

Opioid Treatment in North Carolina

SEPTEMBER 13, 2016

Behavioral Health is Essential To Health



Prevention Works



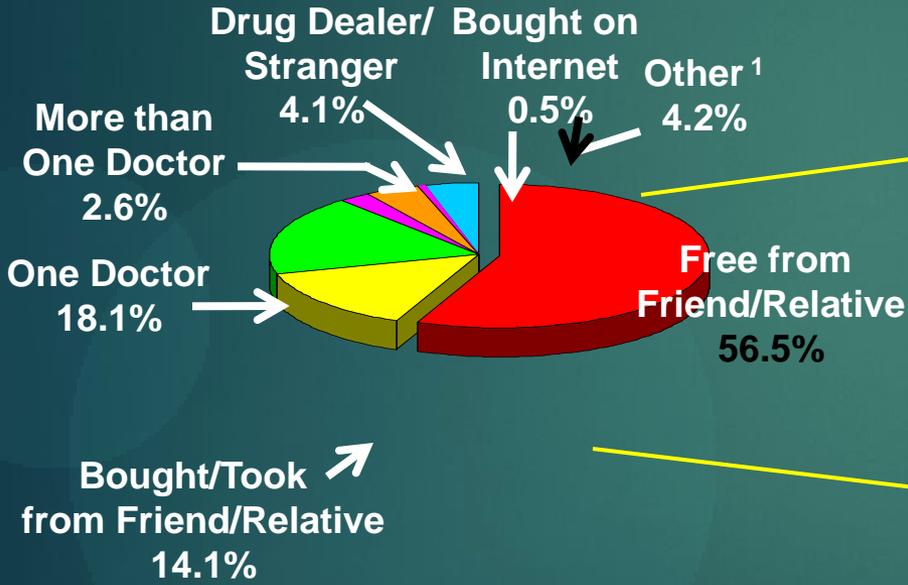
Treatment is Effective



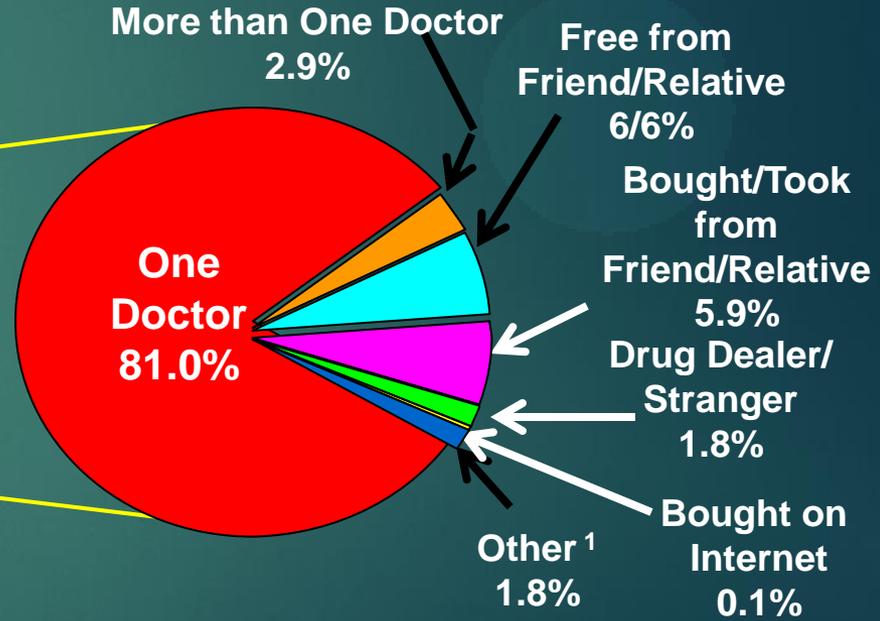
People Recover

Source Where Pain Relievers Were Obtained for Most Recent Nonmedical Use among Past Year Users Aged 12 or Older: 2007

Source Where Respondent Obtained



Source Where Friend/Relative Obtained



Note: Totals may not sum to 100% because of rounding or because suppressed estimates are not shown.

