I would like to begin by acknowledging that as we gather today, we are on the ancestral homelands of the Indigenous Peoples who have lived on these lands since time immemorial.

Please join me in expressing our deepest respect and gratitude for our Indigenous neighbors.
Goal: increase understanding, gain insight, develop and support effective compassionate relationships and care.

We invite you to commit to being:

- **Welcoming** - invite others to share
- **Open minded** - encourage dialog, listen
- **Kind** - tone and words that are respectful
- **Person-first** - people are not their disease(s), avoid stigmatizing language
- **Generous** - assume good intent, respectfully inquire if appropriate
- **Accountable** - to ourselves and others
We are using webinar mode this year. Presenters will be onscreen, all other cameras are off.

Submit questions in the Q&A box. If presenters aren’t able to respond to questions during the sessions, we’ll work with them to provide written responses after the gathering.

We will be taking breaks today.
<table>
<thead>
<tr>
<th>Kathryn Akeah</th>
<th>Patty Dean</th>
<th>Nicole Hamberger</th>
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<tr>
<td>Caleb Banta-Green</td>
<td>Madi Eggerding</td>
<td>Kelsey Horne</td>
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<td>Jason Bean-Mortinson</td>
<td>Noah Fay</td>
<td>Rich Keir</td>
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<td>Meg Brunner</td>
<td>Heather Flaherty</td>
<td>Paul LaKosky</td>
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<td>Brian Burwell</td>
<td>Lori Fleming</td>
<td>Malika Lamont</td>
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<td>Tim Candela</td>
<td>Doug Fulp</td>
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<td>Deaunte Damper</td>
<td>Abe Gardner</td>
<td>Ali Lenox</td>
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<td>Planning Committee</td>
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Thank you to everyone for all your hard work!

- Cassie Lentz
- Robert Marshall Wells
- Erinn McGraw
- Victor Mendez
- Alicia Ogren
- Thea Oliphant-Wells
- Alexie Orr
- Janet Sanchez
- Michelle Sandoval
- Aphrodite Sauser
- Kevin Shutty
- Wendy Stevens
- Katie Strozyk
- Ruby Takushi
- Lisa Rey Thomas
- Greg Thompson
- Wilma Weber
- Shu-Ling Zhao
Welcome
Why Transforming Our Communities?
Harm Reduction – What is it? How do we practice it?
Break
Diverse Panel of Harm Reduction Services & Organizations
Drug Checking in Washington State
Break for Lunch
Convene/Reconvene at Regional Sites (optional)
Indigenous Welcome

Chief Judge Leona Colegrove
Quinault Tribal Healing to Wellness Court
Who is With Us Today?

WA Counties

Area of Expertise

- 20.6%
- 12.9%
- 22.2%

Tribal/Urban Indian
Behavioral health/primary care provider
Harm reduction services provider
Public health
Lived/living experience
Care navigator/care manager
Housing/homeless services provider
Regional Locations in Washington

- Aberdeen
- Bellingham
- Bremerton
- Ellensburg
- Omak
- Seattle
- Shelton
- Spokane
- Tacoma
- Vancouver
Why Transforming Our Communities?
Welcome & Introduction

What do you hope to take away from this gathering?

Youth, better, knowledge, support, harm, reduction, new, services, use, information, networking, resources, perspectives, experience, communities, looking.
Welcome & Introduction

What do you want to learn from the presentations?
Panel: Harm Reduction – What is it?

Harm Reduction: What is it? How do we practice it?

Paul LaKosky, PhD, Tacoma Needle Exchange

Allison Berry, MD, MPH, Clallam & Jefferson Co.

Jeremy Hoog, RN, Downtown Emergency Services Center

Abe Gardner, North Mason Regional Fire Authority

Cole Meckel, Gather Church

Chief Beau Bakken, North Mason Regional Fire Authority
Break Time
Diverse Panel of Harm Reduction Services & Organizations

Brian Burwell,  
Suquamish Tribe Wellness Program

Debbie Waltman, BSN, RN,  
MultiCare Deaconess Hospital

Ada Moore-de La Cruz,  
Kitsap Mental Health Services

Lisa Al-Hakim,  
People’s Harm Reduction Alliance
Panel: Drug Checking in WA

Community Drug Checking in Washington State

Thea Oliphant-Wells,
Public Health – Seattle & King Co.

Malia Lewis,
Blue Mountain Heart 2 Heart

Cedric Picard,
Tacoma Needle Exchange

Ben Biamont,
Addictions, Drug & Alcohol Institute
What is Community Drug Checking?

