“Opioid Epidemic as it Relates to Counties”

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Objectives

• Describe the opioid crisis nationally and in Texas
• Understand the Bio-Psycho-Social aspects of substance misuse/substance use disorders
• Define the role of prevention in the opioid crisis
• Discuss evidence-based strategies designed to prevent opioid misuse and associated consequences
Drug Overdose in Texas

• In 2016, 2,790 Texans died due to drug overdose
• More than the population of a Texas 6A high school
• More than the population of nearly 60 percent of the cities and towns in Texas

Sources: Texas DSHS Provisional counts of drug overdose deaths, 2/15/2018.
Available at: https://www.census.gov/data/datasets/2016/demo/popest/total-cities-and-towns.html

What are Opioids?

<table>
<thead>
<tr>
<th>Type of Opioid</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Natural opioids (sometimes called opiates)</td>
<td>Morphine, Codeine, Thebaine</td>
</tr>
<tr>
<td>Semi-synthetic</td>
<td>Hydromorphone, Hydrocodone, Oxycodone, Heroin</td>
</tr>
<tr>
<td>Fully synthetic</td>
<td>Fentanyl, Methadone, Tramadol</td>
</tr>
</tbody>
</table>

Source: National Institute on Drug Abuse

The Opioid System

• Controls pain, reward, and addictive behaviors
• Opioids attach to and activate opioid receptor proteins
• Opioids suppress perception of pain and calm emotional response to pain

Data Trends

Understanding Opioid Misuse and Associated Consequences in Texas

Past Year Substance Use among Youth Ages 12-17: TX vs. US

Past Year Substance Use among Adults 18 or Older: TX vs. US


Source: Texas Death Certificates, Accidental Poisoning Deaths by County of Occurrence
Prepared by Texas Department of State Health Services, Center for Health Statistics 3/6/2018

Texas Health Data: Opioid-Related Deaths

Source: Texas Hospital Discharge, Public Use Data Files, Q1 – Q4 2016, Texas Department of State Health Services, Center for Health Statistics, Austin, Texas. 3/7/2018.

Drug-Related Inpatient Emergency Department Visits: 2016

Source: Texas Hospital Discharge, Public Use Data Files, Q1 – Q4 2016, Texas Department of State Health Services, Center for Health Statistics, Austin, Texas. 3/7/2018.
Texas Health Data:
Opioid-Related Inpatient
ED Visits

Texas Poison Center Network
Drug-Related Exposure Calls:
2000-2017

Texas Health Data:
Opioid-Related Exposure Calls
Rate of Opioid-Related Poison Center Network Calls, by County: 2011-2015

Why Do People Use?
Risk Factors for Opioid Misuse

BioPsychoSocial Framework
Pain in the United States

• In 2016, nearly one in five adults had chronic pain in the past six months
• Estimated cost of $635 billion
• Late 1990s, pain recognized as “The Fifth Vital Sign”

Correlates of Prescription Opioid Misuse

What Can We Do?

Strategies to Prevent Opioid Misuse and Associated Consequences
Public Health Approach to Preventing Substance Misuse and Addictions

Evidence-Based Prevention Strategies

What is Primary Prevention?
Community Education

• Youth and Young Adults
• Communities
• Health Providers

Disposal and Storage

• Take-Back Events and Drop-Boxes
• Individual Medication Disposal Pouches
• Lock-Boxes

Source: 2017 Texas College Survey of Substance Use: Main Report.

Workforce Development

• Prevention, Treatment, and Recovery Professionals
• Prescribers and Other Health Care Professionals

**Prescribing Patterns, by County: 2015**

The amount of opioids prescribed per person varied widely among counties in 2015. Source: CDC Vital Signs, July 2017

Interactive maps: [https://www.cdc.gov/drugoverdose/maps/rxrate-maps.html](https://www.cdc.gov/drugoverdose/maps/rxrate-maps.html)

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**Data Infrastructure**

- Prescription Monitoring Programs
- High Utilization
- Consistent Reporting
- Incorporate into Prevention Planning

Source: [www.cdc.gov/vitalsigns/opioids](http://www.cdc.gov/vitalsigns/opioids)

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**Texas Prescription Monitoring Program**

- Moved from the Department of Public Safety to the Texas Board of Pharmacy in 2016
- Prescriber mandate passed Spring 2017 (House Bill 2561, 85th Regular Session)
- Registration
- Requires patient look-up prior to prescribing opioids, benzodiazepines, barbiturates, or carisoprodol

What is Secondary Prevention?

Referrals and Resources

- Outreach, Screening, Assessment, and Referral Centers (OSARs)
- Treatment Centers
- Peer Coaches
- Recovery

Outreach, Screening, Assessment, and Referral Centers (OSARs)

Source: https://www.dshs.texas.gov/sa/OSAR/
Screening & Brief Intervention (SBI)

- Designed for use by counselors and professionals who do not specialize in addiction treatment
- Person-centered methodology that uses motivational techniques based on the person's readiness to change
- Gives feedback and recommendations respectfully, without judgment or accusations, in the form of useful information

Treatment and Recovery

- Medication Assisted Therapies
  - Methadone
  - Buprenorphine
  - Naltrexone

What is Tertiary Prevention?
Naloxone

Source: San Francisco Department of Public Health.
Naloxone for Opioid Safety.

Resources for academic institutions, community organizations, & healthcare providers
Continuing education for pharmacists, prescribers, & social workers

OPERATION NALOXONE.org

Summary and Additional Resources

Texas Health Data
healthdata.dshs.texas.gov/Home
Outreach, Screening, Assessment, and Referral Centers (OSARs)
www.dshs.texas.gov/sa/OSAR/
Operation Naloxone
www.OperationNaloxone.org
CDC Opioid Overdose
www.cdc.gov/drugoverdose/index.html
Opioid Epidemic Practical Toolkit: Helping Faith and Community Leaders Bring Hope and Healing to Our Communities
www.hhs.gov/about/agencies/lea/partnerships/opioid-toolkit/index.html
U.S. Surgeon General – Opioid Overdose Prevention
Thank you

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