

ATTENDEES

Shannon Goforth, Exec Dir, Sound Pathways; Katie Trainer, Drug and Alcohol Intervention, Jackson HS; James Lewis, Snohomish County Health Officer; Heather Logan, Vice Chair of Board of Health and Arlington City Council Member; Rachel Smith, DEM Program Coordinator-Opioids, Amy Wheat, Opioid Outreach Specialist, HHS; Abby Jernberg, Abigal Sauer, Parris Thompson, Brenna Smith, SUD Team - SCHD; Lori Fleming, SHC .

OVERVIEW

The April 15, 2024, MAC Prevention Workgroup session focused on learning about the Snohomish HRSA Consortium's focus on enhancing behavioral health services in rural areas and discussing challenges and progress in substance use disorder prevention and treatment initiatives. Key topics discussed as the group reviewed some of their short-term objectives included the integration of prevention education in schools, the distribution of naloxone and fentanyl test strips, and sustainable funding strategies. (See the MAC Prevention Workgroup's 4/15/2024 [Meeting Packet](#).)

DISCUSSION

Overview of Snohomish HRSA Consortium

Overview of Snohomish HRSA Consortium: Lori Fleming provided a comprehensive overview of the Snohomish HRSA Consortium's efforts aimed at enhancing behavioral health services in rural areas, focusing on overcoming administrative challenges and ensuring continuity amidst the COVID-19 pandemic. She highlighted the need for sustainable funding beyond the end of current funding in August 2024, strategic partnerships, and the integration of services to better serve rural communities with effective mental health and substance use disorder prevention, treatment, and recovery services.

- **Rural Behavioral Health System Challenges:** Discussion of specific challenges in rural settings such as limited access, privacy concerns, and resource constraints. Emphasis was placed on the need for improved integration and coordination among health and social service providers.
- **Consortium Contributions and Progress:** Updates on several initiatives such as community education campaigns, naloxone leave-behind projects, and plans for future community conversations aimed at stigma reduction.
- **Funding and Sustainability Concerns:** Lori stressed the importance of identifying continued funding and strategic partnerships to maintain the momentum of current projects and expand services.

MAC Prevention Workgroup's Short-Term Objectives – Review – [See Mindmap](#)

EXPANSION OF PREVENTION EDUCATION

- **Discussion:** Overall, the conversation around prevention education underscored the importance of a strategic, coordinated approach that involves legislative support, existing community initiatives, and robust funding strategies to expand and sustain these critical educational efforts.
- **Updates:** Recent legislative changes have paved the way for increased legitimacy in conversations with schools about drug education. Washington House and Senate lawmakers have unanimously passed [SB 5804](#), a bill requiring all public, charter, and certain tribal schools in the state to carry naloxone, an

opioid overdose reversal medication also known by the brand name Narcan.

Existing efforts by various entities like DJ Rivera from Catholic Community Services were also noted.

- **Action Items:** Develop a Work Plan and request Opioid Settlement funds to support a focused workgroup of relevant-sectored members to develop a “naloxone/prevention education” readiness assessment for each county high school; develop a prioritized list of high schools in which to solidify readiness; develop and implement strategy/tactics to solidify the readiness and ultimately provide naloxone education (possibly within the prevention education initiatives that already exist in each high school.)

AVAILABILITY OF TEST STRIPS

- **Discussion:** The group discussed the distribution and availability of fentanyl test strips as a part of harm reduction strategies. Coordination among various agencies was emphasized as fragmented.
- **Updates:** Abby, SHD noted a partner has asked for test strips, and HHS was providing 50. Need to explore developing a strategy with HHS? Shannon from Sound Pathways mentioned their role in distributing test strips and highlighted the logistical challenges of wide-scale distribution.
- **Action Items:** Assess who has access/funding/test strips, and where test strips are needed. Develop a coordinated strategy to match resource with need. Also note: Referrals to Sound Pathways for obtaining test strips were encouraged for client-based work; also, Abby is meeting with Amy and Cleo from ?? and will ask what their distribution looks like. Has plans to discuss further integration and need for distribution infrastructure of test strip distribution with naloxone distribution efforts.

NALOXONE TRAINING FOR COUNTY STAFF

- **Discussion:**
 - **Training Goals and Concurrent Liability Concerns:** A significant part of the discussion revolved around the potential liability issues involved in training county staff to use Narcan, a life-saving medication used to counter the effects of opioid overdose. The conversation also touched on the goal of making Narcan training available to county staff, emphasizing the need for senior leadership support to ensure the training's acceptance and implementation.
- **Updates:**
 - **Upcoming May Cabinet Meeting:** It was mentioned that there is an upcoming cabinet meeting where Narcan training for department senior staff would be introduced. This initiative aims to inform and garner support from senior leadership to facilitate broader training across the county staff.
 - **Voluntary Training Implementation:** The plan to offer Narcan training on a voluntary basis was highlighted, with the intention to broadly implement this across the county departments, focusing on creating a supportive environment for staff who choose to participate.

▪ Action Items:

- Encourage cabinet and community leaders to attend one of the Community Conversation events on 6/26 and the 6/27 Train-the-Trainer event to model and show the priority Snohomish County has around having conversations about stigma with our community members.
- Wednesday, 6/26, 3:00-5:30 PM at The Darrington Library, 1005 Cascade St., Darrington (Community Conversation)
- Thursday, 6/27, 10:00a-1:00 PM at The Monroe Community Center, 17150 W Main St. Suite B (Community Conversation)
- Thursday, 6/27, 2:30-5:30 PM at the Department of Emergency Management Training Facility, 720 80th Street SW, Bldg A, Everett (Train-the-Trainer session that aims to train a group of facilitators focused on continuing these conversations. Encouraged to attend one community conversation before attending train-the-trainer.)
- **Follow-up on Training Implementation:** Ensure that the training meets the county's operational and legal standards and that it is effectively communicated and available to all staff.
- **Evaluate Training Effectiveness and Coverage:** Regularly evaluate the effectiveness of the training and its coverage, ensuring that it reaches the intended audience and that the training materials and procedures are up to date with the latest medical guidelines and legal requirements.

FUNDING FOR NALOXONE

- **Discussion:** A considerable challenge discussed was the sustainable funding for naloxone, a key component in overdose prevention.
- **Updates:** There were updates on legislative actions that potentially impact funding and distribution of naloxone.
- **Action Items:** The group agreed on the necessity to find stable funding sources for naloxone to ensure it is widely available, especially in school settings and rural areas. Consider developing a budget and requesting the final amount from the Opioid Settlement Funding coffers.

INTEGRATION OF SERVICES:

Discussion: The need for better integration of mental health and substance use disorder services across various providers was stressed. The group discussed how this could be facilitated through the MAC Group's ongoing efforts.

Action Items: Develop a clearer integration strategy that includes all relevant stakeholders, focusing on enhancing communication and coordination. (Consider a basic draft County Behavioral Health System Integration Project Facilitator position description as a trampoline for this discussion?)

FEEDBACK AND NEXT STEPS:

Action Items: At the 5/20/2024 MAC Prevention Workgroup Meeting - prioritize discussion around strategy development for a) the integration of behavioral health services, b) the funding of naloxone supplies for distribution, and c) development and execution of appropriate educational efforts with schools, county leadership, and community members.