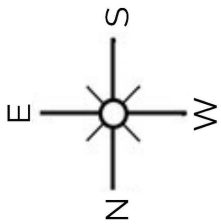


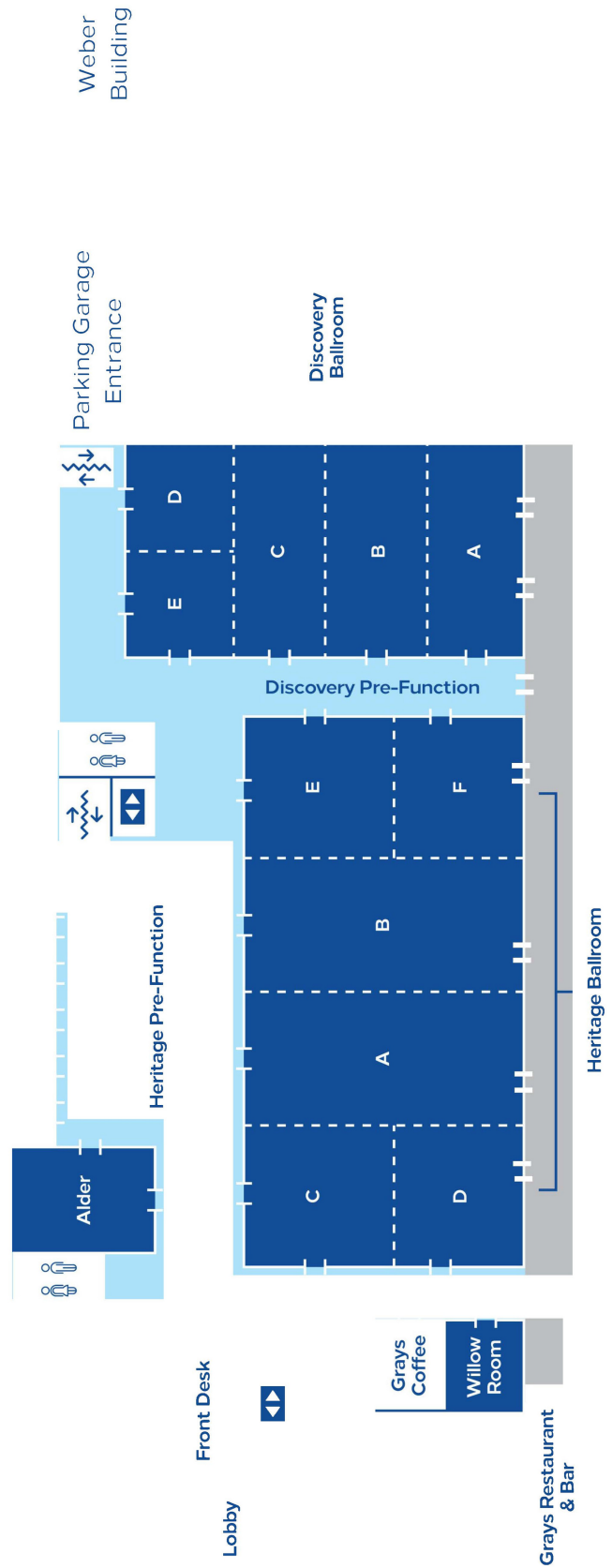


ALASKA, IDAHO, OREGON, WASHINGTON  
**OPIOID SUMMIT**

The Road to  
Healthier  
Communities:  
Creating  
Equitable and  
Responsive  
Systems to  
Address the  
Evolving Opioid  
Epidemic



Columbia St.



W. 6th St.

# TRIBAL BLESSING

Tanna Engdahl is an Elder and Spiritual Leader in the Cowlitz Indian Tribe. At the beginning of her career, Tanna competed for a special scholarship to Columbia University and was hired by KIRO-TV as the first major-market American Indian TV news reporter in the U.S. At the same time, she served as the Tribe's Vice-President. She left the newsroom to engage in a thirty-year career in public land agencies: Bureau of Indian Affairs, Bureau of Land Management and the National Park Service. During that time, she was selected to a Federal Leadership Academy and spent many years in management positions.

