

## MINUTES

**Purpose:** Engage Okaloosa County community members in a health improvement process through an open, two-way dialogue to reduce the number of adults engaged in substance use.

**Attendees:** Emily Pickens, Florida Department of Health in Okaloosa County (DOH-Okaloosa); Petra Maddens, DOH-Okaloosa; Lauren Hobbs, DOH-Okaloosa; Mandy Bricker, DOH-Okaloosa; Kylee Gallavan, Freedom Life Compass; Christine Syfrett, DOH-Okaloosa; Savannah Cobb, CAN Community Health; Anamaria Penagos, DOH-Okaloosa; Amanda Colwell, DOH-Okaloosa; Deb Willis, West Florida Area Health Education Center; Lauren Anzaldo, Gulf Coast Veterans Health Care System; Katherine Beedie, DOH-Okaloosa; Solange Arnett, Emerald Coast Children's Advocacy Center; Danielle Rollins, Northwest Florida State College (NWFSC); Emily Foreman, NWFSC.

### Opening – Petra Maddens

- Petra Maddens opened the meeting and welcomed attendees. She also shared results from the Community Engagement Survey from the previous meeting.
- Minutes from the January 11, 2023 meeting were reviewed and approved.
- Petra and Emily Pickens shared updates from the Substance Use Strategy meeting. The purpose of the meeting was to determine how each OCHIP group would operate to address substance use.
  - Attendees determined that the OCHIP Champions will meet quarterly to share progress updates across OCHIP groups to foster collaboration.
  - Additionally, Emily will share monthly emails that include dates of all OCHIP groups for all those interested in attending other group meetings. The [DOH webpage](#) has also been updated to list OCHIP meeting information including minutes, upcoming meetings, and updates.

### Action Plan Updates – Kylee Gallavan and Deb Willis

- Christine Syfrett and Katherine "Kat" Beedie opened the meeting by providing an opioid presentation to the group.
  - They presented data on prescription overdoses, deaths, and Naloxone administrations in Okaloosa County and across the state of Florida.
  - The presentation slides and the map of Naloxone administration in Okaloosa County will be shared with the meeting minutes.
- Emily reviewed the list of compiled resources for the services rack card that were provided by OCHIP group members. She requested edits from the group.
  - Housing
    - Kylee stated the Freedom Life Compass website has a list of housing options which include Saving Grace, Path of Grace, House of Hope, and Freedom House. Kylee shared Freedom Life Compass can be listed under Substance Use Support, but that Freedom House should be under housing.
  - Substance Use
    - Petra shared Lakeview Center is now called Lifeview Center.

- Kylee stated Project Hope and Saving Grace are a year-long program with no barriers to access.
  - Food Assistance
    - Emily stated she recently received the list of food distribution sites from the local ministerial board and will update the document.
  - Education
    - Anamaria shared there may be free classes through the public library system. The group believes this may involve Okaloosa Technical College.
    - Kylee suggested asking NWFSC if they provide any free resources or programs that can be included on the rack card.
  - Health and Healthcare
    - Emily stated more information is needed from Ascension Sacred Heart on clinical screenings. More information is also needed from local hospitals on what they provide.
    - Emily also shared that 90 Works will need to be added to this section.
    - Kylee added that Crossroads Center should be added as well.
- Emily stated she will send a draft of the rack card out via email. OCHIP members will have a specified amount of time to suggest edits and additions before finalization.

**Open Discussion – All**

- Petra announced the [Okaloosa County Resources Fair](#) will be held on April 4<sup>th</sup> from 12:00PM to 6:00PM at Trinity United Methodist Church in Fort Walton Beach. The purpose of the event is to have on-site services readily available for residents to utilize or sign-up for. Service providers interested in registering as a vendor should use the [link here](#).
- Kylee proposed that the Healthy Behaviors OCHIP group meets monthly rather than bi-monthly. There were no objections.

**Closing – Petra Maddens**

- Petra thanked attendees for participating and asked them to complete the meeting evaluation form to provide feedback.

*Next Meeting – Wednesday, April 12<sup>th</sup> at 9:00 AM at the Niceville Council Chamber*

Action Items	Owners	Deadline	Status
Complete and share rack card draft via email	Emily Pickens and Allison McDaniel	March 20th	In progress
Provide feedback on the draft to Emily via email at Emily.Pickens@flhealth.gov	ALL	ASAP	Not started
Share opioid presentation via email	Emily Pickens	March 13th	Not started
Invite other relevant partners to next meeting	ALL	Next meeting	Ongoing



# Impacts of Opioid Abuse in Okaloosa County

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Prescriptions, Overdoses, Deaths, and Naloxone Administration

Christine Syfrett, RN, MPH  
Katherine Beedie, CEHP  
Epidemiology Section



# According to the CDC...

**The drug overdose epidemic continues to worsen in the United States.**

**Drug overdoses, both fatal and nonfatal, continue to impact our nation.**

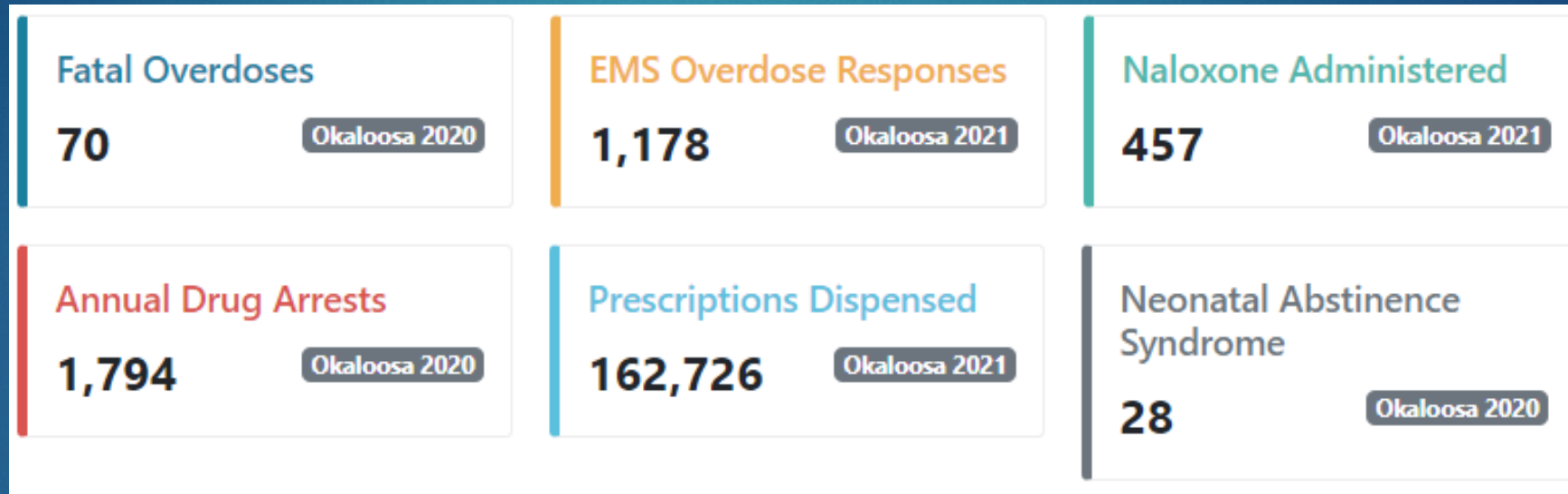
**Overdose deaths remain a leading cause of injury-related death in the United States.**

