



THOR

PORT GAMBLE S'KLALLAM TRIBE



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

- **Tribal Healing Opioid Response**
- **Background & intro to THOR**
- **Panel**
- **Health advisory committee**
- **Share our process**
- **Learn from you, have a conversation about what works**
- **Terminology, data, summit, panel, what's next**

HANDOUTS & 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>



OPIATE

Opiate refers to natural substances that come from opium.

Opium extracted from the poppy and contains chemical compounds, including morphine and codeine.

OPIOIDS

Medicines/drugs that bind to the same receptors as opiates, but do not occur naturally, known as semi-synthetic or synthetic opioids.

Synthetic opioids

- fentanyl & methadone

Semi-synthetic opioids

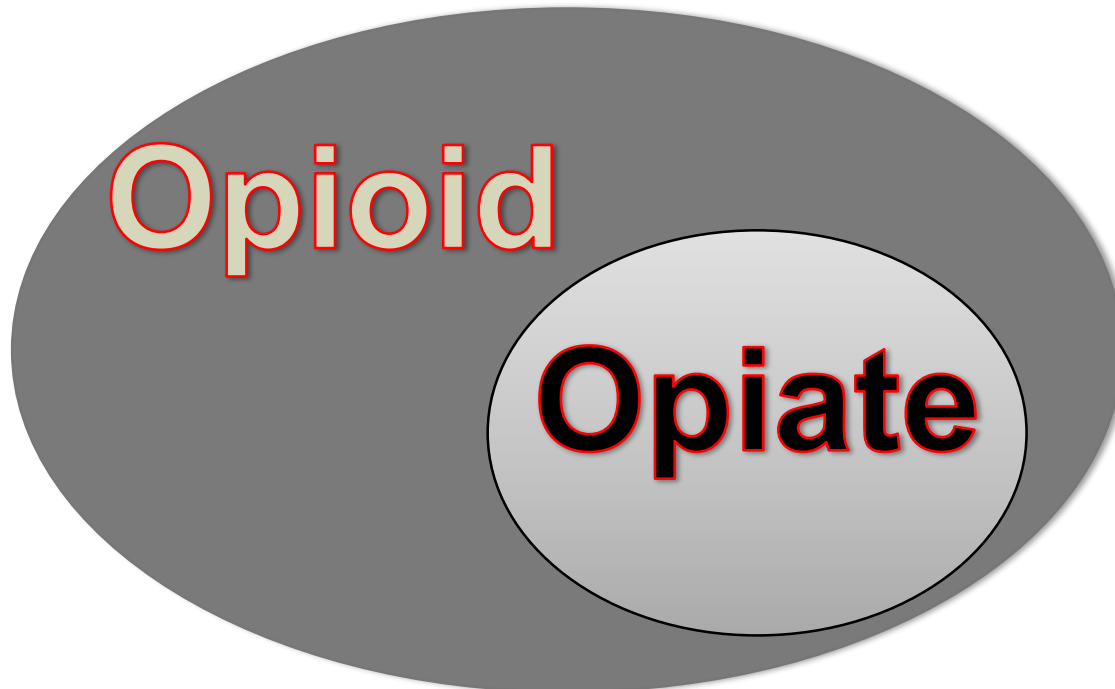
- oxycodone & hydrocodone



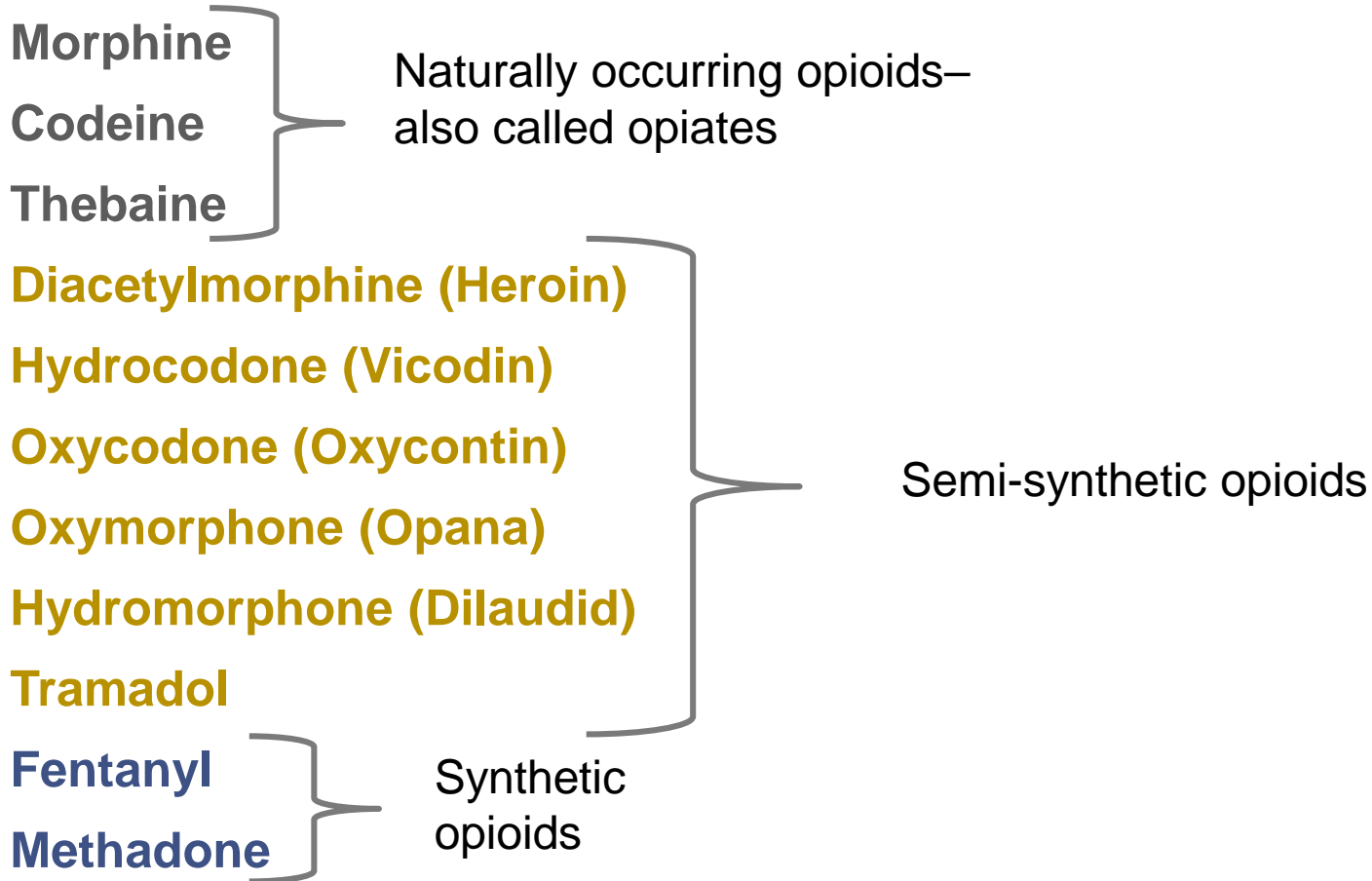
OPIATE OR OPIOID?

