



February 7, 2020

Issue 17

Valuable Resources

[CLOUD \(Curated Library about Opioid Use for Decision-makers\)](#)

[Safe Prescribing Guidelines](#)

[Medication Disposal Locations](#)

[The Rural Community Action Guide: Building Stronger, Healthy Drug-Free Rural Communities](#)

[Humboldt County Treatment Options](#)

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

[Our Pathways to Health Workshops](#)

Upcoming Events

Rx Safe Humboldt Coalition Meeting Friday February 28, 2020 at 8:30 am at Hospice of Humboldt

Save the Date

2020 Humboldt County Opioid Safety Summit
Thursday April 9th, 2020
8:30am - 4:00pm
[Bear River Community Center](#)

The National Academy of Medicine is offering a listening session on February 13, 2020 11:30 am
Living with Chronic Pain Perspectives from persons with lived experience
[Register here](#)

The Priority Care Center Addiction Services are now open.

The Priority Care Center is now offering Medical and Behavioral treatment services for addiction. Patients will work with a safe, supportive, professional and understanding care team to identify specific health needs and develop goals. Treatment for addictions can include the use of medications in combination with counseling. A combination of medication and behavioral therapies can be effective in the treatment of substance use disorders, and can help people on their pathway to recovery.

Services offered include treatment for alcohol use disorder, opioid use disorder, stimulant use disorder, tobacco cessation, cannabis use disorder and benzodiazepine use disorder.

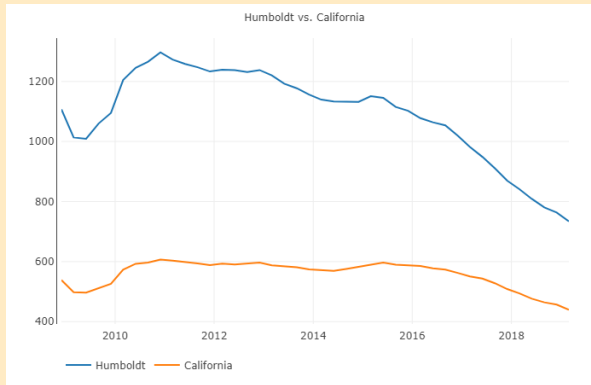
The Priority Care Center offers addiction services for patients over the age of 16 with the following health insurance plans:

- Anthem PPO & HMO
- Blue Shield HMO



- Blue Lake Rancheria

For more information contact Jane Brown at 707.267.9604 or click [here](#) for referral information. Patients can self-referral as well.



Opioid Prescribing Rates Continue to Decline in Humboldt County

Opioid prescribing rates continue to decline in Humboldt County according to the [CDPH Opioid Surveillance Dashboard](#). The most current rates, 2019 Q1, indicates that Humboldt Counties prescribing rate of opioids per 1,000 residents is **734.01**. This is down dramatically as compared to a year earlier, when the rate was 841.17 per 1,000 residents.

Rx Safe Humboldt and it's partners continues to support efforts to decrease the prescribing rates in Humboldt County. For more information regarding these initiatives contact Rosemary Den Ouden at 707.443.4563 ext. 39

To view the entire Humboldt County and California data see the [CDPH Opioid Surveillance Dashboard](#).

Updates and Information from the Humboldt Community Health Trust (HCHT)

Humboldt Community Health Trust
Together for a Healthier Community

The Humboldt Community Health Trust (the Humboldt County Accountable Community for Health initiative) now in its third year, continues to make progress in addressing the overall Substance Use Disorder (SUD) issues in Humboldt County, the latest SUD related data can be found [here](#).

Recently a report was issued from the California Accountable Communities for Health Initiative (CACHI) which showed the demonstrated success with Accountable Communities for Health, the full report can be found [here](#). An additional [report](#) from CACHI details how ACH's can be key in meeting the [CalAim Goals](#).

HCHT is launching a Community Council and is actively recruiting individuals who are interested in working together to address substance use disorder in Humboldt County and would like to share their insights and experiences living in a community with high rates of substance use. For more information about how you can participate in the Humboldt Community Health Trust Community Council contact Patty Torres at 707.267.9585

Perinatal Substance Use Disorder Project Update

As part of the Perinatal SUD Project, partners from DHHS Public Health Programs, First Five Humboldt, St. Joseph Health, and Open Door collaborated to develop client-facing education materials related to Cannabis use during pregnancy and breastfeeding.

In addition to the education materials, the workgroup also developed [clinical guidelines for providers](#) to have discussions about cannabis with their pregnant patients and parents/guardians of children aged 0-20. To support service providers in delivering a uniform message across



Cannabis is legal in California. Here are some things you need to know.



Cannabis and caring for children don't mix.

It's best not to look after children when you are high. Caring for children requires adults to be alert.



Talk to your kids about cannabis early and often.

Children listen to their parents about cannabis use. One of the reasons young people choose to avoid drugs is because they know their parents don't approve. Parents can make a difference. Use open-ended questions, empathy and honesty.



Do not consume and drive with children in the car.

Driving high is a DUI. It doesn't matter what substance you are using. If you are not sure whether you are impaired, do not drive.



Cannabis poses a risk to the baby.

Steer clear if you are pregnant or nursing. Cannabis is harmful to developing brains. Using cannabis in any form can expose your baby to harmful substances.



Don't smoke cannabis around your child, ever.

It's important to protect children from secondhand smoke. Exposure to secondhand smoke increases your baby's risk for Sudden Infant Death Syndrome (SIDS), and respiratory problems such as asthma.

the community, members of the cannabis workgroup have been providing a series of presentations on the education materials and guidelines.

The education is currently being distributed to a variety of provider offices in OB, family practice and pediatric offices, including local area hospital birthing floors. In the near future, these materials will also be offered in local cannabis dispensaries within the city of Eureka.

For additional information contact

Emily Adams

707-441-5573

eadams@co.humboldt.ca.us

On Demand Webinars and Trainings

A Free Course for Healthcare Professionals:

Help your patients hack their brains for better health

Course description:

With a growing public interest in and research base underlying mindfulness, clinicians are increasingly interested in learning what it is, how it works, what research is credible, and how to help their patients.



To learn more and to register for this course click [here](#)



NATIONAL ACADEMY OF MEDICINE

Leadership • Innovation • Impact | for a healthier future

Tapering Guidance for Opioids Existing Best Practices and Evidence Standards

The National Academy of Medicine Webinar

[Click to View!](#)

More than 1 in 10 
American adults experience chronic pain

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



One on One Provider Training

Our team of opioid and chronic pain trainers have been making the rounds all over Humboldt County to support providers. 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](#).

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.

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@humboldtupa.com or Jessica Osborne-Stafsnes at josborne@nchiin.org

[Join our Mailing List](#)