



# North Central Washington Opioid Response Conference: Pathways to Prevention

## DETAILED SITE AGENDA

Friday, March 15, 2019  
9:00 am – 12:30 pm

Thank you for your participation in this exciting conference!

### By the end of this conference, participants will have:

1. Learned about the opioid epidemic and local prevention efforts
2. Engaged and connected with diverse public and private partners and identified areas of mutual interest
3. Catalyzed collaboration and be empowered to take action locally

This document is for use by Site Managers, Group Facilitators, and Technology Coordinators to outline the day’s activities and provides you with the details for a successful event. Another version of the agenda will be provided for participants.

The major challenges for the day are to encourage audience participation and stick to the time schedule. Optional resources have been provided for you to use at our discretion. Feel free to use anything provided during your facilitated discussion or as a takeaway resources.

Be sure your site is set up and ready for registration about 15 minutes ahead of registration opening.

Supplies you will be provided with by the planning team:

For Participants	For Site Team	For Narcan Training
<ul style="list-style-type: none"> <li>• Nametags</li> <li>• Agenda</li> <li>• Participant Worksheet</li> <li>• Call to Action</li> <li>• Evaluation Form</li> <li>• Fall NCW Opioid Response SUMMIT Save the Date</li> <li>• Sponsors handouts</li> </ul>	<ul style="list-style-type: none"> <li>• Office Supplies (Flip Chart, markers, pens, post in notes, index cards, colored dot stickers)</li> <li>• Agenda – Detailed</li> <li>• Group Facilitator PowerPoint Presentation</li> <li>• Community Action Plan (1 per project selected)</li> </ul>	<ul style="list-style-type: none"> <li>• Narcan Training Survey</li> <li>• Narcan Kits</li> <li>• Narcan Training PowerPoint Presentation (For Narcan Trainer)</li> <li>• Narcan Training Packet of Handouts (For Participants)</li> </ul>

Should you need it, all handouts and presentation materials (except the keynote presentations) are posted online at: <http://www.mydocvault.us/regional-opioid-stakeholders-workgroup.html>

### In Partnership With:



Thank you to Washington State University Extension for developing the Rural Pathways to Prosperity conference delivery model and for providing training and support for this conference.



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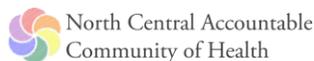
## Webinar Connecting

<p>8:00</p> <p><i>To ensure technology is working on the day of the conference, the webinar connection will be open.</i></p>	<p>Technology Coordinator</p>	<p>Log onto your computer; connect to your projector and speakers.</p> <p><b>Set computer to “never sleep”</b></p> <p>Connect to the link emailed in the registration confirmation to join the webinar.</p> <p>After connecting, you should see a slide welcoming you and hear music. Use projector to check visual and speakers for sound.</p> <p>Chat is available for troubleshooting until the presentation starts at 9:00am.</p> <p>If you experience difficulties with your device’s audio, a telephone connection is also available. The phone number and webinar ID are in the registration confirmation email.</p> <p>Note: you will need a speakerphone in the room if you need to use this option.</p> <p>Plan B: If you are unable to connect to the webinar, a live YouTube stream is available. The link was sent in the registration confirmation email.</p> <p>Take pictures throughout the event to be used in the post-event summary and future promotional materials.</p>
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## Registration and Networking

