



Winona County Alliance for Substance Abuse Prevention & Crime Prevention Committee
March 20, 2017: 2:30 – 4:00 pm at the Winona Senior High School

Board of Directors			
<u>Attendance:</u>	<u>Board Member:</u>	<u>Proxy:</u>	<u>Sector:</u>
Present	Travis Volkman		Chair
Present	Helen Bagshaw		Health
Present	Karin Sonneman	Rebecca Church	Government
Present	Ron Ganrude	Jeff Mueller	Law Enforcement
-	Terry Klonecki		Business
-	Mark Anderson		Schools
-	Joe McKonkey		Faith
-	Lori Ortega		Parent
-	Beth Moe		Civic/Volunteer
-	Mary Olson		Substance Abuse Treatment
Present	Darci Roesler		Youth Serving Organization
-	Brian Voerding		Media
Present	Payton Borchardt		Youth
-	Janneke Sobeck	<i>(non-voting)</i>	Program Director
Present	Phil Huerta	<i>(non-voting)</i>	Program Coordinator

Coalition Member and Guest Attendance:			
<u>Name</u>	<u>Organization</u>	<u>Name</u>	<u>Organization</u>
Deb McClellan	LWW - Treasurer		
Dr. Beguin	Winona Health	Wendy Haake	HVED
Dawn Gronner	Winona Health	Linda King	
Karla Eppler	Winona Ambulance	Kate Hansen	WSU Health & Wellness
Bridget Klinger	Winona Police Dept.	Marie Kovcesi	Winona County Board
Jenna McMillan	MN Teen Challenge	Tressa Reuter	FCC
Violette Rose	WSU Nursing	Deb Mccomb	Winona County Services

1. Consent agenda:

- February minutes
- March Finance Report
- Not enough Board members present to vote for approval
- Voting will take place via email

2. Preventing opioid misuse and the Conservative Pain Management Clinic (CMC):

Dr. Beguin from Winona Health was a guest presenter to speak on his work around preventing opioid misuse in Winona County over the last decade, and creating the Conservative Pain Management Clinic (CMC) over the last few years in response. Bullet points of his presentation are listed below:

What sparked this work?

- Dr. Beguin came to Winona 12 years ago
- Noticed phone calls at 5:00 pm for codeine refills
- Saw the student survey results from 10 years ago: 1 in 5 middle school students, and 1 in 4 high school students reported misuse of prescription drugs
- Recognized there is not a lot of training for practitioners on pain management
- Some doctors were known for unhealthy prescribing habits

What the environment was like:

- 1996 – Oxycontin was created
- Pain as a vital sign was adopted by government, but this is highly subjective
- Death rates for opiate overdoses increased 16 fold
- 80% of heroin addicts started with prescription drugs from doctors office
- Opiates are few substances with no prescription limit, unlike other medicines by providers
- Some patients were prescribed 1000mg/day; these folks were likely diverting
- 30-60mg/day – someone can build tolerance and physical dependence
- 90mg/day – 8-fold risk of death

In response, the Conservative Pain Management Clinic (CMC):

- Dr. Beguin had many conversations with Charles Reznikoff in Hennepin County
- Created CMC 1.5 years ago for patients with chronic pain and high doses of opiates to get to lower or safer levels; addresses opiates and stimulants prescribed
- FOUR GOALS:
 1. Patient would benefit
 2. Safe amount prescribed
 3. Educate patient and providers
 4. Ensure those who don't need it, don't get it
- Ended practice of prescription refill over phone
- Require face-to-face appointments for refill
- “Identify what your treating, not just that it hurts”
- Required drug testing and pill counts on a regular basis
- Most appointments were 15-20 minutes, but now can take 30-90 minutes to explain proper dosage and reasoning
- Client signs agreement to use the one pharmacy agreed upon and subject to pill count
- Queries the prescriber database

Achievements thus far:

- First 3 months, 25% reduction in people receiving prescriptions
- Ended supply for many diverters and got them treatment
- Heavy, known prescriber retired
- Peer review board has not reviewed any overdose deaths
- Average mg/prescribed per day down to 75mg

Challenges (What ASAP can help with):

- HIPPA; ability to talk with law enforcement
- Expanding on registry of diverters
- Educate and increase number of people who lock meds up at home
- Disposal of opiates at hospital
- Fake UA's – local establishment sells fake pee (Royal Tobacco)

What can nurses do?

- Nurses can refer patients to CMC or another provider

What do you think about medical marijuana?

- Views it as a fallacy based on a lot of scientific findings
- There is a lot of research showing the addictive potential of marijuana
- There are only a handful of scenarios with medical use legitimacy; those situations should require a sub-specialist when all other alternatives didn't work
- States with legalized marijuana see majority of patients with chronic pain as males, ages 25-30

3. Team updates & follow-up items:

- ***Youth:*** Continuing work on positive community norm video. Meeting with videographer on Wednesday to work on concept. Filming day is Friday, March 31. Another group is planning a Community Talk for early-mid April.
- ***Education/Training:*** Talked with a presenter for a cultural competency training, deciding and planning as a team how to proceed. Helen challenged everyone to complete the attached alcohol quiz by April's Board meeting.
- ***Programs/Strategy:*** Mock crash planning meeting on Thursday at high school. Mock trial script for Law Day was drafted, and being reviewed. [Looking for volunteers for Law Day](#). Parents Who Host, Lose the Most campaign will launch next month; materials will be handed out at April's Board meeting. Bridget Klinger is facilitating numerous Responsible Beverage Server Training's this week and next, and will conduct compliance checks in the coming months. Next team meeting is Friday, March 24 at 9:00 am at the Family & Children's Center.
- ***Media/Outreach:*** Meeting with Project FINE again on Friday to sort out details for targeted outreach; will decide on which activities to do based on budget. WSU students recently conducted marijuana focus group at high school to guide efforts on infographic for students.
- ***Data/Evaluation:*** Next meeting is Thursday, March 23 at 3:00 pm in Westview Room at Winona Health. Will talk about marijuana high school focus group findings and problem analysis diagram from last month to decide how to address teen marijuana use. Our evaluator is creating a parent survey, and report from our recent coalition survey. Results will be shared at April's meeting.

Minutes by Phil Huerta

Next meeting:

Monday, April 17, 2017 from 2:30 pm – 4:00 pm in Room 203 at Winona Senior High School