

PUBLIC HEALTH CONNECTION

KCPHD and CWU Host 2015 Overdose Summit

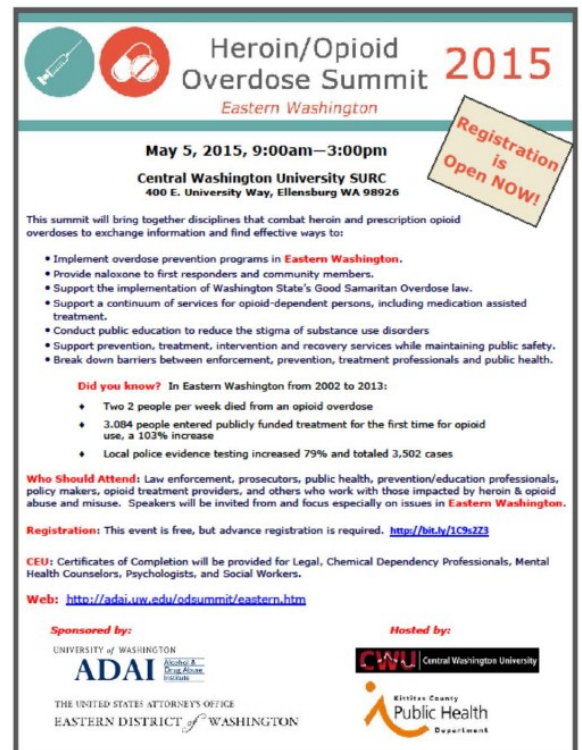
On May 5, the Kittitas County Public Health Department (KCPHD) and Central Washington University (CWU) hosted the 2015 Heroin/Opioid Overdose Summit for Eastern Washington.

The event was sponsored by the Alcohol & Drug Abuse Institute (ADAI) and the United States Attorney's Office Eastern District of Washington. The summit brought professional fields together in an effort to address the crisis of accidental death by overdose.

According to ADAI at the University of Washington, Eastern Washington has seen an increase in problems related to heroin/opioid drug abuse.

Data shows that two people per week died from an opioid overdose; 3,084 people entered publicly funded treatment; local law enforcement evidence testing for opioids increased 79 percent.

Local professionals from law enforcement, healthcare, and social service attended the training. The summit was an opportunity for professionals from different fields to start to work together to prevent heroin/opioid overdoses from occurring in Kittitas County.



Heroin/Opioid Overdose Summit 2015
Eastern Washington

May 5, 2015, 9:00am – 3:00pm
Central Washington University SURC
400 E. University Way, Ellensburg WA 98926

Registration is Open NOW!

This summit will bring together disciplines that combat heroin and prescription opioid overdoses to exchange information and find effective ways to:

- Implement overdose prevention programs in **Eastern Washington**.
- Provide naloxone to first responders and community members.
- Support the implementation of Washington State's Good Samaritan Overdose law.
- Support a continuum of services for opioid-dependent persons, including medication assisted treatment.
- Conduct public education to reduce the stigma of substance use disorders
- Support prevention, treatment, intervention and recovery services while maintaining public safety.
- Break down barriers between enforcement, prevention, treatment professionals and public health.

Did you know? In Eastern Washington from 2002 to 2013:

- Two 2 people per week died from an opioid overdose
- 3,084 people entered publicly funded treatment for the first time for opioid use, a 103% increase
- Local police evidence testing increased 79% and totaled 3,502 cases

Who Should Attend: Law enforcement, prosecutors, public health, prevention/education professionals, policy makers, opioid treatment providers, and others who work with those impacted by heroin & opioid abuse and misuse. Speakers will be invited from and focus especially on issues in **Eastern Washington**.

Registration: This event is free, but advance registration is required. <http://bit.ly/1C9z7Z3>

CEU: Certificates of Completion will be provided for Legal, Chemical Dependency Professionals, Mental Health Counselors, Psychologists, and Social Workers.

Web: <http://adai.uw.edu/odsummit/eastern.htm>

Sponsored by:
UNIVERSITY OF WASHINGTON
ADAI
ALCOHOL & DRUG ABUSE INSTITUTE
THE UNITED STATES ATTORNEYS OFFICE
EASTERN DISTRICT OF WASHINGTON

Hosted by:
CWU Central Washington University
Kittitas County
Public Health
Department

Dr. Larson, Health Officer, Receives Two Statewide Awards

The Kittitas County Public Health Department is fortunate to have Dr. Mark Larson as the Kittitas County Health Officer. Recently, Dr. Larson was recognized for his efforts with two statewide awards.

In March, Dr. Larson received the Dr. John Anderson Memorial Award for Outstanding Rural Health Practitioner for 2015. The memorial award recognizes Dr. Larson's dedications to rural health.

