



RHIP Substance Use & Chronic Pain Workgroup
PacificSource – Suite 210 (2nd Floor)
2965 NE Conners Ave, Bend

Agenda: October 19, 2016 from 4:00pm-5:00pm

Call-In Number: 866-740-1260
7-Digit Access Code: 3063523

1. **4:00-4:05** **Introductions—All**

2. **4:05-4:40** **Referring for SUD Treatment in Central Oregon (Opportunities & Barriers)—All**
 - **Finalize the algorithm?**
 - **Other accompanying resources?**
 - **Plan to share?**

3. **4:40-4:50** **Expedited Pathway from PC to Substance Abuse Treatment for SBIRT—Mike Franz**

4. **4:50-4:55** **Motivational Interviewing Educational Opportunities (Beginner & Advanced)—All**

5. **4:55-5:00** **Action Items—All**
 - **Next steps**

Next Meeting: November 16 from 4-5pm



BH Substance Use & Chronic Pain (25)	Organization
Steve Baker	Mosaic Medical
Kelby Christ	Crook County Health Department
Mike Franz	PacificSource
Erica Fuller	Rimrock Trails Adolescent Treatment Services
Larry Kogovsek	CAC Consumer Representative
Jessica LeBlanc	Mosaic Medical & Bend Treatment Center
Nicole Lemmon	Wellness & Education Board of Central Oregon (WEBCO)
Alison Litte	PacificSource
Leslie Neugebauer	PacificSource
Matt Owen	Bend Treatment Center
Laura Pennavaria	La Pine Community Healthy Center
Sally Pfeifer	Pfeifer & Associates
Christine Pierson	Mosaic Medical
Kristin Powers	St. Charles Health System
Beth Quinn	Recovery Outreach Community Center: Intentional Peer Support
Rip Sawyer	Serenity Lane
Elizabeth Schmitt	CAC Consumer Representative
Julie Spackman	Deschutes County Health Services
Barbara Stoefen	National Alliance on Mental Illness (NAMI)
Ralph Summers	PacificSource
Kim Swanson	St. Charles Medical Group
Karen Tamminga	Deschutes County Behavioral Health
Rick Treleven	BestCare Treatment Services
Bill Ward	Serenity Lane
Scott Willard	Lutheran Community Services Northwest

Substance Abuse Referral Diagram

Screen + ALCOHOL or DRUGS

Administer AUDIT or DAST

Healthy Use

Give brief message reinforcing healthy use

Risky Use

Assess readiness to change

0-3

Offer information and support; follow up

4-10

Provide brief advice

Abuse or Dependence

Assess readiness to change using readiness ruler

0-3

4-10

Assess readiness for referral

0-3

4-10

Refer to Treatment. See Treatment Referral Guide.

Do NOT refer to treatment (continued engagement/stabilization/harm reduction)

See Behavioral Health Consultant (BHC)

Peer Support Specialist (PSS) or Recovery Mentor (RM)

Community Health Worker (CHW)

Treatment Referral Guide

Peer Support

- Peer Support Specialist (PSS)
- Recovery Mentor (RM)

MAT

- Provide it
- Refer to it
- Detox
- Combine with BHC

Education & Resources

- AA/NA Schedule
- SUD Document
- Peer Support Groups
- Nutrition Resources
- Reliable Websites

Ensure a Ride to SUD Appointment

- NEMT
- RM takes client to initial visit
- Bus or cab vouchers

Warm Handoff to SUD Providers

- Walk them to the SUD Clinic
- Make appointment together
- PSS assists client to make appointment

Eliminate Barriers

- Develop short term plan before leaving
- Harm reduction
- Address stigma and fears

Involve Family / Social Supports³



Central Oregon Outpatient Substance Use Disorder (SUD) Resources

Note: Oregon Health Plan (OHP) members are able to choose their preferred facility for these services, within their assigned county, which do not require prior approval or an initial assessment from their assigned Community Mental Health Program.

