

Agenda

Together, recovery is possible action collaborative

Together, recovery is possible

May 17, 2022; 1:00 pm to 2:30 pm

Port Gamble S'Klallam Wellness Center Room 212, 32014 Little Boston Road, Kingston, WA 98346

<https://us02web.zoom.us/j/87406818397>

COVID Protocol: To best protect and honor everyone's safety, county and venue-specific safety precautions are followed at all OCH events. At this event the following safety precautions will be followed:

- In alignment with venue protocols, masks will be required.*
- OCH is requiring proof of up-to-date COVID-19 vaccination for in-person attendance, in support of the health-serving workforce. Up-to-date means fully vaccinated and have received a booster dose if eligible.*
- OCH encourages participants to take additional safety precautions as they aid in personal comfort.*

Purpose

The purpose of the together, recovery is possible action collaborative is to create a 4-year action plan (2023-2026) with organizational, Tribal, community, and regional actions to advance the focus area including: a desired regional result, indicators, target population, and both near- and long-term actions.

At the end of 2022, the four action collaboratives will come together to present to the OCH Board of Directors on progress and plans for the upcoming year.

Objectives

- Identify indicator themes
- Identify target populations
- Brainstorm creative solutions & projects

Agenda

Item		Topic	Lead	Purpose	Attachments
1	1:00-1:15pm	Welcome & Introductions	Drew	Welcome, connecting	1. April 19 meeting summary 2. Situational overview
2	1:15-1:50pm	Indicator themes	Miranda	What resonates, what's missing, what will benefit from a collective regional response	3. Indicator themes
3	1:50-2:20	Moving to actions	Drew	Brainstorming big ideas	
4	2:20-2:30pm	Next steps	Miranda		4. 2022 meeting schedule

Next Meeting:

June 14, 2022 1:00-2:30pm, North Olympic Healthcare Network 240 W Front Street, Port Angeles, WA

Olympic Community of Health
Meeting Summary –

Date: 4/19/2022	Time: 1:00-2:30pm	Location: WSU Extension Classroom, Jefferson County
<p>Attended in-person: Brian Boyer, Kitsap Recovery Center; Kaela Moontree, Kitsap Public Health District; Jaymie Doane, Peninsula Behavioral Health; Brian Burwell, Suquamish Wellness Center; Jennifer Kriedler-Moss, Peninsula Community Health Services</p> <p>Attended online: Karla Cain, Answers Counseling; Lauren Hasley, Olympic Personal Growth; Rebecca Rael, First Step Family Support Center; Carmen Ortiz, First Step Family Support Center; Tanya MacNeil, West End Outreach Services; Stephanie Lewis, Salish BH-ASO; Brigitte Young, Molina Healthcare; Jolene Kron, Salish BH-ASO; Angel Afford, Discovery Behavioral Health; Stormy Howell, Klallam Counseling; G’Nell Ashley, Reflections Counseling</p> <p>Staff and Contractors: Ayesha Chander, Drew Gilliland, Miranda Burger</p>		
<p>Purpose</p> <p>The purpose of the Together, Recovery is Possible action collaborative is to collaboratively create a 4-year action plan (2023-2026) with organizational, Tribal, community, and regional actions to advance the focus area including: a desired regional result, indicators, target population, and both near- and long-term actions.</p> <p>At the end of 2022, the four action collaboratives will come together to present to the OCH Board of Directors on progress and plans for the upcoming year.</p>		
Topic	Discussion/Outcome	Action/Next Steps
Opening & welcome	<ul style="list-style-type: none"> Partners had opportunities to introduce themselves and share three words to describe themselves. 	
Summary kick-off & milestones	<ul style="list-style-type: none"> OCH shared the summary of the kick-off and re-visited the process for these groups including milestones 	
Adopt charter	<ul style="list-style-type: none"> The group adopted the charter with no revisions 	
Finalize a universal regional result	<ul style="list-style-type: none"> The group split into four small groups to grapple with draft results statements, based on the kick-off conversation. All groups came together to finalize a universal result: <i>A region with compassion for individuals impacted by substance use and supports individuals throughout their personal recovery journey.</i> 	
Exploring indicators	<ul style="list-style-type: none"> OCH shared the purpose and principles of indicators. Indicators, or measures, help identify progress towards the identified result, “how would we recognize this result if we fell over it?” The group spent time independently brainstorming possible indicators. 	OCH will synthesize partner indicator brainstorming and bring back options at the next meeting.
Next steps	<ul style="list-style-type: none"> OCH shared the 2022 meeting schedule again and encourage in-person attendance. 	

