

CAPT TRAININGSeptember 11th, 2018

Addressing Opioid Overdose

Understanding the Role of Prevention

Dave Closson, Training and TA Specialist, CAPT Central Resource Team

CAPT | SAMHSA Center for the Application
of Prevention Technologies

Technical Information

This training was developed under the Substance Abuse and Mental Health Services Administration's Center for the Application of Prevention Technologies task order. Reference #HHSS2832012000241/HHSS28342002T.

The views expressed in this training do not necessarily represent the views, policies, and positions of the Substance Abuse and Mental Health Services Administration or the U.S. Department of Health and Human Services.

CAPT | SAMHSA Center for the Application
of Prevention Technologies

2

Welcome and Introductions

Please share:

- Your name
- Your role
- One thing you hope to get out of today's training

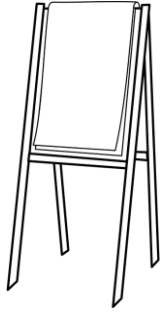


CAPT | SAMHSA Center for the Application
of Prevention Technologies

3

Group Guidelines

- Take turns speaking
- Participate fully
- Be open and respectful
- Use the “parking lot”
- Return promptly from breaks
- Anything else?



CAPT | SAMHSA Center for the Application of Prevention Technologies

4

Roadmap for Today's Training

- ☐ Defining the Problem
- ☐ Understanding the Role of Prevention
- ☐ Factors that Place Individuals at Risk
- ☐ Prevention Strategies



CAPT | SAMHSA Center for the Application of Prevention Technologies

5

Defining the Problem

Terminology and National Data on the Opioid Crisis

CAPT | SAMHSA Center for the Application of Prevention Technologies

6



How is preventing opioid overdose different from other prevention work you've done in the past?

CAPT SAMHSA Center for the Application of Prevention Technologies



Opioids Involved in This Crisis

Commonly Prescribed Opioids

Other Synthetic Opioids

Heroin



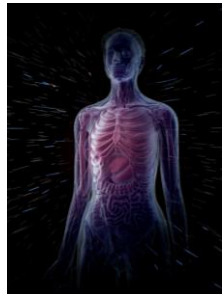
CAPT SAMHSA Center for the Application of Prevention Technologies

Handout: Glossary of Commonly-Used Terms Associated with Preventing Opioid Misuse and Overdose



Health Effects of Opioids¹

- Health effects include drowsiness, confusion, slowed breath, and euphoria.
- Individuals who use opioids for extended periods may develop a tolerance over time.



CAPT SAMHSA Center for the Application of Prevention Technologies

9

Opioid Overdose^{2,3}

- An overdose is bodily harm that occurs when a person takes more of a substance than his/her body can process or a dangerous combination of substances.
- Overdoses can be fatal or nonfatal.



CAPT SAMHSA Center for the Application of Prevention Technologies

10

What does
the opioid
crisis look like
in your
community?




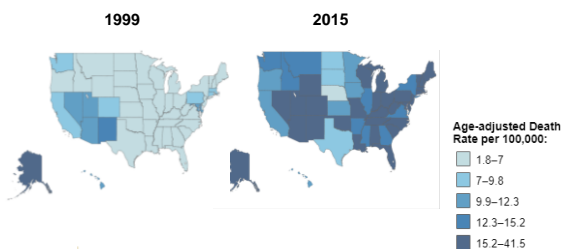
CAPT SAMHSA Center for the Application of Prevention Technologies



11

Overdose Rates on the Rise^{4,5}

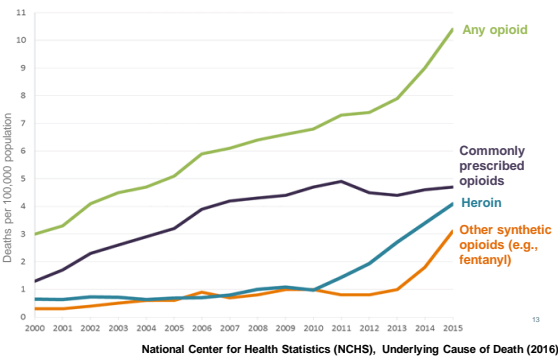
 >15.2 Age-Adjusted Death Rate from Drug Poisoning per 100,000



