

## TALKING TREND

### Health Net of Oregon’s Sister Health Plan Trillium Contributes \$1 million to help Oregonians Address Substance Misuse in Youth



In 2022, about 1 in 3 high school seniors, 1 in 5 sophomores, and 1 in 10 eighth graders reported using an illicit substance in the past year, according to the National Institute on Drug Abuse’s (NIDA) annual survey ([Monitoring the Future: National Survey Results on Drug Use, 1975–2022: Secondary School Students, NIDA, 2023 \[PDF, 7.78MB\]](#)). Those numbers were down significantly from pre-pandemic levels and essentially at their [lowest point in decades](#).

While adolescent use of illicit substances has dropped substantially over the past few decades, more teens are overdosing than ever—largely because of contamination of the drug supply with fentanyl, as well as the availability of stronger substances ([Most reported substance use among adolescents held steady in 2022, National Institute on Drug Abuse](#)).

The drugs young people are using—and the way they’re using them—have also changed, and psychologists say this needs to inform educational efforts around substance use. Use of cannabis and hallucinogens, which are now more salient and easier to obtain, were higher than ever among young adults in 2021 ([Marijuana and hallucinogen use among young adults reached all-time high in 2021, NIDA](#)).

In an interview with The American Psychological Association, ([APS Monitor](#)), Aaron Weiner, PhD, ABPP, a licensed clinical psychologist based in Lake Forest, Illinois, and immediate past-president of APA’s Division 50 (Society of Addiction Psychology) stated, “The longer we can get kids to go without using substances regularly, the better their chances of having an optimal life trajectory. If that’s the case, we want to help them avoid the worst consequences.”

According to the Centers for Disease Control and Prevention (CDC)<sup>1</sup>, from 2018 to 2022, nearly 300 Oregonians aged 15 to 24 died from drug overdose and poisoning. During this timeframe, the rate of drug-related deaths in Oregon increased more than sixfold, marking the fastest growth in teen drug deaths compared to any other state. This surge has positioned Oregon as having one of the highest teen drug death rates in the country. Notably, all of Oregon’s teen drug deaths in 2022 were linked to synthetic opioids, such as fentanyl.

To support families and communities in tackling the drug overdose epidemic, Health Net of Oregon’s sister company Trillium CHP has invested \$1 million to adapt [Song For Charlie](#)’s prevention materials for Oregonians at no cost. This investment includes [“The New Drug Talk External Link,”](#) a program designed to help parents and caregivers educate young people about the risks associated with fentanyl, counterfeit pills, and today’s drug environment, encouraging an open and continuous dialogue.

In addition, last month, Health Net held a series of 3 webinars addressing this issue and you can access them below.

- [1. Responding to an Opioid Overdose with Naloxone](#)
- [2. Talking with Your Child About Substance Use](#)
- [3. Impact of Cannabis\(marijuana\)/Vaping and Youths’ Developing Brain](#)

<sup>1</sup>Derived from: [Centers for Disease Control and Prevention, National Center for Health Statistics, Mortality 2018–2021 & Provisional Mortality 2022–2023 on CDC WONDER Online Database](#)

## INDUSTRY NEWS



### Oregon’s Stable Marketplace Enrollment Signals Health Care Success

State officials say Oregon’s relatively flat enrollment with its subsidized insurance marketplace website reflects success with other health care initiatives.<sup>1</sup>

The number of Oregonians enrolling with a federally subsidized health insurance marketplace barely ticked up upwards this year despite a record number of people nationally using the program for coverage.

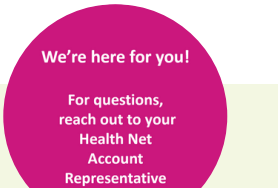
State officials, however, say that shows Oregon’s past efforts to keep people covered are bearing fruit.

Federal officials announced in late January, 2024 that 21.3 million people signed up to buy coverage through online marketplaces during the 2024 open enrollment period. That’s roughly 5 million more than the previous year, a 30% increase, and the third year in a row of record enrollments nationally.

<sup>1</sup>[Oregon Public Broadcasting \(OPB\) article “Amid historic health enrollment gains nationally, Oregon holds steady”.](#)

## HEALTH NET NEWS

### All Health Net Associations Are Now Live on Wired Quote Wired Enroll



In an effort to streamline association quoting and enrollment, the Health Net of Oregon team is proud to announce that we have listed all four Oregon Associations for Quoting and Enrollment on [Wired Quote Wired Enroll](#). Listings on the platform will create opportunities for brokers to spread returned association rates direct with the small group market for comparative value with all carriers in market.

Should you be interested in appointments to any associations that Health Net offer benefits for, we ask that you connect with your Account Executive as quoting on Wired Quote Wired Enroll is enabled only by an active association appointment.

## WELLNESS

### Celebrating Pride Month Health Net Focuses on LGBTQ+ Health Care



Our vendors have added more resources to help meet the needs of our LGBTQ+ members.

[myStrength by Teladoc](#) Health has a large selection of topics for LGBTQ+ individuals:

- LGBTQ+ Health Quiz
- Mental Health in LGBTQ+ Communities
- Substance Use in LGBTQ+ Communities
- The Path to Allyship

[Sharecare](#) also has some resources for LGBTQ+ members, including:

- 5 Tips for Finding Affirming Mental Health Care as a Transgender Person
- Why is the Care of the LGBTQ+ Population an Issue?
- Are There Higher Instances of Mental Health Issues Among Older LGBTQ People?

Health Net strives to design health plans that include coverage for benefits and services that are important to members of the LGBTQ+ community.

For more information, you can view the English LGBTQ+ flyer on the [Large and Small Group Broker Forms & Brochures](#) > Support Tools.

Members can find our Community Resource page by going to the HN public website in the Health and Wellness section or by accessing the link: [LGBTQ+ Community Resource page](#).

All benefits must be deemed medically necessary. Members should refer to their EOC to determine if any of these benefits require prior authorization.

## JUST FOR FUN

### It’s Here! June 20 is the First Day of Summer!

Wondering what to do to celebrate?

Here are 5 unique first day of summer activities to help you kick off the season.

#### 1. Throw a “First Day of Summer” Water Party

Make the backyard into a water park by turning a plastic tarp into a giant slip n’ slide, hanging a cluster of water balloons from the ceiling like a piñata and giving everyone water-squirting toys for a splashing good time.

#### 2. Make a “Welcome to Summer” Fun Box

Create a kit that will help make this summer one to remember. Give kids a box filled with some of their favorite activities, like sand toys, art supplies, games and books. It will provide inspiration for fun things to do and will help keep them occupied during the warm weather months.

#### 3. Make a Summertime Activity Jar

Have kids write summertime activities they would like to do on index cards. Then store them in a jar and draw one each day or every time they need things to do or say “I’m bored!”

#### 4. Have a Picnic

Celebrate the first night of summer with a dinnertime picnic in an unusual place, like on top of your building’s parking garage for city dwellers, or in a spot along a scenic country road. Play games or perhaps it’s time to dust off your bikes and ride until hunger — or an inspirational patch of grass — strikes. Revel in the relaxation and watch the stars come out as you polish off dessert.

#### 5. Camp out

Kick off summer with a night under the stars. Go camping in a state park or even your backyard. Do traditional fun camping things like grilling hot dogs and telling ghost stories.

