



President—Paul

Spoke Newsletter

Wednesday March 13, 2019

Attendance: 22 (54%) Attendance with make ups: N/A

Program Wednesday, March 20, 2019

Erin Worth, Nebraska Department of Tourism

arranged by Minnie Stephens

Program Wednesday, March 13, 2019

Jeff Kahrs, Regional 7 Director US Department of HHS

arranged by Paul Horton



Jeff Kahrs was appointed Regional Director of Region 7 of the U.S. Department of Health and Human Services in November 2017. As a presidential appointee, Kahrs provides executive leadership as the primary representative for the Secretary of Health and Human Services. In this role, Kahrs oversees HHS activities in Iowa, Kansas, Missouri, and Nebraska, and represents the department in its work with nine federally recognized tribes. The Office of the Regional Director, based in Kansas City, Mo., also has responsibility for inter-governmental and external affairs, which brings together federal, state, local and tribal governments and private-sector partners. Jeff came to Lincoln East

Rotary Club to speak about the Opioid Crisis and what can be done to reduce the Opioid use.

Chronic pain management is a public health concern with significant increases in the use of opioids for pain relief. There is a corresponding growth in the number of opioids prescribed in the U.S. and the overdose from those drugs. Family physicians and other primary care providers play a vital role in balancing patients' pain management needs with the risk of drug misuse and abuse. Patients with chronic pain will often initially consult their family physician for treatment. Treatment may include subspecialists, but it is often the family physician's role to coordinate and manage care, which includes the use of opioid pain relievers.

Jeff said that the priorities of the HHS are as follows: The first priority is *The Opioid Crisis* needs more funding, greater access to treatment, better prevention programs, and improved research and data gathering. The second priority is *Health Insurance Reform* needs to have approval of short-term, limited-duration health plans and more flexibility to allow more choice in insurance coverage. The third priority is *Drug Pricing* — In May 2018 a Blueprint to lower prices: *American Patients First*, and the requirement to show price in TV prescription drug ads. The final priority is *Value-Based Care* — to do this we must empower patients through information technology and boost transparency around price and quality.

*Lincoln East Rotary Club
Meetings at Valentino's—70th & Van Dorn
Noon Luncheon starting @ 11:45 a.m.*

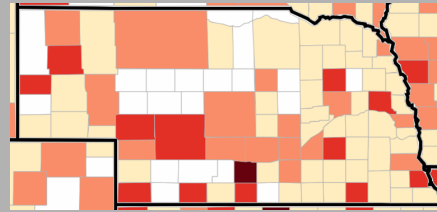
March 13, 2019

The Opioid Crisis in Region 7

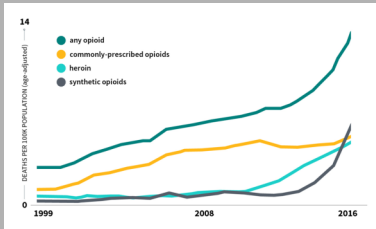
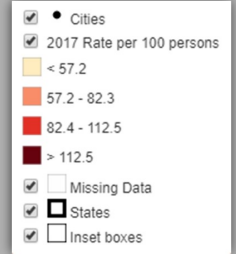
2017 Nebraska County Prescribing Rates

Jeff said that Nebraska is #50 in the use of opioids which is better than Iowa, Kansas or Missouri.

Deaths from overdoses of opioids are historically high levels. Below is a graph showing deaths from opioids.



Source: Center for Disease Control and Prevention (CDC)



Some of the pain killers are heroin, fentanyl and carfentanyl. It takes very little of these to become overdosed and possible cause your death. Carfentanyl it takes only a small granular piece to kill. If you try to handle them you need to use gloves because if they get on your skin it can become lethal.

