



# Treatment Services





**Treatment Services**  
312 W. 8th Ave., Spokane, WA 99204

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# About Treatment Services

*State and federally accredited to provide outpatient treatment, counseling and referral services for individuals with opioid use disorder.*

The Opioid Treatment Services program at Spokane Regional Health District (SRHD) provides medication-assisted treatment to individuals diagnosed with opioid use disorder (OUD). Opioids are a class of substances that include heroin, morphine, hydrocodone and others.

Once enrolled in the program, clients receive personalized treatment with a combination of medication and therapy-based intervention that promotes discontinuation of opioid use while supporting the individual's mental and physical well-being. The program maintains state and federal accreditation for its services.

Clients must participate in an initial medical intake and bio-psycho-social assessment and urine drug screen to enroll in the program. Once enrolled, clients work with program staff to understand their outcomes and together, develop goals and customized individual service plans (ISP). ISPs are developed with an interdisciplinary approach that includes medication management therapy, counseling, and health and physical monitoring.

Medication-assisted treatment helps patients manage their withdrawal symptoms with methadone, buprenorphine and Vivitrol®. Clients are also provided with one-on-one and group counseling sessions, yearly health physicals, and on-site mental health counseling as needed.



# Understanding the Opioid Epidemic

Spokane County has been significantly impacted by the opioid crisis. The City of Spokane has been identified by the United States Drug Enforcement Administration (DEA) as a distribution center for illicitly manufactured fentanyl.<sup>1</sup>

Individuals with opioid use disorder (OUD) are caught in a cycle of addiction. They often lack the knowledge and resources to address concurrent challenges such as poverty, abuse, violence, mental health issues and housing instability. Individuals on Medicaid are more likely to be prescribed opioids for pain management because non-pharmacologic options for pain are not funded. Prescribers are likewise often unfamiliar with non-pharmacologic options to address pain.

## National Data

The opioid epidemic in the United States is spreading geographically and demographically, and it is truly the crisis next door. In order to address this crisis head-on as a community, we must understand the scope and depth of this crisis:

- Over 10 million people misuse opioids in a year.<sup>2</sup>
- Opioids are a factor in at least seven out of every 10 overdose deaths.<sup>2</sup>

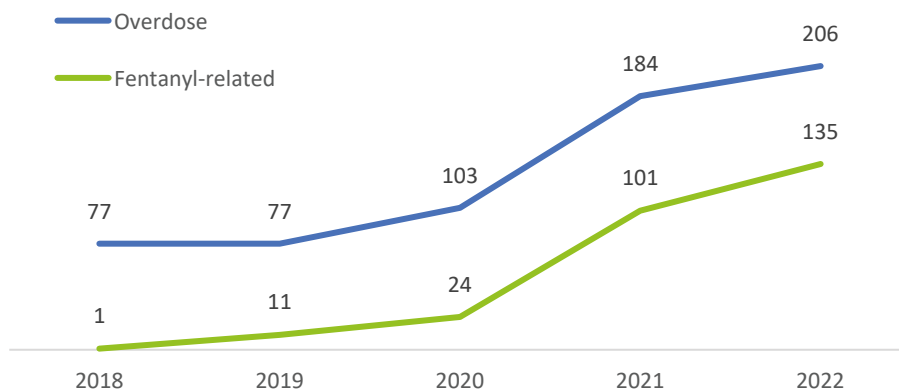
- The Centers for Disease Control and Prevention (CDC) states that more than 106,000 drug overdose deaths were reported in 2021, including illicit drugs and prescription opioids. Of those deaths, 70,601 involved synthetic opioids.<sup>3</sup>

## State and Local Data

Locally, data for Spokane County and Washington state reflect trends seen in national figures.

- In Spokane County, Washington State Department of Health (DOH) records show that between 2017 and 2021, fentanyl-related overdoses increased by 1,233%. From 2020 to 2021, this figure continued to increase, with fentanyl-related overdoses increasing by over 186%.<sup>1</sup>
- Between 2017 to 2021, the United States Drug Enforcement Administration (DEA) Seattle Field Division's fentanyl seizures increased by 2,700% in Eastern Washington. In Spokane County between 2020 and 2021, fentanyl seizures increased by 1,098%.<sup>1</sup>
- DEA records showed that in Washington state, seizures of counterfeit fentanyl pills increased by 264% from fiscal year 2020 to fiscal year 2021.<sup>1</sup>
- DOH reported 805 fentanyl-related overdose deaths in the first three quarters of 2021, compared to 653 for the entire year of 2020.<sup>1</sup>

Figure 1. Overdose Deaths, and Fentanyl-Related Overdose Deaths, Spokane County



Source: Washington State Department of Health, Center for Health Statistics, Death Certificate Data.