Bend		
Bend Treatment Center 155 NE Revere Ave. Suite 150 Phone: (541) 617-4544	Hours	Walk-ins: Monday through Friday 8:00 a.m. – 6:30 p.m.; Appointments: Monday through Friday 2:00 p.m. – 6:00 p.m.; evening hours coming soon
	Services Offered	SUD Outpatient and Intensive Outpatient (IOP): Currently providing individual IOP
	Payment Options	PacificSource Community Solutions, Medicaid Fee for Service, private insurance, self-pay
	Youth/Adults	Adults
BestCare 461 NE Greenwood Ave. Suite A Phone: (541) 617-7365	Hours	Monday through Thursday 8:30 a.m. – 5:00 p.m.; Friday 8:30 a.m. – 12:00 p.m.; Walk-ins welcome
	Services Offered	SUD Outpatient and Intensive Outpatient (IOP): IOP is based off of individual need, up to 4.5 hours/ week
	Payment Options	PacificSource Community Solutions, Medicaid Fee for Service, private insurance, self-pay, grant program (via food stamps, HIV, pregnant, homeless, probation, or dependent child - four spots a month)
	Youth/Adults	Adults
Deschutes County Behavioral Health (Main Office) 2577 NE Courtney Dr. Phone: (541) 330-4646 (Downtown Office) 1128 NW Harriman Phone: (541) 330-4637	Hours	Monday through Friday 8:00 a.m. – 5:00 p.m.; some evening groups and individual sessions available. Appointments preferred.
	Services Offered	SUD and Mental Health Outpatient: 12 weeks, two-four hours/week — two groups and one individual session
	Payment Options	PacificSource Community Solutions, Medicaid Fee for Service, private insurance referred out to other providers
	Youth/Adults	Adults
Pfeifer & Associates 23 NW Greenwood Ave. Phone: (541) 383-4293	Hours	Monday through Friday 9:00 a.m. - 7:00 p.m. Walk-ins or appointments
	Services Offered	SUD Outpatient and Intensive Outpatient (IOP): Individual and group treatment, DUII services, Drug Court programming, meditation, and stress reduction
	Payment Options	PacificSource Community Solutions, Medicaid Fee for Service, self-pay, sliding fee scale, contract funds from probation for high level offenders, DHS clients, services for Deschutes County jail inmates and community corrections clients, and adults. Private insurance.
	Youth/Adults	Adults

Rimrock Trails 63360 Britta St., Bldg 1 Phone: (541) 388-8459	Hours	Monday through Friday 8:00 a.m. – 5:00 p.m. By appointment and walk-ins welcome daily
	Services Offered	SUD Outpatient and Intensive Outpatient (IOP): Individualized based on need. Approx. 10-16 weeks; groups, individual sessions, family sessions, Self-Management and Recovery Training, and Recovery Mentor services
	Payment Options	PacificSource Community Solutions, Medicaid Fee for Service, private insurance, grant programs, youth indigent, sliding fee scale, self-pay.
	Youth/ Adults	Youth 12-17 years, Adults 18-24 years
Serenity Lane 601 NW Harmon Blvd. Phone: (541) 383-0844	Hours	Monday through Friday 8:00 a.m. – 5:00 p.m. by appointment
	Services Offered	SUD Outpatient and Intensive Outpatient (IOP); nine hours/week for 10 weeks
	Payment Options	PacificSource Community Solutions, private pay, private insurance
	Youth/ Adults	Adults

La Pine		
Deschutes County Behavioral Health 51340 Highway 97 Phone: (541) 322-7146	Hours	Monday through Friday 8:00 a.m. – 5:00 p.m.; appointments preferred
	Services Offered	SUD and Mental Health Outpatient
	Payment Options	PacificSource Community Solutions, Open card, Private insurance referred out to other providers.
	Youth/ Adults	Adults
Klean Treatment Center 16161 Burgess Rd. Phone: (541) 876-6176	Hours	24/7
	Services Offered	Residential SUD Treatment, Detox
	Payment Options	Private Insurance. Self Pay.
	Youth/ Adults	Adults
Pfeifer & Associates 16440 Finley Butte Rd. Phone: (541) 536-8879	Hours	Monday through Thursday, 9:00 a.m. – 7:00 p.m.; Walk-ins or appointments
	Services Offered	SUD Outpatient and Intensive Outpatient (IOP): individual and group treatment, DUII services, Drug Court programming, meditation, and stress reduction.
	Payment Options	PacificSource Community Solutions, Medicaid Fee for Service, self-pay, sliding fee scale, contract funds from probation for high level offenders, DHS clients, services for Deschutes County jail inmates and community corrections clients, adult and juvenile indigent. Private Insurance.
	Youth/ Adults	Both

