Welcome and Introductions
<table>
<thead>
<tr>
<th>Proposed Agenda</th>
<th>Time</th>
<th>Goals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome and Introductions</td>
<td>1:00</td>
<td>Introductions</td>
</tr>
<tr>
<td>Steering Committee Meeting</td>
<td>1:05</td>
<td>Summary of Steering Committee Meeting</td>
</tr>
<tr>
<td>School-based Opioid Prevention</td>
<td>1:10</td>
<td>Update from the awardees on the School-based Opioid Prevention Assessment and 2020-2021 Project Plan</td>
</tr>
<tr>
<td>2019 Opioid Project Plan Update</td>
<td>1:20</td>
<td>Recovery Initiatives</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Opioid Awareness and Marketing Campaign</td>
</tr>
<tr>
<td></td>
<td></td>
<td>NCW Opioid Response Conference</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Targeted Narcan Training and Distribution</td>
</tr>
<tr>
<td>Narcan Funding Request</td>
<td>1:30</td>
<td>Request from Okanogan County Opioid Treatment Network for additional Narcan funding</td>
</tr>
<tr>
<td>Rapid Cycle Opioid Application</td>
<td>1:40</td>
<td>Review selected applications to recommend for funding</td>
</tr>
<tr>
<td>Opioid Prescribing Coach Update</td>
<td>1:55</td>
<td>Update on proposal submitted by Dr. Rickard and endorsed by Opioid Workgroup</td>
</tr>
<tr>
<td>Behavioral Health Advisory Board</td>
<td>2:05</td>
<td>Update from the Behavioral Health Advisory Board</td>
</tr>
<tr>
<td>2020 Workgroup Meetings</td>
<td>2:15</td>
<td>Day, time, location (February, May, August, November)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Topics, structure</td>
</tr>
<tr>
<td>Roundtable Updates</td>
<td>2:15</td>
<td>Provide relevant updates of current work</td>
</tr>
<tr>
<td>Adjourn</td>
<td>2:30</td>
<td></td>
</tr>
</tbody>
</table>
**Meeting Minutes**

**North Central Accountable Community of Health**

**Regional Opioid Steering Committee Minutes**
10:00 AM – 11:00 AM Wednesday, October 16th, 2019

**Location**
Join Zoom Meeting
https://zoom.us/j/656920788
+1 669 900 6833
Meeting ID: 656 920 788

**Attendees**

<table>
<thead>
<tr>
<th>Agenda Item</th>
<th>Minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Review purpose of the Steering Committee</td>
<td></td>
</tr>
<tr>
<td>• 2020 Opioid Workgroup Budget</td>
<td></td>
</tr>
</tbody>
</table>

**Minutes**

Purpose of this group is to have a smaller focused steering committee to provide guidance between the quarterly Opioid Stakeholders Workgroup Meetings. Malcolm will facilitate these meetings and they will last approximately 1 hour. The membership has been selected by the Executive Director of the NCACH. Not all members have accepted membership, we will fill in the gaps as time goes on. The charter gives this group the ability to make recommendations for staff to bring for approval to the NCACH Governing Board.

**Draft 2020 Budget**

<table>
<thead>
<tr>
<th>Item</th>
<th>Original Budget</th>
<th>Revised Budget</th>
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<tbody>
<tr>
<td>Regional Opioid Application</td>
<td>$50,000</td>
<td>$51,000</td>
</tr>
<tr>
<td>North Central Opioid Response Conference – OCM</td>
<td>$5,000</td>
<td>$5,000</td>
</tr>
<tr>
<td>Support Opioid Conference Site Teams (Staff, OMA)</td>
<td>$50,000</td>
<td>$51,000</td>
</tr>
<tr>
<td>Foster sector training opportunities (26/26, fee reduced)</td>
<td>$4,000</td>
<td>$4,000</td>
</tr>
<tr>
<td>Increase Awareness of Opioid Use and Addiction &amp; Reduce Stigma</td>
<td>$5,000</td>
<td>$5,000</td>
</tr>
<tr>
<td>School-Based Prevention</td>
<td>$25,000</td>
<td>$25,000</td>
</tr>
<tr>
<td>Evidence-Based Care Distribution</td>
<td>$25,000</td>
<td>$25,000</td>
</tr>
<tr>
<td>Recovery Initiatives and Leverage</td>
<td>$25,000</td>
<td>$26,200</td>
</tr>
<tr>
<td>TOTAL</td>
<td>$115,000</td>
<td>$116,400</td>
</tr>
</tbody>
</table>

