



Tuolumne County Behavioral Health

August Newsletter

August 1, 2017

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Quote of the month:

“We rise by lifting others.”

- Robert Ingersoll



Opioid Dependence and Treatment Options

The Tuolumne County Opioid Safety Coalition has different approaches to reducing opioid addiction and dependence, starting with preventative measures before the problem has taken hold. There has been a shift in whether a prescription for opioids is necessary and, if so, determining the length of time which is safe for those taking these medications. Dr. Retherford translates the Hippocratic Oath from *Physician, do no Harm* to: “Don’t get my patient addicted to, or dependent on, habit forming medication, and support my already addicted or dependent patient in beginning the recover process.”

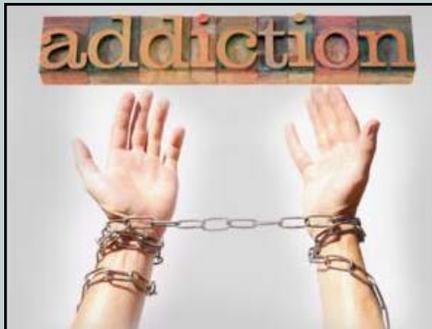
There are several ways to quit opioid dependency, but many are painful and very uncomfortable

to endure. In fact, many people continue using opiates, not for pain, but to avoid negative side effects of withdrawal.

Dr. Ralph Retherford is in charge of the “Bupe Clinic” in Sonora. “Bupe” is short for Buprenorphine and Dr. Retherford states:

“Buprenorphine is God’s gift to opioid addicts.” This medication has revolutionized the treatment of opioid addiction and dependence. It is the first and only drug approved for

the treatment of opioid addiction in a doctor’s office. Buprenorphine works as a partial agonist, which means that it stimulates the opioid receptors enough to relieve pain, withdrawal symptoms, and cravings, but not enough to cause euphoria. Utilizing medical treatments such as



See Opioid Treatment Page 3

Tuolumne Narcotics Team (TNT)

Behavioral Health welcomed Sergeant Vic Serrano from the TC Sheriff’s Office TNT. Sergeant Serrano delivered an informative presentation about the current dangers of drug use in Tuolumne County at a recent All Staff meeting. The decrease in stigma related to heroin use has resulted in an increase of heroin addicts.

Methamphetamine use is still a major concern for the Tuolumne Narcotics Team. However, due to the increased consequences of illegally manufacturing meth, the meth epidemic of the 1990’s has subsided for the most part. There are still some very dangerous ways to produce small amounts of the drug. Most of the “meth” found on the street in TC is imported.

Prescription drugs are still all the rage, due to easy access and availability. Youth are able to go to “grandma’s” cabinet and pick up many of the “scripts” which are now being crushed, snorted, smoked or used intravenously. Sergeant Serrano reported a disturbing new trend called a “fish bowl party.” This is a party where the cost of admission is a handful of pills. These pills are then put in a fish bowl and party-goers are blindfolded and reach in for a handful. These pills are then taken to

“see what happens,” said Sgt. Serrano.

This new game is very dangerous and happening far too often. Everyone can help by participating in *Drug Take Back Days*, or use the drop off box for unwanted prescription drugs, located at the TC Sheriff’s Office. Please check to see what is in your own bathroom cabinet and help reduce the amount of prescription drugs on the street. There may be a family member who is not able to do this on their own. Please introduce the subject and offer to help. It probably is something that has not even crossed their mind. Some people may have pills that have been in their cupboard for so long they don’t even remember their intended use.