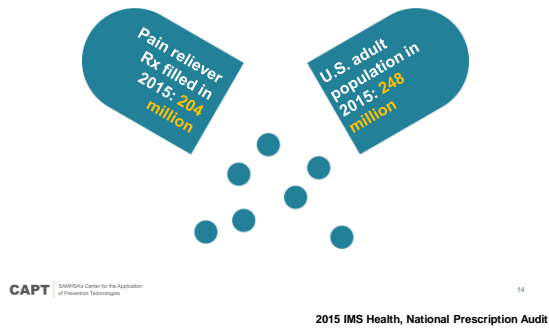
CAPT SAMHSA Center for the Application of Prevention Technologies

CDC/NCHS National Vital Statistics System

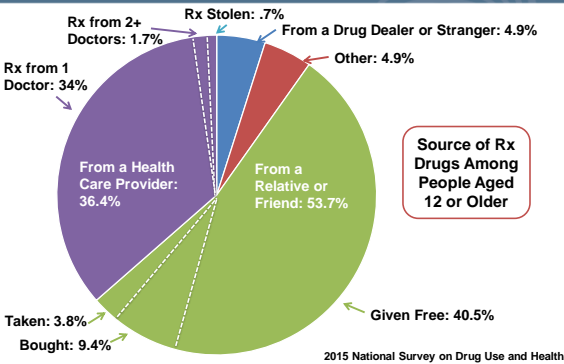
Overdose Deaths Involving Opioids, by Type of Opioid (2000-2015)^{6,7}



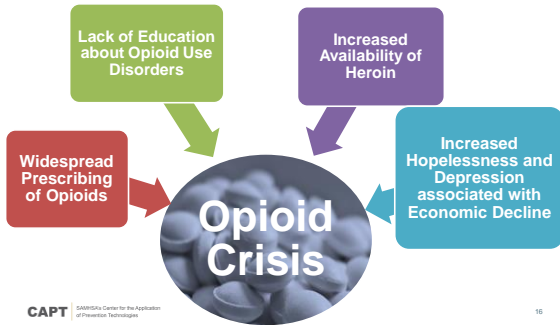
Prescriptions Filled⁸



Sources of Misused Prescription Drugs⁹



Opioid Crisis: Related Trends^{10,11,12,13,14}



Roadmap for Today's Training

- ☒ Defining the Problem
- ☐ Understanding the Role of Prevention
- ☐ Factors that Place Individuals at Risk
- ☐ Prevention Strategies



CAPT SAMHSA Center for the Application of Prevention Technologies

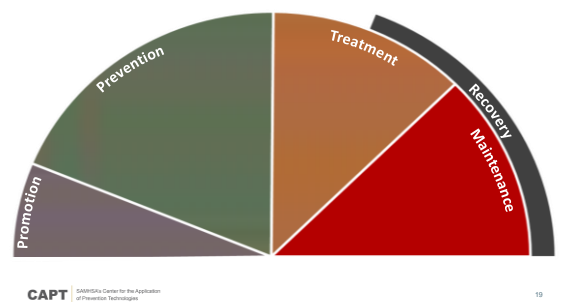
17

The Role of Prevention in Addressing Opioid Overdose

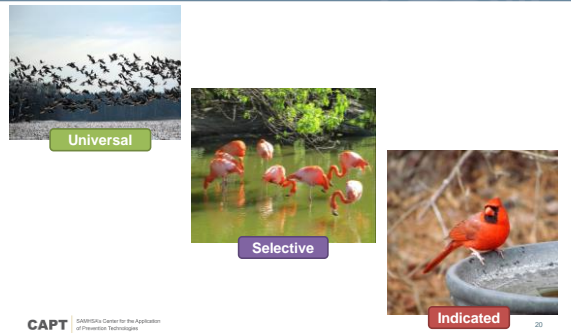
CAPT SAMHSA Center for the Application of Prevention Technologies

18

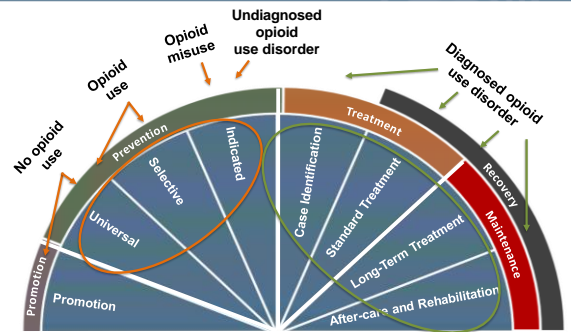
The Institute of Medicine (IOM) Continuum of Care Model



Opportunities for Substance Misuse Prevention Interventions



Understanding Populations of Focus



“In any given moment we have two options: To step forward into growth or step back into safety.”

