



COUNTY OF KENDALL, ILLINOIS
Health & Environment Committee
County Office Building
County Board Room 210

Monday, June 19, 2017 – 8:30a.m.
MEETING AGENDA

- 1. Call to Order**
- 2. Roll Call:** Matthew Prochaska, John Purcell, Judy Gilmour (Chair), Elizabeth Flowers (Vice Chair), Tony Giles
- 3. Approval of Agenda**
- 4. Approval of Minutes from May 15, 2017**
- 5. Status Reports**
 - Board of Health
 - Health Department
 - Soil & Water
 - Water Related Groups
 - Other Reports
- 6. Old Business**
- 7. New Business**
- 8. Chairman's Report**
- 9. Public Comment**
- 10. Questions from the Media**
- 11. Action Items for the County Board**
- 12. Executive Session**
- 13. Adjournment**

If special accommodations or arrangements are needed to attend this County meeting, please contact the Administration Office at 630- 553-4171, a minimum of 24-hours prior to the meeting time

COUNTY OF KENDALL, ILLINOIS
Health & Environment Committee
Monday, May 15, 2017
Meeting Minutes

CALL TO ORDER

The meeting was called to order by Chair Judy Gilmour at 3:00p.m.

ROLL CALL

Committee Members Present: Judy Gilmour – here, Tony Giles - here, John Purcell - yes

Members Absent: Elizabeth Flowers, Matthew Prochaska

Others Present: Diane Alford, Steve Curatti, Amaal Tokars, Jenny Wold

APPROVAL OF AGENDA – Member Purcell made a motion to approve the agenda, second by Member Giles. **With three members present in agreement, the motion carried.**

APPROVAL OF MEETING MINUTES – Member Purcell made a motion to approve the meeting minutes from April 17, 2017 with one amendment to the Soil & Water District Report – tpo remove the word eradication from the second paragraph, last line, second by Member Giles. **With three members present voting aye, the motion carried.**

STATUS REPORTS

- **Board of Health** – Tony Giles stated that the April meeting was cancelled, but they are scheduled to meet this month.

Dr. Tokars shared information that was part of Chairman Gryder’s presentation for the State of the Counties luncheon on Friday, May 12, 2017 about Health and Human Services matters that are relevant to Kendall County.

Dr. Tokars also briefed the committee on the Violent Situation 3-part Training Sessions held in the County so far this year, including Violence Prevention, How to react to a Violent Encounter and the Active Shooter Drill held earlier in May. Dr. Tokars will also share this information with the Board of Health at their May meeting.

- **Health Department** – Diane Alford, Community Action Director, briefed the committee on several areas that are carried out through the Community Action Service Block Grant including:

- A. The Education Scholarships program that awards scholarships annually to students obtaining formal education in Illinois institutions, colleges, or trade schools.
 - B. The Employment Support Program which is designed to assist unemployed residents with obtaining or maintaining employment by building a solid foundation with the Health Department that enables the client to succeed.
 - C. The Helping Hands for School Program that assists eligible parents in purchasing school supplies and children's prescription glasses. The goal of this program is to help children to become successful in school by equipping them with the right supplies and materials to make it happen.
 - D. Drive to Success Program that assists currently employed residents with vehicle repairs up to \$750, or replacement of their car with donated cars given to the program so that the employed resident has reliable transportation.
 - E. Emergency Services Program provides emergency assistance for clients in crisis situations by providing counseling, referrals, provisions of food, transportation, shelter, rent, mortgage, utilities, and medical assistance.
- **Kendall County Soil and Water District** – Jenny Wold reported a very successful 2017 Natural Resources Tour on May 4, 10 & 11, 2017. Ms. Wold said there were 560 students that participated from 4 public schools and 1 private school this year. Stations included Tree Talk, Conservation Police Trailer, Streambank 101, Soil Science, Mosquito and Tick 101, Recycling Sort-Out, Pollinator Explosion, and an Interpretive Hike to the Fox River.

Ms. Wold also reported that Farm Camp is now full with 40 students registered to participate at the Kellogg Farms later this summer.

Ms. Wold also stated that there will be 17 local teachers taking Master's level classes at Aurora University participating in this Summers course with Jenny Wold as the instructor.