MDMA or Ecstasy is still going strong, even in our rural community, as rave parties are happening off the beaten path. As described by Sergeant Serrano, these raves have people assigned to provide first aid and medical attention. They also have water stations in place to avoid the dehydration effects of Ecstasy. The high experienced by people taking this drug is at least partially due to having a

See TNT on page 2



Tuolumne County Behavioral Health

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TUOLUMNE COUNTY

CRISIS LINE:

209-533-7000

August Events

Staff Trainings:

Wednesday August 9:

Mark Dyken, JFRC, will present on Trauma Informed Care:MHSA PEI program

Thursday August 17:

All Peer Specialist Staff Training: Recovery Tune-Up; Cognitive Behavioral Skills; Team Building and more!

Wednesday August 23:

Alateen presentation and BH's Jim Reinhardt presents, "Dangers of the New Marijuana"

Community Events:

August 12: 2nd Saturday Art Night

5pm-8pm downtown Sonora

August 15: MHFA Training
Contact Martha Golay @ (209) 533-1397 ext. 274

Every Saturday in August:
Sonora Farmer's Market
7:30am to 11:30am at Theall & Stewart Streets

TNT Continued from page 1

fever of 104+ degrees. People on Ecstasy often chew on pacifiers because the drug results in grinding their teeth.

Cocaine use is still prevalent in the foothills, though Crack cocaine is not. The difference between cocaine and meth is the amount of time it stays active in the system of a user; 15 to 30 minutes for a cocaine high vs. 2 to 4 hours for meth.

According to Sgt. Serrano, "If you are not checking your child's backpack, phone or social media, you should be." One of the things to look for are small pieces of foil with black lines on them. This happens when smoking heroin, meth or prescription drugs. Heroin can be identified by a strong odor of vinegar as a result of the produc-

tion process. Also, keep an ear out for street names for these drugs:

Heroin: H, Black, Tar, Frank Lucas, Sticky, Junk, Bobby, Brown Sugar (what it smells like when smoked), Hard Candy and Nice & Easy.

Methamphetamine: Meth; Crystal; Crissy; Tina; Crank; Speed; Shards; Glass; Ice; and Go fast.

Prescription drugs: Pilz; Z-bar; Bricks; Benzos; Blues; Chill Pills; French Fries; Tranqs; Rid; Vitamin R; Jif; R-ball; and Rittys.

Opiates: Vike; Watson; Tuss; Big Boys; Cotton; OC; Percs; Morph; and Kicker.

Ecstasy: Molly; E; X; and XTC.

Knowledge is power, and that is the first step to fight drug use in our community. A BIG Thank You to the Tuolumne Narcotics Team and the Tuolumne County Sheriff's Department.

Join BH Quality Improvement at 2nd Saturday Art Night

By Sarah Lambie
Quality Improvement Coordinator

Based on Client Satisfaction Survey, (POQI) scores, the Quality Improvement Council has identified that there is an opportunity to further promote Social Connectedness between peers and our community. Therefore, we will be attending the Second Saturday Art Night and will be using this as



an opportunity to gather together with our neighbors and enjoy downtown Sonora. This Community Event will be happening on August 12th starting at 4pm in the Courthouse Park, downtown Sonora.

There will be information, games, food, fun and a raffle. Call Sarah Lambie at (209) 533-6245 for additional information. Hope to see you there!



BH SPOTLIGHT:

Susan Knopf provides Therapeutic Behavioral Services (TBS) to children and young adults ages 4 through 22. Youth in the TBS program must meet criteria for severe and persistent mental illness and have behavioral issues that cause serious trouble at school and home. Those in the TBS program have the opportunity to learn from Susan on how to think and act differently.

Susan teaches Cognitive Behavioral skills and techniques that use cueing, modeling, verbiage, and education. These skills can be repetitive, depending on the child's ability to grasp concepts and the response. There are secrets the parents learn when applying the techniques which are based on a positive incentive rewards system.

Susan has fine-tuned the program over the years: "Having the ability to change and develop this program with the help of the children I teach is priceless. The proof is in the pudding. I find out what the child likes and we do that to bridge and build rapport." A child may like fishing, gold panning, or crafts, these are then set as positive incentives. It may take up multiple hours of service during the week, but every moment gives dividends for the child and the family. Susan is available 24/7 in order to reduce hospitalizations for these children.

