



**POPULATION
HEALTH TRUST**
ADVISORY COMMITTEE

Board of Health
Lisa Janicki, Chair
Ron Wesen, Commissioner
Kenneth Dahlstedt, Commissioner

PHT Membership Meeting #19

Thursday November 3, 2016 from 8:30am-11:30am

Skagit EMS Building

Members: Andrea Doll, Bill Henkel, Charlie Wend, Cheryl Rasar, Chris Johnston, Connie Davis, David Jefferson, Debra Lancaster, Diane Smith, Duncan West, Howard Leibrand, Joanne Lynn, Kristen Ekstran, Liz McNett Crawl, Margaret Rojas, Michael Sharp, Mo Pettitt, Phil Brockman, Randy Elde, Stacy Phelps

Guests: Alina Ostapchuk, Christine Valdez, Corky Hundahl, Geoff Godfrey, Hayley Thompson, Kathy Follman, Kathy Riddle, Katie Roden, Katie Shustarich, Keith Tyne, Linda Crothers, Shelby Swanson

Absent: Barbara Juarez, Carol Hawk, Colleen Pacheco, Douglas Spingelt, Jennifer Sass-Walton, Jennifer Johnson, John Sternlicht, Karen Wanek, Kari Ranten, Kevin Murphy, Mary Ellen Lykins, Scott Hale, Stephanie Morgareidge, Tina Willett, Yeshi Tulu

Time	Item	Owner
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- Welcome & Introductions
- Review Agenda & Approve Previous Notes
- Opioid Workgroup Leadership Team Presentations-Kristen Ekstran

Kristen shared a short introduction on the presentations today; process steps and thoughts on how it had gone were presented by Linda Crothers and Hayley Thompson. Geoff Godfrey, Howard Leibrand & Duncan West presented action priority areas the group decided upon through their analysis of the issues . Kristen also shared the plan of the upcoming Focus Groups.

Process-Linda Crothers & Hayley Thompson

Linda and Hayley shared with the group the process of the OWLT group through the 5 meetings, which are as follows:

1. Meeting 1-07/21/2016
Introduction & Data Review
2. Meeting 2-08/11/2016
Start Resource & Gap Analysis

3. Meeting 3-09/01/2016
State Work Plan & Systems Connections
4. Meeting 4-09/22/2016
Expanding Care & Filling the Gaps
5. Meeting 5-10/13/2016
Priority Areas Identified & Approved

Linda and Hayley also shared their thoughts on the process

- What worked-it was a diverse group of people, there was good energy, a good progression in a short amount of time
- What could be improved-More time, and more room for discussion on priorities
- Should we continue? Definitely.

Questions/Comments-

What will be the format and process of the Focus groups?

Kristen clarified the Focus groups will consist of 8-10 attendees, the first group for Consumers and the second group for Families and Supports. These groups are scheduled for Tuesday November 1st and Thursday November 3rd. Community Forums will be organized for a later date.

Cheryl Rasar shared that Swinomish Indian Clinic will be having open workgroups at varying locations in the county for community and family input for their new clinic opening in the next year, and that collaboration of these groups and the OWLT focus groups could be a possibility.

How is the lack of time impacting the next steps?

Linda answered they had enough time to determine the needs, but more time is needed to create the plan.

Priorities-Geoff Godfrey, Howard Leibrand & Duncan West

Prevent Misuse & Abuse-Duncan

Treating Misuse & Abuse-Howard

Preventing Overdoses-Geoff

Priorities established by the OWLT followed the following structure which mirrors the Washington State Interagency Opioid Working Plan.

1. Prevent Opioid Misuse & Abuse

What is working well-

- ✓ Robust syringe exchange program
- ✓ Take-back sites at Law Enforcement Offices well utilized
- ✓ School Counselors
- ✓ Effective chronic pain clinic
- ✓ Medical prescribing practices providing better guidance
- ✓ Some early intervention in social service agencies

Priorities

- Communication and education to the most at risk (youth) and hard to reach communities
- Campaign to reduce Opioid (heroin and Prescription Drug Abuse) stigma
- Standardized Evidence-Based Practice for health professional (medical and dental, should include training and monitoring)

2. Treatment Opioid Dependence

What's is Working Well-

- ✓ Crisis stabilization center
- ✓ 6 traditional Treatment Centers (2 tribal)
- ✓ Prevention & Intervention in schools
- ✓ Medication Assisted Treatment is widely used
- ✓ New Ideal Options (MAT) opened
- ✓ Swinomish Tribe planning to open a MAT "holistic facility"
- ✓ Residential Substance Abuse Treatment (jail)

