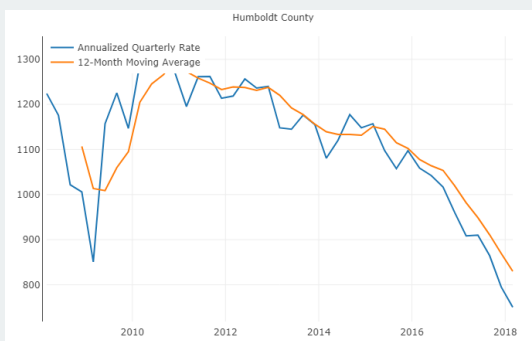


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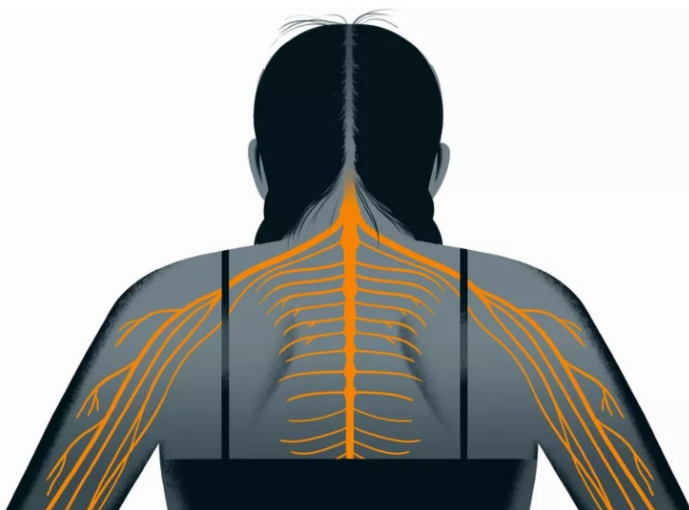


## California Opioid Overdose Surveillance Dashboard

CDPH has exciting news! First Quarter 2018 data is now available on the CA Opioid Overdose Surveillance Dashboard, including first quarter prescription data (CURES). Humboldt county opioid prescribing rates continue to decline.

[Humboldt County Dashboard](#)

## Study Shows That Opioids Are No Better Than Other Medications For Some Chronic Pain



As a Coalition, we focus on giving our community options for alternative treatments of chronic pain. Do not forget to recommend our [Alternative Pain Management Resource Guide](#) to your fellow colleagues and patients. Now, as we move along to

### What's in this Issue:

[Article: Opioids Are No Better Than Other Medications For Some Chronic Pain](#)

[A Space That Fosters a Healthy Lifestyle: The Connection HPRC](#)

[Academic Detailing Information](#)

[Webinar: Risk and Trajectory](#)

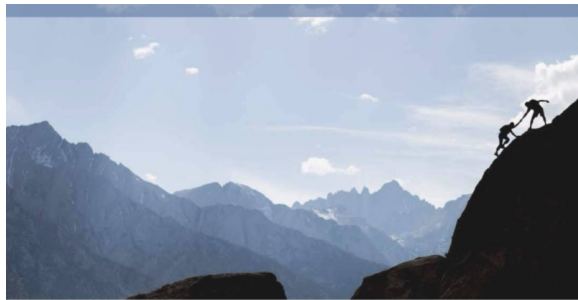
[Substance Use in California: A look at Addiction and Treatment](#)

### Valuable Resources:

[Our Pathways to Health Workshops](#)

the article, "Finally, proof: Opioids Are No Better Than Other Medications For Some Chronic Pain." Earlier this year, the Jame Study was published. Dr. Erin Krebs is the lead author on the first randomized trial, comparing chronic pain patients on prescription opioids to patients on non-opioid painkillers. Patients had their pain intensity and function over the course of a year monitored. The results were striking. Patients on opioids did not fair better than those taking the opioid alternatives. At the one year mark, the opioid takers expressed being in slightly more pain compared to the non-opioid group. Read the entire article [here](#).

*Photo Credit: Angie Wang*



Substance Use in California: A Look at Addiction and Treatment  
OCTOBER 2018

### California Health Care Foundation's Almanac Publication on Substance Use in California

CHCF recently published its most recent data available to provide an overview of substance use and addiction in California. Topics include prevalence of substance use disorder, use of alcohol and other drugs, mortality, emergency department use, treatment, workforce, and spending. Click [here](#) to see the full report and quick reference guide.

### A Space That Fosters a Healthy Lifestyle



In 2018, Humboldt Patient Resource Center (HPRC)

[Morphine Equivalent Calculator](#)

[Safe Prescribing Guidelines](#)

[Medication Disposal Bins locations](#)

[Complete Reference Manual for Assessment and Treatment of Acute and Chronic Pain](#)

**Upcoming Events:**

Rx Safe Humboldt Coalition Meeting is Friday, October 26th from 8:30-9:30 am

[MAT Waiver Training on October 19th in Eureka](#)

opened [The Connection HPRC](#) to support community events and education. The Connection is currently hosting FREE classes and events that focus on a healthy lifestyle and overall wellness. If you are living with chronic pain, talk with your doctor about safe ways to incorporate movement activities into your daily life. The Connection HPRC offers Tai Chi, Pilates, Zumba, Yoga, Swing Dancing, and so much more. What a wonderful resource for community members to access! Check out their [calendar of events](#) and find a class at their location, 334 F Street in Eureka.

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## LET'S TALK

A Professional Development Webinar Series

### [Webinar: Risk and Trajectory](#)

Substances and the impact of substances garner most of the attention in addiction treatment, but young people demonstrate risk factors for problematic substance use years before they try any

chemical. These risk factors continue to adversely compromise a young person's resiliency and trajectory even after sobriety.