- **Water Related Groups** – No report

OLD BUSINESS

- ***Residential Electronic Recycling Day*** - Dr. Tokars reminded the committee about the residential Electronic Recycling Day scheduled for Saturday, August 5, 2017 in the Health Department Parking lot. Dr. Tokars reported that residents will need to

schedule an appointment via a link on the Health Department website in order to participate.

NEW BUSINESS

- ***Update on the NACO Live Healthy Program*** – Dr. Tokars will complete the application for the addition of Dental coverage to those participating in the NACO Live Healthy Program. Additional information will be available on the County Health Department website.

CHAIRMAN'S REPORT – No report

PUBLIC COMMENT – None

ITEMS FOR THE COMMITTEE OF THE WHOLE - None

COUNTY BOARD ACTION ITEMS - None

EXECUTIVE SESSION – Not Needed

Member Purcell left the meeting at 3:42p.m.

ADJOURNMENT – Member Giles made a motion to adjourn the meeting, second by Member Gilmour. **The meeting was adjourned at 3:45p.m.**

Respectfully Submitted,

Valarie McClain
Recording Secretary

The Opioid Epidemic: An Overview of the Problem and Treatment Approaches



KENDALL COUNTY
HEALTH DEPARTMENT

Drug Overdose Deaths in the United States Continue to Increase

- The majority of drug overdose deaths (more than six out of ten) involve an opioid.¹
- Since 1999, the number of overdose deaths involving opioids (including [prescription opioids](#) and [heroin](#)) quadrupled.²
- From 2000 to 2015 more than half a million people died from drug overdoses.



Prescription Medication Overdoses

- We now know that overdoses from prescription opioids are a driving factor in the 15-year increase in opioid overdose deaths.
- Since 1999, the amount of prescription opioids sold in the U.S. nearly quadrupled,² yet there has not been an overall change in the amount of pain that Americans report.^{3,4}
- Deaths from prescription opioids—drugs like oxycodone, hydrocodone, and methadone—have more than quadrupled since 1999.⁵



Prescription Opioids

- Providers wrote nearly a quarter of a billion opioid prescriptions in 2013—with wide variation across states. This is enough for every American adult to have their own bottle of pills.¹
- The most common drugs involved in prescription opioid overdose deaths include: Methadone
- Oxycodone (such as OxyContin®)
- Hydrocodone (such as Vicodin®)³
- We must prevent abuse, addiction, and overdose before they start.



Risk Factors for Prescription Opioid Abuse and Overdose



Risk Factors for Prescription Opioid Pain Reliever Abuse and Overdose



Obtaining overlapping prescriptions from multiple providers and pharmacies.



Taking high daily dosages of prescription opioid pain relievers.



Having mental illness or a history of alcohol or other substance abuse.



Living in rural areas and having low income.

- Anyone who takes prescription opioids can become addicted to them. In fact, as many as one in four patients receiving long-term opioid therapy in a primary care setting struggles with opioid addiction.^{4,5,6}
- Once addicted, it can be hard to stop. In 2014, nearly two million Americans either abused or were dependent on prescription opioid pain relievers.
- Taking too many prescription opioids can stop a person's breathing—leading to death.
- Prescription opioid overdose deaths also often involve benzodiazepines. Benzodiazepines are central nervous system depressants used to sedate, induce sleep, prevent seizures, and relieve anxiety. Examples include alprazolam (Xanax[®]), diazepam (Valium[®]), and lorazepam (Ativan[®]). Avoid taking benzodiazepines while taking prescription opioids whenever possible.

Prescription Medication Overdose Prevention

- The best way to prevent opioid overdose deaths is to improve opioid prescribing to reduce exposure to opioids, prevent abuse, and stop addiction.
 - Improving the way opioids are prescribed through a clinical practice guideline helps health care providers offer safer, more effective treatment while reducing opioid-related abuse and overdose.
 - Prescription drug monitoring programs, state prescription drug laws, Insurance strategies such as prior authorization, quantity limits, and drug utilization review, Quality improvement programs in health care systems to increase implementation of recommended prescribing practices, discussing with your doctor the risks and treatment options before taking opioid medication.
- Youth substance abuse prevention, such as intensive family or school-based programs
- Patient education on the safe storage and disposal of prescription opioids



