

## **Substance and Alcohol Misuse: Prevention and Treatment**

Regional Health Improvement Plan Workgroup

Join Zoom Meeting https://zoom.us/j/254699270https://zoom.us/j/254699270

Join by phone: +1 669 900 6833 Meeting ID: 254 699 270

> August 11, 2020 3:30-5:00pm

# Aim/Goal

Create and enhance cross-sector collaborations and programming so that all Central Oregonians have equitable access to skilled, evidence-based substance and alcohol misuse prevention, intervention, treatment, and recovery services that are culturally responsive and trauma-informed.

# **Future State Measures**

- 1. Decrease binge drinking among adults.
- 2. Decrease vaping or e-cigarette use among youth.
- 3. Increase services for alcohol or drug dependence for individuals newly diagnosed.
- 4. Reduce mental health/substance abuse ED visits in Madras, Prineville and Warm Springs.
- \*See full measures on next page.

	AGENDA	
3:30-3:45	Welcome, Land Acknowledgement, Guiding Principles	
3:45-4:55	Strategic Directions	
4:55-5:00	Wrap Up and Next Steps	



#### **Substance and Alcohol Misuse: Prevention and Treatment**

# Future State Measures – Full Detail

- 1. By December 2023, only 25% of adults aged 18 to 34 in Central Oregon reported binge drinking on at least one occasion over the past 30 days.
- 2. By December 2023, reduce the percentage of Central Oregon 11th grade students who report vaping or using e-cigarettes by 10% percent in each county, resulting in only 20.2% in Crook County, 26.5% in Deschutes County, and 14.9% in Jefferson County (OR Student Health Survey).
- 3. By December 2023, 30% of Medicaid members (ages 13 and older) who are newly diagnosed with alcohol or other drug dependence and who began treatment within 14 days of the initial diagnosis will have two or more additional services for alcohol or other drug dependence within 30 days of their initial treatment. (Quality Incentive Measure (QIM))
- 4. By December 2023, Mental Health/Substance Abuse Emergency Department visits per 1,000 will be reduced by 25% in highest rate locations:

Warm Springs	Prineville	Madras		
35.3	15	13.8		



# **Guiding Principles**

#### **Shared Focus**

We come together to improve the health and well-being of individuals living in various and diverse communities throughout Central Oregon region. We use the Regional Health Improvement Plan (RHIP) as our guide. It is our region's shared vision of current problems and our aims. As workgroup partners we develop agreed-upon actions to solve the issues and keep the needs of our communities as the main focus.

## **Shared Metrics**

We measure progress, process and outcomes through a shared lens. We use the Regional Health Assessment (RHA), Regional Health Improvement Plan and community dashboard.

# **Involve Targeted Population**

The individuals living in our diverse Central Oregon communities are the center of our work. We make every effort to include people from every part of the region in our workgroups, discussions, processes and decisions.

#### **Collaborate to Solve Complex Issues**

Inviting diverse perspectives from throughout the Central Oregon region deepens our shared understanding of complex issues and propels us toward better progress and outcomes. We practice frequent, structured, open communication to build trust, assure shared objectives, and create common motivation. We respect the privacy and sensitivity of information partners share.

#### **Coordinate Collective Efforts**

We are made up of diverse partner organizations and individuals with unique strengths, skills, and resources. We coordinate our efforts and use our unique strengths and skills to meet the goals of the RHIP.

## **Learn and Adapt Together**

We embrace shared learning and a growth mindset. We create a space that allows for mistakes, failures, second changes, and a celebration of brave attempts. We adjust and apply our learnings to the complex and changing landscape of health and well-being in Central Oregon.

# **Substance and Alcohol Misuse: Prevention & Treatment**

# Background: Why are we talking about this?

**1980s** social norming of alcohol increases / legalization of brew pubs on Oregon **1990s** opioids are introduced for pain treatment

2007 E-cigarettes are introduced in the US2016 marijuana is legalization in Oregon2019 Surgeon General Report on Marijuana

1 in 10 Oregonians struggle with drugs or alcohol costing the state \$6 billion /year. These illnesses are common, recurrent and treatable. Research indicates that preventing substance misuse can have far reaching implications for individuals, families and our community, including impact on education, community safety, health care, employment and quality of life.

