

CAPT TRAINING

September 11th, 2018



Addressing Opioid Overdose

Understanding the Role of Prevention

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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 #HHSS283201200024I/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.

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2

Welcome and Introductions

Please share:

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

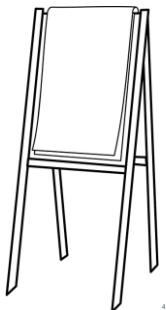


3

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Group Guidelines

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



4

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Roadmap for Today's Training

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



5

Defining the Problem

Terminology and National Data on the Opioid Crisis

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6



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



7

Opioids Involved in This Crisis

Commonly Prescribed Opioids

Other Synthetic Opioids

Heroin



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



8

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.



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.



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10

What does the opioid crisis look like in your community?



11



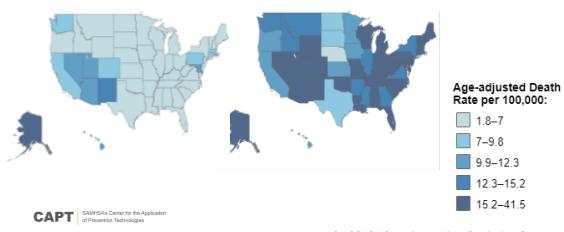
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Overdose Rates on the Rise^{4,5}

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

1999

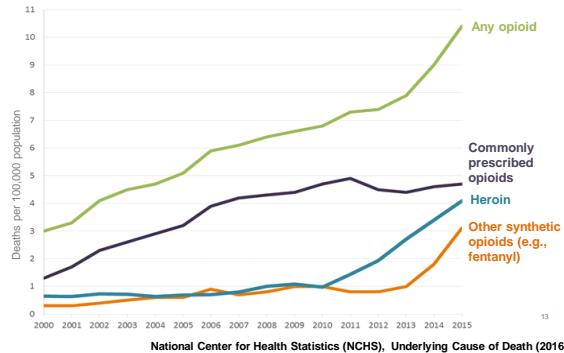
2015



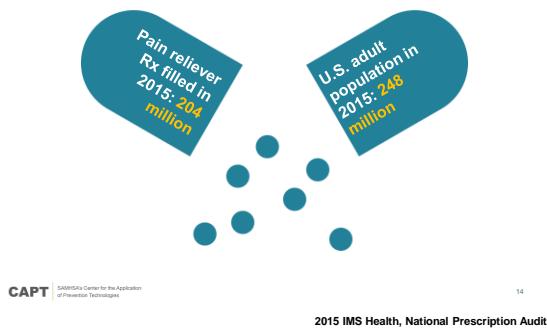
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12

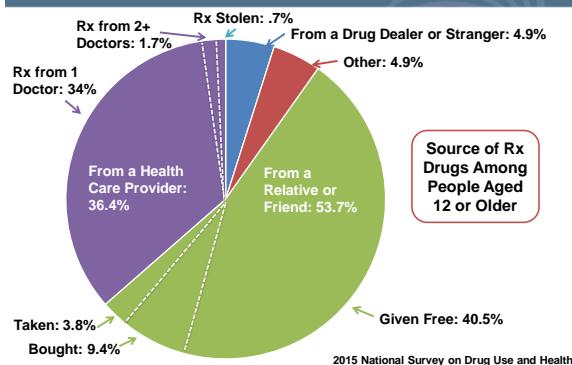
Overdose Deaths Involving Opioids, by Type of Opioid (2000-2015)^{6,7}



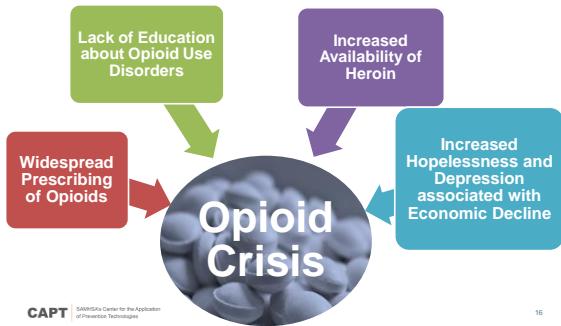
Prescriptions Filled⁸



Sources of Misused Prescription Drugs⁹



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



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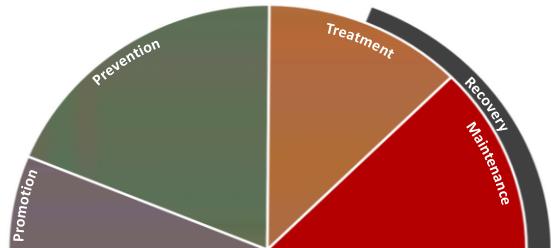


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The Role of Prevention in Addressing Opioid Overdose

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The Institute of Medicine (IOM) Continuum of Care Model



