents over time in the career.*
- *Came in with an open mind.*
- *How to deal with stress.*
- *I wasn't sure what I would be learning today.*
- *More ways for the department to recognize someone needs help.*

### Q13. Additional Comments (Do you have any additional comments or suggestions for improving the overall training and/or content discussed?):

Out of 49 participants, only 11 added comments about the training. Comments included:

- *Great class. Ron (Ritter) is very honest and his personal stories added to the class.*
- *Classes like this should be available to all first responders. It made me reevaluate my priorities.*
- *As a senior firefighter, this class really hit home. Everything that was talked about, is something that I have experienced. So glad to know I am not alone in it.*
- *Instructor was absolutely incredible.*
- *Ron was an extremely good instructor and provided a lot of useful/ helpful information.*
- *For today's environment I wouldn't change anything. The class hit on every point I was hoping for.*
- *No, good training overall.*
- *Very informative and helpful.*
- *Keep it the same.*
- *More hands on interaction.*
- *Keep up the good training.*

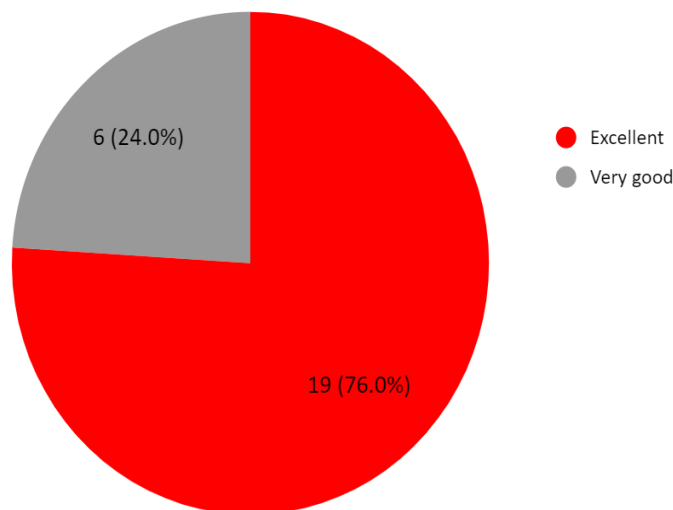
### Survey F: Prevention is Key (PIK) - Training Satisfaction Survey - (Year 2 data)

**Number of participants:** There were 25 respondents to the Prevention Is Key training satisfaction survey.

**Q1. Rating of the Overall Quality of Training (How would you rate the overall quality of the training you received?)**

#### Rating of the Overall Quality of Training

How would you rate the overall quality of the training you received?

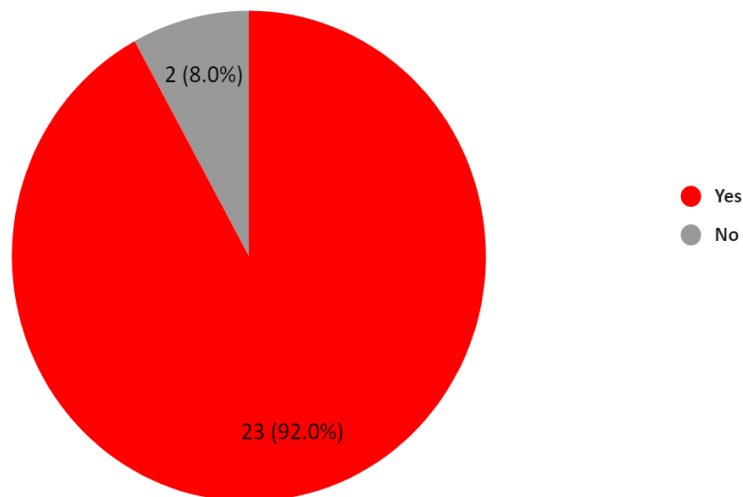


Out of 25 participants who provided feedback on the overall quality of the training, the majority (19; 76.0%) rated it as excellent. Additionally, (6; 24.0%) of the participants rated it as very good.

**Q2. Personal Care Plan Before Training (Before this training, did you have a personal care plan or coping strategies to handle stress?)**

**Personal Care Plan Before Training**

Before this training, did you have a personal care plan or coping strategies to handle stress?



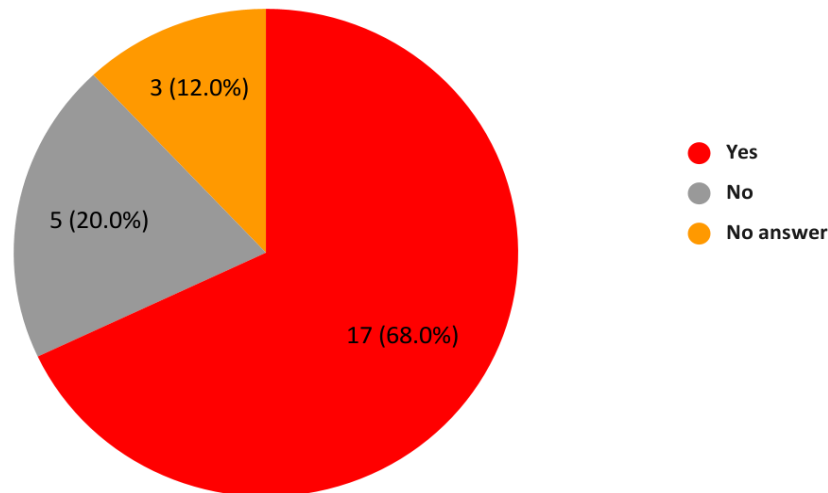
Out of the 25 respondents, a majority (23; 92.0%) stated that they had personal care plans or coping strategies in place before the training. Additionally, (2; 8.0%) confirmed that they did not have such strategies.