# **Current Condition: What's happening right now?**

- As of 2019, 19 cases of vaping related illnesses have been reported in OR, leading to 2 deaths
- Oregon has one of the highest rates of misuse of prescription opioids in the nation
- Deaths from methamphetamine overdoses in Oregon are up 400% between 2012 and 2017

#### **Current State Metrics:**

- 1. 37.4% of adults age 18-34 in Central Oregon reported binge drinking at least once in the past 30 days
- 2. 11<sup>th</sup> graders vaping or using e-cigarettes: Crook 22.6%, Deschutes 29.4%, Jefferson 16.6%
- 3. 7.8% of Medicaid members diagnosed with alcohol or drug dependence and who began treatment within 14 days of diagnosis, had 2 or more additional services within 30 days of initial treatment
- 4. Mental health / substance abuse ED visits per 1,000: Warm Springs 47, Prineville 20.1, Madras 17.2

# Goal Statement: Where do we want to be in 4 years?

## Aim/Goal

Create and enhance cross-sector collaborations and programming so that all Central Oregonians have equitable access to skilled, evidence-based substance and alcohol misuse prevention, intervention, treatment, and recovery services that are culturally responsive and trauma-informed.

# Future State Metrics - By December 2023:

- 1. Decrease binge drinking among adults.
- 2. Decrease vaping or e-cigarette use among youth.
- 3. Increase additional services for alcohol or drug dependence for individuals newly diagnosed.
- 4. Reduce mental health/substance abuse emergency department visits in Madras, Prineville and Warm Springs.

# Analysis: What's keeping us from getting there?

- Targeted seductive marketing encourages use
- Minimization of risk & harm impact prevention & care
- Data is not easily accessible or known
- Historical investment patterns impact SUD services
- Alcohol culture dominates the local lifestyle
- Inadequate screening & guidance at all contact points
- Trauma significantly impacts well-being
- Inaccessible & inequitable housing options
- Inconsistent & ineffective health messaging
- Pervasive stigma impedes prevention & access to care

				JΟ
Date updated:	Workgroup:		Version:	
Strategic Dire	ection: What are	we going to try?		
{insert}				

Focused Implementation: What are our specific actions? (who, what, when, where?)
{insert}

Follow-Up: What's working? What have we learned?					
(insert)					

4

# Substance and Alcohol Misuse: Prevention and Treatment

Root Cause Barriers: What is blocking us from moving toward our future state measures?									
Targeted seductive marketing encourages use	Alcohol culture dominates the local lifestyle	Minimization of risk & harm impact prevention & care	Inaccessible and inequitable housing options	Inadequate screening and guidance at all contact points	Inconsistent / ineffective health messaging	Data is not easily accessible or known	Historical investment patterns impact sud services	Trauma significantly impacts wellbeing	Pervasive stigma impedes prevention & access to care
Media - social media exposure, marketing targeting audiences	Unfettered political influence	Minimization of risk & harm impact prevention & care	Currently requiring stable house before tx (housing isn't available)	Not asking the right questions in primary care	School system prioritizes education over su prevention and early identification	Pop 18-34 unknown if regular screening happens in bh services	Cost of mat, other treatment services and naloxone	People who seek services have historically been treated poorly	Law enforcement & other partners see harm reduction services as enabling
Access to products is increasing	Favorable alcohol culture	Low Perceived Risk of Harm (health & other consequences)	Clinical liability issues in establishing wet housing	Unavailable rural middle ground health services	Pop 18-34 individuals' definition of their own drinking varies	Insufficient # of staff in PH who can conduct surveys	Payer contracts with providers don't pay SUD	Social acceptance and belonging	Pop 18-34 may not be seeking primary care services
Targeted marketing to youth	Ease of access (too easy)	Perceived Risk of Harm		Primary Care Low % of Clients Have a PCP	SU education in schools is varies	Difficulty getting data from post-secondary schools	High turnover of SUD professionals	Social isolation (loneliness)	Stigma/liability issues with housing people with SUD
Flavored vape pods				No screening for vaping in primary care	Low health literacy	Only national data for binge drinking in Central Oregon	SUD tradition- ally funded minimally	Self- medicating	Stigma against treatment in my neighborhood
						Outdated research on wet housing	Less reimbursement for SUD	Pervasive Trauma	Stigma in medical community around MAT
							Funding proactive/ reactive	Trauma	Indep/ "pull yourself up" mentality
							Reimbursement		Stigma - Internal, Cultural, Blame Stigma