In this role, she encouraged Federal sensitivity to tribal sacred sites and was in the forefront of a movement to establish Indian cultural committees within Government.

Upon retirement, she has been actively presenting Cowlitz history to schools, colleges, community organizations, Federal and State agencies and other public venues. She teaches a more formal Cowlitz history class at Clark College in the Continuing Education Division. Tanna also champions conservation projects and health programs for which the Cowlitz Tribe is known.

As a volunteer, Tanna serves on the Ridgefield National Wildlife Refuge Board and Washington State University's Native American Board. She was also a Community Representative in developing the current Strategic Plan for Clark College. Tanna's spiritual work is dedicated to Tribal activities and events. She also officiates at weddings, funerals and other lifeway celebrations.





# 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 support the paths to Opioid Prevention, Treatment, Recovery, and Intervention.



# A Special Thanks to:

Michael Langer · Alicia Hughes  
Natalie West · John Mcilveen  
Kelsey Smith-Payne · Catherine Kaplan  
David Dickinson · Rachel Nenno  
Kathryn Chapman · Rosie Andueza  
Joan Houlihan · Lois Gillmore  
Kira Schneider · Amanda Polley  
Tynisia Hanson · Jaclynn Richards  
Rachael Masaitis

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# SUMMIT INFORMATION

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

Participants can earn up to 8.5 Continuing Education Hours (CEHs) for attending the general Summit. Continuing Education Hours have been approved by NAADAC.

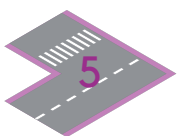
In-person participants must check in at the registration desk upon arrival in order to receive credit for attendance for the general Summit.

Virtual participants must login and be present in the virtual workshops to receive credit for attendance for the general Summit. This participation will be tracked through our virtual AttendeeHub.

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, following the completion of the electronic overall evaluation.

## Online Evaluations

An overall evaluation will be sent out immediately after the conclusion of the conference. To obtain your certificate you must complete this overall Summit evaluation. Evaluations will be sent to the email provided and available for 3 weeks after the conference. Please allow up to 6 weeks to receive your certificate.





# AGENDA AT A GLANCE

**Day 1: Wednesday, July 19, 2023**

**7:30 AM - Check-in, Virtual Platform Opens, Breakfast**

**9:00 AM - Welcome/Keynote**

**10:45 AM - Break/Visit Exhibitors**

**11:00 AM - Workshop Session 1**

**12:00 PM - Lunch Break**

**1:00 PM - Workshop Session 2**

**2:00 PM - Break/Visit Exhibitors**

**2:15 PM - Workshop Session 3**

**3:15 PM - Break/Visit Exhibitors**

**3:30 PM - Workshop Session 4**

**4:30 PM - Closing & Adjourn/Dinner**

**Day 2: Thursday, July 20, 2023**

**7:30 AM - Check-in, Virtual Platform Opens, Breakfast**

**9:00 AM - Welcome/Keynote**

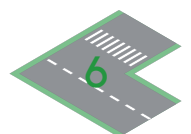
**10:30 AM - Break/Visit Exhibitors**

**10:45 AM - Workshop Session 5**

**11:45 AM - Lunch Break**

**12:45 PM - Keynote Closing**

**2:00 PM - Closing & Adjourn**





# TRACKS AT A GLANCE

## Prevention

**1A: Partnering For Prevention: How to Collaborate with Trusted Message Carriers to Affect Behavior Change AND Prevention and Harm Reduction Activities in Washington State Hospitals**

