



Sheriff's Citizens Advisory Board Meeting Minutes October 8, 2024

Attendees:

Leigh O'Neill Pat Dempsey JT Ramsey Mike Davisson Russ Andres
Ty Snider
Guest: Carly Larkin

The meeting was called to order at 5:32 pm

Reminder to continue reading the Thurman case.

Behavioral Health Discussion, by Nicole Nelson (Frontier Behavioral Health) & Travis Pendell (SCSO):

- Regional approach
- Team: 3 SCSO, 5 SPD, & 3 Clinicians (Frontier)
- Their actions have diverted minor crimes from courts and /or ERs
- Grant (Trueblood Diversion Grant) funded at this time (2 years, ends in June 2025)
- SCSO average day: ~80 calls for services of those ~20 would be mental health related
- There is a mobile crisis team for follow-up, if required
- Public safety is an exception to HIPAA when sharing information from behavioral health the officers
- 1 out of 3 contacts are under 18 years old
- Average duration on a call is 45 minutes
- No nights or weekends coverage for behavioral health and officer's patrols

Potential new CAB member, Carly Larkin attended the CAB meeting and introduced herself. The CAB voted and added her as our latest member.

***** WELCOME CARLY *****

Minutes from the June 10, 2024 meeting were approved.

The CAB approved the change in our bylaws with regards to the meeting time from "2nd Monday" to "2nd Tuesday".

Elections were held:

Chairperson: Mike Davisson
Vice-Chair: Pat Dempsey
Secretary: Leigh O'Neill

Narcan Presentation by JT Ramsey:

- Naloxone (generic name) vs. Narcan (brand name)
- Opiates vs. Opioids
 - Opium, Morphine, Heroin, Codeine (Opiates)
 - Fentanyl, Tramadol, Hydrocodone, Oxycodone, Codeine, Loperamide (Opioids)
- What are Opioids?
 - Used for pain relief and sedation
 - Requires prescription
- What is Naloxone?
 - Opiate antidote
 - Temporary (lasts 30-60 minutes), Still needs EMS
 - Nasal (4mg), injection (0.4mg), IV/IO
- When do I use Naloxone?
 - Indications: Suspected overdose
 - Contraindications: None
 - Good Samaritan Law (you won't be prosecuted for using Naloxone on someone)
- What does an overdose look like:
 - Relaxed
 - Pinpoint pupils
 - Slow heart rate
 - Constipation
 - Confusion
 - Shallow/Snore breathing
 - Lips + tips can be blue (hypoxia)
 - Darker patients: mouth and eye membranes (dull looking)
- How do I use Naloxone:
 - Try to wake up
 - Call 911 / Check pulse (if none -> CPR)
 - Put spray end in nostril
 - Push plunger
 - Repeat every 3-5 minutes
 - After 2 tries, no shown benefit
- After 1-5 minutes visible change
- Can give another dose every 3-5 minutes
- Can be confused, anxious, & / or angry
 - Be calm, minimize stressors
- Forced fast withdrawal
 - Agitation, anxiety, nausea, violent, insomnia
- Opioids last longer than the Naloxone
- Some opioids are too strong for Naloxone. False. Works on all opioids
- Most overdoses are from Fentanyl. True. 60-80% of overdose deaths involve Fentanyl
- Most homeless people overdose. False. 20-80% of opioid OD deaths were unhoused, 15-25% of opioid deaths were using a prescription
- If you use Naloxone, they will wake up pissed and aggressive. Half True. Compassion and a calming tone go a long way.

- You can overdose by touching or being around fentanyl. False
 - If bilateral palmar surfaces were covered with [medical grade] fentanyl patches, it would take ~14 min to receive 100 mcg of fentanyl (therapeutic dose)” –ACMT & AACT
 - “Industrial producers of fentanyl, at the highest airborne concentration encountered by workers, an unprotected individual would require nearly 200 min (3hr 20 min) of exposure to reach a dose of 100 mcg of fentanyl.” –ACMT & AACT
 - Of 200+ first responder incidents of “fentanyl exposure”, zero were confirmed to have fentanyl in their blood.
- Where can I find Naloxone:
 - Pharmacy
 - Primary Care Provider
 - PHRA.org/naloxone
 - Vending machine
 - Stopoverdose.com
 - Spokane Regional Health Dept.

Meeting was adjourned at 7:26 pm.

CAB REMINDER: If you are unable to be at a meeting, please let Leigh know.

Next Meeting:

November 12, 2024

5:30pm – 7:30pm

Location: Spokane Public Safety Building, 1100 W Mallon Avenue Spokane, WA 99210-2352

Minutes Submitted by
Leigh O’Neill, Secretary