

**Valuable Resources**

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

[Safe Prescribing Guidelines](#)

[Medication Disposal Locations](#)

[CHCF Issue Brief: MAT for Opioid Use Disorder overcoming objections](#)

[Paid training opportunity for individuals to become certified drug and alcohol counselors](#)

[Humboldt County Treatment Options](#)

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

[Our Pathways to Health Workshops](#)

**Upcoming Events**

November 21, 2019  
at the Sequoia Conference Center  
Town Hall with CA Surgeon General  
[Dr. Nadine Burke Harris](#).

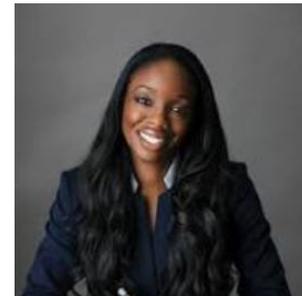
Rx Safe Humboldt Coalition Meeting  
Friday Nov. 22 at 8:30 am  
at Hospice of Humboldt

[Harm Reduction Webinar: What does Harm Reduction look like?](#)  
Dec. 5, 2019 12:15 - 1:15 pm  
[Register Here](#)

**Save the Date**  
2020 Humboldt County  
Opioid Safety Summit  
April 9th, 2020

**Save The Date**

California Surgeon General Nadine Burke Harris, MD will be joining Senator Mike McGuire at a Town Hall event focused on [Adverse Childhood Experiences](#) or ACEs on **Thursday November 21 at the Sequoia Conference Center in Eureka**. More details to come....



Adverse Childhood Experiences are potentially traumatic events that occur in childhood (0-17 years) such as experiencing violence, abuse, or neglect; witnessing violence in the home; and having a family member attempt or die by suicide. Also included are aspects of the child's environment that can undermine their sense of safety, stability, and bonding such as growing up in a household with substance misuse, mental health problems, or instability due to parental separation or incarceration of a parent, sibling, or other member of the household.

A [recent article](#) in the [CDC Vital Signs newsletter](#) underscores the importance of increasing our knowledge of ACEs and developing programs that support the prevention of ACEs.

**[Read the full article here](#)**

**1 in 6**

1 in 6 adults experienced four or more types of ACEs.

**5 of 10**

At least 5 of the top 10 leading causes of death are associated with ACEs.

**44%**

Preventing ACEs could reduce the number of adults with depression by as much as 44%.

### ACEs Fact Sheet



[Sesame Street in Communities](#) is a project that is providing resources, strategies and support for community providers who interact with families and children. Topics include homelessness, trauma and addiction. 'When a family member struggles with addiction, the whole family struggles. Children often think it's their fault; they feel shame, embarrassment, guilt, and loneliness; they may feel invisible. It takes special effort to start important conversations and answer children's questions. But parents, teachers, caregivers, and other caring adults can comfort children and guide them through difficult moments. With love and support, the family can cope with the challenges of addiction together.'

In the typical Sesame Street fashion, videos and resources are designed with children in mind. [Watch one of the Parental Addiction videos here](#)

### Funding Alert From CDPH

The purpose of this [Request for Applications \(RFA\)](#) is to fund up to 15 Wellness Quality Improvement Projects (QIP) to reduce tobacco use and promote wellness policies and activities among individuals with behavioral health and substance use disorders in community residential behavioral health facilities through the adoption and implementation of tobacco-free campus policies, implementation of evidence based nicotine addiction treatment, and other wellness policies and system changes that support tobacco use cessation.



[Read Full RFA Here](#)

### Release of the Humboldt County-Transitions of Care Final Report and an update on the HMA project

The Final Humboldt County Transitions of Care for People with Addictions Process Improvement Event Report can be accessed [here](#). The Process Improvement Event report serves as a reference guide containing the highlights of all of the information that was discussed during the June 19-20, 2019 event, including both the current state of treatment and services and the future state vision map. The report also contains the slides and materials that were presented by Dr. Corey Waller and the HMA Team.

The project has now officially pivoted to the Technical Assistance or "TA" phase that will enable the project TA through September 2020. TA will be comprised into two tracks. Track one is the General Technical Assistance track provided to all organizations through a number of engagement events, webinars, and opportunities to connect with the TA team for

specific requests. Our website, [Addictionfreeca.org](http://Addictionfreeca.org), serves as the navigator to this technical assistance track. The website is the gateway to all project information, hosts the recordings of our webinar series and access to additional trainings in the future. Please familiarize yourself with all of the valuable content and opportunities hosted on the TA Website [Addictionfreeca.org](http://Addictionfreeca.org).

Track Two is the TA track that focuses on provider organizations that have indicated a desire to either develop new MAT capabilities or to expand capacity to their existing MAT programs. In total, seven Technical Assistance sites in Humboldt County are engaged and receiving one-one coaching with the goal of developing additional MAT capacity within Humboldt County.

For additional information about this project, TA and resources can be found at [Addictionfreeca.org](http://Addictionfreeca.org)

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## Two Ways to Give Back During the Holiday Season



- The [Humboldt IPA \(2662 Harris St. Eureka\)](#) and the [Priority Care Center \(2316 Harrison Ave. Eureka\)](#) are collecting donations of personal care items and toiletries for the [Eureka Rescue Mission](#). Please consider bringing a donation to one of these locations. For more information contact Lisa Green at 707-443-4563 ext. 14
- Donations of time and food are needed for the annual [Saint Vincent de Paul \(SVdP\)](#) Thanksgiving dinner. The Eureka Police Department is working closely with SVdP to coordinate donations and volunteers. Each Thanksgiving SDdP serves around 700 individuals and over 1,000 plates of food. Click [here](#) for more details on how you can support this important event.

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## 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](#)

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NATIONAL ACADEMY OF MEDICINE  
Leadership • Innovation • Impact | for a healthier future

## **Tapering Guidance for Opioids Existing Best Practices and Evidence Standards**

Click to View!

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](#).

**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@humboldtipa.com](mailto:rdenouden@humboldtipa.com) or Jessica Osborne-Stafsnes at [josborne@nchiin.org](mailto:josborne@nchiin.org)

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