July 19, 11:00 am

**2A: Tailoring SAMHSA's Community Conversations About Mental Health in Rural Communities**

July 19, 1:00 pm

**5A: Public Health ODMAP Surveillance for Prevention and Harm Reduction Strategies**

July 20, 10:45 am

**3A: Alaska Blanket Exercise**

July 19, 2:15 pm

**4A: Why Prevention?**

July 19, 3:30 pm

## Intervention

**1B: Harm Reduction from a Peer Perspective**

July 19, 11:00 am

**2B: Harm Reduction & Overdose Prevention in Idaho's Correctional Institutions**

July 19, 1:00 pm

**5B: Friends for Life: A Harm Reduction Approach with Heart**

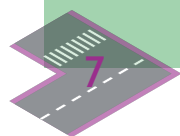
July 20, 10:45 am

**3B: Save Lives Oregon: Community Listening Sessions**

July 19, 2:15 pm

**4B: Pain Care Inequality: An Underappreciated Contributor to the Opioid Crisis**

July 19, 3:30 pm







# TRACKS AT A GLANCE

## Treatment

**1C: A Losing Hand: Gambling Among Oregon's OTP Patients**

July 19, 11:00 am

**4C: Addiction Medicine ECHO: Building a Community of Practice for Substance Use Disorder Care Providers**

July 19, 3:30 pm

**5E: Addiction Medicine ECHO: Building a Community of Practice for Substance Use Disorder Care Providers**

July 20, 10:45 am

**2C: Opioid Use Disorder and Childhood Trauma: New Ways to Visualize Brain Health, Ensure Equitable Access to Medical Information, and Encourage Treatment Uptake**

July 19, 1:00 pm

**5C: Be a 'Dope' Teletherapist - Sooo Chuegy**

July 20, 10:45 am

## Recovery

**1D: Labyrinths: A Moving Meditation**

July 19, 11:00 am

**2D: Think That People Who Are Homeless Can't Work? Surprising Reasons Why That is Not the Case.**

July 19, 1:00 pm

**5D: An Introduction to HARM Reduction & SUD Support for the LGBTQ+ Community**

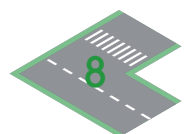
July 20, 10:45 am

**3D: Communities Working Together to Support Wellness for Past, Present, & Future Generations**

July 19, 2:15 pm

**4D: Utilization of CRAFT in the Alaska Tribal Health System: Community Reinforcement Approach and Family Training**

July 19, 3:30 pm





# KEYNOTE SESSIONS

Heritage AB

## Keynote Session 1

Wednesday, July 19, 9:30 am - 10:45 am

PAX DreamMakers: Bettering our World, Bettering Ourselves

*Claire Richardson*

PAX DreamMakers are youth leaders in communities who join together to develop a Community Vision and an action plan to achieve a better world for themselves and others. They learn and use the evidence-based strategies from the PAX Good Behavior Game. In a safe, nurturing environment, they practice the skills they need to succeed. The rewards of being a PAX DreamMaker are seen in community change. Most important, the youth are the heroes of their own change, bringing hope to other youth and their communities.

## Keynote Session 2

Thursday, July 20, 9:15 am - 10:30 am

Perinatal Harm Reduction: Using Evidence to Combat Stigma and Improve Service Delivery

*Glyceria Tsinas*

You will gain practical skills rooted in reproductive justice and harm reduction that will improve service delivery and client engagement. We will examine the impacts of bias and stigma on policy and service delivery. Finally, we will dismantle common myths regarding prenatal substance exposure, long term outcomes, and treatment options.

## Closing Keynote

Thursday, July 20, 12:45 pm - 2:00 pm

Creating HOPE in Rural Communities Through Continuity of Care

*Sarah Walling-Gifford, Sydney Kulhanek, Deborah Thomas*

The Walker Center will introduce the HOPE program, what its function is, goals are, and outcomes have been in providing residential treatment and 10 months of aftercare post-discharge. The HOPE team includes a social worker and recovery support specialists that follow clients into their own communities to support reconnecting with their children, families, and recovery supports. This requires a skilled team to understand resources in various rural communities in order to remove barriers to clients being successful and connecting with relevant supports. This team maintains regular contact with clients throughout a year of care. The presentation will include tenants for defining the HOPE team and roles each member manages to support an integrated, well rounded approach. The Walker Center functions within a rural community and has developed resourceful methods to overcome accessibility, geographical, and service barriers in surrounding areas. This team would like to share findings, successes, and challenges to support others in integrating similar approaches within various levels of care.



