

Sacramento County Public Health Advisory Board

Meeting Agenda

April 3, 2019, 12:00 - 1:30 PM

Meeting Location

Primary Care Center
4600 Broadway
Community Room 2020
Sacramento, CA

Facilitator: Steven Orkand, Chair
Scribe: Theresa Vinson, Staff

Meeting Invitees: PHAB members
Open to the Public

<u>Topic</u>	<u>Presenter</u>	<u>Length</u>
Welcome and Introductions	Orkand	5 mins
Approval of March Minutes PHAB Vacancies HIV Health Services Planning Council Appointment Candidate: Robyn Learned	Orkand	5 mins
Primary Health Division Update	Damiano	10 mins
Public Health Division Update	Kasirye	10 mins
Stimulant Abuse in Sacramento County	Summers Miller	40 mins
Guest Speakers:	Phillip Summers, MD Emergency Medicine PHAB Member	
	Lori Miller, LCSW Health Program Manager Division of Behavioral Health Services Alcohol & Drug Services	
Possible Future Agenda Items or	All	5 mins

Open Discussion

Announcements	Orkand	10 mins
Public Comment	Public	5 mins
Adjourn	Orkand	

HIV Health Services Planning Council

7001A East Parkway, Suite 600B
Sacramento, Ca 95823
(916) 875-5881
Fax (916) 875-5888



To: Members, Public Health Advisory Board
Fr: Paula L. Gammell, Ryan White CARE Program Staff
Re: HIV Health Services Planning Council Member Appointment

March 27, 2019

The HIV Health Services Planning Council requests that you approve the following appointments:

- **Robyn Learned** to Seat Number 43: Mental Health Service Provider
2125 9th Avenue
Sacramento, CA 95818

Ms. Learned is a HIV Testing Counselor at the Gender Health Center, as well as, a member of the California State Office of AIDS' California Planning Group, which is a planning body that enables key stakeholder, communities and providers to engage in an active and ongoing dialogue about ending HIV/AIDS.

If you have any questions, please contact the HIV Health Services Planning Council staff at 916-876-5548.

Sincerely,

A handwritten signature in black ink, appearing to read 'Paula L. Gammell', is located below the 'Sincerely,' text.

Paula L. Gammell
Human Services Program Planner
Ryan White CARE Program
Sacramento Transitional Grant Area
916-876-5548



Alcohol and Drug Prevention Services



Department of Health Services
Division of Behavioral Health Services

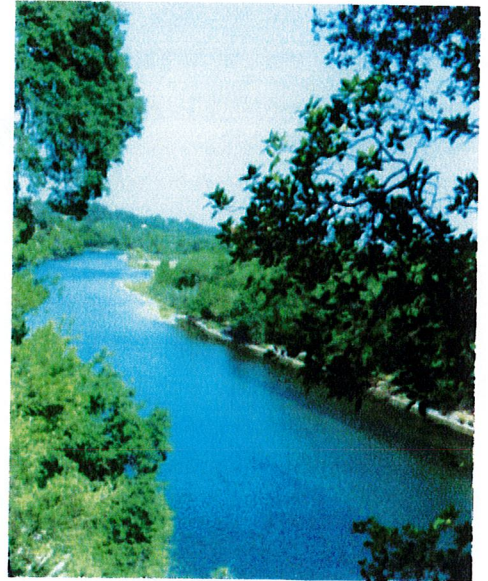
Teléfono: 916-875-2050

Visítenos en el: www.DHS.SacCounty.net



Department of Health Services
Division of Behavioral Health Services

Alcohol and Drug Services



Youth Treatment Services

Teléfono: (916) 875-2050



Department of Health Services
Division of Behavioral Health Services

Alcohol and Drug Services



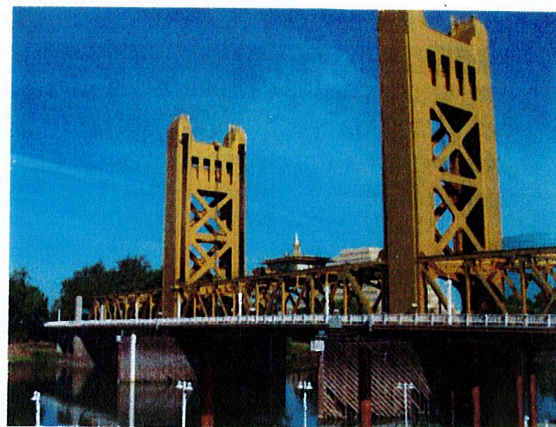
Options for Recovery

Agencias de Servicios
Volunteers Of America
Strategies For Change



Department of Health Services
Division of Behavioral Health Services

Alcohol and Drug Services



Adult System of Care

Teléfono: (916) 874-9754

3321 Power Inn Road, Suite 120
Sacramento, CA 95826

YOU'RE INVITED!