<p>8:30 – 9:00</p>	<p>Site Manager</p>	<ul style="list-style-type: none"><li>• Morning refreshments (if you choose)</li><li>• Welcome people as they arrive, check their name off the registration list and have them add any missing information.</li><li>• Staffed check in table</li><li>• Supplies - Sign in sheet, Name tags, Sharpies/makers, Pens</li><li>• Provide these materials at check in:<ul style="list-style-type: none"><li>○ Nametag</li><li>○ Agenda</li><li>○ Action Planning Activity</li></ul></li></ul>
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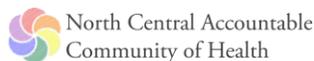
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		<ul style="list-style-type: none"> <li>○ Any other items you would like to provide participants</li> <li>● You will determine if/how to take walk-ins based on room size, etc.</li> </ul>
<b>Welcome, Review Agenda, &amp; Cover Housekeeping items</b>		
9:00 – 9:05	Group Facilitator	<ul style="list-style-type: none"> <li>● Welcome, and thank you for joining us today.</li> <li>● Cover housekeeping items (bathrooms, emergency exit, etc.)</li> <li>● Thank the Site Manager, Technology Coordinator, and host</li> <li>● Quickly review the agenda</li> </ul>
<b>Webinar begins</b>		
9:05 – 9:10	Technology Coordinator	<p><b>Regional welcome</b> - Senator Linda Parlette, <i>Executive Director, North Central Accountable Community of Health</i>, and Christal Eshelman, <i>Conference Chair</i></p> <ul style="list-style-type: none"> <li>● Christal Eshelman will introduce Dr. Fotinos</li> </ul>
<b>Keynote Webinar Presentations</b>		
9:10 – 9:30	Technology Coordinator	<p><b>The Opioid Epidemic and Response in North Central WA</b> - Dr. Charissa Fotinos, <i>Deputy Chief Medical Officer, Washington State Health Care Authority</i></p> <ul style="list-style-type: none"> <li>● <i>Dr. Fotinos will introduce Caleb Banta-Green</i></li> </ul>
9:30 - 10:00	Technology Coordinator	<p><b>Mobilizing Rural Communities Around Opioid Prevention</b> - Caleb Banta-Green, <i>Professor and Interim Director, University of Washington's Alcohol and Drug Abuse Institute</i></p> <ul style="list-style-type: none"> <li>● Christal Eshelman, will close down the webinar portion and remind folks about what to expect for the rest of the day</li> </ul>
<b>Webinar Ends and Break</b>		
10:00 – 10:10	Group Facilitator	Break
<b>Local Discussion and Action Planning Activity</b>		
10:10 – 10:20	Group Facilitator	<p>Introductions</p> <ul style="list-style-type: none"> <li>● Optional icebreaker activity: What is something that you learned or found surprising during keynote presentation?</li> </ul>

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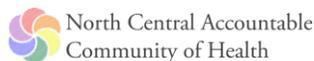
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		<ul style="list-style-type: none"> <li>• <i>Review Our Assumption:</i> You are all here because you care about the community and want to personally and/or professionally contribute to opioid prevention efforts locally. By the end of this conference, our goal is develop a Community Action Plan for Opioid Prevention locally. And we will ask each of you to complete a Call to Action for you to personally commit to what you will do to help move the Community Action Plans forward and collectively be successful. Your commitment may be large or it may be small. We all have different skills and resources, but everyone is able to contribute in some way.             <ul style="list-style-type: none"> <li>○ A large commitment example: Volunteering to be Local Champion and lead a Community Action Plan.</li> <li>○ A small commitment example: share the information you learned today with your family members.</li> </ul> </li> </ul>
10:20 – 10:45	Group Facilitator	<p><b>Asset Mapping</b></p> <p><u>Goal:</u> Identify programs, organizations, and individuals that are doing good opioid prevention work in the community.</p> <ol style="list-style-type: none"> <li>1. Who is currently doing this work in our community and what are they doing?</li> <li>2. What resources are available to address this issue?</li> <li>3. Does your school district offer education to students about the opioid epidemic and prevention?             <ol style="list-style-type: none"> <li>a. If yes, what are some current examples?</li> <li>b. If not, what resources can be offered within the schools?</li> </ol> </li> </ol>
10:45 – 11:15	Group Facilitator	<p><b>Gap analysis</b></p> <p><u>Goal:</u> Identify where the gaps are in the community around opioid prevention efforts.</p> <ol style="list-style-type: none"> <li>1. What can we do as individuals to aid in the prevention of this spreading epidemic? What can we do as a community?</li> <li>2. What role can schools play in combatting the opioid epidemic?</li> <li>3. What actions can we take to begin or expand use of the assets discussed?</li> <li>4. Who is missing in the room?</li> </ol>

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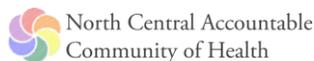




