

December 18, 2019

Issue 16

Valuable Resources

[Weitzman Institute: Pain and Opioid Education and Support](#)

[Safe Prescribing Guidelines](#)

[Medication Disposal Locations](#)

[CHCF Issue Brief: MAT for Opioid Use Disorder overcoming objections](#)

[Paid training opportunity for individuals to become certified drug and alcohol counselors](#)

[Humboldt County Treatment Options](#)

[The Connection Calendar of Free Weekly Classes](#)

[Our Pathways to Health Workshops](#)

Upcoming Events

Rx Safe Humboldt Coalition Meeting
Friday January 24, 2020 at 8:30 am
at Hospice of Humboldt

Save the Date

2020 Humboldt County
Opioid Safety Summit
Thursday April 9th, 2020

Substance Use Disorder and Brain Development

The inputs a brain experiences during its developmental stages have a profound impact on whether that person will develop a substance use disorder (if they choose to drink or use other drugs).

In turn, developing a substance use disorder (SUD) as a tween, teen, or young adult dramatically influences that person's brain development.

And why is understanding this causality important?

[Read More](#)



[Sesame Street in Communities](#) is a project that is providing resources, strategies and support for community providers who interact with families and children. Topics include homelessness, trauma and addiction.

In the typical Sesame Street fashion, videos and resources are designed

with children in mind.

[Watch one of the Parental Addiction videos here](#)



Pediatricians First Responders for Preventing Substance Use

As substance use-related deaths increase at an unprecedented rate, prevention and intervention efforts must be part of the overall strategy to respond to the current crisis.

[Read more](#)

Perinatal Substance Use Disorder Project Update

As part of the Perinatal SUD Project, partners from DHHS Public Health Programs, First Five Humboldt, St. Joseph Health, and Open Door collaborated to develop client-facing education materials related to Cannabis use during pregnancy and breastfeeding.

In addition to the education materials, the workgroup also developed [clinical guidelines for providers](#) to have discussions about cannabis with their pregnant patients and parents/guardians of children aged 0-20. To support service providers in delivering a uniform message across the community, members of the cannabis workgroup have been providing a series of presentations on the education materials and guidelines.

The education is currently being distributed to a variety of provider offices in OB, family practice and pediatric offices, including local area hospital birthing floors. In the near future, these materials will also be offered in local cannabis dispensaries within the city of Eureka.

For additional information contact
Emily Adams
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An infographic titled "Cannabis is legal in California. Here are some things you need to know." It consists of six colored boxes with icons and text:

- Cannabis and caring for children don't mix.** (Icon: Person holding a child) It's best not to look after children when you are high. Caring for children requires adults to be alert.
- Talk to your kids about cannabis early and often.** (Icon: Speech bubble) Children listen to their parents about cannabis use. One of the reasons young people choose to avoid drugs is because they know their parents don't approve. Parents can make a difference. Use open-ended questions, empathy and honesty.
- Do not consume and drive with children in the car.** (Icon: Car) Driving high is a DUI. It doesn't matter what substance you are using. If you are not sure whether you are impaired, do not drive.
- Cannabis poses a risk to the baby.** (Icon: Pregnant woman) Steer clear if you are pregnant or nursing. Cannabis is harmful to developing brains. Using cannabis in any form can expose your baby to harmful substances.
- Don't smoke cannabis around your child, ever.** (Icon: Child) It's important to protect children from secondhand smoke. Exposure to secondhand smoke increases your baby's risk for Sudden Infant Death Syndrome (SIDS), and respiratory problems such as asthma.

Release of the HMA Humboldt County-Transitions of Care Final Report

The Final Humboldt County Transitions of Care for People with Addictions Process Improvement Event Report can be accessed [here](#). The Process Improvement Event report serves as a reference guide containing the highlights of all of the information that was discussed during the June 19-20, 2019 event.

The project has now officially pivoted to the Technical Assistance or "TA" phase that will enable the project TA through September 2020. The HMA website, Addictionfreeca.org, serves as the navigator to the technical assistance tracks. The website is the gateway to all project information, hosts the recordings of our webinar series and access to additional

trainings in the future. Please familiarize yourself with all of the valuable content and opportunities hosted on the TA Website Addictionfreeca.org.

For additional information about this project, TA and resources can be found at Addictionfreeca.org

Give Back During the Holiday Season

The [Humboldt IPA \(2662 Harris St. Eureka\)](#) and the [Priority Care Center \(2316 Harrison Ave. Eureka\)](#) are collecting donations of personal care items and toiletries for the [Eureka Rescue Mission](#). Please consider bringing a donation to one of these locations. For more information contact Lisa Green at 707-443-4563 ext. 14



On Demand Webinars and Trainings

A Free Course for Healthcare Professionals:

Help your patients hack their brains for better health

Course description:

With a growing public interest in and research base underlying mindfulness, clinicians are increasingly interested in learning what it is, how it works, what research is credible, and how to help their patients.



To learn more and to register for this course click [here](#)



NATIONAL ACADEMY OF MEDICINE

Leadership • Innovation • Impact | *for a healthier future*

Tapering Guidance for Opioids Existing Best Practices and Evidence Standards

The National Academy of Medicine Webinar

Click to View!

More than 1 in 10



American adults experience chronic pain

» Chronic pain is defined as pain that lasts >3 months



One on One Provider Training

Our team of opioid and chronic pain trainers have been making the rounds all over Humboldt County to support providers. Our curriculum spans topics such as: Informed consent, Assessments, Prescription Drug Monitoring Program (CURES), Naloxone, and Opioid Use Disorder Management. We are available to meet one-on-one or in a group setting like an all-staff meeting. We tailor our discussion to

fit the time you have available, from 15 minutes to 1 hour, we are willing to meet you where you are at.

If you or someone you know is interested in talking with our team of academic detailers, please contact Dr. Mary Meengs by [email](#).

Rx Safe Humboldt and the **Humboldt Community Health Trust** are teaming up to bring you the most up to date news and information regarding Opioids and other Substance Abuse issues. This comprehensive newsletter will also highlight some of the work that both of these groups are doing across Humboldt County and the North Coast.

If you would like to submit information for this newsletter or have questions about the Humboldt Community Health Trust or Rx Safe Humboldt please contact Rosemary DenOuden at rdenouden@humboldtipa.com or Jessica Osborne-Stafsnes at josborne@nchiin.org

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