Budget request is over $114,000 above originally allocated by the NCACH Governing Board to the Opioid Project –

Increased the Recovery Initiatives Line Items –

- $18,500 to pay for 10 manuals per trainer plus some training consultant support for them to provide their first trainings.
- Recovery Coach Bridge Training for CPC (Certified Peer Counselor) - $6,000 (Now reimbursable by Medicaid). Would like to bring one of those trainings to NCW.

Also increased the Support for Opioid Conference Site Teams ($80,000)
<table>
<thead>
<tr>
<th>Prevention</th>
<th>Treatment</th>
<th>OD Prevention</th>
<th>Recovery</th>
<th>Strategy</th>
<th>Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Rapid Cycle Opioid Application</td>
<td>$100,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>North Central Opioid Response Conference – DCM</td>
<td>$15,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Support Opioid Conference Site Teams ($10,000/site, 8 sites)</td>
<td>$80,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Provide sector training opportunities (educators and coaches)</td>
<td>$15,000</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Increase Awareness of Opioid Use and Addiction &amp; Reduce Stigma</td>
<td>$30,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>School-based Prevention</td>
<td>$120,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Naloxone Training and Distribution</td>
<td>$20,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Recovery Initiatives and Events</td>
<td>$34,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td><strong>TOTAL</strong></td>
<td><strong>$414,000</strong></td>
</tr>
</tbody>
</table>
## Meeting Minutes

### Discussion:
- Where would we cut if NCACH Governing Board does not approve the increase? Conference site support possibly – would bring that back to workgroup. Malcolm agreed that if the Board did say we need to cut, this is where we need to trim back.
- What are we doing in school-based prevention? Currently they are assessing – it is for them to implement their work plan. The amount was based on the RFP’s that were submitted, for those awardees to support 6-8 schools.
- School-based is focused more on middle and high school, they are still assessing to find the gaps.
- John supports getting manuals to recovery coaches.
- Steering Committee approves going to the Board with this budget

### PMP Data update
Dr. Julie Rickard works as a provider coach to help providers to learn to say “no” to patients seeking opioids. Dr. Rickard submitted a proposal to provide education and coaching to high prescribers. Malcolm, Julie, and NCACH staff met with PMP staff, however they said the data is confidential and we can’t have access. We may be able to propose a research project. They may be able to release de-identified data. We are at a standstill on how to identify high prescribers. Lauri is on the state prescription work group, she will ask if they will release the information to Health Jurisdictions. Laurel asked about asking the MCO's – we have reached out to them, HCA, and the Hospital Association, we are waiting to hear back from them. Dawn said that there is a way to get that data, but the data may be skewed because they only have the data for their members, it would also include dental. Other MCO’s – Dawn will email the other contacts to Christal.

Presented motion to the NCACH Board in September – they wanted more data before moving forward.

### Rapid Cycle Opioid Application Evaluation Committee
- Application Review Committee: First 2 Weeks of November
- Entire Steering Committee was volunteered by Malcolm that they would be happy to review. If you absolutely can’t do it, email Christal.

### Future Calls
- Third Wednesday of each month works for attendees on the call today. Christal will reach out to the people that could not make it today to see if Wednesday is an absolute conflict for them.
2019 Project Plan Update
Recovery Coach Training

• 16 out of 17 reported they are very confident they can use the skills from the Recovery Coach Academy
• All 17 participants reported they are strongly agree with the statement “I intend to use the skills I learned in the Recovery Coach Academy.”

“Living recovery and utilizing my tools to motivate and inspire others is a huge part of my life long journey.”

“The atmosphere Jim brought was amazing. Hands on training was important to me. He was very professional and also easily approachable.”

“The whole program was pretty enlightening. What struck me the most was not to judge or assume anything about people.”

“I am very grateful that I am able to take this training.”

