



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

TRIBAL HEALING OPIOID RESPONSE

MAY 23, 2018

PGST HEALTH SERVICES

Only Indian Health Care provider in Kitsap County, Washington

Primary Care & Urgent Care, Outpatient

- FT Family Medicine, FT PA, .2 FTE Pediatrician
- 4 RNs, 1 LPN, 5 CHRs, 4 MAs

Dental

- 2+ Dentists, 1 Dental Hygienist, 4 Dental Assistants
- Discussions for DHAT, now and training

User Pop: 1695

PGST WELLNESS

Currently part of Children & Family Services

Substance abuse & mental health counseling

15 FTEs: 5 MH, 4 CD, MA, transport, office manager

Group & individual counseling

Suicide prevention

MAT



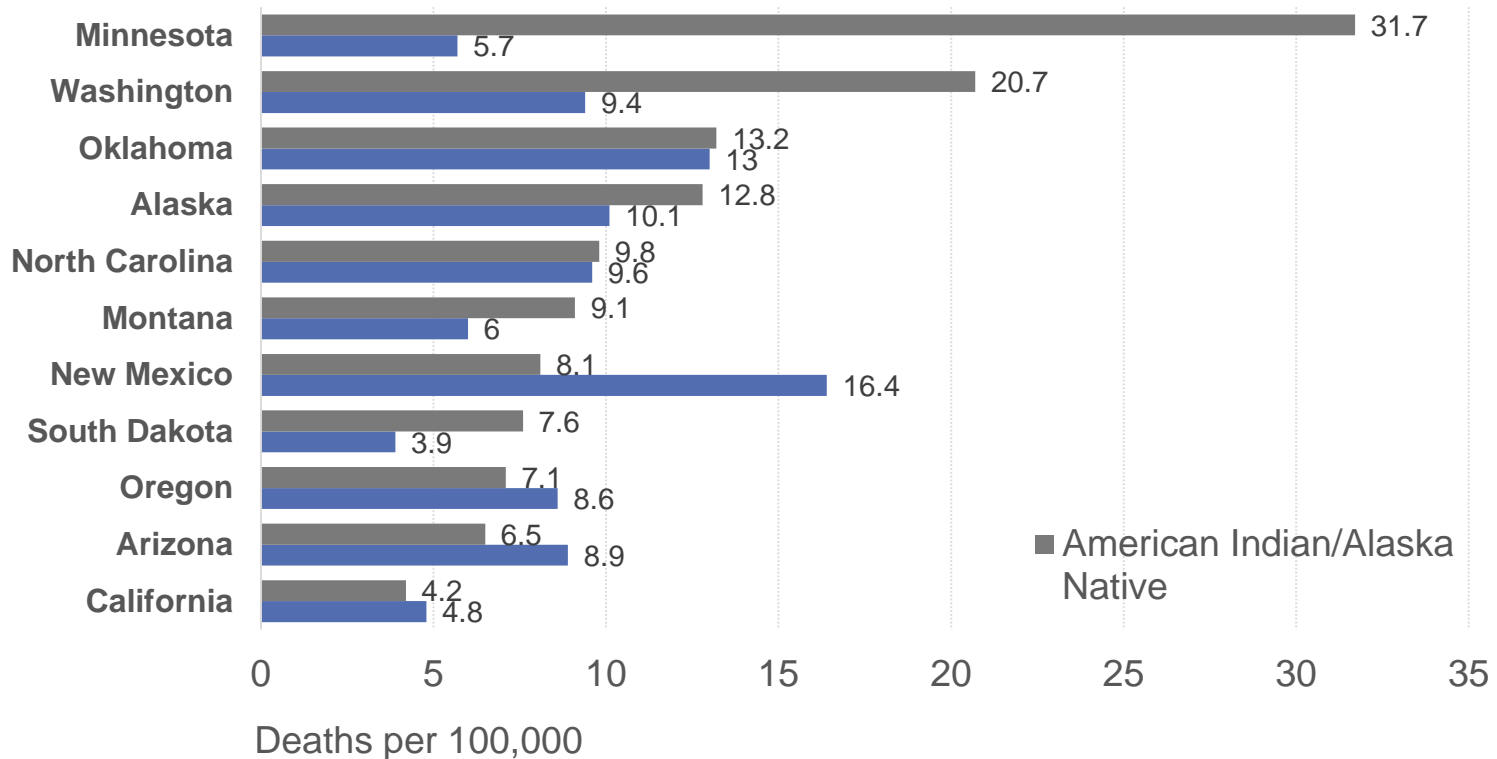
BEHAVIORAL HEALTH INTEGRATION

Active effort

- 98% Wellness pts are PC
 - Tribal Council support
- Qualis PALs – state Medicaid Transformation
 - Joint Business & Finance Office
 - Cross training medical assistants
 - Vision/Strategic planning session
 - LCSW in primary care clinic