Opioid: natural, synthetic, or semi-synthetic substances

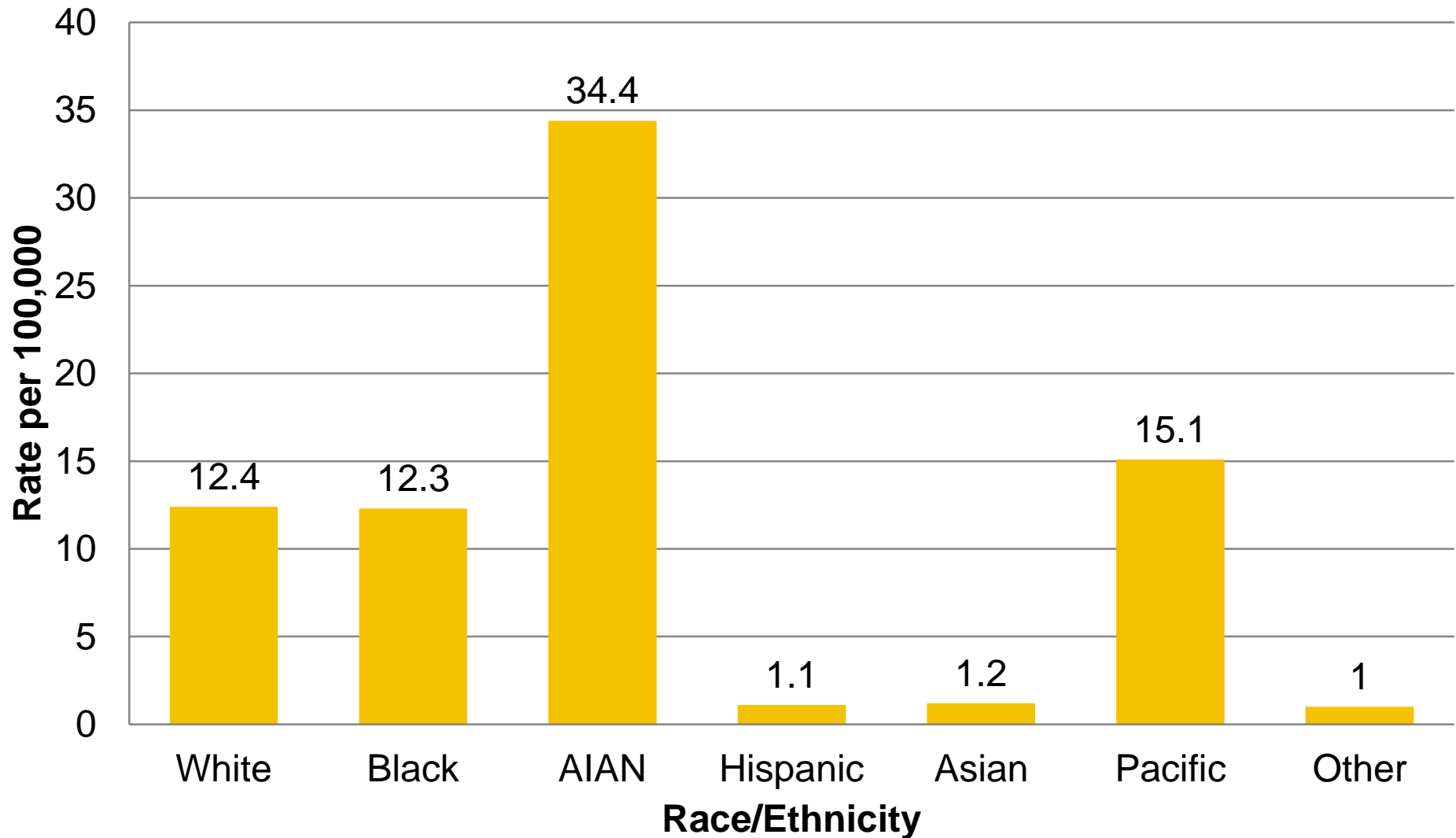
Opiate: naturally occurring substances within the opioid class



OPIOIDS SPELLED OUT



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



OPIOIDS IN OUR STATE & REGION

2015 Drug Injector Survey - Statewide

1036 Valid Responses

- 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>

OPIOID SUMMIT

January 30, 2016

Opioid Summit: 3-County Coordinated Response

Results from assessment and planning phase

From planning to action

WA State Plan & 3-County proposed plan

14+ tribal council & staff attended

2017 WASHINGTON STATE INTERAGENCY OPIOID WORKING PLAN

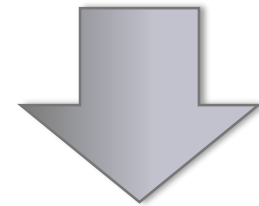
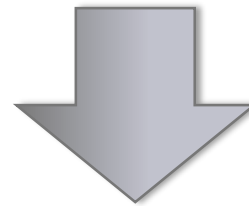
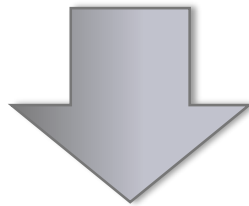
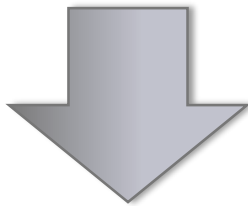
Priority
Goals

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**



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PORT GAMBLE S'KLALLAM TRIBE

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

SAM WHITE

CHIEF OF POLICE

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Tribally run
Closed reservation
24-hour service
10 staff



