

Okanogan Coalition for Health Improvement
Meeting Notes
October 30th, 2018, 12:00 PM to 2:00 PM

Introduction-All

Attendance- SEE SIGN IN SHEET

North Central Accountable Communities of Health Updates- Sahara Suval

- Implementing 6 projects regionally (Chelan, Douglas, Grant and Okanogan Counties)
- Closing rapid cycle for local funding on Opioid Crisis. For more information see Sahara Suval
- NCACH has hired a new staff member. Capacity Development and Grant Manager, Tanya Gleason is on board to work with community-based organization for Social Determinants of Health.
- Pathways Community HUB began in Moses Lake. The model will be going expanding to other parts of the region (Chelan, Douglas and Okanogan Counties).
- Take home Narcan kits and training are available.

Charter- Lauri Jones

- Sign the Charter membership to be a voting member.

MAT Consortium- Jim Novelli

- Okanogan Behavioral HealthCare (OBHC) has began with a new start. Within the last couple months, OBHC has been working with Family Health Centers around Suboxone.
- What is the best practice for Suboxone?
 - The best practice for Suboxone, is adding a Behavioral Health component.
- OBCH met with Midvalley Hospital and there needs to be a chemical dependency program.
- There needs to be a unified response about Suboxone in Okanogan County.
- Schedule a meeting for providers later in the day or evening
 - To prescribe with a model and process
 - Monitor them on Suboxone and follow up
 - Prescribers will be invited to talk about when and how to prescribe
- State is granting 21 million dollars
 - Transportation, housing, clothing, car repair to use with the funding
 - Suboxone is one step in a treatment plan
 - Prescribing the medication is a small piece, but the environment needs to change

Questions:

- Have you contacted anyone that has been through?
 - No not yet
- Where is the Behavioral Health part of the treatment?
- What about support groups for family members with the addicts?
- A young man wanted training on Narcan and missing school because he was in fear that his mom was going to overdose.

Round Table- All

- 8 overdose reports from Tonasket. These have not been confirmed.
 - There is an issue that need to addressed.
- 211 is using technology to help the Opioid Crisis. Where have you been the community has been needing this? Passing out as much information about the Opioid text information. This is taking place at School district meetings, CPS and Adult Aging. The program sends affirmations for recovery.
- Resiliency for students and collaborating with community. Love and Logic events are coming up.
- Community Action Council will be hosting a Stand Down Event.
- Family Health Centers- Suboxone support group for people who are being prescribed. Peer support seems to be the way to go.
- Make sure to sign up on 211 and use hot button words to find resources.
- Bring as many people to the table and become more collaborative.
- Love and Logic class in Tonasket on the weekend, half way through diabetes class, and also a Community Health Work Task Force.
- Medicaid open enrollment event in Grand Coulee.
- Strategic planning is happening for North Valley Hospital. North VALley Hospital is working with Mid Valley Hospital and concentrating on Opioid use.
- Molina Healthcare can help with events and community building.
- Beacon Health Options would love to collaborate with anyone.
- Tribal Traffic information: 64% seatbelt use and the goal is to increase seat belt use. Also to impact teen driving specifically the dangers of distracted driving, World day of Remembrance is coming up.
- Tribal Clinics did a food drive.
- Home visits on Tribal land because cuts backs on transportation. We are out in the community. We are providing Health Education, but we have no Public Health Nurse. There are Diabetes classes lead by volunteers. We need to focus on ACEs, especially Tribal.
- An Officer for the Nursing Club. The club will doing an event and want to know what topics to focus on.
- Telepsychiatry Nurse Practitioner is available 24 hours. They will be able to see people 13 years old and up. Cathy Sullivan from Okanogan Behavioral HealthCare.
- November 5th, there is a Health Fair in Brewster. There is a Rapid Cycle Transition Care Program, and Naloxone is used for high risk.
- Concerns for the County- The NCACH work is a 5 year process, and we are already 2 years into it. What is the goal and focus of the CHI? Focus of the wellness of the community. Increase of community events like free fitness, social events, work more on Social Determinant of Health.
- Access to Behavioral Health treatment should be quicker. How can we get people in quickly and easily? Same day for Mental Health care access and seven day for substance abuse. Contact is Lisa Apple.
- Okanogan Behavioral HealthCare and Family Health Centers should work together on Suboxone guidelines.
- Substance abuse for youth along with anger replacement training. Employment education training (EET) will help kids get employed.

- A trend that has been seen are teens using meth and heroin because marijuana is harder to get.
- Community Health Assessment is going to be done in the area.
- Use of substance abuse and prevention of violence. Prescription drug take back is happening and advertising with PSA. Teachers give gift of self regulations, while teaching. The annual Town Hall meeting is approaching and the focus will be prevention.
- MCOs offer case management, social worker, nurses and community health workers. They are able to collaborate with other care coordinators and they are here to help the community.
- Omak High School would like to know more of what is in the community. Resiliency and ACEs is a focus. About 4 to 5 times a year staff learns more about ACEs.
- Chronic pain clients are not getting as much medications. We don't have support for those who get taken off of medications. Doctors are refusing to see chronic pain clients. There needs to be a change in infrastructure.
- There was a suicide prevention walk in the County. About 300 participants participated. This was the day before Native Day. We are transforming the stigma and giving data about root cause, etc. Focus teams is in different districts of the County. Mental First Aid trainer will go to every School District and Police Departments. The curriculum focuses on coping skills.
- Aero Methow- Methow Valley meetings are quarterly. They are working on the Community Health Needs Assessment, working on Transitional Diversion, aging in the Methow with a fall prevention program.
- In the world of Health 1 in 20 deaths is from alcohol.

Family Health Centers- Alicia Lugo

- The First Annual Resilience and Leadership Conference was held at Camp Disautel.
- 8th graders attended, 63 students from 3 different School Districts
- The purpose of the conference was to create strong and resilient communities in Okanogan and North Douglas Counties. To provide students and families with tools to thrive in school and life.
- Activities were a dental screening, career exportation and mindfulness.
- Students gave positive feedback about the conference.
- North County in Spring for Okanogan and Omak District
- How did they chose the students?
 - A mix of children

Mindful Meditation-Lead by Miguel Mejia

- Attendees participated in an erratic breathing exercise.

Meeting Adjourned

Next Okanogan Coalition for Health Improvement meeting will be in January 2019