



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

Regional Health Improvement Plan Workgroup

Join Zoom Meeting

<https://us02web.zoom.us/j/86843370807?pwd=M2RsK2tWUzRxUIV4TGsxWmhrQ3g4dz09>

Join by phone:

+1 253 215 8782

Meeting ID: 868 4337 0807

Passcode: 804468

October 10, 2022

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

## **AGENDA**

3:30-3:45 PM	Welcome, Introductions, Announcements, Meeting Packet Review
3:45-4:50 PM	Implementation Plan Development <ul style="list-style-type: none"><li>• Small Group Work</li></ul>
4:50-5:00 PM	Wrap Up and Next Steps

Working Document: [https://docs.google.com/presentation/d/1O8HdpfQPrfK-9T8K0tKUycX3kd\\_abi3FtoS4Utva0cM/edit?usp=sharing](https://docs.google.com/presentation/d/1O8HdpfQPrfK-9T8K0tKUycX3kd_abi3FtoS4Utva0cM/edit?usp=sharing)

Workgroup Budget: <https://docs.google.com/spreadsheets/d/1Gw9dL6ilRe1oIGhJRMloXg9pEUofJ-KzU5WnscBbEX8/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

## **Land Acknowledgement**

We recognize and acknowledge the indigenous land of which we live, work, learn, play, and grow. This is the land of the Warm Springs, Wasco, Northern Paiute, Tenino, Klamath, Molalla, and Yahooskin. 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.”



## **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.

#### **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 chances, 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?	
<b>1980s</b> social norming of alcohol increases / legalization of brew pubs on Oregon <b>1990s</b> opioids are introduced for pain treatment <b>2007</b> E-cigarettes are introduced in the US <b>2016</b> marijuana is legalization in Oregon <b>2019</b> 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?
<ul style="list-style-type: none"><li>As of 2019, 19 cases of vaping related illnesses have been reported in OR, leading to 2 deaths</li><li>Oregon has one of the highest rates of misuse of prescription opioids in the nation</li><li>Deaths from methamphetamine overdoses in Oregon are up 400% between 2012 and 2017</li></ul> <b>Current State Metrics:</b> <ol style="list-style-type: none"><li>37.4% of adults age 18-34 in Central Oregon reported binge drinking at least once in the past 30 days</li><li>11<sup>th</sup> graders vaping or using e-cigarettes: Crook 22.6%, Deschutes 29.4%, Jefferson 16.6%</li><li>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</li><li>Mental health / substance abuse ED visits per 1,000: Warm Springs 47, Prineville 20.1, Madras 17.2</li></ol>

Goal Statement: Where do we want to be in 4 years?
<b>Aim/Goal</b> 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. <b>Future State Metrics - By December 2023:</b> <ol style="list-style-type: none"><li>Decrease binge drinking among adults.</li><li>Decrease vaping or e-cigarette use among youth.</li><li>Increase additional services for alcohol or drug dependence for individuals newly diagnosed.</li><li>Reduce mental health/substance abuse emergency department visits in Madras, Prineville and Warm Springs.</li></ol>

Analysis: What’s keeping us from getting there?
<ul style="list-style-type: none"><li>Targeted seductive marketing encourages use</li><li>Minimization of risk &amp; harm impact prevention &amp; care</li><li>Data is not easily accessible or known</li><li>Historical investment patterns impact SUD services</li><li>Alcohol culture dominates the local lifestyle</li><li>Inadequate screening &amp; guidance at all contact points</li><li>Trauma significantly impacts well-being</li><li>Inaccessible &amp; inequitable housing options</li><li>Inconsistent &amp; ineffective health messaging</li><li>Pervasive stigma impedes prevention &amp; access to care</li></ul>

Date updated: 8.2022	
Strategic Direction: What are we going to try?	
<ul style="list-style-type: none"><li>Expanding Prevention and Community Education</li><li>Broadening Partnerships to Align Efforts</li><li>Diversifying and Expanding Intervention and Treatment</li><li>Accelerating Systems, Policy and Environmental Change</li><li>Formalizing Diverse, Welcoming Approaches</li></ul>	

Focused Implementation: What are our specific actions? (who, what, when, where?)		
When	What	
10.21	Binge Drinking Regional Assessment Consultant	Hired
03.22	Treatment referral card distribution	Funded
03.22	Peer Support Specialist Org Funding	Funded
04.22	Peer Support Specialist Sustainability Consultant	Hired
08.22	Healthy Retail	In development

Follow-Up: What’s working? What have we learned?
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## SUBSTANCE AND ALCOHOL MISUSE 2022 Budget

### Overview

		Budget	Spent	Available	
	5-Year	\$2,000,000	\$581,214	<b>\$1,418,786</b>	
	Cycle to Date [1]	\$1,000,000	\$581,214	<b>\$418,786</b>	
	Yearly	\$500,000	\$396,294	<b>\$418,786</b>	
	Yearly Mini-Grant	\$25,000	\$5,634	<b>\$19,366</b>	*5k added for internal Tx Referral Cards
	Yearly Standard Grant	\$475,000	\$390,660	<b>\$84,340</b>	