Next meeting:

May 17 1:00-2:30pm, Port Gamble S'Klallam Wellness Center Room 212, 32014 Little Boston Road, Kingston, WA 98346

Reduced substance misuse and abuse

Situational overview

Substance use hits close to home for far too many individuals and families across the region. Most of us have a friend, family member, neighbor, or coworker who has struggled with addiction. Olympic Community of Health (OCH) and our partners hold a common vision for a region of healthy people, thriving communities—which includes addressing local substance misuse and abuse. By prioritizing collaborative and innovative approaches to addressing substance use, partners and communities will be able to foster effective treatment and prevention strategies.

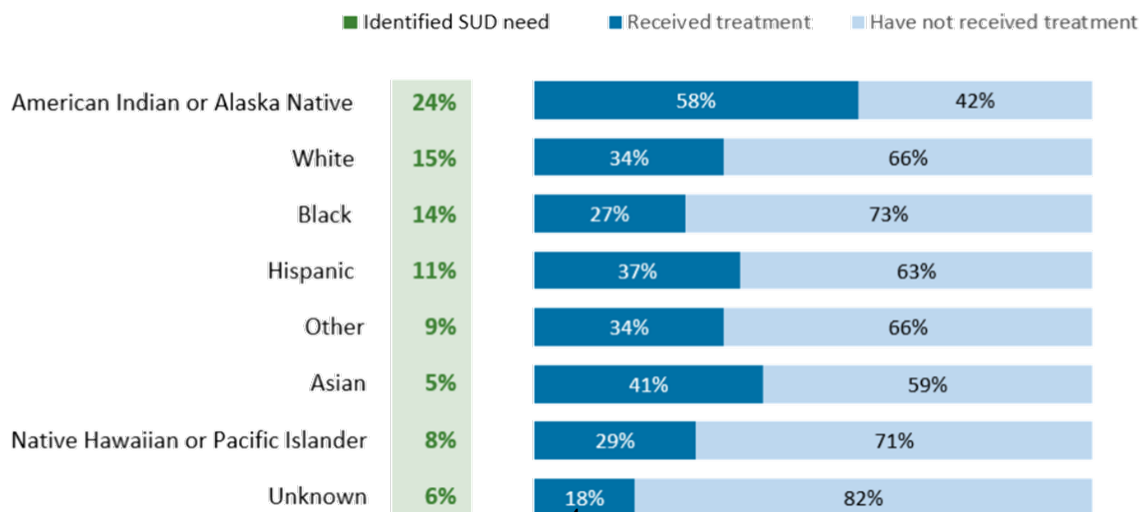
OCH aims to ultimately reduce unhealthy use of all substances, with an emphasis placed on primary prevention and coordinating region-wide standards of care. OCH can serve in a lead role, expanding on initial collaborative successes addressing the opioid epidemic to include additional substances such as alcohol and stimulants. The region will address local substance misuse and abuse by focusing on reducing stigma, ensuring broad access to appropriate and preferred evidence-based treatment options, and working to reduce substance addiction before it starts.