“My lived experience has created a foundation in which I can stand to assist others on their pathways to recovery.”

“Best class I’ve ever taken.”
Stories of Recovery

Victor Estrada

https://vimeo.com/370436539

Joseph Hunter

https://vimeo.com/368136020
Hands Across the Bridge

https://www.facebook.com/centralwashingtonrecoverycoalition/videos/2480462312062111/
Opioid Awareness and Marketing Campaign

Written Off: Documentary Screening
- Date: November 21, 2019
- Time: 6 PM – 7:30 PM
- Location: Moses Lake, Washington - Municipal Government

Free Community Screening at PAC
- Date: December 2, 2019
- Time: 5 PM
- Location: 20 Cedar St S, Omak, Washington

https://www.facebook.com/events/550390955720948/
Narcan Training and Distribution

- Up to $75 per 2 dose box and up to 10 boxes of Narcan per application
- Cost reimbursable for Narcan only, after training and distribution occurs
- Reporting requirements to NCACH for reimbursement
  - Proof of payment for Narcan
  - Information on trainings and distribution
- $9,500 Committed to date
- Jail Re-entry Programming

APPLICATION OPEN!!!!

Available at: www.ncach.org/opioid-project/
Click on “NCACH Opioid Project Funding” on right hand side
## Narcan Funding to Date

<table>
<thead>
<tr>
<th></th>
<th>Tribal</th>
<th>Chelan/Douglas</th>
<th>Grant</th>
<th>Okanogan</th>
<th>Total</th>
</tr>
</thead>
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<tr>
<td><strong>Allocated</strong></td>
<td>$5000</td>
<td>$5000</td>
<td>$5000</td>
<td>$5000</td>
<td>$20,000</td>
</tr>
<tr>
<td><strong>Funding Requested/Approved</strong></td>
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<td>$2500</td>
<td>$1000</td>
<td>$1000</td>
<td>$9,500</td>
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<tr>
<td><strong>Funding Remaining</strong></td>
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<td>$2500</td>
<td>$4000</td>
<td>$4000</td>
<td>$10,500</td>
</tr>
</tbody>
</table>
Narcan Funding Request

1. Kathleen Manseau
2. Jail Reentry Programming
Rapid Cycle Opioid Awards

Christal Eshelman
2020 Round 1 Rapid Cycle Opioid Applicant

Goal: Connect co-occurring patients that have mental health diagnosis and OUD with MAT therapy.

Project Description:
• To continue to build upon the existing infrastructure of the Jail Services Program by adding MAT referrals for participating inmates within three days of release
• Funding to support 7.5 hours/week of Jail Services staff

Funding Requested: $10,000

Counties Served: Chelan (Grant, Douglas, Okanogan)
**Direct Service AmeriCorps Member**

**Focusing on Opioid Outreach & Education**

Chelan-Douglas Community Action Council

**Contributing Organizations**

(submitted attestations of support for previous application)

- Wenatchee School District
- Eastmont School District
- Action Health Partners
- WorkSource
- Wenatchee Valley YMCA
- Wenatchee Valley YWCA
- Intermountain AmeriCorps
- SkillSource

---

**Goal:**

Educate teens, parents, and the community about the risks of opioid use and abuse.

**Project Description:**

- Expand on previous rapid cycle application to include Okanogan and Grant Counties
- AmeriCorps member to educate young people and at-risk individuals about opioid safety, and promote safe storage and appropriate disposal of medications
- Funding requested for travel (outside of Greater Wenatchee area) and Supplies (food, drink, and prizes to encourage attendance and participation)

**Funding Requested:** $5,000

**Counties Served:** Chelan, Douglas, Grant, Okanogan

"BUILDING HEALTHIER COMMUNITIES ACROSS NORTH CENTRAL WASHINGTON"
Take Home Naloxone Project

Coulee Medical Center

Contributing Organizations

- Grand Coulee Volunteer Fire/Ambulance

**Goal:** Prevent opioid overdose deaths

**Project Description:**

- Patients seen in the ED who are diagnosed with an opioid overdose or are at risk of an opioid overdose will be given take home Naloxone and education on use and administration.
- Funding requested for Narcan

