

July 11, 2018

Issue 1

Welcome

[Visit our website](#)

Dear Coalition Partners,

We are excited to connect with you on a new level with our newsletter. The goal of our newsletter is to share information, resources, and updates with you. As a Coalition, we carry out tremendous work together and to celebrate and recognize our efforts is incredibly important as we move forward.

Please let us know of any feedback or updates you would like to add to future newsletters.

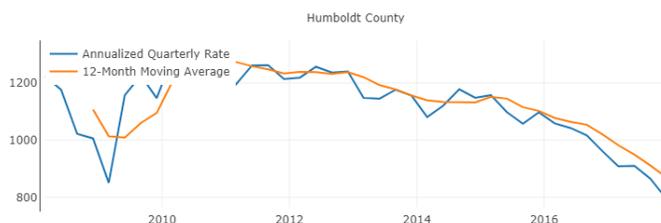
Thank you,

Rosemary Den Ouden and Mary Meengs, MD

2017 Dashboard Numbers

There were 135,617 prescriptions for opioids in Humboldt in 2017, excluding buprenorphine. The annual prescribing rate was 869.8 per 1,000 residents. The above chart presents the annualized quarterly prescribing rates. Since 2015, we have lowered our opioid prescription rates by 19%. It's up to us to work together to continue to lower the opioid prescription rates in Humboldt County.

To learn more about the 2017 data of Humboldt County, go [here](#).



Source: California Department of Justice - Controlled Substance Utilization Review and Evaluation System Data.

Prepared by: California Department of Public Health - Safe and Active Communities Branch.

What's in this Issue:

[CA Opioid Dashboard](#)

[Iowa Family Doctor Takes on the Opioid Epidemic](#)

[Academic Detailing](#)

[Webinar: Tapering Opioids](#)

[Our Pathways to Health Workshops](#)

[Morphine Equivalent Calculator](#)

[Safe Prescribing Guidelines](#)

Upcoming Events:

[Lunch and Learn](#)

Rx Safe Humboldt Coalition
Meeting: Friday, July 27th from
8:30-9:30 am at the Eureka
Community Health Center
Conference Room.

Iowa Family Doctor Takes On the Opioid Epidemic

Only about five percent of the nation's doctors are licensed to prescribe

Buprenorphine. As we continue our multi-faceted treatment approach here in Humboldt County, let's ensure that X-Waiver discussions become the norm. Make sure to read this article from the NY Times.



Patricia Rosenbloom, left, who takes Schwann's for her right shoulder, being seen by Andrea Dragalin, M.D., Buprenorphine, a nurse, in Dr. Gerstler's vital competence in treating addiction.
https://www.nytimes.com/2019/07/26/us/politics/doctor-opioid-epidemic.html

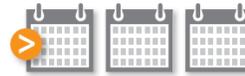
[NY Times article](#)

Academic Detailing

Our team of opioid and chronic pain academic detailers have been making the rounds over the last several months to help support local physicians. The remainder of our grant work goes through August 2019. We are revamping our current list of physicians in order to reach those who we have not had the opportunity to share with as of yet.

More than 1 in 10 
American adults experience chronic pain

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



If you or someone you know is interested in talking with our team of academic detailers, please contact Alex Bodie by [email](#) or phone at (707) 382-4228.

Webinar: A Deeper Dive Into Tapering Opioids: What Physicians Need to Know

Dr. Andrea Rubinstein, a board-certified anesthesiologist with a specialty in chronic pain, joins the series again this year. Her presentation, entitled, "A Deeper Dive into Tapering Opioids: What Physicians Need to Know," explores tapering for different patient situations.

Listen [here](#).



Lunch and Learn

Have plans on Tuesday, July
17 from Noon to 1:00 pm? Join
Public Health, Healthy
Communities, Alcohol and

Other Drugs, and Family Violence Prevention Programs for a webinar and discussion around "Thinking about the Opioid Epidemic in the Context of Trauma and Domestic Violence".

To register, [email](#) or call (707) 268-2132



Public Health, Healthy Communities,
Alcohol and Other Drugs and
Family Violence Prevention Programs

Lunch and Learn

Webinar and Discussion: Thinking About the Opioid Epidemic in the Context of Trauma and Domestic Violence: Framing the Issues

- **Group viewing of webinar followed by discussion**
- **Explore the background on the opioid epidemic**
- **Review framework for thinking about opioids in the context of trauma and domestic violence**
- **Discuss specific concerns of rural and Tribal communities, including the impact on domestic violence advocates and programs**
- **Engage in thinking through what helps when someone is experiencing emotional distress**
- **Look at factors that shape how we respond to distress and crisis.**

**Tuesday, July 17, 2018
Noon -1 p.m.**

**Community Wellness Center
908 Seventh St., Eureka, CA
Please bring your own lunch.**

Webinar content sponsored by: National Center on Domestic Violence, Trauma & Mental Health, National Indigenous Women's Resource Center and West Virginia Coalition Against Domestic Violence.

For more information: publichealthpei@co.humboldt.ca.us or 707-268-2132.



**I'm a part of
the solution.**

R_x Safe
Humboldt