



Substance and Alcohol Misuse: Prevention and Treatment
Regional Health Improvement Plan Workgroup

Join Zoom Meeting

<https://us02web.zoom.us/j/254699270?pwd=S0o5ZFNQaGNmSTd6MXN4ZDBZQXk5Zz09>

Join by phone:

+1 669 900 6833

Meeting ID: 254 699 270

Passcode: 805703

April 13, 2021

3:30-5:00 PM

| 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 |
| <ol style="list-style-type: none">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 |
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| 3:30-3:40 PM | Welcome, Land Acknowledgement, Guiding Principles, Introductions |
| 3:40-3:45 PM | Workgroup Investment Timeline |
| 3:50-4:50 PM | Implementation Plan Development <ul style="list-style-type: none">• Small Group Work |
| 4:50-5:00 PM | Wrap Up and Next Steps |

Working Document: https://docs.google.com/presentation/d/1O8HdpfQPrfK-9T8K0tKUycX3kd_abi3FtoS4Utva0cM/edit?usp=sharing

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 |

Substance and Alcohol Misuse: Prevention & Treatment

| Background: Why are we talking about this? | |
|--|--|
| <p>1980s social norming of alcohol increases / legalization of brew pubs on Oregon</p> <p>1990s opioids are introduced for pain treatment</p> <p>2007 E-cigarettes are introduced in the US</p> <p>2016 marijuana is legalization in Oregon</p> <p>2019 Surgeon General Report on Marijuana</p> | <p>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.</p> |

| Current Condition: What's happening right now? |
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| <ul style="list-style-type: none"> 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 <p>Current State Metrics:</p> <ol style="list-style-type: none"> 37.4% of adults age 18-34 in Central Oregon reported binge drinking at least once in the past 30 days 11th graders vaping or using e-cigarettes: Crook 22.6%, Deschutes 29.4%, Jefferson 16.6% 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 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? |
|---|
| <p>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.</p> <p>Future State Metrics - By December 2023:</p> <ol style="list-style-type: none"> Decrease binge drinking among adults. Decrease vaping or e-cigarette use among youth. Increase additional services for alcohol or drug dependence for individuals newly diagnosed. Reduce mental health/substance abuse emergency department visits in Madras, Prineville and Warm Springs. |

| Analysis: What's keeping us from getting there? |
|---|
| <ul style="list-style-type: none"> 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 |

| Strategic Direction: What are we going to try? | |
|---|--|
| <p>Date updated: 10.13.20</p> <ul style="list-style-type: none"> Expanding Prevention and Community Education Broadening Partnerships to Align Efforts Diversifying and Expanding Intervention and Treatment Accelerating Systems, Policy and Environmental Change Formalizing Diverse, Welcoming Approaches | |

| Focused Implementation: What are our specific actions? (who, what, when, where?) | | |
|--|---|--|
| When | What | |
| April 2021 | Peer Support Specialist Barriers Assessment | |
| | | |

| Follow-Up: What's working? What have we learned? |
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| {insert} |

Regional Health Improvement Plan (RHIP) Workgroup

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.

Partner with Priority Populations

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.

Land Acknowledgement

We recognize and acknowledge the indigenous land of which we live, work, learn, play, and grow. This land of the Mololla, Paiute, Klamath, Modok, Yahooskin Band of Snake Indians, Confederated Tribes of Middle Oregon, and Confederated Tribes of Warm Springs. We acknowledge them as the past, present, and future caretakers of this land. It is on their traditional land where we partner to improve the health and well-being of Central Oregonians. We aspire to be good guests honoring the concept in the Warm Springs culture: “This land is for you to know and live upon and pass on to the children.”

