



Department of Human Services

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KITSAP COUNTY
DEPARTMENT OF HUMAN
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Kitsap Recovery Center
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1026 Sidney Road
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Silverdale, WA 98383
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North Kitsap Substance Abuse Prevention Coalition

Monday, June 10, 2024

1:00 p.m. - 2:30 p.m.

(Workgroups: 12:00 - 1:00 & 2:30 - 3:00 p.m.)

[Click here to JOIN the Meeting](#)

Meeting ID: 699 110 4058

Call in: 1-253-215-8782

AGENDA

Welcome, Land Acknowledgment and Introductions

- Community and Partner Updates
 - Events, Activities and Opportunities
 - News and Updates
- Youth Connection
 - Updates and feedback/youth voice opportunity

Prevention Education

- Spotlight: Community Connections – Mental Health and Substance Abuse
- Suitcase for Life – Prevention engagement activity

Prevention Efforts

- Programs and Progress
 - Updates
- Leadership in Prevention
 - Voting for Biennium Coalition Leadership
- Coalition events, activities
 - Volunteer opportunities
 - Additions

New Business

Next Meeting Dates: 7/8/24, 8/12/24 and 9/9/24. Upcoming meeting only available virtually until further notice. Hope you can join us.

<https://www.kitsapgov.com/hs/Pages/PREVENTION-Landing.aspx>

Mission: To create a framework of resources, support and partnerships to combat youth substance abuse in North Kitsap thus providing for a safe and healthy environment for all.



North Kitsap Substance Abuse Prevention Coalition

Thursday May 13, 2024

ANNOUNCEMENTS:

- Volunteer opportunities available. Please contact Deanne Jackson, djackson@kitsap.gov if you are interested.
- Rebranding efforts, second draft review has been completed and images will be sent to the group before next meeting, if possible. If not, they will be provided at the next meeting. Requesting youth feedback.
- Coalition Leadership voting is next month.

PARTNER HIGHLIGHTS:

- SYNC (Salish Youth Network Collaborative) - Open to all youth ages 0-18 or 9-21. Servicing Clallam, Jefferson and Kitsap counties. Anyone can refer. Insurance is not a requirement for services. Contact: 800-585-8477, sync.salishbehavioralhealth.org.
- KHS – Is at 49 of the required 50 intakes. Getting a lot of self-referring students.
- Stand Up for Kids – They are working on a “rebuilding” of services. They currently do most of their work within the school districts but are looking to expand their reach beyond the school networks, definitely to unhoused or unattended and in the broader area of food insecurity. Currently putting together a packet of resources and asking for any materials or info about member programs/services that may benefit them.
- Positive Action – In full swing and likely to meet targeted goals. Currently looking for other sites.
- Guiding Good Choices – Coming soon! Laura and Deanne will receive certification as program trainers.

MOVING FORWARD – NEXT STEPS:

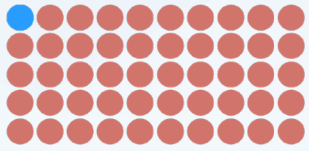
- Site selection for in-person meetings, location ideas needed. No government, school, religious or tribal locations. Virtual meetings will continue to be offered as well.
- Future meetings will incorporate collaborative, content focused activities.
- With new opioid funding, we are requesting ideas providing resources/info to the public.

EVENTS:

- Various professional and community trainings happening (watch email for more as they are announced)
- Parent/Youth Mediation Training – Dispute Resolution Center – June 28-29
- Breaking Down Barriers: Fostering Community Inclusion in Rural Communities for Individuals with Serious Mental Illness – Temple University – June 6
- Tribal Wellness and Resiliency Gathering – May 28
- 2024 Region 10 Opioid Summit – July 25-26
- Mental Health First Aid – Kitsap Community Resources – May 29
- Fentanyl Safety & Awareness – Western Regional Counterdrug Training Center – May 22
- Volunteers needed, Coalition Reps – Kitsap County Fair – 3-hour slots
- Marketing materials needed – Juneteenth event

What's up with fentanyl?

Strong



Fentanyl is a very strong opioid, **50x stronger** than heroin.

Fast



Overdose can happen in **seconds** or **minutes**.

Higher Risk



Most overdose deaths in WA State now involve fentanyl.

What does it look like?

In WA State, most fentanyl has been in blue pills with a "M30" stamp. It's sometimes in drugs that look like powder, or a rock like crack cocaine.



Fentanyl could be in any drug you buy on the street or online. What fentanyl looks like will continue to change.