*In Spokane County, the number of opioid overdose deaths doubled from 2020 to 2021.<sup>4</sup>*

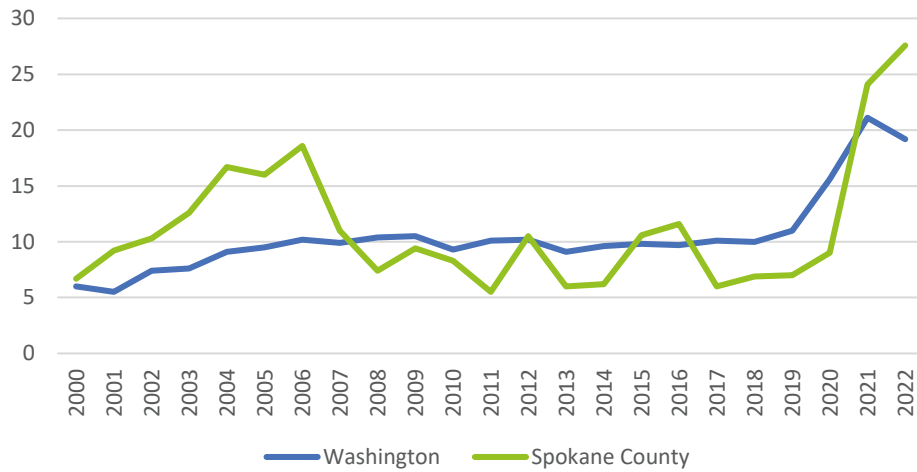
<sup>1</sup> "Operation Engage – Spokane," United States Drug Enforcement Administration, updated May 10, 2023, <https://www.dea.gov/engage/operation-engage-spokane>.

<sup>2</sup> "Opioid Epidemic: Addiction Statistics," National Center for Drug Abuse Statistics, retrieved May 11, 2023, <https://drugabusestatistics.org/opioid-epidemic/>.

<sup>3</sup> "Drug Overdose Death Rates," Centers for Disease Control and Prevention, February 9, 2023, <https://nida.nih.gov/research-topics/trends-statistics/overdose-death-rates>.

<sup>4</sup> "Opioid Overdose Death, Spokane County, Washington," County Health Insights, Spokane Regional Health District, accessed May 31, 2023, <https://countyhealthinsights.org/county/spokane/newsworthy/opioid-overdose-death-2/>.

Figure 2. Trend of Opioid Overdose Death Rates

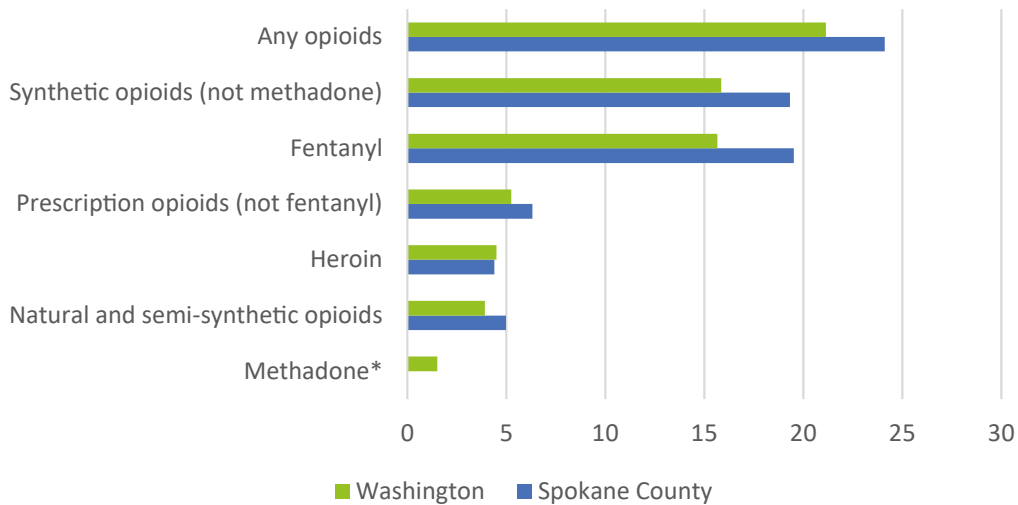


Source: Washington State Department of Health, Center for Health Statistics, Death Certificate Data.

