

Minutes

*Eastern Oregon Coordinated Care Organization
Grant County Community Advisory Council Meeting
Wednesday **September 19, 2018** 12:00pm-1:30pm
Grant County Regional Airport
72000 Airport Rd, John Day*

Present: Teresa Aasness, Debi Hueckman, Russ Comer, Megan Brandsma, Mary Ann Wren, Patti Wright, Jenni Workman, Tracy Blood, Simmie Waddel, Chris Yriarte, Jessica Winegar, Shelly Whale-Murphy, Cindy Kalin, Rhiannon Bauman, Lisa Weigum, Kathy Cancilla, Rod Harwood, Jena Knowles, Hannah Hinman, Tilli Bjornberg, Marci Wasiluk.

Guests: Julie Powell with DHS, Katrina Randleas with Families First, Jill Boyd with GOBHI, DR. R. Betza with SWCC

Grant County Community Advisory Council reviews local Medicaid claims data, regularly. As a result of the Grant County Dashboard presentation from Paul McGinnis in June 2018 and Dr. Hall's presentation the previous year, this council requested information regarding the Opioid Crisis be given exclusive time as a local topic of interest. This meeting is dedicated to this topic as requested.

12:07 PM –CAC meeting call to order by Kathy Cancilla, Chair

-Group Introductions

- **Reviewed LCAC support funds-** \$10,000 for operations
Approval need for 2018-19 LCAC Support Fund Request – this form was reviewed by the council members present at the August 22nd meeting. The document presented today reflects the decisions made during that discussion.

Jessica Winegar Motioned to approved as written.

Tracy Blood Seconded the Motion.

Group was all in favor- Motion Passed

Simmie Waddel shared her personal story of Recovery from Opioid Addiction to the group.

Dr. R. Betza's Opioid Presentation:

We received a couple handouts with information on the numbers on Opioid Epidemic, Medication Assisted Treatment (MAT), MAT Reduces Heroin OD Death.

She started by talking about how we have gotten to where we are now.

In the 90's Doctors approach was to treat by patients report of their pain, listen to the patient. Doctors were first told that there were no addictive tendencies with Opioids. By the

2000's they realized that the information they were given was wrong and they had a large problem with patients being addicted to Opioids.

It only takes 2-3 days for your body to start to be dependent and by 2 weeks you will have some type of withdrawal when you stop taking medication that contains Opioids. Your body will also start to form a tolerance in this short period of time. A now known side effect, 20-30% of Opioid users will become addicted.

Doctors are now paying close attention to keep patients more informed and try not to form any new addictions to Opioids by offering alternatives. If an addiction is already present Providers are working hard to make a treatment plan to help patient be Opioid free.

Opioids are not the answer for chronic pain. They increase the amount pain receptors in your body, they will make chronic pain worse. When you live with chronic pain, pain free is just not an option. Nothing will make it go away 100%

ALTERNATIVES:

Physical Therapy, Acupuncture, Massage, Mind and Body Therapy, Mental Health Treatment, Holistic Classes, Providing Information.

People that are already using Opioids:

- 90 morphine equivalents is the highest our clinic will go
- If you are higher than 90 it raises a red flag if you are not a pain clinic
- Wean down/for some patients 0 is not an option

Opioid Addiction Treatment:

- Suboxone helps form an Opioid tolerance, helps treat pain, helps control cravings.
 - not to be used with Barbituate type drugs
- Buprenorphine (BUP) is the only drug that doctors must have a special waiver to prescribe.
 - has a 50% success rate, which is better than cold turkey
- Methadone is not used at SWCC, it is used to help individuals getting clean from street drugs and/or if you have tried to get clean several times.
- Behavioral Health Side- Help with intake, find out what you the patients' needs are.
- Check for Opioid addiction before new clinic visits

Group Discussion:

Prescription Drug Monitoring Program/other states, Flagged ED report/other states, Dental records are not usually shared/ no cross over, Need more coordinated care.

Meeting Adjourned 1:32pm

Next Meeting October 17,2018 Grant County Airport @ Noon