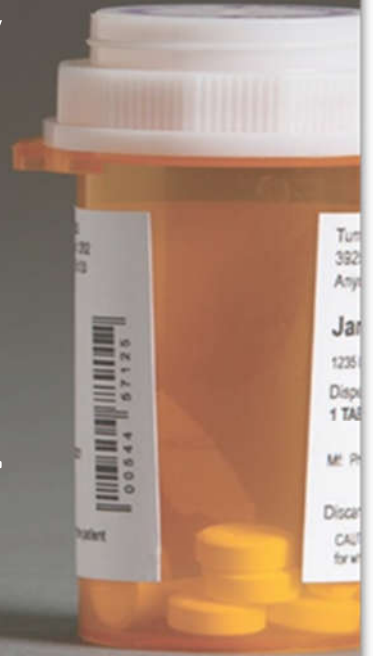


Cowlitz County Health & Human Services Presents...

Cowlitz County Opioid Summit

August 15, 2018

Cowlitz County Regional Conference Center



Working together to identify actions to
address the opioid epidemic

This material/pamphlet was funded by the CDC. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC or the Department of Health and Human Services.

WELCOME

Dear Summit Participant,

Opioid abuse and overdose touches almost all of us in Cowlitz County in some way.

There is a strong statewide effort to address opioids and today's summit will focus on local data and experience. We will look at treatment and prevention across the lifespan including pregnant women, youth, and adults. While there are many approaches to addressing opioids, there is no one-size-fits-all solution. We are lucky to have dedicated community members and service providers willing to come together to think about how we can strengthen our efforts and brainstorm other local response options.



Thank you for your compassion and for taking the time to join the conversation.

*In health,
Jennifer Vines, MD, MPH
Cowlitz County Health Officer*

Jennifer Vines, MD, MPH

Cowlitz County Health Officer



Dr. Vines has worked as a health officer in several counties in the Portland area and Southwest Washington since 2007. She trained at OHSU and is board-certified in family medicine and preventive medicine. She graduated from Brown University School of Medicine and earned a Master's in Public Health from Portland State University in Health Management and Policy. Dr. Vines, along with being the Health Officer in Cowlitz County and Wahkiakum County, serves as the Multnomah County Deputy Health Officer.

Her experience with patients has ranged from an urban safety net primary care clinic in downtown Portland to overseeing public health services in communicable disease and reproductive health. Dr. Vines has a particular interest in health behavior as it relates to chronic disease prevention and policy.

AGENDA

8:30 **Registration**

9:00 **Welcome and Presentation of Local Data**

Jennifer Vines, MD, MPH, Cowlitz County Health Officer

9:20 **Local Panel Discussion: Barriers and Efforts From Various Sectors**

Facilitator: Estela Clemente, Pharm.D., M.B.A.

- Prevention/Education - *Deb Drandoff, M.ED., Director, Prevention and Youth Services, ESD 112*
- Medical/Dental - *Gerry Melgar, MD, Medical Director, Cowlitz Family Health Center*
- Pharmacy - *Cristina DuVall, Pharmacist, Kelso Rite Aid*
- Behavioral Health/Substance Use - *Jim Coffee, MPA, Chief Operating Officer & Deputy Director, Cowlitz Family Health Center*
- Law Enforcement - *Mark Nelson, Cowlitz County Sheriff*
- Parent & Co-Founder of "The Beacon" - *Aliza Mooney*

10:30 **Break**

10:45 **Panel Discussion Q & A**

11:30 **Lunch**

12:00 **Keynote: "Washington's Opioid Epidemic: Activities and Opportunities"**

Dr. Charissa Fotinos, MD, MSc, Deputy Chief Medical Officer, Washington State Healthcare Authority

12:45 **Introduction to Action Group Break-Out**

Estela Clemente, Pharm.D., MBA

1:00 **Action Group Break-Out**

- Law Enforcement/First Responders/Criminal Justice
- Medical/Dental
- Pharmacists
- Prevention/Education
- Behavioral Health/Substance Use
- Others as needed

