

Community Health Improvement Plan Priority Area: Substance use

January - March 2023 report

Overarching Goal: Increase community engagement to prevent harmful substance use, including nicotine.

Benchmark: Various

Equity elements: Ensure messaging is available in English and Spanish, explore opportunities for use of Klamath Tribal languages, sign language and potential functional needs adaptations; promote cultural practice as a best practice; be mindful that a large number of local youth identify as LGBTQ+

Successes:

Our local governments have proclaimed March and April Substance Use Awareness Months

The Klamath Tribal Health Prevention Team hosted numerous activities over the school holiday break to provide drug, alcohol and tobacco free events. Sticker shock was a success. Crater lake Travel center allowed individuals to come and sticker nicotine and alcohol products in efforts to help educate the community on the dangers of purchasing substances for our youth.

Klamath Basin Behavioral Health is offering vaping education classes at Brixner and Lost River schools. A Google map of countywide naloxone boxes was created. KBBH held multiple vaping education classes in Spanish for our migrant families.

Judge Kersey has asked our community partners to hold a resource fair/ outreach event every Tuesday at the court house. This is a huge success! Allowing us to meet others where they are. Creating a low barrier access to information and treatment options. We are allowed to bring in safe using supplies and education. Everyone is welcome to come participate and serve our community.

Bestcare Behavioral Health Resource Network funds purchased two new trucks/trailers to conduct outreach in Chiloquin. The agency will be working with the Klamath Tribes to offer services. The second trailer is now in service. You will find these trailers in Klamath Falls and our outlying rural communities.

Lutheran Community Services staff are trained in youth-focused Indepth and NOT programs. LCS has a signed MOU with city schools to provide education. Indepth is a suspension diversion pro-gram and NOT is a cessation program. Working is being done with KBBH and KCPH to create a referral pamphlet.

Cascade Health Alliance was working on spending down the system of care funding. Also, worked to bring a youth-focused campaign to Klamath County. Is providing funding for a youth leadership conference. Citizens for Safe Schools and Klamath County Public Health are taking the lead on this event. It will be held in June.

Klamath Open Door (Klamath Health Partnership) was revamping its medically assisted treatment program. Also, was working on its referral process with primary care. The average in-take appointment is 90 minutes, alternatives were being sought to cut down the intake process. During the quarter, experienced low access to staff and counseling.

Klamath County Public Health worked with Eagleridge High School, Bonanza, Falcon Heights to host vaping education classes. Work was also done with county

schools to supply all elementary schools with naloxone. Facilitated all school access to NARCAN. Received approval from the Board of County Commissioners to purchase NARCAN for the community. Public Health is now the administration hub of the local alcohol and drug planning committee (LADPC). A community conversation around stigma events will be held in May to help address stigma concerns and how the community can continue these conversations.

Red is the Road to Wellness has started a youth drop-in program for family support.

The reach and engagement of Facebook campaigns have been encouraging:

- Week of March 24 – 1,661 reach with 147 engagements
- Week of March 17 – 3,461 reach with 424 engagements
- Week of March 10 – 5,425 reach with 646 engagements
- Week of March 3 – 4,764 reach with 690 engagements
- January 2 – 3,700 reach with 179 engagements
- December 26, 2022 – 3,800 reach with 284 engagements
- December 12, 2022 – 2,000 reach with 183 engagements
- December 5, 2022 – 3,100 reach with 308 engagements
- November 28, 2022 – 4,200 reach with 489 engagements
- November 14, 2022 – 3,000 reach with 447 engagements

Challenges:

- Fentanyl, in its various strengths and forms, is the common element in most illegal opiate use in the Klamath area and nationwide
- The strength of opioids being used finds several doses of NARCAN necessary to prevent overdose.