**Q3. Change in Strategies Post Training (If yes, have these strategies changed after this training?):**



### Change in Strategies Post Training

If yes, have these strategies changed after this training?

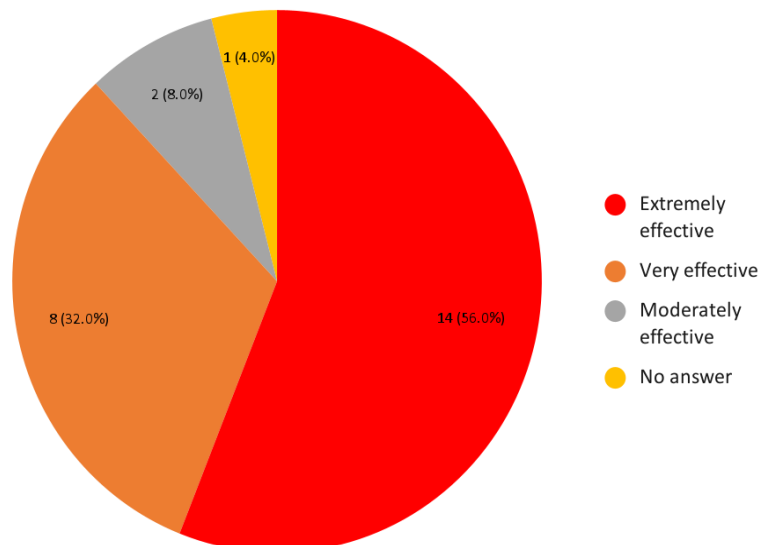


Out of the 25 participants who had coping strategies before the training, 17 (68.0%) confirmed that their strategies changed after attending, 5 (20.0%) confirmed that their strategies had not changed after the training, and 3 (12.0%) did not provide an answer.

**Q4. Effectiveness of Training in Offering Healthier Alternatives (How effective do you think this training was in offering healthier alternatives to prior maladaptive attitudes and behaviors?):**

### Effectiveness of Training in Offering Healthier Alternatives

How effective do you think this training was in offering healthier alternatives to prior maladaptive attitudes and behaviors?

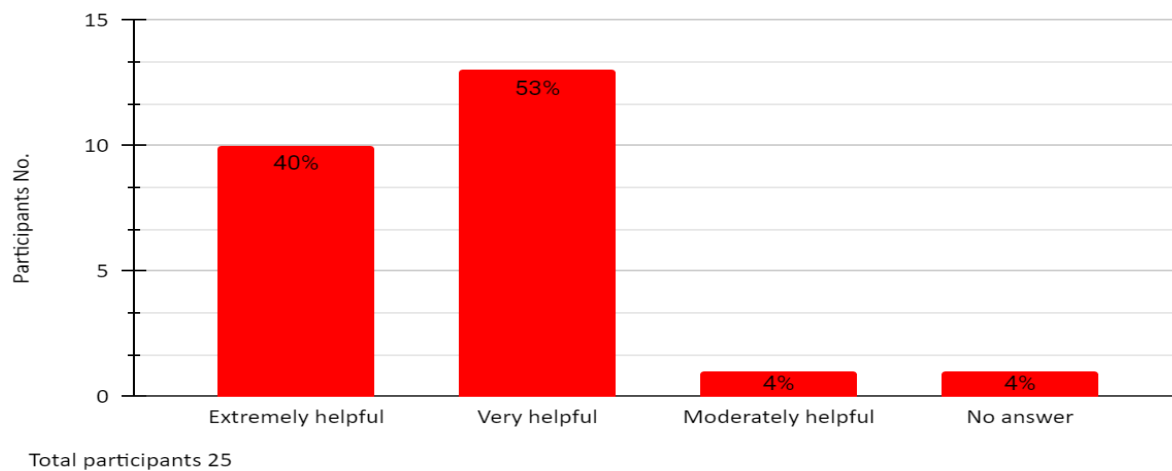


Out of 25 participants (14; 56.0%) found the training to be extremely effective in offering healthier alternatives while (8; 32.0%) found the training to be very effective. Only a small percentage (2; 8.0%) found the training to be moderately effective while the rest (1; 4.0%) did not provide an answer to the question.

**Q5. Helpfulness of Training in Reducing and Preventing Depression and Anxiety (How helpful was this training in providing methods for reducing and preventing depression and anxiety?)**

**Helpfulness of Training in Reducing and Preventing Depression and Anxiety**

How helpful was this training in providing methods for reducing and preventing depression and anxiety?

