



Redwoods Rural
HEALTH CENTER

CONTACT

101 West Coast Road
Redway, CA
95560

MEDICAL
(707) 923-2783

DENTAL
(707) 923-4313

www.rrhc.org

Arts in Healthcare

Studies have proven that integrating the arts into healthcare settings helps to cultivate a healing environment, and support the physical, mental, and emotional recovery of patients. Thank you to local artists Katie Speelman and Judy Evanson for displaying their paintings at Redwoods Rural Health Center this winter. Art can ignite the mind and the healing process, we appreciate their work inspiring our community.



NEWSLETTER OF REDWOODS RURAL HEALTH CENTER

MISSION & VISION & VALUES

- ❖ *The purpose of Redwoods Rural Health Center is to provide responsive, preventive, high quality primary health care services, through a variety of healing disciplines, to all people without regard to social or economic status.*
- ❖ *We emphasize the client's right and responsibility to participate in his or her own health care decisions.*
- ❖ *It is our hope that the clinic be a place where the needs of the whole person are met—body, mind, and spirit.*

NALOXONE-OPIOID OVERDOSE REVERSAL MEDICATION SAVES LIVES

Providing overdose prevention, recognition, and response education to drug users and their friends, families, and the service providers who work with them is a harm reduction intervention that saves lives. Heroin and other opioid overdoses are particularly amenable to intervention because risk factors are well understood and there is a safe antidote — naloxone. RRHC's team is trained and the health center provides Naloxone to clients or their family members, when a patient is at risk of opioid overdose.

Naloxone (also known by the brand name Narcan®) is a medication called an "opioid antagonist" and is used to counter the effects of opioid overdose. Specifically, naloxone is used in opioid overdose to counteract life threatening depression

of the central nervous system and respiratory system, allowing an overdose victim to breathe normally. Naloxone is not a controlled substance (i.e., non-addictive), prescription medication. Naloxone only works if a person has opioids in their system. Naloxone can be administered by minimally trained laypeople, such as family members, which makes it ideal for treating overdose in people who have been prescribed opioid pain medication and in people who use heroin and other opioids. Naloxone has no potential for abuse. Naloxone may be injected in a muscle, vein or under the skin, or sprayed into the nose. It is a temporary drug that wears off in 30-90 minutes. ♦



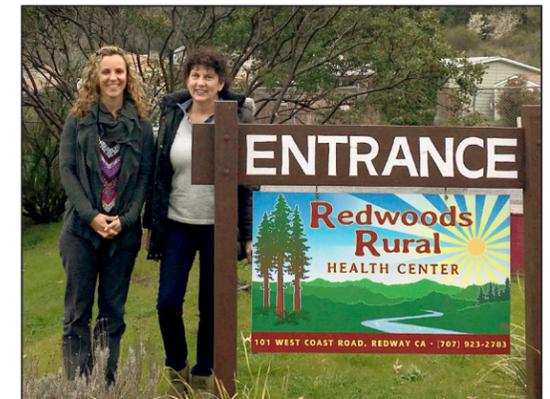
MAY IS HIGH BLOOD PRESSURE EDUCATION MONTH

Stroke is the **fifth leading cause of death** in the United States and a major cause of adult disability. Many factors may affect a person's **risk for stroke**, including high blood pressure, age, family health history, and more.

The good news? Many strokes are preventable and treatable. There are ways to manage high blood pressure to lower your stroke risk. Start by talking with your health care professional about ways to **make control your goal**.

REDWOODS RURAL STAFF NOW CERTIFIED TO PROVIDE SUBOXONE OPIOID USE DISORDER TREATMENT

Mandi Battles, PA, and Robin Barnes, FNP, are now certified to provide Suboxone Opioid Use Disorder Treatment. Redwoods Rural Health Center organized a new suboxone treatment program, in collaboration with substance abuse counselors from Singing Trees Recovery Center. Prescription medication misuse and overdose is a national epidemic, according to the Centers for Disease Control and Prevention (CDC). The long-term health consequences are severe and can lead to limitations in daily activity, impaired driving, mental health problems, addiction, overdose and death. When it comes to unintentional injury deaths in the U.S., more people die from prescription medication overdoses than in motor vehicle crashes. RRHC's suboxone program is targeted at addressing opioid addiction and saving lives by reducing overdoses. RRHC patients interested in participating can speak with their Medical Team for more information. ♦



AIMS GRANT SUBOXONE & NALOXONE PROGRAMS AT RRHC

Every day more than 90 Americans die after overdosing on opioids, according to the National Institute on Drug Abuse. To address the national crisis, Redwoods Rural Health Center received the federal AIMS grant focused on substance abuse services and behavioral health counseling. The Medical and Behavioral Health Team is working to meet the patient need with a new suboxone, naloxone and counseling program.