Objective 1: Support and collaborate in community prevention activities

<p>Measurements</p> <p>One community event each quarter promoted as an alcohol, nicotine and drug-free event</p> <p>Two best practices promoted annually through social media or other medium</p> <p>One youth-based program initiated each year for three total at the end of the plan</p> <p>One annual environmental campaign</p>	<p>Oct-Dec 2022</p> <p>Klamath Tribal Health & Family Services holiday break activities:</p> <ul style="list-style-type: none"> • New Year’s Sobriety Pow Wow • Cornhole Tournament • Sledding • Chiloquin Winter Wonderland • Family Fun Carnival • Reindeer Games • Basketball Tournament • Holiday Skate Party <p>Holiday substance use campaign, with six best practices.</p> <p>To date: Vaping education at EagleRidge High School Prevention classes at Klamath Union High School Red is the Road to Wellness drop-in program</p> <p>Holiday substance use campaign, mentioned above, supported by Chiloquin First • Cascade Health Alliance • DIC’II YAWQS • Healthy Klamath • Klamath Basin Behavioral Health • Klamath County Community Corrections • Klamath County LADPC • Klamath County Public Health • Klamath Tribal Health & Family Services • Lutheran Community Services Northwest • Max’s Mission • Prime + • Red is the Road to Wellness • The Strong-hold • Tayas Yawks • Transformations. Banners were placed throughout Chiloquin, in addition to the Facebook campaign.</p>	<p>Jan-March 2023</p> <p>The CHIP workgroup has started a subcommittee to focus on a Recovery celebration event for the community. The hope is hold this after summer.</p> <p>KCPH has shared substance use prevention and best practices messages with the support of many community partners.</p> <p>To date: Vaping education at EagleRidge High School, Bonanza, Falcon Heighs, Brixner, Lost River Prevention classes at Klamath Union High School Red is the Road to Wellness drop-in program</p> <p>Substance use prevention messaging: supported by Chiloquin First • Cascade Health Alliance • DIC’II YAWQS • Healthy Klamath • Klamath Basin Behavioral Health • Klamath County Community Corrections • Klamath County LADPC • Klamath County Public Health • Klamath Tribal Health & Family Services • Lutheran Community Services Northwest • Max’s Mission • Prime + • Red is the Road to Wellness • The Strong-hold • Tayas Yawks • Transformations. Banners were placed throughout Chiloquin, in addition to the Facebook campaign.</p>			
<p>Strategy 1: Promote a positive community norm that alcohol consumption is not necessary at community events (This is an alcohol, nicotine and drug-free event)</p>					
<p>Tasks:</p>	<p>Process Measures</p>	<p>Process Target</p>	<p>Oct-</p>	<p>Jan-March 2023</p>	<p>Jul-</p>
<p>Explore tobacco, nicotine, alcohol and drug prevention messaging/signage opportunities in public places</p>				<p>A “where to find naloxone” in the county sticker has been created and available for anyone to place on the outside of their organization or business</p>	

Participate in national Alcohol Awareness Month, National Prevention Week & National Recovery Month activities				March and April have been proclaimed to be substance use prevention months.	
Strategy 2: Promote best practices as a positive community norm					
Tasks:	Process Measures	Process Target	Oct-	Jan-March 2023	July
Research best practices					
Implement select practices					
Create community norm that cultural practices are best practices					
Create an environment where those in recovery are welcome and their experience builds community strength					
Strategy 3: Implement school and community-based prevention education targeting youth 12-20					
Tasks:	Process Measures	Process Target	Oct-Dec 2022	Jan-March 2023	July
Present substance use education in health classes starting in middle school (or earlier)				Working with our middle schools to implement more substance use prevention education.	
Collaborate with other local agencies providing in-school education					
Collaborate and promote youth-based prevention campaigns				Citizens for safe schools youth led action council has been creating a social norm survey to distribute throughout the county	

Reduce advertising and access to substances through retail environments					
Increase positive advertising, why staying clean and sober is healthy, in schools and local businesses					
Use youth activities and culture to help youth peers create a clean and sober community. Engage youth in creating the environment. (Straight Edge, The Phoenix, Addicts to Athletes, Phoenix Multisport).					
Strategy 2: Decrease the continued use of substances by youth in middle and high school					
Tasks:	Process Measures	Process Target	Oct-Dec 2022	Jan-March 2023	July
Introduce suspension diversion classes, such as INDEPTH (Intervention for Nicotine Dependence, Education, Prevention, Tobacco and Health) at local schools. Inform all youth during the education class that these sessions are available.				Met with the county schools to discuss policy options and increasing education	
Inform youth about programs such as N.O.T. (Not on Tobacco) to learn skills to quit nicotine and reduce the risk of future use of other substances					
Strategy 5: Collaborate with multiple local and regional agencies to provide environmental campaigns targeting underage drinking and substance use					
Tasks:	Process Measures	Process Target	Oct-Dec 2022	Jan-March 2023	July

