

# THURSTON COUNTY OPIOID RESPONSE PLAN 2019-2020

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Thurston County Board of Health  
Adopted June 11, 2019

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## PURPOSE

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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 required the development of a response plan addressing the following goals at minimum:

**Goal 1.**

Preventing opioid misuse, abuse and dependency by improving prescribing practices.

**Goal 2.**

Treating opioid abuse and dependence through expanded access to treatment.

**Goals 3.**

Preventing 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.

**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.

The resolution directed that a Thurston County Opioid Response Task Force be convened to develop and implement a community-driven Opioid Response Plan. The plan is to be submitted to the Thurston County Board of Health for approval.

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

## OVERSIGHT STRUCTURE

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The Thurston County Opioid Response Plan was developed through a series of Thurston County Opioid Response Task Force meetings held between July 2018 and May 2019. Thirty-eight organizations and ninety-one individuals, representing a diverse cross section of community stakeholders, participated in the plan's formation and finalization.

- See Appendix B, for the list of organizations and individuals who participated in the Thurston County Opioid Response Task Force and plan development.

Implementation of the overall Thurston County Opioid Response Plan will be overseen by the Thurston County Opioid Response Task Force.

- Implementation of the strategies in the plan will be facilitated by organizations that have committed to serve as a Strategy Lead. A Strategy Lead will provide support in differing forms, with the most common being: convening stakeholders, engaging new partners and serving as a point of contact. When possible, a Memorandum of Understanding will be developed with lead organizations to ensure clarity and alignment of activities.
- Additionally, five work groups will focus on accelerating cross-strategy efforts in the following areas: Criminal Justice, Data, Pregnant & Parenting, Treatment and Prevention.



The Thurston County Opioid Response Task Force will meet every other month after the plan is approved, continuing through the 2019 and 2020 calendar years. Strategy leads and work groups will meet according to a self-determined schedule. The Thurston County Board of Health will be apprised of progress on the plan, no less than every six months.

# RESPONSE PLAN SUMMARY

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

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

The plan includes the 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-five strategies are included in the plan.

## GOAL 1.

Prevent opioid misuse, abuse and dependency by improving prescribing practices.

STRATEGIES	ACTION STEPS
<p>A. Coordinate with state agencies and local partners to promote safe opioid prescribing practices among county medical and dental care providers.</p> <p>Leads</p> <ul style="list-style-type: none"> <li>○ Thurston County Local Impact Network</li> <li>○ Washington State Health Care Authority</li> </ul>	<ol style="list-style-type: none"> <li>1) Convene stakeholder meeting to determine options.</li> <li>2) Implement option identified with stakeholders.</li> </ol>
<p>B. Increase the number of county medical and dental care providers using the state Prescription Monitoring Program (PMP).</p> <p>Leads</p> <ul style="list-style-type: none"> <li>○ Thurston County Local Impact Network</li> <li>○ Thurston County Public Health and Social Services Department</li> </ul>	<ol style="list-style-type: none"> <li>1) Identify organizations with existing relationships and opportunities to interact with providers.</li> <li>2) Promote benefits of PMP participation through these organizations.</li> </ol>

## GOAL 2.

Treat opioid abuse and dependence through expanded access to treatment.