Knopf has 3 sons, Seth, Jimmie, and Conor, and she is passionate about helping people. Susan enjoys Blues Festivals, driving her Miata with the top down, and taking a dip in hot springs.



Susan Knopf

Job Title: Senior Behavioral Health Worker (TBS)

Years with BH:

16 years (including 9 from Kingsview)

Favorite Vacation Spot:

Kona, HI and Tulum, Mexico

Pets: Nina, a beautiful pure bred Maltese

Buprenorphine and Suboxone, a combination of Buprenorphine and Naloxone (Narcan) are making a difference in the lives of addicts every single day. Before Buprenorphine, 90% of people entering a treatment center for opioid addiction were likely to leave after 3 days due to misery of withdrawal symptoms. Today, using buprenorphine, 90% of opioid addicts are likely to stay the full 28 days. This is a great gift to individuals and families plagued with opioid addiction.

Dr. Retherford has a way of assuring that patients are ready, willing to follow instructions, and are truly seeking an alternative to traditional pain management. When speaking with a new patient, the doctor makes sure they understand that they are being treated for chemical dependency with a powerful drug. He requires that patients avoid all habit forming substances except nicotine. This includes: alcohol, marijuana, prescription tranquilizers, sleeping pills, tramadol, Soma and street drugs. If a patient is not willing to take this step, they may come back at a future date.

If willing to comply, the next step is to work with Dr. Retherford to set a goal to free them from their opiate dependency; negotiate how quickly they want to reduce their dosage, and over what period of time within a maximum of 3 months. During this period, the doctor will see them frequently, refer for counseling, sleep hygiene instruction, and/or refer to a 12-step program to deal with insomnia, anxiety and cravings. The doctor cautions patients about switching addictions to things such as alcohol, marijuana, shopping, food or gambling.

Dr. Retherford says that drug tests are a necessity when utilizing a medical treatment for opiate withdrawal. According to the doctor, it is part of the territory to understand that there may be some "shenanigans". A simple \$20, in-office drug screen, can open the

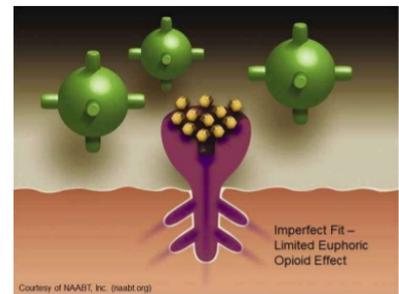
door to a discussion about many important things, such as the negative consequences of a dirty drug test while at the clinic. There is a plan in place for probationary periods directly related to a dirty drug screen.

Buprenorphine treatment can begin safely at home. Patients are instructed to wait to take the first dose until they are moderately "dope sick", which means that they will feel miserable with sweating, runny nose, stomach cramps, goose bumps and deep bone pain. This is the time to take the first dose. During the first week only a 3 to 5 day prescription is written to assure everything is working properly. Adjusting dosages may be necessary and it is important to realize that buprenorphine treatment is an alternative pain treatment. Many use it as such and may stay on it indefinitely for pain management as well as for opioid dependence.

For more information, or to make an appointment, please call Dr. Retherford's office at 209-536-5135

What is buprenorphine? How does it work? What's the safety profile?

- agonist/antagonist (partial agonist) at the Mu Receptor
- attaches to the receptor very strongly
 - pushes off other opioids
- less respiratory depression
- little Euphoric Effect
- limited maximal positive effect on the receptor (ceiling effect)



High Rates of Syphilis in Tuolumne County

By Liza M. Ortiz, MD, MPH
Tuolumne County Health Officer

Over the past two years, the rates of syphilis in Tuolumne County have increased dramatically. In the past, we had only occasional cases of syphilis reported, including many years with no reported cases. Currently, our rates of syphilis and congenital syphilis (syphilis transmitted from mother to child during pregnancy) are among the highest in the state.