**Most overdose deaths involve opioids.**

**Overdose deaths accelerated during the COVID-19 pandemic.**

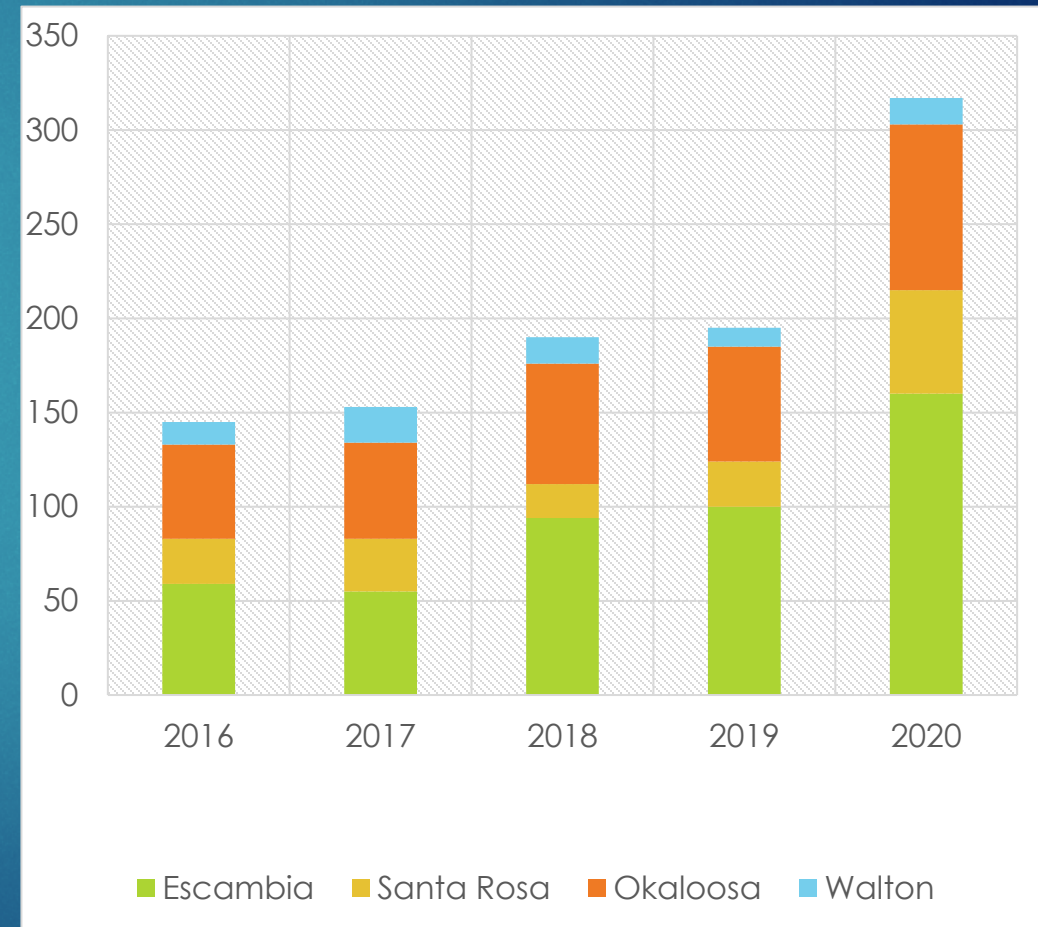
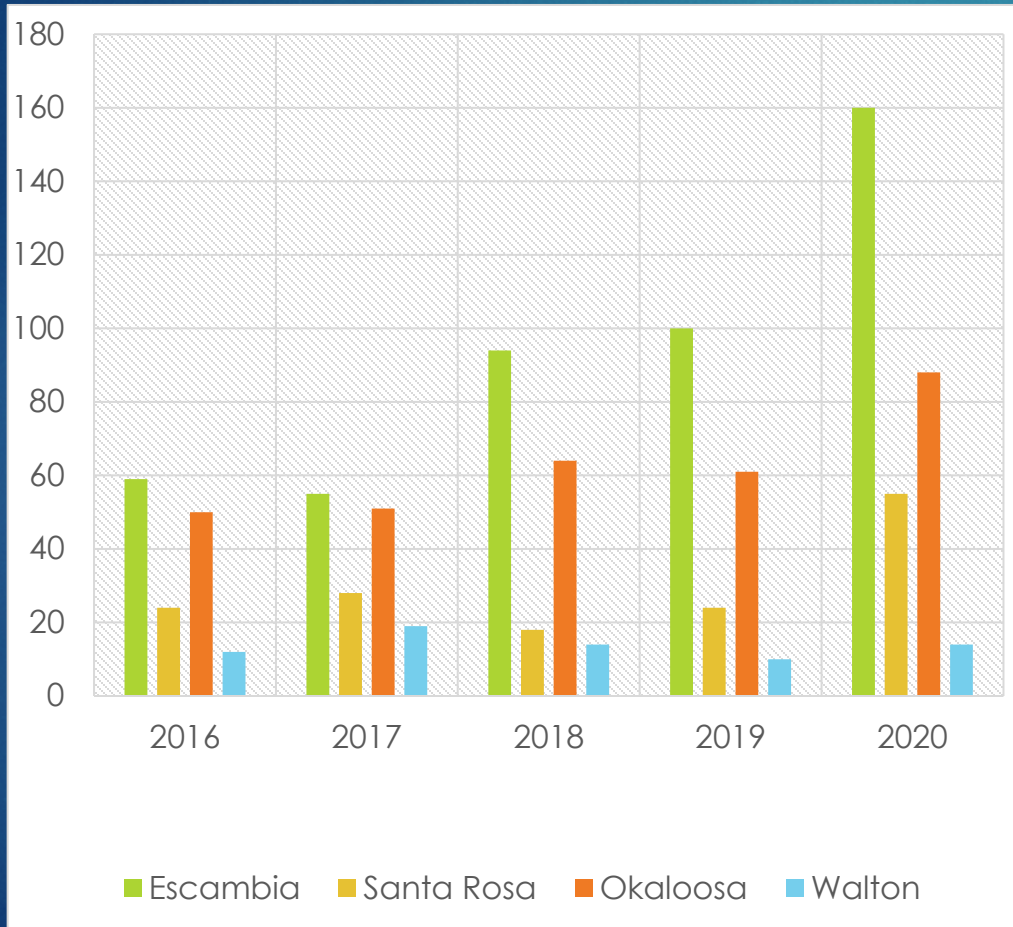
**Deaths involving synthetic opioids (such as fentanyl) and stimulants (such as cocaine and meth) have increased in recent years.**