¹ The Other category includes the sources: "Wrote Fake Prescription," "Stole from Doctor's Office/Clinic/Hospital/Pharmacy," and "Some Other Way."

Opioids

- Heroin
- Buprenorphine (e.g., Suboxone, Subutex)
- Fentanyl (patch, lozenge, solution)
- Hydromorphone (Dilaudid)
- Hydrocodone (e.g., Vicodin)
- Methadone (diskette/wafer, pills, liquid)
- Morphine
- Oxycodone (e.g., OxyContin, Percodan)



DAMON WINTER/THE NEW YORK TIMES

Barry and Candace Crupi's son Johnathan died of a heroin overdose at their home on Staten Island. He was 21.

Heroin's New Hometown

Narcotic Takes Hold on Staten Island

By J. DAVID GOODMAN and MICHAEL WILSON

The obituaries have a certain sameness to them: full of praise and regret for lives cut short, marked by telltale details and omissions. The deaths occurred at home, or at a friend's house elsewhere on Staten Island. The mourned were often young and white, and although how they died was never mentioned, nearly everyone knew or suspected the cause.

A 23-year-old man, a cello student in high school and the son of an elevator company vice president died in March. A former high school hockey player who delivered newspapers died in 2013 at 22. Another 23-year-old man who was working construction died at home in July 2012. Family members and autopsy reports revealed that they died from heroin or combinations of drugs including heroin.

Staten Island, long a blue-collar bastion of police officers and other New York City workers, is confronting a heroin epidemic.

Thirty-six people died from heroin overdoses in 2012, the highest number in at least a decade, according to the most recent

available city health department records; the death rate was higher than the city's other four boroughs had seen in 10 years. The amount of heroin seized by the Police Department on Staten Island has jumped more than 300 percent from 2011 to 2013, and this year shows no sign of abating: Through April 13, officers seized roughly 1,700 glassine bags of heroin, up from about 1,200 bags over the same period in 2013. That number does not include the 347 bags seized on Wednesday in raids at an auto-repair shop and its owner's home.

Drug treatment facilities and addiction programs teem with patients; informal support groups for addicts' relatives have had to find larger meeting spaces. And last month, the city authorized nearly all Staten Island police and emergency medical workers to carry naloxone, a drug to counteract heroin overdoses.

"You've got kids falling apart. You've got families falling apart," said William A. Fusco, the director of Dynamic Youth Commu-

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SPORTSMONDAY D1-7

Swat Sends Nets to Round 2

Paul Pierce blocked Toronto's final shot, sealing the Nets' 104-103 victory in Game 7. They face Miami next. PAGE D1

Penguins Shut Out Rangers

Henrik Lundqvist's 32 saves were not enough as Pittsburgh's 3-0 win tied the teams' series at one game each. PAGE D7

EDITORIAL, OP-ED A22-23

PERIODIC TABLE THE ELEMENTS

Part of the spectrum of HE 1327-2326, with a small dip indicating the presence of iron.

Part of the spectrum of HE 1327-2326, with a small dip indicating the presence of iron.

Astronomical Observatory of Japan, Nara

Astronomers trace the universe's evolution through its elements.

underscored the importance of a new way of learning how the universe evolved from the Big Bang to the modern cosmos.

Traditionally, astronomers study the early universe by looking back in time — peering deeper and deeper into space for vestiges of light from billions of years ago. But in the last decade, Dr. Frebel and others have used powerful telescopes and lasers to use powerful telescopes and chemical composition of very old stars, closer to home, in the Milky Way's halo, producing a wealth of information about the creation of elements and the formation

of the first stars and galaxies.