Madras

BestCare 125 SW C St. Madras, OR 97741 Phone: (541) 475-6575	Hours	Monday through Friday 8:00 a.m. – 5:00 p.m.; appointments only
	Services Offered	Mental Health Outpatient, SUD Outpatient and Intensive Outpatient (IOP): IOP meets Monday through Friday 9:00 a.m. – 12:00 p.m. (2-3 groups/day and individual sessions)
	Payment Options	PacificSource Community Solutions, Medicaid Fee for Service, private insurance, self-pay.
	Youth/ Adults	Both

Prineville

Lutheran Community Services 365 NE Court St. Phone: (541) 447-7441	Hours	Monday through Friday 8:30 a.m. - 11:30 a.m. and 1:00 p.m. – 3:00 p.m.; Walk-ins welcome
	Services Offered	Mental Health Outpatient, SUD Outpatient and Intensive Outpatient (IOP): 11 groups/week including after hours
	Payment Options	PacificSource Community Solutions, Medicaid Fee for Service, private insurance, self-pay, indigent.
	Youth/ Adults	Adults
Rimrock Trails 1333 NW 9 th St. Phone: (541) 447-2631	Hours	Monday through Friday 8:00 a.m. – 5:00 p.m. By appointment and walk-ins welcome daily
	Services Offered	SUD Outpatient and Intensive Outpatient (IOP): Individualized based on need. Approx. 10-16 weeks; groups, individual sessions, family sessions, Self-Management and Recovery Training, and Recovery Mentor services
	Payment Options	PacificSource Community Solutions, Medicaid Fee for Service, private insurance, grant programs, youth indigent, sliding fee scale, self-pay.
	Youth/ Adults	Youth 12-17 years, Adults 18-24 years

Redmond

BestCare 340 NW 5 th St. Suite 202 Phone: (541) 504-2218	Hours	Monday through Thursday 9:00 a.m. – 12:00 p.m.; Friday 8:00 a.m. – 12:00 p.m.; Walk-ins welcome
	Services Offered	SUD Outpatient and Intensive Outpatient (IOP): Intensive Outpatient includes 2-3 groups/1:1's per week
	Payment Options	PacificSource Community Solutions, Medicaid Fee for Service, private insurance, self-pay, grant program (via food stamps, HIV, pregnant, homeless, probation, or dependent child - 4 spots a month).
	Youth/ Adults	Adults
Deschutes County Behavioral Health 406 West Antler Ave. Phone: (541) 322-7414	Hours	Monday through Friday 8:00 a.m. – 5:00 p.m.; appointments preferred
	Services Offered	SUD Mental Health Outpatient
	Payment Options	PacificSource Community Solutions, Medicaid Fee for Service, private insurance but referred out to other providers.
	Youth/ Adults	Adults

New Priorities 1655 SW Highland Ave. #3 Phone: (541) 923-2654	Hours	Monday through Friday 8:00 a.m. - 7:00 p.m.; Appointments only (unless urgent)
	Services Offered	SUD Outpatient and Intensive Outpatient (IOP): Intensive Outpatient averages 4 sessions/week of family, group and individual sessions
	Payment Options	PacificSource Community Solutions, Medicaid Fee for Service, private insurance, Juvenile and Adult Correction Funding, sliding fee scale.
	Youth/Adults	Both
Pfeifer & Associates 3835 SW 21 st St. Suite 103 Phone: (541) 504-9326	Hours	Monday through Thursday 9:00 a.m. - 7:00 p.m.; Walk-ins or appointments
	Services Offered	SUD Outpatient and Intensive Outpatient (IOP): individual and group treatment, DUII services, Drug Court programming, meditation, and stress reduction.
	Payment Options	PacificSource Community Solutions, Medicaid Fee for Service, self-pay, sliding fee scale, contract funds from probation for high level offenders, DHS clients, services for Deschutes County jail inmates and community corrections clients, and adults. Private insurance.
	Youth/Adults	Adults
Rimrock Trails 850 SW Antler Ave. Phone: (541) 316-2041	Hours	Monday through Friday 8:00 a.m. - 5:00 p.m.; By appointment and walk-ins welcome daily
	Services Offered	SUD Outpatient and Intensive Outpatient (IOP): Individualized based on need. Approx. 10-16 weeks; groups, individual sessions, family sessions, Self-Management and Recovery Training, and Recovery Mentor services
	Payment Options	PacificSource Community Solutions, Medicaid Fee for Service, private insurance, grant programs, youth indigent, sliding fee scale, self-pay.
	Youth/Adults	Youth 12-17 years, Adults 18-24 years