**THE NEW OPIOID
GUIDE APP IS AN
EASILY ACCESSIBLE
TOOL TO HELP
PRESCRIBERS PUT
CDC'S GUIDELINE
INTO PRACTICE.**

Centers for Disease Control - 2017

Today's Heroin Epidemic

- Heroin use has increased sharply across the United States among men and women, most age groups, and all income levels. Some of the greatest increases occurred in demographic groups with historically low rates of heroin use: women, the privately insured, and people with higher incomes.
- A heroin overdose can cause slow and shallow breathing, coma, and death.³
- People often use heroin along with other drugs or alcohol. This practice is especially dangerous because it increases the risk of overdose.⁴
- Heroin is typically injected but is also smoked and snorted. When people inject heroin, they are at risk of serious, long-term viral infections such as HIV, Hepatitis C, and Hepatitis B, as well as bacterial infections of the skin, bloodstream, and heart.³

Heroin use **more than doubled** among young adults ages 18–25 in the past decade.

More than **9 in 10** people who used heroin also used at least one other drug.

45% of people who used heroin were also addicted to prescription opioid painkillers.

Heroin Overdose

- Not only are people using heroin, they are also abusing multiple other substances, especially cocaine and prescription opioid pain relievers. Nearly all people who use heroin also use at least 1 other drug.¹
- As heroin use has increased, so have heroin-related overdose deaths. Between 2000 and 2015, the rate of heroin-related overdose deaths more than quadrupled, and more than 12,989 people died in 2015.²



Self-Violent Deaths, Kendall County

2015 through March 2017

Source: Kendall County Coronor's Office



Self-Violent Deaths, Kendall County

2015 through March 2017

Source: Kendall County Coronor's Office

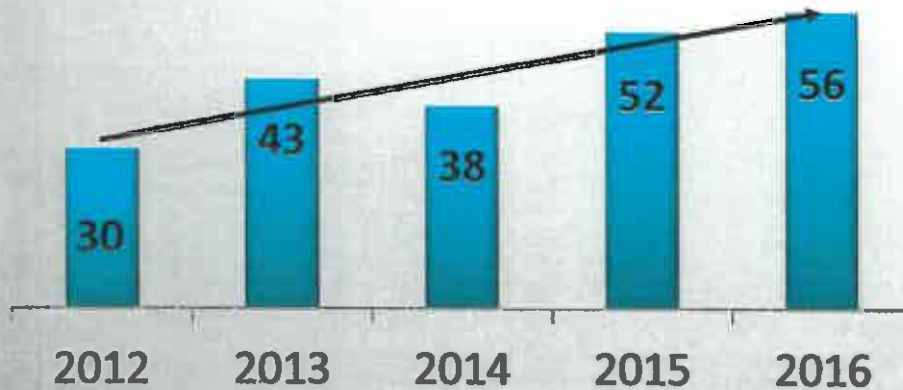


Kendall County Patients Presenting to the ED with Overdose of Opioids (Prescription and Illicit)

n=219

Source: Rush-Copley Medical Center*

→ Dataset Based on RCMC FY (July 1st thru June 30th)



2016 Rate Per 100,000 population:
Kendall County: 45

Rate Increase:
Kendall 2012 to 2016: 87%

Average Annual Rate Increase:
Kendall 2012-2016: 19%

**Aggregate data from RCMC, Valley West, Presence Mercy, Swedish American, Edward, RC Emergency Center, MacNeal, Presence St. Joseph, Advocate Good Sam, and other regional provider facilities.*

Kendall County Patients Presenting to the ED with Overdose of Opioids (Prescription and Illicit)

n=222

Source: Rush-Copley Medical Center*

→ Dataset Based on Calendar Year



2014 Rate Per 100,000 population
Kendall County: 31

National Average: 178

Ohio: 31 (lowest)

Massachusetts: 442 (highest)

Rate Increase:
Kendall 2012 to 2016: -2%
Ohio 2009 to 2014: 119%

Average Annual Rate Increase:
Kendall 2012-2016: 2.5%

Ways in which KCHD promotes protective factors....

