



RHIP Substance Use & Chronic Pain Workgroup
Deschutes County Health Services (Stan Owen Room)
2577 NE Courtney Drive, Bend

Agenda: August 15, 2018 from 4pm-5:00pm

Goals

Clinical Goal(s): Create a bi-directional integration approach for people with severe substance use disorders.

Prevention Goal(s): Implement a community standard for appropriate and responsible prescribing of Opioids and Benzodiazepines.

Health Indicators by 2019

1. Reduce the 3-year rate of overdose hospitalizations due to any drug in Central Oregon to 35 per 100,000 population (2012-2014 rate: 40.27 per 100,000 population)
2. Identify costs saved in Central Oregon due to properly assessing, treating, and referring individuals with moderate-to-severe SUDs.
3. Reduce the percentage of adults who had 4 (women) 5 (men) drinks of alcohol on one occasion in the past 30 days from 15.3% to 13% (non-age adjusted 2012-2015 Central Oregon rate from BRFSS data).
4. Reduce the percentage of 8th and 11th graders who binge drank alcohol one or more time in the past 30 days from 7.9% and 24.6% to 5% and 20% respectively. (2014 Central Oregon rate from Student Wellness Survey)
5. Reduce the percentage of 8th and 11th graders who have used any marijuana in the past 30 days from 10.2% and 25.1% to 7% and 20% respectively. (2014 Central Oregon rate from Student Wellness Survey)
6. Decrease the percent of patients on prescription opioid doses ≥ 90 mg MED/day for more than 30 consecutive days or more from 15.2% to 5%. (Baseline: 2014 data)
7. Increase the number of completed referrals and feedback loop from medical settings to alternative pain management programs from 0 to 100 referrals yearly. (2014: Zero pain management programs in Central Oregon. Zero is baseline.)

1. **4:00** **Introductions—All**
2. **4:00-4:10** **Embedded Bend Pilot SUD Hospital Positions Update—Bob Snyder**
3. **4:10-4:45** **Direction Assessment: Next A3 for RHIP SU & CP—All**
 - **Workgroup Metric Survey Results (Page 3)**
 - **Discussion**
 - **Member Vote**
4. **4:50-5:00** **Cross-Pollination/Ideas with other RHIP Workgroups—Rebeckah Berry**
 - **Clinical Diabetes**
 - **Clinical Cardiovascular Disease (CVD)**
 - **CVD/Diabetes Prevention**
5. **5:00** **Updates & Action Items—All**

Next Meeting: September 19, 2018 from 4-5pm (Deschutes County Health Services)



BH Substance Use & Chronic Pain (21)	Organization
Steve Baker, LPC, MAC	Mosaic Medical
McKenzie Dean, MD	St. Charles Health System
Brian Evans, PsyD	St. Charles Health System
Mike Franz, MD	PacificSource
Erica Fuller, MA, LPC, CADCI	Rimrock Trails Adolescent Treatment Services
Laurie Hubbard, RN, BA, SANE	Deschutes County Health Services
Larry Kogovsek	CAC Consumer Representative
Leslie Neugebauer, OTR/L, MPH	PacificSource
Matt Owen, JD	Bend Treatment Center
Laura Pennavaria, MD	St. Charles Health System
Sally Pfeifer, BA, CADCI	Pfeifer & Associates
Elizabeth Schmitt, MS	CAC Consumer Representative
Scott Safford, PhD	St. Charles Family Care
Bob Snyder, BA, CADC II, NCAC I	BestCare Treatment Services
Julie Spackman, CPS	Deschutes County Health Services
Barbara Stoefen	Adaugo Healthcare
Ralph Summers, MSW	PacificSource
Kim Swanson, PhD	Mosaic Medical
Karen Tamminga, LCSW	Deschutes County Behavioral Health
Rick Treleaven, LCSW	BestCare Treatment Services
Bill Ward, CADCI	Serenity Lane
Molly Wells Darling, LCSW	St. Charles Health System

SU & CP Direction Assessment Survey Results

Reduce the 3-year rate of overdose hospitalizations due to any drug in Central Oregon to 35 per 100,000 population (2012-2014 rate: 40.27 per 100,000 population)

- **Deschutes County:** Syringe Exchange Program – service to Bend and Redmond
- **PacificSource:** ED Suboxone Project – service to Bend ED
- **Cascade Peer and Self Help Center:** Counseling Services for addiction and mental health
- **Shared Future Coalition:** Prescription Drug Safety Grant, Take Meds Seriously Oregon
- **Shared Future Coalition:** GenerationRx Workshop – pilots in Redmond fall 2018
- General distribution/availability of Naloxone from PSTF and pharmacies

Identify costs saved in Central Oregon due to properly assessing, treating, and referring individuals with moderate-to-severe SUDs.

- **Deschutes County:** Syringe Exchange Program – service to Bend and Redmond
- **Cascade Peer and Self-Help Center:** Counseling Services for addiction and mental health

Reduce the percentage of adults who had 4 (women) 5 (men) drinks of alcohol on one occasion in the past 30 days from 15.3% to 13%.

- **Shared Future Coalition:** general prevention strategies for ages 18-25
- **Public Health:** General practices
- General practice of SBIRT us in PCP offices region-wide
- General practice of BHCs working in primary care on SUD

Reduce the percentage of 8th and 11th graders who binge drank alcohol one or more time in the past 30 days from 7.9% and 24.6% to 5% and 20% respectively.