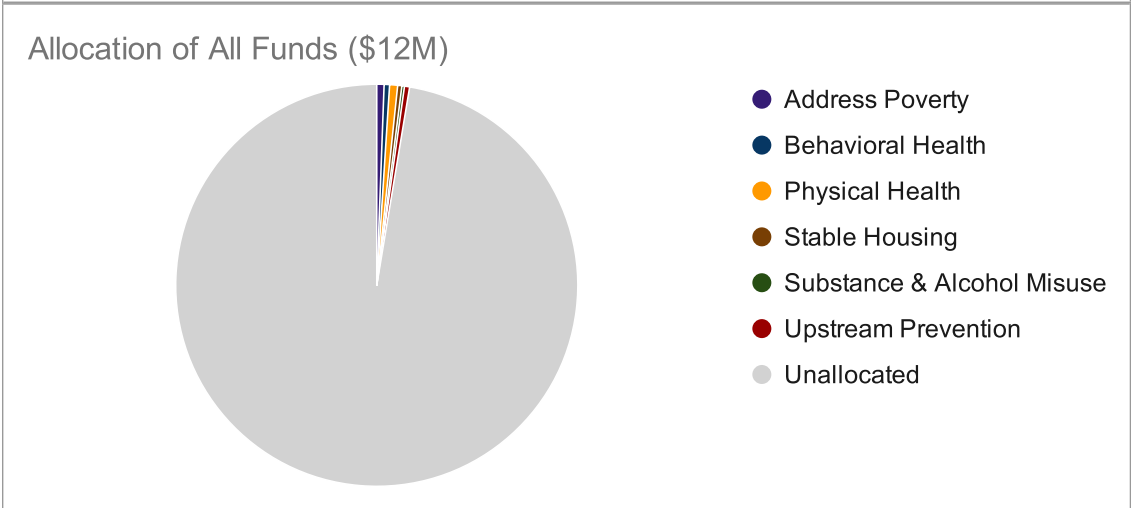
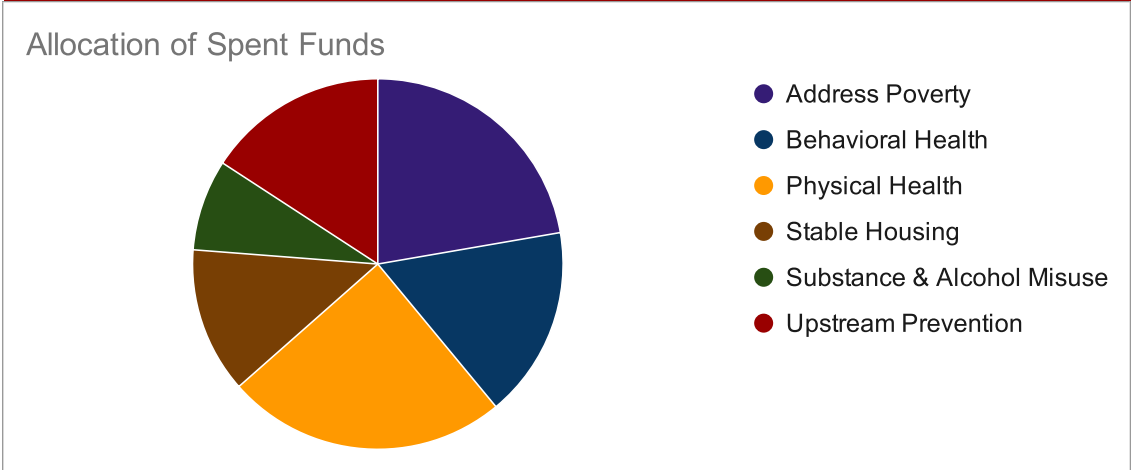
2020-2024 RHIP Workgroups

5 Year Budget

Updated March 15, 2021

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|-------------------------------------|---------------------|
| Funds Available | \$11,685,822 |
| Initial Funds (spread over 5 years) | \$12,000,000 |
| Funds Spent | \$314,178 |