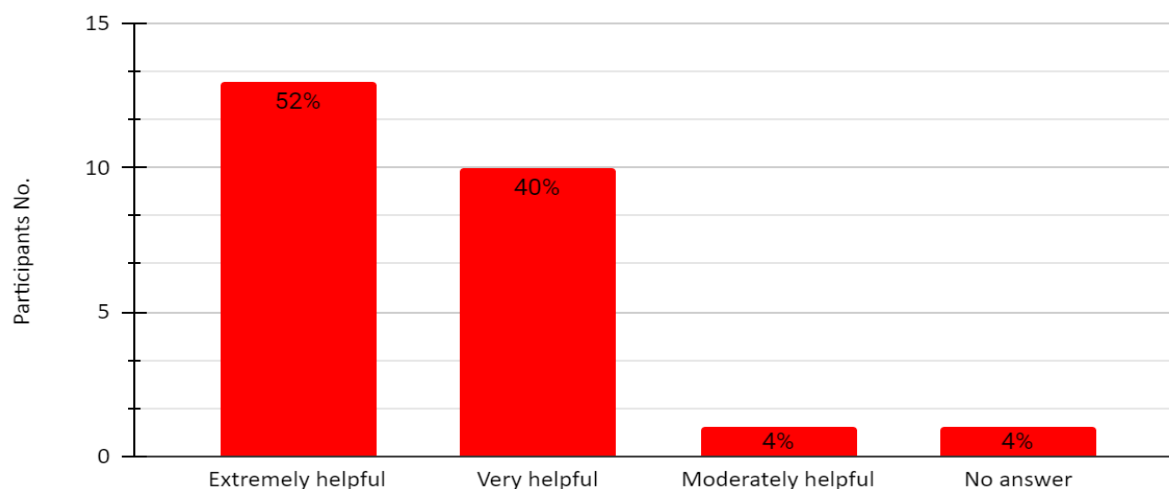


Out of the 25 participants, feedback on the training's impact on managing depression and anxiety was provided by all. 10 (40.0%) described it as extremely helpful, while 13 (53.0%) found it very helpful. Additionally, 1 (4.0%) participant found it to be moderately helpful, with 1 (4.0%) not responding to this question.

**Q6. Helpfulness of Training in Improving Social Supports(How helpful was this training in providing methods for improving social supports?)**

## Helpfulness of Training in Improving Social Supports

How helpful was this training in providing methods for improving social supports?



25 total participants

Out of the 25 participants in the training, only 24 individuals shared their feedback on the training in providing methods of improving social support. 13 (52%) described it as extremely helpful, while 10 (40%) found it very helpful. Additionally, 1 individual (4%) found it to be moderately helpful, while 1 (4%) didn't respond to this question.

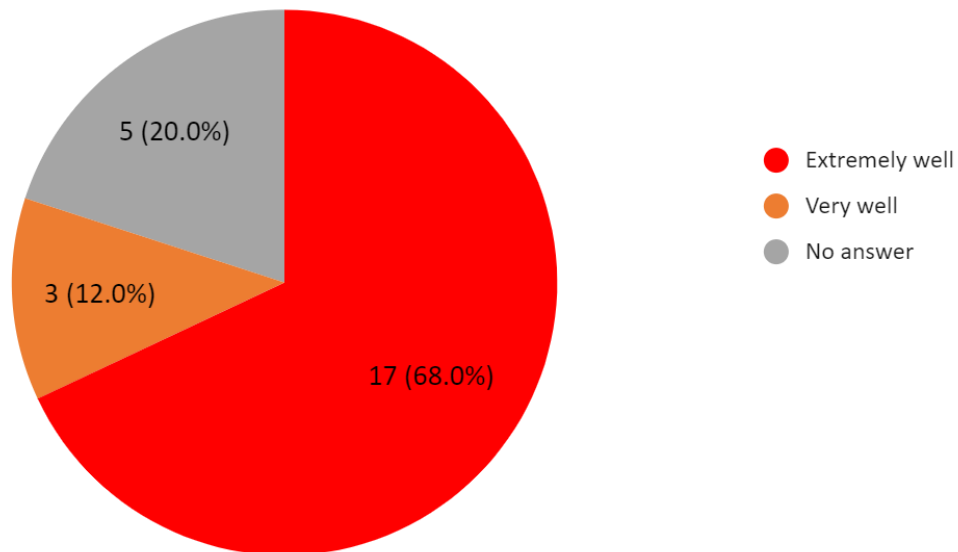
### **Q7. Skills or Tools Resonated from the Training (What mental health or recovery skills or tools resonated with you and/or you plan to use after the training?):**

24 out of 25 respondents answered the question. Diverse feedback was provided for this question, with varying responses indicating many skills resonated with them, such as learning about other recovery resources and social groups. Examples included, "Some of the self care tools will be useful," "Different recovery groups other than AA and NA that new people where they're at. Community. Numerous resources to help better my professional life," and "Different meetings other than AA and NA such as the Phoenix multisport and Icares meetings. Also different ways to get back into a spiritual community without attending church. Lots of different ways to acquire community. Different methods of therapy other than talk therapy. Many resources nearby to help with job training, job placement, volunteering etc and so much more.."

**Q8. Instructor's Conveyance of Information (Overall, how well did the instructor convey the information in a way you could understand?):**

### **Instructor's Conveyance of Information**

Overall, how well did the instructor convey the information in a way you could understand?

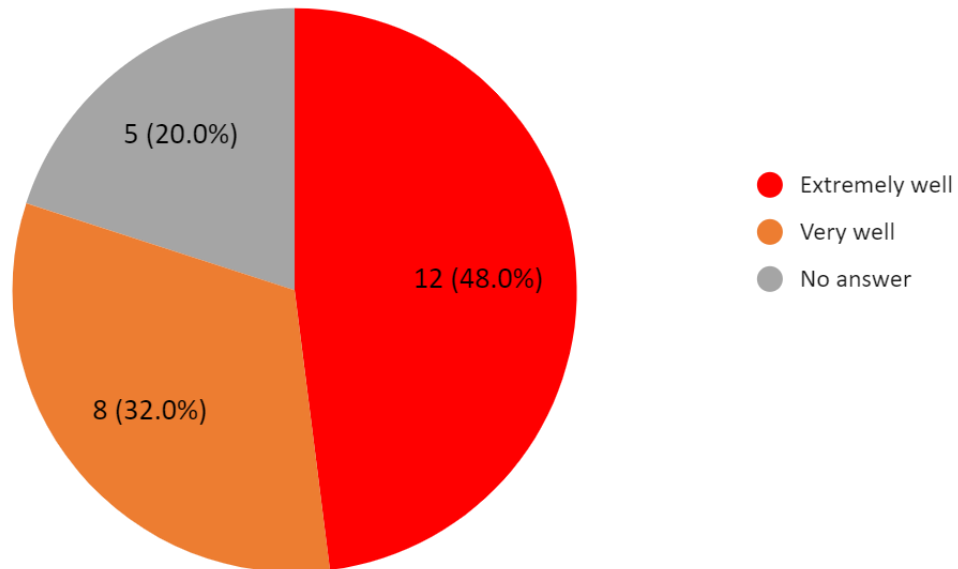


On the instructor's delivery, 17 participants (68%) agreed that the instructor conveyed the information extremely well while 3 participants (12%) agreed that the instructor conveyed the information very well. Five individuals (20%) didn't share their opinion.