Questions? Please contact the:

Central Oregon Health Council at (541) 306-3523 or info@cohealthcouncil.org

Physician Positive Alcohol Screen Case

1. Ask 3 InSight screening questions:

Do you smoke or use other tobacco products?

When was the last time you had more than 4 drinks in one day?

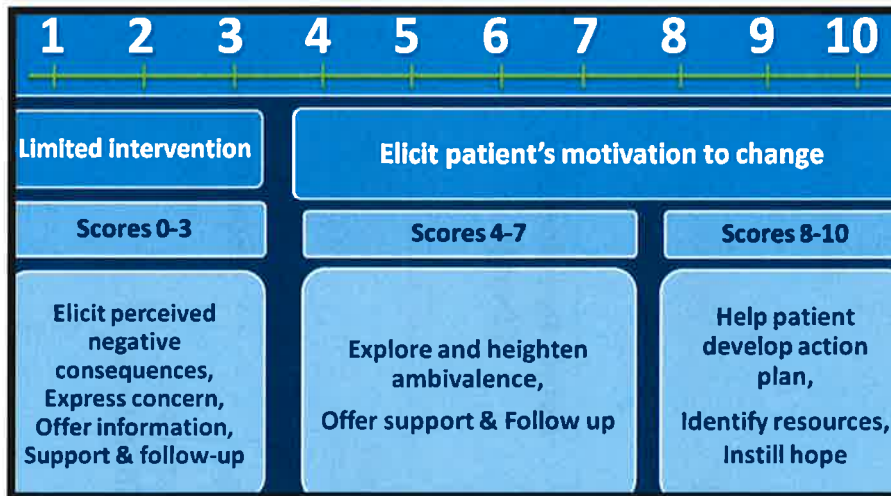
How many times in the past year have you used an illegal drug or a prescription medication for nonmedical reasons?

2. If + on alcohol question, administer AUDIT:

3. Give feedback about AUDIT score:

Score	Category of Use
0-7	Healthy
8-15	At-risk
16-19	Abuse/Harmful
20+	Dependence