- **Knowledge production:**
 - Conducting surveillance and sharing results
 - Acquiring up-to-date information through webinars and conferences
- **Providing cutting edge substance abuse and mental health programming**
 - Integrated mental health and substance abuse treatment services that focus on all aspects of wellbeing and addiction.
 - Comprehensive participatory psychosocial assessment
 - Promotion of protective factors in treatment including: impulse control / emotional regulation, parent education, promotion of academic and vocational engagement and efficacy, development of healthy support networks
 - Evidenced informed curriculum and culturally relevant service delivery
 - Family Systems throughout the treatment process
- **Community Outreach – Awareness/Prevention/Psycho-education**
- **Juvenile Justice Council team member**
- **Drug Court team member**
- **Prescription Monitoring:**
 - **Illinois Prescription Monitoring Program (PMP)**
 - PA99-0480 - all prescribers and dispensers of controlled substances must enroll in the PMP either when registering for their initial state controlled substances license or when renewing the license.
 - Professional organizations actively working on informing their members of this requirement.
 - Since January 2008 over 30,000 prescribers and dispensers have enrolled with the PMP.

Ways in which KCHD promotes protective factors (cont.)....

- **Promoting safe prescription medication disposal:**
 - **Green Pages (also promoting Fox Metro collection)**
 - USEPA 40 CFR Parts 261,262 & 266 were modified in September 2015 to allow pharmacies (reverse distribution partner) the ability to accept these medications.
 - NEW - Drug take-back kiosks at 45 Illinois Walgreens drugstores (goal of 500 nationwide)
 - Aurora – 1221 N. Lake St.
 - Joliet – 1801 Ingalls Ave.
 - Montgomery – 1799 Douglas Road
 - Kendall County Sheriff's Office – Safe medication disposal kiosk.





Live Healthy U.S. Counties

The exclusive prescription, dental and health discounts program **free** to NACo member counties



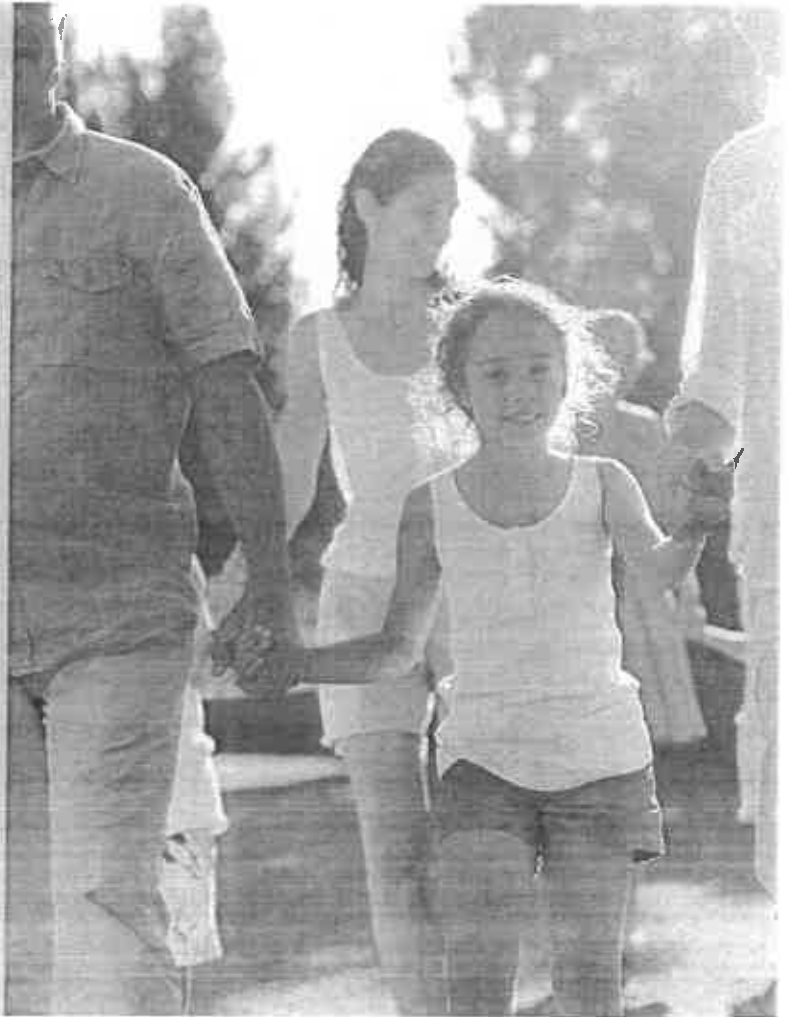
Live Healthy – the discount program that puts wellness and people first

Going the extra mile for your county's residents is what this program is all about. It can help people live healthier lives and save them some money, too. And who doesn't like to save money?