# Okaloosa Substance Use Dashboard, FLHealth CHARTS



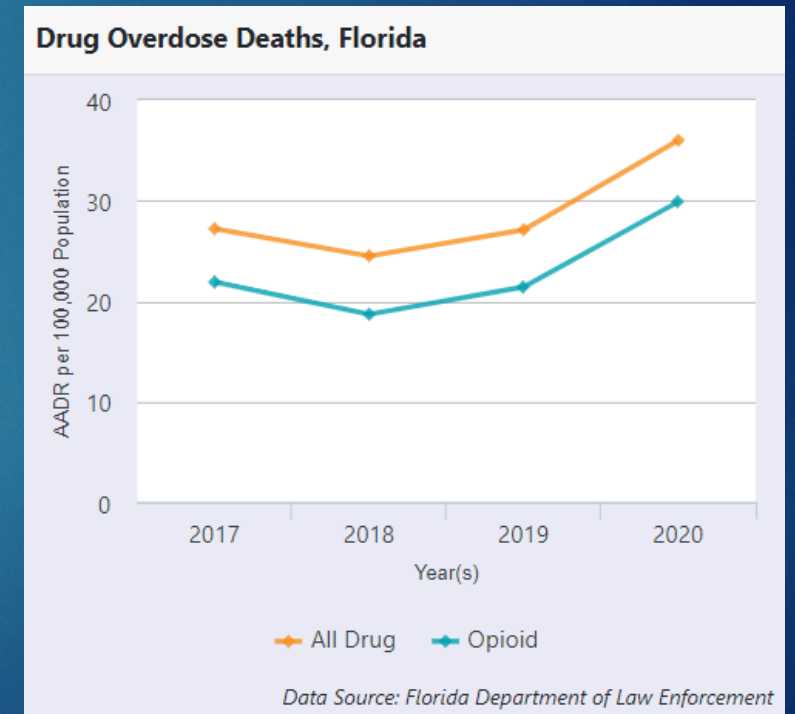
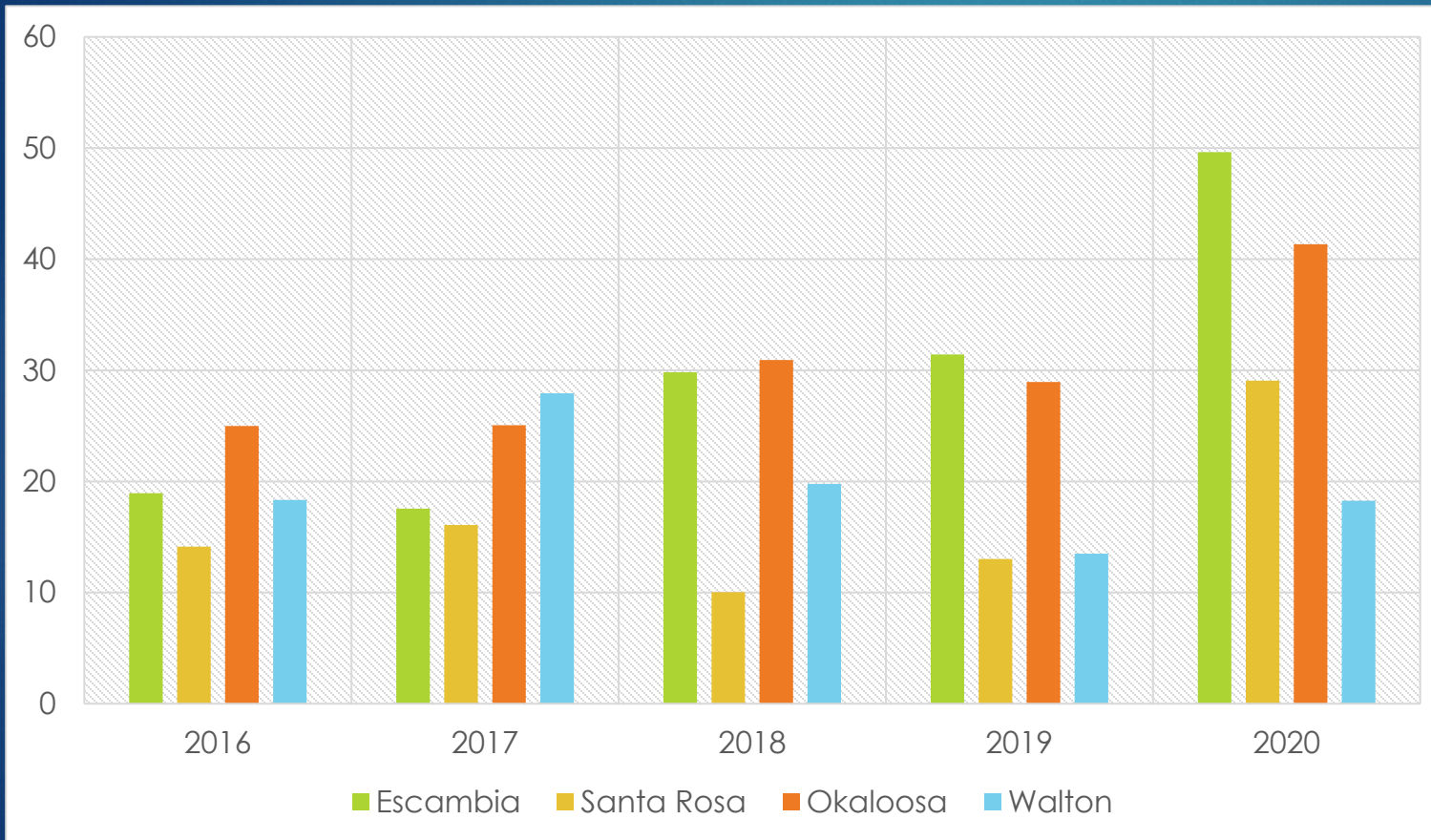


# Total Opioid Death Counts, Florida Circuit One Counties, 2016-2020, N=1000



► Source: UF Health FROST (Florida Drug-Related Outcomes Surveillance & Tracking System)

