

Appendix 4: Reduced substance misuse and abuse

Situational overview

Substance use hits close to home for far too many individuals and families across the region. Most of us have a friend, family member, neighbor, or coworker who has struggled with addiction. Olympic Community of Health (OCH) and our partners hold a common vision for a region of healthy people, thriving communities—which includes addressing local substance misuse and abuse. By prioritizing collaborative and innovative approaches to addressing substance use, partners and communities will be able to foster effective treatment and prevention strategies.

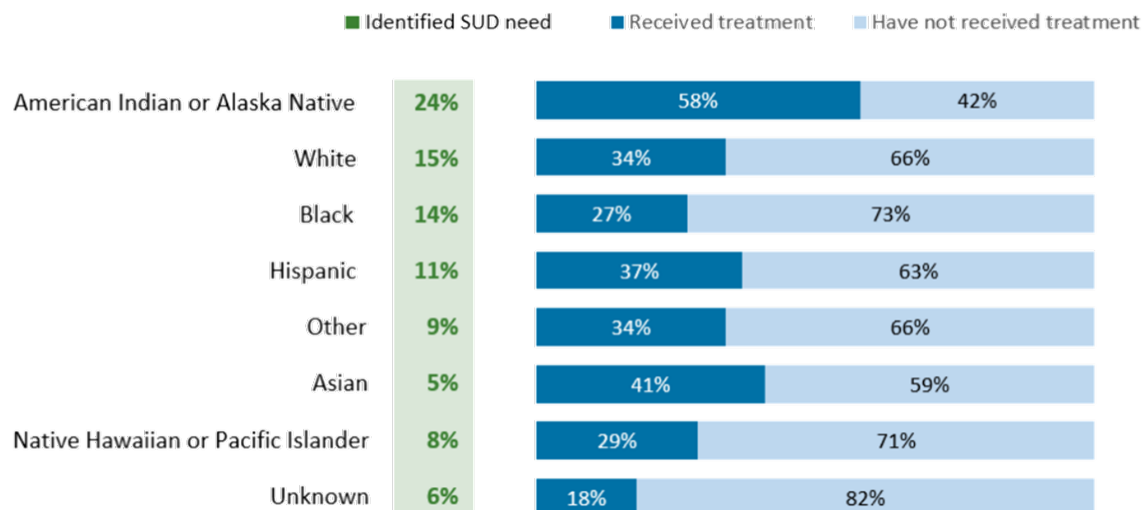
OCH aims to ultimately reduce unhealthy use of all substances, with an emphasis placed on primary prevention and coordinating region-wide standards of care. OCH can serve in a lead role, expanding on initial collaborative successes addressing the opioid epidemic to include additional substances such as alcohol and stimulants. The region will address local substance misuse and abuse by focusing on reducing stigma, ensuring broad access to appropriate and preferred evidence-based treatment options, and working to reduce substance addiction before it starts.

Background

Youth substance use (Olympic region 10 th graders, 2018) ¹	Olympic Region Rate			WA
Used a painkiller to get high in the last 30 days	4%			4%
Used prescription drugs not prescribed to you in the last 30 days	7%			7%
Ever used heroin	2%			3%
Drank alcohol in the last 30 days	19%			19%
Had 5 or more drinks in the past 2 weeks	10%			10%
Used marijuana or hashish in the past 30 days	20%			18%
Smoked cigarettes in the past 30 days	8%			5%
All ages substance use (county level, 2018)	Clallam	Jefferson	Kitsap	WA
Substance use disorder treatment penetration ²	47%	39%	33%	40%
Follow up after ED visit for alcohol and other drug abuse (7 days) ³	30%	14%	21%	21%
Patients Prescribed High-Dose Chronic Opioid Therapy: >=50mg MED ⁴	41%	48%	37%	34%
Current (past 30 days) alcohol use (grade 10) ⁵	18%	31%	19%	18%

Additionally, substance use needs in the Olympic region vary by race and ethnicity.

Identified SUD need and treatment rate among Olympic region adult Medicaid enrollees, by race/ethnicity (2019)⁶



Clallam⁷

According to the 2019 Community Health Needs Assessment of Clallam County, heroin/other opioids and alcohol were identified as the most problematic substances abused in the community, followed by methamphetamine/other amphetamines and prescription medications. 72.2% of survey respondents perceive substance abuse as a “major problem” in the community. Key informants rated substance abuse as ranked the second highest local health concern, following mental health.

