



**PUBLIC HEALTH ADVISORY BOARD
REGULAR MEETING
Wednesday, March 8, 2023**

THIS MEETING WAS CONDUCTED BY REMOTE PARTICIPATION.

MEMBERS PRESENT: Christina Wagar, Kamori Cattadoris, Mary Selecky, Dr. Caleb Holtzer, Debra Wulff, Cheri Petersen, Katie Swain, Wes McCart, Nancy Churchill, Dr. Leslie Waters

MEMBERS ABSENT: Dr. Artzis

GUESTS: Shelly Nelson

NETCHD STAFF PRESENT: Jeanie Beegle, Jon Ness, Matt Schanz, Molly Corvino

CALL MEETING TO ORDER: Christina Wagar called the meeting to order at 8:01 am.

CONSIDERATION OF MINUTES OF JANUARY 11, 2023: Mary Selecky moved, and Cheri Petersen seconded the motion to approve the minutes of January 11, 2023. Motion carries.

CONSIDERATION OF MINUTES OF FEBRUARY 08, 2023: Debra Wulff moved, and Mary Selecky seconded the motion to approve the minutes of February 08, 2023. Motion carries.

PUBLIC APPEARANCES OR COMMENTS: None.

ADDITIONS OR CHANGES TO AGENDA: None.

COMMUNITY HEALTH NEEDS ASSESSMENT (CHNA) REPORTS: The results of the CHNA have been posted for each county to the Northeast Tri County Health District (NETCHD) webpage. Matt Schanz noted the key findings are showcased under each county's tab. This information will help NETCHD to better partner and collaborate with other community organizations, being unified around issues that community members have identified. NETCHD will work with partners to initiate and form solid projects, improvement plans, and to apply for grants.

Shelly Nelson commended Sonja Moore and Matt Schanz for their work on the CHNA.

Matt commented that the findings from the CHNA have been shared widely with participants, partners and stakeholders. NETCHD has also reached out with requests for those that would like to be involved with the improvement plan.

Cheri Petersen stated the data and findings from the CHNA is incredibly helpful for community partners such as Rural Resources, as the data can be utilized to support grant applications and funding requests.

NETCHD STRATEGIC PLAN: Following feedback from the PHAB and the BOH, NETCHD reworked the

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strategic plan into a rolling plan as opposed to a three-year plan. The strategic plan will be shared with PHAB members following the meeting. Highlights from the strategic plan include:

- Goal 1: Ensure NETCHD, in partnership with key stakeholders, is adequately prepared for a coordinated, efficient response to all public health hazards and emergencies.
- Goal 2: Host monthly engagement meeting to promote goal sharing and shared values, receive feedback, and prioritize goals.
- Goal 3: Ensure NETCHD is a sustainable organization, acknowledged by key stakeholders as the core provider of public health programs in our three county area.
- Goal 4: Provide public health education, messages and resources in partnership with community organizations, to improve health and well-being, both for population-wide health concerns and those faced by priority sub-groups.

Summary, objectives, and status are also included in the strategic plan, which is reflected as a dashboard where progress can be tracked.

COUNTY HEALTH INSIGHTS WEBPAGE: Matt Schanz provided an overview of the [County Health Insights dashboard](#). The dashboard contains information and statistics on topics such as reproductive health, infectious disease, health care, injury and violence, and various other health indicators. The webpage is continually maintained with the most current data. This project was completed in partnership with Spokane Regional Health District.

SUBSTANCE USE DISORDER (SUD) & OPIOID RELATED PROGRAMS: Dr. Caleb Holtzer presented on SUD and opioids, focusing primarily on the fentanyl crisis. Highlights from the presentation are as follows:

- Fentanyl is a powerful and potent synthetic opioid (typically mixed with heroin) that is sourced in countries such as China, India, and Mexico, pressed into pills and sold in the United States drug market.
- With a variety of colors and trending street names such as “blue mexis, skittles, and fenty”, minors are incredibly susceptible to falling victim to the drug.
- Because fentanyl is measured by microgram instead of by gram like heroin, each fentanyl pill has the potential to be lethal.
- The drug can also impact unsuspecting users who believe they are purchasing oxycodone, but instead are purchasing replicas (fakes) that are laced with fentanyl.
- Due to fentanyl, there has been a heavy increase in overdose deaths beginning in 2015 and increasing significantly year over year.
- Overall, men are more likely to die from opioid overdoses, with considerable numbers of deaths among Whites, American Indians, and African Americans.
- There were over 100,000 deaths nationwide from opioids last year.

Dr. Holtzer stated that treatment options have become more widely accepted and accessible, even in rural areas such as ours. Treatment options include buprenorphine, methadone, and naltrexone. Buprenorphine is more commonly offered in our counties due to strict federal regulations on methadone. Patients seeking methadone must travel outside of the area, typically to Spokane, to

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receive treatment. Suboxone is the most common brand name of buprenorphine; it also contains naloxone, which prevents diversion and injection.

A landmark study conducted in Sweden studied the one-year retention and social function following buprenorphine treatment. This study utilized a randomized placebo-controlled trial which found that nearly all of the participants taking buprenorphine remained active in the program at the one-year mark, while the entire placebo group had failed by day 50. In addition, four participants in the placebo group died of overdose during the study.

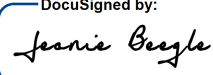
Dr. Holtzer stated there are several community organizations including Rural Resources, NETCHD, and New Alliance Counseling that received funding from the Hub & Spoke grant to create positions for a care navigator who would connect those suffering from SUD to services and treatment. In addition, Stopoverdose.org is a great resource, offering a WA State Naloxone Finder, toolkits, webinars and trainings.

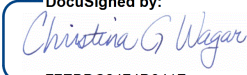
Christina Wagar noted the Drug Enforcement Administration (DEA) numbers and requirements that were previously a barrier have been removed, allowing more providers to begin offering medication assisted treatment.

Matt Schanz commented that NETCHD's Community Health Director, Molly Corvino, has a presentation about the services that NETCHD offers relating to SUD and harm reduction.

Mary Selecky commended Dr. Holtzer for the partnerships he has built over time and the work he has put in to make treatment more available and to raise awareness, remove stigma, and provide education.

ADJOURNMENT: Christina Wagar adjourned the meeting at 9:01am. The next meeting of the Public Health Advisory Board of Northeast Tri County Health District will be on April 12, 2023 by remote participation.

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By _____
Jeanie Beegle
Administration Office Manager

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Christina Wagar
Public Health Advisory Board Chair