



**Community Advisory Council (CAC)**  
Monday, October 14, 2019 – 12–2pm  
Jackson Care Connect – 33 N. Central #320,  
Medford, OR – Nikola Tesla Room

### Summary of Minutes

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#### **Call to Order:**

The meeting was called the meeting of the Jackson Care Connect (JCC) Community Advisory Council (CAC) at 12:13pm. September minutes were approved.

**BOD Update:** No report today.

**Naloxone Presentation:** Sara Smith, RN BSN, Controlled Substance and Substance Abuse Case Manager from LaClinica

Sara Smith present a PowerPoint Title, “You can save a life. Carry naloxone.” She showed statistics and data from our area and the country. 130 Americans die every day from an opioid overdose (including Rx and illicit opioids) data from [www.cdc.gov](http://www.cdc.gov). Jackson County Public Health from August 2019 Summary reports: Year-to-Date illicit Opioid Overdose Fatalities - Total 4, Confirmed 1, Presumptive 0, and Suspect 3. Who is most at risk?

- People on higher doses or medication
- Medications that make someone sleepy
- Respiratory illness (oxygen), poor kidney or liver function (metabolism)
- Substance misuse or overdoes; on buprenorphine or methadone to treat
- Leaving abstinence: treatment, jail (tolerance low, death)
- Illicit opioids or methamphetamine: fentanyl contamination
- Single dose fatality: a child, a pet or someone who hasn’t taken opioids in a while; use your fire extinguisher
- Illness, alcohol use

What is Naloxone? Sara passed around a sample of naloxone.

Naloxone – reverses opioid overdoses. You can give it to a person even if you are not sure that the person is overdosing. There are basically no side effects and it is safe for ages 1 and older.

Naloxone only last 45 minutes to an hour and half. It is important to always call 911 before or after you administer Naloxone.

In April 2018 the Surgeon General published it’s first health advisory in 12 years which calls on patients, health care professionals, family and friends of those using opioids to get naloxone and learn how to use it. “BE PREPARED. GET NALOXONE. SAVE A LIFE.”

The Oregon’s Good Samaritan Law helps to take away the fear of calling 911. If someone is overdosing and you seek medical help, neither the person calling or the person who is overdosing can be arrested or prosecuted for:

- Drug possession
- Drug paraphernalia, being in a place where drugs are used
- Violating probation or parole because of 1<sup>st</sup> & 2<sup>nd</sup> bullet points
- Outstanding warrants related to 1<sup>st</sup> & 2<sup>nd</sup> bullet points

911 has its limitations – Time is very important for someone that is overdosing. Average time for Emergency Medical Services (EMS) to arrive is 7 minutes and that time increases in rural areas to more than

14 minutes. Permanent brain damage can occur after 4 minutes and people ingesting fentanyl may die within 2 minutes. Naloxone can be safely administered by community members before EMS arrive, savings lives and preventing damage due to lack of oxygen.

How do you get Naloxone? Go through your health care provider to get a prescription.

Max's Mission (See hand out) has monthly trainings look up Maxsmision.org

Video presented on how to administer Naloxone.

Questions:

Does it Expire? Sara - 2 years (but could last longer)

Are you reaching out to business communities? Sara - Yes and working with OHA.

Nancy will send out the video in the PowerPoint and the Max's Mission flyer.

**CCO 2.0 update:** Sam Watson, Community Health Manager gave a short report.

JCC will host Public Presentation – Sam past around flyer. The presentations are for community members, JCC members and providers to show how JCC plans on achieving what was in our Request for Application (RFA).

Sam asked if any CAC members would like to be a part of the presentation. CAC will be highlighted. We would love to have members of CAC share at the meeting. CAC members signed up to attend community presentations. Sam gave a short explanation of the meeting style which will be World Café Style. There will be Story Boards for each of the 5 categories.

Nancy encouraged participation.

**Dashboard Overview:** Volunteer (See attached Dashboard)

Nancy – High level overview of membership to give us a general idea of the working we are doing.

Overall JCC – Nancy explained each category.

**Updated CAC Member application:** Nancy

Nancy went over the current CAC application.

Nancy showed CAC's applications from Health Share and Columbia Pacific.

Nancy asked for suggestions to be emailed to her and she will comply a list of ideas for a new CAC application.

**OHA Update:** Belle (see handout and links)

Nancy will email the OHA update to CAC Members. Belle went over the reports and news on the update.

**Word on the Street:**

CO-Chair brought a Mail Tribune article on Don Bruland from April 2019, and also a brochure from Rogue Valley Transportation Department (RVTD) showing a picture of one of our CAC members.

Don Bruland handed out a flyer for a conference - Vital Aging in Southern Oregon - AARP on 11/16/19.

JCC Member – Reported that the Deaf workgroup will have two handouts they will provide to the Medical Community when finished.

Nancy – Member Meetings will be held as follows: November 7<sup>th</sup> – Ashland, November 19<sup>th</sup> – Medford, and November 20<sup>th</sup> – Eagle Point. Please let her know if you will be able to attend one (or more) of the meetings.

Nancy - Speaker at SOU on 10/22/19 – Disabled But Not Really's - Wesley Hamilton.

**Meeting adjourned at 2:00pm. Next meeting November 11th from Noon-2pm.**