METHAMPHETAMINE COALITION

MAY 9, 2019 | 2 - 4 PM

GRANTLAND L. JOHNSON CENTER FOR HEALTH & HUMAN SERVICES
7001-A EAST PARKWAY CONFERENCE ROOM 1,
SACRAMENTO, CA 95823

Methamphetamine use and its effects to the person and the community is one the most serious problems facing Sacramento County. The impact associated with the use of methamphetamines is community-wide and has touched many systems resulting in devastating consequences to individuals and our communities.

The goals of the Meth coalition are to:

1. Determine the nature and extent of the meth problem across County systems,
2. Raise awareness and understand the impact of the meth use to other service systems and the community,
3. Review data from different systems in relation to meth to determine key points of impact,
4. Explore options and opportunities for increased treatment and service capacity,
5. Develop and recommend cross-system, data driven strategies, and response to this problem, and
6. Provide updates to the strategic plan

END THE STIGMA OF SUBSTANCE USE DISORDER

SUBSTANCE USE DISORDER AFFECTS EVERY ETHNIC, RACIAL, ECONOMIC, RELIGIOUS, AND AGE GROUP.

IT AFFECTS ALL OF US



1 in 7 people in the U.S. is expected to develop a substance use disorder at some point in their lives.*

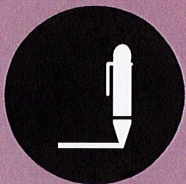


Only 1 in 10 people with a substance use disorder receive any type of specialty treatment.*



Substance use disorder is treatable, recovery is possible. But many do not seek help because of the stigma.

HERE IS HOW YOU CAN HELP END THE STIGMA



Share your personal story about substance use disorder.



Educate yourself on the devastating effects of stigma.



Share messages of wellness, hope, and recovery.



Stop using hurtful language to describe those struggling with substance use disorder.

Ending the stigma of substance use disorder saves and improves lives.



*The Surgeon General's Report on Alcohol, Drugs, and Health.

PREGNANT AND BREASTFEEDING: WOMEN AND METH

Consuming methamphetamine (crystal meth, ice, speed, etc.) can affect the health of your baby and is not recommended for women who are pregnant or breastfeeding, or who plan to become pregnant soon. Here are some important facts you should know.

METH CAN HARM YOUR BABY

Research shows that if you use meth while pregnant or breastfeeding:

- Your chances of a miscarriage increases.
- Your baby may be born with a lower birth weight.
- A low birth weight baby is more likely to have health problems, especially in the first year of life.¹
- Your baby may be born with birth defects.
- The growth and development of your baby's brain can be harmed.²

HOW METH AFFECTS YOUR BABY

No matter how you use meth (smoking, snorting, injecting, or swallowing), the harmful ingredients in it will reach your baby in 2 ways:

- Through your bloodstream and into the placenta.
- Through your breast milk.¹

NO AMOUNT OF METH IS SAFE

Experts and researchers that perform the MotherToBaby pregnancy studies recommend that:

- Pregnant women should not use meth.
- If your healthcare provider prescribed methamphetamine, call the healthcare provider and let them know about your pregnancy.¹
- If you are misusing methamphetamine and live in Sacramento County and want to stop, there is help available: (916) 874-9754.



REFERENCES

1. Mother to Baby
2. National Institute on Drug Abuse

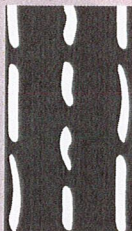
METH & HEART DISEASE

WHAT IS METH?

Methamphetamine (meth) is a **highly addictive** stimulant created in an underground lab using **toxic ingredients**. It can be swallowed, snorted, injected, or smoked.

WHAT ARE THE COMMON STREET NAMES?

