

## ATTENDEES

Jasmine Jones, Sound Pathways; Tracy Franke, Darrington School District Superintendent; Rachel Smith, DEM Program Coordinator-Opioids, and David Fine, DEM Emergency Management Program Manager; Katie O'Hara, Sultan Prevention Coalition Coordinator; Amy Wheat, Opioid Outreach Specialist, HHS; Jacob Grillo, Conquer Clinics, Mental Health Program Director; Abby Jernberg, Abigail Sauer, Parris Thompson, Brenna Smith, SUD Team; and Juliet D'Allesandro, Prevention/SUD Team Lead, SCHD; April Provost and Katie Olson, and Erin Lopez, Ideal Options; Eric Britt, Evergreen Health; Rachel Adams, Human Services Coordinator, City of Monroe; Marree Perrault, DPICC Coordinator and Darrington School Board; Randy Hayden, [CDMH](#) & Darrington School Boards; Tedra Cobb, Community Conversations Guest; Lori Fleming, SHC Project Lead.

## OVERVIEW

The Snohomish HRSA Consortium meeting, facilitated by Lori Fleming, delved into several key initiatives: the upcoming Community Conversations on stigma with Tedra Cobb, advancements in transportation and Peer Specialist programs in the Sky Valley region, counseling and youth-led prevention efforts in the Darrington School District, and expanding Naloxone training and distribution in the northern and southern rural areas. Discussions also ventured into the future of the Consortium, considering strategies for maintaining its activities post-grant and emphasizing the value of collaboration, community engagement, and the Consortium's advocacy for rural areas within the county's behavioral health strategic and financial planning. (See SHC [Meeting Packet](#), [Padlet](#), and [Video](#))

## DISCUSSION

### Community Conversations on Stigma with Tedra Cobb

Tedra Cobb discussed the upcoming community conversations aimed at exploring and addressing stigma. Key details include:

- **Darrington Community Conversations:** A Community Conversation has been scheduled **in Darrington for June 26 3-6p at the local library**. (Thank you Asheley Bryson, the Darrington Library Manager!) The discussion emphasized engaging a wide array of community members, including school board members, to ensure diverse representation and insights. Efforts will be made to involve various key community stakeholders to enrich the conversation and outcomes and lay the groundwork for future community conversations.
- **Sky Valley Corridor Area Community Conversation:**
  - Rachel Adams was suggested as a resource to help identify a suitable venue for the Community Conversation in the southern tract for the June 27<sup>th</sup> date, specifically in areas like Monroe, to ensure broader accessibility and participation from the local community.
  - April Provost discussed the importance of engaging communities, particularly focusing on areas like Index that are more isolated. She noted the possibility of using the awaited transportation service, once the contract is approved, to facilitate attendance at the Community Conversation, especially for participants from remote areas within the Sky Valley Corridor. This would enhance accessibility and ensure broader community participation.

- **Train the Trainer Sessions:**

- This event aims to empower local leaders to continue community conversations on stigma, with Tedra Cobb providing insights and methodologies for effective community engagement and training. She also offers post-training support that includes monthly meetings where facilitation leaders can share strategies, experiences, and receive coaching and mentoring. This ongoing support aims to ensure the sustainability and effectiveness of the community conversations they lead.
- Logistical planning was discussed, with a focus on securing a central location to accommodate participants from both northern and southern tracts, ensuring broad accessibility. David Fine proposed, and subsequently confirmed a reservation has been booked from 8a-5p on 6/27 for the DEM Conference room, located at 720 80th Street SW, Bldg A, Everett, WA 98203. (YAY David!) The room is large and can comfortably host a maximum of 40 people. There is full audio and visual set up in the room for presentations, video, etc., whiteboards, microphones. If we need to do it earlier or later there is flexibility as long as a DEM staff member (either David Fine or Rachel Smith) are on site to lock-up once the training concludes.

- **Q: "How can we effectively engage rural populations in the Community Conversations?"**

A: Tedra emphasized the importance of inclusivity and practical engagement strategies. Ideas were proposed around making events more accessible by offering amenities like childcare or meals, which could encourage broader participation from diverse community members. This approach aims to cast a wide net to ensure varied voices and experiences are included in the conversation, thereby enriching the discussion and outcomes of these community engagement efforts.

### **SHC Updates: Sky Valley Corridor: Transportation/Peer Contract**

The discussion focused on nearing the launch of a pilot program in the Sky Valley area, pending county approval. The initiative, in collaboration with Courage to Change, aims to expand their transportation services to rural areas, facilitating access to healthcare, recovery, and essential services. Key points included the program's potential impact, logistical planning, and its comprehensive approach to meet diverse community needs, highlighting its role in enhancing community connectivity and support.