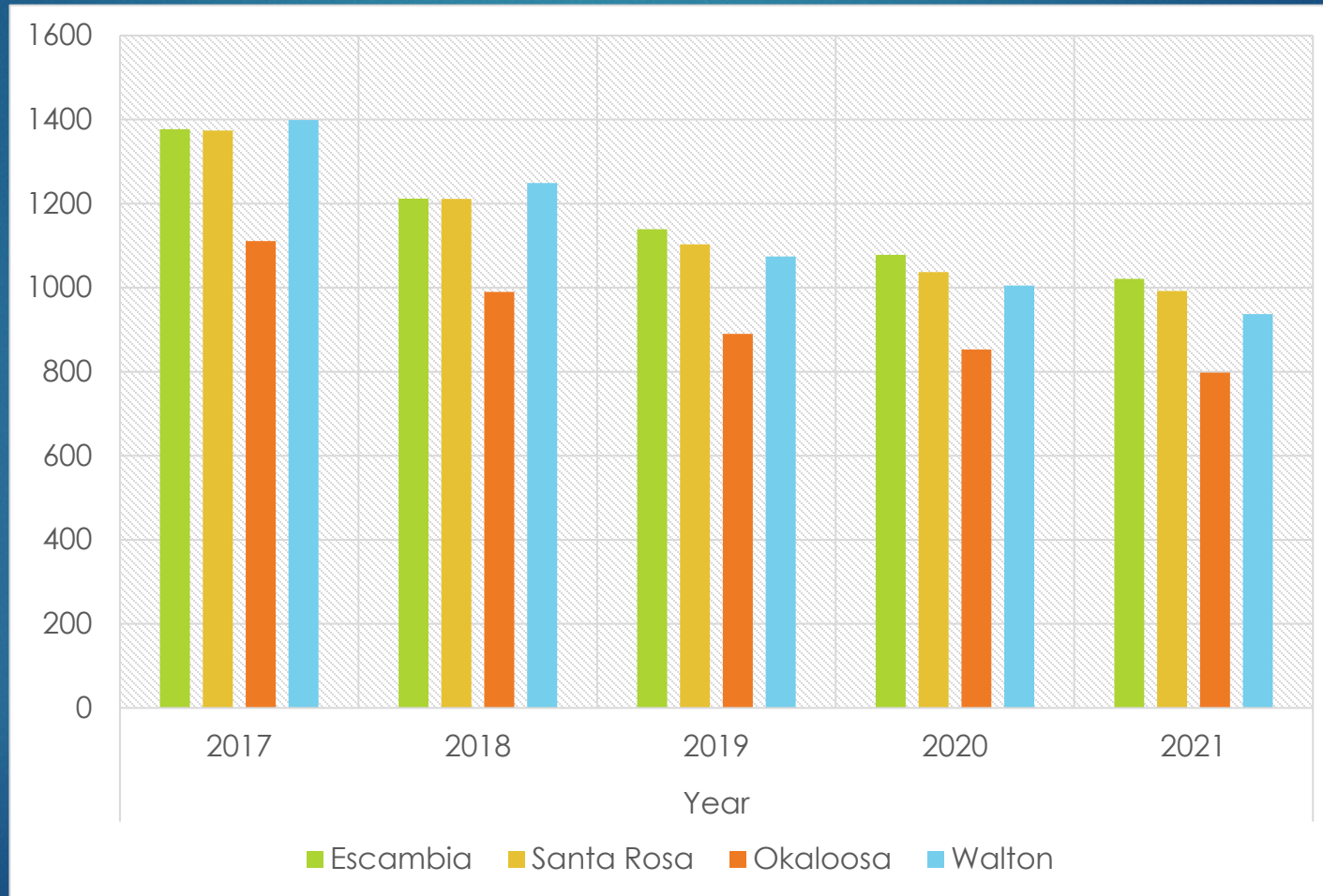
# Rate of Opioid Deaths (per 100,000 population), Florida Circuit One Counties, 2016-2020, N=1000



► Source: UF Health FROST (Florida Drug-Related Outcomes Surveillance & Tracking System)

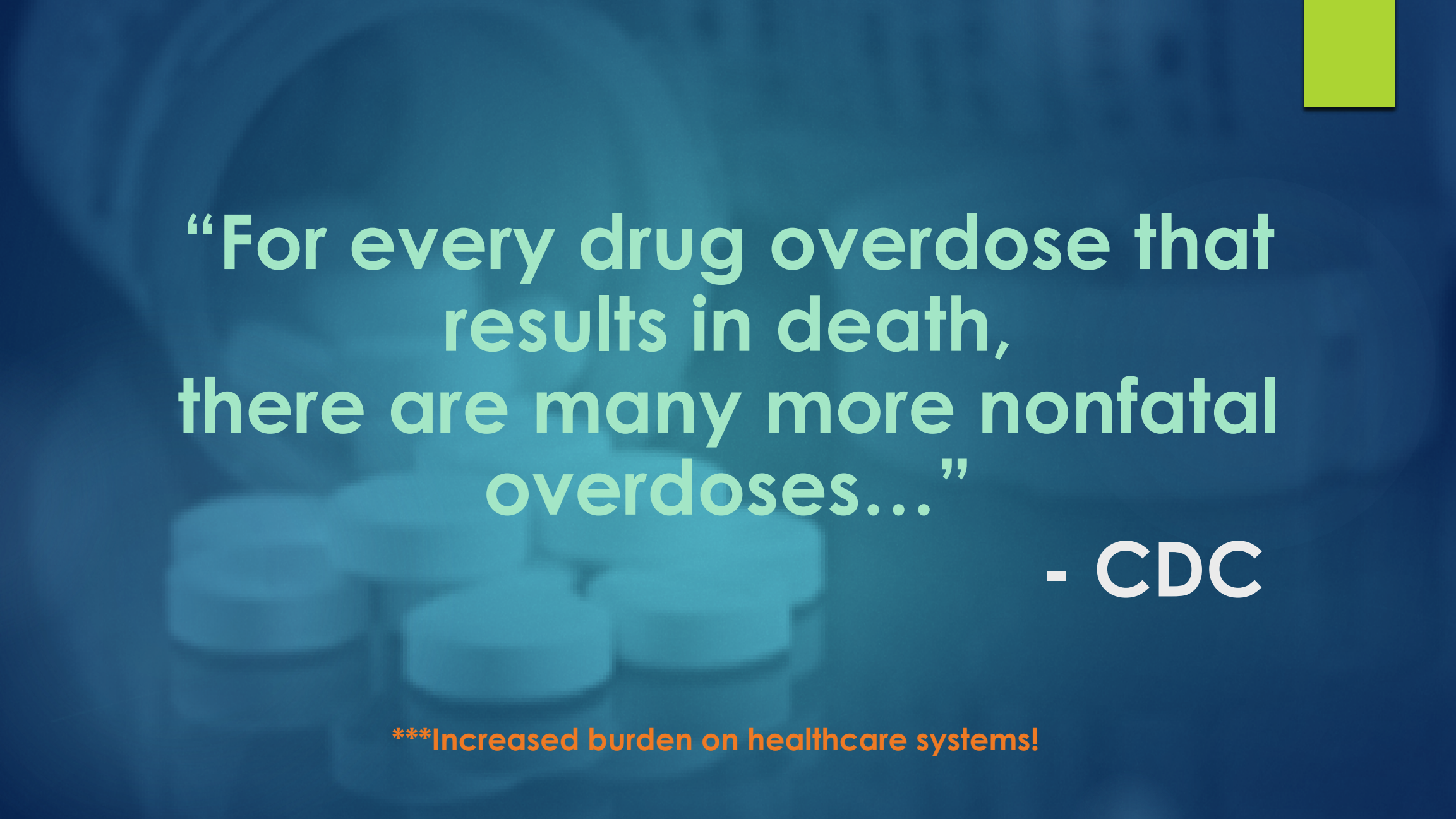


# Rate of Opioid Rx (per 1,000 population), Florida Circuit One Counties, 2017-2021



► Source: UF Health FROST (Florida Drug-Related Outcomes Surveillance & Tracking System)