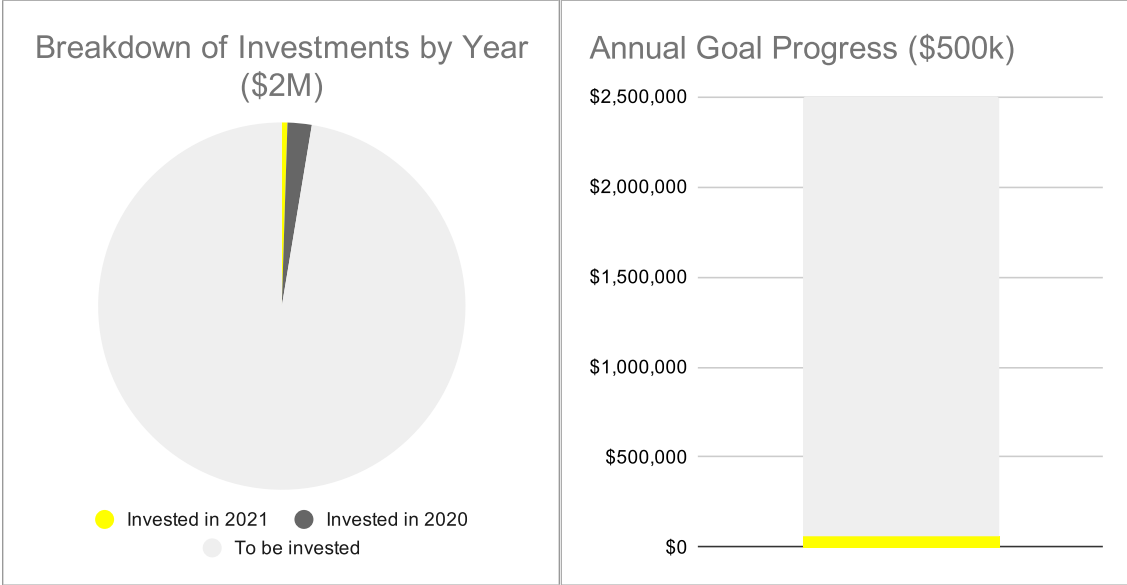
| Amount Invested by Workgroup | |
|------------------------------|-------------|
| Address Poverty | \$70,000.00 |
| Behavioral Health | \$52,500.00 |
| Physical Health | \$76,994.06 |
| Stable Housing | \$40,000.00 |
| Substance & Alcohol Misuse | \$25,000.00 |
| Upstream Prevention | \$49,684.00 |



2020-2024 RHIP Workgroups

2021 Budget

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|---|--------------------|
| 2021 investment goal | \$2,500,000 |
| Amount remaining to invest toward 2021 goal | \$2,440,773 |
| Invested in 2021 | \$59,227 |
| Invested in 2020 | \$254,951 |



For the 2021-2024 funding years, each workgroup's annual investment goal is a minimum of \$500,000. The Central Oregon Health Council is required by law to invest a total of at least \$2.5M each year through the workgroups. Each workgroup is expected to do their part in helping to reach this \$2.5M annual commitment.

Substance and Alcohol Misuse Treatment and Prevention 2020-2024 RHIP Workgroup Budget

Updated March 15, 2021

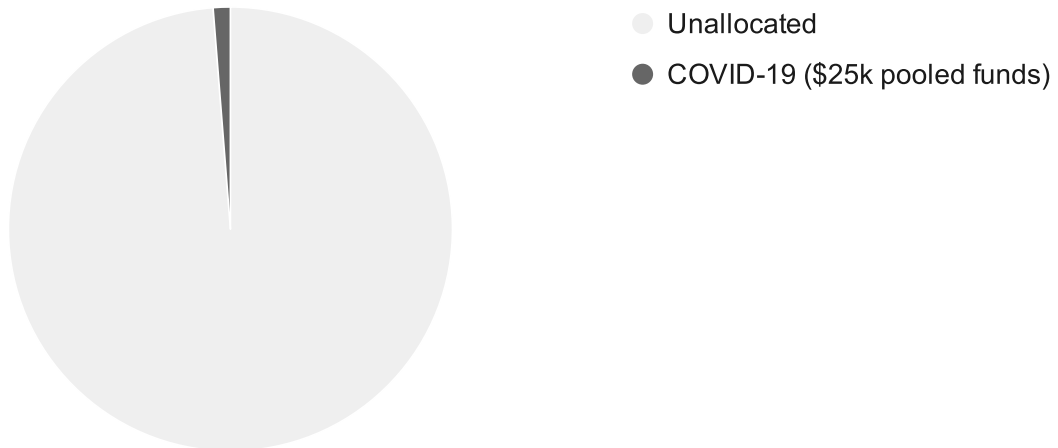
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|-------------------------------------|--------------------|
| Funds Available | \$1,975,000 |
| Initial Funds (spread over 5 years) | \$2,000,000 |
| Funds Spent | \$25,000 |