Jefferson⁸

While Jefferson County’s opioid and drug overdose death rates appear to be decreasing (although small numbers may impact the validity of these rates), the rate of hospitalizations for non-fatal opioid overdose continues to increase. There is a need in Jefferson County to opportunity to develop broader community support and awareness of current syringe exchange programs as well as expansion into rural parts of the county.

Kitsap⁹

In 2019, more than a half of the Kitsap Community Health Priority Survey respondents identified substance abuse (alcohol, drugs, opioids, etc.,) as one of the top three biggest health problems impacting the overall health of Kitsap County. 58% said that drug and alcohol abuse has the largest impact on health of youth (ages 11-18).

Current efforts

Organization	County	Program/Project Description
Kitsap Public Health District	Kitsap	Kitsap Public Health District is partnering with Peninsula Community Health Services to transition the public health district's syringe exchange services to a network of fixed-location health care facilities while continuing to provide a mobile syringe exchange program in rural areas of Kitsap County.
Jefferson County Community Health Improvement Program (CHIP)	Jefferson	Jefferson County CHIP works to strengthen and expand substance use disorder and opioid use disorder prevention, treatment and recovery services . They conducted a needs assessment addressing the treatment and recovery needs of Jefferson County and developed a strategic, workforce, and sustainability plan.
Jamestown Family Health Clinic	Clallam	Jamestown Family Health Clinic recently completed the Six Building Blocks program , a process aimed at improving clinic management of patients who are on long-term opioid therapy.
Three-County Coordinated Opioid Response Project (3CCORP)	Clallam, Jefferson, Kitsap	3CCORP is a multi-sector collaborative effort made up of a Steering committee and a treatment workgroup. These groups provide guidance for identifying existing efforts and gaps to reduce opioid-related morbidity and mortality .
Olympic Community of Health	Clallam, Jefferson, Kitsap	OCH was awarded \$245,000 by Cambia Health Solutions and directed those funds be used to implement a multiprong approach to combat behavioral health stigma in our region , especially stigma related to substance use disorder. OCH will soon be embarking on a series of strategies to reduce stigma.

Major gaps

- There are currently zero **medically assisted withdrawal management facilities** operating in Olympic region.
- There is a strong presence of **stigma of substance addiction** across the region that acts as a barrier to treatment and recovery.
- There is a need for **community awareness** of how to recognize and respond in the event of an overdose.
- There is currently no cohesive or collaborative effort addressing **alcohol use** in the Olympic region.
- While **prevention activities** are happening, there is a need for more collaboration and sharing of successes and lessons learned.

Example activities

- Address addiction stigma (work starting in 2021) through a multi-pronged approach including training, advocacy, communications, etc.
- Coordinate improved communication across sectors through establishing shared understanding of privacy laws, guidance, and promoting best care coordination practices.
- Address the need for additional withdrawal management and stabilization services in the region.
- Support and expand homeless outreach and police navigation programs.
- Convene those working on youth engagement, school-based prevention, and positive youth development to prevent substance use before it starts.

¹ Washington State Department of Health (2018). *Healthy Youth Survey: 10th Graders*.

² Healthier Washington. (2020, March 31). *Measure Explorer & Trend Dashboard, Substance Use Disorder Treatment Penetration*.

³ Healthier Washington. (2020, March 31). *Measure Explorer & Trend Dashboard, Follow up after ED visit for alcohol and other drug abuse*.

⁴ Healthier Washington. (2020, March 31). *Measure Explorer & Trend Dashboard, Patients Prescribed High-Dose Chronic Opioid Therapy*.

⁵ Washington State Department of Health (2018). *Healthy Youth Survey: All Ages*.

⁶ Olympic Community of Health. (2021). *Olympic Region Behavioral Health Report, 2021*. https://ea40b83f-bff5-4a61-aa55-a97621e13e64.usrfiles.com/ugd/ea40b8_4348718198b743b88c9804f199a78c91.pdf

⁷ PRC, Inc. (2019, September). *Community Health Needs Assessment*. Report prepared for Olympic Medical Center. <https://www.olympicmedical.org/wp-content/uploads/2019/12/2019-PRC-CHNA-Report-Clallam-County-WA.pdf>

⁸ Behavioral Health Consortium. (2020, January 6). *RCORP-PP G25RH32956- Readiness / Needs Assessment*. https://793b0af6-bf22-4c2c-91c8-8cc6fd2f172d.filesusr.com/ugd/2fdccd_6b8b745522ec47759438812438556a66.pdf

⁹ Washington State Center for Court Research. (2021, January). *KitsapGirls Court Program: Community Profile*. <https://ccvj.org/wp-content/uploads/2021/06/Kitsap-Community-Assessment.pdf>