STRATEGIES	ACTION STEPS
<p>A. Improve coordination among county Medication Assisted Treatment (MAT) / Opioid Treatment Medication (OTM) providers.</p> <p>Leads</p> <ul style="list-style-type: none"><li>○ Thurston Thrives, Clinical Care Action Team</li><li>○ Washington State Health Care Authority</li></ul>	<ol style="list-style-type: none"><li>1) Develop list of MAT providers located in Thurston County.</li><li>2) Convene MAT provider meeting to determine coordination priorities.</li></ol>
<p>B. Promote availability of existing community-based Medication Assisted Treatment (MAT) / Opioid Treatment Medication (OTM) providers and continuum of care services.</p> <p>Lead</p> <ul style="list-style-type: none"><li>○ Capital Recovery Center, Olympia Bupe Clinic</li></ul>	<ol style="list-style-type: none"><li>1) Obtain information about provider-referral and self-referral options to existing MAT providers.</li><li>2) Share information with individuals and service providers who reach eligible populations.</li></ol>
<p>C. Expand the number of Medication Assisted Treatment (MAT) / Opioid Treatment Medication (OTM) providers available in the county.</p> <p>Lead</p> <ul style="list-style-type: none"><li>○ CHOICE Regional Health Network/Cascade Pacific Action Alliance</li></ul>	<ol style="list-style-type: none"><li>1) Increase MAT waiver training opportunities.</li><li>2) Support and foster mentorship opportunities for providers interested in offering MAT.</li></ol>
<p>D. Improve understanding of Medication Assisted Treatment (MAT) / Opioid Treatment Medication (OTM) among referral partners and the community.</p> <p>Lead</p> <ul style="list-style-type: none"><li>○ CHOICE Regional Health Network/Cascade Pacific Action Alliance</li></ul>	<ol style="list-style-type: none"><li>1) Identify resource material available for use with a general public audience.</li><li>2) Share material with referral partners.</li><li>3) Share material through social media and other communication channels.</li></ol>

## GOAL 2. continued

Treat opioid abuse and dependence through expanded access to treatment.

STRATEGIES	ACTION STEPS
<p>E. Expand access to opioid use disorder treatment, including Medication Assisted Treatment (MAT) / Opioid Treatment Medication (OTM), for justice-involved individuals.</p> <p>Leads</p> <ul style="list-style-type: none"><li>○ Thurston County Public Defense</li><li>○ Thurston County Public Health and Social Services Department, Treatment Sales Tax Program</li></ul>	<ol style="list-style-type: none"><li>1) Provide information about the benefits of treatment and science behind MAT to staff working with justice-involved individuals.</li><li>2) Identify treatment options for individuals incarcerated in county jail and county therapeutic courts.</li></ol>
<p>F. Implement a jail Medication Assisted Treatment (MAT) / Opioid Treatment Medication (OTM) program for individuals with opioid use disorder.</p> <p>Lead</p> <ul style="list-style-type: none"><li>○ Thurston County Sheriff's Office, Corrections Bureau</li></ul>	<ol style="list-style-type: none"><li>1) Convene group to examine options that address anticipated changes in publicly funded behavioral health services.</li><li>2) Identify treatment options to implement.</li><li>3) Determine how to connect individuals to community-based treatment programs upon release.</li></ol>
<p>G. Coordinate between juvenile and adult treatment courts to connect participants, who are not in-custody, to Medication Assisted Treatment (MAT) / Opioid Treatment Medication (OTM) and related supportive services.</p> <p>Leads</p> <ul style="list-style-type: none"><li>○ Thurston County Prosecuting Attorney's Office</li><li>○ Thurston County Public Defense</li><li>○ Thurston County Superior Court</li></ul>	<ol style="list-style-type: none"><li>1) Convene group to examine current treatment court practices and anticipated changes in publicly funded behavioral health services.</li><li>2) Determine how to ensure a comprehensive and consistent treatment approach.</li></ol>

### GOAL 3.

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.

STRATEGIES	ACTION STEPS
<p>A. Expand access to naloxone through services and systems that have direct contact with individuals at risk for overdose.</p> <p>Lead</p> <ul style="list-style-type: none"><li>○ Thurston County Public Health and Social Services Department</li></ul>	<ol style="list-style-type: none"><li>1) Identify community-based providers of naloxone.</li><li>2) Determine gaps and options to expand access.</li><li>3) Implement expansion options.</li></ol>
<p>B. Improve understanding of overdose prevention through naloxone use among partners and the community.</p> <p>Lead</p> <ul style="list-style-type: none"><li>○ Thurston County Public Health and Social Services Department</li></ul>	<ol style="list-style-type: none"><li>1) Identify educational material available for use with a general public audience.</li><li>2) Share material with partners.</li><li>3) Share material through presentations and social media.</li></ol>
<p>C. Expand training to local health care providers on the use of naloxone for overdose prevention.</p> <p>Lead</p> <ul style="list-style-type: none"><li>○ Thurston County Public Health and Social Services Department</li></ul>	<ol style="list-style-type: none"><li>1) Identify organizations that offer or support training of local health care providers.</li><li>2) Identify training, including web-based and in-person, and options for continuing education credit.</li><li>3) Promote the availability of training.</li></ol>

## GOAL 4.

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.