Thea Oliphant-Wells
Public Health – Seattle & King County
Drug checking:

• Allows people to identify contents within a substance and make informed decisions

• Is paired with other person-centered health services, including:
  
  Syringe services programs, wound care, HIV & Hep C Testing and Treatment, medications for opioid use disorder (MOUD, and overdose prevention sites

• Allows the community to identify new emerging drug threats, such as contaminants like xylazine
How Do We Check Drugs?

Test Strips

- Single drug: fentanyl, benzodiazepines (ex. Xanax, bromazolam), xylazine (new!)
  - YES/NO
  - Highly sensitive
  - False positives with some substances
FTIR (fourier-transform infrared)

- Shoots a beam of infrared light through the sample and gives a reading to compare with vast libraries of substances
- Can be set up anywhere
- Training is extensive but no background in chemistry required
- Detection limit – about 5%

GC-MS (gas chromatography mass spectrometry)

- Lab based testing – scientist required
- Can detect trace amounts
Knowledge is power!

• When people know what’s in their drugs, they are more likely to take safety precautions like using with a friend or using less.

• Drug checking is an evidence-based strategy to prevent overdose.

• Offering drug checking connects people to other health services, like HIV testing, naloxone, medications for opioid use disorder, etc.

• Knowledge of local drug supply and emerging trends allows for swift and targeted response efforts.
Panel: Drug Checking in WA

Malia Lewis
Drug Checking Technician & SSP Manager
• Received machine in late January
• In person training component
• Began testing samples last few days of January
• 1:1 Training component
• Confirmatory testing support
• Relationship building has been the key
• Barriers include a shifting legal landscape & sense of safety for participants
• Figuring out safe storage options for samples & avoiding transporting samples
Drug Checking Hours & Locations

- **Clarkston, WA** (population 7194)
  - Mondays 1pm-3:30pm
  - Idaho factors
  - Visibility in a small town
Drug Checking Hours & Locations

• **Walla Walla, WA** (population 33,927)
  • Tuesdays, Wednesdays, and Thursdays 8:30am-12pm & 1:00pm-4:30pm
  • Broader walk in hours, stronger relationships, & less fear-based urgency
  • Dropbox installed recently to collect samples when technician is away
  • Co-located services
• **Kennewick, WA** (population 84,488)
  
  • Fridays 12pm-4pm
  
  • Scant resources in this area despite highest population; high need for wound care
  
  • Most skepticism of this approach
Xylazine

• 2 samples confirmed so far
• 1 sample awaiting confirmatory test
• Immediacy of wraparound services
Community Drug Checking at Tacoma Needle Exchange

Cedric Picard
Tacoma Needle Exchange
Community Drug Checking: Statewide Data

Ben Biamont
Addictions, Drug & Alcohol Institute (ADAI)
7 locations conducting drug checking in WA State

- They will notify community partners when ready to accept referrals

Among 325 samples collected in WA State from 12/2022-5/2023 that had confirmation testing:

- 42% of all samples (n=135) tested positive for methamphetamine.
  - 85% had no other major substance detected.
- 29% of all samples (n=95) tested positive for fentanyl of which 60% also had acetaminophen or similar drugs present.
  - 2 samples tested positive for xylazine (only xylazine positive results to date).
Many other substances were also detected

- Not possible to determine if drug combinations were sold mixed together, mixed later purposefully, or unintentionally cross-contaminated.

Additional analyses will be conducted and shared in the coming months

- Describing the drug the participant expected compared to the drug(s) actually detected.
- ADAI and community drug checking sites collaborate on data analysis, interpretation and presentation.
New WA State Law Supports Drug Checking


Equipment NOT prohibited

Removes from definition of paraphernalia

Activities of drug checking cannot lead to arrest or prosecution
Afternoon Regional Gatherings

What do our regions want to focus on?

Keywords:
- Community
- Services
- Help
- New
- Ideas
- Sud
- Connect
- Increased
- Info
- Service
- Individuals
- Disorder
- Work
- Opioid
- Healing
- Solutions
- Learning
- Knowledge
- Understanding
- Resources
- Information
- Youth
- Clients
- Others
- Stigma
- Practices
- Care
- Partnerships
- Access
- Provide
- Together
- Connections
- Networking
- Health
- Recovery
- Hope
- Support
- Connection
- Drug
- Harm
- Learn
- Members
- County
- Education
- Reduction
- Available
- Gain
- Connecting
- Within
- Engage
- Public
- Able
- Ways
- Crisis
- Local
- Needs
- Building
- Collaboration
- Address
- Best
- Checking
- Engage
Thank you for joining us!

Aberdeen
Bellingham
Bremerton
Ellensburg
Omak
Seattle
Shelton
Spokane
Tacoma
Vancouver