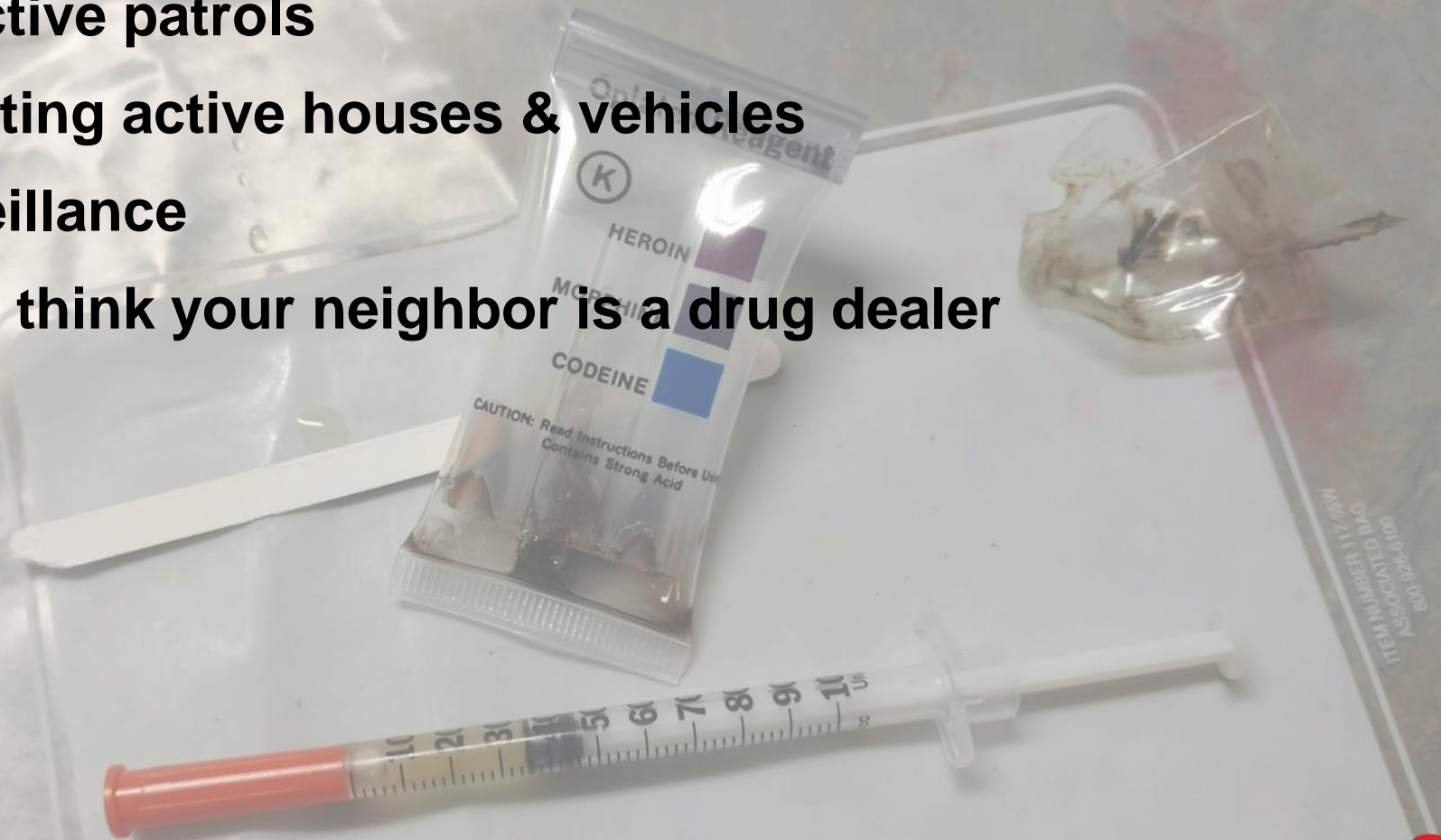
PREVENT DRUGS ON RESERVATION

Proactive patrols

Targeting active houses & vehicles

Surveillance

If you think your neighbor is a drug dealer



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PREVENTING DIVERSION

Drug take back

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

Medication lock box

- In coordination with health services

PREVENTING DEATH

Tribal Code: Good Samaritan provision
Narcan in every vehicle with every officer
Coordination with health and wellness



COMMUNITY ENGAGEMENT

Town Halls

Attend meetings

Restorative work

Operation ID & Home
Safety Survey

Resource handout



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JOLENE GEORGE BEHAVIORAL HEALTH DIRECTOR

09/26/2017

Port Gamble S'Klallam Tribe

WELLNESS

Substance abuse & mental health counseling

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

Group & individual counseling

Suicide prevention

MAT

COMMUNITY ENGAGEMENT

General Council

- March 2017

Opioid Town Hall

- December 2016
- October 12, 2017



MEDICATION ASSISTED TREATMENT

Staffing: 2 MDs, 1 ARNP, supported by MA

Suboxone & Vivitrol

Program Structure

- Counseling, individual and gro
- Random call backs

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



DEPLOYING NARCAN (NASAL NALOXONE)

Unexpected barrier/delay (account set up)