Batu, Bikers Coffee, Black Beauties, Chalk, Chicken Feed, Crank, Crystal, Glass, Go-Fast, Hiropon, Ice, Meth, Methlies Quick, Poor Man's Cocaine, Shabu, Shards, Speed, Stove Top, Tina, Trash, Tweak, Uppers, Ventana, Vidrio, Yaba, and Yellow Bam



WHY DO PEOPLE START USING METH?

- **Mood altering:** people use meth for the powerful high, ability to stay awake to study and to have a good time. People with depression use it in attempt to feel better.
- **Increased productivity:** people turn to the drug for its hyperactivity effect.
- **Appetite suppressant:** people who want to be thin use meth to reduce their appetite.

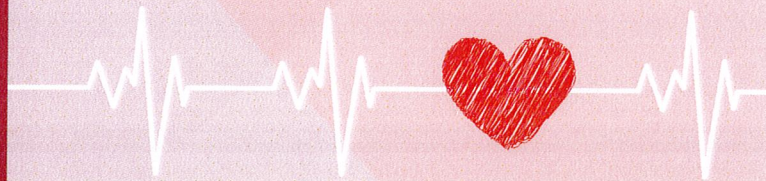
WHY DO PEOPLE CONTINUE TO USE METH?

- Meth is at least as **addictive** as heroin.
- Meth **triggers dependency** faster than almost all other illegal drugs.
- It's three times as powerful as cocaine and it is among the **hardest drugs to permanently quit**.
- People can become addicted even after only one or two uses.



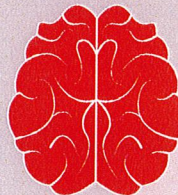
DEA 2017 Resource Guide
American Heart Association
NIH National Institute of Drug Abuse
National Survey on Drug Use and Health
Kaye, S. Mc Ketin, R., Duflou, Johan, Derka, S.
Methamphetamine and Cardiovascular Pathology: a review of the evidence. *Addiction* 2007; 102: 1201-1211.

WHAT EFFECT DOES METH HAVE ON THE HEART?



- Elevated blood pressure and heart rate
- **Fatal heart rhythms** - these can cause stroke and sudden death
- More severe **heart failure** that is occurring in younger patients and has worse outcomes
- **Coronary artery disease** - blockages in the arteries of the heart which occurs at a younger age
- **Aortic dissection** - the main artery coming out of the heart tears open; this can cause death
- **Heart attack**

WHAT EFFECT DOES METH HAVE ON THE MIND?



Insomnia, convulsions, memory loss, violent behavior, anxiety, confusion, insomnia, hallucinations, paranoia, delusions, decreased rational thinking.

HOW BIG IS THE PROBLEM?

- In 2015, **1.7 million** people reported using meth in the last year.
- An estimated **600,000 people** in the US are weekly users of the drug.
- The 2009 NSDUH report indicated that approximately **70%** of meth users are getting meth from friends or family.



WHERE CAN I GO FOR HELP?



Alcohol & Drug Services: (916) 875-2050

Youth Treatment Providers:

Strategies for Change: (916) 473-5764
Another Choice, Another Chance: (916) 388-9418
Sobriety Brings a Change: (916) 454-4242
Rio Vista CARE, Inc: (707) 374-5243

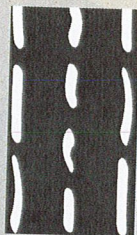
METH & SYPHILIS

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HOW IS METH AND SYPHILIS RELATED?

- Methamphetamine increases **risk-taking** behaviors.
- Including **sexual risk** behaviors: having multiple partners, **inconsistent** condom use, and exchanging sex for **money or drugs**.
- **Babies** are born with the disease after contracting it from their mother.



WHAT EFFECT DOES SYPHILIS HAVE ON YOUR BODY?



Among adults, the first symptom of syphilis is a sore or ulcer at the site of infection. If undetected, it can develop into flu-like symptoms and a rash all over the body, including the palms and soles of the feet. Untreated babies with syphilis can go blind, be developmentally delayed, or even die.

HOW BIG IS THE PROBLEM?

- In 2015, **1.7 million** people reported using meth in the last year.
- An estimated **600,000** people in the US are weekly users of the drug.
- California has the **second-highest** syphilis rates in the country.



WHERE CAN I GO FOR HELP?

SACRAMENTO
COUNTY

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