**Funding Requested:** $10,000

**Counties Served:** Douglas, Grant, Okanogan

"BUILDING HEALTHIER COMMUNITIES ACROSS NORTH CENTRAL WASHINGTON"
Syringe Service Program
Continuation/Enhancement

Grant County Health District

Contributing Organizations
• WA State Department of Health
• Grant Integrated Services
• Moses Lake Community Health Center
• Quincy Police Department

Goal: Better protect clients and community from spread of disease and infection

Project Description:
• Provide clients with new needles, clean and safer injection supplies, wound care supplies as well as naloxone distribution and education
• Addition of Hepatitis A vaccines once/month
• Funding to support additional staff time to respond to challenges, clean up kits for citizens, and community awareness materials

Funding Requested: $10,000

Counties Served: Grant

“BUILDING HEALTHIER COMMUNITIES ACROSS NORTH CENTRAL WASHINGTON”
Slaying the Dragon

Oroville CARES

Contributing Organizations

• Oroville Elementary School
• Bee’s Knees Boutique
• Safe Sitters
• Oroville School District

Goal: Prevent opioid overdose deaths

Project Description:

• Train medical personnel
• Project for meeting basic needs for children of addicted parents and pregnant and single mother households
• Increase transportation and childcare services to facilitate ease of healthcare services

Funding Requested: $10,000

Counties Served: Okanogan

“BUILDING HEALTHIER COMMUNITIES ACROSS NORTH CENTRAL WASHINGTON”
Interactive, web-based Methow Valley Resource Guide

Room One

Contributing Organizations

• None submitted attestations of support
• Collaborators listed include Family Health Centers, Little Star Montessori School, the Cove, the Senior Center, Twisp and Winthrop Police, AeroMethow, the Lookout Coalition, the Methow Valley School District, Confluence Health, Methow at Home, and the Methow Valley Community Center

Goal: Develop an electronic comprehensive resource guide

Project Description:

• Identified as a need at the Opioid Response Conference (March 2019)
• Room One currently produces a printed resource guide every two years
• Funding requested for staff support (25%) and Web design and development (75%)

Funding Requested: $10,000

Counties Served: Okanogan

“BUILDING HEALTHIER COMMUNITIES ACROSS NORTH CENTRAL WASHINGTON”
2020 Round 1 Rapid Cycle Opioid Applicant

Goal: Prevent opioid abuse and overdose deaths

Project Description:

• Provide DisposeRx packets at hospital pharmacy
• Distribute medication lock boxes to inpatients at discharge
• Distribute Narcan kits to high-risk and overdosed patients discharging from the hospital

Funding Requested: $10,000

Counties Served: Grant
Scores and Notes

Application Scores

- Some proposals included items that could or are funded through other mechanisms
  - Funding for Narcan Distribution
    - Coulee Medical Center
    - Samaritan Healthcare
  - Whole Person Care Collaborative
    - Oroville CARES
    - Samaritan Healthcare
## Funding Proposal

<table>
<thead>
<tr>
<th>Applicant</th>
<th>Rapid Cycle Funding</th>
<th>2019 Narcan Funding</th>
<th>2020 Narcan Funding</th>
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</thead>
<tbody>
<tr>
<td>Catholic Charities</td>
<td>$10,000</td>
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<td></td>
</tr>
<tr>
<td>Chelan Douglas Community Action Council</td>
<td>$5,000</td>
<td>--</td>
<td></td>
</tr>
<tr>
<td>Coulee Medical Center</td>
<td>$5,000</td>
<td>$4,000</td>
<td>$1,000</td>
</tr>
<tr>
<td>Grant County Health District</td>
<td>$10,000</td>
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<tr>
<td>Oroville CARES</td>
<td>$8,450</td>
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<tr>
<td>Room One</td>
<td>$10,000</td>
<td></td>
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</tr>
<tr>
<td>Samaritan Healthcare</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>$50,950</strong></td>
<td><strong>$6,500</strong></td>
<td><strong>$1,000</strong></td>
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### Narcan Funding