Chiloquin First campaigns, with possible expansion to other communities					
Sticker-shock campaign encouraging adults not to purchase alcohol for youth, seeking local advocates in each community					
Keep Tobacco Sacred promotion and education					
Investigate ways to incorporate the trauma cycle and generational healing into the prevention, use and recovery landscape					
Pursue policy work around increase in penalties for purchasing alcohol for youth					

Objective 2: Support and collaborate in community drug overdose prevention plan

<p>Measurement</p> <p>Two annual meetings of the multi-sector stakeholder group</p> <p>Emergency response protocol tested, refined and in place by September 2025</p> <p>One coordination meeting held quarterly for harm reduction efforts</p> <p>One annual overdose prevention project</p> <p>Increase school-based prevention programs by one each year (This could be separate programs at the same school, or a single program offered at different schools.)</p> <p>Three partner agencies will share prevention messaging to amplify efforts at least twice annually</p>	<p>Oct-Dec 2022</p> <p>New Year just began</p> <p>Work continues</p> <p>This occurred and collaboration continues.</p> <p>Ground work is in progress.</p> <p>To date: Vaping education at EagleRidge High School Prevention classes at Klamath Union High School</p> <p>Holiday substance use campaign: Klamath Tribal Health & Family Services, Chiloquin First, Klamath County Public Health</p>	<p>Held 3 meetings</p> <p>Work continues</p> <p>This occurred and collaboration continues.</p> <p>Ground work is in progress.</p> <p>To date: Vaping education at EagleRidge High School, Brixer, Bonanza, Flacon Heights, Prevention classes at Klamath Union High School</p> <p>Substance use prevention messaging: supported by Chiloquin First • Cascade Health Alliance • DIC'II YAWQS • Healthy Klamath • Klamath Basin Behavioral Health • Klamath County Community Correc-tions • Klamath County LADPC • Klamath County Public Health • Klamath Tribal Health & Family Services • Lutheran Community Services Northwest • Max's Mission • Prime + • Red is the Road to Wellness • The Strong-hold • Tayas Yawks • Transformations. Banners were placed throughout Chiloquin, in addition to the Facebook campaign.</p>	
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Strategy 1: Engage a multisector stakeholder group to assist with drug overdose prevention initiative

Tasks:	Process Measures	Process Target	Oct-Dec 2022	Jan-March 2023	July- Sept 2023
<p>Gather input, consensus, and approval from key stakeholders including, but not limited to: emergency department, law enforcement, EMS, addictions treatment specialist, medical provider, Local Public Safety Coordinating Council (LPSCC)</p>					

board members, emergency manager, health promotion and prevention staff, the justice system, Klamath Tribes					
Will convene 6 meetings with the overdose coalition (host emergency meeting as necessary)					
Identify new coalition members (rural EMS dept, recovery organizations, BHRN members) recruit to join the OD coalition group					
Enhance data sharing across public health and public safety partners, such as law enforcement, first responders, emergency rooms, fire department, etc.					
Develop or strengthen programmatic partnerships to leverage the resources and expertise of LEO, first responder organizations, and rural fire departments. (for example, clearinghouse, hand out Narcan)					
Collaborate and work with community partners, supporting and promoting the related work of each. These include, but are not limited to, Klamath Basin Behavioral Health, Sky Lakes Medical Center, Klamath County Office of Emergency Management, Red is the Road to Wellness, Community Corrections, Klamath County Sheriff's office, Klamath Tribes, Klamath Falls PD, Chiloquin Fire, Circuit Court, Lutheran Community Service, Transformation Wellness, Bestcare, Tayas Yawks, City and County Schools, Citizens for Safe Schools, Healthy Klamath, OHA, Lake County, LADPC, LPSCC, Klamath County					
Strategy 2: Implement overdose emergency response protocols. Use data to alert and inform community partners of overdose spikes and clusters.					
Tasks:	Process Measures	Process Target	Oct-Dec 2022	Jan-March 2023	July- Sept 2023
Gather input, consensus, and approval from key stakeholders including, but not limited to: emergency department, law enforcement, EMS, addictions treatment specialist, medical provider, Local Public Safety Coordinating Council (LPSCC) board members, emergency manager, health promotion and					