**Q9. Alignment of Training Content with Expectations (Overall, how well did the content that was covered in the training match what you expected to learn about?):**

## Alignment of Training Content with Expectations

Overall, how well did the content that was covered in the training match what you expected to learn about?



Regarding the alignment of content with expectations, 12 participants (48%) felt the content matched extremely well with what they hoped to learn while 8 participants (32%) felt the content matched very well with what they expected. It's important to note that 5 (20%) participants didn't share their feedback on this question.

### Q10. Uncovered Topics in the Training (What was something you were hoping to learn about during the training that was not covered?):

Out of 25 participants, 14 added comments about the training. Comments included:

- *They covered everything and more!*
- *The training covered things I didn't know.*
- *More about how to accumulate our hours, where to go from here, career opportunities, more about volunteering and continuing education units (CEUs).*
- *I really wasn't sure what to expect, so it was good.*
- *Nothing, I really learned a lot.*
- *Precisely how much homelessness instability plays in the recovery process.*
- *I thought the program was to recover from any trauma, not just drugs and alcohol, I would have liked to touch on others.*
- *Everything was covered thank you.*

- *Nothing, the teacher covered all of my expectations.*
- *I feel I learned everything I had hoped to be educated on.*
- *More places to volunteer but my professor is sending those out in a few days so I guess that was covered. I was just volunteering - there were so many different resources that were given just not any specifics that we're looking for volunteers at this actual time so it was covered just not in specifics.*
- *More actual volunteer opportunities yet I was given so many resources to find them that expectation was met. A lot more medication assisted therapies but again I was given so many resources that medication was met as well; maybe not the way I wanted it to be for the situation that I'm trying to help but that's just the way the laws are not anything that she could have done. So really absolutely nothing that she could have covered better. I asked a lot of questions and she put out a lot of information in a very digestible way.*
- *How to deliver Narcan.*
- *Volunteer opportunity is but they were given many different tools to find opportunities that I have used since.*

**Q11. Additional Comments (Do you have any additional comments or suggestions for improving the overall training and/or content discussed?):**

Out of 25 participants, 10 added additional comments about the training. Comments included:

- *Hopefully it can be in person for future participants.*
- *The instructors were so amazing. I just wanted to let them know they made the course so much more because they made it interesting and allowed me to express my true and honest feelings.*
- *Not at all. I was and am pleasantly surprised at just how much material was covered and in the precision in which it was covered and imparted.*
- *The teacher was amazing.*
- *Nothing except what I said in the previous common comment.*
- *I think the instructor was excellent at thoroughly going over all the information for the class and I learned a lot from her great teaching methods.*
- *No, this class was a breath of fresh air. Love the professor's passion and way of making everyone feel comfortable.*
- *Love Heather as a trainer. Knowing that the way addiction is starting to be dealt with and is going to be done within the future is different gives me a lot of hope and it made me excited to start advocating for myself. The only thing I misunderstood was how to plug my hours in because everybody's computers were different and the website had just been changed. It wasn't really the trainer's fault, it was just a technology glitch. Yeah I*

*have about three different resources to go to if I cannot figure this out but she gave resources as to where we can go that have people to help us figure that out. She's very efficient, and was the perfect person to teach a class like this and I'm sure many others.*

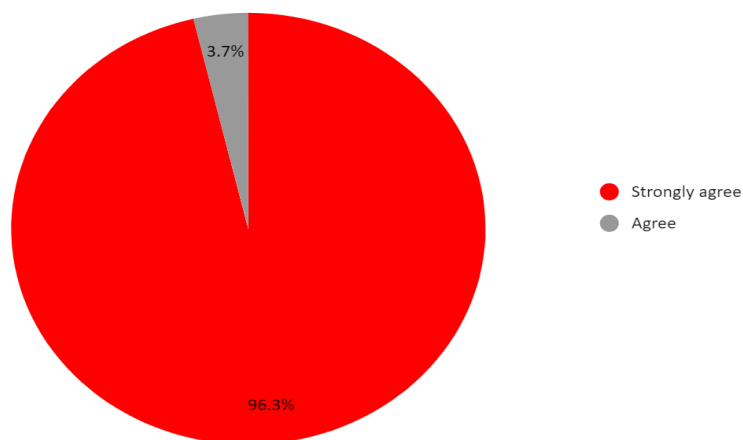
- *Pretend to deliver Narcan.*
- *No, I thought the class was a breath of fresh air and was just what I needed at the time. The trainer loved that we networked and helped each other as well as her give us many resources to help ourselves, others, and our career goals. My only complaint is the technology part... It's been very hard getting my certification itself and understanding how to put hour's into the licensing/ board website due to the page coming up differently on phones, tablets, laptops etc. I am worried I now can't get my certification hours for this class and am not sure who to contact. I contacted my trainer and the board this is my third time doing my second survey...I understand tech glitches completely. I'm just worried I now won't receive credit for these hours and will have to start over. Very eager to get into the field.*

## Survey G: PAPER SURVEY Narcan Training (Year 2)

**Number of participants:** 455 individuals participated in Narcan/Opioid training courses and completed paper surveys around their satisfaction with the course.