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11:15 – 11:30	Group Facilitator	<b>Selection of Community Project/Actions</b> <u>Goal:</u> Using the assets and gaps identified, select 1-3 projects or actions that are feasible for the community to implement. <ul style="list-style-type: none"><li>• Identify several projects/actions that can be done to address the gaps identified above. Write each of the identified projects/actions on a poster paper.</li><li>• Give each participant 3 colored dot stickers. Ask them to vote on the projects/actions using the following criteria:<ol style="list-style-type: none"><li>a. Only vote for projects/actions that they feel are feasible</li><li>b. Use the stickers to vote for their highest priority projects/actions. They may place 1 sticker on three projects, all 3 on one project, 2 stickers on one project and 1 sticker on another project.</li></ol></li><li>• Rank the projects by number of sticker votes.</li><li>• Discuss the top ranked project/action and ask if there is consensus to pursue this project.</li><li>• Based on the complexity/magnitude of that project, ask the group to decide if they want to just pursue one project/action or add on another one.</li><li>• If yes, discuss the 2<sup>nd</sup> highest ranked project/action and ask if there is consensus to pursue this project.</li><li>• Again, check if they want to pursue a third project or just do two.</li></ul>
11:30 – 11:50	Group Facilitator	<b>Complete Community Action Plans</b> <u>Goal:</u> Identify Local Champions, Project Team, and Immediate Next Steps. <ul style="list-style-type: none"><li>• Remind the group about the Rapid Cycle Opioid Award (Application currently open for up to \$10,000 to implement a 6-12 month opioid project)</li><li>• Fill out <b>ONE</b> Community Action Plan Form per project that the group selects<ul style="list-style-type: none"><li>○ If the group selected multiple projects to pursue, you can decide to break up into groups to fill out the Community Action Plan letting the participants self-select into the project they want to be part of. You will need a “scribe” in each group.</li></ul></li></ul>

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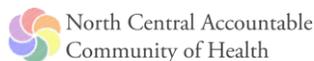
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		<ul style="list-style-type: none"> <li>○ The size of the Community Action Plan should depend on the size of the community, the needs of the community, and the resources of the community.</li> </ul>
11:45 – 12:00	<p>Group Facilitator</p> <p>Site Managers – help to distribute and collect forms</p>	<p><b>Call to Action and Evaluation Forms</b></p> <p><u>Goal:</u> Each participant personally commits to what they will do to move the Community Action Plans forward.</p> <ul style="list-style-type: none"> <li>● Review the completed Community Action Plan Form           <ul style="list-style-type: none"> <li>○ If you broke into groups to complete the Community Action Plan, ask if anyone wants to be added to the Project Teams.</li> </ul> </li> <li>● Facilitate a brief discussion that includes reactions/reflections about the day.</li> <li>● Distribute the Call to Action and Evaluation Forms. Ask participants to share a few highpoints from the conference.</li> <li>● Explain the expectation of the Call to Action form: “This is the opportunity for you to personally commit to what you will do to help move the Community Action Plans forward and help us be collectively successful. Your commitment may be large or it may be small. We all have different skills and resources, but everyone is able to contribute in some way.”           <ul style="list-style-type: none"> <li>○ A large commitment example: Volunteering to be Local Champion and lead a Community Action Plan.</li> <li>○ A small commitment example: share the information you learned today with your family members.</li> </ul> </li> </ul> <p><b>COLLECT THE CALL TO ACTION FORMS &amp; EVALUATION FORMS AND SEND TO CRISTAL ESHELMAN (MAIL or DROP OFF TO: 200 Valley Mall Parkway, East Wenatchee, WA 98802; OR SCAN AND EMAIL TO <a href="mailto:crystal.eshelman@cdhd.wa.gov">crystal.eshelman@cdhd.wa.gov</a>).</b></p>
<b>Conference Ends</b>		
12:00	Group Facilitator	<p><b>Adjourn</b></p> <ul style="list-style-type: none"> <li>● Thank participants, Site Managers, Technology Coordinators, and hosts</li> <li>● Distribute NCW Opioid Response SUMMIT Flyer</li> <li>● <b>Send any pictures you take to: <a href="mailto:crystal.eshelman@cdhd.wa.gov">crystal.eshelman@cdhd.wa.gov</a></b></li> </ul>

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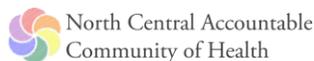


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## Optional: Narcan Training

12:00 – 12:30	Narcan Trainer  Site Managers – help to distribute and collect survey and Narcan kits	<p>Narcan Training - Narcan is a nasal spray that counteracts the life-threatening effects of an opioid overdose. Since most accidental overdoses occur in a home setting, it was developed for first responders, as well as family, friends, and caregivers – with no medical training required.</p> <ul style="list-style-type: none"> <li>• Distribute Narcan Training and Distribution Survey to everyone attending training. Participants may opt out of the survey if they feel strongly about not completing it.</li> <li>• Provide the Narcan Training. A Narcan Training PowerPoint presentation is provided if you would like to use it.</li> </ul> <p>Limited supply of Narcan Kits available from our sponsors: <i>Amerigroup Washington, Beacon Health Options, Coordinate Care, and Molina Healthcare of Washington</i></p>
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