ECHO Idaho: Opioid Addiction and Treatment

Idaho Trends and Resources/State of “Use” in Idaho

02/28/2019
Amy Jeppesen, LCSW

The speaker has no significant financial conflicts of interest to disclose.
State of the State with the Opioid Epidemic

Amy Jeppesen L.C.S.W.
A.C.A.D.C.
02/28/2019
Learning Objectives

• Address addiction and trends, populations most affected
• Discuss current treatment options
• State plans to address this issue
How Did We Get Here?

**Late 1970s**
Short-acting, combination opioid drugs come on the scene.

**Jan. 1980**
Medical journals provide "nonaddictive" message.

**Late 1980s/early 1990s**
Concern grows over untreated and undertreated pain.
- Late 1990s: Pharma marketing blitz continues.

**Dec. 1995**
Food and Drug Administration approves OxyContin. Pain Becomes the 5th Vital Sign.

**1998**
FDA approves Fentanyl-containing Actiq for cancer breakthrough pain.

**Early 2000s**

**2010**
Into the 2010 decade: Tide of public awareness turns.
Idaho Trends

- Increase Opiate/Opioid use
- Heroin and Meth Use
- Bath Salts
- Kratom
- Ease of access
- Increase in Overdoses
  - Ada County had 100 deaths in 2017 from Opiate/Opioid Overdoses
  - Highest risk of Overdose when you have clean time

This photo by Unknown Author is licensed under CC BY-SA.
Opioid Grip: Millions Continue to Misuse Prescription Pain Relievers

**11.4 MILLION** PEOPLE WITH OPIOID MISUSE (4.2% OF TOTAL POPULATION)

Significant decrease from 12.7 M misusers in 2015

**11.1 MILLION**
Rx Pain Reliever Misusers (97.2% of opioid misusers)

**886,000**
Heroin Users (7.8% of opioid misusers)

**6.3 MILLION**
Rx Hydrocodone

**3.7 MILLION**
Rx Oxycodone

**245,000**
Rx Fentanyl

**562,000**
Rx Pain Reliever Misusers & Heroin Users (4.9% of opioid misusers)

Hydrocodone misuse down from 6.9M in 2016

Note: Opioid misuse is defined as heroin use or prescription pain reliever misuse.

+ Difference between this estimate and the 2016 estimate is statistically significant at the .05 level.

PAST YEAR, 2017, 12+
Prescription Pain Reliever Misuse

PAST YEAR, 2015 - 2017, 12

See tables 7.5, 7.11, and 7.14 in the 2017 NSDUH detailed tables for additional information.

+ Difference between this estimate and the 2017 estimate is statistically significant at the .05 level.
Misuse of Prescription Opioid Subtypes

PAST YEAR, 2017, 12+ SUBTYPE USERS

- Hydrocodone: 6.3M (12.0%)
- Oxycodone: 3.7M (14.0%)
- Codeine: 2.8M (10.5%)
- Tramadol: 1.8M (9.5%)
- Buprenorphine: 766k (31.7%)
- Morphine: 501k (8.0%)
- Methadone: 261k (19.5%)
- Fentanyl: 245k (12.0%)

See table 1.97 in the 2017 NSDUH detailed tables for additional information.
Heroin Use Climbed then Stabilized

Heroin Use - Past Year

HEROIN DEATHS:
Heroin users doubled
Heroin deaths 7.7 times higher

See table 7.2 in the 2017 NSDUH detailed tables for additional information and the 2017 CDC Mortality Data.
ILLEGAL DRUG USE IMPACTS MILLIONS: MARIJUANA MOST WIDELY USED DRUG

PAST YEAR, 2017, 12+

- **Marijuana**: 15.0% (40.9 million)
- **Psychotherapeutic Drugs**: 6.6% (18.1 million)
- **Cocaine**: 2.2% (5.9 million)
- **Hallucinogens**: 1.9% (5.1 million)
- **Inhalants**: 0.6% (1.8 million)
- **Methamphetamines**: 0.6% (1.6 million)
- **Heroin**: 0.3% (886,000)