# Sources

2020 Health **Equity** Report

# Regional Health **Improvement** Plan

**WG DEI** conversations

> **DCPH** Youth **Advisory**

**WG** Survey

# Small Groups

Jody, Rick

Barry, Elizabeth

Bob, Caitlin, Heather, **Ivette** 

Carlos, Christina, Erin F, Karen

# Strategic Direction Ideas -**Substance and Alcohol Misuse**

Expand early detection

Diversify

treatment

options

Reach out to partners to

assess, identify, and

Develop

Workforce

Utilize peer

recovery

specialists in

Health Council

projects

Incorporate a vaping metric into **SBIRT** 

Foster healthy health professionalclient relationships through school system

promotion of well visits (preventative screenings)

Revise primary care screening for drinking and vaping by asking better questions

Invest in harm reduction

use Supportive interactions instead of punitive consequences for vaping use

Strengthen youth engagement and resiliency

Program that is vibrant to youth/young adults--related to physical activity

reduction

Investment

in harm

Align efforts

**Build community** coalition capacity to address health inequities related to substanceuse and mental health

> Reaching out to other organizations to follow St. Charle's lead in regards to the Strategic

Implementation Plan

Work directly with communities to cocreate policies, orograms and strategies toensure that health interventions are equitable and culturally

Invite politicians to SUD workgroup rep come share

have CTWS

Community collaboration over community communication: working with them to problem solve rather than just listen

implement strategies to recovery in better communicateinformation public that meets the language, literacy, and cultural needs schools of the community

Create better

access for

working class

folks in need of

treatment

**Prioritize** 

Integrated SUD triage in the emergency department and triage to BestCare Services (ongoing, current) Overutilized, funding

24 hour

services

Region-wide evidence based

curriculum for

vaping

Intensive training

for PCP staff on

harm reduction,

engagement for

SUD

Provide cultural humility training for providers

Create and share an robust training equity toolkit that on alcohol includes tangible stigma (for us examples of equity & inequity byprogram, the and community equity framework, partners) definition, etc.

SUP for curriculum and community events

brain trust of

Implement

onboarding and

annual health

all health

departmentstaff

CADC program at COCC

Expand

Assess and integrate equity equity training for

into internal processes and core documents, including hiringand workforce development, the local advisory board, fiscal planning, and grants

Educate the Public

shifting messaging/ interventions away from scare tactics

**Improved** community education

Partner to have consistent messaging across organizations

> Assess community and staff equity perception and needs

Direct funding toward educating health

consumers

# Unnamed area

create targeted Treating parents as Identify and messaging to implement strategies providers: increased Differentiate specific groups of to assure more education, parent approaches diverse youth (i.e. ESL nights, parent representation on resources (social students, student hosting laws) local committees athletes) Bring in a engage use Youth delivered/ Targeted developed content for individuals rep from approaches for vaping cessation, pregnant women, alcohol stigma (like <mark>M</mark>y Warms with lived homeless, and Future, My Choice but Native Americans more specific) Springs experience

pursue working Incentivize relationships Partner with sober with food & alcohol/brewery beverage spaces industries industry partnering with businesses to Involving the not allow industry (not alcohol creating a "big sponsorships tobacco")

Buy-in form all

for data

projects

Advocate **Targeted** for policy Ban youth counterchange marketing marketing Integrate health equity Tobacco considerations into PH policies retail Ban vaping and practices density advertisements ordinances

Collect

Data

school districts get more to participate in CTWS data surveys/ data collection pursue relation Assure with OSU/OSHU incorporation of equity goals and collection metrics in Strategic Plans

in schools suspension

Strengthen

prevention

Strengthen prevention **Expand interaction** with high schools edu in substance opportunities abuse education in schools SBIRT in Deliver **ATOD** Schools instead of curricula in

schools

Provide MAT partner with Collaborate CIT (Crisis to with Judicial incarcerated Intervention System Training) patients Collaborative Targeted program with law intensive enforcement in engagement creating or avoiding stigma and and tx with Child increasing access to Welfare

learn about how Increase Invest in increases our systems have Social racial trauma low-barrier **Determinants** and then change informed care housing of Health them Identify and implement Lead and advocate for strategies to work More addressing social collaboratively determinants of health withorganizations investment and health equity whose activities andmobilize community advance health equity in housing resources to improve and promote Health in public health **All Policies**