The National Association of Counties' (NACo) Live Healthy program offers residents discounts on prescriptions, dental treatments and health costs – including vision procedures, hearing aids and screenings, prepaid lab work, diabetes supplies plus a whole lot more. Best of all, it's **free** for your county if you're a NACo member.

To get up and running costs you nothing but a bit of your time. If your county isn't a NACo member, now might be a good time to join. Let's all Live Healthy!

The Live Healthy discount program is NOT insurance.



Here's how it works:

It's all about the savings. Live Healthy provides county residents with access to prescription, dental and health discounts. It's that simple.

Participating counties must be a part of the prescription component of the program in order to offer either health or dental, or both to residents. Depending on what their county offers, people can choose to participate in all three, or two, or just one.

As you can see in the chart below, residents receive prescription discounts for free. Health and dental discounts come with a modest fee and people can pay either a monthly or annual amount to obtain discounts and savings.



To learn more, go to www.naco.org/health, or call toll-free at **1-888-407-6226**.

NACo Live Healthy Prescription, Health and Dental Discount Resident Fees

Program	Monthly Individual	Monthly Family	Annual Individual	Annual Family
Prescription	Free	Free	Free	Free
Health	\$6.95	\$8.95	\$69.00	\$79.00
Dental	\$6.95	\$8.95	\$69.00	\$79.00
Health + Dental	\$13.90	\$17.90	\$138.00	\$158.00



prescription

NACo prescription discounts help residents who don't have insurance to save on their prescription purchases. Residents who do have insurance can also use the discount card when their medications are not covered by their insurance plan.

Residents Save an average of 24% off the retail price of prescription medications.

Provider Network: more than 68,000 participating retail pharmacies nationwide, including the major chains and many independent pharmacies. Available for residents and their pets.



dental

NACo dental discounts* offer residents discounted rates on a wide range of dental procedures and services.

ROUTINE AND IN-DEPTH CHECK-UPS

CHILD AND ADULT TEETH CLEANINGS

BITEWING AND FULL MOUTH X-RAYS AND PANORAMIC FILMS

COMPOSITE FILLINGS (WHITE), ROOT CANALS, SIMPLE EXTRACTIONS, FULL UPPER DENTURES

Residents Save: 15% to 50% off most dental procedures. Pay entire discounted rate directly to participating dentist at the time of the service. No deductibles. No benefit maximums.



Provider Network: 110,00 general dentists and specialists. No referrals necessary for specialty dental care discounts. Immediate access to dental providers, no waiting periods or claim forms. No exclusions for pre-existing conditions or age limits.

* Not available in AK, VT or WA



health

Your residents will be able to Live Healthy and save every day.



NACo health discounts* are an affordable choice for county residents who want to save on a wide range of services, supplies and more.

VISION

Residents Save: 35% off the retail price of frames with the purchase of a complete pair of glasses. Discounts on other products and services include exams, lenses, accessories, contact lenses and more.

Provider Network: access to over 50,000 providers including LensCrafters®, Pearle Vision®, Nationwide Vision™, Target Optical®, and independent optometrists, ophthalmologists and opticians.

HEARING

Residents Save: 35% off the price of hearing aids and complimentary screenings.

Provider Network: more than 2,500 participating locations.

DIABETES SUPPLIES

Residents Save: with discounts offered on prescription and OTC diabetes supplies.

Provider Network: more than 68,000 participating retail pharmacies. Available for residents and their pets.

PREPAID LAB

Residents Save: 20 to 70% off a wide variety of physician approved lab-testing services, with confidential results.

Provider Network: more than 4,000 participating service centers.