-Abraham Maslow

CAPT | SAMHSA Center for the Application of Prevention Technologies

22

Two Roles

Prevent Opioid Overdose



Prevent Death and Disability from Overdose



CAPT | SAMHSA Center for the Application of Prevention Technologies

23

Addressing Stigma

“Protest any labels that turn people into things. Words are important. If you want to care for something, you call it a ‘flower;’ if you want to kill something, you call it a ‘weed.’”

-William L. White

Handout: *Words Matter: How Language Choice Can Reduce Stigma*



Roadmap for Today's Training

- ☒ Defining the Problem
- ☒ Understanding the Role of Prevention
- ☐ Factors that Place Individuals at Risk
- ☐ Prevention Strategies



CAPT SAMHSA Center for the Application of Prevention Technologies

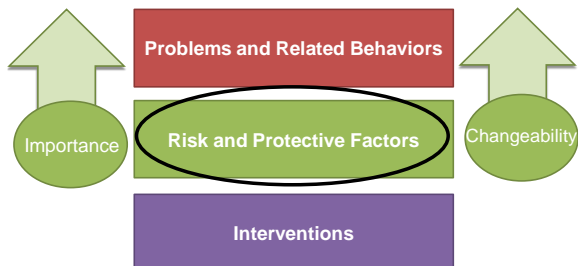
25

Factors that Place Individuals at Risk

CAPT SAMHSA Center for the Application of Prevention Technologies

26

Components of Prevention Planning



CAPT SAMHSA Center for the Application of Prevention Technologies

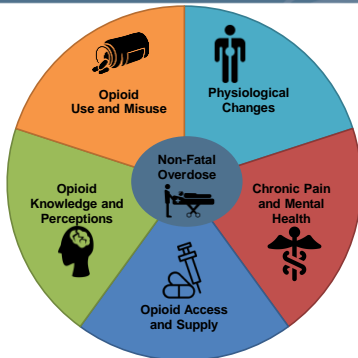
27



What are some risk or protective factors you've addressed in previous prevention work?



Factors Associated with Opioid Overdose



Opioid Use and Misuse^{20,21,22}

- Illicit use of any opioids, including:
 - Nonmedical use of prescription opioids
 - Use of non-prescription opioids, including heroin and illegally-made fentanyl



Opioid Use and Misuse, cont.^{17,18,19}



- High dosage and potency
- Poly-substance use
- History of other substance use
- Mode of administration
- Using alone
- Long-term use

CAPT | SAMHSA Center for the Application
of Prevention Technologies

31

Physiological Changes^{23,24,25}



- Opioid dependence and addiction
- Changes in tolerance
 - Increase in tolerance with opioid use
 - Decrease in tolerance with time away from use (due to hospitalization, treatment, incarceration)
- Health problems

CAPT | SAMHSA Center for the Application
of Prevention Technologies

32

Chronic Pain and Mental Health^{20,23,26,27, 28}



- Chronic pain
- Mental health disorders
- Adverse life experiences



CAPT | SAMHSA Center for the Application
of Prevention Technologies

33

Opioid Access and Supply^{17,19}



- Opioid prescribing practices, including:
 - Increases in opioid prescribing and sales for pain management
 - Increases in the number of opioids pills prescribed
 - Increases in opioid dosage and duration of use
 - Co-prescribing of opioids with other medications

CAPT | SAMHSA Center for the Application of Prevention Technologies

34

Opioid Access and Supply^{19,29}



- Increases in diversion of prescription opioids obtained from:
 - Friends and relatives
 - Healthcare providers
 - Other sources
- Changes in the supply of non-prescription opioids



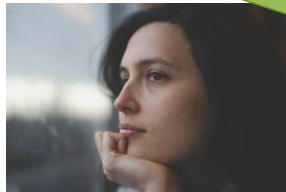
CAPT | SAMHSA Center for the Application of Prevention Technologies

35

Opioid Knowledge and Perceptions^{30,31}



- Knowledge of risk factors associated with opioid overdose
- Perception of harm



CAPT | SAMHSA Center for the Application of Prevention Technologies

36

Non-fatal Overdose³²



- Experiencing one (or more) non-fatal opioid overdose(s)



CAPT | SAMHSA Center for the Application of Prevention Technologies

37

Small Group Discussion



CAPT | SAMHSA Center for the Application of Prevention Technologies

1. Which factors do you see at play in your community?
2. Which factors *feel* *least* familiar compared to your previous prevention work?