STRATEGIES	ACTION STEPS
<p>A. Coordinate with the state Prescription Monitoring Program (PMP) to access local data on opioid prescribing trends and level of participation among medical and dental providers.</p> <p>Lead</p> <ul style="list-style-type: none"><li>○ Thurston County Public Health and Social Services Department</li></ul>	<ol style="list-style-type: none"><li>1) Hold a discussion with PMP program to determine options.</li><li>2) Implement options to access data identified by the PMP program.</li></ol>
<p>B. Improve availability of naloxone distribution and use data.</p> <p>Lead</p> <ul style="list-style-type: none"><li>○ Thurston County Public Health and Social Services Department</li></ul>	<ol style="list-style-type: none"><li>1) Examine data being collected by community-based providers of naloxone.</li><li>2) Produce a summary of options to routinely report on distribution and use of naloxone.</li></ol>
<p>C. Improve understanding of opioid overdose data.</p> <p>Lead</p> <ul style="list-style-type: none"><li>○ Thurston County Public Health and Social Services Department</li></ul>	<ol style="list-style-type: none"><li>1) Examine data being collected by emergency responders, law enforcement hospital emergency departments and the coroner.</li><li>2) Produce a summary of definitions by source and limitations.</li></ol>

## GOAL 5.

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.

STRATEGIES	ACTION STEPS
<p>A. Expand resources to local communities at higher risk for substance use issues through the state Community Prevention and Wellness Initiative (CPWI) and other funding opportunities.</p> <p>Lead</p> <ul style="list-style-type: none"><li>○ Thurston County Public Health and Social Services Department</li></ul>	<ol style="list-style-type: none"><li>1) Identify CPWI eligible communities in Thurston County.</li><li>2) Fully implement CPWI an eligible Thurston County community.</li><li>3) Support proposals to similar sources of funding.</li></ol>
<p>B. Identify opioid use prevention and treatment strategies for youth age 12-25, considering the needs of those at-risk for justice involvement and those who are not.</p> <p>Lead</p> <ul style="list-style-type: none"><li>○ Thurston County Superior Court, Juvenile Services</li></ul>	<ol style="list-style-type: none"><li>1) Convene meeting of stakeholders with knowledge of population, systems and treatment.</li><li>2) Identify priority strategies for implementation.</li></ol>
<p>C. Improve understanding of the opioid epidemic and opioid use disorder among partners and the community with an emphasis on reducing stigma.</p> <p>Leads</p> <ul style="list-style-type: none"><li>○ Family Education and Support Services</li><li>○ Thurston County Public Health and Social Services Department</li></ul>	<ol style="list-style-type: none"><li>1) Identify educational material available for use with a general public audience.</li><li>2) Share material with partners.</li><li>3) Share material through presentations, social media and other communication channels that reach the audience.</li></ol>
<p>D. Examine innovative approaches to address prevention, intervention, treatment and aftercare for groups at higher risk for adverse outcomes of the opioid epidemic, including at-risk and justice-involved youth and adults.</p> <p>Lead</p> <ul style="list-style-type: none"><li>○ Thurston County Prosecuting Attorney's Office</li></ul>	<ol style="list-style-type: none"><li>1) Identify approaches to consider locally.</li><li>2) Evaluate feasibility of approaches and establish priorities.</li><li>3) Develop resources and partnership opportunities to implement.</li></ol>

## GOAL 5. continued

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.