4. Assess patient's readiness to change:

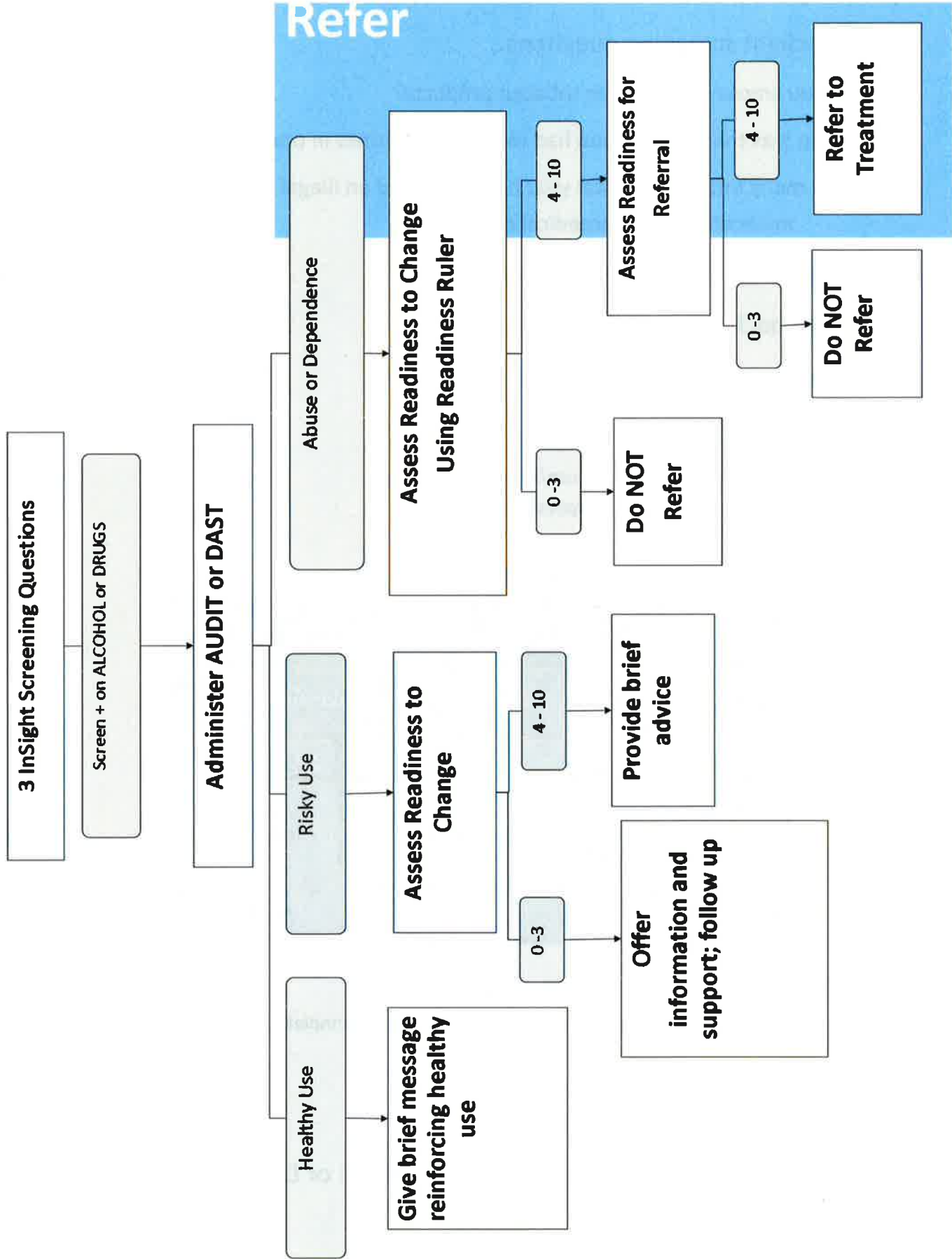


Readiness	Stage of Change
0-3	Precontemplation; early contemplation
4-7	Contemplation
8-10	Preparation; action

5. Provide appropriate BI based on pt's readiness:

6. If pt is appropriate for referral and meets ABUSE or DEPENDENCE, assess readiness for referral

7. If pt is ready for referral, make referral



Physician Positive Drug Screen Case

1. Ask 3 InSight screening questions

Do you smoke or use other tobacco products?

When was the last time you had more than 4 drinks in one day?

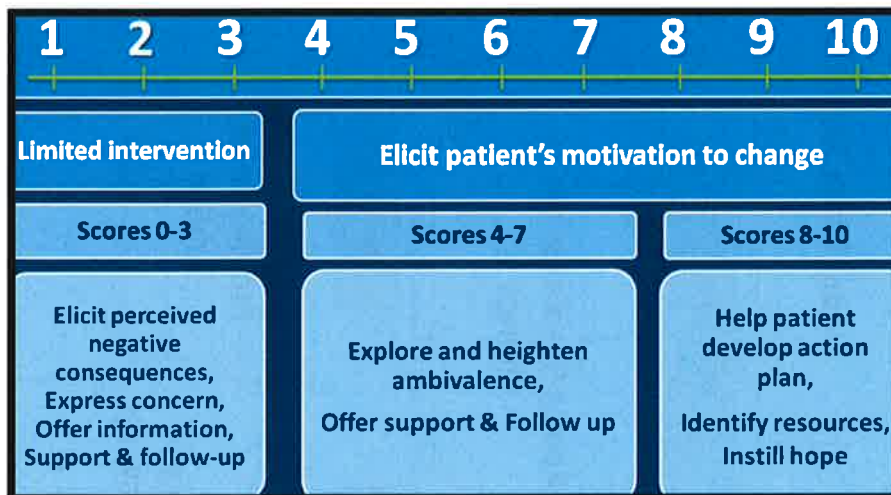
How many times in the past year have you used an illegal drug or a prescription medication for nonmedical reasons?

