



Public Health Plan for Integrating Wellness & Recovery

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Indian Community



What is the role of public health in the Community?

- Public health promotes the welfare of the entire population, ensures its security and protects it from the spread of infectious disease and environmental hazards, and helps to ensure access to safe and quality care to benefit the population.



What are some examples of public health efforts?

Examples of public health efforts include:

- ☐ educating the public about healthier choices
- ☐ promoting physical activity and fitness
- ☐ preventing disease outbreaks and the spread of infectious diseases
- ☐ ensuring safe food and water in communities
- ☐ preparing for emergency
- ☐ preventing injury
- ☐ treating water with fluoride for oral and dental health
- ☐ creating smoke-free environments and discouraging tobacco use.



How does opioid use affect public health?

A range of public health issues are associated with the current crisis of opioid abuse, including :

- ☐ opioid use disorders
- ☐ opioid overdose
- ☐ neonatal abstinence syndrome
- ☐ increased spread of infectious diseases like HIV and hepatitis C (HCV).



National opioid Initiatives

Focuses on integrating efforts to improve patient care and safety, and population health

- ☐ by increasing access to non opioid pain treatment
- ☐ supporting medication-assisted treatment
naloxone access for people taking opioids,
decreasing opioid prescribing
- ☐ using data to inform policies and interventions



Neonatal Abstinence Syndrome



Neonatal Abstinence Syndrome

Excessive sneezing

Achoo

Other symptoms include:

- Poor sucking
- seizures
- CNS irritability
- Excessive yawning

Excessive crying

Tremors

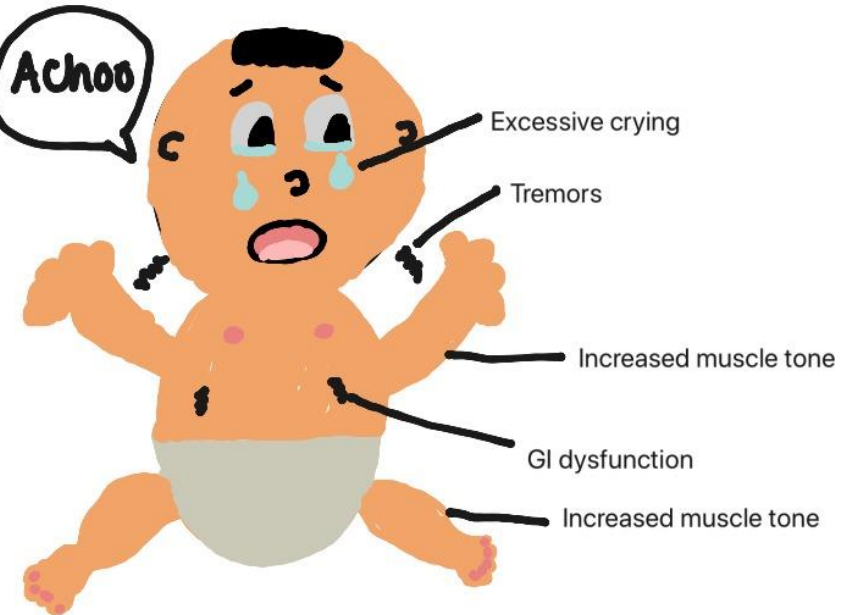
Increased muscle tone

GI dysfunction

Increased muscle tone

Treatments:

- Morphine sulfate
- Phenobarbital
- Methadone
- Buprenorphine





COMPLEMENTARY and ALTERNATIVE MEDICINE (CAM)

Unfortunately addiction is a long-term condition known for periods of relapse and recovery.

Due to the complexity of addiction, no single treatment is right for everyone, and even the best treatments cannot guarantee complete remission of addiction and drug-seeking behaviors.





Broad range of selections

Natural Products

- Herbs/botanicals.
- Vitamins.
- Minerals.
- Probiotics.
- Special diets.

Mind & Body Practices

➤ **PREVENTION**

- Meditation.
- Music.
- Relaxation techniques.
- Melatonin supplements.

➤ **CHRONIC PAIN**

- Acupuncture.
- Hypnosis.
- Massage.
- Spinal manipulation.
- Yoga.



BUILDING AND MAINTAINING RECOVERY

Mindfulness meditation

Hypnotherapy

Yoga

Tai chi

Acupuncture

Introducing new modalities



VISION FOR THE FUTURE: A PUBLIC HEALTH Plan

- ▶ these disorders must be addressed with compassion and as preventable and treatable medical conditions substance use disorders
- ▶ Past approaches to these issues have lacked preventive care;
- ▶ adopting an evidence-based public health approach that can prevent the initiation of substance use or escalation from use to a disorder, and thus it can reduce the number of people affected by these conditions; it can shorten the duration of illness for individuals who already have a disorder; and it can reduce the number of substance use-related deaths.
- ▶ A public health approach will reduce collateral damage created by substance misuse, such as infectious disease transmission and motor vehicle crashes.
- ▶ promoting much wider adoption of appropriate evidence-based prevention, treatment, and recovery strategies needs to be a top public health priority.



VISION FOR THE FUTURE: A PUBLIC HEALTH Plan

- Change will require a major cultural shift in the way we think about, talk about, look at, and act toward people with substance use disorders
- Negative public attitudes about substance misuse and use disorders need to be changed
- More supportive attitudes that will help to make people comfortable talking with their health care professionals about their concerns and widening access to prevention and treatment.
- Working together across the Community
- **Now is the time to make this change for the health and well-being of our Community**



PLAN

- Reduce Stigma
- Identify and reduce health and safety problems that can result from substance misuse even in the absence of a disorder
- Cooperation and collaboration
- Community education and resource expansion
- NARCAN education and distribution
- Embedding prevention, treatment, and recovery services into the Community to increase access to care, improve quality of services, and produce improved outcomes



Happy to Answer Questions ?

