

## Boulder County Opioid Advisory Group Meeting

**Wednesday, March 21, 2017**

**9:30 AM – 11:30 AM**

**1333 Iris Ave, Boulder, Norton Rooms**

### **Meeting Goals**

- Celebrate successes
- Finalize 2018 priorities for OAG
- Review potential data indicators
- Stay connected on new developments

### **9:30 Welcome, Introductions, Celebration of Successes**

Chris Williams, Courtney Kramer, Christina Orlowski, Tracy Lolio, Kasey Arrington, Mae Martin, Sharon Keck, John Shannon, Taylor Wright, Kimberlee Aragon, Jenna Groshong, Blaise Rastello, Chris Lord, Jim Shuler, Patty Brezovar, Ann Baldwin, Marco Prospero, Jenny Elliot, Adena Kling, Marnie Copeland, Michelle Ryan Susanna Cooper, Katie Lazar, Brody Montoya, Talia Brown, Tom Smith, Martha Regan-Smith, Chris White, Sally D'Angelo, Lily Sussman, Kristen Daly, Kit Thompson, Sara Boylan, Karla Guardado, Jamie Feld, Alison Harvey

### **9:45 Personal Story of Success in Recovery**

**Success history:** Michelle Ryan, Behavioral Health Group

Michelle shared her struggles with her son who is in recovery for opioids, including heroin. Starting when he was 14 years old with pot and then alcohol, later heroin. He didn't want to feel. He got sober and then he relapsed. His long journey struggle include alcohol, heroin, suboxone, suicidal attempts, overdoses, intubation and in a coma. He desperately cried for help. He lived through that process. Michelle remarks that people don't understand what families go through with our loved ones. Often, families don't have any place to reach for help. It's a brain disease. It's not a moral defect. He got arrested and got in legal problems. Currently, he's compliant with medication-assisted treatment and assisting with recovery meetings. He's in Intensive Outpatient (IOP). Michelle states that families can't do recovery alone. Families need a community. "I need a community to support me as a mother. It won't kill me dead. It will kill my life. I have a strong community and people who helped me and my son to stay out of addiction. I am happy for this group. We do get better when we get intervened and we recover, but we can't do it alone."

If you want to share your history or want to share your story please reach us out to [jfeld@bouldercounty.org](mailto:jfeld@bouldercounty.org) or Michele Ryan at [Michele.Ryan@bhgrecovery.com](mailto:Michele.Ryan@bhgrecovery.com).

## 9:55 Finalize 2018 Priorities for Opioid Advisory Group

We reviewed the following document with Focus Areas.

- Last year we developed a 'buffet' of strategies our community could work on. In the last meetings, we have been narrowing down the strategies for a 2018 Work Plan.
- At the Steering Group, we reviewed the 'starred' priority strategies to highlight the key ones to aim to accomplish in 2018.
- A lot of us are doing a lot outside of this group. We don't want to slow down the great group you're doing outside. We do however want to better work together to identify collective goals to accomplish together.

### Report Back on Each Focus Area:

**Treatment:** Directory is an important resource how do we balance the support offered and our capacity to support treatment or services that are adequate for the needs. If we're going to lead people, where they can go to get what they need. Where we can direct funds? Who's available to do what? Advocate for greater treatment access by December 2018. We need a directory and a landscape of what exists, and then next step is filling up those gaps. We need a flowchart associating the treatment required for specific cases.

**Criminal Justice:** This is a population that is getting out of jail and they don't have access to treatment and services.

**Primary Prevention:** Align school education curriculum. Discussion: why only at schools? Aligning, what are we aligning, with what? Need more specifics in the priorities. Reducing initial prescription. Who's working on this, what's happening right now.

**Community Strategies:** Speakers are good idea, but we'll need some advertising or marketing to reach the greatest Boulder County areas. The strategies need more definition, having some more communication strategies that are broader social media, letters to editors, newspapers.

**Harm Reduction/Early Intervention:** A list of providers is great as long you can write a check for those providers, but what do you do with that vast majority who cannot write a check, so availability of treatment, increasing access to Naloxone, SBIRT for early identification are all important. The earlier we identify, the easier it is to treat.