2. If + on drug question, administer DAST:

3. Give feedback about DAST score:

Score	Category of Use
0	Healthy
1-2	At-risk
3-5	Abuse/Harmful
6+	Dependence

4. Assess patient's readiness to change:

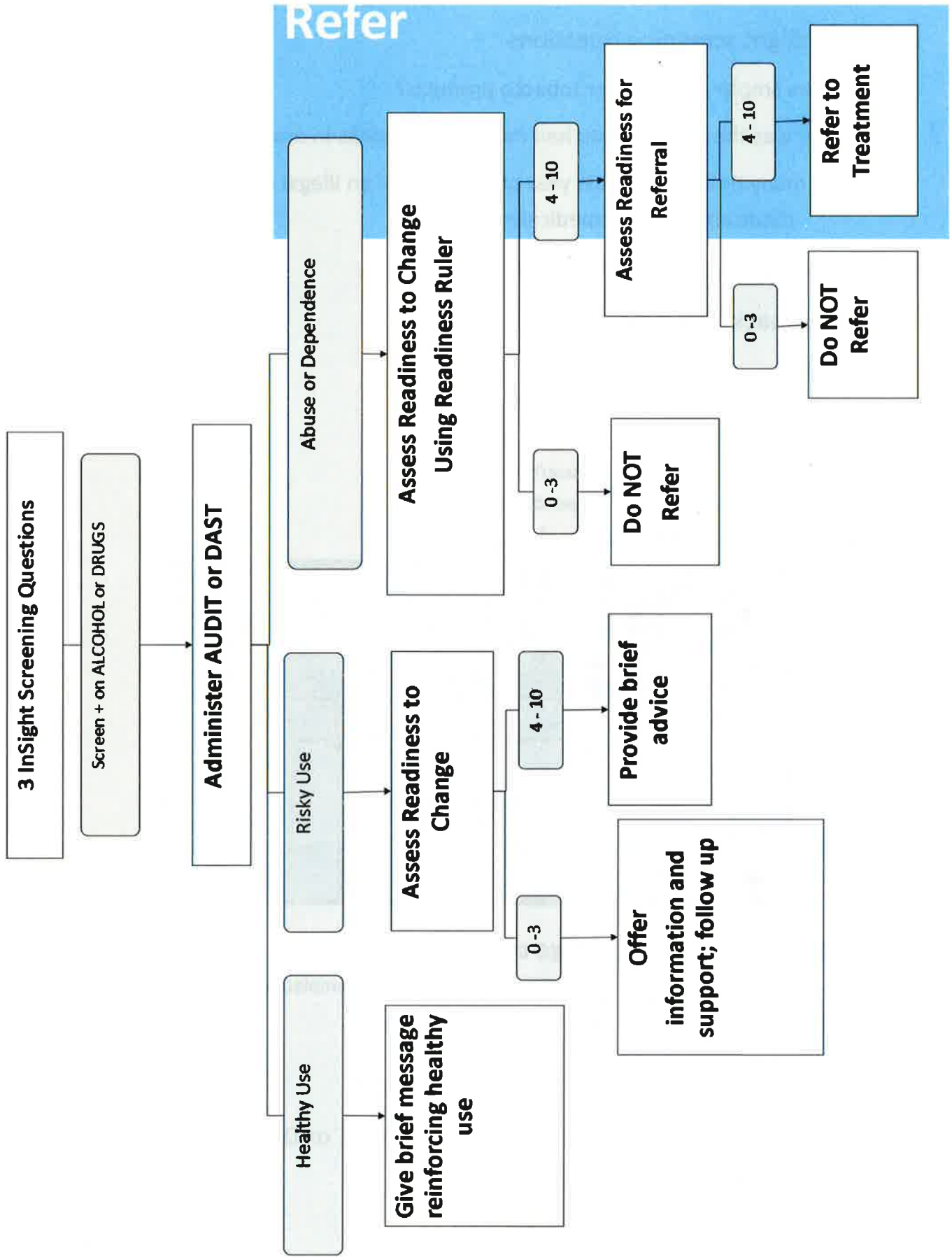


Readiness	Stage of Change
0-3	Precontemplation; early contemplation
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8-10	Preparation; action