In May, Dr. Larson received a second award as the statewide Family Physician of the Year.

Dr. Larson has been at KVH Family Medicine since 1998 and in 1999 received a startup grant with local providers to open a free clinic that still operates today. He has routinely sponsored medical students from the University of Washington since 2002 and has been the Kittitas County Health Officer since 2006.

"Dr. Larson is the epitome of public health, building capacity for medical services and ensuring increased access for people who are at-risk" avows Administrator Robin Read.



Department-Wide

New Grants /Fund Sources	1
Active Volunteers	3
Health Data Requests	9
Quality Improvement Projects Completed	0
Media Contacts	16
Health Provider Releases	1
Community Engagements	123
Code/Policy Updates	2

Vital Records

Births Registered	89
Birth Certificates Issued	253
Deaths Registered	67
Death Certificates Issued	359

Access to Baby and Child Dentistry

Outreach Contacts	100
Referrals to Dentists	2

Communicable Disease (CD)

Tuberculosis Investigations (TB)	0
CD Investigations	59
Confirmed CD cases	14
Sexually Transmitted Diseases Reported	59
TB Tests Administered	35

Immunization

Total Vaccinations	171
Flu Vaccinations	1
Travel Vaccinations	5
Adults Receiving Vaccine	123
Children Receiving Vaccine	13
Travel Consultations	8

HIV/AIDS and Hepatitis C

HIV Tests	0
Hepatitis C Tests	0
Syringe Exchange Participants	18
Syringes Exchanged	620
Education Participants	48

KCPHD Recognizes New Staff and New Endeavors



KCPHD hired a new Developmental Disabilities Program

Coordinator Sigrid Welker. Ms. Welker previously worked for the Department of Social and Health Services in the local



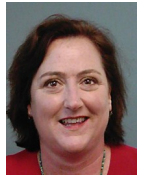
Community Service Office. Ms. Welker was hired May 6 and will work part-time as the DD Coordinator.

Administrator Robin Read has joined the Board of Directors for the Washington State Public Health Association. The Board of Directors term is three years.



Amy Kocher, Community Health Specialist I, is serving on the Washington State Early Learning Council.

Julia Karns, Community Health Specialist I, celebrated fifteen years working for KCPHD.



Mental Health Competency Training at Kittitas School District

The process to build capacity and create local change around mental health, came to fruition on April 24. The local county Accountable Communities of Health group held a training for all Kittitas School District Staff to improve mental health competency for professionals that work with youth.

One barrier identified in the collaborative process was that many professionals who are in contact with youth do not feel knowledgeable or comfortable

with mental health issues that youth experience. The training was an effort to improve that knowledge and comfort level.

The training was one of three focus areas that addressed youth mental health. In addition to increasing competency for local professionals, the referral system as well as co-locating and integrating care were also included in the collective change process.

During the training on April

24, all staff received an understanding of mental/behavioral health and the need to reduce stigma around mental health. The training presentation also included data, risk factors and warning signs, and steps and resources to intervene for youth in need.

Post training surveys showed an increase from 13 to 58 percent of staff who felt prepared to interact with a student with mental health issues.

Region 7 Public Health Emergency Staff Complete Training

On June 3, staff from Region 7 Public Health Emergency Preparedness and Response (Okanogan, Grant, Chelan-Douglas, and Kittitas) and volunteers from the Kittitas Medical Reserve Corps completed a training in order to test indoor air quality of public places within the region during incidents of wildfire.

The training was given by Met One Instruments who manufactured the two E-Sampler air monitors that

Region 7 now has access to for emergency response.

Staff and volunteers had an opportunity to get hands on training with the equipment and ask questions of the specialist from Met One.

If the region has a wildfire, public places like hospitals or childcare centers, can contact health departments within the region and staff will provide an on-site assessment.



E-Sampler Air Monitor

PUBLIC HEALTH CONNECTION

KCPHD Responds to Second Millpond Septic Incident in 2015

On June 16, there was a second septic leak near Millpond Mobile Manor. The second leak is the result of a damaged sewer line stemming from Millpond Mobile Manor.

In March, KCPHD staff was notified of a septic contamination at the west branch of Wilson Creek near the Canyon Road Bridge across from the City of Ellensburg Waste Water Treatment Plant.

Initial repairs for the leak in March were complete and the leak was contained along with the second leak in June. However, the permanent solution to the problem requires removal of the

Millpond pressurized septic line from the structure of the Canyon Road Bridge. The project to replace the existing line with the pressurized septic line crossing above the creek and separate from the bridge will be completed by mid-July.

