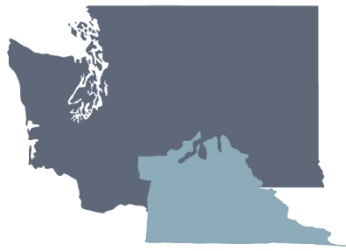


THURSTON COUNTY OPIOID RESPONSE PLAN 2023



Thurston County Board of Health
December 2022

PURPOSE

In June 2018, the Thurston County Board of Health unanimously passed Resolution H-1-2018 declaring the opioid epidemic a public health crisis in Thurston County. The resolution directed that a Thurston County Opioid Response Task Force be convened to develop and implement a community-driven Opioid Response Plan.

- See Appendix A, for the Thurston County Board of Health resolution.

The Thurston County Opioid Response Task Force consists of a wide range of local partners and is co-chaired by Jon Tunheim, Thurston County Prosecuting Attorney and David Bayne, Thurston County Public Health & Social Services Department Director. More information about the Thurston County Opioid Response Task Force can be found online at the Thurston County Public Health & Social Services Department website.

In December 2022, the Thurston County Board of Health approved continuation of the 2021-2022 Opioid Response Plan through the 2023 calendar year. The plan meets current needs in the community and no significant gaps in strategies were identified.

- See Appendix B, for the list of organizations who have participated in the Thurston County Opioid Response Task Force, Work Groups. Response Plan updates, & other related activities.

OVERSIGHT STRUCTURE

Implementation of the Thurston County Opioid Response Plan is overseen by the Thurston County Opioid Response Task Force. Five Task Force work groups are focused on accelerating cross-strategy efforts in the following 2023 action areas:

- Prevention
- Treatment
- Overdose
- Pregnant & Parenting
- Equity

Work groups mirror the action areas identified in the 2023 Thurston County Opioid Response Plan. Each work group develops SMART objectives for the related strategies, guides the related work within the community, gather input from subject matter experts, and regularly report back to the Thurston County Opioid Response Task Force.

The Thurston County Opioid Response Task Force meets every other month, and work groups meet according to a self-determined schedule. The Thurston County Board of Health is apprised of progress on the plan, no less than every six months.

PLAN GOALS

The Thurston County Opioid Response Plan has six overarching goals:

- Prevent opioid misuse, abuse and dependency by improving prescribing practices.
- Treat opioid abuse and dependence through expanded access to treatment.
- Prevent deaths from overdose by working to educate and expand the distribution of naloxone to individuals who use drugs and educating individuals about the signs of an overdose.
- Use existing data and enhance data collection efforts to detect opioid and other illicit drug misuse/abuse and scientific evidence to inform the selection of strategies.
- Identify and implement innovative strategies that reduce the risk of overdose to individuals and diverse communities that are disproportionately impacted by the opioid epidemic and reduce stigma.
- Reduce exposure and access to opioids among infants, children, youth, and families.

PRIORITY POPULATIONS

The Thurston County Opioid Response Task Force recognizes that the opioid epidemic has disproportionately impacted certain populations. Using community input and other sources of local information, priority populations were identified as being at an increased risk for opioid misuse, overdose, or who face systematic barriers or disparities. Populations for emphasis during plan implementation are:

- BIPOC (Black, Indigenous, and People of Color)
- Youth age 12-17
- Young adults age 18-25
- Individuals whose primary language is other than English (or who have other language access barriers)
- Individuals experiencing homelessness
- Individuals at-risk for homelessness
- Individuals, both youth and adults, who are involved in the criminal and/or legal systems
- Individuals who are experiencing grief, trauma and adverse childhood experiences connected to overdose or substance use.

RESPONSE PLAN SUMMARY

The Thurston County Opioid Response Plan emphasizes a community approach that values:

- ❖ Advancing equity
- ❖ Reducing stigma
- ❖ Eliminating barriers
- ❖ Creating opportunities

The plan includes five action areas: Prevention, Treatment, Overdose, Pregnant & Parenting, and Equity. The strategies in each action area connect to five required goals, outlined by the Thurston County Board of Health resolution, in addition to one goal identified by the Thurston County Opioid Response Task Force. A total of twenty-six strategies are included in the 2023 Thurston County Opioid Response Plan.

ACTION AREA - PREVENTION

STRATEGIES

P1 – Expand resources to local communities at higher risk for substance use issues and maintain local coalitions working on youth substance use prevention.

P2 - Improve understanding of the opioid epidemic and substance use disorder among partners and the community with an emphasis on reducing stigma.

P3 – Improve awareness of local safe medication return disposal options that accept prescription opioids among county residents.

P4 – Improve awareness of safer storage options for prescription medication, over-the-counter medicine, and other substances to prevent misuse and abuse.

