

Addiction in the Northern Shenandoah Valley



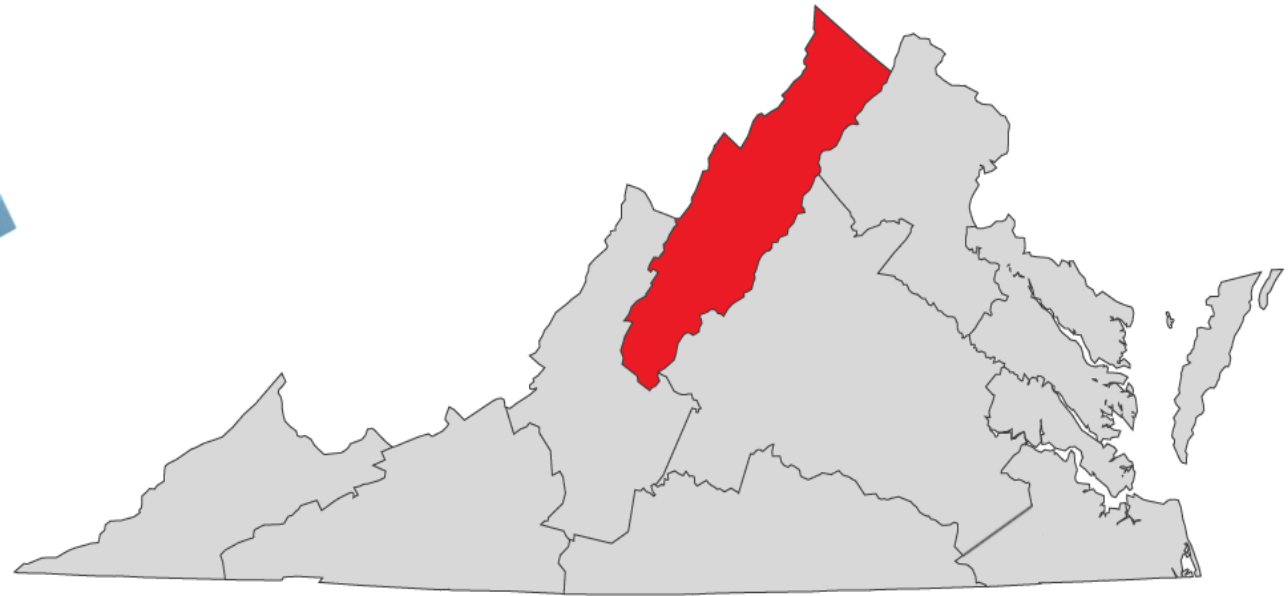
Northern Shenandoah Valley

**Substance Abuse
Coalition**

American Society of Addiction Medicine

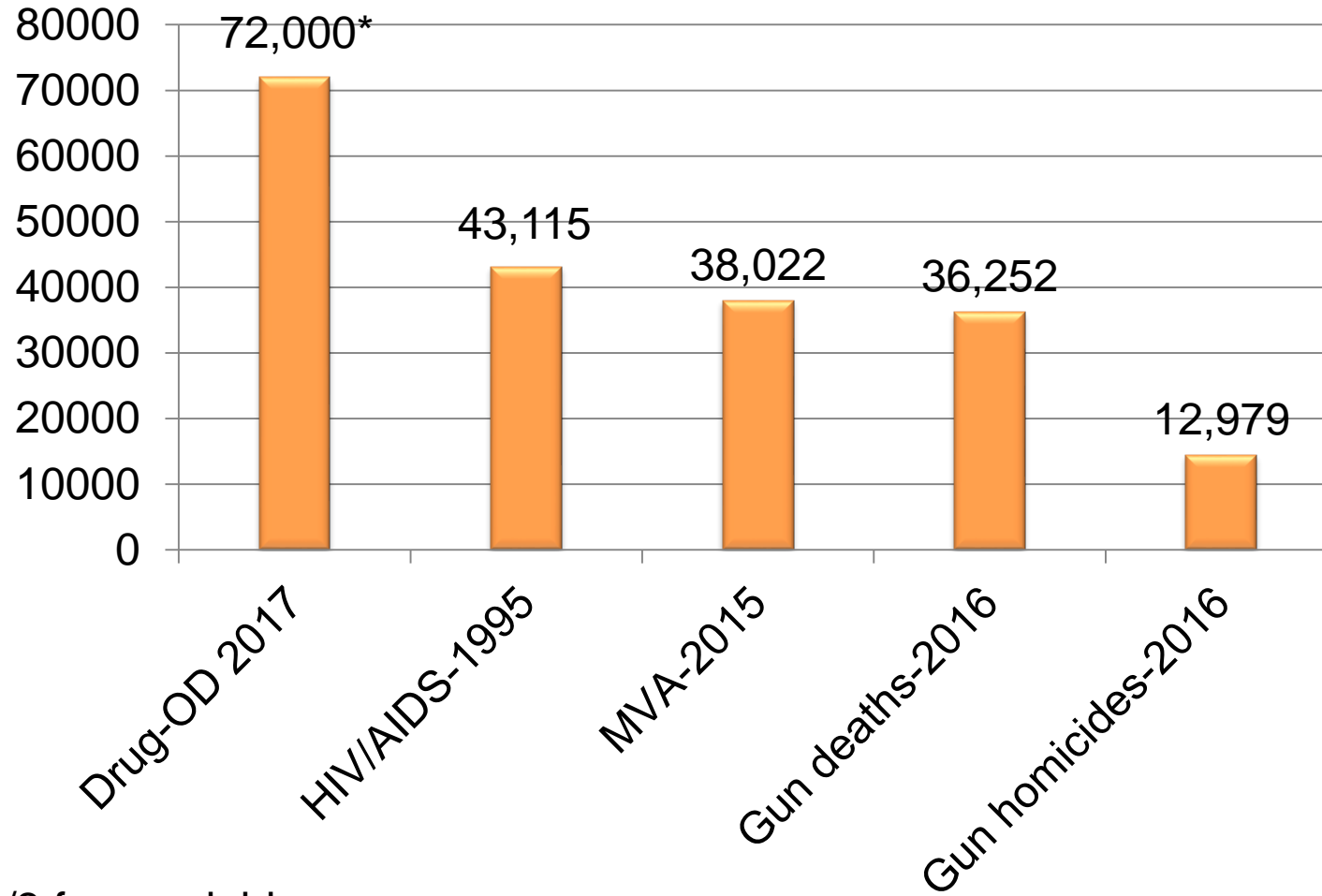
- **Definition: Addiction** is a treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual's life experiences. People with **addiction** use substances or engage in behaviors that become compulsive and often continue despite harmful consequences

Our Reality



Deaths in America

cause and year



*2/3 from opioids

High Risk Drinking and Alcohol Use Disorder

USA 2001-02 v. 2012-13

	2001-2002	2012-2013
High risk drinking	9.7%	12.6%
Alcohol use disorder (AUD) prevalence	8.5%	12.7%

Between 2001-02 and 2012-13

- Among men, prevalence of high-risk drinking and AUD increased 15.5% and 34.7%, respectively
- Prevalence of high-risk drinking and AUD among women rose 57.9% and 83.7%, respectively
- AUD prevalence among African Americans 92.8% increase
- AUD prevalence among people reporting incomes < \$20K 65.9% increase
- 22.4% increase in prevalence of alcohol use \geq 65YO
- Prevalence of alcohol use among adults \geq 65YO increased by 22.4%
- High-risk drinking and AUD among \geq 65YO increased by 106.7% and 61.9%, respectively

JAMA Psychiatry August 9, 2017

VA ABC

8/21/18

- 20th consecutive record-breaking year
 - FY 2018 gross sales topping \$984.8 million
 - Up \$43.6 million over FY 2017
 - retail sales grew 4.5 percent
 - sales to restaurants climbed 4 percent

Verizon 5:27 PM 38%



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Virginia ABC
@VirginiaABC



Fiscal Year 2018 was our 20th record-breaking year of sales! Virginians spent more than \$984.8 million in ABC stores. Read about top selling products for the year and more: abc.virginia.gov/about/media-ro...

5:05 PM · Aug 21, 2018

1 Retweet

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Identifying the Problem

Drug Use in their Lifetime

Monitoring the Future Study: Trends in Prevalence of Various Drugs for 8th Graders, 10th Graders, and 12th Graders; 2015 - 2018 (in percent)*

