

Okanogan County Coalition for Health Improvement  
Meeting Notes  
September 26, 2019, 12:00 PM to 2:00 PM

**Introduction-All**

Attendance- SEE SIGN IN SHEET

In honor of Recovery Month, the Okanogan County Coalition for Health Improvement Leadership Council has decided to have those working on opioid prevention and education in Okanogan County to touch on the work that is being done. The North Central Accountable Communities of Health (NCACH) is investing and funding different projects that are moving the needle. One of which is opioid projects. These projects can be for opioid prevention, education, recovery and treatment. Another Opioid Rapid Grant Cycle will be open in October 2019.

**School-Based Opioid Prevention-Rachel Levi**

- Rachel is an independent contractor and just wrapped up a similar project who funded Methow Valley school based project. Partners are Room One, Family Health Centers, Okanogan County Community Action Council and Methow Valley School District.
- An assessment will be done for school based efforts. From that assessment, development of a school based project will begin. Implementation of the project will be in 2020 or 2021, with additional funding. We are supporting 1 student led prevention. Methow Valley has the student led project creating an informational campaign around mental health and substance use.
- Relationship building is the first step. Currently, reaching out to school districts and administrators in the county who are knowledgeable in opioid prevention.
- What are you currently doing?
  - Data collection. It is hard to plan during the school year.
- How do you need to support?
  - School administrator and leadership introductions, school events or meetings. The more connections the better to do the work.
- How do you measure success?
  - The project development phase is just starting. In the project plan we will develop milestones and then we will know what to measure.

**Action:** Support for this project

- School administrator/leadership introductions
- School event or meeting invites
- Contact information: [rachelbethlevi@gmail.com](mailto:rachelbethlevi@gmail.com), 503-553-9407

**Rapid-Cycle Opioid Project-Oroville Care Coalition**

- Take back days
- Drop off boxes

- Personal locker boxes

### Opioid Treatment Network-Family Health Centers

- Opioid Crisis Project started with a grant from the State. Building on partnerships and focusing on increasing MAT. Now it will expand to recovery and prevention.
  - Focus was treatment and learning about prevention. Now the focus is working to decrease barriers.
- Prevention of use and opioid related morbidity and mortality. The work is being done through Narcan Leave-Behind (enable the medical staff to leave narcan and information). Infectious disease transmission is high, so working on reducing transmission. This is done through the syringe exchange program.
- Okonogan Clinical Opioid Crisis Response Conference: Reduce stigma and newer approach to see substance use disorder (SUD) as a chronic disease.
- Prevention: Opioid misuse prevention module for parents, better pain management without opioid, safe storage and disposal of opioids.
- Treatment: Maintain focus on increasing to MAT. Decrease barriers to obtain the medication. Enhance coordination between medical and behavioral centers. Care coordination improvement between organizations.
- Recovery: Recovery Coach positions, promote clubhouse, possibly create a Recovery Coalition and use the Pathways Community HUB.

### **Action:** How can the CHI help?

- Spread the word: MAT prescribing 5 days per week at Family Health Centers
- Does anyone know a marketing expert who can offer pro bono assistance?
- Give patient or clients this cell # to call or text for help getting onto MAT 509-332-5971
- Call Briana Pardo, RN with questions or connections 509-422-1914

### Rapid Cycle Opioid Project-North Valley Hospital

- The goal is to provide education on opioid use, drug abuse, and overdoses directly to high school students in the Tonasket School District as well as to their parents and guardians. The education will focus on the stigma of drug use, available resources, and safe drug disposal.
- North Valley Hospital is partnering with the Tonasket School District. This will be done by school assemblies, after school events and education mailer.
  - School assembly will be done by Ron James to the high school, middle school and elementary school separately. The focus will be on how we make positive choices.
  - Educational mailers will focus on information for parents, resources, and safe drug disposal
  - After school events are still being planned.

### LivePoll-All

- Leadership Council: Intended for a county-wide survey and did not have a cohesive approach. What would we do we the survey? Need more clarity and direction from the CHI.

The CHI members were asked questions via a LivePoll

1. What is the need that the Coalition for Health Improvement seeks to meet? 5 words or less
2. What would it take for the Coalition for Health Improvement to meet that need? 5 words or less
3. What do you believe the primary function of the Okanogan County CHI is currently?
  - a) Information sharing-networking
  - b) Advocacy/lobbying/policy shaping
  - c) Developing and implementing community project plans (taskforce)
  - d) Education (shared learning and capacity building)
  - e) Forum for regional Medicaid Transformation Project activities and updates
4. What would you like the primary function of the Okanogan County CHI to be in the future?
  - a) Information sharing-networking
  - b) Advocacy/lobbying/policy shaping
  - c) Developing and implementing community project plans (taskforce)
  - d) Education (shared learning and capacity building)
  - e) Forum for regional Medicaid Transformation Project activities and updates
5. What would it take for the CHI to fulfill the primary function you identified above?  
(open answer)
6. What are the greatest strengths of the Okanogan County Coalition for Health Improvement?  
5 words or less (open answer)

### Discussion-All

- Is there a theme?
  - Networking, sharing, connecting, collaboration and need for more data.
- Create a mission and purpose for Okanogan CHI specific.
  - The CHI can find gaps and improve Social Determinants of Health (SDOH) in Okanogan County. If we can pick something as a CHI and county, then start working on it. Choose something that we can make an impact with. Start small and work bigger.
- Right now, the Okanogan CHI is sharing and collaborating, but there is opportunity ahead to move into a group that can be a group of action. This CHI can fill the gaps.
- Next step, Sahara Suval will pull responses and get the information out to the Leadership Council. Then the Leadership Council will work on a local mission and vision of this group.
- Reminder the focus areas that were voted on at the beginning of the year are reproductive health, access to care, ACEs and behavioral health.

### Round Table-All

- Kinship Program through Aging and Adult Care. The program is for adults raising/taking care of relatives.
- Omak Suicide Awareness Walk is currently happening. Everyone is welcome to attend.

Meeting Adjourned