In Spokane County, 24.1 per 100,000 population died from opioid overdose in 2021. There were 126 deaths in total. According to 2022 reporting, the death rate had doubled from 2020 and increased over the five-year period from 2017 to 2021. The opioid-related death rate in 2021 in Spokane County was similar to the rate for Washington state (24.1 versus 21.1 per 100,000 population).<sup>4</sup>

*In 2021, fentanyl overdose was the leading cause of opioid overdose deaths in Spokane County.<sup>4</sup>*

Figure 3. Opioid Overdose Death by Drug Type in 2021



Source: Washington State Department of Health, Center for Health Statistics, Death Certificate Data.

In Spokane County, fentanyl overdose ranked as the leading cause of opioid overdose deaths in 2021. More than 80% of opioid overdose deaths were related to fentanyl overdose (102 out of 126 deaths).<sup>4</sup>

# Relocation Process: Overview and Timeline

In 2020, Treatment Services Division Director Misty Challinor entered into discussions with SRHD leadership about space restrictions at the district’s College Avenue campus. This led to the determination that, to better serve clients and accommodate program expansion, part or all of the Treatment Services division needed to move to a new location.

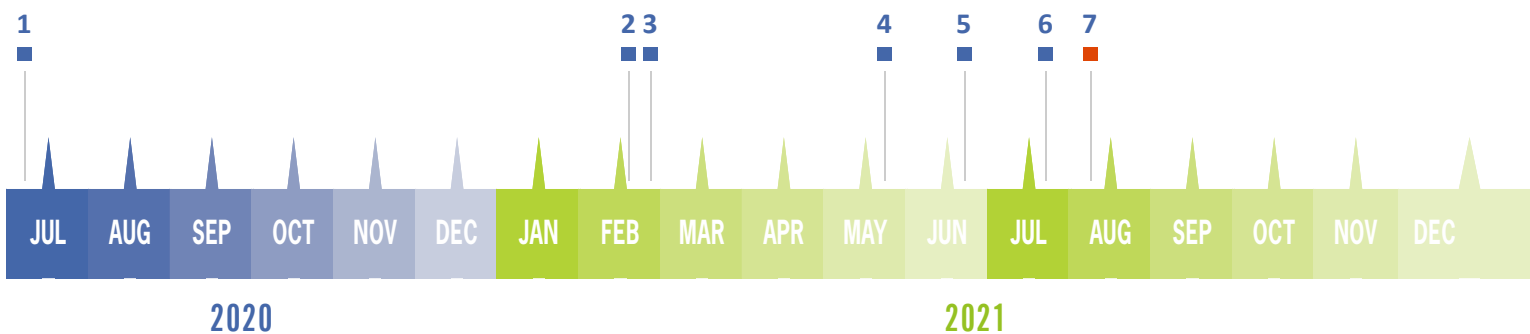
## The Plan

After preliminary review of potential options and assessing patient needs, leadership determined that the best course of action was to move the entire division to a new location. This action would allow the division to assure continuity of care for patients by providing all treatment services in one location. In February 2021, the SRHD Board of Health (BOH) approved Treatment Services’ plan to move forward with securing a new location.

## A New Location

Treatment Services program staff toured the property at 312 W. 8th Ave. on July 7, 2021, which was owned by Spokane County at that time. The location was suitable, and the BOH approved the program to enter negotiations for a lease on July 29, 2021. Before negotiations were complete, the building was sold to residential and specialty real estate management company Jaffa Parks. SRHD staff met with the new property managers on Oct. 6, 2021, and a final lease agreement was reached on Feb. 22, 2022.