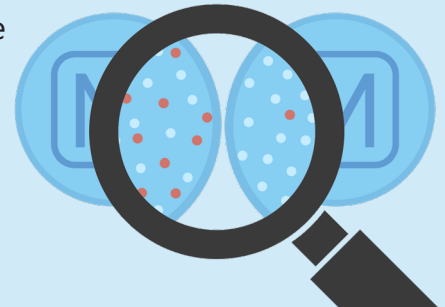


What's the risk?

The amount and strength of fentanyl **can vary a lot**.

One pill might have a deadly amount.

Another pill might have very little, if any, fentanyl.



Naloxone works on fentanyl.

Carry naloxone. Tell people you have it and how to use it. Because fentanyl is so strong, it may take more than one dose to work. Keep extra kits around.



Meth does not protect from OD.

Using meth along with fentanyl actually **increases the chance of overdose**.

If you use both meth and fentanyl, use one at a time, and pace yourself slowly with small amounts.



Mythbusting Facts

1 You can overdose on fentanyl **however you use it:** if you smoke, swallow, snort, or inject.

2 It's safe to respond to a fentanyl overdose! You can't overdose just by touching fentanyl or drugs that contain fentanyl.

What can I do?

- Start with a **small amount** and **go slow**. Use one drug at a time.
- When you can, **use around other people**. Use one person a time. That way, if someone overdoses, one person can respond.
- If you do use alone, **let a friend know they should check on you**.



Try **neverusealone.com** or call **(800) 484-3731**. You provide some basic info, and they stay on the phone with you for a few minutes after you use. If you stop responding, they call 911.

- **Watch your tolerance**. If you take a break from using fentanyl or other opioids, use way less when you start again.

Signs of a fentanyl OD:

- Not breathing. Gurgling or heavy snoring.
- Won't wake up.
- Blue or gray skin, lips or fingernails.
- Chest muscles may get stiff.



What to do in an OD:

- **Call 911 right away**. You don't have to say there's been an overdose, just that someone is not breathing.
- **Give a dose of naloxone**. You may need to give another dose every 2 minutes. Do rescue breathing until they start to breathe on their own.



Learn more about fentanyl and find naloxone at:
StopOverdose.org & LacedAndLethal.com

STOPOVERDOSE
.org

LACED
LETHAL



FENTANYL FACTS & FIRST AID VIRTUAL TRAINING

Course Description: This course serves to prepare the learner for encounters with fentanyl, and individuals who have suffered an overdose. Learners will learn what fentanyl is, how it is encountered, where it comes from, binders of concern, and first aid. These objectives are achieved by providing information on how fentanyl is created, what modalities of transmission, hazards, and first aid via naloxone administration. While the curriculum is primarily intended for members of the counterdrug nexus and community-based organizations, personnel in any organization that can/may encounter fentanyl and overdose victims would find this information beneficial.

June 5, 2024: 10:00-11:00am

Register in advance for this meeting:

https://www.zoomgov.com/meeting/register/vJlIsfu2qrjMiE-wWNGBHyg_RiqoJ_cSoxVo

June 12, 2024: 10:00-11:00am

Register in advance for this meeting:

<https://www.zoomgov.com/meeting/register/vJltdGhqjsjGf1o8rFaYDV0fU1oZaWE964>



FREE TRAINING

Western Regional Counterdrug Training Center
Info@Wrctc.com
(253) 512-8493



Western Region Counterdrug Training Center



Resilience Training

When:

14-16 August, 2024
8:00 AM – 4:00 PM Daily

Where:

Building 104 Air Defense LN,
Camp Murray WA. 98430



About:

The Western Region Counterdrug Training Center (WRCTC) is offering Resilience Training to Law Enforcement, First Responders, and Community Based Organization Members in Washington.

The training includes instruction in the use of 14 cognitive based therapy skills that increase the use of six Competencies that have been found to increase overall resilience, performance, and optimal functioning of an individual. The Competencies are Self-awareness, Self-regulation, Optimism, Mental Agility, Strengths of Character, and Connection. Upon course completion, students will have tools increasing their abilities to handle stressful situations efficiently, perform optimally and communicate effectively.

Registrants are expected to participate in in all three days and must complete the Values In Action Character Strengths Survey and bring the results showing all 24 strengths.

The maximum number of participants is 20. *Instructions for the survey are on registration.