Handout: *Factors Associated with Opioid Overdose*



38

Roadmap for Today's Training

- ☒ Defining the Problem
- ☒ Understanding the Role of prevention
- ☒ Factors that Place Individuals at Risk
- ☐ Prevention Strategies



CAPT | SAMHSA Center for the Application of Prevention Technologies

39

Strategies for Preventing Opioid Overdose

CAPT SAMHSA Center for the Application of Prevention Technologies

40

Components of Prevention Planning

Problems and Related Behaviors

Risk and Protective Factors

Interventions

CAPT SAMHSA Center for the Application of Prevention Technologies

41

Categorization of Strategies



Preventing Opioid Overdoses

- Education
- Prescription drug disposal programs
- Prescription drug monitoring programs
- Prescribing and dispensing regulations
- Law enforcement actions
- Treatment and follow-up services

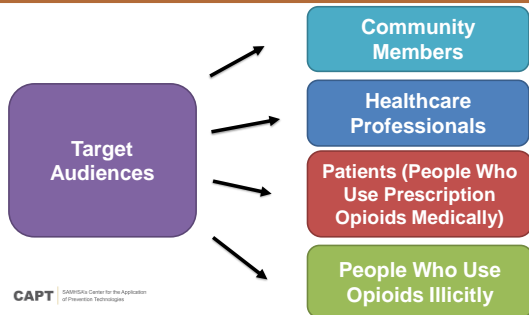


Preventing Death and Disability from Overdoses

- Naloxone access and promotion strategies
- 911 Good Samaritan laws and policies

Education Strategies

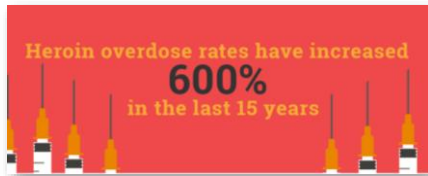
Preventing Opioid Overdoses



Education for Community Members

Preventing Opioid Overdose

- **Universal prevention programs and communication campaigns**, including information dissemination and social marketing campaigns



CAPT | SAMHSA Center for the Application of Prevention Technologies

Sink or Swim, Drug Free Virginia, <http://drugfreeva.org/>

Education for Healthcare Providers

Preventing Opioid Overdose

Education topics include:

- Benefits and risks of prescription opioids
- Best practices for prescribing/dispensing
- Alternatives to opioids
- How to talk to patients about risks
- How to recognize an individual who is at risk
- Referrals to treatment and support services

CAPT | SAMHSA Center for the Application of Prevention Technologies

45

Education for Patients

Preventing Opioid Overdoses

Education topics include:

- Risks of prescription opioids and non-opioid alternatives
- How to safely use prescriptions
- Proper medication storage and disposal
- How to recognize the signs of an opioid use disorder
- Available treatment and support



CAPT SAMHSA Center for the Application of Prevention Technologies

46

Education for People who use Opioids Illicitly

Preventing Opioid Overdoses

Education topics include:

- Personal characteristics or behaviors that increase overdose risk
- Changes in the local drug supply that increase overdose risk (e.g., types, purity, or negative effects of available drugs)
- Where to access risk reduction, treatment, and support services

CAPT SAMHSA Center for the Application of Prevention Technologies

47

Prescription Drug Disposal Programs

Preventing Opioid Overdose

- Encourage community members to voluntarily and safely dispose of their unwanted, expired, and/or unused medications
- Strategies include:
 - Dropbox programs
 - Take-back programs
 - Mail-back programs



CAPT SAMHSA Center for the Application of Prevention Technologies

48

Prescription Drug Monitoring Programs

Preventing Opioid Overdose

- Prescription Drug Monitoring Program data can be used to:
 - Identify individuals at risk for opioid misuse and overdose
 - Target prevention efforts (e.g., identify "hot spots")
 - Change prescriber behavior (e.g., through prescriber report cards)



