Attendees:

Laurel Little, *Garfield County*
Tanner Kingery, *Ouray County*
Carol Lynn Scheller, *Hinsdale County*
Kim Gonzales, *Las Animas-Huerfano County*
Monica Younger, *Tri-County*
Don Sutton, *CDPHE*
Cortney Christianson, Broomfield
Jackie Laudon, CDPHE
Kathy Brown, *Broomfield County*
Lauren Marek, *Boulder County*
Shaley Meyer, *Weld County*
Lindsey Meyers, *CDPHE*
Linsey Kato, *CDPHE*
Maria Butler, *CDPHE*
Greta Klinger, *CDPHE*
Heike Peterson, *Lincoln County*
Kaci Pinner, *Montrose County*
Katherine Melland, Gunnison County
Leslie Beckstrom,
Patty Boyd, *Tri-County*
Carly Marceau, *San Miguel County*
Laura Bardin, *CDPHE*
Cathy White, *CDPHE*
Patty Brezovare, *Boulder*
Amygrace Edwards, *Park County*
Facilitator: Jordana Sabella, OPPI & Pitkin County
Public Health

Need to know:

- [Link to the Mental Health & Substance Abuse call recording](#).
- Next call is April 5th.
- [Mental Health & Substance Abuse call archive](#).

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| **Welcome, Introductions and Agenda Review** | Presenters:  
- Lindsey Myers, Branch Chief for Violence and Injury Prevention, CDPHE  
- Patty Boyd, Tri-County Health Department |
| **CDPHE** | 1). **Opioid Prescriber Education Funding for Local Public Health:**  
   *Lindsey Myers, Lindsey Kota, Maria Butler*  
   - Lindsey Myers is joined by Lindsey Kato, Overdose Prevention Coordinator, and Maria Butler, Prescription Drug Epidemiologist.  
   Presentation Overview:  
   - Prescription drug work statewide with a focus on CDC funding, new funding opportunities for provider education for providers, and new data resources.  
   **CDC Prescription Drug Overdose for States Grant Overview**  
   - 2016-2019  
   - Funding amount: $4,723,607  
   - Initial small grant to help utilize the prescription drug monitoring program as a surveillance mechanism and support the Colorado Consortium for Prescription Drug Abuse.  
   - Larger grant focuses on technology improvement to increase use of prevention drug monitoring program (PDMP) by providers and for public |
health surveillance. PDMP: system that pharmacists are required to input patient prescription information into. Housed at DORA. CDPHE has access to data for public health purposes. Challenges due to data not housed at CDPHE.

- Usage rates by pharmacists and physicians are low and could be much higher. Implementing a series of pilots to increase use and integrating it into normal work flow.
- Strategies include pilot projects to increase use by providers and healthcare systems, identify and address problematic prescribing, evaluate impact of Naloxone in high burden communities, and evaluating opioid medication policy.

Prevention Drug Monitoring Program (PDMP) as a surveillance tool
- Large data set: About 9 million observations and 90 variables, patient and provider risk and protective factors, pharmacy, and type of medication dispensed.
- Working on county data sheets that include characterization of data, patient and provider protective and risk factors of the county such as prescription rates and types, morbidity and mortality indicators such as, hospital rates, emergency overdose-related emergency rates and heroin-related death rates.
- County data sheets will include 2014-2016 data at county level and some regional level data.

High burden communities and Grant funding
- Surveillance data used to determine high burden counties for prescription drug overdose. See slides for index definition and counties.
- Used this to determine where funding should go.
- Funding overlaps with Attorney General’s Naloxone For Life Initiative. See slide map for overlapping counties.
- Scope of work
  - Purpose: Decrease burden of prescription opioid morbidity and mortality in high-burdened communities in Colorado.
  - Objective #1 Increase local provider uptake of CDC Opioid Prescribing Guidelines (or Colorado’s).