5. Provide appropriate BI based on pt's readiness:

6. If pt is appropriate for referral and meets ABUSE or DEPENDENCE, assess readiness for referral

7. If pt is ready for referral, make referral



RHIP Workgroup Updates: September

Behavioral Health: Identification & Awareness (Support: Rebeckah Berry & Steve Strang)

- This group meets the fourth Tuesday of every month from 8:15-9:15am and currently has 22 members.
- In September the group learned about the roles of peer navigators/recovery mentors within the overall structure of behavioral health services in our region. Members of the group also discussed the behavioral health components of the Access Study. In October the group will begin discussions around how to track referrals to treatment with follow-ups back to primary care.

Behavioral Health: Substance Use and Chronic Pain (Support: Rebeckah Berry & Rick Treleven)

- This group meets the third Wednesday of every month from 4-5pm and currently has 25 members.
- In September the group further defined clear and standardized pathways for patients that display substance use risk within primary care settings. Once finalized, this algorithm and resources will be shared throughout the region. In September, organizations volunteered to pilot expedited referrals to treatment. A sub-group will be meeting to work out specifics of these pilot efforts. This group is also developing and supporting strategies to increase MAT in primary care settings outside of Bend.

Cardiovascular Disease—Clinical (Support: Rebeckah Berry & Emily Salmon)

- This group meets the fourth Tuesday of every month from 4-5pm and currently has 11 members.
- In September this group came close to finalizing patient education documents around proper blood pressure procedures and things that raise blood pressure. These documents will be shared broadly with clinics during October. The group also discussed the value of the “5 A’s” or “2 A’s and R” as a standard in clinics to support blood pressure control, discussed the upcoming e-referral pilot for the Tobacco Quit Line, and provided input on a blood pressure control education proposal.

Diabetes—Clinical (Support: Rebeckah Berry & Megan Bielemeier)

- This group meets the second Thursday of every month from 9-10am and currently has 12 members.
- In September the group reviewed and made edits to the first draft of a pathway/algorithm for assertively addressing Pre-Diabetes within a primary care setting. Final edits have been made to this algorithm and steps to share this and supporting resources are being outlined for our region. The group also submitted a Grand Rounds presentation on Pre-Diabetes. This submission was approved by the CME committee and the presentation is currently being scheduled for early 2017.

Cardiovascular Disease & Diabetes—Prevention (Support: MaCayla Arsenault & Channa Lindsay)

- This group meets the fourth Tuesday of every month from 3:30-5pm and currently has 25 members.
- In September, the workgroup went through a consensus workshop to agree on broad strategies addressing physical inactivity. They decided on promoting school based physical activity (P.A.), increasing affordable P.A. programs, promoting a built environment that facilitates P.A., increasing active modes of transportation, integrating P.A. in community events, incentivizing P.A., and engaging clinical support. They also started this process around nutrition and will finish this exercise next month. In the coming months they will be drilling down on implementing specific strategies.

RHIP Workgroup Updates: September

Oral Health (Support: Donna Mills & Suzanne Browning)

- This group meets the third Tuesday of every month from 11-12pm and currently has 23 members.
- The workgroup reviewed the living workplan as a matter of course. This will be a recurring exercise to affirm direction and accurate reporting up to the Ops Council. A 'fishbone diagram' exercise was executed around the Prevention Goal of Keeping Children Cavity Free. This exercise will enable the workgroup to prioritize next action steps. An identical process for the Clinical Goal of Improving Oral Health for Pre-Post Natal Women, will be done at the October meeting.