Join Joseph Lee, MD, ABAM, as he discusses the science behind the identification of high-risk youth, and how to strategize their care management throughout the recovery process.

Register [here](#).

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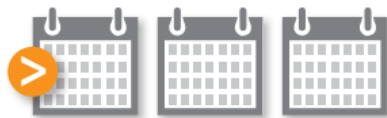
### Academic Detailing

More than 1 in 10



American adults experience chronic pain

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



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](#).



# Humboldt County Medication Disposal Bins



Do you have expired, unused or unwanted medications?



Eleven locations are now accepting all medications - including controlled substances.

## Directions:

- Remove medications from containers
- Place them in sealed or zipped plastic bags
- Drop them into the bin
- Do not drop off sharps (needles, syringes, Epi-Pens). For sharps disposal information, call (707) 268-8680 or visit [hwma.net](http://hwma.net).



## Safely dispose of medications at the following locations:

<b>Barnes Pharmacy</b> 1080 G St. Arcata, CA 95521 707-822-2496	<b>Cloney's Pharmacy</b> 1567 City Center Road McKinleyville, CA 95519 707-840-9923	<b>Cloney's Pharmacy</b> 2515 Harrison Ave. Eureka, CA 95501 707-443-7086	<b>Lima's Pharmacy</b> 2097 Harrison Ave. Eureka, CA 95501 707-441-8500
<b>Arcata Police Dept.</b> 736 F St. Arcata, CA 95521 707-822-2428	<b>Humboldt Co. Sheriff's Office</b> 826 4th St. Eureka, CA 95501 707-445-7251	<b>Eureka Police Dept.</b> 604 C St. Eureka, CA 95501 707-441-4060	
<b>Ring's Pharmacy</b> 362 Main St. Ferndale, CA 95536 707-786-4511	<b>Green's Pharmacy</b> 1058 Main St. Fortuna, CA 95565 707-725-4431	<b>Palco Pharmacy</b> 113 Main St. Scotia, CA 95565 707-764-3591	<b>Willow Creek Pharmacy</b> 39050 Highway 299 Willow Creek, CA 95573 530-629-3144

These bins help keep communities, waterways and wildlife safe!



908 Seventh St., Eureka, CA 95501 • 707-268-2132  
[humboldt.asap.worldpress.com/about](http://humboldt.asap.worldpress.com/about)  
[rxsafehumboldt.org](http://rxsafehumboldt.org)



## CURES Mandatory Use

The Controlled Substance Utilization Review and Evaluation System (CURES) was certified for statewide use by the Department of Justice (DOJ) on April 2, 2018. Therefore, the mandate to consult CURES prior to prescribing, ordering, administering, or furnishing a Schedule II-IV controlled substance becomes effective on October 2, 2018. A list of frequently asked questions (FAQs) regarding CURES mandatory use is available on the Medical Board's website [here](#).



For additional information regarding the new CURES system, visit the Medical Board's [website](#) or tune into the webinar they created [here](#).

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## MAT Waiver Training on October 19th in Eureka

This **FREE** training session is the in-person portion of the Half and Half MAT Waiver Training. **CMEs will be provided at NO COST!** The training is ideal for MDs, DOs, PAs and NPs who are interested in prescribing buprenorphine. Physicians require 8 hours of training to apply to the Drug Enforcement Agency for a waiver to prescribe buprenorphine. PAs and NPs are required to complete 24 hours of training, 8 hours of MAT training plus an additional 16 hours of specialized training. **Registration is required.** Follow this [link](#), scroll down, and select the fourth option for October 19th. Next, scroll down once more and answer the series of informational questions. Finally, click on the orange **Done** button.

If you have questions, concerns, special needs, or require additional information before registering for this training contact Christian Frable by [email](#) or **phone** at **(310) 794-8127**.

**Map to the training at Sequoia Conference Center:**

[Click Here](#)





## California Hub and Spoke System Presents

# American Academy of Addiction Psychiatry (AAAP) DATA 2000 Waiver Trainings

The American Academy of Addiction Psychiatry, the California Department of Health Care Services-funded California Hub and Spoke System, and UCLA Integrated Substance Abuse Programs are offering multiple Medication Assisted Treatment (MAT) Waiver Trainings across California from September to December 2018. *Space is limited* and registration will be filled on a first come, first served basis.

These half-day training sessions are the *in-person* portion of the Half and Half MAT Waiver Training. This training is ideal for MDs, DOs, PAs and NPs who are interested in prescribing buprenorphine.

For more information about the steps needed to obtain the Data 2000 Waiver to prescribe buprenorphine, go to <https://pcssnow.org/education-training/mat-training/>.

**CLICK HERE TO REGISTER!**

Or visit: <https://www.surveymonkey.com/r/WaiverTrainingHSS>

Please contact Christian Frable by phone (310) 794-8127 or e-mail ([CFrable@mednet.ucla.edu](mailto:CFrable@mednet.ucla.edu)) if you have questions, concerns, special needs, or require additional information before registering for this web training series.

### CMEs will be provided at NO COST!

**CME Accreditation:** This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of AAAP, the California Department of Health Care Services and UCLA. AAAP is accredited by the ACCME to provide continuing medical education for physicians.

**Credit Designation:** American Academy of Addiction Psychiatry designates this Other activity ("Half and Half" - Half face-to-face live course and Half online course) for a maximum of 8 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Method of physician participation in the learning process:** Credit will only be awarded for completing both the "first" and the "second" half of the training. To be awarded a maximum of 8 AMA PRA Category 1 Credits™ and a Buprenorphine Training Completion Certificate you must complete 4.25 hours of the first live half and 3.75 hours of the second enduring half and receive a minimum cumulative score of 75% on the examination. No partial credit is awarded for this training.



Providers  
Clinical Support  
System

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