Part of the treatment for opioid dependence is Buprenorphine/Suboxone, a medication approved by the Food and Drug Administration (FDA). Buprenorphine can be used for detoxification or for maintenance therapy. Even though maintenance treatment for opioid addiction works very well, it is NOT a cure. This means that the patient will continue to need the stable dose of Suboxone, with regular monitoring by the doctor. This is similar to other chronic diseases, such as diabetes or asthma. These illnesses can be treated, but there is no

permanent cure, so patients often stay on the same medication for a long time.

Patients who are part of the suboxone treatment program are required to see a medical provider for ongoing Suboxone treatment on a regular basis. Patients who are recovering from addiction also need counseling. To foster this holistic approach to care, RRHC offers individual and group therapy. These appointments are key parts of treatment, and work together with the Suboxone to improve success in treatment for addiction.

RRHC provides suboxone services free of charge for those without insurance who don't qualify for Medi-Cal. Regardless of your ability to pay, RRHC is here to help you advance with recovery. Please contact our Medical and Behavioral Health Team to schedule your appointment. ♦

Resilience is the capacity to thrive in both good times and difficult ones. It can be developed and nourished at any age, in every person.

To reduce the impact of traumatic events and Adverse Childhood Experiences (ACEs) and increase mental wellness, we need to:

- Increase our understanding and awareness of trauma and ACEs
- Provide trauma-informed care and services
- Increase parent/guardian/family support and education
- Invest in prevention and resiliency practices and programs
- Develop nurturing, resilient and trauma-informed communities

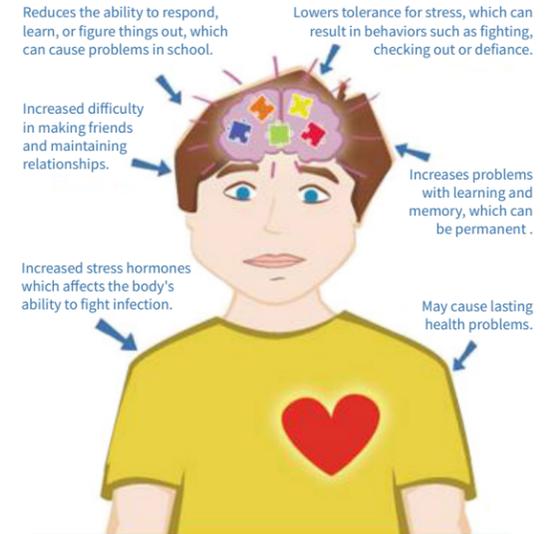
“Early childhood experiences have lasting, measurable consequences later in life; therefore, fostering emotional well-being from the earliest stages of life helps build a foundation for overall health and well-being.”

— National Prevention Council, National Prevention Strategy, 2011.