# WORKSHOP SESSION 1

Wednesday July 19, 2023, 11:00 am - 12:00 pm

## Prevention

**1A: Partnering for Prevention: How to collaborate with trusted message carriers to affect behavior change AND Prevention and Harm Reduction Activities in Washington State Hospitals**

**HERITAGE C**

**State: Washington**

**Annie Blake-Burke, Erika Jenkins, Tina Seery**

This presentation will share how our team activated trusted message carriers and partners to cultivate effective and authentic prevention messaging and put innovative strategies in place to deepen community understanding of healthy prescription opioid misuse prevention behaviors. We will focus on our recent partnerships with pharmacists and providers to develop new campaign materials and have conversations with patients about safe and responsible prescription opioid use.

## Intervention

**1B: Harm Reduction from a Peer Perspective**

**HERITAGE E**

**State: Idaho**

**ONesha Cochran**

Explore the many celebrations of harm reduction: reducing disease, showing people we care, creating access to care, providing safer living conditions for our houseless communities; learning to be the guide on their journey to freedom and recovery.

## Treatment

**1C: A Losing Hand: Gambling Among Oregon's OTP Patients**

**DISCOVERY D/E**

**State: Oregon**

**Rick Berman, Jeff Marotta**

Research shows very high rates of Problem Gambling (PG) among Opioid Treatment Program (OTP) participants and that PG is associated with OTP treatment failure. This presentation will demonstrate effective PG screening tools and discuss efforts in Oregon by the State Opioid Treatment Authority (SOTA) and Problem Gambling Services (PGS) to work together to research the impact of PG on OTP retention and help providers address PG with their program participants. Current efforts include a pilot project with ADAPT Integrated Health Care's OTP programs in Southern Oregon and 2023 changes to Medicaid and Administrative Rules to help OTP's address PG.

## Recovery

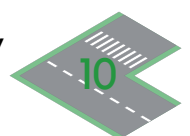
**1D: Labyrinths: A Moving Meditation**

**DISCOVERY C**

**State: Washington**

**Megan Wright**

Learn about labyrinths and feel their power in an experiential session of movement meditation. We will discuss the history of labyrinths, their anatomy and symbolism, and various ways in which labyrinths can be a self-care or recovery tool.



# WORKSHOP SESSION 2

Wednesday July 19, 2023, 1:00 pm - 2:00 pm

## Prevention

### 2A: Tailoring SAMHSA's Community Conversations About Mental Health in Rural Communities

#### HERITAGE C

State: Oregon

Abbey Martin, Dr. Sandi Phibbs

In 2021, OSU's Coast to Forest program supported two rural counties in setting local policy priorities by adapting SAMHSA's Community Conversations About Mental Health, a best practice toolkit that supports community collaboration for addressing mental health needs. This presentation will equip participants with the skills to adapt and deliver SAMHSA's best practice framework for leading discussion and action planning on mental health, opioid use, and substance use. Participants will also gain skills in convening diverse partners to engage in challenging conversations.

## Intervention

### 2B: Harm Reduction & Overdose Prevention in Idaho's Correctional Institutions

#### HERITAGE E

State: Idaho

Evan Burke

In this presentation we will discuss our efforts at outreach in Idaho's correctional facilities, including our successes in improving access to naloxone for people who use drugs in these settings, providing overdose prevention education to both staff and residents, and facilitating conversations with staff and residents about harm reduction practices and services.