PREPAID DIAGNOSTIC IMAGING

Residents Save: 40 to 75% off MRI and CT scans.

Provider Network: more than 2,900 radiology centers nationwide.

LASIK & PRK VISION

Residents Save: 15% off retail prices or 5% off promotional pricing.

Provider Network: more than 550 participating locations.

* Not available in AK, VT or WA

Two easy ways to get started

Join the NACo Live Healthy program either by emailing or mailing the registration information. Once you do, we'll send you customized materials to promote Live Healthy in your county.

1. Download the Live Healthy program(s) registration form at www.naco.org/health

Complete the information then email it to membership@naco.org

2. Or mail it to the following address:
Andrew S. Goldschmidt, CAE
Director of Membership Marketing
National Association of Counties
25 Massachusetts Ave. NW, Ste. 500
Washington, DC 20001

One more thing...

We will need your county's logo/seal to customize your Live Healthy materials.

Then you'll be able to share this exclusive discount program with your residents.

A jpg file of your county logo is necessary to complete your registration.

Send an e-mail with the jpg file as an attachment to NACoRx@caremark.com. Indicate the county name and logo attached in the subject line.

The email should also include:

- A contact/name and street address for the delivery of member ID cards and display materials if it differs from the address on the registration form.
(Please note we cannot deliver to P.O. boxes.)
- A description of how the county name should appear/read on the member ID card.



Live Healthy U.S. Counties

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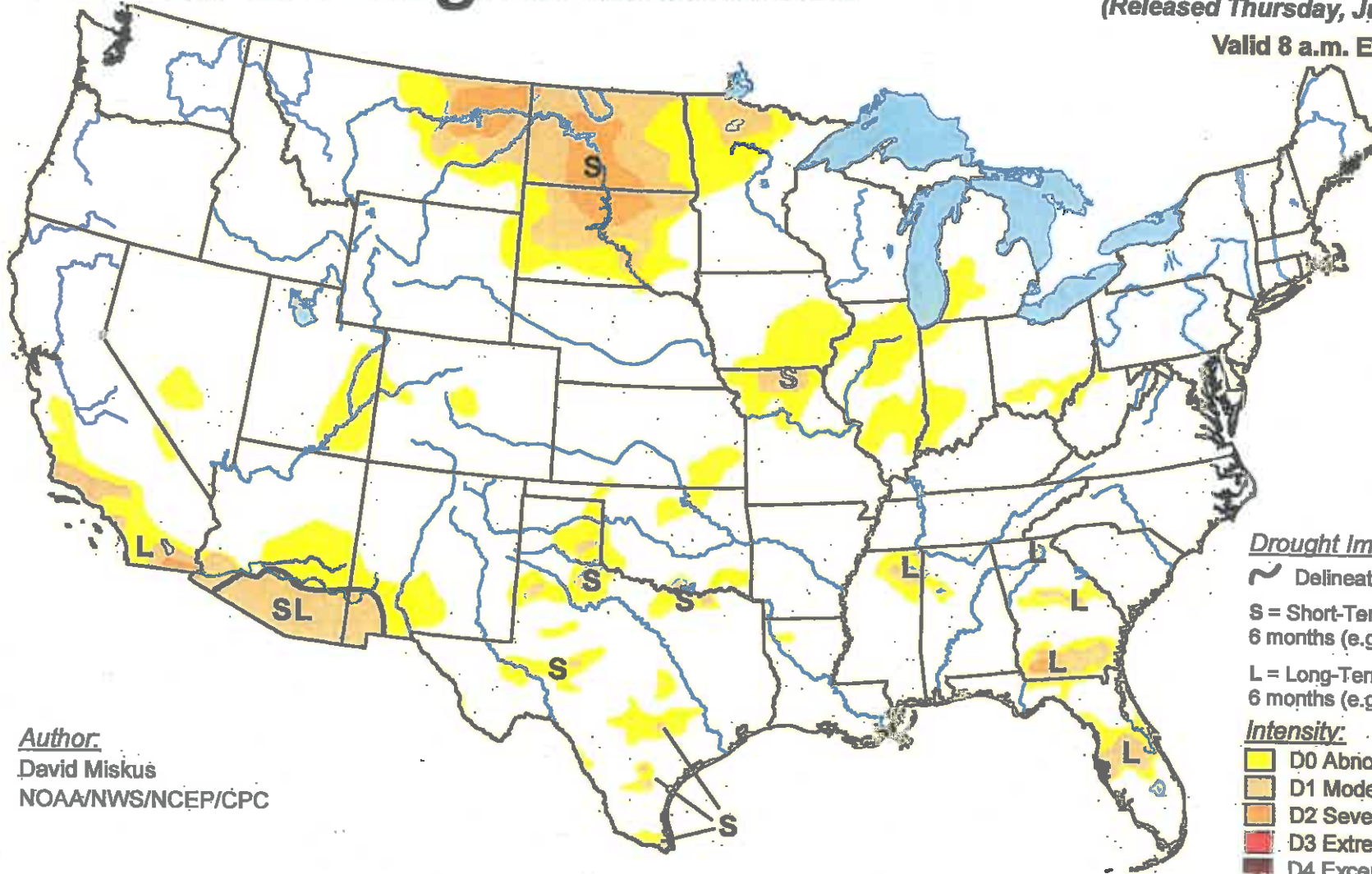
NACo
25 Massachusetts Ave, NW
Suite #500
Washington, DC 20001
888-407-NACo (6226)
membership@naco.org

