



## SERVING THE SALISH REGION

KITSAP, JEFFERSON, AND CLALLAM COUNTIES

### 2<sup>nd</sup> Annual OCH Regional Opioid Summit Report

The Olympic Community of Health held the Second Salish Regional Opioid Summit on Oct. 17 at the Suquamish Clearwater Resort. Over one hundred individuals from social work, medical, law enforcement, and community organization backgrounds attended.

The Best Practices Committee announced that they are almost complete with the Olympic HIT Commons, which will allow for instantaneous communication and records transmission between the providers of OUD (Opioid Use Disorder) services. Seamless communication between the medication and counseling sides of Medication Assisted Treatment (MAT) is essential to ensuring positive outcomes for patients.

Siri Kushner was able to convey the regional data to the summit, presenting a potentially bright future for the Olympic area. Prescribing rates for opioids were higher in Salish (especially Clallam) than the rest of the state, but hospitalizations were on par with state level and deaths were lower than the state average. The last two years saw a dramatic drop in the prescription of opioid painkillers, especially those of a high dosage (50MME or greater). Sadly, heroin and other illegal sources of opiates have filled in the gap left by the dwindling number of opiate prescriptions. In 2017, opioids were responsible for 25 deaths in the region, a rate of 6.3 per 100,000.

For more information about the Washington State Opioid Response go to [stopoverdose.org](http://stopoverdose.org) or [getthefactsrx.com](http://getthefactsrx.com)

### Potential Community Café in Kitsap

The November meeting of FYSVRT is set to discuss the creation of a Kitsap Community Café. The Community Café model has been used in other areas, including Clallam County, to engage parents, child care providers, and policy makers in discussions surrounding children's behavioral healthcare. The aim of the Cafés is have open, stress-free communication on how to implement real world change. The meeting on November 26<sup>th</sup> is a preliminary meeting, with the intention of discerning if a Community Café would be supported in the Kitsap area, and if so, what the focus is to be. Anyone interested is free to attend the meeting at the Catholic Community Charities at 2625 Wheaton Way in Bremerton. In keeping with the holidays, a large Thanksgiving style dinner will be provided. Transportation and childcare stipends, along with a \$25 gift card, are available to families and youth who attend. If you cannot attend but wish to comment, e-mail [cbradley@wapave.org](mailto:cbradley@wapave.org) or take the Community Priorities Survey at [surveymonkey.com/r/SYLVCR5](http://surveymonkey.com/r/SYLVCR5).

### Change in Apple Health Foster Care

The managed health provider Coordinated Care is due to take over the management of youth in Apple Health Foster Care and related programs. They are set to assume responsibility for the ~1600 individuals in the Salish area on January 1<sup>st</sup> 2019. Due to the accelerated pace of the transfer, concerns have been raised as to the readiness of Coordinated

#### Important Dates

##### **Community Café at the Port Angeles Library – Nov. 7**

Kitsap County Parent Coalition Meeting in Bremerton – Nov. 8

Grand Opening of Fishline Food Bank in Poulsbo – Nov. 10

Fee Free Day at all National Parks – Nov. 11

##### **FYSVRT Statewide Meeting in Lacey – Nov. 14**

Transition Services in the IEP presented by PAVE in Bremerton – Nov. 15

##### **Monthly Salish FYSVRT Meeting in Bremerton – Nov. 26**

For more information visit [www.salishfysprt.org](http://www.salishfysprt.org)

Care, which has yet to get contracts in place with all current Apple Health providers. Stephanie Lewis of the Salish BHO has it in writing that Coordinated Care will ensure that services will not be interrupted for those receiving care, and those providers without contracts in place by the New Year will still receive payment for services rendered. More information about Coordinated Care can be found on their website [coordinatedcarehealth.com](http://coordinatedcarehealth.com).

### Self-Care and Mindfulness during the Holidays

The holidays are coming up, and while many people find it a joyful time, it can be stressful for children and adults alike. Hectic schedules, family fights, and tight budgets can take their toll. Here are a few ways to retrieve some of the joy of the season.

Clearly delineate work/school time and family time. This is difficult even in the best of times, but during the winter holidays, assigned due dates and celebrations with loved ones compete for your time. Ensure that homework is done by dinner, so the family can spend quality time together in the evening. Leave your work at work, ensuring that you're creating that clear boundary. Give plans with friends or family the same priority as work assignments.

Take 5. Take five minutes of every work hour to get up, stretch, breathe deep, take a walk around the block, or punch a pillow. Sitting still and working non-stop is bad for the body and mind.

Learn to say no. We can feel obligated to spend time with people who hurt us, make us nervous, or bring up bad memories, just because they are family. This season, learn to politely decline invitations to events with people who will drain your energy and make you feel bad. Make sure that none of the children in your home have to endure undue stress or anxiety due to them being around certain family members. If there are issues to work out with family members, do it before the holidays, in a relaxed setting, instead of a confrontation at the Thanksgiving Dinner table.

Think before you speak. It's one of the oldest pieces of advice there is, but in times of stress we tend to forget it and say thoughtless or hurtful things. If a conversation needs to occur, do it when all parties are not rushed and not overly emotional. If conversations start to get heated, take a few minutes to cool down. If you don't know what to say, just listen.

Focus on what's important. No matter how lavish the holidays may be, the core of them is simple: being grateful for what you have and spending time with those you love. Let a tradition fall to the wayside if it doesn't make life better. Focus on what makes you and your family happy.

### Parents Corner: Getting Kids to Take Their Meds

Children rarely like taking pills, but many children's welfare depends on their continuous, regular use of prescription medication. Changes in a child's mood and demeanor may be subtle or totally unnoticed by a child when they are slowly introduced to medication. Some children will assume that the medication has no effect on them, or that they no longer need it, causing them to skip pills or secretly go off them all together. This could have dangerous, even lethal results.

Jenna Heil, of Discovery Behavioral Health, had a great idea on how to help children recognize the importance of taking their medication. Before and during a child's medicated period, make a chart of the child's progress in several areas of their everyday life. These can include their ability to focus on homework, reports of disruptions at school, their energy to play, the amount they ate, and outside activities they engaged in. Having a clear, written notation of how they act on and off medication can help them understand exactly what psychological and physiological effect their pills are taking. Given this information, children are more likely to act responsibly with their medication.