

Prevention

Recovery

Treatment

Harm  
Reduction/  
Intervention



ALASKA, IDAHO, OREGON, WASHINGTON

# OPIOID SUMMIT

Virtual | August 3-4

We are the Foundation:  
Improving the Workforce  
Pillars for Opioid Prevention,  
Treatment, Recovery, and  
Intervention



2022



ALASKA, IDAHO, OREGON, WASHINGTON  
**OPIOID SUMMIT**  
Virtual | August 3-4

## WELCOME

On behalf of the Region 10 planning committee, we would like to express a special thank you to all participating attendees and presenters today. The

opioid crisis is one that affects everyone in Region 10, either directly or indirectly. Everyone in attendance understands this and is here to increase our knowledge to better serve others struggling through this crisis.

Thank you once again to all participants and presenters, you all are the pillars supporting Opioid Prevention, Treatment, Recovery, and Intervention.



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## A SPECIAL THANK YOU TO THE PLANNING COMMITTEE!

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# SUMMIT INFORMATION

## Check-in, Continuing Education Hours, and Certificates

Participants can earn 11.5 Continuing Education Hours (CEHs) for attending the general Summit. Continuing Education Hours (CEHs) have been approved by NAADAC.

Participants must log in to the platform and watch sessions in full in order to receive credit for attendance at the general Summit.

Certificates for the general Summit will be sent digitally to all participants AFTER the Summit. Certificates will be emailed to the email address used for registration in October. You will not receive your certificate unless you complete the evaluation. To avoid system messages from sending to a SPAM folder, please approve messages from [contactus@region10opioidsummit.org](mailto:contactus@region10opioidsummit.org) or from [noreply@etouches.com](mailto:noreply@etouches.com).

Certificates will not be mailed or printed.

## Online Summit Evaluations

Links to the workshop and overall evaluations will be emailed upon the conclusion of the Summit.

## On-Demand Viewing

On-demand viewing will be made available by August 10th on the 6Connex Platform and go through October 6th.

## Presentation Handouts and Resources

Participants may download presentation resources and PowerPoints from the Summit platform in the Resource Center.

# AGENDA AT A GLANCE

## Day 1: Wednesday, August 3, 2022

- 8:45 AM - Welcome/Keynote
- 10:15 AM - Break, Visit Exhibitors
- 10:30 AM - Workshop Session I
- 11:45 AM - Lunch, Visit Exhibitors
- 12:00 PM - 988 Panel
- 1:15 PM - Workshop Session II
- 2:30 PM - Break, Visit Exhibitors
- 2:45 PM - Workshop Session III
- 4:00 PM - Wrap Up, Closing

## Day 2: Thursday, August 4, 2022

- 8:45 AM - Welcome/Keynote
- 10:15 AM - Break, Visit Exhibitors
- 10:30 AM - Workshop Session IV
- 11:45 AM - Lunch, Visit Exhibitors
- 12:15 PM - Leadership Panel Discussion
- 1:15 PM - Break, Visit Exhibitors
- 1:30 PM - Workshop Session V
- 2:45 PM - Break, Visit Exhibitors
- 3:00 PM - Closing Keynote
- 4:00 PM - Day 2 Closing



# TRACKS AT A GLANCE

## Prevention

WSHA Opioid Stewardship: Fostering Prevention, Reducing Stigma and Connecting Care

August 3, 10:30 am

Prevention Workforce Development

August 3, 1:15 pm

The Power of the Pledge

August 3, 1:15 pm

Addressing Complexity: A Novel Approach to Alcohol Harms Prevention

August 3, 2:45 pm

PAX DreamMakers: The Journey of Building Resilient Youth and Healing Communities

August 4, 10:30 am

Opioids: A Constructive Overview History, Impact, Data, and Collective Prevention Strategies

August 4, 1:30 pm

## Recovery

Recovery Beyond: A Peer-Based Lifestyle

August 3, 10:30 am

Discharge Planner's Toolkit for Reducing Homelessness

August 3, 10:30 am

Changing the Conversation about Pain: Using State of Oregon Tools for Pain Education for Clinicians and Patients to Make Your Job Easier