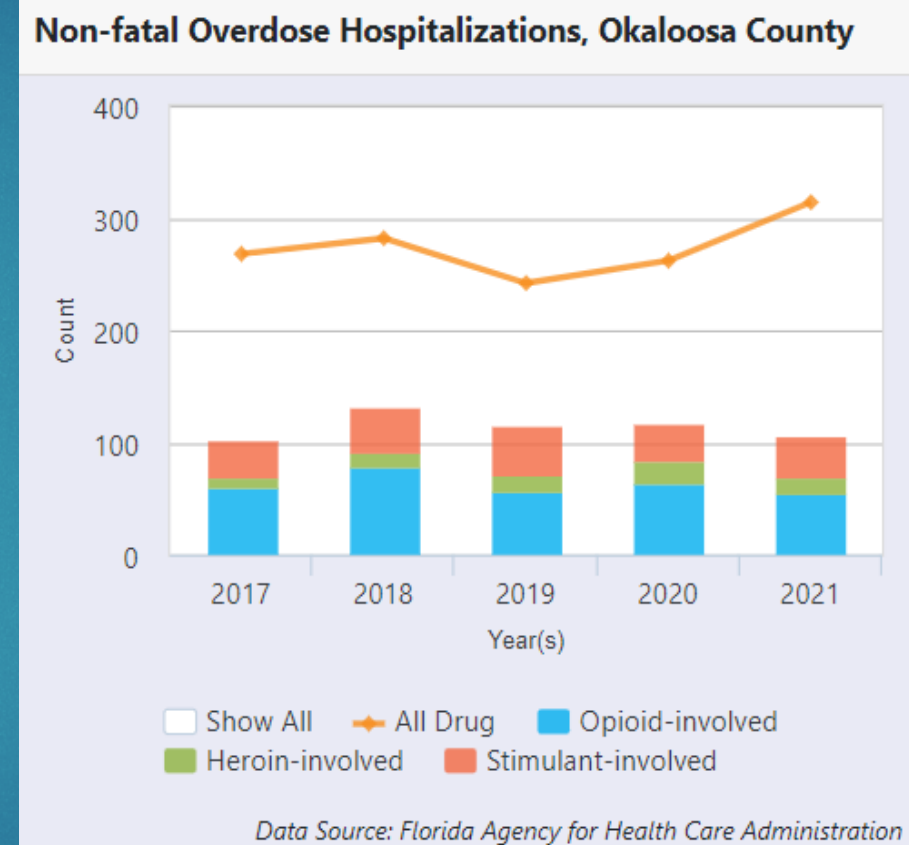
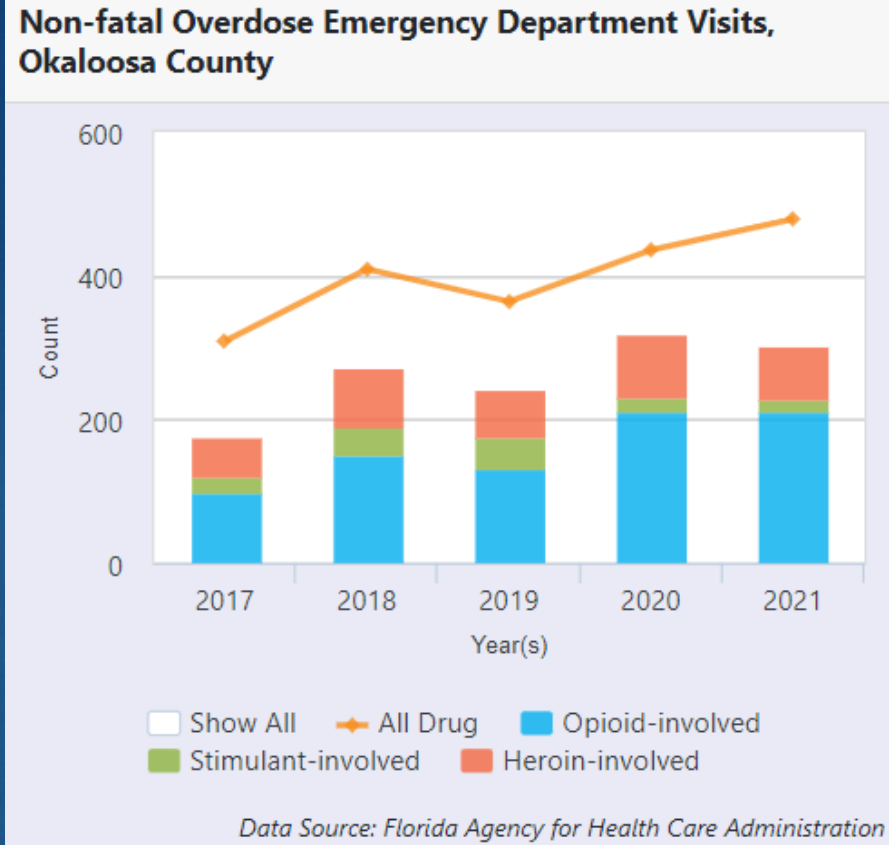


“For every drug overdose that  
results in death,  
there are many more nonfatal  
overdoses...”

- CDC

\*\*\*Increased burden on healthcare systems!

# Non-fatal Drug Overdose ED Visits and Hospitalizations, Okaloosa County



- ▶ 2018-2019 DOH-Okaloosa Injury Prevention Group partnered with local hospitals and EMS to standardize opioid treatment and prescribing policies in Okaloosa County (e.g., Alternative Treatment Options, searching E-FORCSE for “frequent flyers”, and limiting duration of opioid therapy).



# Signs of acute opioid overdose

**Small,  
constricted  
“pinpoint  
pupils”**

**Falling asleep  
or losing  
consciousness**

**Slow, weak, or  
not breathing**

**Choking or  
gurgling sounds**

**Body limpness**

**Cold and/or  
clammy skin**

**Discolored skin  
(especially the  
lips and nails)**



# What is Naloxone?

**“Naloxone is a life-saving medication that can reverse an overdose from opioids- including heroin, fentanyl, and prescription opioid medications- when given in time.”**

**-CDC**

**Reverse opioid overdose with Naloxone.**



# How Does Naloxone Work?



Naloxone is small and easy to carry and comes in two forms: a prefilled nasal spray and an injectable.

