



May 30, 2019

Issue 11

Rx Safe Humboldt and the Humboldt Community Health Trust are teaming up to bring you the most up to date news and information regarding Opioids and other Substance Abuse issues. This comprehensive newsletter will also highlight some of the work that both of these groups are doing across Humboldt County and the North Coast.

**Valuable Resource**

[Weitzman Institute: Pain and Opioid Education and Support](#)

[Our Pathways to Health Workshops](#)

[Safe Prescribing Guidelines](#)

[Medication Disposal Locations](#)

[Slides from the 2019 Humboldt Opioid Summit](#)

**Up Coming Events**

Rx Safe Humboldt Coalition Meeting  
Friday June 28 at 8:30 am  
at Hospice of Humboldt

[Webinar June 4: Integrating a Trauma-Informed Approach into Substance Use Disorder Treatment](#)

[The Connection Calendar of Free Weekly Classes](#)

[Transitions of Care for People with Addiction in Humboldt County Event June 19 & 20](#)

**Transitions of Care for People with Addiction in Humboldt County**  
Collaborative Community Event

Health Management Associates, in coordination with the California Department of Health Care Services, is working with Humboldt County's Substance Use-Disorder Community. Partnering with **Humboldt County's Department of Health and Human Services, Humboldt IPA, North Coast Health Improvement and Information Network, Humboldt Community Health Trust, Rx Safe Humboldt** and other SUD Community Stakeholders to convene the development of a countywide future-state coordinated system of care for people with Opioids and Substance-Use Disorders (SUD). This opportunity is fully funded and resourced by the Department of Health



**Collaborative Provider Community Event**



A Two-day Process Improvement Event

Care Services (DHCS) in the development of California's State Opioid Response (SOR).

The Transitions of Care project provides communities with the framework to develop a countywide Opioid and Substance Use Disorder (SUD) Treatment System of Care that produces predictable and consistent Transitions of Care to sustained addiction treatment from locations such as emergency departments, child welfare system, jails, primary care, inpatient hospital stay discharges, and community based provider organizations. County SUD eco-systems are optimal locations to build and stabilize transitions of care to significantly decrease the risk of overdoses and death amongst residents with opioid and SUD disorders.

The Transitions of Care funding provides a two-prong approach that will:

1. Convene a countywide Opioid & SUD System of Care Collaborative Provider Community process improvement event that outlines the current state of treatment services and the development of a community developed future state system of care
2. Provide 12-months of ongoing technical assistance to participating provider and community organizations to ensure the achievement of the community-defined "Ideal Future-State SUD System of Care" is fully realized

[For more information or to register for the event click here](#)

**Bad news-good news: Each additional ACE increases opioid relapse rate by 17%; each ACE-informed treatment visit reduces it by 2%**

It's no surprise that serious childhood trauma can lead people to use opioids. In the absence of healthy alternatives and an understanding of how

experiences — such as living with a parent who's alcoholic or depressed, divorce, and being constantly yelled at when you're a kid — can make your adult life miserable, opioids help many people cope with chronic depression, extreme anxiety and hopelessness. [Read More](#)



## **Meth Vs. Opioids: America Has Two Drug Epidemics, But Focuses On One**

A recent story appearing in [California Healthline](#) details the struggles between the focus on Opioids vs. Meth.

While public health officials have focused on the opioid epidemic in recent years, another epidemic has been brewing quietly, but vigorously, behind the scenes. Methamphetamine use is [surging in parts of the U.S.](#), particularly the West, leaving first responders and addiction treatment providers struggling to handle a rising need [Read More](#)

**New Medicare Part D Prescription Opioid**

## Policies

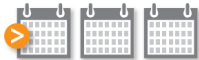


There are several new opioid policies for patients with Medicare Part D plans. These policies went into effect in January of 2019. CMS has provided information about this change on their [website](#). A recording of a webinar that occurred earlier this year can be found below.

### [Webinar Recording](#)

**More than 1 in 10**   
**American adults experience chronic pain**

>> Chronic pain is defined as pain that lasts >3 months



## Academic Detailing

Our team of opioid and chronic pain academic detailers have been making the rounds all over Humboldt County to support physicians. Our curriculum spans topics such as: Informed consent, Assessments, Prescription Drug Monitoring Program (CURES), Naloxone, and Opioid Use Disorder

Management. We are available to meet one-on-one or in a group setting like an all-staff meeting. We tailor our discussion to fit the time you have available, from 15 minutes to 1 hour, we are willing to meet you where you are at.

If you or someone you know is interested in talking with our team of academic detailers, please contact Dr. Mary Meengs by [email](#).

If you would like to submit information for this newsletter or have questions about the Humboldt Community Health Trust or Rx Safe Humboldt please contact Rosemary DenOuden at [rdenouden@humboldtipa.com](mailto:rdenouden@humboldtipa.com) or Jessica Osborne-Stafsnes at [josborne@nchiin.org](mailto:josborne@nchiin.org)

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