Background

Youth substance use (Olympic region 10 th graders, 2018) ¹	Olympic Region Rate			WA
Used a painkiller to get high in the last 30 days	4%			4%
Used prescription drugs not prescribed to you in the last 30 days	7%			7%
Ever used heroin	2%			3%
Drank alcohol in the last 30 days	19%			19%
Had 5 or more drinks in the past 2 weeks	10%			10%
Used marijuana or hashish in the past 30 days	20%			18%
Smoked cigarettes in the past 30 days	8%			5%
All ages substance use (county level, 2018)	Clallam	Jefferson	Kitsap	WA
Substance use disorder treatment penetration ²	47%	39%	33%	40%
Follow up after ED visit for alcohol and other drug abuse (7 days) ³	30%	14%	21%	21%
Patients Prescribed High-Dose Chronic Opioid Therapy: >=50mg MED ⁴	41%	48%	37%	34%
Current (past 30 days) alcohol use (grade 10) ⁵	18%	31%	19%	18%

Additionally, substance use needs in the Olympic region vary by race and ethnicity.

Identified SUD need and treatment rate among Olympic region adult Medicaid enrollees, by race/ethnicity (2019)⁶



Clallam⁷

According to the 2019 Community Health Needs Assessment of Clallam County, heroin/other opioids and alcohol were identified as the most problematic substances abused in the community, followed by methamphetamine/other amphetamines and prescription medications. 72.2% of survey respondents perceive substance abuse as a “major problem” in the community. Key informants rated substance abuse as ranked the second highest local health concern, following mental health.

Jefferson⁸

While Jefferson County’s opioid and drug overdose death rates appear to be decreasing (although small numbers may impact the validity of these rates), the rate of hospitalizations for non-fatal opioid overdose continues to increase. There is a need in Jefferson County to opportunity to develop broader community support and awareness of current syringe exchange programs as well as expansion into rural parts of the county.

Kitsap⁹

In 2019, more than a half of the Kitsap Community Health Priority Survey respondents identified substance abuse (alcohol, drugs, opioids, etc.,) as one of the top three biggest health problems impacting the overall health of Kitsap County. 58% said that drug and alcohol abuse has the largest impact on health of youth (ages 11-18).

Current efforts

Organization	County	Program/Project Description
Kitsap Public Health District	Kitsap	Kitsap Public Health District is partnering with Peninsula Community Health Services to transition the public health district's syringe exchange services to a network of fixed-location health care facilities while continuing to provide a mobile syringe exchange program in rural areas of Kitsap County.
Jefferson County Community Health Improvement Program (CHIP)	Jefferson	Jefferson County CHIP works to strengthen and expand substance use disorder and opioid use disorder prevention, treatment and recovery services . They conducted a needs assessment addressing the treatment and recovery needs of Jefferson County and developed a strategic, workforce, and sustainability plan.
Jamestown Family Health Clinic	Clallam	Jamestown Family Health Clinic recently completed the Six Building Blocks program , a process aimed at improving clinic management of patients who are on long-term opioid therapy.
Three-County Coordinated Opioid Response Project (3CCORP)	Clallam, Jefferson, Kitsap	3CCORP is a multi-sector collaborative effort made up of a Steering committee and a treatment workgroup. These groups provide guidance for identifying existing efforts and gaps to reduce opioid-related morbidity and mortality .
Olympic Community of Health	Clallam, Jefferson, Kitsap	OCH was awarded \$245,000 by Cambia Health Solutions and directed those funds be used to implement a multiprong approach to combat behavioral health stigma in our region , especially stigma related to substance use disorder. OCH will soon be embarking on a series of strategies to reduce stigma.

Major gaps

- There are currently zero **medically assisted withdrawal management facilities** operating in Olympic region.
- There is a strong presence of **stigma of substance addiction** across the region that acts as a barrier to treatment and recovery.
- There is a need for **community awareness** of how to recognize and respond in the event of an overdose.
- There is currently no cohesive or collaborative effort addressing **alcohol use** in the Olympic region.
- While **prevention activities** are happening, there is a need for more collaboration and sharing of successes and lessons learned.

Example activities

- Address addiction stigma (work starting in 2021) through a multi-pronged approach including training, advocacy, communications, etc.
- Coordinate improved communication across sectors through establishing shared understanding of privacy laws, guidance, and promoting best care coordination practices.
- Address the need for additional withdrawal management and stabilization services in the region.
- Support and expand homeless outreach and police navigation programs.
- Convene those working on youth engagement, school-based prevention, and positive youth development to prevent substance use before it starts.