Additional VIP MHP Updates
- Office of Suicide Request for Applications for Community Projects will be released in the next couple of weeks.
- Approximately 10 awards at $25,000 per year for five years.
- The Communities That Care (CTC) RFP brought on an additional 9 CTC communities and we now have 46 total
- There is a new Marijuana Health Effects Report Monitoring Health Concerns Related to Marijuana in Colorado: 2016. We will be doing a webinar soon to talk about what is new.
- VIP-MHP Branch will be hosting a large conference in June
- There will be several additional learning opportunities coming up (shaping policy for health, webinars, downtown streets regional trainings, positive youth development trainings, and a new all-day marijuana and public health training)

Q&A:
Through what channels are the VIP MHP materials, learning opportunities and RFA being distributed?
In the Know: Colorado's Public Health Response to Retail Marijuana Newsletter - Sign up [here](#).
- Mental health and substance abuse networking call email list (Jordana Sabella)

Contact info:
Lindsey Myers, Branch Chief
lindsey.myers@state.co.us

Lindsey Kato, Overdose Prevention Coordinator
lindsey.kato@state.co.us

Maria Butler, Prescription Drug Epidemiologist
maria.butler@state.co.us

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2). **Message Campaign to Reduce Mental Health Stigma**

Patty Boyd

- Metro region LPHAs (Broomfield, Boulder, Denver, Jefferson, Adams, Arapahoe and Douglas counties) have SIM LPHA funding to support their goal:
  - Reduce stigma of behavioral health issues and increase openness to behavioral health care help-seeking attitudes and behaviors in low-income populations in the seven-county Denver metro region through behavioral health promotion, outreach and education strategies.

- Hired a communication firm to carry out a quality campaign.
- **MakeItOK.org**: Using this existing campaign from Minnesota that has been supported by behaviorists from the Mayo Clinic health system.
- Target audience: low income adults and providers involved in low income care.
- Created a Messaging Action Team with public health, government, healthcare partner representatives
- Goal: Develop a messaging campaign to reduce stigma around mental and behavioral health so that people and providers will know that it’s ok for those who need treatment to seek it
- Messaging tested in focus groups to develop final messaging and toolkit.
- Messaging rollout:
  - April 30th website and toolkit available
  - May 2017 - Mental Health Awareness Month
- Tool kit includes newsletter copy, poster, PowerPoint presentation, short video to be utilized for social media, Memes for social media
- Evaluation - will be tracking of reach and 5 questions added to BRFSS for to collect data on stigma.

**Q&A:**
Since this toolkit is developed in the metro region, do you think it will be transferrable across the state?
- Yes very shareable. The video will use animation vs. people that are identifiable.
- It is up to the local agency to decide whether or not it is appropriate for their population.
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February 1, 2017 2-3pm

- There are many strategies to incorporate and partner with current efforts such as Mental Health First Aid, work done by the hospitals and launching during MH.

Where will materials be housed?
- There will be a website with links to the toolkit, resources and the CO Crisis services (different name for partner on western slope).

Timing of materials?
- April 3rd

Is anyone else doing anti-stigma campaign locally?
Lincoln County:
- “We have a robust Mental Health Coalition and I will let them know at our next meeting. We have shared various messages for quite some time, including from the British anti-stigma campaign - Time to Change.

Does the campaign have specific messaging for youth?
- Funding was specific for adults.

Does anyone on the call recommend youth-specific messaging campaigns?
- Bring Change to Mind
- State Suicide Prevention Commission has a youth representative and a workgroup specific to addressing the needs of in suicide prevention. Messaging may come out that.

Contact info:
Patty Boyd, Strategic Partnerships Manager, pboyd@tchd.org

Local updates and questions

How do we integrate prevention program with system of care approach in schools to create people to this greater awareness of resources and services? Any ideas on youth suicide prevention program?
- Sources of Strength, SAMSHA programs, incredible program because it is community based.
- ASSIST Training
- Youth Mental Health First Aid
- safeTALK program

Tri-County: We are trying to put together of lists of programs in school districts. We’d like to better support the community programs like CTC and Behavioral health programs (Random Acts of Kindness) that our schools are supporting. Does anyone have that kind of school programming list?
- CDPHE/Lindsey Myers: has a new collaborative research study on impact of Sources of Strength. Will be implementing in 24 schools across the state. Evaluation will also include sexual violence outcomes in addition to suicide indicators to determine if programs can affect multiple outcomes.
- Will send recruitment information to this email list.

OPPI Updates
- Any topics that you would like included on upcoming calls?
  - Aligning safe schools coalition and policies and how to align different policies, campaigns, programs, etc.
### Mental Health & Substance Abuse Meeting Notes
February 1, 2017 2-3pm

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- Will use “Add to calendar” in email announcements moving forward instead of the calendar invite. Calls will continue to be held on the 1st Wednesday every other month.