## Treatment

### 2C: Opioid Use Disorder and Childhood Trauma: New Ways to Visualize Brain Health, Ensure Equitable Access to Medical Information, and Encourage Treatment Uptake

#### DISCOVERY D/E

State: Alaska

Timothy Collins

For patients with opioid use disorder and survivors of childhood trauma, access to information about behavioral health aspects of their medical condition is generally lacking or non-existent. In a talking circle, participants will be invited to give feedback and to share concerns unique to their communities, which will be considered in the development of an interactive application that is projected to be available to tribal health entities later this year.

## Recovery

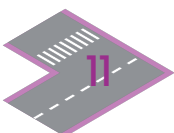
### 2D: Think That People Who Are Homeless Can't Work? Surprising Reasons Why That is Not the Case

#### DISCOVERY B

State: Washington

Darren Paschke, Dawn Miller

Employment can be a motivator for entering and adhering to treatment and can result in better treatment outcomes.



# WORKSHOP SESSION 3

Wednesday July 19, 2023, 2:15 pm - 3:15 pm

## Prevention

### 3A: Alaska Blanket Exercise

#### HERITAGE D

*State: Alaska*

*Jaclynn Richards*

The Alaska Blanket Exercise (ABE) is an experiential history lesson that tells the story of Alaska Native people. In the ABE, participants walk on blankets representing the land and into the role of Alaska Native people by elder quotes and carrying cards which ultimately determine their outcome as they literally 'walk' through situations that include pre-contact, colonization and resistance. This exercise was adapted from a best practice exercise use by Indigenous people in Canada. Since its inception, the ABE has grown immensely through grassroots efforts. The ABE evaluation consistently reports overwhelmingly positive feedback. Indigenous people reported that the ABE contributes to healing and non-Indigenous people state that the ABE is educational.

## Intervention

### 3B: Save Lives Oregon: Community Listening Sessions Findings Reports

#### HERITAGE F

*State: Oregon*

*Sarah Armstrong, Carina Garcia, Natalie Bonilla, Mireaya Medina*

The team at Brink Communications will share key findings from a series of Community Listening Sessions conducted in Oregon in April among Black, Latinx, and Native harm reductionists, including recommendations for culturally-specific materials and tools to support harm reduction programs.

## Treatment

### 3C: Continued Dissemination of Contingency Management in Oregon - New Efforts to Improve Treatment Engagement Among Clients Referred from the Criminal Justice System

#### DISCOVERY A

*State: Oregon*

*Bryan Hartzler, John McIlveen, Kelsey Payne, Chris Wig, Laura Cooper, Jason Tran*

The panel will discuss how this partnership: 1) contributes to single-state authority vision for disseminating CM in Oregon, 2) extends delivery of an empirically-supported technical assistance package to this clinical challenge, and 3) shares real-world implementation experiences to inform future dissemination.

## Recovery

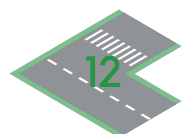
### 3D: Communities Working Together to Support Wellness for Past, Present, & Future Generations

#### DISCOVERY C

*State: Alaska*

*Christina Love*

Reaching underserved populations is often a challenge for agencies and organizations. This presentation will help participants explore the root causes of disengagement and provide tips and strategies for meaningful connection of underserved populations. The audience will learn what it means to center healing in all that we do as well as what healing centered practices of engagement are and how to use them.



# WORKSHOP SESSION 4

Wednesday July 19, 2023, 3:30 pm - 4:30 pm

## Prevention

### 4A: Why Prevention?

#### HERITAGE C

*State: Washington*

*Vashti Langford*

Healing of the Canoe (HOC) began as a collaborative project between the Suquamish Tribe, the Port Gamble S'Klallam Tribe, the Alcohol and Drug Abuse Institute, and University of Washington. Suquamish and Port Gamble S'Klallam both identified the prevention of youth substance abuse and the need for a sense of cultural belonging and cultural revitalization among youth as primary issues of community concern. The Healing of the Canoe partnership sought to address these issues through a community based, culturally grounded prevention and intervention life skills curriculum for tribal youth that builds on the strengths and resources in the community.