Final data is still pending. However, estimates show that in 2011, Tuolumne County had 1 reported syphilis case, which is equal to a rate of 1.8 per 100,000. In California, 2,450 cases were reported, equal to a rate of 6.5 per 100,000. In 2015, California had 4,890 cases, equal to a rate of 12.5 per 100,000. Statewide rates for 2016 are not yet published, but are expected to be similar to 2015. In 2016,

Tuolumne County had 30 reported cases, equal to a rate of 54.2 per 100,000. This shows that the rate of syphilis in Tuolumne County has increased 3,000% since 2012.

Currently, the syphilis epidemic is concentrated in a specific population. It is important for the public health department to intervene at this still early stage, before the problem becomes widespread. The public health department has investigated these cases and has found that a very large number of syphilis cases are associated with drug and alcohol use. If you, or someone you know, uses drugs or alcohol, please spread the word about the high rate of syphilis and other STDs among this population in our community.

**Our message is simple:
Use Condoms. Get Tested. To learn more about testing, call the Tuolumne County Public Health Department at 209-533-7401.**

Year	Tuolumne Cases	Tuolumne Rate	CA Cases	CA Rate
2011	1	1.8	2450	6.5
2012	1	1.8	2970	7.8
2015	8	14.4	4890	12.5
2016	30	54.2	Pending	Pending

Changing Faces at BH

Over the last couple of months, you may have noticed a change in the faces you see here at TCBH. Here are the changes:

We bid a fond farewell to exiting staff, Karen Meyer, Chris Lowe, Dr. Wendy Stephens, Jill Paterson and Carly Lillis. We wish them well in their future endeavors!

We give a warm welcome to new staff, Nicole Dörner and Vanessa Spiteri in CAIP; Danielle Murphy, Planned Services; Marilyn Strong, Drucilla Hughes, and Makayla Cowan, EC; and Colleen Madison, FSP. And congratulations to Leah Dowie and Brittaney Sutton on their recent promotions.

Artists' Corner
Artist: Angie Gisi, Former BH Peer Specialist

Diversity Calendar

August: National Breastfeeding Month

August 6: Transfiguration, celebrated by Orthodox Christians to when Jesus became radiant and communed with Moses & Elijah on Mount Tabor

August 7: Raksha Bandhan, a Hindu holiday commemorating the loving kinship between a brother and a sister.

August 15: Krishna Janmashtami, Independence Day in India, Hindu celebrations include praying and fasting

August 17: Marcus Garvey Day, celebrates the birthday of the Jamaican politician and activist

August 23: International Day for the Remembrance of the Slave Trade and the anniversary of the uprising in Santo Domingo (today Haiti and the Dominican Republic) that initiated the abolition of slavery in that nation

August 25: Krishna Jayanti. The day Hindus celebrate Krishna's birthday, Vishnu's eighth incarnation on Earth

August 26: (sunrise) Paryushana Parva is a Jain festival lasting about 8-10 days. Observed through meditation and fasting for spiritual upliftment, pursuit of salvation and to gain a deeper understanding of the Jainism religion (belief that the universe is eternal; many gods exist; and Gods, humans and all living things are part of a complex hierarchy)

August 26: Women's Equality Day, Established in 1971, this day commemorates the 1920 passage of the 19th Amendment to the US Constitution that gave women the right to vote.

BEAT THE HEAT SUMMER FRUIT TRIFLE

- 1 prepared angel food cake (10")
- 1 container vanilla yogurt (32 oz)
- 2 cups fresh strawberries, sliced
- 2 cups fresh blueberries
- 2 cups fresh raspberries



Rinse all fruit, slice strawberries and set aside. Cut angel food cake into 1" cubes.

Line the bottom of a large glass serving bowl with 1 & 1/3 of the angel food cake.