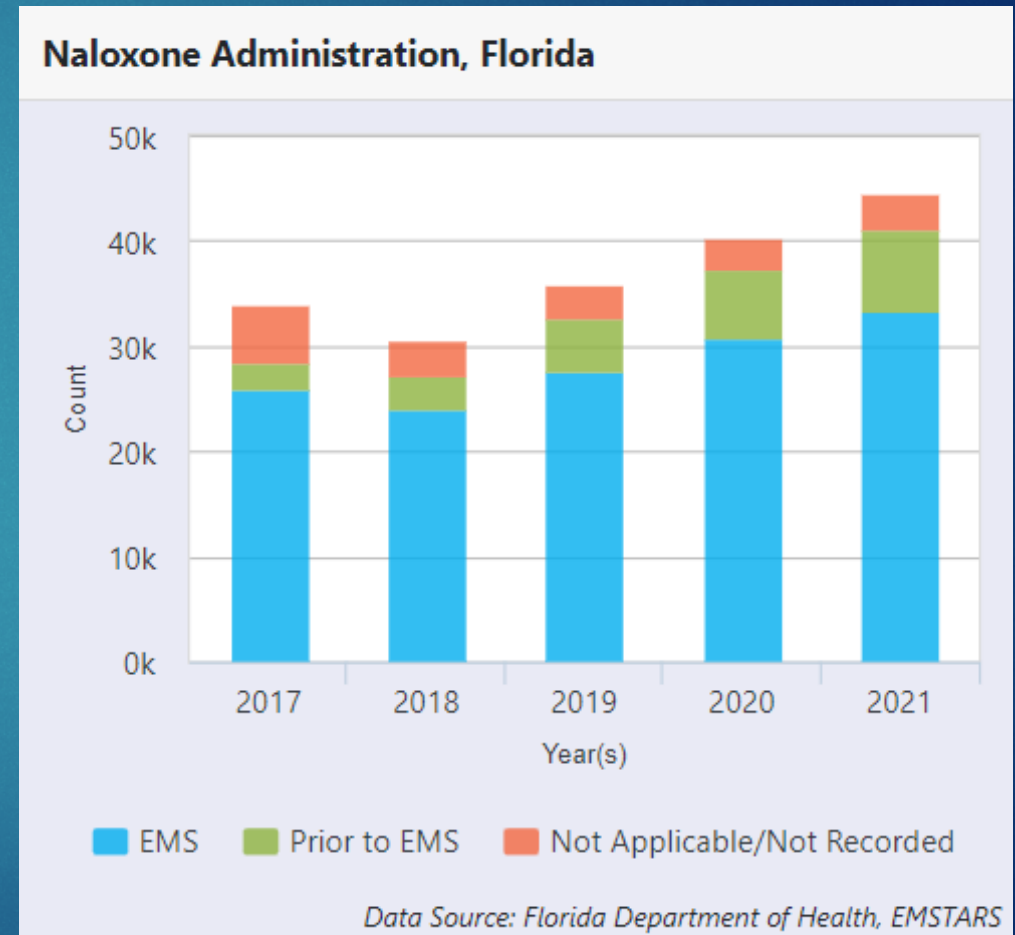
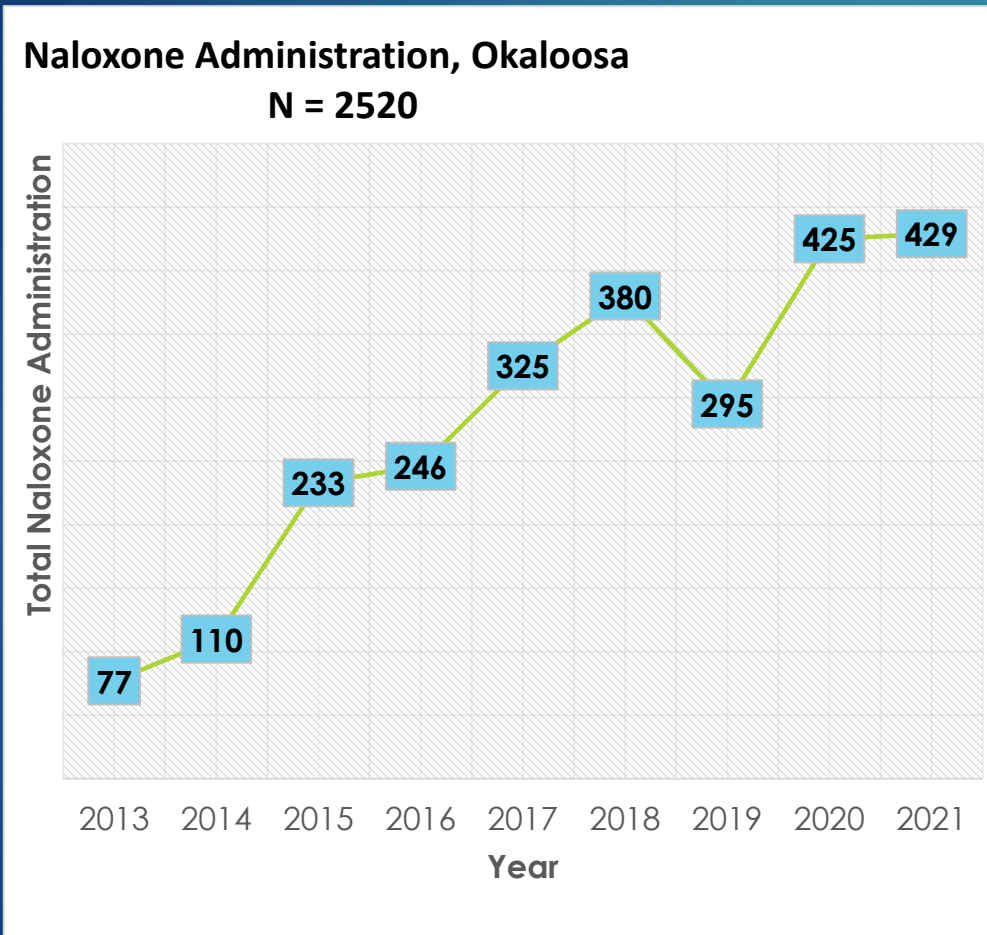
Naloxone binds to opioid receptors and therefore blocks the effects of opioids

Naloxone won't harm someone if they're overdosing on drugs other than opioids (or aren't experiencing any drug overdose), so it's always best to use it if you think someone is overdosing

Naloxone can restore normal breathing within 2 to 3 minutes in a person whose breath has slowed, or even stopped, as a result of opioid overdose