You might ask how we got here. First we **lack the education** on pain and addiction treatment. We want to be in **denial** about the addictive potential of opioids. We use “**Pain** as a fifth vital sign.” We look at the **reimbursement** and quality assessment based on satisfaction with pain treatment. There is **large increases** in the trafficking and availability of heroin and illicitly made fentanyl and other synthetic opioids. We don't look for other sources that are available for treatment and feel that the low cost of legal opioids and availability are easier to access.

HHS in 2018 asked for 3.6 billion dollars for opioid related funding to improve treatment and prevention efforts, to find alternative pain medications, for workforce needs, for behavioral health and 58 million for other needs. The Federal government gave grants to states to help with the opioid crisis. For 2017-2018 Nebraska received 4 million dollars to help medically assisted treatment to help reduce opioid deaths. In 2018 and 2019 Nebraska again received 4 million dollars to help with the medically assisted treatment.

HHS five-point strategy to combat opioid crisis is to have better addiction prevention, treatment, and recovery services; better data; better pain management; better targeting overdose reversing drugs; and better research. Looking ahead we need more funding for opioid fight (doubles, triples, etc.), NIH needs to double research on addiction and pain alternatives and we need the Comprehensive Addiction and Recovery Act -- CARA 2.1 which is being developed by Congress today.

There are signs of progress which includes that since 2017, the number of patients receiving buprenorphine to treat addiction has grown 21% and the number of naloxone scripts to reverse overdose increased 368%. In 2017, the number of Americans initiating heroin use began to decline. While the number of Americans dying from overdose has risen steadily since 1999, toward the end of last year through the beginning of 2018, that number has begun to plateau. The key to helping is Education on how to use pain medication and manage it better.

If you know of someone who might need HELP — you contact the following:



800-662-HELP (4357)



Anniversaries & Birthdays

Weeks of March 14—March 20

Birthdays:

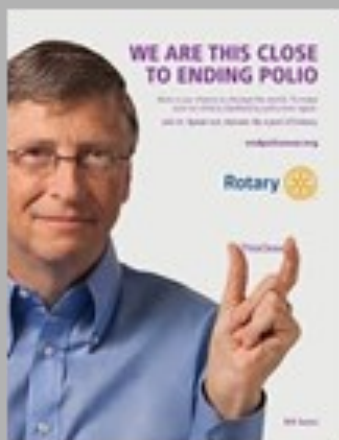
Sue Schuerman—March 17

Anniversaries

None



Happy Dollars



John Duling	\$ 5.00
Barry Selk	\$ 5.00
Dick Cuming	\$ 1.00
Al Burdick	\$ 2.00
Darrel Huenergardt	\$ 5.00
Greg Schnasse	\$ 2.00
Mike Carr	\$ 10.00
Wayne Casper	\$ 5.00
Dennis Duckworth	\$ 2.00
Steve Grosserode	\$ 2.00
Duane Tappe	\$ 3.00
Chuck Erickson	\$ 1.00
Paul Horton	\$ 5.00
Jeff Kahrs	\$ 2.00
Minnie Stephens	\$ 1.00
Total	\$ 51.00



NOTE:

Total Happy Dollars to date:
\$1128.00



Greeter Duty

March — Gene Roth

Make Ups
N/A



Cashier Duty

March — Jason Smith
Contact Dick Cumming

Guests & Visitors

Mary Anderson	Guest of Steve Grosserode
Don Pederson	Club 14
Brian Sabata	Guest of Chuck Erickson
Emanuel Mutali	Guest of Chuck Erickson

Lincoln East Rotary Club—March/April Speaker Schedule

March 20—Erin Worth, Nebraska Department of Tourism, arranged by Minnie Stephens

March 27—Bill Vrtiska, Assistant Director., Lighthouse, arranged by Minnie Stephens

April 3—Jim Blue, Executive Director, Cedars Home, arranged by Minnie Stephens

April 10—Dick Dienstbier, Ph.D., Service Above Self—Self Above Service, arranged by Chuck Erickson

*Lincoln East Rotary Club
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Published by Wayne Casper*