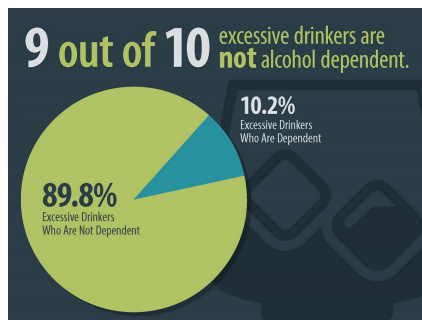




Did you know...

Mixing alcohol and medicines can be harmful. Alcohol, can make you sleepy, drowsy, or lightheaded. Small amounts of alcohol can make it dangerous to drive, and when you mix alcohol with certain medicines you put yourself at even greater risk. Combining alcohol with some medicines can lead to falls and serious injuries, especially among older people.

Some medications—including many popular painkillers (benzos) and cough, cold, and allergy remedies—contain more than one ingredient that can react with alcohol.



Does Treatment Work?

The good news is that no matter how severe the problem may seem, most people with an alcohol use disorder can benefit from some form of treatment. Research shows that about one-third of people who are treated for alcohol problems have no further symptoms 1 year later. Many others substantially reduce their drinking and report fewer alcohol-related problems.



NEWSLETTER OF REDWOODS RURAL HEALTH CENTER

SPRING 2019

CONTACT

101 West Coast Road
Redway, CA
95560

MEDICAL
(707) 923-2783

DENTAL
(707) 923-4313

www.rrhc.org

AEGIS GRANT FREE SUBOXONE SERVICES AVAILABLE TO UNINSURED & UNDERINSURED PATIENTS

RRHC is one location in Humboldt County offering Medication Assisted Treatment (MAT) to combat opioid use disorder. MAT is primarily used for the treatment of addiction to opioids such as heroin and prescription pain relievers that contain opiates. The health center partnered with Aegis Treatment Centers to improve, expand, and increase access to MAT services across the state. Through the Aegis grant, RRHC is able to offer free Suboxone services. There will be no out-of-pocket costs for patients who don't have insurance coverage or for patients whose insurance doesn't cover the full cost of the medications, labs or visits.

Redwoods Rural Health Center's Suboxone program is based on a holistic model that combines counseling with medical care. RRHC is working with Singing Trees Recovery Center to provide substance use counseling. As recommended by the health center's buprenorphine-certified medical providers, patients may attend weekly or monthly individual or group counseling sessions that correspond with medical check-up appointments at RRHC.

The medication relieves physiological cravings without the negative effects of the opioid drugs. Counseling and peer support, in combination with the Suboxone medication, are essential for patients who are recovering from addiction.

SAMHSA (Substance Abuse and Mental Health Services Administration) states, "A common misconception associated with MAT is that it substitutes one drug for another. Instead, these medications [Suboxone & Subutex] relieve the withdrawal symptoms and psychological cravings that cause chemical imbalances in the body. MAT programs provide a safe and controlled level of medication to overcome the use of an abused opioid. And research has shown that when provided at the proper dose, medications used in MAT have no adverse effects on a person's intelligence, mental capability, physical functioning, or employability." ♦

Aegis Treatment Centers is a state and federally licensed Narcotic Treatment Program (NTP) offering MAT in combination with evidence-based behavioral therapy to give our patients the skills and confidence to lead a drug-free life.

Arts in Healthcare

Studies have shown 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 Stuart Foster and Christina Lombardi 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! 🌸

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.



SPRING IS HERE Asthma is a disease that affects your lungs. It causes repeated episodes of wheezing, breathlessness, chest tightness, and nighttime or early morning coughing. **Asthma can be controlled** by taking medicine and avoiding the triggers that can cause an attack. You must also remove the triggers in your environment that can make your asthma worse.

