



nəx^wqíyt nəx^ws'káyám'
PORT GAMBLE S'KLALLAM TRIBE

Tribal Healing Opioid Response T.H.O.R.

1st 3-county Opioid Summit 2016

In 2015 Washington state drafted and initiated an Opioid Response plan.

Department/Regional Communities of Health were needed to execute the plan.

- 3-County Coordinated Response held the 1st Opioid Summit, January 30, 2016**
- 14+ tribal council & staff attended**
- 3-County proposed plan, connection with state plan**

Olympic Community of Health 3 County Coordinated Opioid Response Plan (3CCORP)

Goal 1: Improve prescribing practices and prevent opioid misuse and abuse

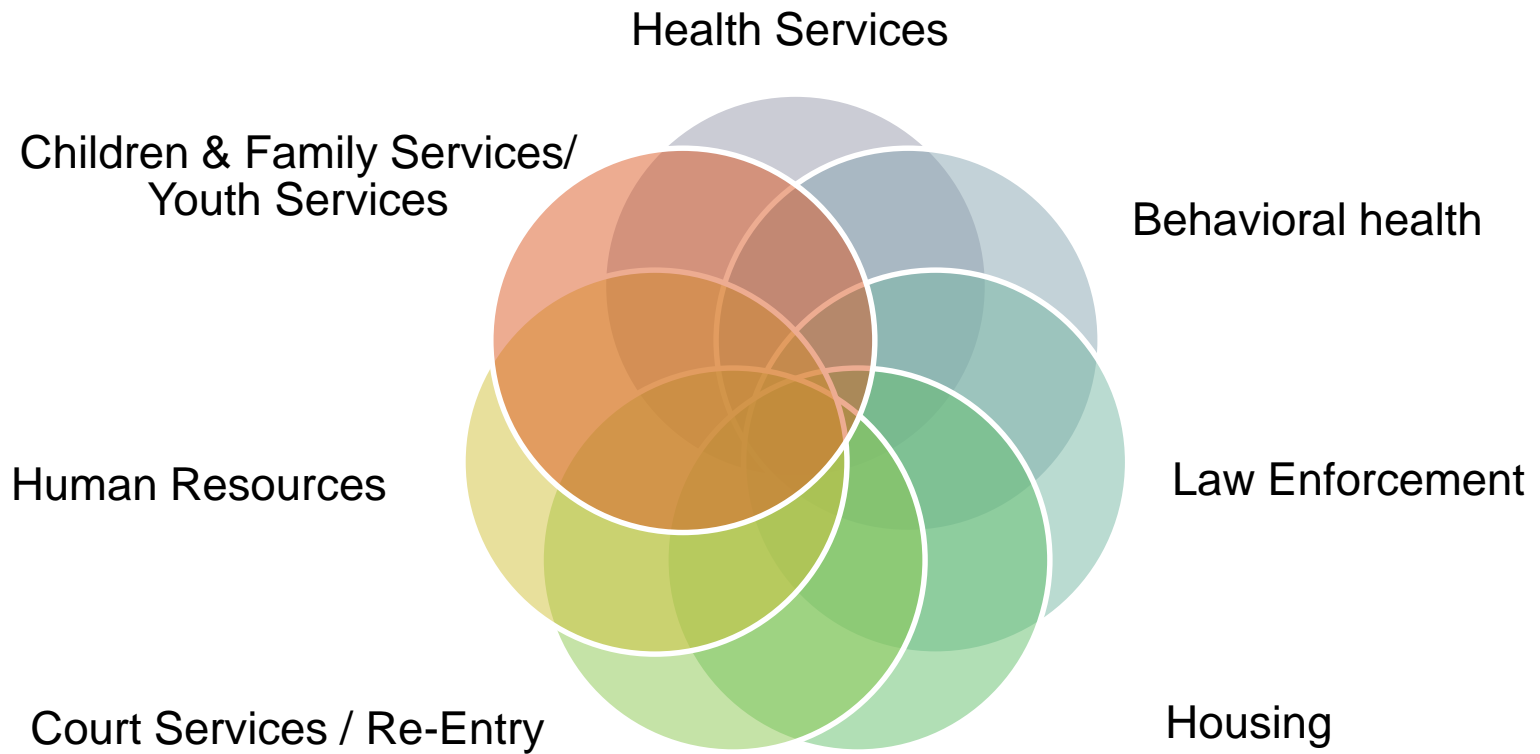
Goal 2: Expand access to treatment for opioid use disorder including treatment support services

Goal 3: Prevent deaths from overdose

<http://www.olympicch.org/opioid-response-project.html>

Our response

- **Executive Director called a meeting across tribal departments from all attendees of the Opioid Summit.**
- **Tribal council members, police department, wellness staff, chief medical officer, youth workers and more attended.**
- **Reviewed state and county plan and adopted our own Tribal Opioid Response Plan.**