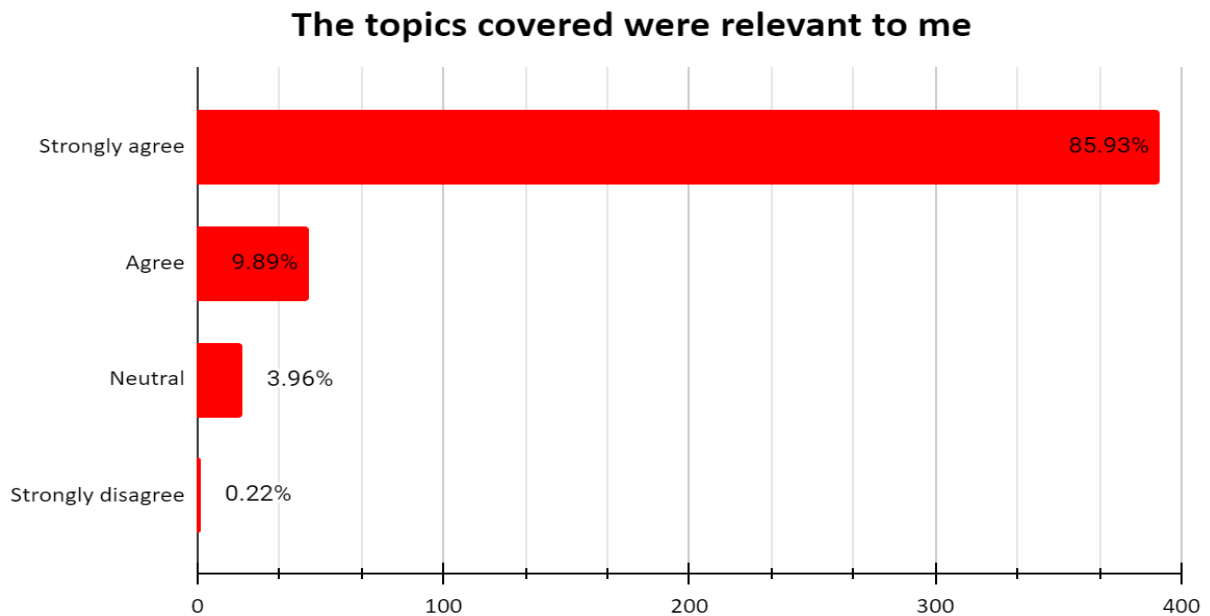
### 1. The objectives of the training were clearly defined.

The objectives of the training were clearly defined



96.3% (438) strongly agreed that the training objectives were clearly defined, and 3.7% (17) agreed that the objectives were clearly defined.

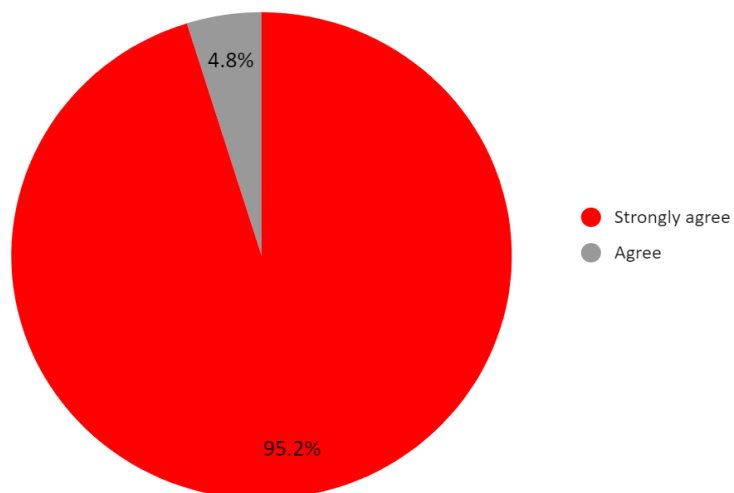
## 2. The topics covered were relevant to me.



85.93% (3911) strongly agreed that the topics covered were relevant to them, while 9.89% (45) agreed. Only 3.96% (18) were neutral about the relevance of the topics and a minimal percent 0.22% (1) strongly disagreed.

## 3. The content was organized and easy to follow.

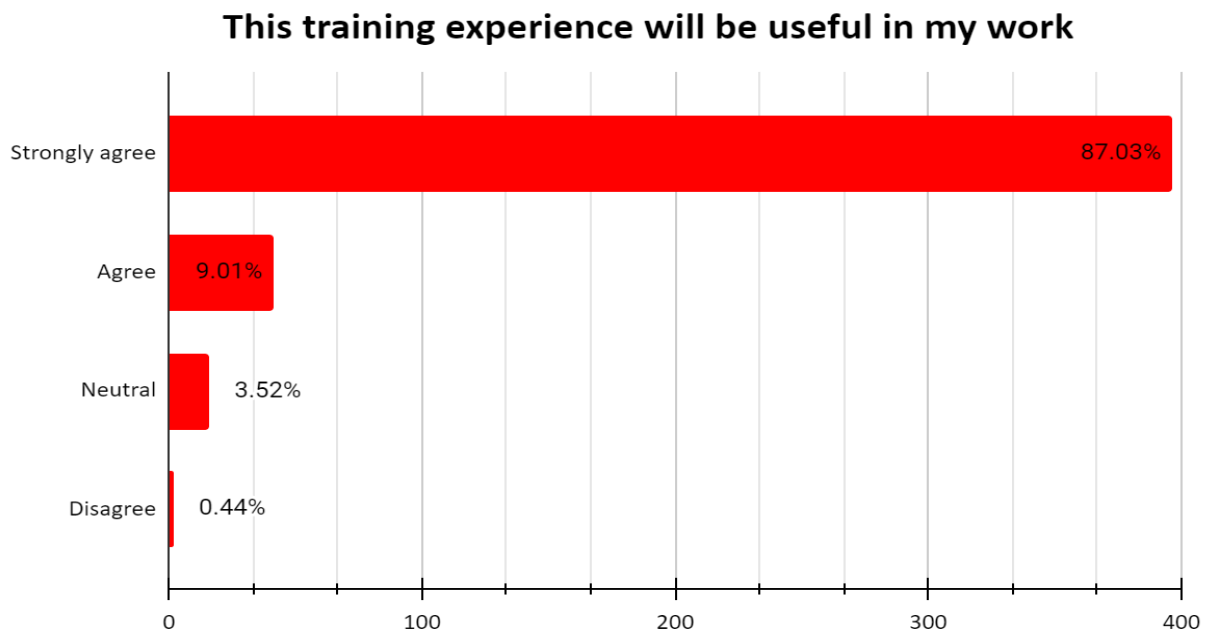
**The content was organized and easy to follow**



96.3% (433) strongly agreed that the training was well-organized and easy to follow, while 3.7% (22) agreed that it was organized and easy to follow.