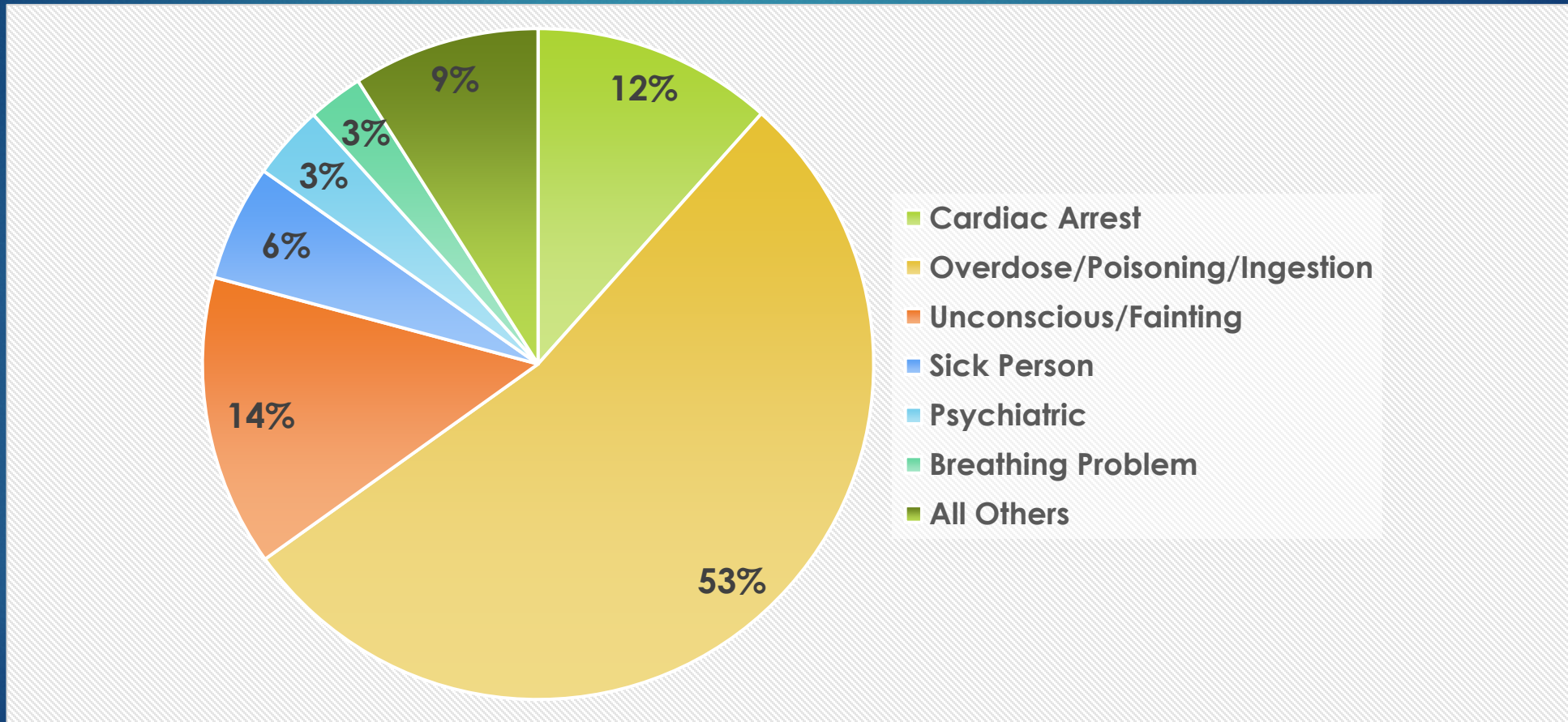
More than one dose may be required

# Total EMS Naloxone Administration Okaloosa County vs. Florida

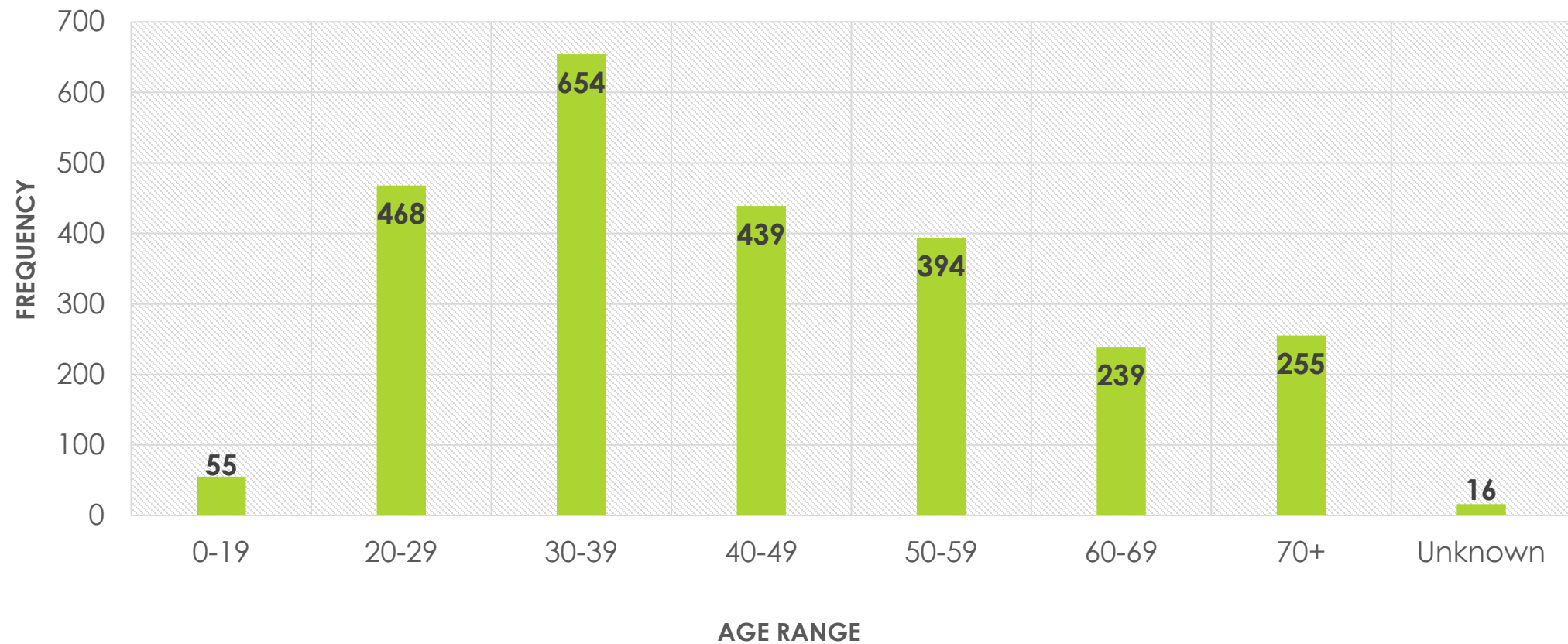




# EMS Naloxone Administration, “Found To Be” Categories, Okaloosa County, 2013-2021, N=2520

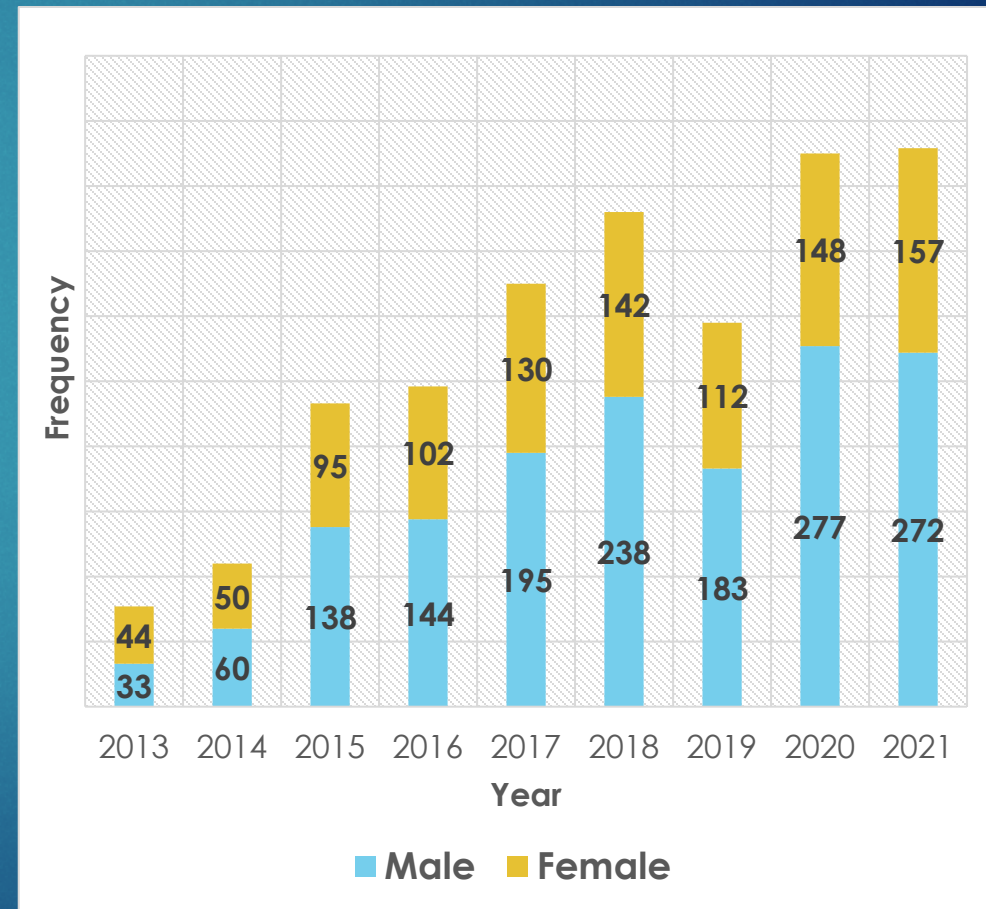
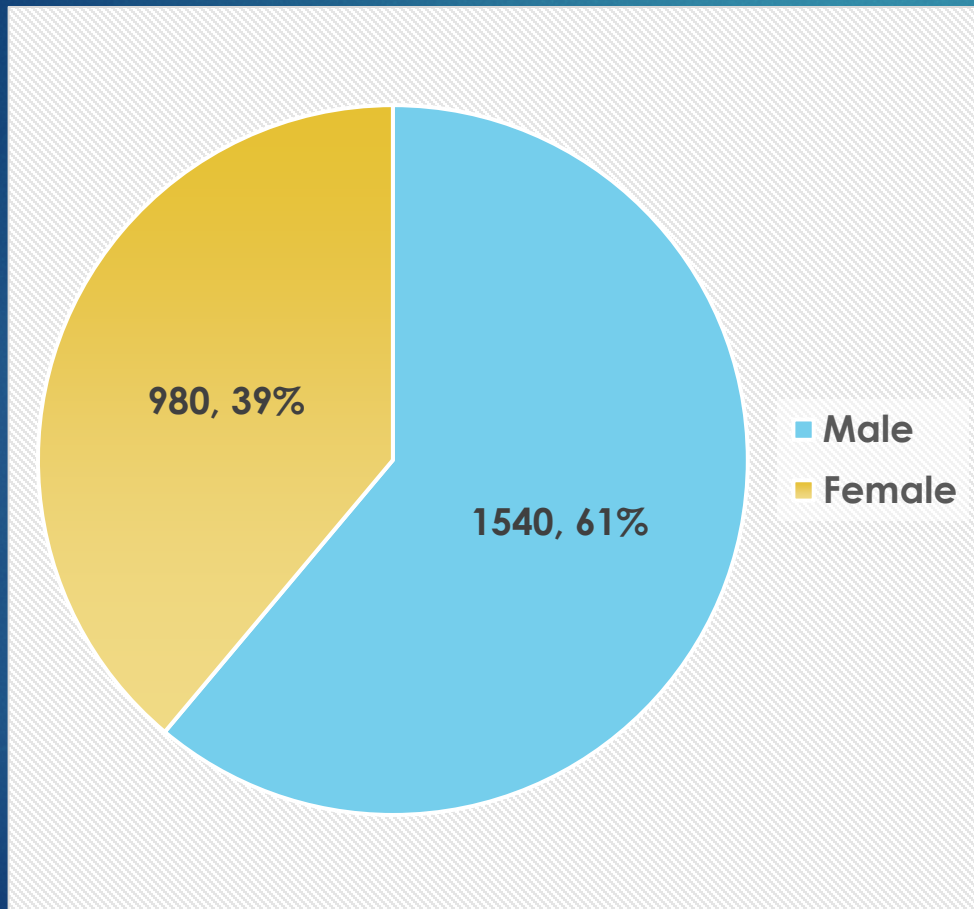