**Recovery:** Some agencies don't know how to access/use peer recovery specialist, thus provide guidance to agencies.

### Feedback on Focus Area Strategies:

- It's good to split criminal justice and law enforcement as categories
- **Primary prevention:** large group not completely comfortable with main focus on aligning school curricula; requests to consider what can be done with general public

education; proposal to include provider education/prescription reduction in primary prevention (there was also a call to add provider education as a focus area).

- **Treatment:** directory good, but what else can we do? How can we improve access? Make better use of peer recovery specialists? More guidance for peer recovery specialists.
- Agreement that more detailed action planning will help; this can be done at next meeting.
- There was a proposal that each focus area should have a lead or leads that take responsibility for moving the work forward.

In the next meeting we'll work on getting more specificity on the topic areas and who is responsible.

### **10:30 Review Data Indicators by the Data Work Group**

In December we asked how we measure our achievements. We used qualitative measures. How do we measure that we are successful from a quantitative perspective.

Lily Sussman, our BCPH fellow, helped lead a Data Work Group of the OAG. The Data Work Group reviewed a long list of potential data indicators. From this larger list, they narrowed down to the 10 indicators (roughly 2 per focus area) to highlight and measure our work.

#### **Indicators Discussion Feedback:**

- Some people thought the draft indicators are moving in the right direction, but most people wanted more information before making a decision.
- Ideas for display/distribution of indicators included online (specifically the OAG website), and fact sheets in lay language.
- Some feeling that is moving in the right direction. A lot are unsure.
- If you are interested in data contact Lily [lsussman@bouldercounty.org](mailto:lsussman@bouldercounty.org) or Jamie at [ifeld@bouldercounty.org](mailto:ifeld@bouldercounty.org).

### **11:00 Any General Updates**

- Scot Williams from the Boulder County Drug Task Force shared about Operation Poison Pusher with the Heroin Strategies Task Force of the CO Consortium for Rx Drug Abuse Prevention. One of the top 3 strategies identified by this multi-disciplinary group was going after people who were are dealing heroin. This is a two-fold program of 1) going after dealers and 2) linking users to treatment and the right resources. The kick-off will be in April.
- Tom Smith shared about the Angel initiative: The Angel Initiative is reaching 15 months old and they have linked 70 individuals to treatment. The volunteer 'Angels' meet monthly on Mondays; they are starting a speakers' series in April. Stay tuned!

- Chris Lord from Substance Abuse Intervention Program shared that he has accepted a new position at CU. His position in Substance Abuse Prevention has been posted; please share with all interested.
- Kristen Daly shared about the Longmont Town Hall: March 22. 6:00 – 8:00 pm Town hall, Rep. Singer will speak at Silver Creek High School, Longmont, addressing opioid and substance abuse.
- Tracy Lolio shared about resources at Longmont United Hospital: Health Center for Integrative services. Acupuncture room. They address drug use with acupuncture. They have massage, healing techniques.

### **11:10 Legislative Update and Discussion**

- March 22, SB022 is going to be heard if anyone wants to testify, let Leslie Irwin know ([lirwin@bouldercounty.org](mailto:lirwin@bouldercounty.org)). If you want to testify for any bills, let us know. Several folks testified on March 13 around the 3 bills that were heard then.
- All 3 bills passed the House: Opioids misuse prevention, substance use disorder treatment, and substance use disorder payment coverage.
- They did not add the naloxone use in schools to the bill, but many people brought it up so possibly it is going to go in the next session.
- SB18-24 has not yet been schedule. This is the bill that addresses expanding access to health care providers. It includes loan repayment for behavioral health workforce.
- Harm reduction bill didn't pass the State Affairs Committee; all other 5 bills are moving forward.

### **11:25 Meeting Summary**

### **11:30 Meeting Closes**

- Next Meeting April 18, 2018, same location
- May Meeting Change – May 23<sup>rd</sup> 9:30-11:30am, same location