Reproductive Health/Maternal Child Health (Support: Donna Mills & Muriel DeLaVergne-Brown)

- This group meets the second Tuesday of every month from 4-5pm and currently has 22 members.
- The workgroup heard a report from PacificSource on a Prenatal Coding pilot that is taking place in a few local clinics. The group discussed the funding of the Perinatal Care Continuum project. They reviewed the living workplan and made suggestions for minor additions. The group is reviewing the plan individually this month so that more additions can be made and finalized at the October meeting.

Social Determinants of Health

- This group meets the third Friday of every month from 10-11:30am and currently has 28 members in Kindergarten Readiness and 27 members in Housing.

Education & Health (Support: Donna Mills & Desiree Margo)

- The workgroup reviewed the living workplan as a matter of course. This will be a recurring exercise to affirm direction and accurate reporting up to the Ops Council. The group discussed vision and recommendations for next actions steps. Three primary focuses emerged: ACE's, data as a proxy for Kindergarten Readiness in all three counties, and aligning with DHS to establish a working relationship to keep kids from entering the foster care system. The group will review heat maps and a draft workflow outline at the October meeting.

Housing (Support: Bruce Abernathy & MaCayla Arsenault)

- In September, the housing subcommittee provided an update on what data they were available to collect and what they still needed. The workgroup will use this data compilation to inform their work moving forward. The workgroup also decided to provide support when appropriate to Bend 2030's project of increasing workforce housing and COIC's project of developing a regional housing consortium and expansion of the regional public transit system. Don Senecal presented his RHIR proposal on expanding services of Jericho Road's Housing Assistance Program.



www.namicentraloregon.org

namicentraloregon@gmail.com

We educate, support and advocate.

October News:

October Education Meeting: Oct. 18 at 7PM at SCMC:Classroom "H"

NAMI Faith Net

Reaching out to the faith communities

Opening the door to Understanding & Dialogue about Mental Illness

How can you help your faith community open the door to those with mental illness?

Join Rev. Donald Shaw

And

Linda Jackson-Shaw

For an opportunity to learn how you can bring NAMI Faith Net training to your faith community.

Classes forming

Family to Family : September class- Prineville- began Tues. 9/27/16, from 6-8PM in Crook County Library register: Dawn 541-306-1230 or Christy 541-419-8844

Peer to Peer class planned for Nov. 16-Jan. 18 in Redmond. Contact Laurie 541-693-4913 – laurielindsey@yahoo.com or Sally 541-280-4002

SalSax76@gmail.com

NAMI Connections Training to be held in C.O. Nov. 19 & 20th-Contact Laurie

Lindsey 541-693-4613 lauriezlindsey@yahoo.com

NAMI-CO Support Groups around Central Oregon:

Bend Family Support Group: 3rd Tues of every month, 5:30 PM-7PM

St. Charles MC-Bend- LOCATION- **CASCADES VIEW ROOM**(formerly physicians' dining room)

Contact: Eileen whitefam@bendcable.com Elaine Richardson ettens65@gmail.com

Bend: Connections –Support group for folks living with mental illness

Monday 7-9 PM Methodist Church, 680 NW Bond. In room off Kansas St, Marcia Miller [541-480-8269](tel:541-480-8269)

Redmond: Connections Support – Support Group for Folks living with mental illness- 2nd and 4th Tuesdays Noon-1:30 Best Care- Redmond-340 NW 5th- 2nd Floor- – Laurie- 541-693-4613 lauriezlindsey@yahoo.com

Redmond: Family Support Group - Meets 5:30PM, 1st Thursday of every month, Meeting Rm, Redmond Library, contact Linda Jackson Shaw, 541-548-8637 longjourneyhome40@gmail.com

Prineville: – contact Dawn & Tom Mountz, dawnmountz@gmail.com

LaPine Family Support – Contact: Karenlynn Lessard karless2003@yahoo.com

Other Support groups around Central Oregon:

Suicide Bereavement Support

- ❖ . For more information contact Alison Sorenson, 541-610-9500 alison@alisonsorensoncounseling.com
- ❖ . For more information contact Herb Baker, 503-708-3047 or herbandjudy@yahoo.com.

Drug addiction FAMILY SUPPORT GROUP: Life Raft- Thurs eve. 6PM Boyle Education Center COCC, Rm 160, barbcs@bendbroadband.com