CAPT SAMHSA Center for the Application of Prevention Technologies

49

Prescribing and Dispensing Regulations

Preventing Opioid Overdose

- Limit the number, quantity, and duration of prescriptions
- Restrict the circumstances under which prescriptions can be issued or refilled
- Establish requirements for monitoring patients who are using prescription medications



CAPT SAMHSA Center for the Application of Prevention Technologies

50

Law Enforcement Actions

Preventing Opioid Overdose

Law enforcement officers help:

- Reduce the illegal supply of opioids (both prescription and non-prescription)
- Connect people to services (prevention, treatment, and recovery supports)



CAPT SAMHSA Center for the Application of Prevention Technologies

51

Treatment and Follow-Up Services

Preventing Opioid Overdose

- Medication-assisted treatment (MAT)
- Recovery-support services
- Post-overdose interventions ("warm handoffs")

"Probably the most proven long-term strategy to prevent opioid overdose in people dependent on heroin and other opioids is to provide opioid agonist maintenance treatment with either methadone or buprenorphine."

-United Nations Office on Drugs and Crime and the World Health Organization, 2013

CAPT | SAMHSA Center for the Application of Prevention Technologies

Categorization of Strategies



Preventing Opioid Overdoses

- Education
- Prescription drug disposal programs
- Prescription drug monitoring programs
- Prescribing and dispensing regulations
- Law enforcement actions
- Treatment and follow-up services

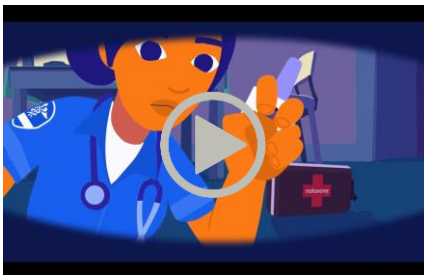


Preventing Death and Disability from Overdoses

- Naloxone access and promotion strategies
- 911 Good Samaritan laws and policies

What Is Naloxone?

Preventing Death and Disability from Overdoses



CAPT | SAMHSA Center for the Application of Prevention Technologies

Handout: *Role of Naloxone Talking Points*

54

Naloxone Access and Promotion Strategies

Preventing Death and Disability from Overdoses

- Expand naloxone access to those most likely to be on the scene of an overdose emergency
- Promote the use of naloxone among people who use drugs, professional groups, social service agencies, and the broader public



CAPT SAMHSA Center for the Application of Prevention Technologies

55

Who Needs Access?

Preventing Death and Disability from Overdoses



Professional First Responders



Lay First Responders

CAPT SAMHSA Center for the Application of Prevention Technologies

56

Types of Naloxone Access

Preventing Death and Disability from Overdoses

- Traditional prescriptions
- Third-party prescriptions
- Collaborative practice agreements
- Pharmacist prescribing authorities
- Standing orders
- Protocol orders



CAPT SAMHSA Center for the Application of Prevention Technologies

57

Naloxone Education

Preventing Death and Disability from Overdoses



Prescribers and Dispensers



Potential First Responders



Broader Community

CAPT | SAMHSA Center for the Application of Prevention Technologies

58

911 Good Samaritan Laws and Policies

Preventing Death and Disability from Overdoses

Strategies to encourage help-seeking in the event of an opioid overdose include:

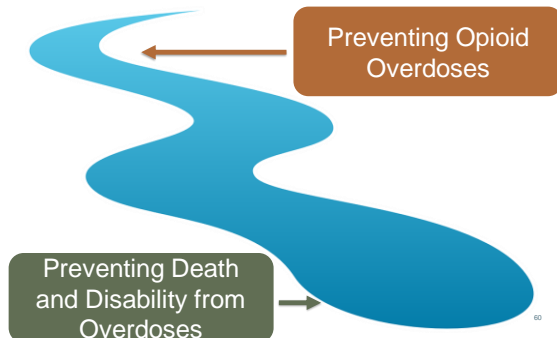
- 911 Good Samaritan Laws and Policies
- 911 Good Samaritan Education