Generously cover the layer of cake with 1 & 1/3 cups yogurt. Take approximately 1 & 1/3 cups of strawberries, raspberries

and blueberries and place on top of the yogurt.

Repeat layers with more cake, yogurt and berries.

Add a final layer of yogurt and finish with sliced berries on top.

Serve and Enjoy immediately, or chill and serve later.

Refrigerate any unused portions.

AUGUST 2017

Monday	Tuesday	Wednesday	Thursday	Friday
SHOWERS: Monday 12-3 Wednesday 12-3 Thursday 8-3 Friday 12-3 	1 8-2 Laundry 11-2 Movie Day 12:30-1:30 AA 1:45-3:00 Bipolar and Depression	2 9-10 Men and Women 10-12 Pride: Marina Koorkoff Psychosocial Rehabilitation Program-Columbia College 11-12 Healthy Eating 12:30-2 Working With Emotions 	3 8-3 Showers 11-12 Eating Disorder Support Group 2-3 Trauma Recovery/PTSD	4 9-12 Karaoke 9-11 Gardening 
7 9-10 Men and Women 10-11 Pride: Loretta talks Rocks 11-12 Music/Games 11-12 Seeds of Hope Grief Group 1-2 Dual Diagnosis	8 8-2 Laundry 11-2 Movie Day 12:30-1:30 AA 1:45-3:00 Bipolar and Depression	9 9-10 Men and Women 10-11 Pride: Calendar, Relax and Chill 11-12 Joke Day 12:30-2 Working With Emotions	10 8-3 Showers 11-12 Eating Disorder Support Group 2-3 Trauma Recovery/PTSD	11 9-12 Bingo 9-11 Gardening 
14 9-10 Men and Women 10-11 Pride: Progress, not Perfection with Michelle 11-12 Recreation 1-2 Dual Diagnosis	15 8-2 Laundry 11-2 Movie Day 12:30-1:30 AA 1:45-3:00 Bipolar and Depression	16 9-10 Men and Women 10-11 Pride: Famous People with Mental Health Challenges 11-12 Healthy Eating 12:30-2 Working With Emotions 	17 EC CLOSED- STAFF TRAINING 	18 9-12 Karaoke 9-11 Gardening 9:30-12 Smile Keepers 
21 9-10 Men and Women 10-11 Pride: Makayla's Story 11-12 Music/Games 11-12 Seeds of Hope Grief 1-2 Dual Diagnosis	22 8-2 Laundry 11-2 Movie Day 12:30-1:30 AA 1:45-3:00 Bipolar and Depression	23 9-10 Men and Women 10-11 Pride: Friendships- Traits of Good Friends 11-12 Recreation 12:30-2 Working w/Emotions	24 8-3 Showers 11-12 Eating Disorder Support Group 2-3 Trauma Recovery/PTSD	25 9-12 Bingo 9-11 Gardening 
28 9-10 Men and Women 10-11 Pride: Jack and Sue On WRAP & Advanced Directives 11-12 Recreation 1-2 Dual Diagnosis	29 8-2 Laundry 11-2 Movie Day 12:30-1:30 AA 1:45-3:00 Bipolar and Depression	30 9-10 Men and Women 10-11 Pride: Patti Denney Public Health—STDs 11-12 Stress Management 12:30-2 Working With Emotions	31 8-3 Showers 11-12 Eating Disorder Support Group 2-3 Trauma Recovery/PTSD	LAUNDRY:  Tuesday 8-2 ~Laundry and Shower Supplies provided~

TUOLUMNE COUNTY ENRICHMENT CENTER
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 SONORA, CA 95370



Phone: 533-7114
 Fax: 533-7113

COMMUNITY CENTER FOR WELLNESS AND RECOVERY

Monday-Friday
 8:00 a.m.—4:00 p.m.

www.facebook.com/TuolumneCountyEnrichmentCenter

