

# PORTLAND TRI-COUNTY OPIOID SAFETY COALITION

Clackamas, Multnomah, and Washington

NOVEMBER 2016



## MISSION

Decrease opioid misuse and harms by coordinating the efforts of public health, medical, behavioral health, payer, and patient communities.

## MEDICATION ASSISTED TREATMENT (MAT) APP FROM SAMHSA



SAMHSA has [launched MATx](#), a free mobile app that will provide health care practitioners with immediate access to vital information about MAT for opioid use disorder, including medications approved by the FDA, prescribing and treatment guides, ICD-10 coding, continuing education opportunities, and recommendations for working with special populations. You can view a [video](#) about MATx or go to the [SAMHSA store](#) to download the app.

## NEW LOCAL NALOXONE TRAINING VIDEO FOR LAW ENFORCEMENT

The Multnomah County Health Department developed a new [naloxone training video](#) with the County's Sheriff's Office. This new video reflects recent changes to the State's training protocol and is designed for a law enforcement audience. You can find it on the OHA's naloxone training webpage—along with other training videos for lay audiences.

## COMMUNITY ACTION RESULTS IN SAFER DRUG LABELING

A group of public health clinicians from across the country filed a [citizen petition](#) that prompted the Food and Drug Administration's (FDA) requiring strong "black box" warnings on both opioids and benzodiazepines.

"Black box" warnings are the FDA's highest-level warning. Now the FDA is requiring boxed warnings and patient-focused Medication Guides for prescription opioid analgesics, opioid-containing cough products, and benzodiazepines – nearly 400 products in total. This action is part of the FDA's [Opioids Action Plan](#), which focuses on policies aimed at reversing the prescription opioid abuse epidemic, while still providing patients in pain access to effective and appropriate pain management.

—Robert M. Califf, M.D., Commissioner U.S. FDA

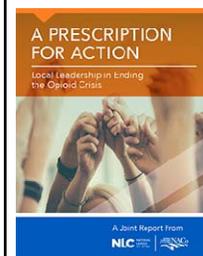
## SURGEON GENERAL'S CALL TO ACTION

The U.S. Surgeon General Vivek H. Murthy, in collaboration with SAMHSA, published a landmark report on a health crisis affecting every community in our country. [Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health](#) is a comprehensive review of the science of substance use, misuse, and disorders. Recommendations for how we all can address this epidemic are included.

## SAMHSA FUNDING OPPORTUNITY

[SAMHSA is providing up to \\$77.2 million in funding](#) over several years to programs promoting screening, brief intervention, and referral to treatment (SBIRT) programs. SBIRT is a comprehensive, integrated public health approach to the delivery of early intervention and treatment services for persons with substance use disorders, as well as those who are at risk of developing these disorders. SBIRT enables healthcare workers in primary care centers, hospital emergency rooms, trauma centers, and other community settings to better identify the signs of underlying substance use problems and provide opportunities for early intervention with at-risk substance users before more severe consequences occur.

## PUBLIC HEALTH RECOMMENDATIONS



Last week, The National City-County Task Force on the Opioid Epidemic released its [report](#) on policy recommendations and best practices to address the opioid epidemic in local communities across America. Stay tuned for the December "Year-End" newsletter, which will compare the work in our region to what this important public health group recommends.

**HINT:** Even though we have a long way to go in order to beat this epidemic, we are further along than most communities across the country.

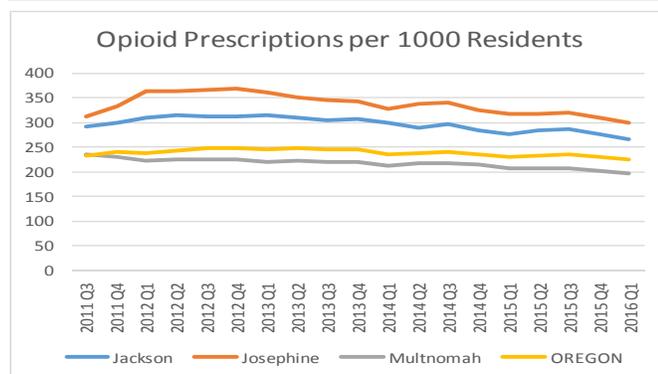
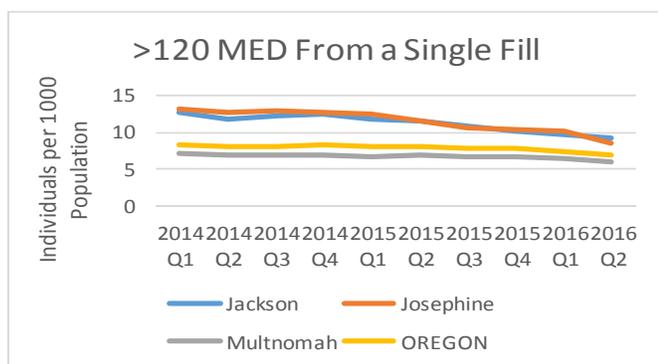
## SOUTHERN OREGON'S STORY