Standing Orders

- Clinic & County

Community Outreach & Training

Staff Training

- Wellness & Health (train the trainer)
- Police, Natural Resources and more





BEHAVIORAL HEALTH INTEGRATION

Active effort

- 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

THOR is a good example

LUKE MCDANIEL, MD

MEDICAL DIRECTOR

09/26/2017

Port Gamble S'Klallam Tribe

HEALTH

**Only Indian Health Care provider in Kitsap County,
Washington**

Outpatient, primary and urgent

- FT Family Medicine, PA, Pediatrician one day/week
- 4 RNs, 1 LPN, 5 CHRs, 4 MAs

Dental

User Pop: 1695

CHRONIC PAIN MANAGEMENT

Opioids don't work

- Tachyphylaxis & hyperalgesia

Opioid Pain Agreement

Patients think opioids work, already dependent

Education, leadership, patients, THOR...

Dramatic decrease in rx

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

BEHAVIORAL HEALTH INTEGRATION

- Weaning people off opioids needs to go hand in hand with addiction treatment
- Primary care MD at Wellness practicing addiction medicine
- Mental health problems complicate treatment of physical health disorders
- Cognitive behavioral therapy for chronic pain
- 98% of Wellness pts are also PC pts

HARM REDUCTION

Narcan

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

