

August 8, 2018

Issue 2

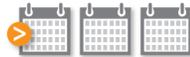
Welcome

Join our Mailing List

Academic Detailing

More than 1 in 10 
American adults experience chronic pain

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



Our team of opioid and chronic pain academic detailers have been making the rounds over the last several months to help support local providers. Are you interested in learning more about informed consent, assessments, CURES, naloxone, and opioid use disorder management? Please contact Alex Bodie by [email](#) or phone at (707) 382-4228.

After Opioid Overdose, Only 30 Percent Get Medicine to Treat Addiction

Medication for Opioid Use Disorder After Nonfatal Opioid Overdose and Association With Mortality: A Cohort Study was recently published in Annals of Internal Medicine. The study followed 17,568 patients who overdosed on opioids from 2012 to 2014 in Massachusetts. The study focused on survival rates over time and whether patients received medicines that treat addiction. “The stunning finding here is that we have effective treatments for people who survive an overdose but only 3 in 10 are getting those medications,” said Dr. Marc LaRochelle, lead author on the study. Read more [here](#).

What's in this Issue:

[Academic Detailing](#)

[After Opioid Overdose, Only 30 Percent Get Medicine to Treat Addiction](#)

[California Opioid Overdose Dashboard](#)

[Webinar: The Holy Trinity of Intoxication](#)

[Free Chronic Pain and Chronic Disease Workshops](#)

Valuable Resources:

[Our Pathways to Health Workshops](#)

[Morphine Equivalent Calculator](#)

[Safe Prescribing Guidelines](#)

[Complete Reference Manual for Assessment and Treatment of Acute and Chronic Pain](#)

Upcoming Events:

[PacOut Green Team Cleanup at](#)



Aubri, a Boston resident who has used heroin, overdosed last year and says she was not offered any treatment. (Jesse Costa/WBUR)

[Mad River Beach Park is August 18th](#)

[Lunch and Learn is August 21st](#)

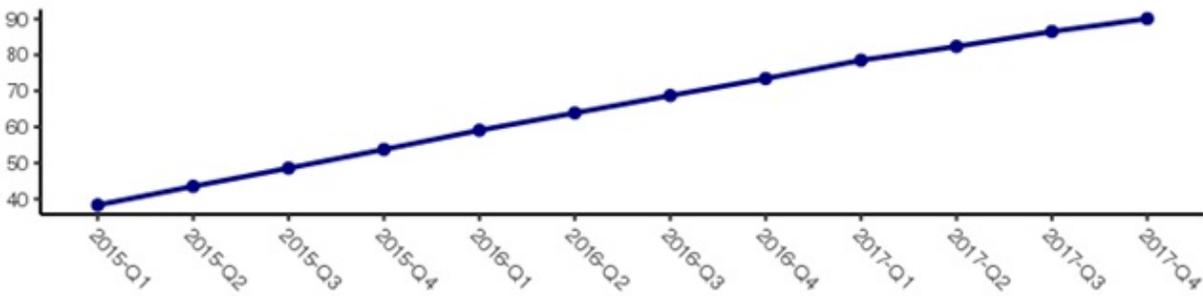
Rx Safe Humboldt Coalition Meeting is Friday, August 24th from 8:30-9:30 am

[International Overdose Awareness Day is August 31st](#)

Arts Alive "One Community" Event is September 1st

[National Recovery Month is the month of September](#)

Buprenorphine Prescriptions, 12-month Rates



This graph is from the Humboldt Opioid Overdose Snapshot, a report produced by the California Opioid Overdose Surveillance Dashboard. The annual buprenorphine prescribing rate in 2017 was 90.1 per 1,000 residents. This represents a 68% increase in buprenorphine prescribing from 2015. The [California Opioid Overdose Dashboard](#) is a vital resource to review data and learn how our County compares to the rest of the state.

Webinar: The Holy Trinity of Intoxication

The "holy trinity" is a drug regimen that includes at least one opioid, a benzodiazepine, and carisoprodol. In this webinar, Dr. R. Corey Waller discusses the combination of these three medications and how to mitigate patients' risk. This webinar is approved for AMA PRA Category 1 Credit™.

Listen [here](#).



