



The Pacific Northwest Chapter of the
International Society of
Certified Employee Benefit Specialists



Disrupting the Opioid Addiction Cycle

Thursday, May 9, 2019 | 11:45 – 1:00 Pacific

Via Webinar

No Cost

[Register online](#)

Opioids are impacting our employees, our multi-employer plan members, our families and our communities. Is it possible to disrupt the cycle of opioid abuse and addiction before it begins? What if we had access to a tool that could accurately predict an individual's risk for opioid addiction and overdose, even before they took their first dose? That could provide a precise predictive algorithm that identifies individual risk while also providing a proactive solution. This program will provide insights into the current efforts to impact the opioid crisis from the leading health plans, pharmacy benefit management companies, health systems, health providers and state legislation. Join us to learn how to disrupt this devastating and expensive crisis.

Top Take Aways

- Understanding of the current crisis, and impact to individuals, families, and communities
- Insights into the current corrective efforts and impact
- Applications of opioid risk prediction tools and prevention

Speakers: Ted R. Borgstadt, CEO | TrestleTree, LLC & Julia Nicholson, Principal | J|N Consulting

Ted Borgstadt is the founder of TrestleTree, a Harvard Pilgrim company. He provides the directional, strategic and administrative oversight to secure quantifiable value and improved health results for health plans and large self-insured employers. TrestleTree's programs, which include lifestyle coaching, disease management and a unique opioid risk disruption tool, have not only significantly improved health outcomes for members but have consistently boosted productivity while lowering health costs. Mr. Borgstadt is also a founding board member of LifeSource International, a non-profit organization helping to improve the wellbeing of families through holistically-based health support services. He is a long-time guest lecturer at the Walton Business School, University of Arkansas.

Julia Nicholson is the principal of J|N Consulting, and has over 25 years of experience in the fields of employee benefits consulting, administration, operations, and human resources. This includes work involving board governance, strategic planning, benefit philosophy/design/strategy, fiduciary audits, organizational structure, and policy development. Throughout her career, Ms. Nicholson has worked as CEO of the Motion Picture Industry Pension & Health Plans, VP of Operations for UFCW-Employers Benefit Plans of Northern California, CEO of Central Valley Trust, and as an Officer with William M. Mercer. She has spoken on benefits related topics for numerous organizations, including the International Foundation of Employee Benefit Plan and the National Education Association. She is also an instructor for the IFEEBP Certificate of Achievement in Public Plan Policy certification program, which is accredited through the Wharton School of Business.

1 Hour of Professional Development Credits

This program is designed to meet the requirements of the following programs

- CEBS Compliance credit
- HRCI Recertification credit
- SHRM-CP and SHRM-SCP PDC toward recertification

A certificate will be provided to you after you meet the attendance requirements of the program. The program's credit hours and session information would be self-reported.

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