## Intervention

### 4B: Pain Care Inequality: An Underappreciated Contributor to the Opioid Crisis

#### HERITAGE E

*State: Washington*

*Marian Wilson*

Results will be shared from a project funded by the National Science Foundation to address pain care inequities within the context of the opioid overdose epidemic. The presentation will include best practices for whole person pain management and patient preferences for technology-driven innovations.

## Treatment

### 4C: Addiction Medicine ECHO: Building a Community of Practice for Substance Use Disorder Care Providers

#### DISCOVERY D/E

*State: Oregon*

*Daniel Hoover*

In the case of Oregon's SUD ECHO program, we have augmented the impact of ECHO trainings by creating a community of practice for continued support and by offering programs focused on dismantling systemic barriers to care that discourage SUD treatment providers.

## Recovery

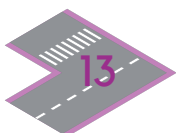
### 4D: Utilization of CRAFT in the Alaska Tribal Health System: Community Reinforcement Approach and Family Training

#### DISCOVERY B

*State: Alaska*

*Jaelynne Richards, Jackie Engebretson*

Community Reinforcement Approach and Family Training (CRAFT) is a form of therapy that helps family members improve their personal well-being and learn specific skills to motivate their loved one toward substance abuse treatment. Research demonstrated that CRAFT is more effective than other interventions such as Al-Anon and the Johnson Intervention.



# WORKSHOP SESSION 5

Thursday July 20, 2023, 10:45 am - 11:45 am

## Prevention

### 5A: Public Health ODMAP Surveillance for Prevention and Harm Reduction Strategies

HERITAGE C

State: Idaho

Kaila Harris

Learn how to effectively utilize overdose surveillance and response strategies to implement prevention and harm reduction best practices.

## Intervention

### 5B: Friends for Life: A Harm Reduction Approach with Heart

HERITAGE E

State: Washington

Mallory Peak, Corie Bales

In this session, presenters will describe their approach and lessons learned in developing a fentanyl education campaign focused on harm reduction, empathy and reducing stigma. Attendees will learn about the research findings that drove the campaign's development.

## Treatment

### 5C: Be a 'Dope' Teletherapist - Sooo Cheugy

DISCOVERY D/E

State: Idaho

Kim Keys

Youth are unique and require unique innovation! This workshop will discuss common barriers to providing effective and accessible tele-mental healthcare to youth and ways we can remove these barriers to move kids forward in a cyber-world.

### 5E: Continued Dissemination of Contingency Management in Oregon - New Efforts to Improve Treatment Engagement Among Clients Referred from the Criminal Justice System

DISCOVERY A

State: Oregon

Bryan Hartzler, John McIlveen, Kelsey Payne, Chris Wig, Laura Cooper, Jason Tran

The panel will discuss how this partnership: 1) contributes to single-state authority vision for disseminating CM in Oregon, 2) extends delivery of an empirically-supported technical assistance package to this clinical challenge, and 3) shares real-world implementation experiences to inform future dissemination.

## Recovery

### 5D: An Introduction to Harm Reduction & SUD Support for the LGBTQ+ Community

DISCOVERY C

State: Oregon

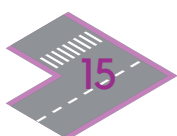
Sean Mahoney

Discover culturally specific harm reduction and substance use disorder care for the LGBTQ+ community from Sean Mahoney. This workshop will look at unique recovery needs of the LGBTQ+ community and why culturally specific care is important.

# EXHIBITORS



- Alaska Native Tribal Health Consortium
- Northwest ATTC
- MedSTAT Supplies
- NCQAC
- Opioid Response Network
- Project ECHO Idaho
- Acadia Healthcare
- Oxford House Inc.
- Community Medical Services
- Alkermes
- Oregon Health & Science University:  
Addiction Medicine ECHO Program
- Northwest Mental Health Technology  
Transfer Center, University of  
Washington
- Northwest Portland Area Indian Health  
Board





# STATE SPONSORS



Idaho Department of Health & Welfare  
Division of Public Health



**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration



## Comprehensive Treatment Centers Opioid Use Disorder Programs

### OPIOID ADDICTION TREATMENT

Comprehensive Treatment Centers (CTCs) provide medication-assisted treatment (MAT) for adults age 18 and older who are struggling with opioid use disorder. Our services are designed to give people the flexibility to continue fulfilling their daily responsibilities as they work toward long-term recovery. Individualized treatment plans incorporate the use of prescription medication and therapy sessions to help people address the physical and mental aspects of addiction.