Congratulations to the tri-county region for this excellent newsletter. I am pleased to be a contributor. I am the Health Officer for Jackson County, and for the past six years, I have worked with a collaboration of health care professionals from diverse backgrounds to promote safe practices for the treatment of pain. We call ourselves the Oregon Pain Guidance (OPG) collaborative and we have engaged in pilot projects to produce practice change in the office setting, created a set of community practice guidelines, established a [website](#), and we sponsor annual pain conferences for professional and public education. Lines for Life received funds to help the tri-county region build its own pages from our original site so that people across the state can select information specific to their area.

We have three primary functions within our community. We serve as the "backbone" for a Collective Impact Model of a community coalition for safe pain treatment, we provide outreach to providers and staff to achieve practice change, and we provide education for professionals and the public.

Have we been successful? Southern Oregon, for a variety of reasons, has traditionally had a significantly higher opioid prescribing volume than the rest of the state. As you can see from the graphs extrapolated from Prescription Drug Monitoring data, we have a long way to go. Our total prescribing, on average, provides every citizen in our region with more than one prescription of opioid painkillers per year. The good news is that overdose deaths have gone down. Unsafe prescribing in terms of dangerous co-prescribing, high MED, as well as methadone use has diminished regionally as well.

—Jim Shames, Health Officer, Jackson County, Oregon



## INTEGRATIVE CARE FOR LOW INCOME POPULATIONS IN OREGON

The practice of integrative medicine involves the most appropriate interventions from an array of scientific disciplines to heal illness and disease and help people regain and maintain optimum health. This type of care has often been considered "boutique medicine," mostly accessible by the wealthy.

[Integrative Medicine Access](#) (IMA), led by Myles Spar, MD, aims to make sure that integrative medicine is accessible to all people in need regardless of income. IMA was formed with a \$100,000 award from the [Bravewell Collaborative](#) in recognition of Dr. Spar's dedication to the health of the underserved. IMA started in Southern California where Dr. Spar practices and is now being introduced in Oregon through a partnership with the [Oregon Collaborative for Integrative Medicine](#) (OCIM).

OCIM is a nonprofit with membership comprised of Oregon Health & Science University, National University of Natural Medicine, University of Western States, Oregon College of Oriental Medicine, and Pacific University and is dedicated to enhancing the health and well-being of Oregonians by collaborating on education, research, patient care, and health policy. Both IMA and OCIM are thrilled to be able to bring integrative medicine to all Oregonians by engaging a network of volunteer health care providers.



OCIM is currently recruiting providers who can donate a first visit at \$20 and \$10 for visits with the same patient thereafter. If you are interested in signing up to help, please contact me at [simmons@o-cim.org](mailto:simmons@o-cim.org).

—Samantha Simmons, OCIM Executive Director

## IN THE LITERATURE



Check out [Science's November 3rd](#) edition focused on pain. (Abstracts; registration required for full text)

[Use of Complementary Health Approaches for Musculoskeletal Pain Disorders Among Adults: United States, 2012](#); CDC Oct 2016 (Full article)

[National Trends in Hospitalizations for Opioid Poisonings Among Children and Adolescents, 1997 to 2012](#); JAMA Pediatrics, Oct 2016 (Abstract) purchase required for full text)

[Inappropriate Opioid Dosing and Prescribing for Children](#); JAMA Pediatrics, Nov 2016 (Intro; purchase required)