



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

Join Zoom Meeting

<https://us02web.zoom.us/j/81785017351?pwd=bEZ4T2tPSjdUeXVQWGtzV2tGV1hoZz09>

Join by phone:

+1 719 359 4580

Meeting ID: 817 8501 7351

Passcode: 444700

January 10, 2023

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
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3:30-3:45 PM	Welcome, Introductions, Announcements, Agenda Review
3:45-4:50 PM	Implementation Plan Development <ul style="list-style-type: none"><li>• Binge drinking prevention strategy prioritization</li><li>• Youth Engagement in Vaping Prevention RFP finalization</li><li>• Naloxone Grant RFP development</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/1Gw9dL6ilRe1olGhJRMloXg9pEUofJ-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?

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 US

2016 marijuana is legalization in Oregon

2019 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:

37.4% of adults age 18-34 in Central Oregon reported binge drinking at least once in the past 30 days

11<sup>th</sup> 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?

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:

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?

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

Date updated: 1.2023

Strategic Direction: What are we going to try?

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	
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
01.23	Healthy Retail Assessment	Hired
01.23	Youth Vaping RFP	In Development

Follow-Up: What’s working? What have we learned?

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# Five-Year Investment Overview

## All Workgroups

January 2020–December 2024

Budget	Spent	Available
\$12,000,000	\$7,099,792.04	\$4,900,208

Workgroup	Spent	Available
Address Poverty	\$944,493.79	\$1,055,506.21
Behavioral Health	\$1,909,157.00	\$90,843.00
Physical Health	\$1,117,158.56	\$882,841.44
Stable Housing	\$1,124,654	\$875,346.00
Substance and Alcohol Misuse	\$582,702.69	\$1,417,297.31
Upstream Prevention	\$1,421,626.00	\$578,374.00

Overview						
		Budget	Spent	Available		
	5-Year	\$2,000,000	\$617,494.69	<b>\$1,382,505.31</b>		
	Yearly Mini-Grant	\$17,877	\$0.00	<b>\$17,877.31</b>		
By Future State Measure (5 year)						
	Budget* [1]	Spent	Available [2]	Currently Allocated [4]	Projected Available [5]	Notes [6]
Binge Drinking	\$488,750.00	\$150,553.69 [3]	\$338,196.31		\$338,196.31	
Vaping E-Cigarettes	\$488,750.00	\$36,281.00	\$452,469.00		\$452,469.00	
SUD Services	\$488,750.00	\$205,330.00	\$283,420.00		\$283,420.00	
ED visits	\$488,750.00	\$236,611.00	\$252,139.00		\$252,139.00	
*Budget for each FSM reflects the agreed upon 5 year 'soft budget' of \$493,750 minus the portion contributed to shared minigrant budget.						
2023 Investments						
Organization	Process	Project	Award	Decision Date	Future State Measure	Latest Report
Upstream Public Health	Standard Grant Sustaining Peer Services Application (2020-2024 RHIP)	<a href="#">Upstream Healthy Retail Community Assessment for Central Oregon</a>	\$34,792.00	1.23	Reduce the percent of 11th graders who report vaping or using e-cigarettes	