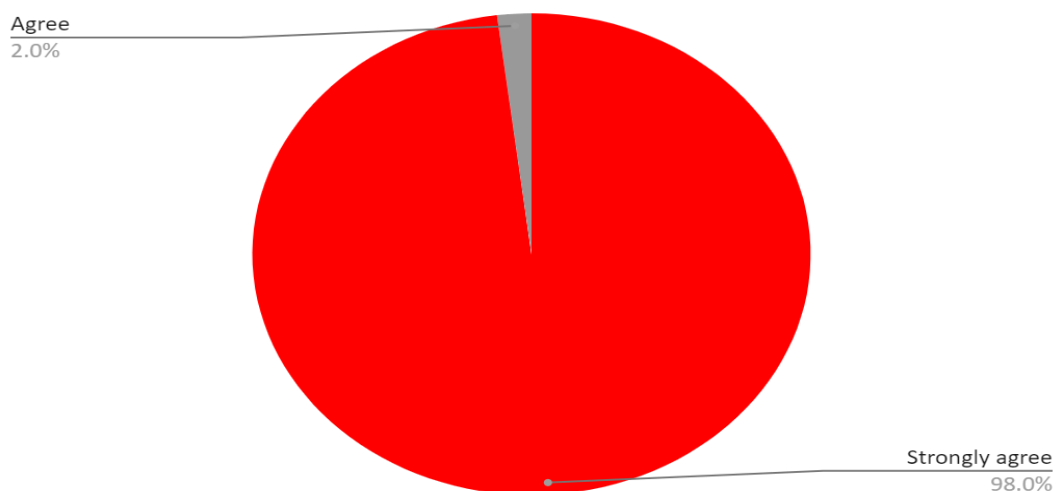
#### 4. This training experience will be useful in my work.



87.03% (396) strongly agreed that the training experience would be useful in the workplace, while 9.01% (41) agreed. Only 3.52% (16) were neutral about the training experience being useful in the workplace, and a minimal 0.44% (2) disagreed.

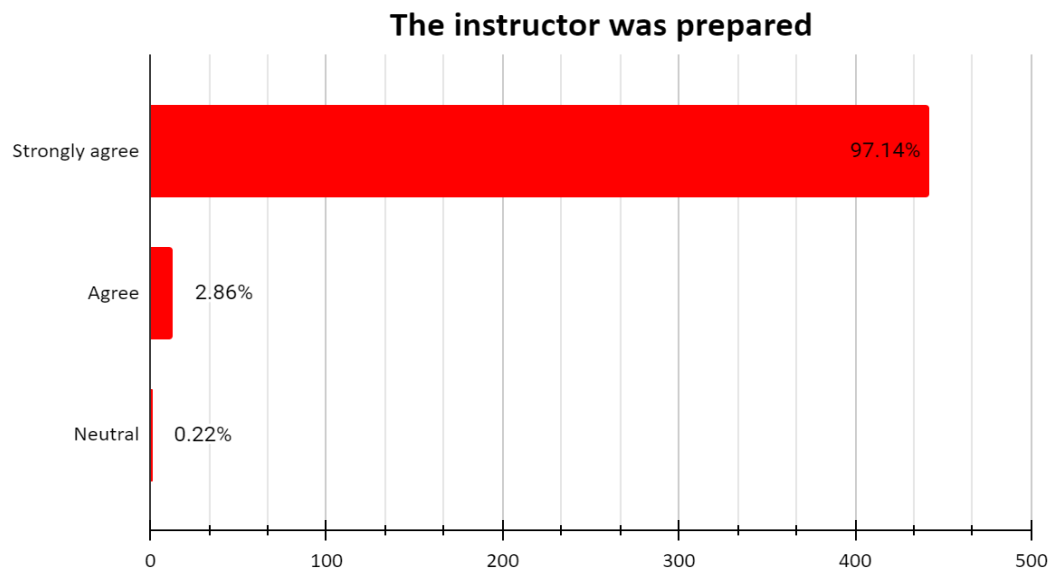
#### 5. The instructor was knowledgeable about training topics.

##### The instructor was knowledgeable about training topics



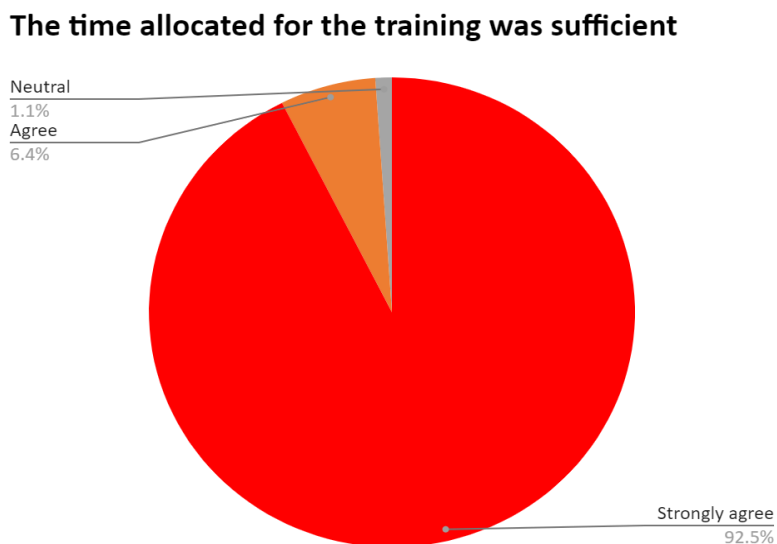
98% (447) strongly agreed that the instructor was knowledgeable about training topics, while 2% (9) agreed.