U.S. Drought Monitor

June 13, 2017

(Released Thursday, Jun. 15, 2017)

Valid 8 a.m. EDT



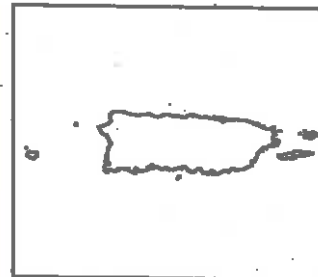
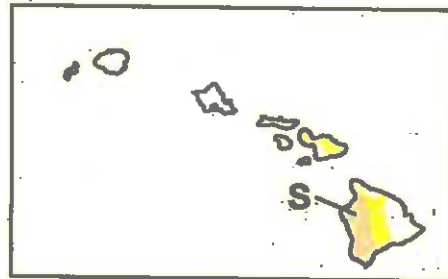
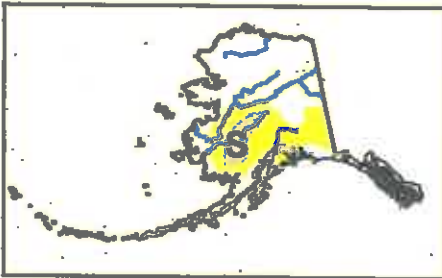
Drought Impact Types:

- ~ Delineates dominant impacts
- S = Short-Term, typically less than 6 months (e.g. agriculture, grasslands)
- L = Long-Term, typically greater than 6 months (e.g. hydrology, ecology)

Intensity:

- D0 Abnormally Dry
- D1 Moderate Drought
- D2 Severe Drought
- D3 Extreme Drought
- D4 Exceptional Drought

Author:
David Miskus
NOAA/NWS/NCEP/CPC



The Drought Monitor focuses on broad-scale conditions. Local conditions may vary. See accompanying text summary for forecast statements.



