

Beginning this month **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.

In the spirit of increase collaboration we want to ensure that you have information regarding all of the local activities regarding the expansion of Medication Assisted Treatment (MAT) in our region. Below is a summary of some of the work happening in Humboldt County.

[Humboldt County and the California MAT Expansion 2.0](#)

**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 May 24th at 8:30 am  
at Hospice of Humboldt

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

[Film Viewing - Written Off](#)  
[May 23rd at 5:30 pm](#)

[Counting on Community Conference: Exploring Pathways for Child, Family and Community](#)  
May 30 - June 1  
[Register here](#)



[May is Mental Health Matters Month in Humboldt County](#)

Mental health awareness month returns to Humboldt County in 2019 as May is Mental Health Matters Month! As in years past, this year's calendar is full of **FREE** and fun-filled events for community members in both English and Spanish, including BBQs, art shows, fairs and movie showings!

May is an opportunity to advocate for mental health. All are welcome on Tuesday, May 7th for the Mental Health Proclamation at the Board of Supervisors or the Walk and Rally afterwards.

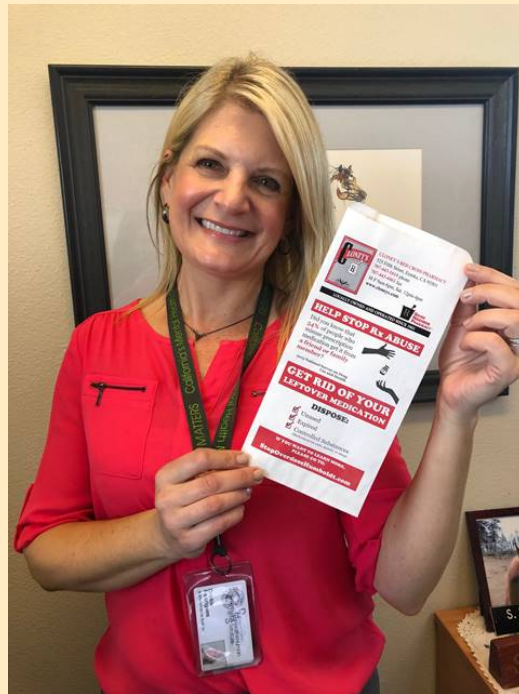
[See the calendar for all the details](#)

## 96,000 Bags are Here!

In Partnership with the Healthy Communities **division** of the Public Health Department, residents of Humboldt County will receive valuable information about how to **recognize** the signs of an overdose and how to dispose of unwanted medications every time they pick up a prescription at a Lima's or Cloney's pharmacy.

A special thanks goes out to Debbie Rodrigues for all her hard work to get these 'medibags' produced.

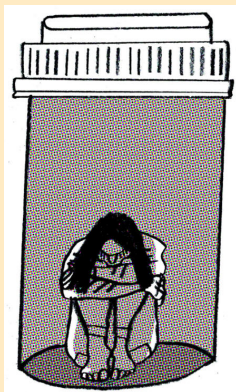
For more information about overdose prevention visit [StopOverdoseHumboldt.org](http://StopOverdoseHumboldt.org)



## In case you missed it...

Our very own Yvette Cerna, who is the Humboldt Community Health Trust Coordinator, submitted a 'My Word' piece to the Times Standard last month in honor of April being Alcohol Awareness Month. Yvette highlighted what can be done to help keep kids from drinking.

[Read the full article here](#)



## Want to Reduce Opioid Deaths? Get People the Medications They Need

A recent article in the New York times explores the continued barriers to Medication Assisted Treatment.

Drugs like buprenorphine could sharply curb the nation's opioid overdose crisis. But federal laws make it difficult for people who need such medications to get them. [Read More](#)

## with Medication-Assisted Recovery

The National Council recently partnered with the National Alliance for Recovery Residences and the Center for Social Innovation to release [Helping Recovery Residences Adapt to Support People with Medication-Assisted Recovery](#). This guide helps recovery residences that do not have experience with Medication-Assisted Treatment (MAT) integrate it into their recovery models. A crucial aspect of recovery from addiction is stable housing, but recovery residences may find it difficult to support residents on MAT when they have no prior experience. [Helping Recovery Residences Adapt](#) contains overviews of MAT, intake strategies and other tools for recovery residences who are building a more inclusive program.

More information can be found here [The National Alliance for Recovery Residence](#) and the [Center for Social Innovation](#).

**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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