Amount Invested by Future State Measure

| | |
|--|--------|
| Decrease the percent of adults ages 18-34 who report binge drinking | \$0.00 |
| Reduce the percent of 11th graders who report vaping or using e-cigarettes | \$0.00 |
| Increase individuals having 2+ additional services for SUD within 30 days of their initial treatment | \$0.00 |
| Reduce mental health/substance abuse ED visits in Madras, Prineville, and Warm Springs | \$0.00 |

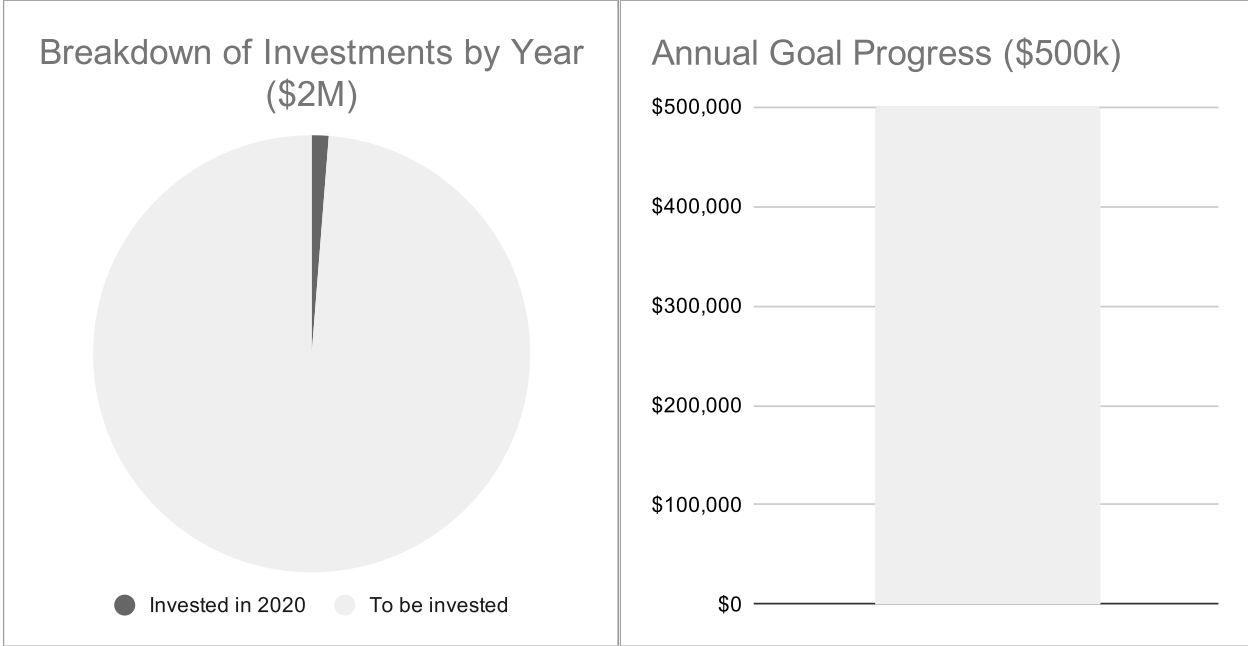
Allocation of Funds by Measure

Allocation of All Funds (\$2M)



Substance and Alcohol Misuse Treatment and Prevention 2021 RHIP Workgroup Budget

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|---|------------------|
| 2021 investment goal | \$500,000 |
| Amount remaining to invest toward 2021 goal | \$500,000 |
| Invested in 2021 | \$0 |
| Invested in 2020 | \$25,000 |



For the 2021-2024 funding years, each workgroup's annual investment goal is a minimum of \$500,000. The Central Oregon Health Council is required by law to invest a total of at least \$2.5M each year through the workgroups. Each workgroup is expected to do their part in helping to reach this \$2.5M annual commitment.