Priorities

- Improve the transition between all levels of care (Crisis, Residential, Outpatient, Jail, Emergency Department, Medical, Housing)
- Scale up the capacity of the Crisis Center to serve more people with Opioid Use Disorders
- Expansion of MAT in the criminal justice system
- Train and provide technical assistance to criminal justice professionals to endorse and promote MAT (buprenorphine and naloxone) for people with criminal sanctions
- Screen and treat people in jail who have Substance Use Disorders
- Expand services to people in Drug Court programs
- Connect people with services upon discharge

3. Prevent Overdoses

What is working Well-

- ✓ HIDTA Grant to fund Narcan
- ✓ County EMS Services carry Narcan
- ✓ Anacortes, Swinomish Police and East County Sheriff carry Narcan
- ✓ SEP distributes Narcan
- ✓ Drug Take-back programs in Law Enforcement Offices
- ✓ ED provides emergency services and Narcan
- ✓ New SAMHSA grant to fund Narcan

Priorities

- Assist emergency departments to develop and implement protocols on providing overdose education and take-home naloxone to individuals seen for opioid addiction
- Link people leaving emergency departments who have Opioid Use Disorders to treatment services
- Provide technical assistance to first responders/law enforcement on opioid overdose response training and naloxone programs and assure all first-responders carry Narcan

Duncan reiterated the urgency of the crisis, suggesting that the PHT accept the recommendations of the OWLT when they are made available and asked for their support to the Board of Health.

Action/Next Steps-

- Continuation of the OWLT group for strategy and action planning
- Incorporate ideas of focus groups
- Hold Community Forums
- Return to Trust with recommendations for action
- Draft recommendation to the Board of Health

Questions/Comments-

Howard shared there is a draft Resolution for the legislature supporting Medication Return Programs, written by the Washington Medical Association.

- Communication-Bronlea Mishler

Bronlea presented to the group the need for consistent and well-crafted communication for a group such as ours and outlined the steps for an effective elevator speech. The main points include:

- Change the question
- Take your mission and bring it to life
- Ask your own question

- Let your passion come through
- Practice makes perfect

Bronlea led an exercise and asked the group for a one word or short phrase on these 3 topics: Who we are, what is our value, and why it matters. The results are as follows:

Who we are-

Community Leaders, diverse, paying attention to the whole, integration, representative, advocate, engaged, experts, collaboration of health providers, neighbors, SKAGIT, invested, compassionate, committed partners, multidisciplinary, hard workers, dedicated, networked

What is our value-

Movers, connectors, do-ers, developers, credibility, intentional, change agents, educators, integrators, knowledgeable, listeners, big picture, facilitators, data informed, community, quality of life, synergy, accountable, cultivating, greater than the sum of all parts

Why it matters-

Saves life, quality of life, improves health, health is wealth, a strong community, saves money, strong families, prevention, its local, builds resilience

Bronlea gave the group some homework; to pare down these lists into 10 key words. Once this is completed, we can determine the last piece of the puzzle-What we individually bring to the table

A suggestion was made to incorporate how the Trust was formed, in order to present a complete picture of PHT.

Communication Resources-*What do we need for 2017?*

Suggestions were made by the group for the next year, as follows:

- A PowerPoint that everyone can use
- Community listening sessions
- A way to share the actions the Trust is engaged in
- A timetable (communication matrix)
- Social Media presence
- Matching the current media
- Tie actions to mission & vision, push the Data Dashboard as a communications tool
- Community events, i.e. street fairs, arts & crafts festivals etc.
- Ask ourselves "Why would this person care?"

David shared one communication tool that is currently approved and in the works is Prezi. Prezi is a great presentation, communication, and resource marketing tool.

David also shared the need for a communications budget going into 2017, and further discussion will be made in the upcoming Fiscal Committee meetings.

- Fiscal Committee Update-Chris Johnston

Chris shared an update on the committee and the recent discussions. , As the Trust matures and moves beyond assessment, there is a need to determine the fiscal structure. The group discussed a method for clarifying the roles of the County (fixed costs), the Trust membership (flexible or programmatic costs) and a potential third “bucket” which would be the trust serving as a pass through agency for grant funding. He shared that the group is currently in process on a document draft and will be sharing that with the PHT group when completed.

Questions-

Is there anyone in Public Health writing grants?

David answered: yes and no, we have someone that can write them but we haven't approached that yet.

Next Steps-

Kristen is currently working on a survey for the PHT to determine what the next indicator shall be and will be sending that out soon.

- Data Dashboard Launch scheduled for Wednesday November 9, 2016 from 4:00pm-5:30pm, located at McIntyre Hall
- First OWLT Action Group meeting scheduled for Thursday November 17, 2016 from 2:00pm-4:00pm, located at Skagit Publishing
- Next Steering Committee Meeting scheduled for Monday November 28, 2016 from 12:00pm-1:30pm, located at the Skagit County Commissioner's Building
- Next PHT Membership Meeting scheduled for Thursday December 1, 2016 from 8:30am-11:30am, located at Skagit EMS