## 6. The instructor was prepared.



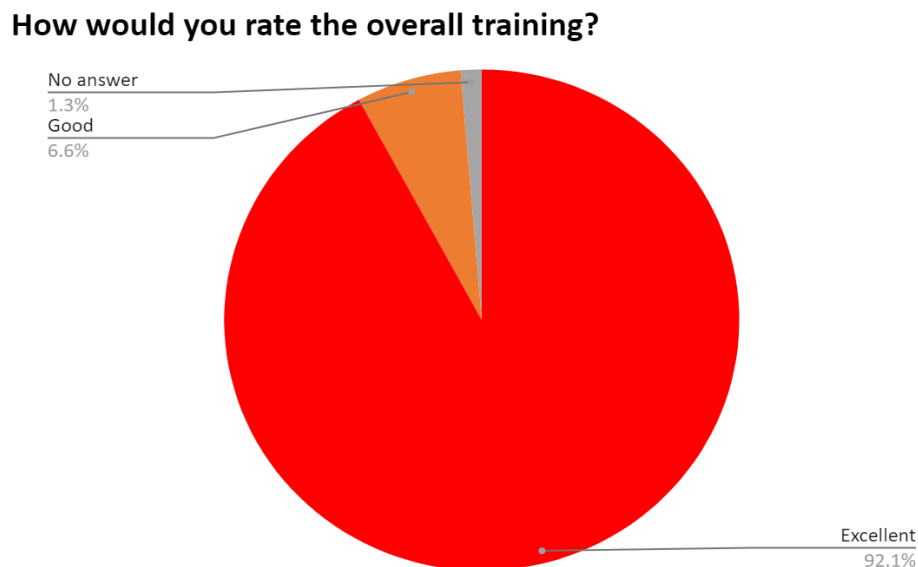
97.14% (442) strongly agreed that the instructor was prepared for the course very well, while 2.86% (13) agreed. Only 1 person (0.22%) was neutral about the instructor's preparedness for the course.

## 7. The time allocated for the training was sufficient.



92.5% (421) strongly agreed that the time allocated for the training was sufficient, while 6.4% (29) agreed. Only 1.1% (5) of individuals were neutral about the time sufficiency for the course.

## 8. How would you rate the overall training?



Regarding the overall training rate, 92.1% (419) found the training excellent overall while 6.6% (30) found it good. 1.3% (6) of the participants didn't share their opinion.

## Conclusion

The second year of the grant represented continued partnership building and great strides in programming and training. Data collection continued, and program operations expanded to include more training and outreach to individuals across Burlington County. The final year of the grant, Year 3, will include robust training and further dissemination of critical information throughout the County.

## Appendix

### Training Log Full Tables A - E (Year 1 + Year 2 data, where available)

#### Year 1 Training Log Table A: 925 individuals trained

Year 1 Overall Log (as of September 21, 2023)				
Date	# of Participants	Organization or Location of Narcan Training	Received Narcan Y/N	Received Resource Information Y/N
3/2/2023	9	Burlington City	N	Y
3/4/2023	35	Black Balloon Day Social Service	N	Y
3/1/2023	515	Bordentown HS	N	Y
3/24/2023	7	Florence Fire Department	Y	Y
3/28/2023	28	CIT	Y	Y
4/4/2023	12	Cinnaminson HS social workers	Y	Y
4/14/2023	7	Airgas Riverside	Y	Y
4/18/2023	11	Mercury Group	Y	Y
4/24/2023	21	Community Members	Don't Know/ Unclear	Y
4/25/2023	7	One Stop	Y	Y
5/3/2023	35	Rowan/Rowan College of Burlington County	Y	Y
5/3/2023	20	Monthly Oxford Meeting 1	Y	Y
5/7/2023	40	Monthly Oxford Meeting 2	Y	Y
5/9/2023	14	Marcella's Nursing	Y	Y
5/17/2023	1	Westampton Community Member	Y	Y
5/15/2023	15	Family Support Organization	Y	Y
5/31/2023	14	First Presbyterian Church	Y	Y
6/8/2023	5	Riverline Outreach Police Partner	Y	Y
6/13/2023	49	American Water 1	Y	Y
6/14/2023	23	American Water 2	Y	Y
6/25/2023	6	NextJourneySoberliving (Webinar) (Good Samaritan)	Y	Y
7/14/2023	2	Redroof Inn	Y	Y
7/18/2023	6	Westampton First Responders	Y	Y
8/8/2023	4	Emergency Services Training Center	Y	Y
8/28/2023	39	Delran Fire Department	Y	Y

<b>Total</b>	<b>925</b>	<b>---</b>	<b>345</b>	<b>925</b>
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**Year 2 Training Log Table B: 1406 individuals trained**