ACTION AREA - TREATMENT

STRATEGIES

T1 - Improve coordination among county Medications for Opioid Use Disorder (MOUD) providers.

T2 - Promote availability of existing community-based Medications for Opioid Use Disorder (MOUD) providers and continuum of care services.

T3 - Expand the number of Medications for Opioid Use Disorder (MOUD) providers available in the county.

T4 - Improve understanding of Medications for Opioid Use Disorder (MOUD) among referral partners and the community.

ACTION AREA - TREATMENT continued

STRATEGIES

T5 - Expand access to treatment, including Medications for Opioid Use Disorder (MOUD), for people who are involved in the criminal-legal system.

T6 – Expand utilization of Peers and Community Health Workers (CHWs) to support and serve individuals with substance use issues across various settings and agencies.

ACTION AREA - OVERDOSE

STRATEGIES

O1 - Expand access to naloxone through services and systems that have direct contact with individuals at risk for overdose.

O2 - Improve understanding of opioid overdose prevention, recognition, response, and naloxone use among partners and the community.

O3 – Increase available education on stimulant overdose/overamping.

O4- Increase information to partners and the community on fentanyl and the associated increased risks of overdose.

O5- Expand available education to local pharmacies on naloxone access, Washington's statewide standing order, and insurance coverage for naloxone.

O6 - Improve understanding of overdose data.

ACTION AREA - OVERDOSE continued

STRATEGIES

O7 – Integrate access to naloxone through the criminal and/or legal systems and associated services.

ACTION AREA - PREGNANT & PARENTING

STRATEGIES

PP1 - Expand information and referrals to local family planning services to reduce neonatal abstinence syndrome (NAS) and neonatal opioid withdrawal syndrome (NOWS).

PP2 - Integrate and promote breastfeeding and chest-feeding best practices for people who use substances into direct services which have contact with people who are pregnant and/or parenting.

PP3 – Expand education on available supportive services for individuals who are pregnant and/or parenting to address access to substance use prevention, intervention, treatment and recovery services.

ACTION AREA - EQUITY

STRATEGIES

E1 – Improve understanding of how racism and discrimination affects availability of treatment and recovery resources, what barriers marginalized populations face and what can be done locally to address inequities.

E2 – Improve understanding of the intersections between housing status and substance use.

ACTION AREA - EQUITY continued

STRATEGIES

E3 – Educate providers across health and dental professions about the impact of stigma on care of patients who use drugs or formerly used drugs, the signs of opioid misuse, and how to screen and refer for opioid misuse.

E4 – Increase information available to the community on how addressing stigma and using trauma informed practices advances equity and supports those who use substances.

E5 – Expand information about harm reduction approaches to substance use, availability of harm reduction services and how to access them.

E6 – Explore new or emerging opportunities to address the ways in which people who use substances or have a history of substance use, interact with and are impacted by the criminal and/or legal systems, including local opportunities for diversion.

RESPONSE PLAN PROGRESS

Progress of the Thurston County Opioid Response Plan will be measured using SMART objectives. SMART objectives provide a way to confirm whether ideas have turned into action. A SMART objective is one that has the following characteristics:

Specific	○ Provides a concrete, well defined description of the results.
Measurable	○ Describes the number or amount that will occur.
Achievable	○ Appears feasible and within reach based on resources, personnel, cost and time.
Relevant	○ Connects to the goal and strategy in a meaningful way.
Time-Bound	○ Includes a time frame by which the objective will be accomplished.

For each strategy in the plan, no less than one SMART objective will be established for the 2023 timeframe. Progress updates on SMART objectives will be provided to the Thurston County Board of Health every six months.

APPENDIX A

Thurston County Board of Health Resolution H-1-2018

RESOLUTION NO. H-1-2018

A RESOLUTION declaring the opioid epidemic a public health crisis in Thurston County, and directing the Director of the Thurston Public Health and Social Services Department to convene a Thurston County Opioid Response Task Force that will create a response plan for approval by the Thurston County Board of Health.

WHEREAS, the Thurston County Board of Health under the authority of RCW 70.05.060 has supervision over all matters pertaining to the preservation of the life and health of the people within its jurisdiction; and

WHEREAS, Washington State and Thurston County are currently experiencing an opioid epidemic leading to preventable deaths involving prescription opioids and heroin; and

WHEREAS, opioids prescribed and taken in the United States, Washington State, and Thurston County have led to a nationwide epidemic of opioid misuse, abuse, dependency, overdoses, and opioid related deaths; and

WHEREAS, the opioid epidemic affects our communities, devastates families, and overwhelms our health care, social services, law enforcement, and judicial systems; and

WHEREAS, Thurston County ranks 15th of 39 counties in Washington State for the rate of opioid related hospitalizations and 29th of 39 counties for opioid related deaths in Washington State; and

WHEREAS, opioid use disorders are life threatening, chronic medical conditions that destroy lives; and

WHEREAS, there is a need to increase education about and improve access to medications that save lives by reversing overdoses and treatments that support recovery; and

WHEREAS, The Thurston County Board of Health seeks to address practices and conditions that cause a threat to the public's health and the safety and welfare of our community related to the opioid epidemic.

