

Chelan-Douglas Coalition for Health Improvement
Meeting Minutes
April 8, 2020, 3:00 PM to 4:30 PM

Introductions-All

Attendance: See Sign In Sheet

We will begin the meeting with the charge of the CHI, so it is clear why participation of the CHI is valued.

The Charge:

The mission of the Chelan-Douglas Coalition for Health Improvement ("Coalition") is to foster authentic community engagement, create an ongoing pathway for gathering input from diverse groups of community members, and identify local projects that could support the overall goals of the Medicaid Transformation Project.

Recap of March CHI Meeting-Kelsey Gust

The two focus areas were transportation and access to nutritional food and support for local food systems. The attendees were split into Zoom breakout rooms to further discuss short-term, medium-term and long-term goals around the two focus areas. We will resume the work on the two focus areas during the CHI meeting in May.

Make Recovery the Epidemic Introduction-Kelsey Gust

The Chelan-Douglas CHI Leadership Council believes it is beneficial to have quarterly informational meetings around topics where community members with lived experience have an opportunity to speak. Today, Victor and Lyndsey will be speaking about their lived experiences with substance use disorder and long term recovery. Victor is the Chair of the Central Washington Recovery Coalition and Lyndsey will be starting a Chapter in Okanogan County.

Central Washington Recovery Coalition Youtube Channel Videos

- Stories of Recovery, Chapter 4: Lyndsey Roberts
- Stories of Recovery, Victor Estrada

Make Recovery the Epidemic-Victor Estrada and Lyndsey Roberts

Discussion: Questions and Answers-All

- Can you tell us about the Central Washington Recovery Coalition?
 - The coalition originated from the Washington Recovery Alliance. The Executive Director asked Victor to gather community members in recovery and organizations for the first meeting about 2 years ago.
 - The coalition is spreading hope and demonstrating that anything is possible. Getting out there and helping people break the barriers. Any of the barriers can be medical,

housing, and other barriers that people have trouble with and let people know resources.

- Okanogan County has a lot of resources. There are MAT providers in each clinic.
 - Getting people involved to make the epidemic. Social media and posts help break the stigma around addiction in the community.

Resources: Are there specific resources that helped?

- Desperation of wanting a different life. Victor tried treatment 11 times.
- Okanogan County has many resources.
 - Chelan and Douglas counties do not have as many resources.
- The 12 step program helps save lives and hear different perspectives. Social media has been a great way to find others in recovery and reach out for a sponsor.
- Through recovery coach training it has helped having more of an open mind for those that Lyndsey works with.
- Oxford Houses can be a good resource for those in recovery. It offers peer support from those with lived experience.
- What has continued positively around recovery? Could the community have done something differently? If it existed how would it have supported you?
 - Drug court is a great program and brings awareness.
 - Alcoholic Anonymous (AA) and Narcotics Anonymous (NA) were created to be anonymous because felons were not allowed to be with other felons.
- Recovery is more about actions than talk. Attraction instead of promotions. People have seen the changes in other's during recovery. Social media has helped this to happen and shows that there are opportunities for recovery to work and that it is possible.
- There is sometimes fear, but people always need to be given another chance. There is more to life for someone with a background. To end the stigma there needs to be less negative talk about addiction and the people in active addiction. Everyone knows of someone that has been in active addiction. There needs to be a change around mental health and addiction.
 - There have been some positive articles in the newspaper.
- Education can be useful for others to understand addiction and recovery. Some people truly do not know and have the wrong impression. It has been beneficial for the Central Washington Recovery Coalition to be able to film the Stories of Recovery videos. There are 7 Stories of Recovery videos about people who are in long term recovery. The videos are to show hope and that recovery is possible. The person just needs a desire to get clean. A useful tip is to have SMART attainable goals.
 - It has been great to see the response and how people are rallying around the videos.

How has the Pandemic affected your work?

- Regarding going to support meetings, some people do not want to go to a step meeting because of fear of judgement. Some are joining Zoom meetings for their first step meeting. Some people feel more comfortable having the meetings online instead of in person.

- At Family Health Centers, we provide low barrier clinics for people who do not have insurance or transportation. Previously there were 2-3 appointments a day that were no shows. Currently, we are able to meet via telehealth for prescriptions. Laws are changing during this time. If someone is calling and has a desire to get clean, we can help them. The first step is making the phone call and admitting they want help. Some of the clients have trouble with transportation, so having telehealth has made it easier for them.

What can we do?

- “Like” recovery pages on Facebook, make donations, spread the word and bring positive awareness to recovery.
 - On social media, post positive videos, posts etc.

Are Central Washington Recovery Coalition Meetings open to anyone?

- Yes, the coalition meetings are the 3rd Wednesday of every month. We will be hosting Zoom Meetings until we can gather together again. It is a group of addicts and those who want to be a part of the movement and make things happen.
- The coalition has been a part of Recovery Day at the Mariners games. Along with partnering with other recovery coalitions.
- Hosted Hands Across the Bridge September 2018 and 2019.
- Bringing awareness that opioids is not the only epidemic. Why not make recovery the epidemic? It is a movement- public awareness that addicts do recover.

Follow-up and update: Is there anything specific that we can advocate for and bring awareness to?

- One of the bills that did not pass on Legislation Day was the Clean Slate Act. The act is to help people who are convicted felons and have criminal history.
- Breaking the stigma is not just through the community but also the state.

Case Management Staff: We have a hard time engaging people. Is there a way to help?

- Some addicts have a better response with a Recovery Coach. Some do not want to see a provider and would rather be able to connect with someone with lived experience. Recovery Coaches can make some people feel comfortable and connect with those who have a hard time communicating with providers.
 - Some of the benefits for recovery coaches.
 - Relationship with patient outside of clinic.
 - Comfort and trust.
 - Communication and are not afraid to ask questions or for help.
 - Being about to freely open up.
- There will be recovery coach training in the future.

What do you do for self care?

- Life revolves around recovery. Take mental health days from work. Vacations as much as needed. Giving myself time and working out. Balance is a little more difficult. Knowing that you cannot sit around and get bored.

- 12 step program. Call the sponsor. Stay constantly busy-drive a lot and travel. Keep busy, but not get overwhelmed.

Could you clarify what a sponsor does?

- A sponsor is someone to check in with to support mentally. Right now, communication is important for recovery and isolation is hard. A sponsor is related to a 12 step program. Work the steps with the sponsor and have someone there for support.

Check out Central Washington Recovery Coalition on Facebook and watch videos on the Central Washington Recovery Coalition Youtube Channel.

Thank you for attending the Chelan-Douglas CHI.

Meeting Adjourned