<b>Year 2 Overall Log (as of August 29, 2024)</b>				
<b>Date</b>	<b># of Participant s</b>	<b>Organization or Location of Narcan Training</b>	<b>Received Narcan Y/N</b>	<b>Received Resource Information Y/N</b>
12/5/2023	11	WTPD (Westhampton Police Dept)	Y	Y
12/10/2023	20	MLFD (Mount Laurel Fire Dept)	Y	Y
12/10/2023	13	EFR (evesham Fire Rescue)	Y	Y
1/8/2024	50	Palmyra High School	N	Y
1/30/2024	62	Charles Street School	N	Y
2/6/2024	29	Palmyra Preschool	N	Y
02/21/2024	27	Burlington City Police	Y	Y
3/12/2024	450	Bordentown high school	N	Y
3/26/2024	615	Student or school?	N	Y
3/26/2024	2	Community member	N	Y
6/4/2024	124	Cinnaminson School District	N	Y
Unknown	1	MURO	Y	Y
Unknown	1	MLFA (Mount Laurel Fire Academy?)	Y	Y
Unknown	1	HLFD	Y	Y
<b>Total</b>	<b>1406</b>	<b>---</b>	<b>74</b>	<b>1407</b>

**Year 1 Training Log Table C: 6 individuals attended webinar**

<b>Good Samaritan Webinars Log (NextJourneySoberliving)</b>					
<b>Bag Number</b>	<b>Date</b>	<b>Recovery Resource Info Provided (Y/N)</b>	<b>Where Narcan was provided</b>	<b>Initials of Individual that received Narcan</b>	<b>Date Narcan was distributed</b>
309	6/25/2023	Y	Y	JB	-
329	6/25/2023	Y	Y	TH	-
319	6/25/2023	Y	Y	DH	-
310	6/25/2023	Y	Y	DT	-
314	6/25/2023	Y	Y	MW	-

330	6/25/2023	Y	Y	TW	-
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**Year 1 + 2 Training Log Table D: 1,847 individuals trained**

<b>Substance Use Disorder Key Community Members Log Fentanyl Safety, Narcan and Smoking Cessation Training</b>						
<b>Location of Training</b>	<b>Date</b>	<b>Recovery Resource Info Provided (Y/N)</b>	<b>Number of Individuals in attendance</b>	<b>Staff Member's Initials who conducted training</b>	<b>Key Community member that set up training First and last name</b>	<b>Note</b>
Bordentown high school	3/2/2023	Y	25	BM	-	No Narcan
Bordentown high school	3/2/2023	Y	20	BM	-	No Narcan
Bordentown high school	3/2/2023	Y	20	BM	-	No Narcan
Bordentown high school	3/14/2023	Y	450	BM	-	No Narcan
Palmyra High School	1/8/2024	Y	50	-	-	No Narcan
Charles Street School	1/30/2024	Y	62	-	-	No Narcan
Palmyra Preschool	2/6/2024	Y	29	-	-	No Narcan
Bordentown high school	3/12/2024	Y	450	-	-	No Narcan
Student or school?	3/26/2024	Y	615	-	-	No Narcan
Community member	3/26/2024	Y	2	-	-	No Narcan
Cinnaminson School District	6/4/2024	Y	124	-	-	No Narcan

Total			1,847			
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**Year 1 + 2 Training Log Table E: 158 individuals trained**

Training Provided to First Responders		
Date	# of Participants	Organization or Location of Training
3/24/2023	7	Florence Fire Department
3/28/2023	28	CIT
7/18/2023	6	Westampton First Responders
8/8/2023	4	Emergency Services Training Center
8/28/2023	39	Delran Fire Department
12/5/2023	11	WTPD (Westhampton Police Dept)
Unknown	1	MURO
12/10/2023	20	MLFD (Mount Laurel Fire Dept)
Unknown	1	MLFA (Mount Laurel Fire Academy?)
Unknown	1	HLFD
12/10/2023	13	EFR (evesham Fire Rescue)
02/21/2024	27	Burlington City Police
<b>Total</b>	<b>158</b>	--

**Year 2 Naloxone & Resource Distribution 2024 Table F: 539 bags distributed**

Naloxone and Recovery Resource Bag Distribution Record			
Date	# of Bags	Recovery Resource Info Provided	Location of Distribution
10/23/2023	38	Y	BCSSSD
11/15/2023	18	Y	Hampton Academy
11/16/2023	7	Y	BCSSSD Security
11/28/2023	32	Y	RCBC SNA
12/6/2023	13	Y	BCAS
12/8/2023	41	Y	LRHSD
1/12/2024	14	Y	Burlington Twp HS
1/23/2024	6	Y	Prevention Plus
1/23/2024	1	Y	Cinnaminson Schools
1/23/2024	4	Y	BCHD
1/23/2024	1	Y	Contact of Burl. Co.
1/23/2024	6	Y	Unknown
1/23/2024	17	Y	BC Human Services
1/29/2024	1	Y	BC Human Services
2/2/2024	12	Y	BC Library
2/5/2024	17	Y	Bordentown HS
2/8/2024	1	Y	BC Human Services
3/14/2024	2	Y	BCIT Medford
3/26/2024	1	Y	Level Up
3/26/2024	2	Y	PTK CARES
4/1/2024	16	Y	RCBC
4/10/2024	20	Y	BCPO
4/24/2024	17	Y	BC BOE
5/1/2024	13	Y	NBSD
5/8/2024	9	Y	BCPO
5/23/2024	13	Y	BCCO
6/6/2024	38	Y	BCSCRT
7/12/2024	7	Y	Catholic Charities
7/30/2024	76	Y	RCBC Nursing
8/19/2024	2	Y	Central Baptist Church
8/20/2024	24	Y	Life Center Academy
8/28/2024	23	Y	Woodland Twp SD
Unknown	3	Y	BC Human Services



Unknown	4	Y	Delran HS
Unknown	3	Y	Eastampton School
Unknown	1	Y	Maple Shade
Unknown	19	Y	MSHS
Unknown	10	Y	NJEA
Unknown	1	Y	Burlington NJEA
Unknown	6	Y	RVHS
<b>Total</b>	<b>539</b>	-----	-----