14 Resilience Skills:

1. Goal Setting
2. Hunt the Good Stuff
3. ATC Model
4. Energy Management
5. Avoid Thinking Traps
6. Detect Icebergs
7. Problem Solving
8. Put It In Perspective
9. Mental Games
10. Real-Time Resilience
11. Identify Character Strengths in Self and Others
12. Character Strengths: Challenges and Leadership
13. Assertive Communication
14. Effective Praise and Active Constructive Responding

Additional details at:

info@wrctc.org
(253) 512-8493

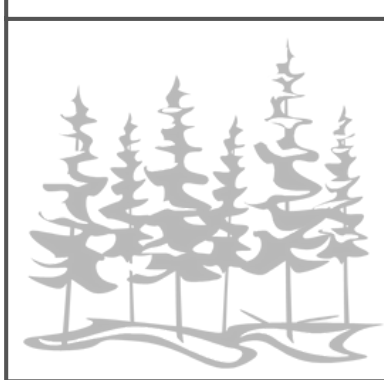
Register Now:



<https://www.wrctc.org/event/?eid=96dd5481-fe0b-4acb-9753-dfaf26623815>

PENINSULA COMMUNITY HEALTH SERVICES

Mobile Medical Schedule: May 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Key-Pen Community Services 17015 9th Ct NW, Lakebay (1p-3p)	2 Salvation Army 832 6th St., Brem (9a-3p) Washington Youth Challenge Academy 1207 Carver St, Brem *Clients Only* (1p-3p)	3	4
5	6 Kitsap Rescue Mission 4303 Kitsap Way, Brem *Residents Only* (1p-3p)	7 The Summit at Bay Vista 4650 Bay Vista Blvd, Brem (1p-4p)	8 Kitsap Regional Library/Coffee Oasis 87 Sidney Ave, Port Orchard (1p-4p)	9 Salvation Army 832 6th St., Brem (9a-3p) Washington Youth Challenge Academy 1207 Carver St, Brem *Clients Only* (1p-3p)	10 Fishline 19705 Viking Ave NW, Poulsbo (9a-3p)	11
12	13 Kitsap Rescue Mission 4303 Kitsap Way, Brem *Residents Only* (1p-3p)	14	15 Kitsap Regional Library/Coffee Oasis 700 NE Lincoln Rd, Poulsbo (1p-4p)	16 Salvation Army 832 6th St., Brem (9a-3p) Washington Youth Challenge Academy 1207 Carver St, Brem *Clients Only* (1p-3p)	17 Community Lifeline 218 N 3rd St, Shelton (9a-12p) The Youth Connection 123 S 2nd St, Shelton (1p-3p)	18
19	20 Kitsap Rescue Mission 4303 Kitsap Way, Brem *Residents Only* (1p-3p)	21 The Summit at Bay Vista 4650 Bay Vista Blvd, Brem (1p-4p)	22 Kitsap Regional Library 1301 Sylvan Way, Brem (1p-4p)	23 Salvation Army 832 6th St., Brem (9a-3p) Washington Youth Challenge Academy 1207 Carver St, Brem *Clients Only* (1p-3p)	24 Eagles Wings Location Decided by Host *Residents Only* (10a-12p)	25
26	27 Holiday *All clinics & sites will be closed*	28	29	30 Salvation Army 832 6th St., Brem (9a-3p) Washington Youth Challenge Academy 1207 Carver St, Brem *Clients Only* (1p-3p) KCR Head Start 1201 Park Ave, Brem *Peds Only* (1p-4p)	31	
						

PENINSULA COMMUNITY HEALTH SERVICES

Mobile Dental Schedule: May 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 Kitsap Immigration Assistance Center (Dr. Grunow) 3627 Wheaton Way, Brem 9a-4:30p	4
5	6	7	8	9 Kitsap Immigration Assistance Center (Dr. Grunow) 3627 Wheaton Way, Brem 9a-4:30p	10	11
12	13 St. Vincent de Paul (Dr. Rencher) 1117 N Callow Ave, Brem 9:30a-3:30p	14 Kitsap Recovery Center (Dr. Vance) 661 Taylor St, Port Orchard 9a-4:30p	15	16	17	18
19	20 Kitsap Rescue Mission (Dr. Rencher) 832 6th St, Brem 98337 9:00a-4:30p	21 Salvation Army *Behind the building in the parking lot* (Dr. Rencher) 832 6th St, Bremerton 9a-4:30p	22	23	24	25
26	27 Holiday *All clinics & sites will be closed*	28	29	30	31	
						