### By Future State Measure (5 year)

	Budget* [2]	Spent	Available [3]	Currently Allocated [4]	Projected Available [5]	Notes [6]
Binge Drinking	\$488,750.00	\$150,553.69 [7]	\$338,196.31	\$5,000.00	\$333,196.31	*Tx referral cards approved, but not expended
Vaping E-Cigarettes	\$488,750.00	\$0.00	\$488,750.00		\$488,750.00	
SUD Services	\$488,750.00	\$205,330.00	\$283,420.00		\$283,420.00	
ED visits	\$488,750.00	\$200,330.00	\$288,420.00		\$288,420.00	

\*Budget for each FSM reflects the agreed upon 5 year 'soft budget' of \$493,750 minus the portion contributed to shared migrant budget.

### Investments

Organization	Process	Project	Award	Decision Date	Future State Measure	Latest Report
New Priorities Family Services	Standard Grant Sustaining Peer Services Application (2020-2024 RHIP)	<a href="#">Peer Support Services</a>	\$30,000.00	3.2022	Increase individuals having 2+ additional services for SUD within 30 days of their initial treatment	
New Priorities Family Services	Standard Grant Sustaining Peer Services Application (2020-2024 RHIP)	<a href="#">Peer Support Services</a>	\$30,000.00	3.2022	Reduce mental health/substance abuse ED visits in Madras, Prineville, and Warm Springs	
Ideal Option	Standard Grant Sustaining Peer Services Application (2020-2024 RHIP)	<a href="#">Peer Resource and Infrastructure for Central Oregon MAT Program</a>	\$30,000.00	3.2022	Reduce mental health/substance abuse ED visits in Madras, Prineville, and Warm Springs	
Ideal Option	Standard Grant Sustaining Peer Services Application (2020-2024 RHIP)	<a href="#">Peer Resource and Infrastructure for Central Oregon MAT Program</a>	\$30,000.00	3.2022	Increase individuals having 2+ additional services for SUD within 30 days of their initial treatment	

Cascade Peer and Self Help Center	Standard Grant Sustaining Peer Services Application (2020-2024 RHIP)	<a href="#">Increasing Qualified Peer Support at the Cascade Peer and Self Help Center</a>	\$30,000.00	3.2022	Increase individuals having 2+ additional services for SUD within 30 days of their initial treatment	
Cascade Peer and Self Help Center	Standard Grant Sustaining Peer Services Application (2020-2024 RHIP)	<a href="#">Increasing Qualified Peer Support at the Cascade Peer and Self Help Center</a>	\$30,000.00	3.2022	Reduce mental health/substance abuse ED visits in Madras, Prineville, and Warm Springs	
DAWNS House	Standard Grant Sustaining Peer Services Application (2020-2024 RHIP)	<a href="#">Live-In Peer Mentor Wage Support</a>	\$30,000.00	3.2022	Reduce mental health/substance abuse ED visits in Madras, Prineville, and Warm Springs	
DAWNS House	Standard Grant Sustaining Peer Services Application (2020-2024 RHIP)	<a href="#">Live-In Peer Mentor Wage Support</a>	\$30,000.00	3.2022	Increase individuals having 2+ additional services for SUD within 30 days of their initial treatment	
SriPonya	Standard Grant Sustaining Peer Services Application (2020-2024 RHIP)	<a href="#">SriPonya School of Recovery</a>	\$2,500.00	3.2022	Reduce mental health/substance abuse ED visits in Madras, Prineville, and Warm Springs	
SriPonya	Standard Grant Sustaining Peer Services Application (2020-2024 RHIP)	<a href="#">SriPonya School of Recovery</a>	\$2,500.00	3.2022	Increase individuals having 2+ additional services for SUD within 30 days of their initial treatment	
Oregon Council for Behavioral Health	Standard Grant Sustaining Peer Services Application (2020-2024 RHIP)	<a href="#">Consultation to Sustain Central Oregon Peer Services in Substance &amp; Alcohol Misuse Settings</a>	\$72,830.00	4.2022	Reduce mental health/substance abuse ED visits in Madras, Prineville, and Warm Springs	
Oregon Council for Behavioral Health	Standard Grant Sustaining Peer Services Application (2020-2024 RHIP)	<a href="#">Consultation to Sustain Central Oregon Peer Services in Substance &amp; Alcohol Misuse Settings</a>	\$72,830.00	4.2022	Increase individuals having 2+ additional services for SUD within 30 days of their initial treatment	
SriPonya	Mini-Grant Application (2020-2023 RHIP)	<a href="#">Recover Central Oregon &amp; Out Central Oregon Movie Night &amp; Panel Discussion</a>	\$5,000.00	5.22	Drawn from shared mini grant budget	
Reimburse DCHS	Mini-Grant Treatment Referral Cards	Expense	\$633.69	10.22	Decrease the percent of adults ages 18-34 who report binge drinking	