# Naloxone Administration by Age Range, Okaloosa County, 2013-2021, N=2520





# Okaloosa County EMS Naloxone Administration by Sex, 2013-2021, N=2520



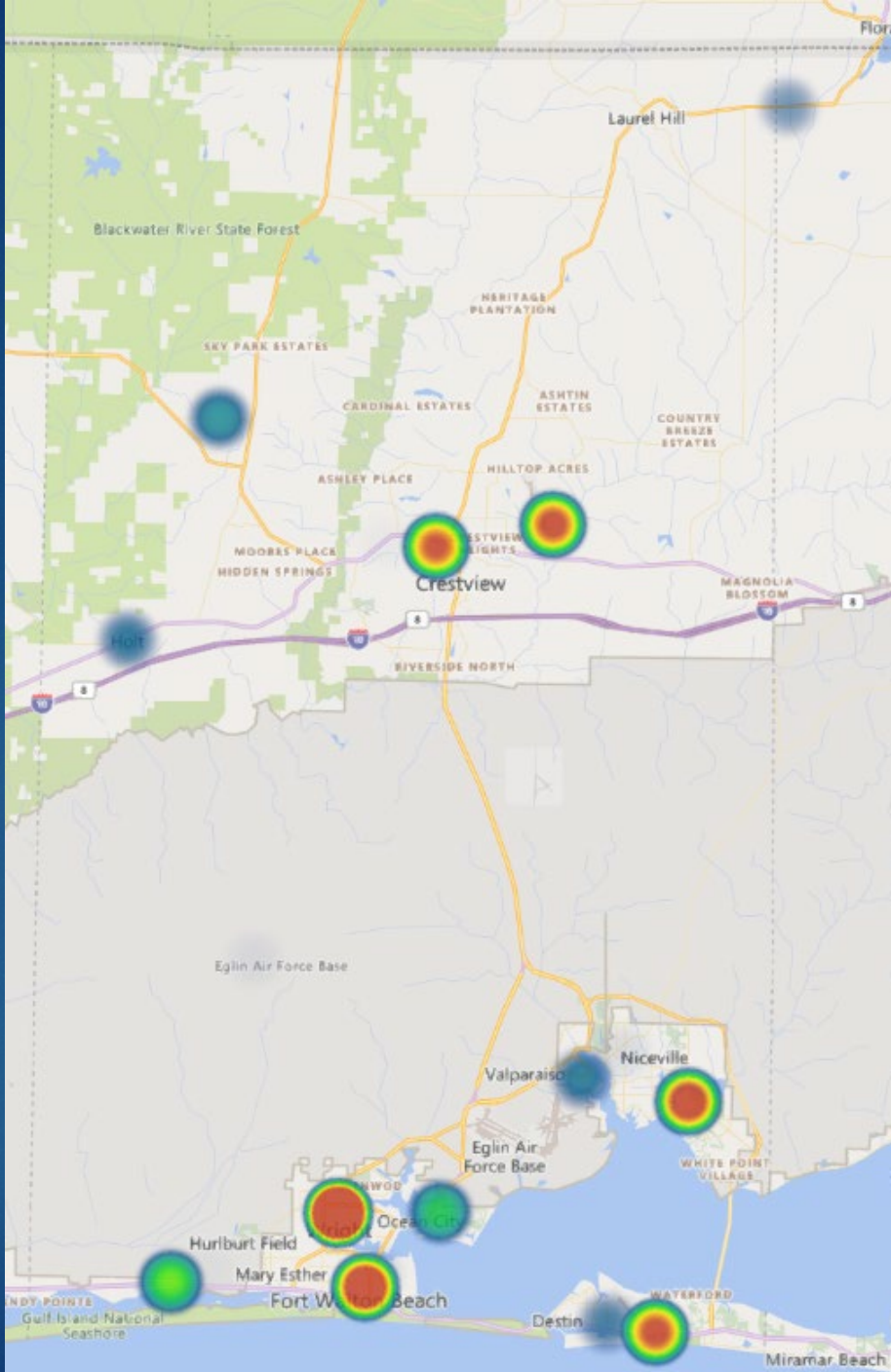
Zip	City	Frequency
32547	Ocean City/Wright	651
32548	Fort Walton Beach	386
32578	Niceville	319
32539	Crestview	277
32541	Destin	275
32536	Crestview	264
32569	Mary Esther	118
32579	Shalimar	80
32531	Baker	41
32580	Valparaiso	30
32564	Holt	27
32540	Destin	23
32567	Laurel Hill	16
32549	Fort Walton Beach	6
32588	Niceville	3
32542	Eglin AFB	2
32537	Milligan	1
32544	Hurlburt Field	1
<b>Total</b>		<b>2520</b>

# Okaloosa County EMS Naloxone Administration by Zip Code

2013-2021

N= 2520





# Okaloosa County Zip Codes where EMS Administered Naloxone

2013-2021

N=2520



Thank you!