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<tr>
<th>Narcan Funding</th>
<th>Tribal</th>
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<th>Grant</th>
<th>Okanogan</th>
<th>Total</th>
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<tbody>
<tr>
<td>2019 Remaining</td>
<td>$0</td>
<td>$2500</td>
<td>$4000</td>
<td>$4000</td>
<td>$10,500</td>
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<tr>
<td>2020 Remaining</td>
<td>$5,000</td>
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<td>$20,000</td>
</tr>
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</table>

"BUILDING HEALTHIER COMMUNITIES ACROSS NORTH CENTRAL WASHINGTON"
Opioid Prescribing Coach Update

Caroline Tillier and Christal Eshelman
Data Summary – High Prescribers

<table>
<thead>
<tr>
<th>3 or more patients who were prescribed...</th>
<th>Number of prescribers</th>
</tr>
</thead>
<tbody>
<tr>
<td>&gt;90 MED (Morphine Milligram Equivalents/day)</td>
<td>20</td>
</tr>
<tr>
<td>&gt; 3 days supply (Opioid Naïve, 0-20 years old)</td>
<td>21</td>
</tr>
<tr>
<td>&gt; 7 days supply (Opioid Naïve, 21+ years old)</td>
<td>55</td>
</tr>
</tbody>
</table>

Note that some providers in the list do not practice in our region but prescribed to people living in our region. Also, some prescribers work within a specialty where higher prescribing is normal (e.g. oncology, pain specialists).

Source: Health Care Authority Medicaid claims data
Measurement Period: April 2019 – September 2019

After reviewing list with 2 subject matter experts, we have about 35 high-prescribers in our region who might benefit from 1:1 coaching/TA or a group educational session.
Opioid Performance Measures Update

Caroline Tillier
The rate of Medicaid beneficiaries who are getting treatment for opioid use disorder is increasing across the state.

Data Source: Healthier Washington Dashboard
Patients prescribed chronic concurrent opioids and sedatives

Data Source: Healthier Washington Dashboard

The rate of concurrent prescriptions for Medicaid beneficiaries is decreasing across the state.
Opioid Performance Measures

Patients prescribed high-dose chronic opioid therapy ≥ 50mg MED

The statewide rate in 2018 was 35.2%

Data Source: Healthier Washington Dashboard
Opioid Performance Measures

Patients prescribed high-dose chronic opioid therapy ≥ 90mg MED

The statewide rate in 2018 was 17.3%

Data Source: Healthier Washington Dashboard
Behavioral Health Advisory Board Update

Jerry Perez and Dr. Julie Rickard
# 2020 Workgroup Meetings

**Day, Time, Location?**

**Topics and Structure?**

Christal Eshelman

## 2020 Opioid Stakeholders Workgroup Schedule

<table>
<thead>
<tr>
<th>Month</th>
<th>Date</th>
<th>Meeting Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>January</td>
<td></td>
<td>Steering Committee Meeting</td>
</tr>
<tr>
<td>February</td>
<td>21st</td>
<td>Workgroup Meeting 1:00-2:30 PM via Videoconference</td>
</tr>
<tr>
<td>March</td>
<td></td>
<td>Steering Committee Meeting</td>
</tr>
<tr>
<td>April</td>
<td></td>
<td>Steering Committee Meeting</td>
</tr>
<tr>
<td>May</td>
<td>15th</td>
<td>Workgroup Meeting 1:00-2:30 PM via Videoconference</td>
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<tr>
<td>June</td>
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<td>Steering Committee Meeting</td>
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<tr>
<td>July</td>
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<td>Steering Committee Meeting</td>
</tr>
<tr>
<td>August</td>
<td>21st</td>
<td>Workgroup Meeting 1:00-2:30 PM via Videoconference</td>
</tr>
<tr>
<td>September</td>
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<td>Steering Committee Meeting</td>
</tr>
<tr>
<td>October</td>
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<td>Steering Committee Meeting</td>
</tr>
<tr>
<td>November</td>
<td>21st</td>
<td>Workgroup Meeting 1:00-2:30 PM via Videoconference</td>
</tr>
<tr>
<td>December</td>
<td></td>
<td>Steering Committee Meeting</td>
</tr>
</tbody>
</table>
Round Table

All participants provide relevant updates of current work!