

Not One More Child Meeting Notes

March 26, 2018

Use of Opioids in Our Community – Dr. Jeffrey Watson, Colorado Springs Orthopedic Group

- Opioids are a class of medications/drugs based on the chemical structure of the opium poppy. Production eventually shifted to synthetic medications.
- Opioids are part of a broad spectrum of medications that are excellent for acute pain management. For example, morphine is used in the operating and recovery room.
- In the 1990s, physicians were told that pain was not managed enough to opioid use for chronic pain management increased dramatically. However, opioids do not work well for chronic pain.
- There are side effects to the medication including sedation and constipation.
- There is a small window for safe use.
 - o Tolerance – Not a choice; with use, a person needs more to get the same effect.
 - o Addiction – Tolerance builds slowly, and addiction follows.
 - o Dependence – Not a choice; when the drug is taken away, the body craves/needs it (withdrawal symptoms)
- Chronic opioid use alters the perception of pain.
- Medical societies have shifted focus. They acknowledge the opioid crisis and have moved away from writing prescriptions for treating pain. Physicians tell patients that there will be pain, avoiding the misconception that drugs can erase pain altogether.

Use of Opioids in Our Community – Lt. Mark Comte, Colorado Springs Police Department Metro Vice, Narcotics and Intelligence

- Heroin started affecting kids in high school
 - o Started with prescriptions (example: high school athlete who is injured prescribed opioid painkiller)
 - o Kids not pursuing a high, they are avoiding feeling sick
- Numbers
 - o Nationally in 2016, 42,000 died from overdoses. Overdose deaths have more than quadrupled in recent years
 - o In Colorado in 2016, 208 died of overdoses, but that is not a complete count.
 - o Opioids are the drug of choice in the eastern third of the country
- Fentanyl is used for extreme pain (such as cancer treatment) and it's is now coming from China, mixed with heroin. Also produced in labs in Mexico, the mixed substance in an amount comparable to seven grains of salt can kill a person who is not used to it
- China has agreed to schedule some ingredients to limit export of drugs, but there has been no change yet.
- Social costs of the opioid crisis are astronomical.
- Challenges in El Paso County include limited access to good treatment. Only those with good insurance can access treatment.

- Harm reduction efforts can save lives. Every \$1 spent on harm reduction efforts can yield an \$18 savings for the community.
- Narcan use by first responders has had a positive impact and has saved lives. (Narcan is for the emergency treatment of a known or suspected opioid overdose.)
- CSPD is looking into other places where it might help.
- It's important to be an informed community.

Use of Opioids in Our Community – Additional Notes

- Dayton, Ohio, is the epicenter of the opioid problem.
- Colorado as a state ranks among the highest with statistics for drug overdoses.
- Crossroads' Turning Points does admit people withdrawing from opioids, but there are guidelines to coordinate with medical needs.
- El Paso County DHS has counted 218 drug-exposed infants (includes opioids, marijuana, and other drugs). These babies need extra care and foster home that can handle the additional needs.

Child Abuse Prevention Month – Julie Krow, DHS Executive Director

- Child Abuse Prevention Month is April; attached is a calendar of events.
- Any organization/entity that is hosting or sponsoring an event for Child Abuse Prevention Month should send details to Kristina at kristinaiodice@elpasoco.com to be included on the calendar. The calendar will be posted on the website on Monday.
- Human trafficking education/prevention event
 - o 6-8 p.m. on April 18, 2018 at Centennial Hall, 200 S. Cascade Ave.
 - o Short film – “Chosen” –a panel discussion, and a candlelight vigil
- DHS created window clings that can be displayed on windows of vehicles or businesses and other locations to show support for the prevention of child abuse and neglect. Contact Kristina at kristinaiodice@elpasoco.com if you'd like to request some.
- DHS and the County have a new pin design featuring a bear and a pinwheel. If you'd like a few for your organization, connect with Kristina at kristinaiodice@elpasoco.com.
- Two pinwheel gardens planned: one at El Paso County Centennial Hall and another at Citizens Service Center. CDHS is looking to embrace pinwheels across the state.
- Peaceful Households will host its annual Child Abuse & Neglect Prevention Conference at the Antlers hotel on April 24, 2018.
- The Falcon Exchange Club is hosting an information fair on April 27 to give away safety items and educational materials. If you're interested in having your organization's materials available, please contact: Kerry MacIntyre; Chair, Child Abuse Prevention Committee; The Exchange Club of Falcon; 803.847.0534; kyndrashope@usa.com.

Committee Updates

Communication

- NOMC Community Cards are available in English and Spanish cards. Contact kristinaiodice@elpasoco.com if you would like some for your organization.
- CDHS has a lot of materials to prevent child abuse and neglect available online to download for printing and sharing. Visit http://www.co4kids.org/2018_CAPM for materials.
- DHS PIO has created a 30-second safe sleep video: https://www.youtube.com/watch?v=rWN_jw9TGno&feature=youtu.be

Data Committee

- The mapping team will receive 2017 data to build the maps to show the distribution of abuse/neglect reports.
- Past maps are posted online: <http://dhs.elpasoco.com/Pages/NOMCChildAbuseData.aspx>
- CDHS shares a lot of statewide data on the Community Performance Center: <http://www.cdhsdatamatters.org/>

Faith Based Community

- CarePortal
 - o Caseworkers make requests for families, and churches use their congregation network to fill the request. Video: <https://vimeo.com/156324868>
 - o CarePortal includes 24 churches that have served 1,611 children.
 - o CarePortal seeks additional churches to expand the reach and impact of the program.
 - o Mike Worley can be reached at 719-659-2781 or mike@beautifulredemption.com

The Not One More Child coalition will next meet in May on a date yet to be determined.

If your committees plan to meet between now and then, I'll gladly share those details with the group. Just let me know!

Notonemorechild.net