August 3, 1:15 pm

Lived Experience Speaker Panel and Peer Recovery Support Services

August 3, 2:45 pm

Intergenerational Trauma as Seen Through the Eyes of Media

August 4, 10:30 am

The Power of Peer Support in an Opioid Treatment

August 4, 1:30 pm

# TRACKS AT A GLANCE

## Intervention & Harm Reduction

Harm Reduction Outreach Approaches and the Service Landscape in Idaho

August 3, 10:30 am

Promoting Harm Reduction and Recovery in Rural Washington State

August 3, 1:15 pm

Infrastructure to Support Peer Specialists Providing Outreach and Harm Reduction Tools to People Who Use Drugs

August 3, 2:45 pm

Healthy Beginnings: Innovative Managed Care Solutions for Opioid Use Disorder in Pregnancy

August 4, 10:30 am

Harm Reduction Doulas: Improving health and wellness for pregnant people who use drugs

August 4, 10:30 am

Integrating Harm Reduction Principles Into SUD Counseling

August 4, 1:30 pm

## Treatment

Transitions from Jail to Community-Based Opioid Use Disorder (OUD) Treatment: Partnerships, Opportunities, and Barriers to Leverage Federally Qualifie Health Centers (FQHCs)

August 3, 10:30 am

Initiating Buprenorphine at Home and in the Hospital in the Era of Fentanyl: Micro-dosing and Macro-dosing made simple

August 3, 1:15 pm

Clinical Considerations while working with LGBTQIA+ Participants

August 3, 2:45 pm

Improving Outcomes for Individuals with Opioid Use Disorder on Community Supervision in Alaska

August 4, 10:30 am

It's not just paying people to be abstinent: Reflections on Implementing Customized Contingency Management Programming

August 4, 1:30 pm

Sharing Knowledge and Building Capacity: Oregon ECHO Network's Addiction Medicine Programs

August 4, 1:30 pm



# Wednesday, August 3, 2022

8:45 AM - Welcome/Keynote

## **Keynote: The National Drug Control Policy**

Dr. Gupta, Director of National Drug Control Policy

In April 2022, the Biden-Harris Administration released its inaugural National Drug Control Strategy. This presentation will offer an overview of the Strategy, as well as federal efforts to address the overdose epidemic.

10:15 AM - Break/Visit Exhibitors

10:30 AM - Workshop Session I

## **1A: Harm Reduction Outreach Approaches and the Service Landscape in Idaho**

Evan Burke

This workshop will highlight some of the incredible outreach work undertaken by harm reductionists throughout Idaho. It will feature a discussion of several approaches to outreach, and consider their advantages and limitations when attempting to reach different communities. Harm reduction organizations in Idaho, and throughout Region X are responding creatively to the challenges posed by our culturally and geographically diverse area, and this presentation is intended to be an opportunity for those who participate to share their experience.

## **1B: Recovery Beyond: A Peer-Based Lifestyle**

Megan Fisher, MA, MHS, LCAC, LMHCA, TTS

Recovery Beyond is an innovative peer-based community offering fitness and health-focused activities for anyone in recovery seeking support and practical skills. Hear how Recovery Beyond incorporates diverse and engaging goals to sustain interest. Learn Recovery Beyond's unique integration of contingency management to encourage participation and develop organization ambassadors.



# Wednesday, August 3, 2022

10:30 AM - Workshop Session I

## 1C: Discharge Planner's Toolkit for Reducing Homelessness

Kimberly Castle, BA, Certified Peer Counselor  
Maureen Bailey, BSW, CPC

Historically individuals have been discharged back into homelessness common to inpatient settings due to the ever-changing housing system. Please join DBHR to learn about an exciting tool to support all service providers in ensuring early interventions in connecting individuals to housing and related resources in their community.

## 1D: WSHA Opioid Stewardship: Fostering Prevention, Reducing Stigma and Connecting Care

Tina Seery, MHA, BSN, CPHQ, CPPS, LSSBB  
Brittany Weiner, MS, LMFT  
Mary Kay Ausenhus, MSN, WHNP, CPHQ)  
Ryan Robertson

One of Washington State Hospital Association's strategic objectives is to support all Washingtonians with equitable and accessible care by supporting statewide efforts in reducing acute opioid prescribing above recommended guidelines, providing stigma education and implementation support on overdose prevention and response strategies, and supporting the perinatal cohort with SUD access for non-biased care for birthing person and baby.