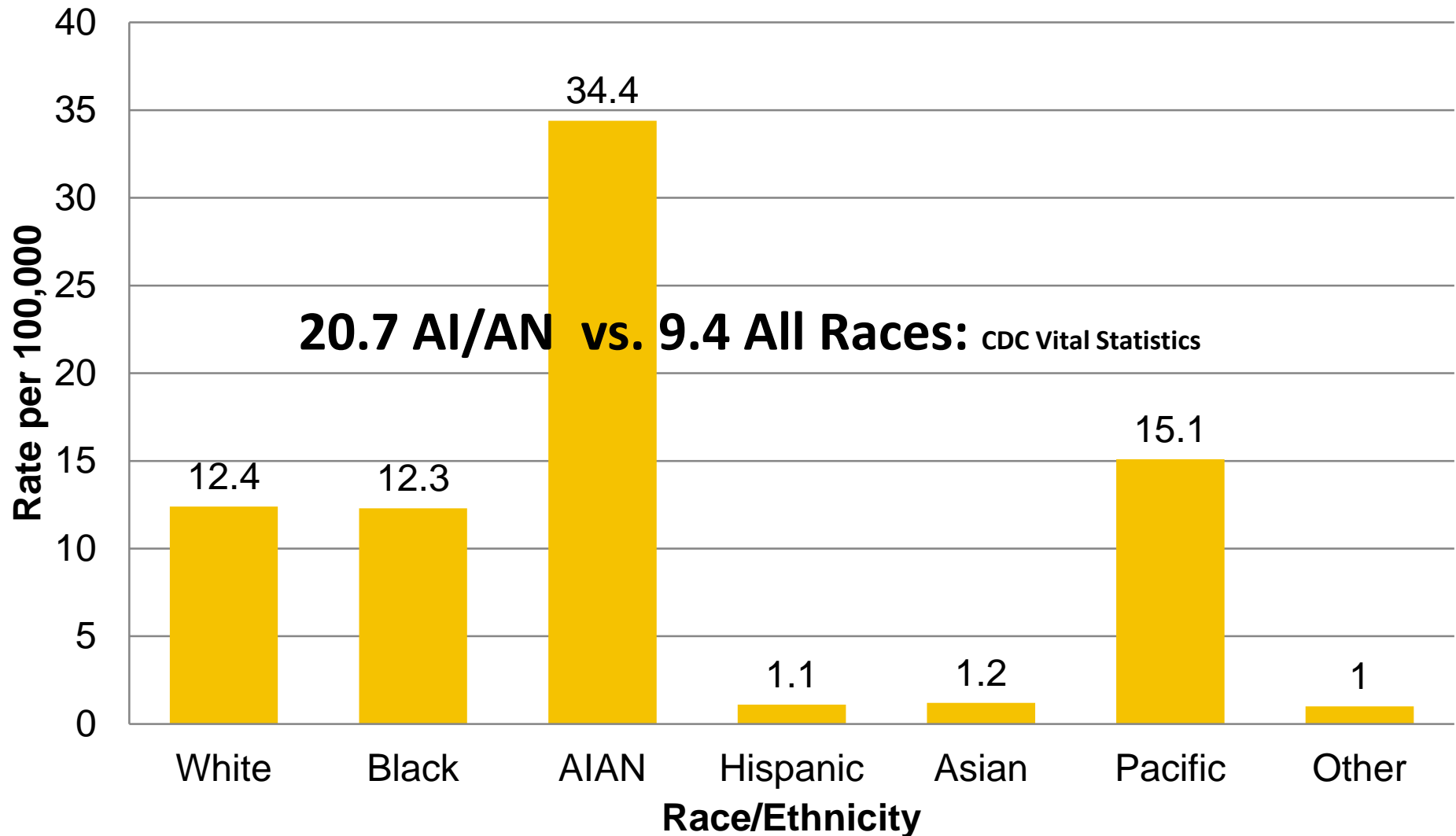
Opioid work as an example

OVERDOSE DEATHS INVOLVING OPIOIDS, AMERICAN INDIANS BY STATE, 2011-2015



Source: CDC/NCHS National Vital Statistics System, Mortality

Rates of Opioid Overdose Deaths by Race/Ethnicity, WA State 2011-2015



Source: WA DOH Death Certificates

Includes all intent of drug-related deaths with the additional ICD-10 codes of T40.0, T40.1, T40.2, T40.3 or T40.4

STATE & REGIONAL DATA

2015 Drug Injector Survey

- 22% overdosed in past 12 months
- 52% witnessed overdose in past 12 months
- 47% said they or someone else had called 911
- 46% carry naloxone
- 50% hooked on rx opiates prior to heroin
- 51% interested in getting help to cut down or quit but only 2 people in treatment (in our county)

<http://adai.uw.edu/pubs/infobriefs/2015druginjectorhealthsurvey.pdf>

1036 Valid Responses Statewide (WA)

QUICK DETOUR

OPIATES OR OPIOIDS?

Opiate refers to natural substances that come from opium.

Opium poppy

- Morphine
- Codeine



Opioids are medicines/drugs that bind to the same receptors as opiates, but do not occur naturally.