These astronomers are like Egyptologists combing the desert for relics of bygone civilizations, and call themselves stellar archaeologists. Their work relies on the fact that the rare, primordial stars they are looking for have very few atoms heavier than hydrogen and helium, the gases from which they came together. By contrast, our sun and other relatively young stars are rich in other elements, which astronomers collectively refer to as metals.

Astronomers believe that some of the old stars formed from the chemically en-

riched dust left over from the explosive deaths of the very first generation of stars, and their atmospheres contain important information about their forebears, like DNA passed from parent to offspring.

The hunt for these scarce antiquities goes back to the early 1950s, when scientists recognized that not all stars have the same metal-rich chemical composition as the sun. "At the time, they didn't know what to do with the metal-poor stars," Dr. Frebel, 33, said.

But astronomers have since established

"How massive were first stars? How many were there? How are they produced?"

ANNA FREBEL
A STELLAR ARCHAEOLOGIST
AT MASSACHUSETTS INSTITUTE OF TECHNOLOGY

CONTINUED ON PAGE D1

Painkillers as a Gateway to Heroin

Prescription opiates like Vicodin can create an appetite that leads to cheaper drugs.

By BENEDICT CAREY

The life of a heroin addict is not the same as it was 20 years ago, and the biggest reason is what some doctors call "heroin lite": prescription opiates. These medications are more available than ever, and reliably whet an appetite that, once formed, never entirely fades.

Details are still emerging about the last days of Philip Seymour Hoffman, the actor who died last week at 46 of an apparent heroin overdose. Yet Mr. Hoffman's case, despite its uncertainties, highlights some new truths about addiction and several long-known risks for overdose.

The actor, who quit heroin more than 20



CHERYL SENTER FOR THE NEW YORK TIMES

Doctors said they see addicts switch back and forth between pills and heroin.

years ago, reportedly prescription painkillers in addition to medications like Vicodin and codeine — all opiates — altered the landscape, in ways that experts and former addicts

"The old-school used just heroin around, went to Stephen E. Drexel. Un young ad switch ba heroin w The two Rate risen the n used cot

Addiction is:

- ▶ **a chronic brain disease caused by complex, long-term, changes in the structure and functioning of the brain.**
- ▶ expressed as compulsive behavior
- ▶ expressed within a social context
- ▶ prone to relapse
- ▶ Treatable

NIDA

Opioid Addiction & Treatment

- ▶ Opioid Addiction is particularly resistant to behavioral therapies without the use of medications, with less than 10% success
- ▶ Conversely, approved medications along with behavioral therapies & other supports show a success rate of anywhere from 50-75%
- ▶ However, research has not demonstrated the effectiveness of using these medications without the accompanying behavioral therapies & supports

Opioid Treatment Programs (OTPs) in NC

- ▶ 46 approved OTPs in NC – approved by CSAT, the NC SOTA, and required to maintain national accreditation status
- ▶ 400 treatment professionals
- ▶ 16,000 OTP patients
- ▶ Represented by NCATOD – a statewide association affiliated with the national association – AATOD... in partnership with state & federal entities – committed to evidence based practice in the treatment of opioid dependence
- ▶ Daily dispensing of medications, observation & monitoring, drug testing, diversion control, prescription drug monitoring, counseling, medical professional oversight...
- ▶ Medical Directors & Physician Leadership
- ▶ Additional services also helpful such as integrated primary care, psychiatric evaluation & medication management, housing, legal & vocational assistance, etc.

Medication Assisted Treatment (MAT)

▶ The use of medications...

- *in combination with counseling and behavioral therapies...

- *providing a whole-patient approach to the treatment of substance use disorders...

- *as part of a comprehensive treatment plan...

- *with the ultimate goal being recovery and the return to full social functioning.