2:00 **Action Group Report-Out**

Estela Clemente, Pharm.D., MBA

2:30 **Wrap Up/Next Steps/Summit Evaluation**

Jennifer Vines, MD, MPH, Cowlitz County Health Officer

3:00 **Adjourn**

Rules of Engagement

- Place cell phones on vibrate
- Limit use of acronyms
- Treat everyone with respect
- Listen to understand
- Assume good intentions
- Ask questions
- Ask "what's possible?" not "what's wrong?"

KEYNOTE SPEAKER

Dr. Charissa Fotinos, MD, MSc

Deputy Chief Medical Officer, Health Care Authority

Dr. Charissa Fotinos was named Deputy Chief Medical Officer of Washington State's Health Care Authority in October of 2013. In that position, she provides support to both the Health Care Authority and the Department of Social and Health Services in support of the Apple Health/Medicaid programs. She is actively involved in behavioral health integration efforts with a particular focus on improving the access to and care of persons with substance use disorders.

Prior to her current position, Dr. Fotinos was the Chief Medical Officer for Public Health Seattle-King County. Dr. Fotinos is board certified in Family and Addiction Medicine. Before joining Seattle-King County, she was a physician-faculty member at the Providence Family Medicine Residency in Seattle, Washington. She holds a Master of Science degree in evidence-based health care from Oxford University, Kellogg College, in England and is a Clinical Associate Professor at the University of Washington in the Department of Family Medicine.

FACILITATOR

Dr. Estela Clemente

Chief Executive Officer, Choice Wellness Centers

Estela Clemente, Pharm.D., M.B.A. is the Chief Executive Officer at Choice Wellness Centers, an outpatient alcohol and drug treatment center, in Vancouver, Washington. Dr. Clemente received her Bachelor of Science in Chemistry and Economics from the University of South Florida. After transferring from the University of Florida College of Pharmacy, she completed her Doctorate of Pharmacy and her Master of Business Administration at Harding University. She completed a transplant and critical care internship at Tampa General Hospital and a pharmacy administration internship at Johns Hopkins Hospital in Baltimore. Dr. Clemente has been a pharmaceutical consultant on a number of FDA-approved small molecule and biotechnology drug submissions. She has published and presented research in the fields of drug design, critical care, urology, and pharmacy practice. She is a strong advocate for improving multidisciplinary healthcare practices as well as transition of coordinated care for chronic disease state management. Her professional passions are improving patient outcomes and medication safety.

In addition to her clinical positions in the hospital, community, and pharmaceutical consulting, Dr. Clemente has volunteered over 100 hours in charity health clinics across Arkansas and Florida in an effort to improve preventative health measures in medically underserved areas. She is an active participant with the Southwest Washington Accountable Community of Health's Opioid Work Group and Peer Support Network, Clark County Behavioral Health Advisory Board, and Cowlitz County Opioid Task Force.

PANEL SPEAKERS

Dr. Gerry Melgar, MD

Medical Director, Cowlitz Family Health Center

Dr. Gerry Melgar is board certified in Internal Medicine, receiving his medical degree at the University of the Philippines in 1991 and completing his residency training at the Cleveland Clinic in Ohio in 1996. He has a strong desire to work in safety net populations. He has had a long career with community health centers beginning in 1996 in Yakima, Washington, where he eventually assumed the Medical Director position. He joined the Cowlitz Family Health Center in 2006 as Medical Director and internal medicine provider. He has been involved with promoting responsible opiate prescribing in all Cowlitz Family Health Center clinics since he joined the organization. He has also worked extensively on integrating behavioral health in primary care within the organization. He is currently working on starting a Medication Assisted Treatment (MAT) program at the Longview 14th Ave Clinic.

