

# RAIN Drops

September 2022 | Volume 10



## Our Mission

The mission of the RAIN Initiative is to improve access to care by implementing evidence-based addiction-related prevention, treatment, and recovery activities and services to reduce the morbidity and mortality of substance use disorder in high-risk rural communities while improving the knowledge of addiction recovery, treatment, and recovery and implementation processes of rural health care practitioners. We will accomplish this initiative through a collaboration with the University of Utah's PARCKA (Program for Addiction Research, Clinical Care, Knowledge, and Advocacy), UUHRN (Utah Health Regional Network), and four intermountain healthcare systems.

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# Site Visit to UNHS

## Utah Navajo Health System, Inc Montezuma Creek, UT

UNHS started in 2000 as a single service corporation providing medical and dental care needs for rural communities in southeastern Utah. They act as a Community Health Center providing medical, dental, and behavioral health care in neighborhoods throughout the northern portion of the Navajo Nation and southeastern Utah. UNHS exist to improve quality of life through comprehensive, self-empowered, culturally-sensitive healthcare and amazing customer service.

The RAIN team at UNHS with working closely with their Behavioral Health Department, BYU, San Juan Behavioral Health, and UNHS EMS team on various projects.

## RAIN Activities

- Patient brochures about how to access services at UNHS have been distributed to their local community. For the next month we are working on creating "What are Opioids" and "How to use naran" brochures.
- UNHS will be onboarding an APRN with an addiction specialty in October. Along with this practitioner, they will be adding an RN and MA that will be trained in addiction services.
- The UNHS EMS team will be sponsoring paramedic training for 8 of their team members. We look forward to assisting them in this training!
- BYU continues to assist UNHS in tutoring for their social work staff. We



# Patient Education

There are patients in our communities that lack the resources to understand what a substance use (or opioid use) disorder is or even looks like. A valuable tool for providers to open conversations about substance abuse and addiction are educational brochures. There are many templates created at both national and local levels that include important information explaining what opioids are, how to recognize addiction, how to use Narcan, and so many more important addiction topics. Our RAIN sites have found these brochure to be invaluable tools in helping broach addiction topics with their patients.

## Brochure Resources

(1) Center for Disease Control and Prevention (CDC)

(2) Substance Abuse and Mental Health Services Administration (SAMSA)

(3) Utah Department of Health

(4) Rural Community Toolbox

And so much more! Many states have a local opioid resource page with pre-made brochure for patients and the community!

## OTHER RESOURCES AND INFORMATION

If you or some you know is dealing with opioid abuse; or you/they have become dependent or addicted to an opioid prescription there is help available. Please check out the websites below or call 2-1-1 for more information.

### CHECK OUT THESE WEBSITES

Utah Department of Human Services  
[dsamh.utah.gov](http://dsamh.utah.gov)

National Substance Abuse and Mental Health Services Administration  
[findtreatment.samhsa.gov/locator](http://findtreatment.samhsa.gov/locator)

Poison Control  
[utahpoisoncontrol.org](http://utahpoisoncontrol.org)

Stop the Opidemic  
[opidemic.org](http://opidemic.org)

Use Only As Directed  
[useonlyasdirected.org](http://useonlyasdirected.org)

## SAFELY HANDLE YOUR OPIOID MEDICATION

There are safer ways to manage pain. The following treatments have fewer risks:

- Acupuncture/massage
- Acetaminophen (Tylenol®)
- Ibuprofen (Advil®) Naproxen (Aleve®)
- Physical therapy
- Exercise
- Certain medications that are also used for depression or seizures
- Interventional therapies (injections)
- Cognitive Behavioral Therapy

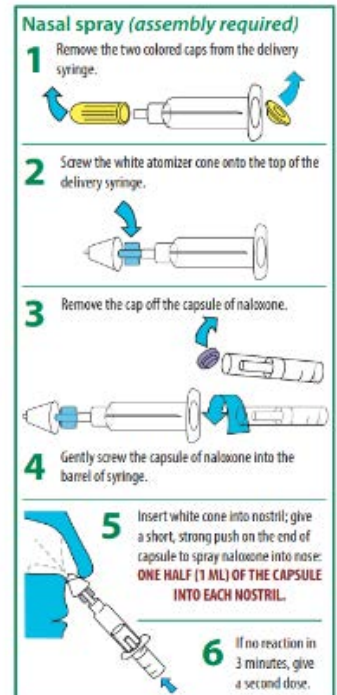
### Safe ways to store and get rid of opioids:

- Store opioids in a locked place (e.g. like a med safe) out of reach of kids, family, pets, and guests.
- Keep opioids in the original container with the child-resistant cap secured.
- Take unused medications to collection bins located across the state for safe and convenient disposal. To find a dropbox location visit [useonlyasdirected.org](http://useonlyasdirected.org).

## WHAT TO DO DURING AN OVERDOSE:

1. Call 911.
2. Try to wake the person. Yell the person's name and rub hard in the middle of their chest (sternal rub).
3. Check for breathing and pulse.
4. If the person has no pulse, administer CPR immediately.
5. If the person is not breathing, begin rescue breathing:
  - a. Tilt his/her head back, lift chin and pinch nose shut.
  - b. Give one breath every 5-6 seconds for an adult and every 3-5 seconds for a child or infant. Each rescue breathe should last the length of one second and chest rise should be visible.
  - c. Continue until the person begins breathing.
6. Administer naloxone (see diagram for nasal instructions)

## HOW TO GIVE NASAL NALOXONE:



## Current Addiction News

### **AMA 2022 Overdose Report shows worsening epidemic, need for all- hands approach**

September 15, 2022

The AMA last week issued its 2022 Overdose Epidemic National Report, which showed a worsening epidemic and called for an all-hands approach—physicians, policymakers, public health experts, educators, faith leaders and employers—to help save lives.

**[CLICK HERE TO READ MORE](#)**

### **Prenatal cannabis exposure associated with mental disorders in children that persist into early adolescence**

September 12, 2022

Prenatal cannabis exposure following the middle of the first trimester—generally after five to six weeks of fetal development—is associated with attention, social, and behavioral problems that persist as the affected children progress into early adolescence (11 and 12 years of age), according to new research supported by the National Institute on Drug Abuse (NIDA), part of the National Institutes of Health.

**[CLICK HERE TO READ MORE](#)**

# Contact Information and Resources

## Resources

Regional Network: [CLICK HERE](#)

RAIN Webpage: [CLICK HERE](#)

RCORP Webpage: [CLICK HERE](#)

Greater Intermountain Node (GIN) Webpage: [CLICK HERE](#)

Parleys Webpage: [CLICK HERE](#)

PARCKA-Regional Network: [CLICK HERE](#)

Stigma Reduction training and educational materials: [CLICK HERE](#)

DATA 2000 Wavier Training Payment Program: [CLICK HERE](#)

CA Bridge: Medication protocols, quick start guides, MOUD implementation, and staff trainings : [CLICK HERE](#)

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