Medication Options

FDA Approved, Research & Evidence-Based Medications for Treatment of Opioid Dependence

(full & partial agonists, antagonists)

- ▶ Methadone
- ▶ Buprenorphine (Suboxone[®], Subutex[®], Probuphine[®], etc.)
- ▶ Naltrexone (Vivitrol[®])

Medication-Assisted Treatment For Opioid Addiction in Opioid Treatment Programs

A Treatment Improvement Protocol **TIP** **43**



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Treatment
www.samhsa.gov



Effective, Evidence-Based Practices

- ▶ **As part of a comprehensive treatment plan, MAT (Medication Assisted Treatment) has been shown to:**
 - ▶ **Improve survival**
 - ▶ **Increase retention in treatment**
 - ▶ **Decrease illicit opiate use**
 - ▶ **Decrease hepatitis and HIV sero-conversion**
 - ▶ **Decrease criminal activities**
 - ▶ **Increase employment**
 - ▶ **Improve birth outcomes with peri-natal addiction**
 - ▶ **May eliminate withdrawal symptoms and/or decreasing craving for drugs or alcohol.**

Treatment...Does it work?

Drug addiction is a chronic illness with relapse rates similar to those of hypertension, diabetes, and asthma

Local methadone clinic helps reduce Rx deaths

Story

Comments

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128



Jule Hubbard

mountain health building.jpg

Mountain Health Solutions is on Sixth Street just north of where Sixth Street intersects with Main Street, North Wilkesboro.

Posted: Wednesday, March 12, 2014 2:00 pm

Jule Hubbard | 0 comments

Mountain Health Solutions, Wilkes County's only methadone clinic, is credited with helping to bring a dramatic reduction in deaths from prescription pain medication overdose in Wilkes in the last five years.

Two years after Wilkes ranked third among all counties nationwide in accidental drug overdose deaths per capita, the private clinic opened in North Wilkesboro to treat people addicted to the prescription pain pills blamed for nearly all of these deaths.

The same year Mountain Health Solutions opened here in 2009, the per capita rate of accidental drug overdose deaths in Wilkes peaked at 46.6 per 100,000 people. There were 31 such deaths in Wilkes that year.

The rates then dropped to 24.5 per 100,000 in 2010 and 13 in 2011 before increasing to 24.5 in 2012. Three of the 17 deaths in 2012 were Wilkes people who died out of county. Mortality figures for 2013 aren't yet available.

Coastal Horizons – Outcomes

After 12 months of treatment

- ▶ 75% of heroin users were abstinent from heroin and other opioids.
 - ▶ After 18 months, 89% of heroin users were abstinent.
- ▶ 79% of marijuana users were abstinent from marijuana at 12 months.
- ▶ Overall drug use was eliminated for 46% of patients.
- ▶ Co-occurring mental health symptoms were reduced by 75%
- ▶ Suicidal thoughts were reduced by 67%
 - ▶ And suicide attempts reduced to zero
- ▶ Full time employment increased from 12% at admission to 40% at 12 months, and overall unemployment rates decreased from 84% at admission to 30% at 12 months.

Information & Resources

- ▶ www.nida.nih.gov
- ▶ www.webmd.com
- ▶ www.lawofficer.com/article/investigation/emerging-drug-trends
- ▶ Monitoring the Future survey
- ▶ NDIC-National Drug Intelligence Center

- ▶ Clinical Guidelines for the Use of Buprenorphine in the Treatment of Opioid Addiction http://buprenorphine.samhsa.gov/Bup_Guidelines.pdf
- ▶ Medication-Assisted Treatment for Opioid Addiction: Facts for Family & Friends <http://store.samhsa.gov/shin/content/SMA09-4443/SMA09-4443.pdf>
- ▶ NIDA Info Facts: Treatment Approaches to Drug Addiction <http://www.drugabuse.gov/publications/infofacts/treatment-approaches-drug-addiction>
- ▶ Medication Assisted Therapy Toolkit <http://www.niatx.net/PDF/NIATx-MAT-Toolkit.pdf>
- ▶ SAMHSA Treatment Locator 1-800-662-HELP <http://www.findtreatment.samhsa.gov/>



*“We did what we
knew, and when
we knew better,
we did better.”*

Maya Angelou