¹ Washington State Department of Health (2018). *Healthy Youth Survey: 10th Graders*.

² Healthier Washington. (2020, March 31). *Measure Explorer & Trend Dashboard, Substance Use Disorder Treatment Penetration*.

³ Healthier Washington. (2020, March 31). *Measure Explorer & Trend Dashboard, Follow up after ED visit for alcohol and other drug abuse*.

⁴ Healthier Washington. (2020, March 31). *Measure Explorer & Trend Dashboard, Patients Prescribed High-Dose Chronic Opioid Therapy*.

⁵ Washington State Department of Health (2018). *Healthy Youth Survey: All Ages*.

⁶ Olympic Community of Health. (2021). *Olympic Region Behavioral Health Report, 2021*. https://ea40b83f-bff5-4a61-aa55-a97621e13e64.usrfiles.com/ugd/ea40b8_4348718198b743b88c9804f199a78c91.pdf

⁷ PRC, Inc. (2019, September). *Community Health Needs Assessment*. Report prepared for Olympic Medical Center. <https://www.olympicmedical.org/wp-content/uploads/2019/12/2019-PRC-CHNA-Report-Clallam-County-WA.pdf>

⁸ Behavioral Health Consortium. (2020, January 6). *RCORP-PP G25RH32956- Readiness / Needs Assessment*. https://793b0af6-bf22-4c2c-91c8-8cc6fd2f172d.filesusr.com/ugd/2fdcd_6b8b745522ec47759438812438556a66.pdf

⁹ Washington State Center for Court Research. (2021, January). *KitsapGirls Court Program: Community Profile*. <https://ccvj.org/wp-content/uploads/2021/06/Kitsap-Community-Assessment.pdf>

Universal result: *A region with compassion for individuals impacted by substance use and support individuals throughout their personal recovery journey.*

Milestone: Select indicators

At the April 19 meeting, attendees spent time brainstorming possible indicators. The following themes emerged:

Prevention: *Preventing substance use before it starts.*

- Increased funding
- Changes in law, police reform
- The community is prevention focused
- Increased prevention and education efforts
- Youth feel like substance free is cool; decreased youth SUD
- Zero overdoses

Stigma: *Compassionate communities.*

- The community is aware, informed, and compassionate; community support for those in recovery; community is accepting of individuals affected by substance use wherever they are in their journey; eliminate stigma in community; stop public shaming
- No discrimination from housing/employers; accommodation for treatment; remove stigmatizing questions from housing/employment applications; history doesn't impact
- Increased compassion in medical facilities
- First responders, elected officials lead the way
- Accept MAT clinics
- Less labeling and more person first language; helpful (not harmful) community commentary; community training

Community supports/resources: *Consistent support for individuals and families.*

- Central number to call for SUD related supports (A support groups, B treatment, C detox, D community recovery support)
- More consistent support and access to resources; post COVID-19 support
- Family education/support groups; programs offered to individuals impacted by a loved one with SUD; education for families who don't know where to turn; every community member can call someone to talk about loved one's place in recovery
- Educate community on importance of getting help; educational classes about available supports
- Transportation to services both local and out of town
- Community housing

Collaboration: *Cohesive community response and collaborative partnerships.*

- Agencies work together rather than compete; community is cohesive in efforts; community is engaged and receptive to partnerships

- Collaborative across disciplines for effective communication and meeting goals for clients; SUD providers work closely with mental health providers
- Build on network to ensure we are all putting out similar message to community

General access/outpatient: *Easy access to a wide variety of recovery services.*

- Increased number of people engaged in care
- Ease of access; low barrier access to treatment; < 3 day access to services; human voice in less than 24 hours
- Anyone could access treatment regardless of insurance or income
- All types of healthcare settings embrace harm reduction; acceptance of harm reduction
- Opioid prescription education/alternatives for providers

Crisis services/inpatient: *Crisis-level services to meet immediate needs.*

- Increase crisis-level beds for those in immediate need; increase number of withdrawal management beds in the area; better detox facilitation
- Treatment bed available immediately after detox; better hospital flow (OD-detox-treatment immediately available); inpatient treatment same day for everyone
- More effective ED interventions; ER would not send ODs immediately back to street
- Zero overdoses

Discussion:

- What's missing?
- What resonates?
- What will benefit from a collective regional response?