CAPT | SAMHSA Center for the Application of Prevention Technologies

59

Implementing a Comprehensive Approach



60

Reflecting



CAPT SAMHSA Center for the Application of Prevention Technologies

61



CAPT SAMHSA Center for the Application of Prevention Technologies

62

References

1. National Institute on Drug Abuse. (2016). Which classes of prescription drugs are commonly misused? Retrieved from <https://www.drugabuse.gov/publications/research-reports/misuse-prescription-drugs-which-classes-prescription-drugs-are-commonly-misused>
2. Substance Abuse and Mental Health Services Administration. (2016). SAMHSA Opioid Overdose Prevention Toolkit. HHS Publication No. (SMA) 16-4742. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2016. Available at <http://store.samhsa.gov/shin/content/SMA16-4742/SMA16-4742.pdf>
3. Centers for Disease Control and Prevention. (2016). Opioid basics. Available at <https://www.cdc.gov/od/overdoseopiods/index.html>
4. CDC/NCHS National Vital Statistics System. (2017). Drug Poisoning Mortality: United States, 1999-2015. Available at <https://www.cdc.gov/nchs/data-visualization/drug-poisoning-mortality/>
5. Rudd, R. A., Seth, P., David, F., & Scholl, L. (2016). Increases in Drug and Opioid-Involved Overdose Deaths — United States, 2010-2015. *Morbidity and Mortality Weekly Report*, 65, 1445-1452. DOI: <http://dx.doi.org/10.15585/mmwr.mm650501e1>
6. National Center for Health Statistics (NCHS). National Vital Statistics System, Mortality, 2016. Available at: <https://wonder.cdc.gov/>
7. Centers for Disease Control and Prevention (2017). Opioid data analysis. Available at <https://www.cdc.gov/drugoverdose/data/analysis.html>
8. Aitken, M., Kleinrock, M., Penner, K., Lyle, J., Nass, D., & Caskey, L. (2016). Medicines use and spending in the U.S.: A review of 2015 and outlook to 2020. Parsippany, NJ: IMS Institute for Healthcare Informatics. Available at <https://static1.squarespace.com/static/54550ceee465797b34869c15711197b45d21650748edad1460738430435/IMS+Health+2015.pdf>
9. Hughes, A., Williams, M. R., Lipari, R. N., Bose, J., Capello, E. A. P., & Kroul, L. A. (2016, September). Prescription drug use and misuse in the United States: Results from the 2015 National Survey on Drug Use and Health. NSDUH Data Review. Retrieved from <http://www.samhsa.gov/data/>
10. Kolodny, A., Courtwright, D. T., Hwang, C. S., Kreiner, P., Eadie, J. L., Clark, T. W., & Alexander, G. C. (2015). The prescription opioid and heroin crisis: a public health approach to an epidemic of addiction. *Annual Review Of Public Health*, 36, 559-574.
11. CDC. Wide-ranging online data for epidemiologic research (WONDER). Atlanta, GA: CDC, National Center for Health Statistics, 2016. Available at <http://wonder.cdc.gov/>
12. Substance Abuse and Mental Health Services Administration (2015). Substance use disorders. Available at <https://www.samhsa.gov/disorders/substance-use>
13. Rudd, R. A., Alashire, N., Zibbell, J. E., & Gladden, R. M. (2016). Increases in drug and opioid overdose deaths—United States, 2000-2014. *Morbidity and Mortality Weekly Report*, 64(50-51), 1378-1382.
14. Hollingsworth, A. J., Ruhm, C. J., & Simon, K. L. Macroeconomic conditions and opioid abuse (February 2017). NBER Working Paper No. w23192. Available at SSRN: <https://ssrn.com/abstract=2984292>