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

TRISHA IVES PREVENTION COORDINATOR

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YOUTH PREVENTION

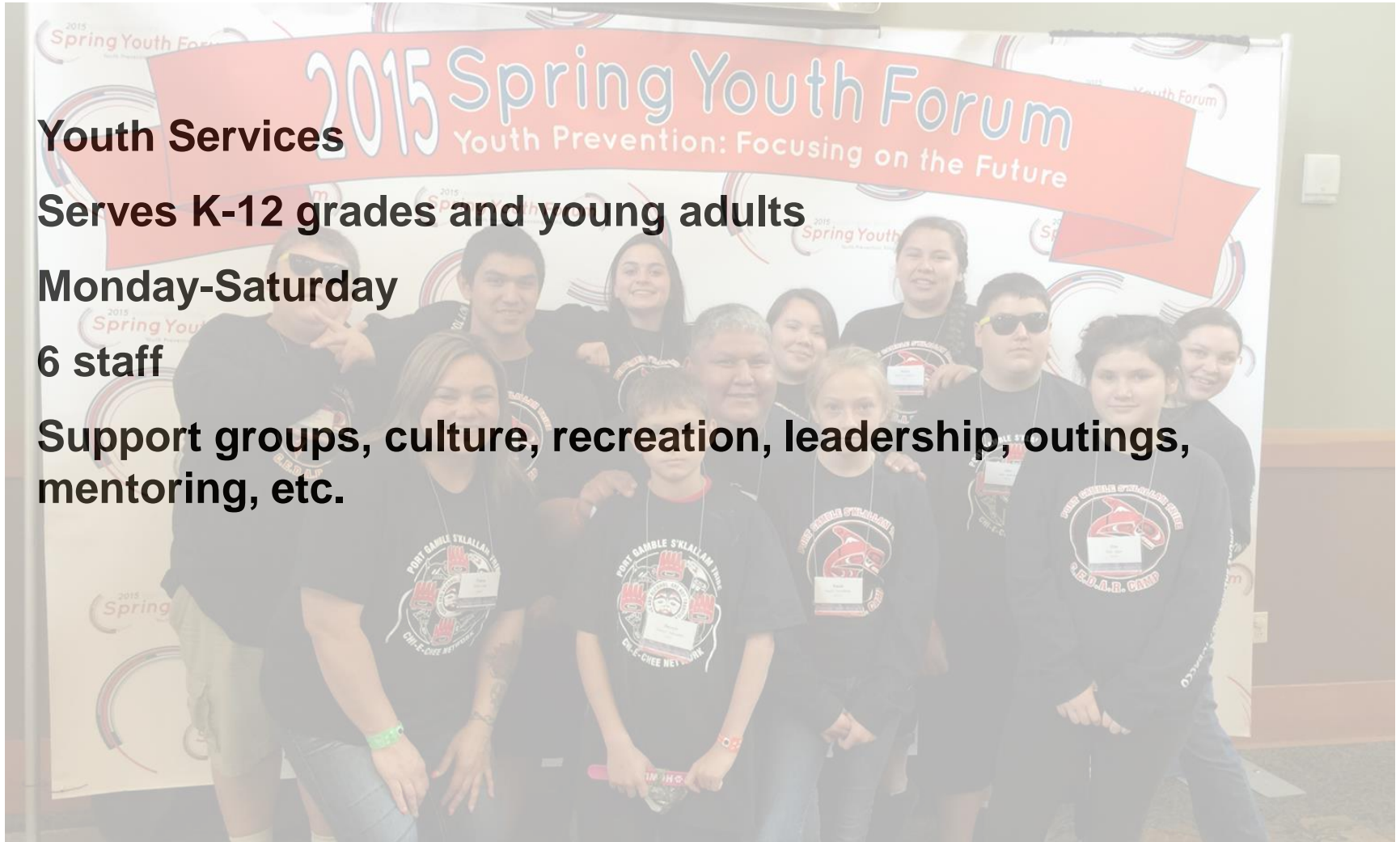
Youth Services

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

CEDAR CAMP



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WEEKLY SUPPORT GROUPS

4-5 grade, middle & high school; boys and girls



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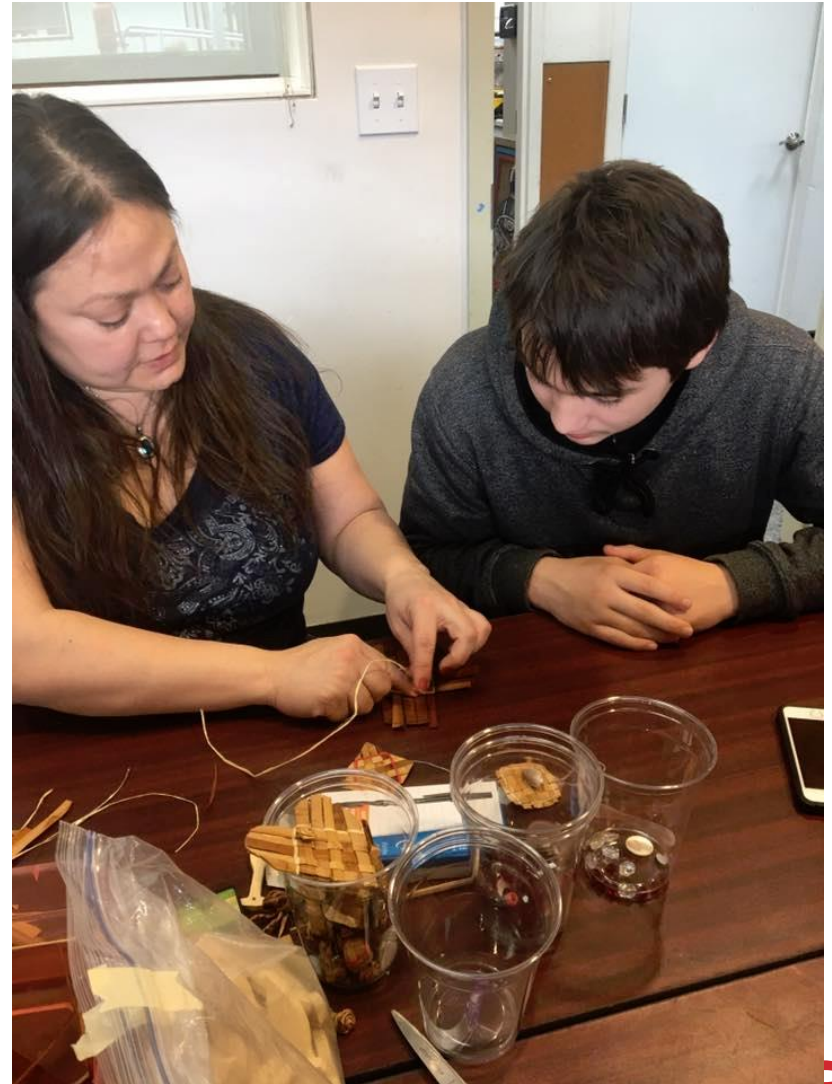
TEEN AND PARENT RETREATS

Parent retreats

- Birth – 5th Grade

Teen & Parent Retreats

- 6-12th grade



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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



KAROL DIXON HEALTH SERVICES DIRECTOR

09/26/2017

Port Gamble S'Klallam Tribe

TIMELINE

Opioid Town Hall – Dec 1, 2016

3 County Summit – Jan 30, 2017

Director / Staff work

General Council – March 2017

Chi-e-chee adoption & meeting monthly

Department work continued throughout

NIHB – Sept 26, 2017

Town Hall – Sept 27, 2017

the work continues...

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?





Jeffrey Veregge

Art // Design // Mischief

Port Gamble S'Klallam Tribe

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THANK YOU!