Jim Coffee

Chief Operating Officer and Deputy Director, Cowlitz Family Health Center

Jim began his career in health care as an X-Ray Tech, moving into Medical Imaging Practice Management in 1984. After relocating to the Boston area he joined Greater Lawrence Family Health Center as their CIO in 1994. In 2004, after completing his Masters in Public Administration, he moved to Astoria, Oregon to become the CEO of the Federally Qualified Health Center there. When the opportunity presented itself to join Cowlitz Family Health Center Jim began working in Longview as Chief Operating Office and Deputy Director in 2015. Jim oversees the daily operations of Family Health Center's seven medical/dental clinics and three Substance Use Disorder Treatment sites. Jim is the senior manager on site at FHC's Harm Reduction Program, talking with clients and providing training on the use of Naloxone and Fentanyl testing kits. As part of the team from FHC that manages the Syringe Services Program, Jim has been the point person in the expansion of services in that program including disease testing and prevention, family planning, and wound care. FHC began offering MAT at their 14th Avenue clinic in June 2018 and is working towards low-barrier Suboxone at the Harm Reduction Program in the near future.

Dr. Cristina DuVall

Pharmacist, Kelso Rite Aid

Dr. DuVall received her BA in Communication Disorders from Eastern Washington University, an MS in Education of the Hearing Impaired from Idaho State University, and her PharmD from Washington State University. She completed a residency at Central Washington Hospital in Wenatchee and a clinical research fellowship in geriatrics with Washington State University in Spokane. She was the Director of Continuing Professional Development for the Washington State Pharmacy Association (WSPA), Pharmacist Supervisor of the Washington State Penitentiary pharmacy in Walla Walla, and Pharmacy Manager of Friday Harbor Drug on San Juan Island. Currently she works as a clinical pharmacist for Rite Aid in Kelso and volunteers at Choice Wellness Centers in Vancouver counseling individuals recovering from chemical dependency. Recently she has been collaborating with WA State Department of Health representatives, legislators, and WSPA to expedite the training of pharmacists seeking Chemical Dependency Professional certification. Dr. DuVall is an active member of the Longview Anti-Drug Coalition and Opioid Taskforce. She frequently presents locally and regionally on substance abuse topics for school, community and professional audiences.

PANEL SPEAKERS

Aliza Mooney

Parent and Co-Founder of “The Beacon”

Aliza, a resident of Cowlitz County, lost one of her children to an overdose in January of this year. Since then she has been actively working in the community to find ways to avoid another child lost to an overdose. Aliza is a co-founder of the planning committee that has started a support group called “The Beacon” for youth ages 13-18 with Substance Abuse Disorders. She acknowledges that this is just the beginning as there are more gaps in the system and she has pledged to be part of the solution.

Deb Drandoff, M.ED.

Director of Prevention and Youth Services, ESD 112

Deb Drandoff has worked at ESD 112 for 15 years, serving as the Director of Prevention and Youth Services for the last three years. In this position, she oversees school and community based substance abuse prevention, educational advocacy, truancy project, student threat assessment, crisis support, and youth workforce development programs. Previously, Deb has directed inpatient treatment programs for women and adolescents, was a supervisor in two Washington Juvenile Justice institutions, and served as the Executive Director for a child welfare agency.

Mark Nelson

Cowlitz County Sheriff

Sheriff Mark Nelson is a life-long resident of Cowlitz County, having graduated from Mark Morris High School in 1974 and Lower Columbia College. After serving in the United States Marine Corps, Sheriff Nelson began his law enforcement career as a reserve deputy (volunteer) in 1977 while raising his family. He was hired by Longview Police in 1984 and worked as a patrolman until hired on as a deputy Sheriff in 1990. Mark has served as a patrol deputy, D.A.R.E. deputy, SAR coordinator, firearms instructor, and boat operator. He was promoted to patrol sergeant and then four years as the detective sergeant. He was then appointed Patrol Captain and served 7 years until receiving the appointment as Sheriff in 2009. He ran for election in 2010 and 2014 and has served as the Cowlitz County Sheriff for nearly 9 years. He is a graduate of the Northwest Law Enforcement Command College and the National Sheriff's Institute and was elected president of the Washington State Sheriffs' Association and Washington Association of Sheriffs and Police Chiefs executive board by his peers.