## 1E: Transitions from jail to community-based Opioid Use Disorder (OUD) treatment: Partnerships, opportunities, and barriers to leverage Federally Qualified Health Centers (FQHCs)

Albert Cabro  
Anthony Lyon-Loftus  
Christopher Kaasa

Federally Qualified Health Center (FQHC) staff with experience implementing strategies to improve transitions from jail to community-based Opioid Use Disorder (OUD) treatment in a semi-rural/rural setting will highlight the lessons learned from this work. They will facilitate an interactive discussion regarding the roles FQHCs can play at this critical transition.

12:00 PM - Lunch, 988 Panel, Visit Exhibitors

## 988 Panel Discussion

Leah Van Kirk	Lucilla Mendoza
Rusha Grinstead	Nicole Coleman
Matthew Gower	David Dickinson
	Lois Gillmore



# Wednesday, August 3, 2022

1:15 PM - Workshop Session II

## 2A: Changing the Conversation about Pain: Using State of Oregon Tools for Pain Education for Clinicians and Patients to Make Your Job Easier

Nora Stern, MSPT  
Michelle Marikos, PSS  
Adrienne Scavera, MSW, PSS  
Andrew Suchocki, MD, MPH  
Randy Dittmar, PT  
Catriona Buist, PsyD

This session discusses the impact of pain education on care planning, introduces open-sourced educational material for patient pain education, created by the State of Oregon and used across disciplines, presents application of this content in an integrated primary care setting, a peer support training module, home health physical therapy, and an outpatient comprehensive pain center. We will share examples of scripting and workflow. Join the discussion with clinical, administrative and peer support innovators.

## 2B: Promoting Harm Reduction and Recovery in Rural Washington State

Christal Eshelman, MPH, CPH  
Joseph Hunter

Implementation and evaluation of low-barrier community harm reduction services in rural communities. The session will include information on how to design and develop a Narcan vending machine program, low barrier evaluation design, initial results on utilization of machines and Narcan. Additionally we'll share success stories, lessons learned, and best practices identified to support program replication.

## 2C: Prevention Workforce Development Initiative in WA

Sonja Pipek  
Jennifer Wilkins

Washington State has completed a number of initiatives throughout the state to support workforce development needs. Through various partnerships WA has been able to create a workforce ladder for prevention. By developing a Prevention Fellowship program and supporting other internship programs. WA state has seen positive outcomes from these programs that continue to support workforce needs in the state.

# Wednesday, August 3, 2022

## 1:15 PM - Workshop Session II

### 2D: The Power of the Pledge

Annie Blake-Burke  
Esther Brown  
Michelle Hedge

The Pharmacy Safe Storage Program, piloted in 2020 and expanded to 20 pharmacies in 2021, uses the power of a pledge to encourage safe storage in communities across Washington. The program was developed as a part of the Washington State Health Care Authority's statewide opioid prevention campaign, Starts with One, and is designed to inform and educate Washington residents receiving prescription opioids about the importance of locking up their prescriptions. This presentation will share our model of partnering with local pharmacies and discuss the program's results, which underscore the power pharmacies have to help create a new social norm of safe storage in our communities.

### 2E: Initiating Buprenorphine at Home and in the Hospital in the Era of Fentanyl: Micro-dosing and Macro-dosing made simple

Sarah Spencer, DO, FASAM

This session will discuss the identification of chronic fentanyl use and risk of associated precipitated withdrawal when initiating buprenorphine, as well as a number of varied protocols that can be utilized to initiate buprenorphine safely and comfortably in the inpatient or home setting, including the techniques of micro-dosing and macro-dosing.

## 2:30 PM - Break, Visit Exhibitors

## 2:45 PM - Workshop Session III

### 3A: Infrastructure to Support Peer Specialists Providing Outreach and Harm Reduction Tools to People Who Use Drugs

Christi Hildebran, LMSW, CADC III  
Amanda Esquivel, CRM  
Megan Torres, CADC I, CRM II  
Judith Leahy, MPH

Peer support specialists play an increasing role in a continuum of services, including post-overdose interventions, street outreach, and other approaches to engaging people who use drugs. This workshop will review the Peer Recovery Initiated in Medical Establishments + HCV/HIV Testing and Linkage to Treatment (PRIME+) project and discuss the new supportive approaches and highlight areas of ongoing need when considering implementing a peer program.



