



The meeting was called to order by President, Steve Kreider and the National Anthem was sung acapella. 🎵

Invocation was given by Seth Weeldreyer. Arts News followed, given by Kristen Chesak,

**Guest Rotarians:** Nancy Wenke was greeted with our usual "Hi Nancy."

**Guests** were introduced by Rotarian hosts: Cakneeshia Stegall was the guest of Dianne Shaffer. Deb Harris brought Kasey Davis, Jim Cupper brought Lucien Diame, Kristina Careen was the guest of Steve Kreider, and Kevin Garrison was the guest of Tim Kilmartin.

**Business Sponsor:** Lake Michigan Credit Union was this week's sponsor and had the honor of being the first of this Rotary year. Steve spoke of the many benefits of membership and videos defined their goals. Lake Michigan Credit Union will have a Chamber of Commerce after hours event on September 11<sup>th</sup> at 5 p.m.

**New Member Introduction:** Sid Ellis introduced Ben Davis as the newest member to Rotary. Ben is the new CEO at the YMCA. He has been a Rotarian in other communities where he was located and more recently that was in Indiana. He had a role as a pianist on a substitution level at his previous Rotary. He loves the values of Rotary. As someone affiliated with the Y for many years, he understands the needs of the community. Ben's wife and children moved to Kalamazoo first while Ben waited for a Y position to become available in the area. His hobbies are golf and loves international exchange programs. He finds youth exchange hosting very rewarding. Welcome Ben.

**Announcements:** The District Foundation raffle is in full swing. Winners will be announced in September.

David Lucio announced that his Strive student Deon was announced and the Most improved and received the honor of being selected to receive computer equipment which will help him in his goal to get a degree in math in order to become a teacher. The tickets that are sold through the foundation, support the Strive program. Deon Kelly will be attending MSU in the fall.

### **Program:**

Dianne Shaffer introduced Dr. William Nettleton to present the program "Opioid Epidemic". Dr Nettleton is Assistant Professor, WMed Department of Family and Community Medicine, Medical Director, Kalamazoo County Health and Community Services Department and Medical Director, Calhoun County Public Health Department

Dr. Nettleton began his program by stating that we are in an age where we need to confront the stigma of Opioid Addiction. He hopes to give an:

- Introduction to the opioid overdose epidemic
- Introduction to harm reduction
- Introduction to medication assisted treatment (MAT) for opioid addiction

Did you know that life expectancy from 2016 through 2017 has gone down. Drug overdoses are driven by those between the ages of 25-45. The estimated deaths from Opioids is expected to reach 47600.

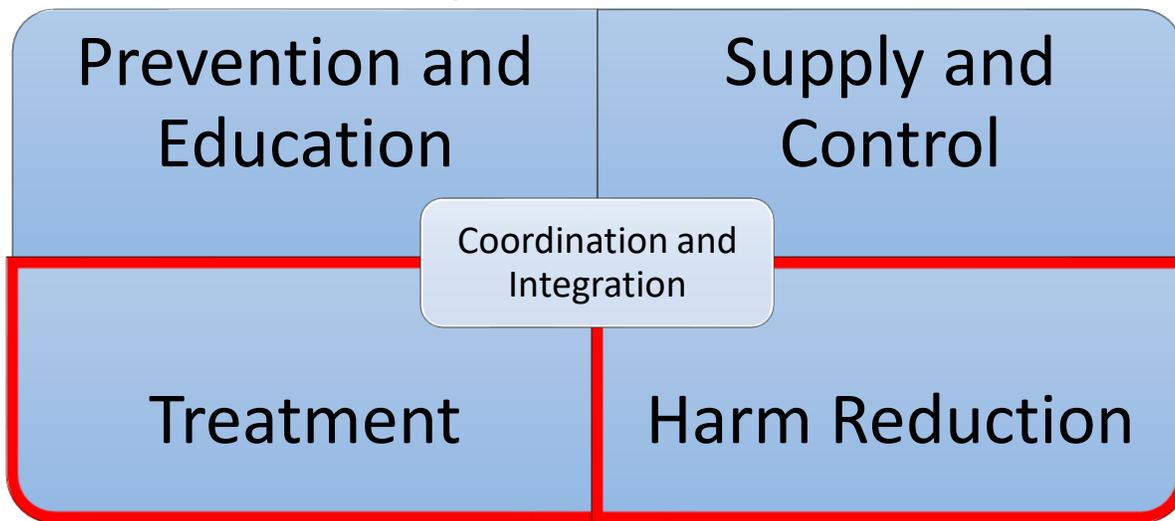
How did we get here!

- Increase in supply of opioids
- Increase in duration of exposure to opioids
- Perception of risk
- Increase in potency of heroin and fentanyl analogs
- Fragmented systems of care
- Perception of addiction
- Others

*Addiction is a chronic, relapsing disease of the brain characterized by compulsive drug seeking and use despite harmful consequences*

- Chronic – long term
- Relapsing – returning to using drugs after quitting
- Disease of the brain – not a moral defect; acknowledgement of this fact explains but does not excuse inappropriate behavior
- Compulsion and use– cravings and behavioral/environmental cues
- Despite consequences – “I know this [heroin] hurts me but I don’t know why I keep doing it.”

Strategic Framework for Kalamazoo & Calhoun Counties



Harm Reduction Definition

- “...a set of **practical strategies and ideas** aimed at **reducing negative consequences associated with drug use**. Harm Reduction is also a **movement for social justice** built on a belief in, and respect for, the rights of people who use drugs.”- Harm Reduction Coalition
- “... **policies, programmes and practices** that aim to **reduce the harms associated with the use of psychoactive drugs** in **people unable or unwilling to stop**. The defining features are the **focus on the prevention of harm**, rather than on the prevention of drug use itself, and the focus on people who continue to use drugs.”- Harm Reduction International
- “**Accepting that not everyone is ready or able to stop risky or illegal behavior**, harm reduction focuses on promoting **scientifically proven ways of mitigating health risks associated with drug use and other high risk behaviors...**”-North Carolina Harm Reduction Coalition

Addiction is not a Moral Defect.

One of the primary ways to fight addiction is the implementation of Harm Reduction and keep people alive. That can be accomplished by expansion of Medicaid through the affordable Care ACT, and changing physician’s response.

Key Points

- Addiction is a brain disease, not a moral defect
- Words and perceptions matter: stigma is a barrier to saving lives
- Harm reduction: aims to keep people healthy and alive, hopefully long enough to engage treatment
- Medication Assisted Treatment with concurrent behavioral counseling for Opioid Use Disorder has the best evidence
- Syringe Services Programs are essential to combatting the intersection of drug related infections and the opioid overdose epidemic

Some of the information provided are key points that came from the PowerPoint presentation however does not completely encompass all the details on a very complicated topic.