- Asthma Triggers:**
- Airborne Allergens (such as pollen, mold, animal dander, dust mite, and cockroach allergens)
 - Airway Infections
 - Occupational Exposures (such as sensitizing chemicals or dusts)
 - Airborne Irritants (such as particulate matter and environmental tobacco smoke)
 - Exercise

How can you tell if you have Asthma? It can be hard to tell if someone has asthma, especially in children under age 5. Having a doctor check how well your lungs work and check for allergies can help you find out if you have asthma.

REDWOODS RURAL BEHAVIORAL HEALTH DEPARTMENT WELCOMES NEW STAFF

Kelly Noble is a Licensed Marriage and Family Therapist who recently moved to Southern Humboldt from the Bay Area. In the past few years, she felt like it was increasingly important to slow down and be closer to nature, so Humboldt County was a perfect match.



Kelly spent many years working in the investment finance industry before recognizing she wanted to contribute to the community in a more meaningful way and took the leap into a career change. She began working as a volunteer for a suicide prevention crisis line and knew immediately that counseling was the right fit.

After attending graduate school at The Wright Institute in Berkeley, where she earned her Masters degree in Counseling Psychology, she counseled a variety of people, focusing on older adults, youth in schools, and those grieving a loss of a loved one. She spent 6 years with Crisis Support Services of Alameda County, supporting people in crisis and those with persistent mental health challenges.

While working with LGBTQ+ youth in a summer camp in the Bay Area, Kelly admired the way the youth built community and supported one another. It reaffirmed her belief that we are always doing the best we can with what we have, and that human connection is vitally important to our overall wellness. She is grateful to bring these beliefs with her while serving the Southern Humboldt community. ♦

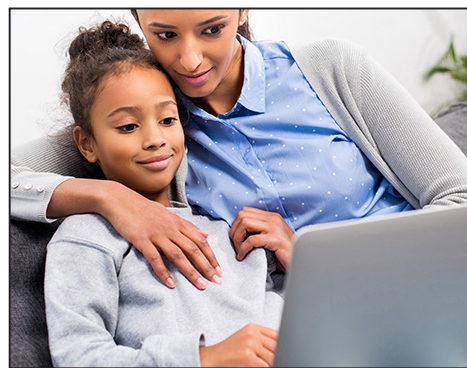


New Telepsychiatry Program Accepts Uninsured & All Insurance Types

RRHC is offering specialty mental health services via video conference to all patients. The confidential video conference visits between a CA-licensed psychiatrist and the patient are called telepsychiatry. Services include psychiatric evaluations, therapy, patient education and medication management. The psychiatrist supports RRHC's providers with mental health care consultation and expertise.

The Benefits of Telepsychiatry:

- **Convenience & Affordability**
- **Brings necessary care to the local community**
- **Improves access to mental health specialty care that might not otherwise be available**
- **Helps integrate behavioral health care and primary care, leading to better outcomes**
- **Reduces the need for trips to the emergency room**
- **Reduces delays in care**
- **Improves continuity of care and follow-up**
- **Reduces the need for time off work, childcare services, etc. to access appointments far away**
- **Reduces potential transportation barriers**
- **Reduces barrier of stigma**



According to the American Psychiatric Association, there is substantial evidence of the effectiveness of telepsychiatry and research has found satisfaction to be high among patients, psychiatrists and other professionals. Telepsychiatry is equivalent to in-person care in diagnostic accuracy, treatment effectiveness, quality of care and patient satisfaction. Patient privacy and confidentiality are equivalent to in-person care.

Moreover, research has also found that overall experiences among all age groups have been good. There is evidence for children, adolescents and adults regarding assessment and treatment (medication and therapy). There are even people for which telemedicine may be preferable to in-person care, for example people with autism or severe anxiety disorders and patients with physical limitations may find the remote treatment particularly useful.

Mandi Battles, PA, and Morgan Hines, PA, **are now certified and trained to provide Suboxone Opioid Use Disorder Treatment at RRHC.** Dr. Scheel is also trained to prescribe Suboxone. Prescription medication misuse and overdose is a national epidemic, according to the Centers for Disease Control and Prevention (CDC).