# Wednesday, August 3, 2022

2:45 PM - Workshop Session III

### 3B: Addressing Complexity: a novel approach to alcohol harms prevention

Jess Limbrid

The Alliance is addressing excessive alcohol use in Alaska by building a systems-shifting network. This workshop will cover why and how we are doing things differently to build a sustained network that re-envision upstream prevention efforts, data-driven decision-making, and strategic guidance to leverage the strength of network partners.

### 3C: Lived Experience Speaker Panel, Peers, and Recovery Coaching

Ely Hernandez

Victor Estrada

Lyndsey Sprinkle

This panel will be composed of people with lived experience speaking about their journey to recovery. They will also discuss how Peer Services and Recovery Coaching can be very helpful for people to attain and maintain their recovery. The speakers will shed a light on the coalition work and creative and impactful solutions that they are bringing to their region.

### 3D: Clinical Considerations while working with LGBTQIA+ Participants

Cathy Assata, BS, SUDP, she/her

This presentation will address the care of LGBTQIA+ individuals with specific focus on those with opioid use disorders, with the intention of enhancing outcomes.

4:00 PM - Wrap Up, Closing

# Thursday, August 4, 2022

## 9:00 AM - Open/Keynote

Building an Adolescent Recovery-Oriented System of Care  
Emily Hennesy, BA, MPhil, PhD

An adolescent-recovery oriented system of care (A-ROSC) acknowledges that youth experiencing a problem with alcohol and drug use need a variety of intervention, treatment, and follow-up services and that there should be multiple avenues to accessing these services. Key aspects of developing an A-ROSC can be considered from a Recovery Capital perspective, a perspective that considers all the resources needed for recovery, and barriers to accessing those resources. Using results from several research studies, this presentation will describe the key (1) values and principles, (2) services and supports, (3) infrastructure elements, and (4) potential outcomes of an A-ROSC that uses recovery capital as its foundation and how an A-ROSC can be developed to better serve the youth in their recovery experience.

## 10:15 AM - Break/Visit Exhibitors

## 10:30 AM - Workshop Session IV

### 4A: Healthy Beginnings: Innovative Managed Care Solutions for Opioid Use Disorder in Pregnancy

Sarah Melfi-Klein, MA, MHP, SUDP  
Jessica Molberg, LPC, LMHC, NCC

This workshop reviews unique challenges and introduces innovative solutions in the treatment of opioid use disorder in pregnancy. We will discuss multi-disciplinary provider roles in recognizing substance use disorder and connecting to care, as well as detail the role of the health plan as part of the integrated care model. A solution-oriented, harm reduction lens forms the foundation for our workshop.



# Thursday, August 4, 2022

10:30 AM - Workshop Session IV

## 4B: Harm Reduction Doulas: Improving health and wellness for pregnant people who use drugs

Chelsie Porter  
Ashley Woods  
Cara Chubb

In 2014-2016, accidental overdose was the third leading cause of maternal death in Washington State. Pregnant people who use drugs experience disproportionate stigma and trauma. As non-medical pregnancy support people, doulas facilitate community connections and provide person-centered care. This session will examine how harm reduction doulas can improve outcomes for pregnant people who use substances.

## 4C: PAX DreamMakers: The Journey of Building Resilient Youth and Healing Communities

Claire Richardson, B.Ed.  
Nancy Flander  
Daniel Carillo  
Oscar Suarez

PAX DreamMakers are youth leaders in Indigenous communities who join together to develop a community vision and an action plan to achieve a better world for themselves and others. PAX DreamMakers incorporates the best approaches from prevention science, using evidence-based kernels, continuously building resilience using protective factors while mitigating risk factors, and embracing their Indigenous culture and traditions.

## 4D: Intergenerational Trauma Through the Eyes of Media

Karen Lizzy, LMHC, SUDP

We will look directly into the eyes of intergenerational trauma in the Native Community as revealed through newspaper articles, children's books, art, photo's, movies, documents, tv shows and music.

## 4E: Improving Outcomes for Individuals with Opioid Use Disorder on Community Supervision in Alaska

Heather Phelps, MA, LPC  
Tony Piper, MS, LPC  
Grant Rich, PhD

The Alaska team will present on the process and outcomes related to their National Governors Association technical assistance award: Improving Outcomes for Individuals with Opioid Use Disorder on Community Supervision. Emphasis will be on the importance of building bridges between and across state systems and community providers for individuals on community supervision.