References

15. Silva, K., Schrage, S. M., Kecic, A., & Lankenau, S. E. (2013). Factors associated with history of non-fatal overdose among young nonmedical users of prescription drugs. *Drug and Alcohol Dependence*, 128(1-2), 104-110. doi: <http://dx.doi.org/10.1016/j.drugaldep.2012.08.014>
16. Riley, E. D., Evans, J. L., Hahn, J. A., Briceno, A., Davidson, P. J., Lum, P. J., & Page, K. (2016). A longitudinal study of multiple drug use and overdose among young people who inject drugs. *American Journal of Public Health*, 106(5), 915-917.
17. Siegle, A., Tuazon, E., Bradley O'Brien, D., & Paone, D. (2014). Unintentional opioid overdose deaths in New York City, 2005–2010: A place-based approach to reduce risk. *International Journal of Drug Policy*, 25(3), 569-574. doi: <http://dx.doi.org/10.1016/j.drugpo.2013.10.015>
18. Bohnert, A. S. B., Valenstein, M., Bair, M. J., Ganoczy, D., McCarthy, J. F., Ilgen, M. A., & Blow, F. C. (2011). Association between opioid prescribing patterns and opioid overdose-related deaths. *Journal of the American Medical Association*, 305(13), 1315-1321. doi: 10.1001/jama.2011.370
19. Yang, Z., Wiley, B., Bohn, M., Weyrich, M., Roy, K., Ritley, D., Jones, C., & Meinkow, J. (2015). Defining risk of prescription opioid overdose: pharmacy shopping and overlapping prescriptions among long-term opioid users in medicare. *The Journal of Pain*, 16(5), 445-453.
20. Peirce, G. L., Smith, M. J., Abate, M. A., & Halverson, J. (2012). Doctor and pharmacy shopping for controlled substances. *Medical Care*, 50(6), 494-500. doi: 10.1097/MLR.0b013e31824e4b81
21. Zedler, B., Xie, L., Wang, L., Joyce, A., Vick, C., Kariburyo, F., Rajan, P., Basar, O., & Murrelle, L. (2014). Risk factors for serious prescription opioid-related toxicity or overdose among Veterans Health Administration patients. *Pain Medicine*, 15(11), 1911-1929.
22. Green, T. C., Black, R., Grimes-Serrano, J. M., Butman, S. H., & Butler, S. F. (2011). Typologies of Prescription Opioid use in a large sample of adults assessed for substance abuse treatment. *PLOS ONE*, 6(11), e27244. doi: 10.1371/journal.pone.0027244
23. Zedler, B., Xie, L., Wang, L., Joyce, A., Vick, C., Brigham, J., Kariburyo, F., Basar, O., & Murrelle, L. (2015). Development of a risk index for serious prescription opioid-induced respiratory depression or overdose in Veterans' Health Administration patients. *Pain Medicine*, 16(8), 1566-1579.
24. Yarbrough, B. J., H., Stumbo, S. P., Janoff, S. L., Yarbrough, M. T., McCarty, D., Chilcoat, H. D., ... & Green, C. A. (2016). Understanding opioid overdose characteristics involving prescription and illicit opioids: A mixed methods analysis. *Drug and Alcohol Dependence*, 167, 49-56.
25. Betts, K. S., McIlwraith, F., Dietze, P., Whitaker, E., Burns, L., Cogger, S., & Alati, R. . (2016). Can differences in the type, nature or amount of polysubstance use explain the increased risk of non-fatal overdose among psychologically distressed people who inject drugs? *Drug and Alcohol Dependence*, 154, 76-84.
26. Johnson, E. M., Lamer, W. A., Merrill, R. M., Crook, J., Potacznik, C. A., Ruffs, R. T., & Sauer, B. (2013). Unintentional prescription opioid-related overdose deaths: description of decedents by next of kin or best contact, Utah, 2006–2009. *Journal of general internal medicine*, 28(4), 522-529.

References

27. Baumbach, J. A. G., Wiedeman, C., Dunn, J. R., Schaffner, W., Paulozzi, L. J., & Jones, T. F. (2014). High-risk use by patients prescribed opioids for pain and its role in overdose deaths. *Journal of the American Medical Association Internal Medicine*, 174(5), 796-801.
28. Bonar, E. E., & Bohnert, A. S. (2016). Perceived severity of and susceptibility to overdose among injection drug users: relationships with overdose history. *Substance Use & Misuse*, 51(10), 1379-1383.
29. Nera-León, M., Barrio, G., Bravo, M. J., Brugal, M. T., de la Fuente, L., Domingo-Salvany, A., ... & Project Itinere Group. (2011). Infrequent opioid overdose risk reduction behaviours among young adult heroin users in cities with wide coverage of HIV prevention programmes. *International Journal of Drug Policy*, 22(1), 16-25.
30. Kinner, S. A., Milroy, M. J., Wood, E., Qi, J., Zhang, R., & Kerr, T. (2012). Incidence and risk factors for non-fatal overdose among a cohort of recently incarcerated illicit drug users. *Addictive Behaviors*, 37(6), 691-696.
31. Somerville, N. J., O'Donnell, J., Gladden, R. M., Zibbell, J. E., Green, T. C., Younkin, M., & . Walley, A. Y. (2017). Characteristics of fentanyl overdose - Massachusetts, 2014-2016. *MMWR. Morbidity And Mortality Weekly Report*, 66(14), 382-386.