



Join our Mailing List

February 15, 2019

Issue 8



Save The Date Humboldt County Opioid Summit

Mark your calendars for the Humboldt County Opioid Summit.

**April 26, 2019 8:00 am - 3:00 pm at the
Fortuna River Lodge.**

Registration will be open soon!

[Printable Flyer](#)

What is in this Issue

[Podcast: The Biology of Addiction](#)

[Why CA pharmacies are rejecting some prescriptions for pain medications](#)

[X-Waiver - Free 8 hour course](#)

[Webinar: Being Mindful about Adjunctive Therapies and Their Contributions to Treatment.](#)

[Contingency Management - Stimulant Use Among Patients on MAT: Do we have any Answers?](#)

[2018 Humboldt County Data](#)



A Neuroscientist Explores the Biology of Addiction in 'Never Enough'.

On the February 12, 2019 episode of Fresh Air, Terry Gross talks with Judith Grisel regarding her new book Never

Enough. Judith Grisel, is a neuroscientist who studies how addictive drugs work on the brain and why they're so hard to give up, whether they're illicit drugs, like heroin and cocaine, or prescription drugs, like opiates and certain anti-anxiety and insomnia medications

[Listen Here](#)

Valuable Resources

[Podcast: Finding Fixes](#)

[Accelerating Opioid Safety Tool Kits:](#)

- [Ambulatory Care](#)
-

Why California pharmacies are rejecting some prescriptions for pain medications

Doctors around California are complaining that the state did not send them notice of a Jan. 1 change in prescription forms and that pharmacies are rejecting prescriptions for controlled substances on forms they used just last year. [Read full article here](#)

AB 149 Controlled substances: prescriptions is a clean-up bill to fix the unintended consequences of last year's bill to limit controlled substance prescription pads. That bill has created a problem as there aren't enough security printers approved by the DOJ to produce the pads and pharmacies are refusing to fill orders that aren't on the new type of pads. The proposed bill would delay the requirement for the more secure prescription pads until January 1, 2021 and the DOJ could extend that time for up to an additional 6 months if needed.

Webinar: Being Mindful about Adjunctive Therapies and Their Contributions to Treatment.



Many providers are eager to add yoga, mindfulness and other adjunctive therapies to their services, and many patients are interested in exploring these approaches. But how effective are adjunctive therapies in improving treatment outcomes?

Wednesday February 20th 10:00 am to 11:00 am PST

[Register here](#)

Contingency Management - Stimulant Use Among Patients on MAT: Do we have any Answers?

On December 6, 2018 the [CA Hub and Spoke System: MAT expansion project](#) hosted a 2 hour webinar on this topic. The recorded version of this webinar is not yet available, but for those who did not have the opportunity to attend, the link to the slides and additional handouts are below. There is some very useful information within the presentation slides. Once the recorded webinar becomes available we will share it.

[Presentation Slides](#)

[Handouts](#)

X-Waiver - Free 8-hour course

There is a free 8-hour web-based course for physicians, nurse practitioners, and physician assistants who wish to apply for a waiver to prescribe buprenorphine for the treatment of opioid use disorders.

This is a free training that will fulfill the requirements to obtain an x-waiver, but now under new legislation, [AB2487](#), physicians and surgeons are required by law to complete either (a) a four-hour CME course on pain management or end of life, or (b) 12 hours on the treatment of opiate-dependent patients within four years of their initial license, or by their second renewal date. [Register here](#)

Additionally, share this with providers in your network to ensure they are aware of the changes and the resources available. For more information on the legislative changes, see this [webinar](#) with Clinical Lead for the Accelerator Opioid Safety Network, Dr. Matt Willis, the accompanying [slides](#), [resource list](#), and [legislation summary](#)

- [Treating SUD in Primary Care](#)

[Our Pathways to Health Workshops](#)

[Morphine Equivalent Calculator](#)

[Safe Prescribing Guidelines](#)

[Medication Disposal Bins locations Flyer](#)

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

Up Coming Events

Rx Safe Humboldt Coalition Meeting is Friday, February 22, 2019 from 8:30-9:30 am at the Hospice of Humboldt

[The Connection HPRC Calendar of Events](#)

[Events Calendar: See this comprehensive list of events in Humboldt County over the next few months](#)



2018 Humboldt County Data

As we begin a new year and consider new initiatives within the Rx Safe Humboldt Coalition, let's take a moment and look back at some of the progress that was made in 2018.

Opioid Prescribing Rate Continues to Decline

According to the [CDPH Opioid Overdose Surveillance Dashboard](#), Humboldt County continues to see a decline in the overall Opioid prescribing rate. The most current data (2018 Q2) indicates a 12 month moving average rate of **786.23** Opioid prescriptions per 1,000 people. This is a **17% decline** from a year ago.

Prescription Opioid Overdose Rate

Humboldt County remains 2nd in the state for the highest prescription opioid related overdose deaths. In 2017 the rate was [15.49 per 100,000 residents](#), compared to the California average rate of 3.70 per 100,000 residents. There is good news, as the rates in 2018 are showing a decline. The most recent data from the second quarter of 2018, indicate that the prescription opioid related overdose death in Humboldt County were **12.14 per 100,000 residents**.

Medication Disposal

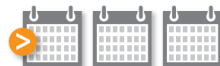
With [12 medication disposal bins](#) across Humboldt County, the convenience of proper medication disposal is evident. In 2018 these **12 bins** collected **2,521 pounds** of unwanted medications. Additional information regarding medication disposal can be [found here](#).

All of this is possible due to the hard work of the Coalition and its partners.

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](#).

[Visit our Website](#)