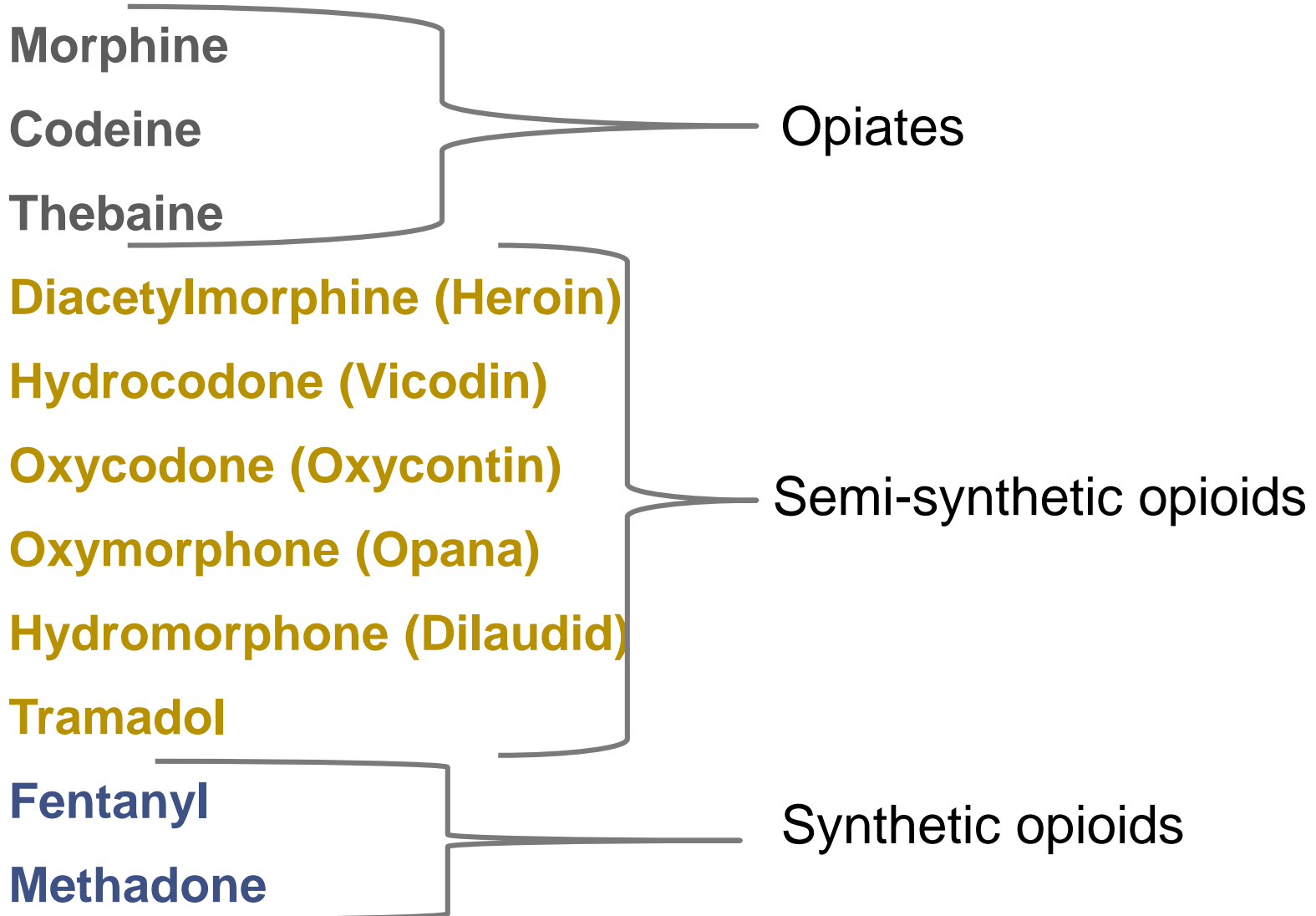
Semi-synthetic opioids

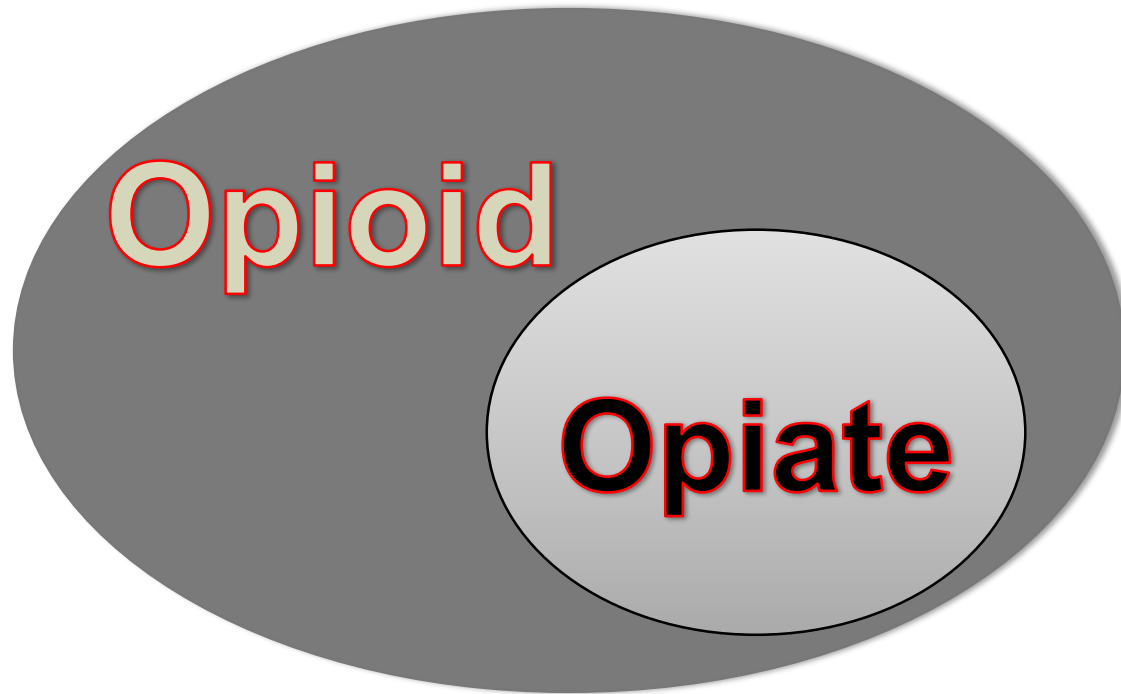
- oxycodone & hydrocodone

Synthetic opioids

- fentanyl & methadone

CHEMICAL COUSINS





Opioid: natural, synthetic, or semi-synthetic substances

Opiate: naturally occurring substances within the opioid class

OPIOID SUMMIT

Opioid Summit: 3-County Coordinated Response

January 30, 2016

Discuss results from assessment and planning phase

Move from planning to action

2 Opioid Plans: Review WA State Plan & 3-County

14+ PGST tribal council & staff attended

Continue to be involved

- Olympic Community of Health
- Medicaid Demonstration
- Project plans, weekly calls

