Snohomish County Opioid Response Multi-Agency Coordination Group

ACCOMPLISHMENTS FROM YEAR 1

SNOHOMISH OVERDOSE PREVENTION
A COMMUNITY COMING TOGETHER TO STOP SNOHOMISH COUNTY’S OPIOID EPIDEMIC
IMPACTS OF THE OPIOID EPIDEMIC IN SNOHOMISH COUNTY
Snohomish County accounts for about 11 percent of Washington’s population, but has experienced nearly 16 percent of all heroin-related deaths in the state over the past five years.
Over each of the last two years, Snohomish County has seen 100+ opioid-related deaths (103 in 2017 and 117 in 2018). Our community on average loses two people every week to opioids.

- That’s an annual opioid death toll more than double the number of people who were lost in the 2014 Oso mudslide (43), the county’s worst mass-casualty event.
- A single year of opioid-related deaths is nearly equal to all of the homicides reported in Snohomish County from 2011 to 2016 (102).
- In 2017, nearly twice as many people died here from opioids as lost their lives in accidental car crashes. (103 vs 56)
Opioids in Snohomish County

The Snohomish Health District’s recent Burden of Disease Report suggests that between 5,000 and 10,000 people in Snohomish County are living with opioid-use disorder.

• On the low end, that would be a crowd close in size to the average attendance at an Everett Silvertips home game (5,129).

• On the high end, it is enough to populate a city the size of Snohomish (10,089).
The Burden of Disease Report estimates that between 35,000 and 80,000 people here are misusing opioids.

• On the low end, that’s a population big enough to fill a city like Lake Stevens (32,785).

• On the high end, that’s one in every 10 people in Snohomish County struggling with opioids.
THE “MAC” GROUP

Background
In 2017, the Snohomish County Executive partially activated the emergency management system and along with other local leaders, including the Sheriff and Health District, stood up the Snohomish County Opioid Response Multi-Agency Coordination Group (MAC Group).

The effort builds on the emergency management system to tackle the opioid challenge with many of the same tools deployed to fight a flood, respond to a flu epidemic or start rebuilding after an earthquake.

The structure of the MAC Group:

- Breaks down silos
- Increases efficiencies
- Maximizes limited resources
- Creates and identifies common message and education opportunities
- Creates awareness of the scope of the problem
Thinking Like We Do In Emergencies

• Emergency response is part of our planning at all levels of government

• Utilize multiagency and multijurisdictional coordination

• Comprehensive Emergency Management Plan required by RCW 38.52 provides a framework

• Roles and responsibilities are clearly defined by Emergency Support Functions (ESF)
Applying Lessons Learned in One Disaster to Another
The Snohomish County Opioid Response MAC Group began meeting in late-summer 2017.

- Officially launched on November 20, 2017
- Agency representatives meet bi-weekly (Mondays)
- Updates are shared every other Wednesday
- On-going assessment of progress

Timeline of MAC Group
Goals of the MAC Group

• Goal 1: Reduce opioid misuse and abuse.
• Goal 2: Lessen the availability of opioids.
• Goal 3: Reduce criminal activity associated with opioids.
• Goal 4: Use data to detect, monitor, evaluate, and act.
• Goal 5: Reduce collateral damage to the communities.
• Goal 6: Provide information about the response in a timely and coordinated manner.
• Goal 7: Ensure the availability of resources that efficiently and effectively support response efforts.
MAC Group Agencies & Partners

- Snohomish Health District
- Snohomish County Executive, County Council, Department of Human Services, Medical Examiner, Department of Emergency Management, Public Works, Code Enforcement, and Sheriff’s Office
- South Snohomish County Regional Fire and Rescue
- Snohomish County Fire District 7
- Cities and Police Departments of Everett, Marysville and Arlington
Shared Data & Common Definitions

- Hospitals
- Medical Examiner’s Office
- Snohomish County Jail
- Drug & Gang Task Force
- Nuisance Properties
- Narcan/Naloxone Saves (OD Map)
- Syringe Exchange Survey
- Treatment Facilities
- Health Care Authority
- Prescription Drug Monitoring Program
- MED-Project
- EMS/Fire Response (FirstWatch)
- Diversion and Carnegie Centers
- Embedded Social Worker Outreach
MAC GROUP
ACCOMPLISHMENTS FROM YEAR 1

November 20, 2017 – November 20, 2018
MAC Group Objectives

- Agencies and partners identified SMART (specific, measurable, achievable, relevant, time-bound) objectives that align with the seven goals.