KCPHD responded to both incidents. After notification of the leaks, KCPHD worked

with partner agencies to ensure the leak was repaired and sent press releases to local media to notify the public of the spills.

Water testing of the creek was completed to ensure normal levels of fecal coliform and *E.coli* were present in the water.



Air Quality Assessment Completed for Second Year (2015)

In partnership with the Washington State Department of Ecology (Ecology) KCPHD completed a second air quality related assessment of Kittitas County residents in June of 2015. The 2015 survey was a follow up from a similar survey done in 2014. The aim was to get a more in depth look at what Kittitas County residents know and do in regard to efficient burning practices.

The 2015 survey data will give KCPHD an opportunity to validate our original 2014 findings and compare our data to similar surveys done in the Pacific Northwest. In addition, the 2015 survey results will also test the effectiveness of our air quality outreach and educational efforts.

The 2015 assessment received 612 survey responses and the full assessment report has been completed. Data was analyzed to determine if there are any statistically significant changes in knowledge of PM 2.5, what's legal to burn outdoors and indoors, the importance of seasoning wood, and using certified stoves.

Key findings from the 2015 survey show that 67 percent of the population came into contact with outreach materials around air quality. There are still many Kittitas County residents who do not agree that air quality is an important environmental issue or that wood smoke is a significant contributor to PM2.5 pollution.

However, even with the lack of agreement on the air quality issue, there is a significant amount of community support for engaging in activities that would attempt to reduce PM2.5 pollution. KCPHD will use these findings to further community education about PM2.5 reduction.

The full report is available upon request or via our website at <http://www.co.kittitas.wa.us/health/default.aspx>



Environmental Health (EH)

EH Complaints	18
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Living Environment

Schools

Building Inspections	9
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Public Pools & Spas

Permits Issued	2
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Inspections	9
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Camps & Parks

Permits Issued	13
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Inspections	6
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Solid Waste

Permits Issued	8
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Inspections	8
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On-Site Sewage

Installation Permits Issued	65
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Finalized Permits	22
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Site Evaluations	81
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Inspections	26
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Food Safety

Permits

Permanent Food Establishment Applications	14
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Temporary Food Establishment Applications	41
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Food Handler's Permits	813
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Inspections

Establishment Inspections	176
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Temporary Event Inspections	18
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Drinking Water

Group A Water System Sanitary Surveys	1
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Group B Water System Inspections	0
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Individual Well Site Application Reviews	20
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Adequate Water Supply Determination Applications	89
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Well Delegation Inspections	8
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? **Did you know?** ?

- It is against the law to have an unsecured load (RCW 46.61.655).
- The fine for an unsecured load is \$216.00.
- Unsecured loads account for 40% of roadside litter.
- There are about 400 traffic accidents each year from road debris in Washington State.
- All loads should be secured with materials like ropes, chains, bungee cords, tarps, straps, or netting.
- On June 12, KCPHD hosted an event at the Ellensburg Transfer Station to inform residents to secure their loads.
- At the event, 60 out of 198 customers were issued fake unsecure load tickets for NOT securing their loads properly.
- At the event, KCPHD provided tarps, bungee cords, ratchet straps, cargo nets, and promotional materials like cups and magnets to educate the public about securing car loads.



Kittitas County Board of Health Endorses Recommendation

On June 18, Administrator Robin Read presented information to the Board of Health regarding recommendations from KCPHD to the City of Ellensburg for their Parks and Recreation Plan update. KCPHD recommended the

following:

- Replace current signage with larger, more visible, and up to date signs around tobacco free policy.
- Coordinate with KCPHD to assess whether syringe use and/or disposal in city parks is

an issue.

- Increase opportunities for physical activity and trail connectivity.

The Kittitas County Board of Health endorsed the recommendations made by KCPHD.

Coordinated Prevention Grant (CPG) Funds Cut

According to Ecology, CPG funds protect human health and the environment by reducing human exposure to toxins, reducing waste, and ensuring proper management of solid waste.

Of the \$162,000 funds KCPHD requested for CPG

resources, KCPHD received \$66,662, which will be used for solid waste and enforcement and education.

The reduced funds will be enough to permit one person to inspect our 8 county solid waste facilities.

A small portion will continue to support syringe exchange efforts around reducing syringe related waste, but in a smaller capacity than previously funded.

Quality Improvement (QI) Continues at KCPHD

Four quality improvement projects are close to their final phase of completion. Projects include the car checkout process, the purchase order process, pool and spa inspections, and temporary food event inspections.

The phases for the QI projects start with the stage to diagnose and move sequentially through define,

measure, analyze/design, improve/verify, to the last phase of control.

The QI team is monitoring the division projects and testing the solutions to see if the team can make a difference in the initial project measurements.