Morgan Hines, PA says: "Data is showing that opioids are highly addictive medications. Lots of people become dependent; they don't realize it and they are not aware of the effects." The long-term consequences are severe and can lead to limitations in daily activity, impaired driving, mental health problems, addiction, overdose and death.

Dr. Scheel, MD says: "Naloxone, the medication provided to patients in the program, greatly reduces the issues and difficulties patients are facing. They are not given medications from unsafe places and they'll get off Naloxone eventually."

Morgan Hines, PA says: "The Suboxone program is a great option to offer a safer medication. It's also the chance to stay away from heroin, which has a lot more risks, especially from a public health standpoint such as overdoses, respiratory depression, hepatitis and HIV."

Dr. Scheel, MD says: "Patients from Southern Humboldt get better access and assistance. It was more difficult for patients to travel north and be part of this kind of program." Patients are encouraged to seek treatment. By reducing their driving time, patients have a better chance to go to all their appointments and finish the program.

RRHC's Suboxone program is targeted at addressing the opioid addiction and saving lives. RRHC patients can speak with their health provider for more information. ♦

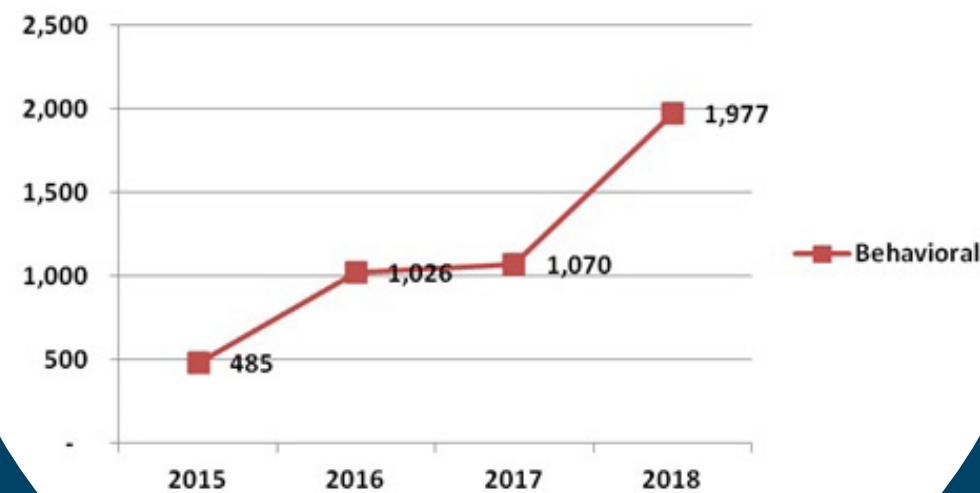


Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable. So much of what we do physically impacts us mentally – it's important to pay attention to both your physical health and your mental health, which can help you achieve overall wellness and set you on **a path to recovery.** Animal companionship, spirituality and religion, humor, work-life balance, and recreation and social connections are ways to boost mental health and general wellness. **A healthy lifestyle** can help to prevent the onset or worsening of mental health conditions, as well as chronic conditions like heart disease, diabetes, and obesity. It can also help people recover from these conditions. For those dealing with a chronic health condition and the people who care for them, it can be especially important to focus on mental health. When dealing with dual diagnoses, focusing on both physical and mental health concerns can be daunting – but critically important in achieving overall wellness.

There are things you can do that may help. Finding a reason to laugh, going for a walk with a friend, meditating, playing with a pet, or working from home once a week can go a long way in making you both physically and mentally healthy. The company of animals – whether as pets or service animals – can have a profound impact on a person's quality of life and ability to recover from illnesses. A pet can be a source of comfort and can help us to live mentally healthier lives. And whether you go to church, meditate daily, or simply find time to enjoy that cup of tea each morning while checking in with yourself – it can be important to connect with your spiritual side in order to find that mind-body connection.

Redwoods Rural Health Center wants everyone to know that mental illnesses are real, and recovery is always the goal. Our behavior health team is here to help, **(707) 923-2783.**

VISITS TO RRHC BEHAVIORAL HEALTH DEPARTMENT



(2015-2019)