# Thursday, August 4, 2022

11:45 AM - Lunch, Visit Exhibitors

12:15 PM - State Leadership Panel Discussion

Michael Langer  
Rosie Andueza  
Theresa Johnson  
John Mcilveen  
David Dickinson  
Lois Gillmore

1:15 PM - Break, Visit Exhibitors

1:30 PM - Workshop Session V

## 5A: Integrating Harm Reduction Principles Into SUD Counseling

Brian Burwell

A brief workshop on the history of Harm Reduction programs, examination of the stigma that they have carried, alignment with client-centered care & integrating HR principles into "traditional" SUD counseling work.

## 5B: Opioids: A Constructive Overview History, Impact, Data, and Collective Prevention Strategies

Max Margolis, BA

This presentation is for anyone interested in expanding their perspective and crafting a better narrative about the current opioid crisis. The presentation targets the construction industry; however, its historical and societal overview of opioids is appropriate and engaging for general audiences. In addition, this presentation widens the aperture for contextualizing and explaining the impact of opioids



# Thursday, August 4, 2022

1:30 PM - Workshop Session V

## 5C: The Power of Peer Support in an Opioid Treatment Program

Chris Swanson, CPC  
Tawnia Nelson, CPC  
Tiffanie Colombini, CPC

This workshop will discuss the role of Certified Peer Counselors in recovery by treating the whole person as a whole person. The learning objective is to understand how peer support reduces barriers, stigma, and shame by restoring hope, worth, and dignity in a recoveree's journey. The presentation will include a discussion on building a peer program at an OTP, the services peers provide, and sharing recoveree success stories.

## 5D: It's not just paying people to be abstinent: Reflections on Implementing Customized Contingency Management Programming

Mitch Doig  
Tianna Hillis, BS, CADC II  
Megan Marx-Valera, MPA, NCPRSS  
Teri Morgan-Urie, CADC II  
Bryan Hartzler

In this panel presentation, representatives from an intermediary purveyor organization, a statewide treatment agency, and two opioid treatment programs serving as implementing sites in Oregon will discuss collective efforts to design and implement customized Contingency Management (CM) programming to address simulant use. The panel discussion will encompass the goals of this multi-year project, implementation outcomes and experiences, and future considerations for CM implementation.

## 5E: Sharing Knowledge and Building Capacity: OHSU and Oregon ECHO Network's Addiction Medicine Programs

Tuesday Graham, BS  
Dan Hoover, MD

This presentation focuses on how our Addiction Medicine programs have leveraged the ECHO model to build the capacity of Oregon clinicians to identify and treat substance use disorders in their clinical setting. Starting in 2017, the Oregon ECHO Network partnered with the OHSU Department of Addiction Medicine to offer a single ECHO program and now offers nine separate ECHO programs: Substance Use Disorders in Ambulatory Care, Chronic Pain and Opioids, Effective Systems for Treating Addiction in Primary Care, Substance Use Disorders in Hospital Care, Hepatitis C: Treatment and Elimination, Hepatitis C Community of Practice, Substance Use Disorders Leadership, Addiction Medicine Curbsides and Conversations, and Recovery Peers in Medical Settings. The presentation will also describe how to obtain the Addiction Medicine ECHO Certificate and preview future Addiction Medicine ECHOs hosted by the Oregon ECHO Network.



# Thursday, August 4, 2022

2:45 PM - Break, Visit Exhibitors

3:00 PM - Closing Keynote Session

## **Bree Guideline on Opioid Prescribing in Older Adults**

Dr. Mark Sullivan

This keynote will provide an overview of the Bree Guideline on Opioid Prescribing in Older Adults. The guideline was developed in 2022 by a multidisciplinary group of clinicians, administrators, and policymakers. In 2011, the Washington State Legislature established the Dr. Robert Bree Collaborative so that public and private health care stakeholders would have the opportunity to identify specific ways to improve health care quality, outcomes, and affordability in Washington State.

# EXHIBITORS



**HOLMAN**  
RECOVERY CENTER  
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WHPS  
Washington  
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*A program  
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Northwest (HHS Region 10)

**ATTC**

Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



Northwest (HHS Region 10)

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