*To learn more about what we do, please contact:*

**Karissa Shephard**

(562) 810-3701 | [Karissa.Shephard@ctcprograms.com](mailto:Karissa.Shephard@ctcprograms.com)

### Season 3: Surveying Substance Use Disorders



## SOMETHING FOR THE PAIN

PROJECT ECHO - IDAHO  
PODCAST

New episodes available Aug. 7th  
for free CE/CME/CEUs!

Featuring lectures by Idaho's leading experts on the latest trends, best-practices and existing resources for substance use disorder prevention, treatment and recovery in Idaho.

[uidaho.edu/echo-podcast](http://uidaho.edu/echo-podcast)

# ECHO IDAHO



**Opioids, Pain and Substance  
Use Disorders**



**Counseling Techniques for  
Substance Use Disorders**



**Medications for Opioid Use Disorder  
(MOUD) Consultation Hours**

[uidaho.edu/echo](http://uidaho.edu/echo)

[echoidaho@uidaho.edu](mailto:echoidaho@uidaho.edu) 208-364-4072

This project was supported by Grant No. 15PBJA-21-GG-04957-COAP awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the Department of Justice's Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the Office for Victims of Crime, and the SMART Office. Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.



**University of Idaho**  
WWAMI Medical Education



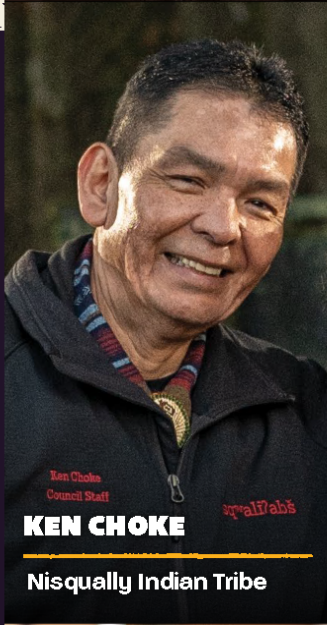
**TORI DENISON**

Spokane Tribe of Indians



**LEVI HORN**

Northern Cheyenne Tribe



**KEN CHOKE**

Nisqually Indian Tribe



**EVA JAMES**

Muckleshoot Indian Tribe



**MONICA TONASKET**

Spokane Tribe of Indians



**ISAAC TONASKET**

Confederated Tribes of the Colville Reservation

# FOR OUR LIVES

## Acting now to end overdose

Through deep collaboration with Native individuals, tribal prevention and treatment partners, and the Washington State Health Care Authority (HCA), an update to the WA Tribal Opioid Solutions campaign has just been launched. The communications campaign is now entitled **For Our Lives** and is intended to support educational efforts around opioid misuse prevention and treatment for Native communities in Washington. In addition, the campaign now features **resources and information about fentanyl and preventing overdose.**

*For Our Lives* prioritizes story telling to more authentically connect with and support Native individuals and Native serving organizations throughout Washington. The campaign features a **toolkit of items** including print materials, videos, social media content and more. **These materials are provided at no cost** to any organization serving Native communities within the state and may be customized to best support the unique needs of each organization.



To learn more, please visit [ForNativeLives.org](https://ForNativeLives.org)



ALASKA, IDAHO, OREGON, WASHINGTON

# OPIOID SUMMIT

The Road to Healthier Communities: Creating Equitable and Responsive Systems to Address the Evolving Opioid Epidemic

[www.region10opioidsummit.org](http://www.region10opioidsummit.org)

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