NOW, THEREFORE, the Board of Health of Thurston County, State of Washington, does resolve:

Section 1. The opioid epidemic is declared a public health crisis in Thurston County.

Section 2. The Director of Thurston County Public Health and Social Services is directed to prioritize deploying available resources and seeking new resources and strategies to address the opioid epidemic by working together with others to form and convene a Thurston County Opioid Response Task Force to develop and implement a community-driven Response Plan. The Response Plan shall address the opioid epidemic and shall include implementation strategies. The proposed Response Plan shall be submitted to the Board of Health for approval. Once the Response Plan is approved, the Director of Thurston County Public Health and Social Services will report to the Board of Health, on a biannual basis, the progress of implementing this plan.

APPENDIX A continued

Section 3. The Response Plan shall include but not be limited to the following goals:

- Goal 1. Preventing opioid misuse, abuse and dependency by improving prescribing practices.
- Goal 2. Treating opioid abuse and dependence through expanded access to treatment.
- Goal 3. Preventing deaths from overdose by working to educate and expand the distribution of naloxone to individuals who use heroin and educating individuals about the signs of an overdose.
- Goal 4. Using existing data and enhancing data collection efforts to detect opioid and other illicit drug misuse/abuse and scientific evidence to inform the selection of strategies.
- Goal 5. Identifying and implementing innovative strategies that reduce the risk of overdose to individuals and diverse communities that are disproportionately impacted by the opioid epidemic and reduce stigma.

Section 4. That this Resolution shall take effect immediately upon adoption.

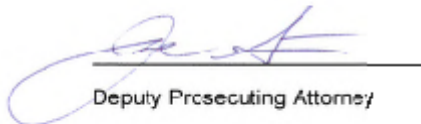
ADOPTED: June 14, 2018

ATTEST:

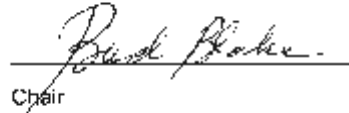

Clerk of the Board


APPROVED AS TO FORM:

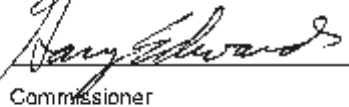
JON TUNHEIM
PROSECUTING ATTORNEY


Deputy Prosecuting Attorney

BOARD OF HEALTH
Thurston County, Washington


Chair


Vice-Chair


Commissioner

APPENDIX B

Thurston County Opioid Response Task Force Participants and Plan Update Partners

ORGANIZATIONS

American Indian Health Commission	Nisqually Health
Behavioral Health Resources	Nisqually Indian Tribe
Capital Recovery Center	Northwest Resources
Cascade Pacific Action Alliance	Olympia Bupe Clinic
Catholic Community Services	Olympia City Council
Chehalis Tribal Tsapowum Behavioral Health Center	Olympia Police Department
Choice Regional Health Network	Olympic Health & Recovery Services
Community Youth Services	Pacific Lutheran University
Emergent BioSolutions	Partners in Prevention Education
ESD 113	Peer Olympia
Evergreen Treatment Services	Pioneer Family Practice
Family Support Center of South Sound	Providence St. Peter Hospital
Family Education & Support Services	Providence Chemical Dependency Center
Gather Church	Salvation Army
HeartStrides Therapeutic Horsemanship	Sidewalk
Ideal Options	St. Martin's University
Innovations Human Trafficking Collaborative	St. Michael Parish
Interfaith Works	TeleCare
JOLT News	Thurston County Commissioner's Office
Lacey City Council	Thurston County Medic One
Lacey Police Department	Thurston County Pretrial Services
Mason General Hospital	Thurston County Prosecuting Attorney's Office
Molina	Thurston County Public Defense
National Alliance on Mental Illness	Thurston County Public Health & Social Services
	Thurston County Sheriff's Office
	Thurston County Superior Court

Thurston Mason Behavioral Health	WA Hope
Administrative Service Organization	Washington Recovery Help Line
Tumwater City Council	Washington State Department of Corrections
Tumwater Police Department	Washington State Department of Health
University of Washington – Addictions, Drug, & Alcohol Institute	Washington State Health Care Authority
VOCAL-WA	YWCA



Thurston County Public Health and Social Services Department
Opioid Response Program
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WA RELAY: 711 or 800-833-6388

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