



July 23, 2019

Issue 12

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.

**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](#)

**Up Coming Events**

Rx Safe Humboldt Coalition Meeting  
Friday July 26 at 8:30 am  
at Hospice of Humboldt

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

[Our Pathways to Health Workshops](#)

**Transitions of Care for People with Addiction in Humboldt County**

**Project Update**

Humboldt County was chosen as a site of focus by several statewide efforts as a result of the California Department of Healthcare Services MAT Expansion Project 2.0. One of the projects, led by Dr. Corey Waller from Health Management Associates (HMA), is focused on building sustainable transitions of care for Substance Use Disorder treatment (SUD), with the ultimate goal of developing a high-quality, county-wide system of safe and effective treatment.



Mentioned above, Dr. Waller and his team hosted a two-day performance improvement event in Humboldt County in June focused on developing a better treatment ecosystem of substance use disorder care in Humboldt County. The event included over 120 registered individuals and 22 unique programs/organizations. Participants captured current state and barriers related to screening, assessment, and linking individuals to SUD treatment, and the end of the event focused on the development of a future state system architecture. HMA is developing a draft report that we expect will be released at the end of the month for comment. Our many thanks to you and your colleagues who participated.

One of the outcomes of the meeting was to identify shared community-wide substance use disorder screening tool and assessment tool. At the June Rx Safe Humboldt opioid safety coalition meeting, there were numerous requests from meeting participants to hold a follow-up conversation about identifying shared tools and deciding on which tools to use. The

Accountable Community for Health, in partnership with Rx Safe Humboldt and DHHS hosted a follow up meeting on Thursday, July 18<sup>th</sup> to finalize the tool recommendations, the following were identified and agreed upon

- Screening: CAGE-AID, NIDA Quick Screen, 4P's (Perinatal Population); TBD evidence based tool for adolescents
- Assessment: ASSIST

Over the next several weeks HMA will be following up with participants to begin offering technical assistance to the participating organizations.

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## **\$16.4 Million Awarded to Support Medication Assisted Treatment Projects Across California**

Funding provided to 120 organizations, **including 4 in Humboldt County**, will increase prevention, treatment and recovery service activities for people with substance use and opioid use disorders.

The Center at Sierra Health Foundation through the Medication Assisted Treatment (MAT) Access Points Project announced more than \$16.4 million awarded to 120 organizations at more than 270 sites/access points throughout California. This funding will ensure that the delivery of MAT facilitates positive treatment outcomes, safe management of care transitions and long-term recovery for people with opioid and other substance use disorders.

MAT Access Point Project partners include primary care practices, hospitals, emergency departments, narcotic treatment programs/medication units, jails, residential centers, tribal health center, DUI providers, community and county mental health centers and other sites building new MAT access or expanding current MAT capacity.

The following organizations were awarded grant funding in Humboldt County, Alcohol Drug Care Services, Ins., Humboldt Area Center for Harm Reduction, Humboldt IPA and the North Coast Substance Abuse Council Inc.

A full list of organizations that received sub-contracts can be found at the [MAT Access Points Project website](#).

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## **We can't fight opioids by controlling demand alone**

Unless authorities also cut back on the supply, drug policy with continue to fail.

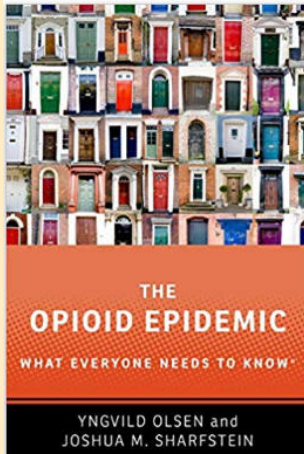
A recent article appearing in the Washington Post provides an interesting comparison of two communities that have a very different approach to combating the opioid epidemic and yet both have nearly identical high rates of drug overdose deaths.

*'How can we hope to stop this crisis if two utterly different drug policies still lead to the same result? The answer is that controls on both demand and supply are essential, and neither, by itself, is sufficient.'*

West Virginia and Vancouver, B.C., could not be more different in their responses to the opioid crisis. In West Virginia, addiction treatment programs are in short supply, with waiting lists as long as a year, and many people can't access existing programs because they lack health insurance and are too poor to pay out of pocket. The state's most populous city, Charleston, has exactly one needle exchange program, after political opposition closed the other one.

Meanwhile, city, state and federal law enforcement officials regularly make arrests designed to cut the supply of drugs in West Virginia. Vancouver, by contrast, is in a country that provides universal health insurance and has much less economic inequality than the United States. The city offers a

range of addiction treatment services, needle exchange programs, supervised drug consumption rooms and a clinic that prescribes heroin.... [Read more](#)



## The Opioid Epidemic What Everyone needs to Know

Book Review by Rosemary Den Ouden

Last month I was fortunate to attend the Opioid Leadership Summit in Sacramento where Dr. Joshua M. Sharfstein was a part of a panel discussing the economic impact of the Opioid Epidemic, it was during that session that I learned of the recent book that he had co-authored with his wife Dr. Yngvild Olsen.

I was fascinated by Dr. Sharfsteine's presentation so I thought I would pick up his book and read it on the flights home. To my surprise it was rich with fundamental information regarding the basics of opioids and opioid addiction, how we got here, treatment and prevention strategies and so much more. The book is formatted in a Q & A style using layman's terminology that allows any reader to understand the most complex of concepts. As the Humboldt IPA begins to offer additional services through our Priority Care Center, including MAT, we are providing this book to staff as a part of their training. Additionally this book or sections of the book could be used for patient education.

I highly recommend this book, it is a quick read and does a great job of filling in some knowledge gaps.

## 5 Initiatives that Improve Resilience in Youth



The sooner mental health conditions are treated, the more effective the treatment is likely to be. Not surprisingly, helping someone at a **young** age leads to better mental and physical health later in life. Youth is both a window of time in which great good can be done or grave harm.

Fortunately, there are youth-focused programs in this country that make a significant difference. Below are five exciting programs designed to support children, and to build a resilient foundation for their future.

1. [The Life Skills Training Program](#)
2. [Head Start—Trauma Smart](#)
3. [Recovery High schools](#)
4. [Good Behavior Game](#)
5. [Nurse-Family Partnership](#)

[Read the full article here](#)

[Click here for more information about the Well Being Trust](#)

## Academic Detailing

Our team of opioid and chronic pain academic detailers have been making the rounds all over Humboldt County to support physicians. Our

More than 1 in 10   
American adults experience chronic pain

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



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](#).

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](mailto:rdenouden@humboldtipa.com) or Jessica Osborne-Stafsnes at [josborne@nchiin.org](mailto:josborne@nchiin.org)

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