Free Chronic Disease and Chronic Pain Workshops

Manage Your Health Challenges

Do you have chronic pain, diabetes, high blood pressure, back pain, heart disease or other ongoing conditions that affect your life or demand your attention on a daily basis?

FREE Workshops

Our Pathways to Health

Chronic Pain	Chronic Disease
<p>Willow Creek Tuesdays August 28th - October 2nd, 2018 1:00 - 3:30pm Willow Creek Community Health Conference Room • 38883 HWY 29</p> <ul style="list-style-type: none">• Understanding acute vs. chronic pain• Active living techniques for people experiencing chronic pain• Managing pain without medication• Discussion of medications that treat chronic pain• Working with providers and communication about chronic pain	<p>McKinleyville Thursdays August 30th - October 4th, 2018 1:00 - 3:30pm McKinleyville Community Health Center • 1644 Central Ave</p> <ul style="list-style-type: none">• Dealing with negative emotions• Managing medications• Working with your healthcare providers• Setting weekly goals• Managing symptoms• Living a fuller, healthier life

Workshops meet for 2 1/2 hours, once a week for six weeks
Each workshop is facilitated by peer leaders trained by Stanford University

Call for more information at **707.267.9606** or look for
"Our Pathways to Health" to register online at
eventbrite.com

Humboldt IPA
Humboldt Independent
Practice Association

PacOut Green Team Cleanup at Mad River Beach Park

PacOut Green Team will be at Mad River Beach Park for a beach cleanup. AEGIS Treatment Centers and Sunny Brae Middle School are sponsoring the event.

The focus will be to cleanup around the dunes, beach, and parking area.

Meet at the Mad River Beach Parking area at 8:45 am to sign in. The cleanup begins at 9:00 am and at 9:45 am we break for a group picture and raffle.

Learn more [here](#).



HUMBOLDT CHAPTER

**"Home of the weekly 60
minute cleanup!"**

Lunch and Learn



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

Lunch and Learn Part 2

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, August 21, 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.

Part 2 of last month's Lunch and Learn, Thinking About the Opioid Epidemic in the Context of Trauma and Domestic Violence, is happening on Tuesday, August 21st from Noon to 1:00 pm at the Community Wellness Center. Feel free to bring your lunch with you! For more information contact by [email](mailto:publichealthpei@co.humboldt.ca.us) or (707) 268-2132.

The 3rd Annual Overdose Awareness Day presented by HACHR

The Humboldt Area Center for Harm Reduction (HACHR) will present the 3rd Annual Overdose Awareness Day on August 31st from Noon to 5:00 pm at the Sacco Amphitheater, 1101 Waterfront Drive. There will be a Remembrance Space, speakers, food, music, tabling from community partners, and naloxone training. Please contact HACHR directly with any questions by [email](mailto:publichealthpei@co.humboldt.ca.us) or (707) 407-6013.

3RD ANNUAL

OVERDOSE AWARENESS DAY

JOIN US FOR AN AFTERNOON OF COMMUNITY AND EDUCATION

SPEAKERS-Local and national experts in Harm Reduction
REMEMBERANCE SPACE-Feel free to bring items to add to the space.
TABLING BY COMMUNITY PARTNERS
NALOXONE/NARCAN TRAINING
HCV/HIV TESTING
FOOD & MUSIC

AUGUST 31ST, 12:00-5:00
SECCO AMPITHEATRE

HEALTH.CHOICE.VOICE

CONTACT US AT: HACHR707@GMAIL.COM OR 707-407-6013

September 1st is the "One Community"
Arts Alive event in Eureka from 6:00-9:00 pm.
Make sure to stop by and visit our table!

Arts Alive "One Community" Event is September 1st

The September 1st Arts Alive focuses on all of us as being a part of one community. There will be several community groups sharing resources and tabling. The goal of the "One Community" event is to reduce

the stigmas that many of our community members endure. There will be art displays in numerous galleries throughout Old Town Eureka as well as interactive shows. Rx Safe Humboldt will be tabling. We hope to see you there!

National Recovery Month

Recovery Month is a national observance sponsored by SAMHSA. The observance raises awareness of mental and substance use disorders, celebrates individuals in long-term recovery, and acknowledges the work of prevention, treatment, and recovery support services. Download the Recovery Month toolkit [here](#) to help spread the word.



Visit our Website