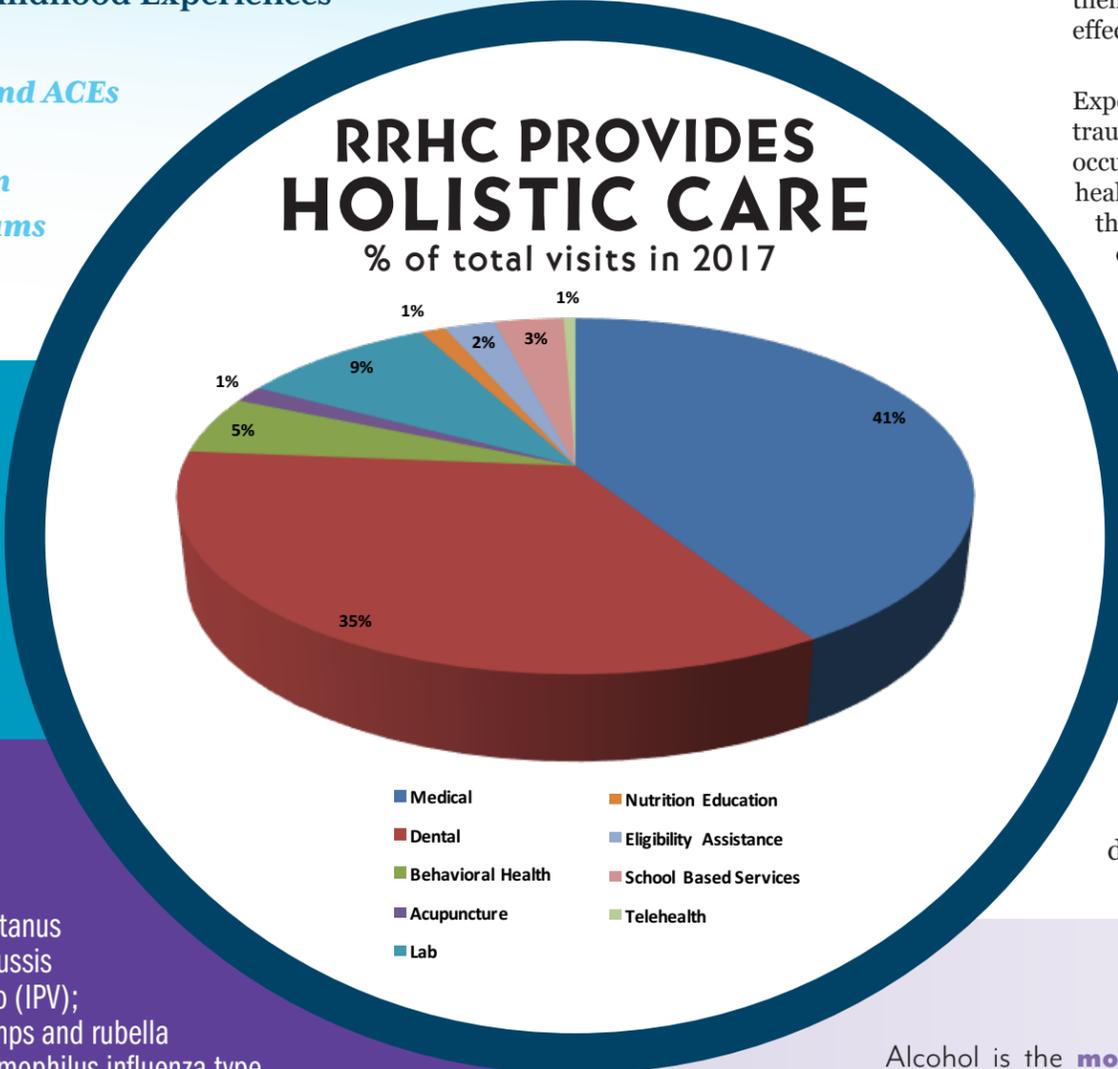
Through a grant from Humboldt County DHHS funded by Prop S, James Holland, MSW, is providing parent education and working with children 0-8 throughout Southern Humboldt County to help prevent and mitigate the impact of Adverse Childhood Experiences (ACEs). RRHC is also sponsoring ACEs trainings for teachers and community members who work with youth to help them learn how to mitigate the damaging effects of trauma in children’s lives.

Results from an Adverse Childhood Experiences (ACE) study shows that traumatic events and experiences that occur early in life have an impact on the health and social-emotional well-being throughout the person’s life. Examples of traumatic events include physical and sexual abuse, neglect, divorce, loss of a parent/caregiver due to death, abandonment, incarceration, or exposure to violence and substance use.

How do ACEs affect health?
Through Stress. Frequent or prolonged exposure to ACEs can create toxic stress which can damage the developing brain of a child and affect overall health.



A Survival Mode Response to toxic stress increases a child’s heart rate, blood pressure, breathing and muscle tension. Their thinking brain is knocked off-line. Self-protection is their priority. In other words: *“I can’t hear you! I can’t respond to you! I am just trying to be safe.”*



VACCINES PREVENT DISEASE



COMPLETED BY AGE 2

four diphtheria, tetanus and acellular pertussis (DTaP); three polio (IPV); one measles, mumps and rubella (MMR); three haemophilus influenza type B (HiB); three hepatitis B (HepB), one chicken pox (VZV); four pneumococcal conjugate (PCV).

COMPLETED BY AGE 13

one dose of meningococcal conjugate vaccine, one tetanus, diphtheria toxoids and acellular pertussis (Tdap) vaccine and two doses of the human papillomavirus (HPV) vaccine.

Studies have shown that vaccines prevent 33,000 deaths in the U.S annually, and between two and three million deaths worldwide. Redwoods Rural Health Center works with families to plan their children’s care. Every child who completes the CDC recommended immunizations for their age bracket will receive a prize.

Ask your Medical Team for a punch card if you are interested in participating.

IMPROVING OUR PATIENT EXPERIENCE

RRHC secured grants to purchase new equipment that enhances the patient experience and helps our staff function more efficiently in a safer environment. For example, a grant funded the new handicap accessible door-operator buttons at the medical front door. Patients can take their time entering without worrying about the weight of the door. The grant also funded the wheelchair-accessible scale in the medical building. We are working on continuous facilities upgrades, thank you for your support during these upgrades! ♦

Alcohol is the **most widely used substance of abuse among America’s youth**, and drinking by young people poses enormous health and safety risks, according to the National Institute on Alcohol Abuse and Alcoholism. The consequences of underage drinking can affect everyone— regardless of age or drinking status. We all feel the effects of the aggressive behavior, property damage, injuries, violence, and deaths that can result from underage drinking. This is not simply a problem for some families—it is **a nationwide concern**. The Redwoods Rural Health Center medical and behavioral health team works with families to address substance use. Families can set up group counseling or work with the team to meet the needs of the youth.

APRIL IS ALCOHOL AWARENESS MONTH