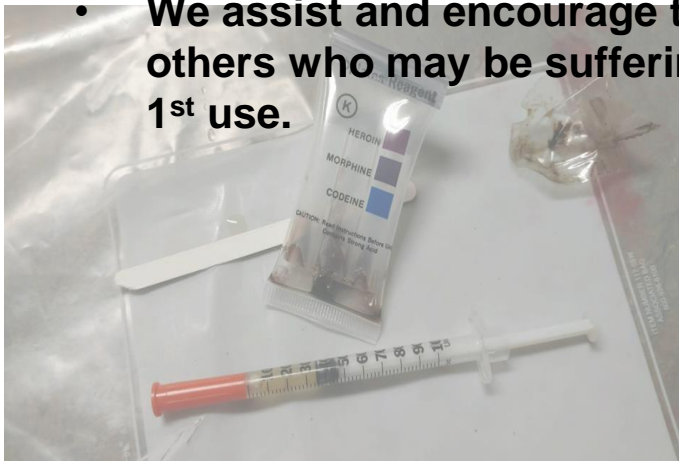


Goal 1: Prevent Opioid Misuse and Abuse

Goal 1: Prevent Opioid Misuse and Abuse	Lead Department	Partner Department
1A: Promote best practices for prescribing	Health	Wellness, CHR
1B: Raise awareness of risks including overdose; reduce stigma	Wellness	Re-entry, Court, Health
1C: Prevent opioid misuse in communities, particularly with youth	Chi-e-chee, Youth, Education	Wellness, Health
1D: Promote safe storage and disposal of prescription medicine	Health	Police
1E: Decrease the supply of illegal opioids	Police	Court

Preventing Opioid Misuse and Abuse

- Staff receive ongoing training to stay current on drug trends and treatment information
- We focus on reducing stigma associated with receiving/asking for help by rapport building, connecting, and instilling hope in patients
- Youth groups include prevention/education around drug use/abuse and available resources
- We utilize Town hall forums to provide additional education and awareness
- Motivational speaker on healthy choices
- We assist and encourage those in recovery to share their story to help others who may be suffering or high risk individuals to deter them from 1st use.



Preventing Opioid Misuse and Abuse

- Medication disposal site has been established
- Locked boxes are available to community members who need to keep their medication safely stored.
- Sharps containers have been installed in restrooms through out campus
- Police work together with Casino to stop drug dealing from taking place there.
- Knock and Talks are occurring to let alleged dealers know they are watching them
- Operation ID is happening and households are recording serial numbers of things that are high target items of theft
- Increase law enforcement interaction with the community



Preventing Diversion

Drug take back

- Secure box in lobby of tribal government building
- Police pick up

Medication lock box

- In coordination

Goal 2: Expand Access to Opioid Use Disorder (OUD) Treatment

Lead Department	Partner Department
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2A: Expand capacity of health providers to recognize signs of opioid misuse

Health, Wellness

Police

2B: Increase access to & utilization of best practices OUD treatment in communities

Wellness

Health, Reentry

2C: Increase access to & utilization of best practices OUD treatment in the criminal justice system

Reentry

Wellness, Police

2D: Increase capacity of syringe exchange programs to provide overdose prevention training including naloxone and to engage clients in supportive services

Health

Wellness

2E: Reduce withdrawal symptoms in newborns

Children & Family

Health, Wellness, ECE, Chi-e-chee

Expand Access to OUD Treatment

- **Significant effort has been placed on reducing or eliminating barriers to accessing care**
- **Health Services staff are receive training in recognizing signs of misuse. HR also provides additional training to all tribal staff**
- **Medication Assisted Treatment is offered through Behavioral Health MD and primary care, training is ongoing for staff**
- **Behavioral Health and Re-entry work collaboratively to help those in recovery.**
- **Health clinic offers needle exchange program, no record of patient utilization is kept**
- **Health Services staff have been trained in and are training others to use Naloxone for Opioid overdose. Clients are being prescribed kits, 100's of kits our in community.**
- **Together for children and health services work together to get pregnant women in treatment asap to reduce withdrawal symptoms or effects on newborn.**

Managing Chronic Pain

- **We know opioids do not work for chronic pain**
- **Patients think opioids work and are already addicted**
- **Opioid Pain Agreements help the provider and the patient**
- **Patient education/ co-prescribing**
- **MAT in primary care works**
- **Dramatic decrease in RX, (18% decrease n 2017, 75% decrease over seven years)**
- **Messaging is important**
- **Behavioral interventions for chronic pain have been successful.**

Medication Assisted Treatment

Staffing: 2 MDs, 1 ARNP, supported by MA

Suboxone & Vivitrol

Program Structure

- Counseling, individual and group
- Random call backs

Vivitrol[®]
(naltrexone for extended-release injectable suspension) 380 mg/vial



Goal 3: Prevent deaths from overdose

Lead
Department

Partner
Department

3A: Educate community to know how to recognize and respond appropriately to an overdose