## Timeline



### 1 ■ 7/2020

Discussions about Treatment Services expansion begin

### 2 ■ 2/18/2021

Treatment Services proposal for SRHD BOH

### 3 ■ 2/25/2021

Administrative Officer (AO) presents proposal to BOH to expand Treatment Services

### 4 ■ 5/27/2021

BOH explores lease options  
Proposed and seconded by Beggs and Wilkerson

### 5 ■ 6/24/2021

AO and Treatment Services propose contract to BOH; no action

### 6 ■ 7/29/2021

BOH motion to negotiate lease for \$360K  
Proposed and seconded by Wilkerson and Stratton

### 7 ■ 8/3/2021

Spokesman Review article about exploring options for new location published

### 8 ■ 2/24/2022

Craig Soehren presented for BOH  
BOH approve signing 10-year lease  
Proposed and seconded by French and Freeman (vote unanimous)

### 9 ■ 2/24/2022

Spokesman Review article announcing move to new location at 312 W. 8th Ave. published

### 10 ■ 3/1/2022

Bernardo Wills Associates initial permit

### 11 ■ 3/14/2022

Contractor’s bids for construction and facilities needs reviewed

## Construction and Improvements

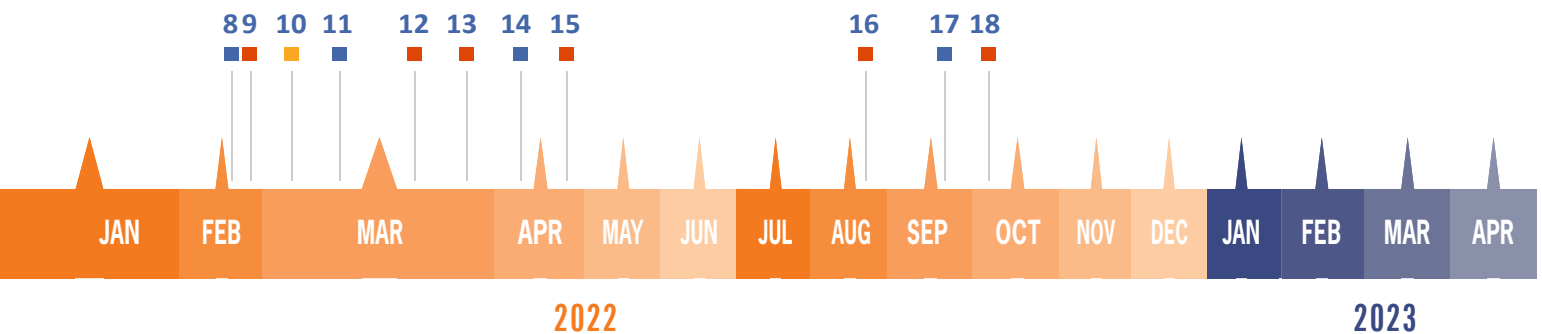
The next step was to redesign the interior to accommodate the program’s needs. Bernardo Wills Associates (BWA) was retained for design development, which was completed June 29, 2022. In the months that followed, several different vendors were contacted to manage construction and other building improvements and needs including painting, security features, and janitorial services. On Aug. 23, 2022, SRHD contracted with construction company Leone & Keeble for remodeling services.

During the same timeframe, Jaffa Parks performed separate work to update and improve the facility for SRHD staff and patients while improving the building’s exterior aesthetic. This included renovating the parking lot, updating the landscaping, adding a new HVAC system and improving the building exterior. Jaffa Parks also made safety improvements on and around the property with new exterior and parking lot lighting.

## Next Steps

The next steps for the program are to conduct the physical move, including staff, furniture, and equipment. Program officials are currently reviewing and meeting with moving companies. SRHD is required to retain HIPAA-compliant vendors.

Prior to opening the new location, all governing bodies will conduct a site review. DOH will also share information with community members at a public forum on June 13, 2023.