STRATEGIES	ACTION STEPS
<p>E. Expand services that support identification of existing resources, connection to those resources and removal of barriers to utilize those resources to increase referrals and engagement in treatment, services that support recovery and services that prevent development of opioid use disorder.</p> <p>Lead</p> <ul style="list-style-type: none"><li>○ Thurston County Public Health and Social Services Department</li></ul>	<ol style="list-style-type: none"><li>1) Identify approaches to consider locally.</li><li>2) Evaluate feasibility of approaches and establish priorities.</li><li>3) Develop resources and partnership opportunities to implement.</li></ol>

## GOAL 6.

Reduce exposure and access to opioids among infants, children, youth and families.

STRATEGIES	ACTION STEPS
<p>A. Expand access to local family planning services to reduce neonatal abstinence syndrome (NAS) and neonatal opioid withdrawal syndrome (NOWS).</p> <p>Lead</p> <ul style="list-style-type: none"><li>○ Thurston County Public Health and Social Services Department</li></ul>	<ol style="list-style-type: none"><li>1) Conduct a needs assessment of existing service capacity.</li><li>2) Identify options to integrate family planning education and contraception into existing services.</li></ol>
<p>B. Integrate breastfeeding best practices for women with opioid use disorder into services that have direct contact with pregnant and parenting women.</p> <p>Lead</p> <ul style="list-style-type: none"><li>○ Thurston County Public Health and Social Services Department</li></ul>	<ol style="list-style-type: none"><li>1) Identify breastfeeding best practices for implementation.</li><li>2) Work with area services and providers to implement best practices.</li></ol>
<p>C. Improve awareness of local safe medication return disposal options that accept prescription opioids among county residents.</p> <p>Leads</p> <ul style="list-style-type: none"><li>○ Family Education and Support Services</li><li>○ Thurston County Public Health and Social Services Department</li></ul>	<ol style="list-style-type: none"><li>1) Identify educational material available for use with a general public audience.</li><li>2) Share material with partners.</li><li>3) Share material through communication channels that reach the target audience.</li></ol>
<p>D. Improve awareness of safe opioid medication storage options among county residents, businesses and other organizations visited by the public.</p> <p>Leads</p> <ul style="list-style-type: none"><li>○ Family Education and Support Services</li><li>○ Thurston County Public Health and Social Services Department</li></ul>	<ol style="list-style-type: none"><li>1) Identify educational material available for use with a general public audience.</li><li>2) Share material with partners.</li><li>3) Share material through presentations, social media and other communication channels that reach the audience.</li></ol>

## GOAL 6. continued

Reduce exposure and access to opioids among infants, children, youth and families.

STRATEGIES	ACTION STEPS
<p>E. Improve access to screening for opioid use disorder among pregnant women, families with young children and reproductive age adults.</p> <p>Lead</p> <ul style="list-style-type: none"><li>○ Thurston Thrives, Clinical Care Action Team</li></ul>	<ol style="list-style-type: none"><li>1) Identify approaches to consider locally.</li><li>2) Evaluate feasibility of approaches and establish priorities.</li><li>3) Develop resources and partnership opportunities to implement.</li></ol>

## RESPONSE PLAN PARTNERS

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The following organizations have volunteered to serve as lead on one or more Thurston County Opioid Response Plan strategies.

- Capital Recovery Center
- CHOICE Regional Health Network/Cascade Pacific Action Alliance
- Family Education and Support Services
- Thurston County Local Impact Network
- Thurston County Prosecuting Attorney's Office
- Thurston County Public Defense
- Thurston County Public Health and Social Services Department
- Thurston County Sheriff's Office, Corrections Bureau
- Thurston County Superior Court
- Thurston Thrives
- Washington State Health Care Authority

Interested community organizations and individuals will be integrated into the plan implementation process using a range of opportunities, which include: task force meetings, strategy group meetings and other partnership opportunities.

## RESPONSE PLAN PROGRESS

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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.
Measureable	○ 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 2019-2020 timeframe. Progress updates on SMART objectives will be provided to the Thurston County Board of Health and Thurston County Opioid Response Task Force every six months.

## APPENDIX A

### Thurston County Board of Health Resolution H-1-2018

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#### 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

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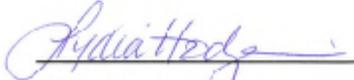
Section 3. The Response Plan shall include but not be limited to the following goals:

- 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.