*Prescription opioids, sedatives, tranquilizers, stimulants*
Substance Use in Past Month Among Pregnant Women

PAST MONTH, 2015 - 2017, 15 - 44

ILLICIT DRUGS

<table>
<thead>
<tr>
<th>Year</th>
<th>Marijuana</th>
<th>Opioids</th>
<th>Cocaine</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>78,000</td>
<td>19,000</td>
<td>1,000</td>
</tr>
<tr>
<td></td>
<td>3.4%</td>
<td>0.8%</td>
<td>0.0%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Year</th>
<th>Marijuana</th>
<th>Opioids</th>
<th>Cocaine</th>
</tr>
</thead>
<tbody>
<tr>
<td>2016</td>
<td>111,000</td>
<td>26,000</td>
<td>2,000</td>
</tr>
<tr>
<td></td>
<td>4.9%</td>
<td>1.2%</td>
<td>0.1%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Year</th>
<th>Marijuana</th>
<th>Opioids</th>
<th>Cocaine</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
<td>161,000</td>
<td>32,000</td>
<td>8,000</td>
</tr>
<tr>
<td></td>
<td>7.1%</td>
<td>1.4%</td>
<td>0.4%</td>
</tr>
</tbody>
</table>

TOBACCO PRODUCTS

<table>
<thead>
<tr>
<th>Year</th>
<th>Marijuana</th>
<th>Opioids</th>
<th>Cocaine</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>319,000</td>
<td>139,000</td>
<td>334,000</td>
</tr>
<tr>
<td></td>
<td>13.9%</td>
<td>10.6%</td>
<td>14.7%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Year</th>
<th>Marijuana</th>
<th>Opioids</th>
<th>Cocaine</th>
</tr>
</thead>
<tbody>
<tr>
<td>2016</td>
<td>239,000</td>
<td>187,000</td>
<td>261,000</td>
</tr>
<tr>
<td></td>
<td>9.3%</td>
<td>8.3%</td>
<td>11.5%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Year</th>
<th>Marijuana</th>
<th>Opioids</th>
<th>Cocaine</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
<td>214,000</td>
<td>187,000</td>
<td>261,000</td>
</tr>
<tr>
<td></td>
<td>9.3%</td>
<td>8.3%</td>
<td>11.5%</td>
</tr>
</tbody>
</table>

ALCOHOL

<table>
<thead>
<tr>
<th>Year</th>
<th>Marijuana</th>
<th>Opioids</th>
<th>Cocaine</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>143,000</td>
<td>194,000</td>
<td>109,000</td>
</tr>
<tr>
<td></td>
<td>6.3%</td>
<td>8.5%</td>
<td>4.5%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Year</th>
<th>Marijuana</th>
<th>Opioids</th>
<th>Cocaine</th>
</tr>
</thead>
<tbody>
<tr>
<td>2016</td>
<td>194,000</td>
<td>143,000</td>
<td>109,000</td>
</tr>
<tr>
<td></td>
<td>8.5%</td>
<td>6.3%</td>
<td>4.5%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Year</th>
<th>Marijuana</th>
<th>Opioids</th>
<th>Cocaine</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
<td>194,000</td>
<td>143,000</td>
<td>109,000</td>
</tr>
<tr>
<td></td>
<td>8.5%</td>
<td>6.3%</td>
<td>4.5%</td>
</tr>
</tbody>
</table>

Special analysis of the 2017 NSDUH Report.

+ Difference between this estimate and the 2017 estimate is statistically significant at the .05 level.
Populations

- 18-35 year old’s
  - Tend to use Heroin
- 55+ Chronic Pain
  - Prescriptions
Summary

- Marijuana use increasing in adults with greatest increases seen in 18-25 year old women
- Significant increases in numbers of adults using marijuana daily or almost daily
- Pregnant women using substances in greater numbers including significant increases in daily or near daily marijuana use
- Cocaine use: numbers stable
- Methamphetamine use increasing in 18-25 year olds; state differences significant
- Significant increases in misuse of prescription stimulants accounted for mainly in age 26+, but continuing substantial misuse of prescription stimulants in 18-25 year olds
- LSD use increasing in adults with greatest use in 18-25 year olds
- Significant increases in numbers receiving treatment for substance use disorders
Major Depressive Episodes among Young Adults (18-25) Rising

PAST YEAR, 2017, 12+

See figures 43 and 45 in the 2017 NSDUH Report for additional information.