Chi-e-chee

Human Resources, Wellness, Health

3B: Increase availability of overdose reversal medication naloxone

Health

Police, Wellness, Natural Resources

Preventing death from overdose

- Chi-e-chee has helped host town hall meetings to educate community on opioid overdose and respond with Naloxone.
- Many community members and clients have received training and been given kits to keep on hand.
- All tribal staff have had additional training to recognize signs of possible misuse and have difficult conversations with co-workers should they see signs.
- Brief education on Naloxone was given at general council and trainings are ongoing for staff and community
- Health services, Police and Natural Resource Enforcement have been trained and carry Naloxone kits.
- Tribal Code: Good Samaritan provision
- Narcan in every vehicle with every officer
- Police and Health Services increased coordination



Our Successes

Examples abound

- Transition to MAT
- Non-opioid treatment only
 - Exercise, mental health, non-opioid meds, etc.
- Not using PRN for Opioids
- Decreased dosage

Prevention is better

- Surgeon General's Report on Alcohol, Drugs, and Health

Community Engagement

General Council

- March 2017

Opioid Town Hall

- December 2016
- October 12, 2017



Behavioral Health Integration



- Medical, Behavioral Health and Dental are now under one Director
- We are in the process of Building a new Integrated Health Services Facility
 - Tribal Council support
 - Qualis PALs – State Medicaid Transformation
 - Joint Business & Finance Office
 - Cross Training Medial Assistants
 - Twice Monthly Vision/Strategic planning meetings
 - BH Consultant is now in primary care clinic
 - Shared EHR system in place.

THOR is a good example of Integrated care

Harm Reduction

Narcan

- Standing Orders – keep nuts and bolts here
- Policy – for broad concepts
- Data driven messaging

Needle Exchange

- Successful
- Message: exchange, not supply



Youth Prevention Activities

Tae Kwon Do

Fitness Initiatives

Hiking

Basketball

T-ball

Skate Camps

Prevention weekend

Red ribbon week

Youth Prevention Summit

Youth Leadership Group

Youth Annual Honoring

Youth Employment workshop

College trips



Thrive conference

Youth & Elder Socials

Cultural classes;

Beading

Cedar/wool weaving

Cooking traditional fish

Archery

Regalia making

Canoe journey

Pow-wow's

Autism Acceptance Walk

Child abuse Prevention Walk

Places of Importance

Community Prevention

CHI-E-CHEE

(Klallam word for “the workers”)

Vision

Committed to working together to provide a safe, healthy Tribal community with bright futures for our youth and future generations.

Mission

The mission of the Port Gamble S'Klallam Tribe's Chi-e-chee is to promote healthy families through the elimination of alcohol, tobacco and other drug abuse in the Port Gamble S'Klallam community, in accordance with the Tribe's culture, values, and traditions.

Executive Director suggested Chi-e-chee as lead group for THOR





THOR

PORT GAMBLE S'KLALLAM TRIBE



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What we do that works

We have Monthly Tribal Chi-e-chee meetings to review progress, discuss and update plans for community engagement, prevention and funding to support integrated efforts.

1. Discuss what are we doing
2. What do we want to do?
3. How much does it cost?
4. Which program(s) are lead?

We have partnered with our Tri-County Communities of Health and the Tri-County Coordinated Opioid Response Project.

On going Process...

Attendance declined at Townhall meetings

We needed a way to get people motivated to come together as a community to support each other as family.

In February we had our first Thor Community Gathering “We Are One”



We are one, is a song that was written by and shared by one of our Elwha S’Klallam relatives

We learned that night it was a Victory Song



**Community Gathering
"We Are One"
Thursday February 28th
TC Kitchen & Gym
Indian Taco Dinner 4:30pm**

Be a part of
Law & Order Code Changes!
Share
what you
would like to see.

Narcan will be available, check
your expiration date
you may need a new one!

**WHILE SUPPLIES LAST
RECEIVE A
BLACK THOR
T-SHIRT!

YOUTH SIZES
AVAILABLE!

HOODIES FOR
PURCHASE, \$20.00**

Hear about how Family is
affected by addiction
Hear Stories from addicts in
recovery
Need Family Support?

Child care will be available after
dinner.

*Together our Community as "one"
supporting each other
can make the difference in how our families
can overcome
the addictions that have torn many of our families apart.*

Available Resources & Links

1. THOR plan
2. THOR Community Handout (July 2017)
3. Opioid Pain Agreement (draft)
4. Narcan Standing Orders
5. Narcan Training Guide
6. PGST Good Samaritan code
7. Helpful Links:
 - <https://aims.uw.edu/>
 - <https://addiction.surgeongeneral.gov/surgeon-generals-report.pdf>

Thank you!

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