



Opioid Response

Meeting Summary, March 21, 2018

Support and Backbone Staff: Malika Lamont - *CHOICE*, Shannon Linkous- *CHOICE*, Alexis Sullivan- *CHOICE*, Evan Clayton- *Choice*

In Attendance: Jim Coffee – Cowlitz Family Health Center, Katie Strozyk – Lewis County Public Health and Social Services, Rachel Wood – Health Officer for Lewis and Thurston County, Christina Garcia – Molina Healthcare, Tim Candela – DSHS, Kelly Golob – Tumwater Chiropractic, Linda Barker, Dr. Lucinda Grande, Stephanie Lane – MSW, CPC Program Director WSU, Haley Lowe, Pattie Marshall, Kristy Dees – Healing Hearts Ranch PEER and Recovery Coach, Jeanne Jackson McMinds – Molina Healthcare

1. Welcome and Introductions

- Malika welcomed the work group participants and facilitated introductions. She reviewed the agenda for the meeting:
- Discuss overlap between project areas grid
- Focus on Incarcerated Populations

2. Introductions to the Topic and Presenters

- **Update:**
 - Review The Tool Distributed in February
 - Attended Opioid Work Group in Lewis and Cowlitz Counties
 - Co-presented with Dr. Wood and Dr. Mark Stern on ACES at Head Start Conference
 - Visited Sk'lallam Bay to learn about their MAT program development for their jail
 - Attended Low-Barrier Buprenorphine Meeting in Seattle
- **Dr. Lucinda Grande: MAT in Jails in Washington State: Capacity and Needs Assessment**
 - Objectives:
 - Snapshot of status of MAT in Washington jails
 - Input for the Opioid Response Plan
 - Inform policymaking and legislation
 - Methods:
 - In-depth inter views with a diverse sample of jails
 - Size, geography, city/county/tribal, MAT status
 - Teleconference
 - Interview Structure:
 - Administrators and/or medical staff
 - Background information
 - 5 patient categories
 - 3 phases
 - Results:



- 29 jails (50%)
 - ADP > 200: 15 jails - 9 active
 - ADP 50-200: 7 jails - 2 active
 - **ADP < 50: 7 jails - 0 active**
- **Linda Barker BA, CDP Program Specialist Re-entry STR Grant Manager: WA STR Medication Assisted Treatment Re-entry and OD Prevention Project**
 - What is the STR Grant?
 - Administration of Grant
 - Purpose
 - MAT Treatment Services
 - CCO's Role in Grant
- **Stephanie Lane MSW, CPC Program Director WSU Behavioral Health Workforce Collaborative: PEER Model**
 - Peer Support is:
 - Person-Centered Approach
 - The relationship is the foundation
 - Begin with welcoming – outreach and engagement
 - Services are based on the person's experience and the help they request
 - Services work toward quality-of-life goals
 - Treatment and rehabilitation are goal driven
 - Personal recovery is central from beginning to end
 - Track personal progress toward recovery
 - Use methods that promote personal growth and self-responsibility
 - Peer support is voluntary; people engage or disengage as they choose
 - The relationship may change and grow throughout and continue even after services end
 - Becoming A Certified Peer Support Specialist
 - Process for Certification:
 - Online Training Course
 - Application Submission to DBHR
 - Approved applicants invited to trainings
 - DBHR sponsored Regional & Statewide or Local BHO sponsorship
 - 40 hour training Curriculum (2 versions: Standard or Youth & Family)
 - Written and Oral test
 - Once Employed at BHA:
 - DSHS Background check
 - Application to DOH for Agency Affiliated Counselor Registration
 - * Not required at community organization
 - The DBHR certification program trains 300-400 Peers per year.
 - Approximately **275** peers received continuing education



- Currently we have **242** agencies licensed to provide peer services
- Training Core Competencies
 - Recovery & Wellness
 - Communication
 - Trauma Informed Practice
 - Ethics & Boundaries
 - Documentation
 - Engagement
- Services Provided Through Peer Support
 - Behavioral Health Agencies
 - State Hospitals
 - Treatment Programs
 - Forensics: Courts, Jails & Detention Centers
 - Community Organizations
 - Consumer & Family Run Organizations
 - Recovery Café'
 - Health Programs
- Day in the Life of a Certified Peer Counselor
 - One on one in institution ie 90 days before release into community
 - Outreach, housing, employment, benefits reconnection, etc.
 - Support groups:
 - Recovery supports, Life skills, Art, Parenting, Meditation, TIC....
 - WRAP: Wellness Recovery Action Plan
 - Community Connections
 - Advocacy
 - Goal setting
 - Resources
 - Identifying in community healthy natural supports
- Future Changes
 - Integration, New Services, 1115-B Waiver, SUD Peer services, Forensics, Tribal Peers
- **Kristy Dees Certified PEER and Recovery Coach Healing Hearts Ranch: PEER Support Horses as Guides**
 - Why Horses?
 - It's not about "control"
 - Learning to "work with" our life challenges
 - Core Values
 - Honesty, Hope, Trust, Courage, Transparency, Willingness, Humility, Forgiveness, Accountability, Perseverance, Spiritual Awareness, Gratitude.
 - Liberty Demonstration



- Awaken to the moment, to motion, to rhythm to balance
- Awaken to the authentic self, and to life itself
- Meditative Grooming
 - Regulating the Limbic System
- Walking with horses
 - The horse in hand and moving with self-awareness
- Horses guide for emotional management
 - Emotional Message Chart and working with emotions as guides
- Plan for moving forward

3. Thoughts, Next Steps & Closing

- What did these presentations bring up for you?
- Do you like the approach of focusing on Target Populations?
 - The group reported that they appreciated this approach moving forward.
- Our next Meeting will be June 26, 2018