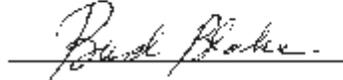
Section 4. That this Resolution shall take effect immediately upon adoption.

ADOPTED: June 14, 2018

ATTEST:

  
Clerk of the Board

BOARD OF HEALTH  
Thurston County, Washington

  
Chair

APPROVED AS TO FORM:

JON TUNHEIM  
PROSECUTING ATTORNEY

  
Deputy Prosecuting Attorney

  
Vice-Chair

  
Commissioner

## APPENDIX B

### Thurston County Opioid Response Task Force Participants

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#### ORGANIZATIONS

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Behavioral Health Resources	Thurston County Pretrial Services
Capital Medical Center	Thurston County Prosecuting Attorney's Office
Capital Recovery Center	Thurston County Public Defense
Cascade Pacific Action Alliance	Thurston County Public Health and Social Services
Chehalis Tribe	Thurston County Sheriff's Office
CHOICE Regional Health Network	Thurston County Superior Court
City of Lacey	Thurston-Mason Behavioral Health Organization
City of Olympia	TOGETHER!
City of Tumwater	Washington Defender Association
Educational Service District 113	Washington State Department of Health
Family Education and Support Services	Washington State Health Care Authority
Family Support Center of South Sound	Yelm Family Practice
Healthcare Delivery	
Lacey Fire Department	
Pacific Mountain Workforce Development Council	
Physicians of Southwest Washington	
Pioneer Family Practice	
Providence Community Care	
Providence St. Peter Hospital	
South Puget Sound Habitat for Humanity	
The Crisis Clinic of Thurston and Mason Counties	
The Evergreen State College	
Thurston County	
Thurston County Board of County Commissioners	
Thurston County Emergency Management	
Thurston County Medic One	

## INDIVIDUALS

Abplanalp, John	Harnish, Chris	O'Connor, Patrick
Akhavan, Laura	Harnish, Sofi	O'Garro, Mary Ann
Andrews, Arthur	Hartman-Beyer, Pam	Olson, Jessica
Amamilo, Sharonda	Haughton, Kevin	Papasian, Zoe
Baxter, Julie	Heinz, Tamara	Peters, Christy
Bean-Mortinson, Jason	Hennen, Carrie	Pierpoint, Dusty
Blake, Bud	Hogan, Meta	Rainer, Sara
Blose, Jessica	Hutchings, John	Ruiz, Lymari
Braniff, Tim	James, Michelle	Saffold, Megan
Brown, Jackie	Jelcick, Aaron	Schaufler, Casey
Byrne, Gabrielle	Jefferson, Larry	Shera, Kris
Carlson, Paul	Johnson, Keya	Slack, Shannon
Chavez, Ramiro	Judkins, Patrick	Slaughter, Schelli
Clear, Marianne	Katt, Erika	Snaza, John
Cox, Ryan	Kauanoë, Keoki	Stern, Marc
Craig, Sabrina	Knight, Jeanie	Taylor, Cynthia
Cumberland, Beth	Knudsen, Jessie	Terry, Priscilla
Dahlhoff, Leatta	Lamont, Malika	Thaller, Gretchen
Davis, Liz	Larocque, TJ	Thoma, Todd
Dixon, Jennifer	Larsen, Anne	Tunheim, Jon
Dominique, Bryan	Madden, Theresa E.	Turk, Rosalinda
Drewry, Anna Lee	Madrone, Dani	Unruh, Chelsea
Fenton, Mike	Marineau, Keylee	Upton, Ally
Freedman, Mark	McIntosh, Kelley	Walker, Denise
Gilal, Naimat	McWilliams, Lori	Weiks, Jon
Giuntini, Jennifer	Menser, Tye	Williams, Terrina
Graham, Wayne	Miller-Todd, Ben	Willis, Shelly
Grande, Cindy	Moore, Caitln	Wood, Rachel
Greenstein, Lenny	Moore, Megan	Wright, Sean
Hardin, Kurt	Morrison, Sarah	Yee, Jackie
	Multanen-Karr, Sara	



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