prevention staff, the justice system, Klamath Tribes					
Conduct tabletop exercise to test plan					
Modify plan as needed based on table top exercise					
Create after action reports based on table top findings					
Create MOU between partners to adopt plan					
Expand and train 1 new partner each quarter on ODMAP within the county with support from law enforcement, EMS and other local RFPD's (4 partners total).					
Expand systems-wide overdose emergency response plans among physical, mental, and behavioral health providers, hospitals, emergency departments, first responders, treatment and recovery systems, corrections and other providers as appropriate.					
Strategy 3: Coordinate naloxone and other harm reduction strategies to prevent overdoses in the county by assessing or coordinating naloxone availability and partnering with harm reduction organizations, first responders, clearing house recipients and people who use drugs.					
Tasks:	Process Measures	Process Target	Oct-Dec 2022	Jan-March 2023	July- Sept 2023
Host naloxone trainings for 2 new partners each quarter agencies/businesses/ community action teams.				Held opioid and naloxone education for KCC staff and students Narcan training for the Food bank	
Identify 2 new agencies/ businesses willing to have a naloxone "first aid" kit in their building for a total of 8 new locations.				KCC has agreed to put up a red box with Narcan.	

Identify additional funding sources for ordering naloxone. (for example: clearinghouse, grants)					
Address stigma around drug use through activities such as media campaigns, etc.					
Recruit local organizations to receive clearinghouse supplies, such as Narcan.					
Build and strengthen relationships with organizations that received clearing house supplies to further overdose prevention work					
Outreach/activities to get the word out about local resources, harm reduction efforts, Living Well, and addressing stigma				Outreach events continue to happen every week at the courthouse. Will begin outreach in Merrill every 1 st and 3 rd Wednesday of the month.	
Strategy 4: Develop and implement sustainable overdose prevention projects such as strengthening linkages to care.					
Tasks:	Process Measures	Process Target	Oct-Dec 2022	Jan-March 2023	July- Sept 2023
Connect harm reduction resources for inmates released from jail.					
Develop a post-overdose protocol to improve opportunities to link people to care following a non-fatal drug overdose.					
Analyze strength, feasibility of Klamath Connects referral platform for Klamath County.					
Operationalize referral system (Healthy Klamath Connects referral platform)					
Test referral system: Metric # of referrals received and # with closed loop (completed referral)					

Announce referral system go-live via partner staff meetings, newsletters, press release, social media, health alert network					
Work with County and City schools to bring a naloxone policy					
Strategy 5: Expand local school-based prevention programs.					
Tasks:	Process Measures	Process Target	Oct-Dec 2022	Jan-March 2023	July- Sept 2023
Engage with schools (such as Sources of Strength) to determine programming for youth. Identify opportunities to partner and assist with prevention messaging.					
Engage with youth-serving organizations to determine partnership opportunities. Metric: # of organizations engaged					
Develop campaign messages- ensure linguistically and culturally responsive—social media, audio/visual,= and print					
Roll out campaign. Metric: # of times PSA is aired (media company should be able to provide that data)					
Strategy 6: Expand local prevention messaging, empowering individuals to make safer choices.					
Tasks:	Process Measures	Process Target	Oct-Dec 2022	Jan-March 2023	July- Sept 2023

Engage with youth-serving organizations to determine partnership opportunities. Metric: # of organizations engaged					
Develop campaign messages- ensure linguistically and culturally responsive—social media, audio/visual and print					
Roll out campaign. Metric: # of times PSA is aired (media company should be able to provide that data)					
Promote the Good Samaritan Law so people know they will not be held responsible for being in the vicinity of illegal drugs					
Share lived experience stories, including parents who have used with their children					
Homeless outreach				Held outreach at the warming center Tuesday morning to provide resources. Provided sleeping bags, hand warmers, clothes, socks, underwear, toiletries.	
Explore opportunities to work with pharmacies					