**Legend**

- BOH/Contracts
- IT
- Renovations & Bids
- Staff & Media
- Building Tours/Locations

- |  |   |   |
|--|---|---|
| <p><b>12 ■ 3/24/2022</b></p> <p>The Center Square Washington article about Spokane County selling 8th Ave. building published</p>    | <p><b>14 ■ 4/4/2022</b></p> <p>Outreach conducted with community partners and stakeholders<br/><i>See Appendix for details</i></p>  | <p><b>16 ■ 8/23/2022</b></p> <p>BOH approves remodel of new space<br/>Deputy Administrative Officer signs agreement</p> |
| <p><b>13 ■ 3/25/2022</b></p> <p>Record posted on Spokane County Archives about County Commissioners closing on 8th Ave. purchase</p> | <p><b>15 ■ 4/20/2022</b></p> <p>Inlander article about program move and community feedback published<br/>Outreach conducted with businesses and residences near 8th Avenue location<br/><i>See Appendix for details</i></p> | <p><b>17 ■ 9/16/2022</b></p> <p>Facility manager started</p>  |
|  |   | <p><b>18 ■ 10/12/2022</b></p> <p>Construction started</p>   |

# Licensing and Accreditation

The SRHD Treatment Services program is required by state and federal law to be licensed and accredited by the following organizations:

- ✓ Substance Abuse and Mental Health Services Administration (SAMHSA)
- ✓ Washington State Department of Health Pharmacy Quality Assurance Commission
- ✓ Washington State Department of Health
- ✓ United States Drug Enforcement Administration (DEA)

# Building Improvements

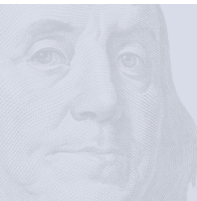
The new Treatment Services location at 312 W. 8th Ave. is owned by residential and specialty real estate management company Jaffa Parks. Since acquiring the property in 2021, Jaffa Parks has worked to update and improve the facility for tenants and clients. Jaffa Parks implemented the following to ensure improvements in the aesthetic quality and safety of the property:

- ✓ Renovated the 90-space parking lot
  - ✓ Renovated and updated the landscaping
  - ✓ Exterior painting
  - ✓ Added and improved exterior building and parking lot lighting
  - ✓ Installed a new HVAC system
  - ✓ Installed a new roof
  - ✓ Upgraded the front door entrance
- ### Inspections
- ✓ Fire marshal
  - ✓ Occupancy inspection
  - ✓ Elevator inspection
  - ✓ Generator
  - ✓ Final building inspection by City of Spokane

# Future Growth

Due to the increasing need for medication-assisted treatment and the ongoing opioid epidemic, the pressure for growth is constant. With the extra space provided by the 8th Avenue building, Treatment Services program staff hope to add more services and employees to better serve the community, including the following:

- ✓ Psychiatric nurse practitioner
- ✓ Children's waiting area
- ✓ Resource coordinator(s)
- ✓ Mental health case manager(s)
- ✓ Resource room
- ✓ Community partner collaboration space



“ Without continual growth and progress, such words as improvement, achievement, and success have no meaning. ”

– Benjamin Franklin



# FAQ

## **Does methadone treatment impair mental function—are people in treatment intoxicated?**

Methadone treatment does not affect intelligence, mental capability or employability. Patients receiving methadone treatment are similar to people who are not being treated in terms of their reaction time, ability to learn, focus, and make complex judgments. Many of these patients are employed and do well in professional positions, service occupations and skilled, technical and support jobs.

## **How long does treatment for opioid use disorder usually last?**

Individuals progress through treatment at different rates. There is no set length of treatment. Research shows that good outcomes depend on getting the right length of treatment. For methadone treatment, 12 months is considered the minimum and some opioid addicted individuals continue to benefit from methadone maintenance for many years.<sup>1</sup>

## **What is the goal of opioid use disorder treatment?**

Individuals enrolled in Treatment Services work with program staff to cease any withdrawals and drug cravings they are experiencing while reestablishing stability. Beyond that initial phase, staff also assist them in developing and carrying out individualized goals for their recovery efforts. This can include obtaining housing, getting their children home, obtaining employment, getting a driver's license, going back to school, learning to cook, balancing a budget, taking care of a pet, or volunteering. Success for individuals varies widely and is personalized to each patient's needs.