As a former D.A.R.E. deputy, Sheriff Nelson has a passion for making a difference in his community. He has sponsored community meetings and town halls on the topic of drug use and abuse, and has participated in panels at a local, state, and national level. Earlier this year, Sheriff Nelson was invited to Washington D.C. to represent the Washington and Western State's Sheriffs' Associations as part of a round-table discussion with members of the President's cabinet and a select number of national Sheriffs on how the federal government can better support local drug efforts. He is well respected across the state for his community action and a personal meeting with the Seattle Seahawks to discuss social issues.

RESOURCES

Prevention Materials and Toolkits	http://stopoverdose.org/section/materials-and-toolkits
Start a Naloxone Program	http://stopoverdose.org/section/start-a-naloxone-program
Substance Abuse and Mental Health Services Administration (SAMHSA) - SAMHSA Social Media	https://www.samhsa.gov/ https://www.facebook.com/samhsa
Washington State Office of the Attorney General: OPIOID EPIDEMIC	https://www.atg.wa.gov/opioid-epidemic
Washington State Department of Health: Opioid Misuse and Overdose Prevention	https://www.doh.wa.gov/YouandYourFamily/PoisoningandDrugOverdose/OpioidMisuseandOverdosePrevention
Washington State Department of Health: Drug Take Back Program	https://www.doh.wa.gov/ForPublicHealthandHealthcareProviders/HealthcareProfessionsandFacilities/DrugTakeBackProgram
Washington State Hospital Association: Opioid-Pain Management	http://www.wsha.org/quality-safety/projects/opioid-pain-management/
National Institute on Drug Abuse: Washington Opioid Summary	https://www.drugabuse.gov/drugs-abuse/opioids/opioid-summaries-by-state/washington-opioid-summary
University of Washington: Alcohol/Drug Abuse Institute	http://adai.uw.edu/wastate/
National Safety Council	https://www.nsc.org/home-safety/safety-topics/opioids/prescription-nation
Washington State Nurses Association	https://www.wsna.org/legislative-affairs/legislative-priorities-for-2018/address-the-opioid-crisis-secure-medicine-return
Washington State Public Health Association	http://www.wspha.org/blog-opioid-epidemic
Substance Abuse & Mental Health Services Administration (SAMHSA) Buprenorphine Treatment Practitioner Locator	https://www.samhsa.gov/medication-assisted-treatment/physician-program-data/treatment-physician-locator?
Providence Drug Exposed Newborns: Neonatal Abstinence Syndrome Course	https://washington.providence.org/events/ewa/professional-education/neonatal-abstinence-syndrome
Partnership for Drug-Free Kids and The Medicine Abuse Project – Pregnancy & Opioids	https://drugfree.org/download/pregnancy-opioids/
Washington State Prevention Enhancement Policy Consortium	http://www.theathenaforum.org/rx
Washington State Pharmacy Association	https://www.wsparx.org/default.aspx

NOTES

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ACKNOWLEDGEMENTS

Cowlitz County Health & Human Services wishes to thank the following community partners for their contributions to the 2018 Cowlitz County Opioid Summit

Dawn Maloney, Youth & Family Link

Natalie Booker, Peace Health

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Shannon Hoskins, RYC Analytics

Estela Clemente, Choice Wellness Centers

Deb Drandoff, ESD 112

Gerry Melgar, Cowlitz Family Health Center

Cristina DuVall, Kelso Rite Aid

Jim Coffee, Cowlitz Family Health Center

Mark Nelson, Cowlitz County Sheriff

Aliza Mooney, Co-Founder of “The Beacon”

Members of the Cowlitz County Substance Use
Work Group

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