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19

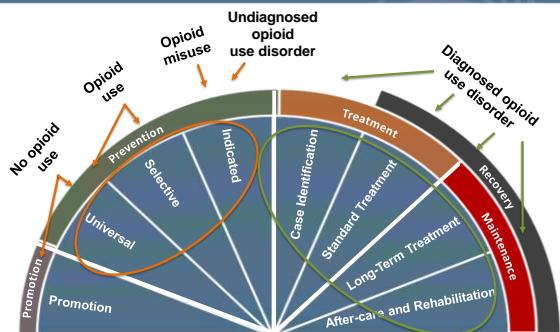
Opportunities for Substance Misuse Prevention Interventions



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20

Understanding Populations of Focus





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

-Abraham Maslow

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22



Two Roles

Prevent Opioid Overdose



Prevent Death and Disability from Overdose



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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*

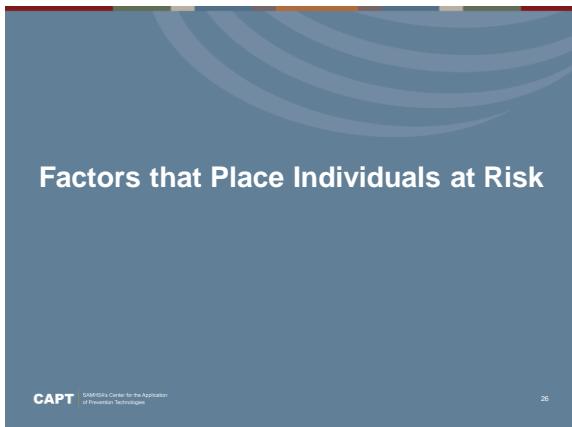


Roadmap for Today's Training

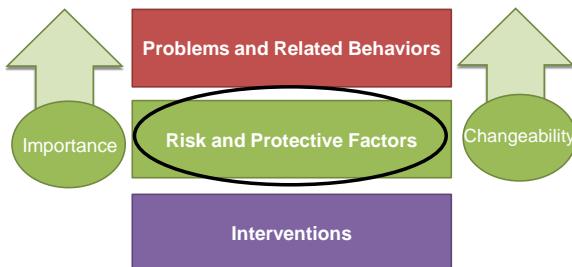
- Defining the Problem
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Factors that Place Individuals at Risk



Components of Prevention Planning





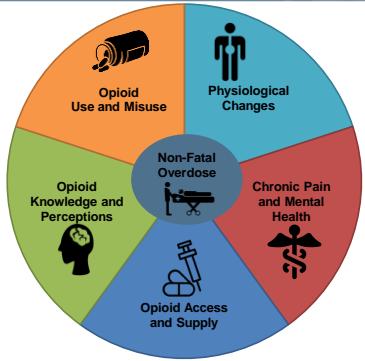
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What are some risk or protective factors you've addressed in previous prevention work?



28

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

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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

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32

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



- Chronic pain
- Mental health disorders
- Adverse life experiences

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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



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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

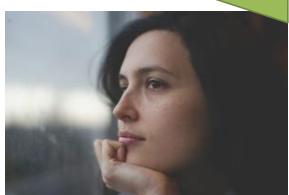


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35

Opioid Knowledge and Perceptions^{30,31}

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



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36

Non-fatal Overdose³²

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



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37

Small Group Discussion



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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
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39

Strategies for Preventing Opioid Overdose

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40

Components of Prevention Planning

Problems and Related Behaviors

Risk and Protective Factors

Interventions

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41

Categorization of Strategies

 <p>Preventing Opioid Overdoses</p> <ul style="list-style-type: none"> • Education • Prescription drug disposal programs • Prescription drug monitoring programs • Prescribing and dispensing regulations • Law enforcement actions • Treatment and follow-up services 	 <p>Preventing Death and Disability from Overdoses</p> <ul style="list-style-type: none"> • Naloxone access and promotion strategies • 911 Good Samaritan laws and policies
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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



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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

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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



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)



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



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)



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

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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



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Handout: *Role of Naloxone Talking Points*

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



broaden public
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55

Who Needs Access?

Preventing Death and Disability from Overdoses



Professional First Responders



Lay First Responders

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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



57

Naloxone Education

Preventing Death and Disability from Overdoses



Prescribers and Dispensers



Potential First



Broader Community



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911 Good Samaritan Laws and Policies

Preventing Death and Disability from Overdoses

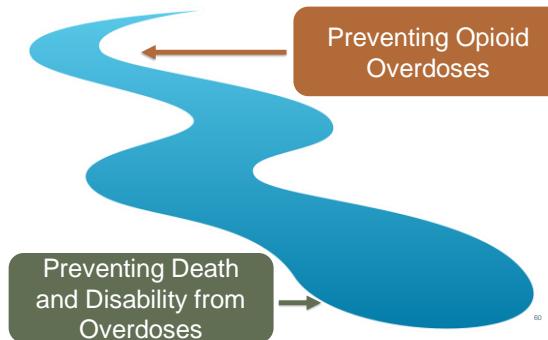
Strategies to encourage help-seeking in the event of an opioid overdose include:

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



59

Implementing a Comprehensive Approach



Reflecting



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61



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62

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