- **Shared Future Coalition:** Parent education
- **Deschutes County:** Prevention team
- **Public Health:** Strategic Prevention Framework Partnership for Success (SPF-PFS) Coordinators in all three counties & Warm Springs
- **C4:** Youth Substance Abuse Prevention – service to Crook County
- **BestCare:** Prevention – service to Jefferson County
- **Family Resource Center:** Parenting Classes for parents of teens
- **CLEAR Alliance:** Teen Marijuana Education Curriculum – regional service
- **Warm Springs Prevention**
- General substance abuse policies for youth sports programs

- General practice of BHCs working in primary care on SUD
- General state policy regarding drinking age and alcohol sales to minors

Reduce the percentage of 8th and 11th graders who have used any marijuana in the past 30 days from 10.2% and 25.1% to 7% and 20% respectively.

- **Deschutes County:** Prevention team
- **Shared Future Coalition:** Parent education and other Bend-focused initiatives
- **CLEAR Alliance:** Teen Marijuana Education Curriculum – regional service
- **C4:** Youth Substance Abuse Prevention – service to Crook County
- **BestCare:** Prevention – service to Jefferson County (www.notmybrain.org)
- **Family Resource Center:** Parenting Classes for parents of teens
- **Warm Springs Prevention**
- **Public Health:** General practices
- General practice of BHCs working in primary care on SUD
- General state policy regarding public marijuana use, age restrictions, and growing regulations
- General school-based programs and policies
- General substance abuse policies for youth sports programs

Decrease the percent of patients on prescription opioid doses ≥ 90 mg MED/day for more than 30 consecutive days or more from 15.2% to 5%.

- **PSTF:** General
- **PacificSource:** Performance Improvement Project (PIP)
- **OHA:** General

Increase the number of completed referrals and feedback loop from medical settings to alternative pain management programs from 0 to 100 referrals yearly.

- **St. Charles/Best Care:** Coordinator funded by the SUCP RHIP Workgroup – regional service
- **Deschutes County:** Living Well Programs

COHC Summer 2018 RHIP Updates

Behavioral Health Identification & Awareness

AIM: Identify and engage 100% of individuals in Central Oregon that have a behavioral health need, and ensure an effective and timely response.

Recent Activities

- Implemented a two-year project: a behavioral health (BH) integration specialist has been hired to collaborate with all primary care (PC) clinics region-wide to support universal screening for BH as well as guidance for PC clinics to address BH screens based on clinic capacity.

Behavioral Health Substance Use & Chronic Pain

AIM: All Central Oregonians with an SUD that enter the hospital system including the ED will receive engagement, treatment, or harm reduction services.

Recent Activities

- Initiated a two-year pilot in the Bend St. Charles Hospital and ED to house a substance use disorder (SUD) coordinator and a recovery mentor to support screening and follow-up for patients with moderate-to-severe SUD.

Cardiovascular Disease & Diabetes Prevention

AIM 1: Cost will never be a barrier to participate in a variety of physical activities for students.

AIM 2: By 2019 0% of adults in Central Oregon will have a diet modifiable



disease, specifically CVD and/or type 2 diabetes.

Recent Activities

- Opened RFP to develop a regional model for provider-based referrals for physical activity for youth through Rx to Move.
- Finalized their Box 6 experiments for their new Nutrition A3.

Cardiovascular Disease Clinical

AIM: Reduce the rate of youth tobacco use in Central Oregon from 17.3% to 15% in 8th graders, and 23.2% to 20% in 11th graders.

Recent Activities

- Started a new A3 focused on community-wide education for blood pressure awareness and control.
- Completed a document outlining tobacco cessation insurance coverages currently being shared with provider groups regionally.

Diabetes Clinical

AIM: 95% of Central Oregonians with Type 2 Diabetes will have an HbA1c of < 9%

Recent Activities

- Prepared for algorithm of care events with national speakers on the gut microbiome with diabetes, and team-based care models. Events will be held in Madras, Prineville and Bend.

Oral Health

AIM: Improve Oral Health and keep children cavity free.

Recent Activities

- Brainstorming Box 6 experiments in two new A3s – one on integration and another on geriatric care.
- Released RFP for MORE Care model from Dentaquest, which integrates oral health into PC.



Reproductive Maternal Child Health

AIM: Prevent Unintended Pregnancies

Recent Activities

- Reviewed the BOOST Oregon initiative, a parent-led group promoting child immunizations.

SDOH: Housing

AIM 1: Central Oregon communities have sufficient, actionable data to guide direction, establish priorities, support regional solutions, and bring a call to action to mobilize citizens to create a healthier Central Oregon.

AIM 2: The approximately 200 chronically homeless and/or high utilizers in Central Oregon will be stabilized and supported to achieve well being.

Recent Activities

Funding: \$60,000 for Pfeifer & Associates for their “House the Children” initiative which provides a safe, supervised home for children to share with their parents who are in treatment and maintaining sobriety.

SDOH: Milestones to Health & Education

AIM 1: Central Oregon children become more resilient

AIM 2: Every Central Oregonian thriving in the face of diversity

AIM 3: Children in Central Oregon have lifelong health and learning challenges due to lack of early identification and access to services

AIM 4: Every child in kindergarten has the early literacy skills to be ready to learn

Recent Activities

- Nurturing 3 subgroups: Literacy, Social and Emotional, Access to Integrated Services (TRACEs part of Social and Emotional subgroup)
- Literacy team partnering with Equity Team around reading program ask.