Olympic Action Collaboratives 2022 Meeting Schedule

In-person attendance is encouraged to facilitate optimal collaboration.





COVID-19 Protocols:

To best protect and honor everyone's safety, county and venue-specific safety precautions are followed at all OCH events. At this time, OCH is also requiring proof of up-to-date COVID-19 vaccination for in-person attendance, in support of the health-serving workforce.
Up-to-date means fully vaccinated and have received a booster dose if eligible.

Event specific safety protocols will be shared one week in advance. OCH encourages participants to take additional safety precautions as they aid in personal comfort.

Please contact och@olympicch.org with any questions or concerns.

A **Zoom** link will be available for those more comfortable attending virtually.

Action Collaborative	Meeting Dates	Locations
Together, recovery is possible (substance use disorder) 	Apr 19 , 1-2:30p May 17 , 1-2:30p Jun 14 , 1-2:30p Aug 16 , 1-2:30p Oct 18 , 1-2:30p	WSU Jefferson County Extension Classroom 97 Oak Bay Rd Port Hadlock, WA Port Gamble S'Klallam Wellness Center, Room 212, 32014 Little Boston Road, Kingston, WA North Olympic Healthcare Network, 240 W Front St, Port Angeles, WA LOCATION CHANGE: Olympic Community of Health 41 Colwell St, Port Hadlock, WA Port Gamble S'Klallam Wellness Center, Room 212, 32014 Little Boston Road, Kingston, WA
Access to the full spectrum of care 	Apr 27 , 1-2:30p May 18 , 1-2:30p Jun 21 , 1-2:30p Aug 17 , 1-2:30p Oct 19 , 1-2:30p	WSU Jefferson County Extension Classroom 97 Oak Bay Rd Port Hadlock, WA Port Gamble S'Klallam Wellness Center, Room 212, 32014 Little Boston Road, Kingston, WA Peninsula Behavioral Health, 118 E. 8 th Street Port Angeles, WA LOCATION CHANGE: Olympic Community of Health 41 Colwell St, Port Hadlock, WA Port Gamble S'Klallam Wellness Center, Room 212, 32014 Little Boston Road, Kingston, WA
Individual needs are met timely, easily, and compassionately 	May 4 , 1-2:30p Jun 8 , 1-2:30p Jul 13 , 1-2:30p Aug 24 , 1-2:30p Oct 26 , 1-2:30p	WSU Jefferson County Extension Classroom 97 Oak Bay Rd Port Hadlock, WA Port Gamble S'Klallam Wellness Center, Room 212, 32014 Little Boston Road, Kingston, WA North Olympic Healthcare Network, 240 W Front St, Port Angeles, WA LOCATION CHANGE: Olympic Community of Health 41 Colwell St, Port Hadlock, WA Port Gamble S'Klallam Wellness Center, Room 212, 32014 Little Boston Road, Kingston, WA
Everyone housed 	Apr-May Jun 29 , 1-2:30p Aug 30 , 1-2:30p Nov 1 , 1-2:30p	Members will be asked to schedule 1:1 meetings with OCH North Olympic Healthcare Network, 240 W Front St, Port Angeles, WA LOCATION CHANGE: Olympic Community of Health 41 Colwell St, Port Hadlock, WA Port Gamble S'Klallam Wellness Center, Room 212, 32014 Little Boston Road, Kingston, WA 98346
Value-based purchasing (VBP) action group	Mar 8 , 2:30-4p May 3 , 2:30-4p Jul 12 , 2:30-4p Sept 13 , 2:30-4p	All VBP meetings will take place at OCH headquarters: 41 Colwell St, Port Hadlock, WA
All collaboratives	Dec 12 , 1-3p	Updates to OCH Board of Directors, Red Cedar Hall, 1033 Old Blyn Hwy, Sequim