2017 WASHINGTON STATE INTERAGENCY OPIOID WORKING PLAN

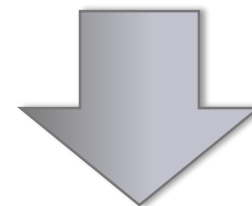
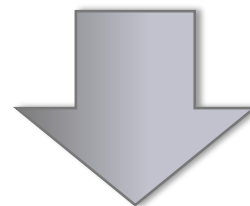
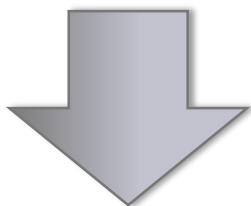
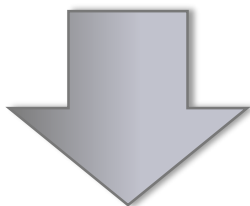
Priority
Goals

Goal 1:
Prevent opioid
misuse and
abuse

Goal 2:
Treat opioid
dependence

Goal 3:
Prevent deaths
from overdose

Goal 4:
Use data to
monitor and
evaluate



Priority
Actions

Improve
prescribing
practices

Expand access
to treatment

Distribute
naloxone to
people who use
heroin

Optimize and
expand data
sources

<http://www.doh.wa.gov/YouandYourFamily/PoisoningandDrugOverdose/OpioidMisuseandOverdosePrevention>

OUR RESPONSE

How to make this meaningful for PGST?

Executive Director called f/u opioid meeting

**Tribal council members, police department,
wellness staff, chief medical officer, youth workers
and more**

**Reviewed state and county plan and adopted our
own Tribal Healing Opioid Response (THOR)**



THOR

PORT GAMBLE S'KLALLAM TRIBE

THE 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

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

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

THE WORK

COMMUNITY ENGAGEMENT

Opioid Town Hall

- December 2016

General Council

- March 2017

Opioid Town Hall

- October 2017



PREVENTING DIVERSION

Drug take back

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

Medication lock box

- In coordination with health services



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



CHRONIC PAIN MANAGEMENT

Opioids don't work

- Tachyphylaxis: rapidly diminishing response
- Hyperalgesia: abnormally heightened sensitivity to pain

Opioid Pain Agreement

Patients think opioids work, already dependent

Education, leadership, patients, THOR...

Dramatic decrease in opioid rx

- 18% decrease one year, 75% seven years
- Multiple reasons, further evaluation needed

HARM REDUCTION

Narcan

- Tribal Code: Good Samaritan provision
- Police, NR, patients, every home
- Standing Orders, Policy
- Unexpected delay – account set up

Needle Exchange

- Successful
- Message: exchange, not supply

SUCCESS

Examples abound

- Transition to MAT
- Non-opioid treatment only
 - Exercise, mental health, non-opioid meds, etc.
- PRN opioids only
- Decreased dosage

Prevention is better

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

YOUTH PREVENTION

Youth Services

Serves K-12 grades and young adults

Monday-Saturday

6 staff

Support groups, culture, recreation, leadership, outings, mentoring, etc.



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



ONGOING PROCESS

Monthly Tribal wide meetings

Review progress, update plan

1. Discuss what are we doing
2. What do we want to do?
3. How much does it cost?
4. Who is on point?

Appointed a lead staff person to THOR

THOR Logo

Next: community engagement, town hall, funding

FUNDING & COLLABORATION

Right thing to do

Significant cost & commitment

Leadership

Collaborations with other departments



FIND FUNDING

TRIBAL SPECIFIC DATA & EVALUATION

Tribal Specific Data Pull

- Needle exchange, opioid dependence, rx

Requested technical assistance

- NPAIHB Epi Center
- Kitsap County
- Olympic Community of Health

Evaluation

- How will we know it is working?
- What do we measure?





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NOO-KAYET
DEVELOPMENT CORPORATION



Travois 20th Anniversary
Superhero Awards



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AVAILABLE RESOURCES & LINKS

1. **THOR plan**
2. **THOR Community Handout (July 2017)**
3. **Opioid Pain Agreement (latest 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>



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PORT GAMBLE S'KLALLAM TRIBE

THANK YOU!

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