+ Difference between this estimate and the 2017 estimate is statistically significant at the .05 level.

Note: The adult and youth MDE estimates are not directly comparable.
Summary

- Transitional age youth (18-25 y) have increasing rates of serious mental illness, major depression, and suicidality.
- Co-occurring substance use and mental disorders are common.
- Frequent marijuana use is associated with opioid misuse, heavy alcohol use, and depression in youth 12-17 and young adults 18-25.
- Substance use disorders may be associated with suicidality.
- While we have made some progress on getting more people with SUDs to treatment; there remains a large gap in treatment need vs. treatment access.
Heroin Purity

- **1970’s:** Average 4% - Yellow Substance
- **2017:** Average 45% - Pure (White) Substance
State of Idaho’s Plan
State’s Approach

- Treasure Valley Opiate plan
- State Wide Opiate Planning group
- State Funding
- MAT
- Pilots with MAT
Treasure Valley Opioid Crisis Response

- Strategic plan 2018-2021
  - Vision:
    “The Treasure Valley: leading the way in preventing and reducing opioid misuse, addiction, and deaths, by providing stigma-free education, affordable and accessible intervention and treatment, and compassionate, community-supported recovery.”
  - Moto:
    “Saving Lives - Changing Lives - Improving Life”
Goals of TVOCR

1. By July 2021, ensure adequate resources exist for prevention, intervention, treatment, recovery, and data collection.

2. By July 2019, Establish a coalition to optimize collaboration, communication, and coordination among Treasure Valley Opioid-related stakeholders and the public.

3. By July 2019, utilize law enforcement-assisted diversion to identify individuals at risk who may be amenable to treatment.

4. By July 2021, expose healthcare professionals and the public to information that will prevent opioid misuse.

5. By January 2020, identify, optimize, and implement evidence-based, patient/family-centered, comprehensive SUD treatment options in the Treasure Valley to reduce opioid overdoses by 50%.
State Funding

• Health and Welfare
  • Idaho’s Response to the Opioid Crisis
    • 2 million 2017-2018
    • 6 Million 2019-2021
    • Treatment and Medication Assisted Therapy (MAT)
  • IVDU- Federal Block Grant
    • Residential
    • IOP/OP treatment options
  • Pregnant Woman and Pregnant Woman with Children
  • Medicaid

• Access through BPA Health  208-947-4392
Medication Assisted Therapy

• Three Medications Approved for Treating Opioid Use Disorder
  • Methadone
  • Buprenorphine (Suboxone)
  • Naltrexone
• Studies show MAT increases treatment retention and decreases the risk of overdose
• Despite supporting evidence, MAT is still controversial among the public and some medical providers.
Pilot Projects

• Idaho Department of Correction Medication Assisted Therapy (MAT) Pilot
  • 50 Probationers/Parolees
  • 3 Options
    • MAT only
    • MAT plus Treatment
    • Treatment only
Law Enforcement Assisted Diversion (LEAD)

• Partners
  • Boise City Mayor
  • Prosecutors Office
  • Defense Attorneys
  • Boise Police Department
  • Health and Welfare
  • Recovery 4 Life
  • Raise the Bottom

• Option for Treatment instead of Jail
The Truth about Drug Addiction

- It affects people from all walks of life
- It affects people from all age groups
- It affects people from all races and religions
- There is no “typical drug addict”
- Key Aspect of Treatment: destigmatize addiction and get people into treatment!
Conclusion

• Opiate/Opioid problem still growing Idaho

• State funded treatment is geared towards
  • Worst off - IVDU
  • Commit a crime.

• Good News
  • More funding coming through the Federal government
  • Medicaid Expansion
  • Idaho has opened the door for MAT
  • Idaho is looking at alternatives to prison
Questions?

Amy Jeppesen LCSW ACADC
208-376-7083 Ex 1102
Amyj@recovery4lifeidaho.com