- The MAC Group in its first year completed 63 percent of the objectives it set when launched (74 of 117).
Reduced the Snohomish County Medical Examiner’s wait time for toxicology results in fatal overdoses from an average of 15 weeks to 12 days.

Nearly nine times faster for family members receive answers and for authorities to intervene in response to drug-related deaths and crimes.
First Aid Evolved

Trained more than 800 people during a 1-hour first aid course called “ACT”, a curriculum for today’s first aid and emergency needs:

**Antidote** — Opioid overdose

**CPR** — Cardiac arrest, defibrillation

**Tourniquet** — Hemorrhage control, scenes of violence
Collaborated with Workforce Snohomish to secure $2.4 million in funding to develop a comprehensive program using employment navigators to help those struggling with substance use disorder and/or homelessness obtain employment.
Partnered to obtain a grant for $323,000 from the Centers for Disease Control and Prevention to continue funding rapid toxicology testing, develop real-time tracking of overdoses, and develop a multidisciplinary approach to increasing access to treatment and services.
Outreach to Providers & Prescribers

- Educated 100+ providers at Providence Regional Medical Center and Swedish Edmonds during “grand rounds”
- Facilitated a focus group with pharmacists from around the County
  - More planned for veterinarians and dentists later this year
- Finalizing protocol with Swedish Edmonds and Mill Creek to begin ER overdose data collection & interventions
  - Have had preliminary discussions with Cascade Valley and Evergreen Health Monroe
Increased by 10 percent the number of medical providers who will prescribe Suboxone, one of the most effective compounds for medication-assisted treatment of opioid addiction.
Expanded Clean-up

Leveraged existing resources & partnerships

• Snohomish Health District (Clean-up Kits)
• Snohomish County Public Works (Solid Waste Disposal Sites)

Collaboration to break through barriers and find efficient, effective community solutions

More than 1,000 clean-up kits have been distributed to Snohomish County residents

More needle cleanup and disposal kits available to residents

The free kits, which include gloves, are designed to help people safely get rid of discarded syringes.

By Kari Bray
Tuesday, April 24, 2018 6:14am

EVERETT — A program that provides free kits to help people safely clean up and dispose of needles is set to expand around Snohomish County.

Starting Wednesday, needle clean-up kits are to be available at five locations. New safe disposal sites are being added, as well.
There’s no easy answer when it comes to stopping the opioid epidemic. This website was created to be a one-stop shop for resources. Whether you’re trying to understand the problem, prevent addiction, or save a life, this is a place to find information for that first next step.
Resource Guide: 10 Things to Know

1. Know your meds, store your meds
2. Talk to seniors
3. Learn about addiction
4. Talk to your kids
5. Take back your unwanted meds
6. Get involved
7. Give responsibly
8. Talk to your provider
9. Know how to help, support
10. Know who to call
57 total overdoses
- 2 fatalities
- 34 males, 20 females, 3 not reported
- Youngest was 17 and oldest was 73
- 21 of the overdoses were 21-30 year-olds
- 77% were identified as White.

Naloxone was administered in 72% of the reports, saving 40 lives.

Nearly 1/3 of the overdoses occurred between noon and 6 p.m.

Of the 57 overdoses, 13% did not have 911 called in response to their medical emergency.
IN CONCLUSION
An Innovative Approach

The Snohomish County MAC Group is garnering attention from around the region and across the country.
A Role Model for Others

- Philadelphia, PA
- Fairmont, WV
- Boulder County Public Health, CO
- ANR Clinic, NYC
- Edgecombe County, NC
- New Haven, CT
- Long Island, NY (Long Island Congregations Association and Neighborhoods)
- Middlesex County, MA
- Audrain County, MO
- Burnett County, WI
- Cedar Falls, IA
- Missouri Emergency Management Association (MOEMA)
- FEMA’s Emergency Management Institute (EMI)
- Sept au Huit (France’s 60 Minutes)
Questions