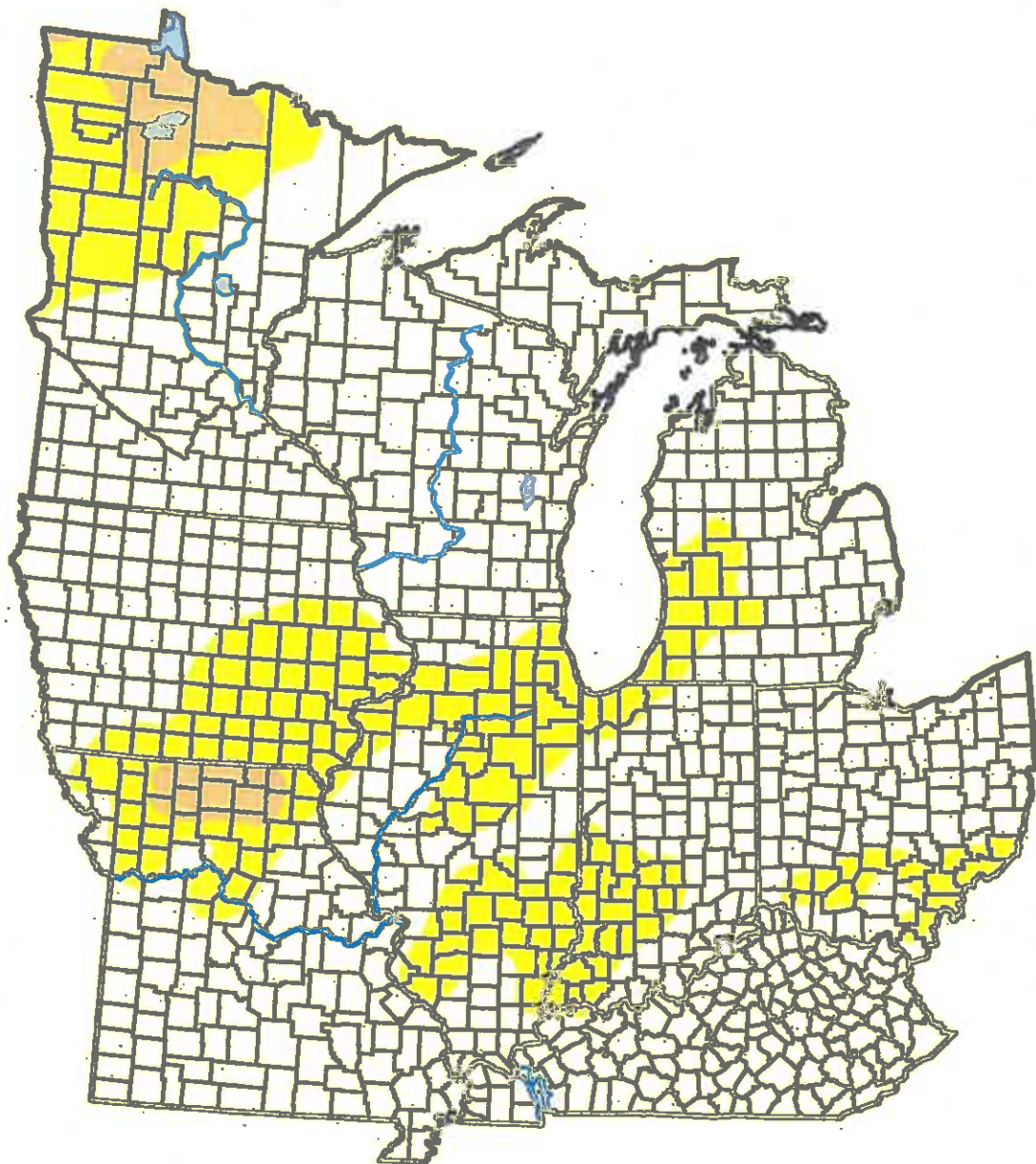
<http://droughtmonitor.unl.edu/>

Midwest

June 13, 2017

(Released Thursday, Jun. 15, 2017)

Valid 8 a.m. EDT



Drought Conditions (Percent Area)

	None	D0-D4	D1-D4	D2-D4	D3-D4	D4
Current	74.10	25.90	3.02	0.00	0.00	0.00
Last Week <i>06-06-2017</i>	92.50	7.50	1.64	0.00	0.00	0.00
3 Months Ago <i>03-14-2017</i>	77.33	22.67	13.22	1.15	0.00	0.00
Start of Calendar Year <i>01-03-2017</i>	78.75	21.25	4.45	0.00	0.00	0.00
Start of Water Year <i>09-27-2016</i>	89.04	10.96	0.70	0.00	0.00	0.00
One Year Ago <i>06-14-2016</i>	68.73	31.27	0.03	0.00	0.00	0.00

Intensity:

- D0 Abnormally Dry
- D1 Moderate Drought
- D2 Severe Drought
- D3 Extreme Drought
- D4 Exceptional Drought

The Drought Monitor focuses on broad-scale conditions. Local conditions may vary. See accompanying text summary for forecast statements.

Author:

David Miskus
NOAA/NWS/NCEP/CPC



<http://droughtmonitor.unl.edu/>