## **Aren't medications like methadone and buprenorphine just replacing one drug addiction with another?**

No. In a treatment setting, buprenorphine and methadone are not substitutes for heroin or other opioids. They are prescribed or administered under monitored, controlled conditions and, when used as directed, are safe and effective for the treatment of opioid addiction. Patients treated with methadone and buprenorphine do not experience a high. These medications also reduce their desire to use opioids. If a person treated with these medications tries to take an opioid such as heroin, the euphoric effects—the high—are usually reduced or suppressed. Patients receiving treatment do not experience the physiological or behavioral changes associated with heroin use.<sup>1</sup>

Much like other medications we use to help regulate things in our bodies, such as insulin to help when our pancreas isn't functioning correctly and medications to control blood pressure, methadone helps a patient's brain to stop craving opioids.

## **Why was the 8th Avenue location chosen?**

Based on ZIP code analysis, the area surrounding the 8th Avenue location includes the highest density of Treatment Services patients. Additionally, this location is zoned for behavioral health programs, and is conveniently located near hospitals and several inpatient facilities.

## **What safety measures are in place?**

We strive to ensure that safety is a top priority for patients, staff, and the community. We do so by having on-site security for any concerns or issues that may arise, including medical emergencies. Program staff are well trained, aware of, and alert to safety considerations related to the program.

When it comes to medication safety, Treatment Services relies on several protocols to minimize potential diversion issues (illegal distribution or use of prescription drugs not intended by prescribers). These include requiring locking boxes for take-home medications, tamper-evident pressure seal bottle caps, callback procedures to ensure proper medication use, and multidisciplinary team staffing.

Treatment Services staff also take calls and information from community members to address any concerns that area residents may have.

## **Who are the people that receive services?**

Addiction does not discriminate. Treatment Services clients come from all walks of life and from a range of socio-economic backgrounds, with ages ranging from 18 to 85. It is also important to remember that individuals enrolled in Treatment Services have already made the commitment to themselves, their families, and their loved ones to stop using opioids. The path to recovery is not an easy one and they are receiving treatment so that they can lead the healthier, productive life that they have chosen for themselves.

## **How does the Treatment Services program support and contribute to our community?**

As public health professionals, we look at health at a population level, which means we believe increasing the health of the whole community increases opportunities for everyone in the community to live the healthiest life possible. Helping people build a foundation for a healthy life improves relationships, quality of life, and the economic well-being of the people we share our community with. We want all Spokane residents to live in a healthy and safe environment, and the opportunity to expand our services is a part of making that happen.

<sup>1</sup> Principles of Drug Addiction Treatment: A Research-Based Guide, Third Edition (Bethesda, MD: National Institute on Drug Abuse, 2018), <https://nida.nih.gov/sites/default/files/675-principles-of-drug-addiction-treatment-a-research-based-guide-third-edition.pdf>, 16.

# Appendix

## Outreach: Stakeholders, Community Partners and Area Businesses

The following businesses located near the 8th Avenue location and city officials and stakeholders were included in Treatment Services outreach efforts.

### Community Outreach

- Sacred Heart Medical Center
- Sun Ray Court
- Cambridge Court Apartments
- Culmstock Arms Apartments
- Glover Mansion
- The Kids Clinic
- City View Plaza
- The Breslin

### Community Partners

- Spokane City Council member Betsy Wilkerson
- County Commissioner Chris Jordan
- Spokane Police Chief Craig Meidl
- Spokane Fire Chief Brian Schaeffer
- Spokane Public Schools Superintendent Dr. Adam Swinyard
- Spokane County Sheriff John Nowels
- Spokane Parks and Recreation Director Garret Jones
- Spokane Transit Authority Associate Transit Planner Melinda Rehfeldt
- City of Spokane Mayor Nadine Woodward
- Greater Spokane Substance Abuse Council (GSSAC) Executive Director Linda Thompson

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## Contact Information



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# OPIOIDS DON'T DISCRIMINATE

Opioid Use Disorder affects every ethnic, racial, economic, religious and age group.

**STOP JUDGING | START HEALING**

*All People Matter!*

*Break  
the  
stigma*

alone  
discredit  
rejection  
anxiety  
guilt  
secret  
judgement  
dishonor  
stigma  
flaw devaluated  
society  
stop bullying  
worried  
humiliated  
caution  
depression  
pressure nervous  
loner stigmatized  
prejudice  
outcast ashamed  
problem disgust  
abuse  
isolated humility  
taboo disapproval  
internalised

OD is treatable, recovery is possible but many do not seek help because of stigma.



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