### **Darrington Prevention: In-School Counseling & Youth Led Prevention Campaign**

In the Snohomish HRSA Consortium meeting, the focus on Darrington Prevention centered on two key efforts: established in-school counseling and the development of a youth-led prevention campaign. The counseling initiative has been impactful in supporting student mental health, with discussions on ensuring its financial sustainability. The planned prevention campaign, informed by the positive community norms model and upcoming survey data, aims to empower youth in promoting healthy behaviors among peers. These initiatives highlight the significance of youth empowerment and mental health support in schools as vital to a comprehensive prevention strategy in rural communities.

## Naloxone Training and Distribution

Discussion covered a range of topics, including:

- Katie O'Hara has led Naloxone training in the Sultan School District. She plans to hold more training sessions, offering both in-person and virtual options to increase participation and awareness. This effort is part of a broader strategy to equip the community, potentially including students, with the knowledge and tools to effectively respond to overdoses.
- [Senate Bill 5804](#) has been approved by the WA state Senate, effective 6/6/2024, mandates all public, charter, and tribal schools in the state to have at least one Naloxone kit available. This expansion of existing law aims to address the increase in opioid overdose deaths among young people, particularly due to fentanyl, by ensuring schools are equipped to handle such emergencies.
- The responsibility for distributing Naloxone and conducting training in schools was discussed as a collaborative effort involving Health and Human Services and the Snohomish Health Department (SCHD). Amy Wheat, an opioid outreach specialist from HHS, noted that her team, in collaboration with the health department, will be supplying all schools in Snohomish County with Naloxone and Naloxone training.
- April Provost noted the importance of Naloxone training, particularly emphasizing reaching out to people who use drugs directly, as they are often the ones in situations where Naloxone could be lifesaving. She suggested the need for strategies to ensure these individuals are trained in using Naloxone correctly, considering the rise in overdose cases.
- Brenna Smith, SCHD, offered [this link](#) for folks to request naloxone and/or organization or individual naloxone training.
- Lori noted Amy Wheat's 3/27/2024 Naloxone training, held at the Darrington library was very successful with more than a dozen attending. There was notable participation from local law enforcement member Lieutenant Chelin, whose presence, besides being educational, supports the perception of the value of this training and the development of community support for the initiative.

## SHC Sustainability

### Cursory discussions on SHC's effectiveness and future post-grant period included:

- A quick look at the qualitative feedback from SHC Members on SHC activities gathered to date.
- Debating the consortium's viability and necessity beyond the grant period.
- Exploring recruitment strategies for new consortium members and the pursuit of additional funding to take the SHC beyond 8/31/2024.

These topics will be looked at in more detail at the next SHC Meeting scheduled for 4/25 @11a.

## ACTION ITEMS (CONT'D ON NEXT PAGE)

### Finalize Transportation Pilot Contract

Follow up with the county to commence the transportation pilot.

### Community Conversations Preparation

- Secure venues, solidify timing on 6/27 of the train-the-trainer and southern rural tract community conversation. (Resources to contact: David Fine and Rachel Adams)
- Implement a recruitment strategy for diverse community participation in all three events taking place on June 26 & 27<sup>th</sup>. (Lori to brainstorm with various SHC members)

### Prevention Campaign and Darrington School District Mental Health Counselors

- Marree et al working on Youth Prevention Campaign
- Lori to keep tabs on grant funding contract for 2023-24 Mental Health Counselors
- Lori to explore/follow-up on potential funding sources for Darrington SD Mental Health Counselors.

### Expand Naloxone Training and Distribution

- Lori to work with April Provost on approach to recruit PWUD directly for Naloxone training.
- Keep tabs and update SHC as HHS has Naloxone availability for schools/public and related school and public naloxone training sessions – to ensure rural communities are getting both Naloxone and training.

### Sustainability Planning

At upcoming SHC meetings, discuss the appetite of SHC Members to sustain the SHC table past 8/31/2024. If sustaining the SHC is a priority:

- Schedule meetings with key funding agencies to ensure rural representation and access to funding and bring them to SHC table to present to and educate members on each agency's focus/funding availability, approach to apply for funding. (Includes [Opioid Settlement Funding/MAC Group](#), [Snohomish County Mental Health Chemical Dependency Program Board](#), [SCHD's OD2A](#), [NS-ACH](#), [NS-BH-ASO](#))
- Determine how, where and who when it comes to additional SHC member recruitment from self-identified county frontier and rural areas.
- Determine how we might develop a shared identity and action plan necessary if the consortium is to choose long-term sustainability.