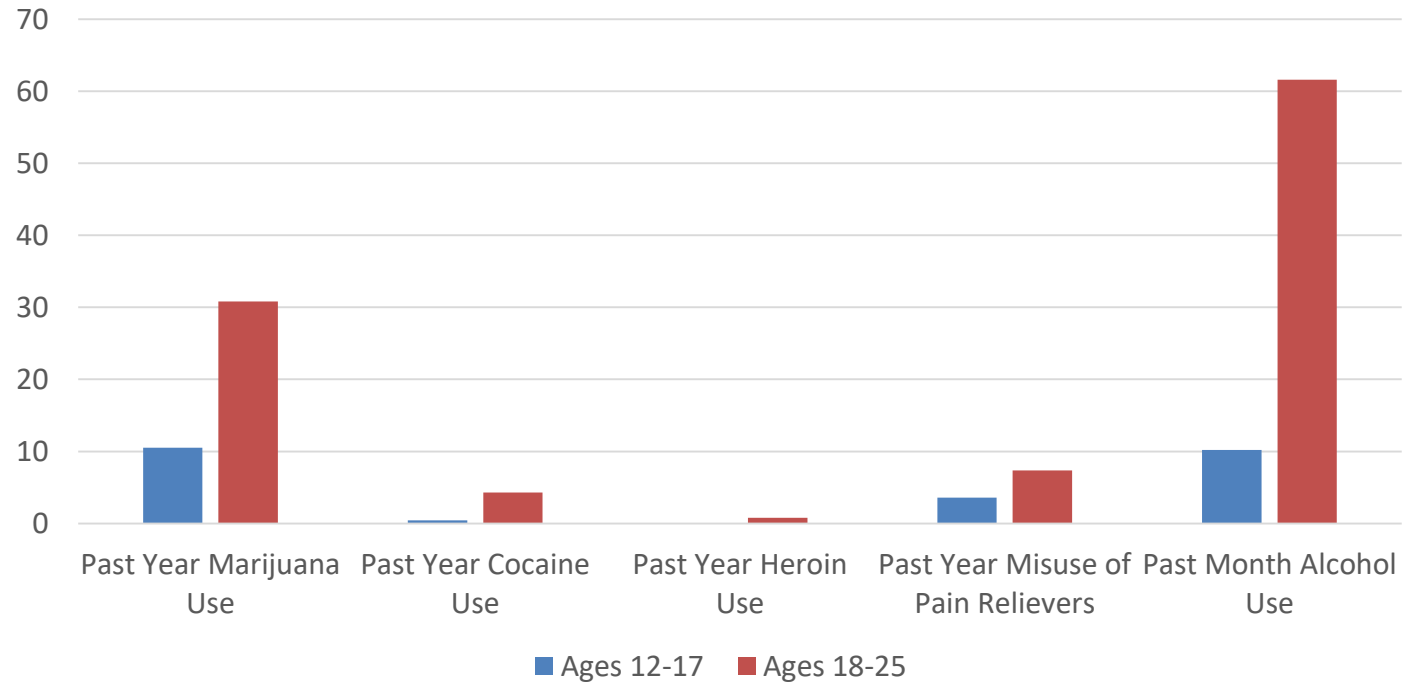
Drug	8 th Graders	10 th Graders	12 th Graders
Alcohol	23.50	42.20	58.50
Cigarettes	9.10	16.00	23.80
Marijuana	13.90	32.60	43.60

National Institute on Drug Abuse – Monitoring the Future Study

Identifying the Problem

Drug Use in the Past Year

2015-2016 (Averages)

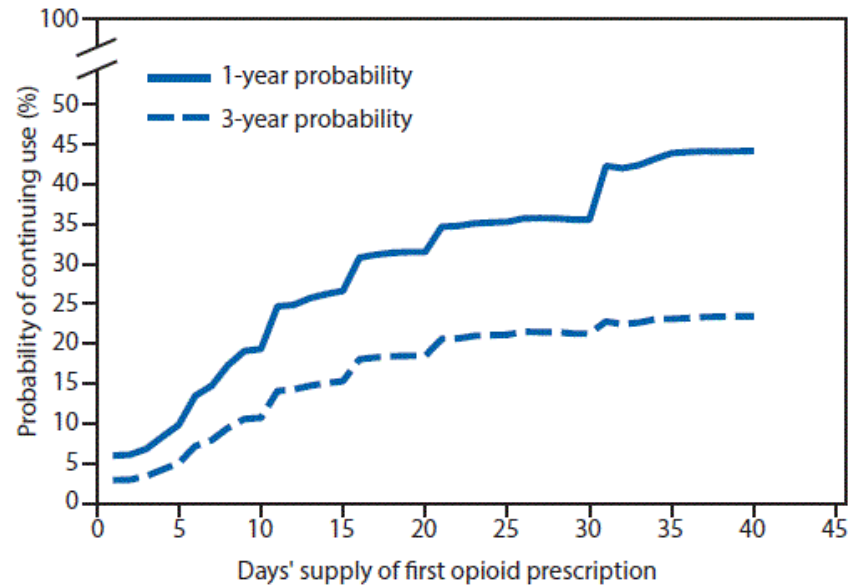


National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration

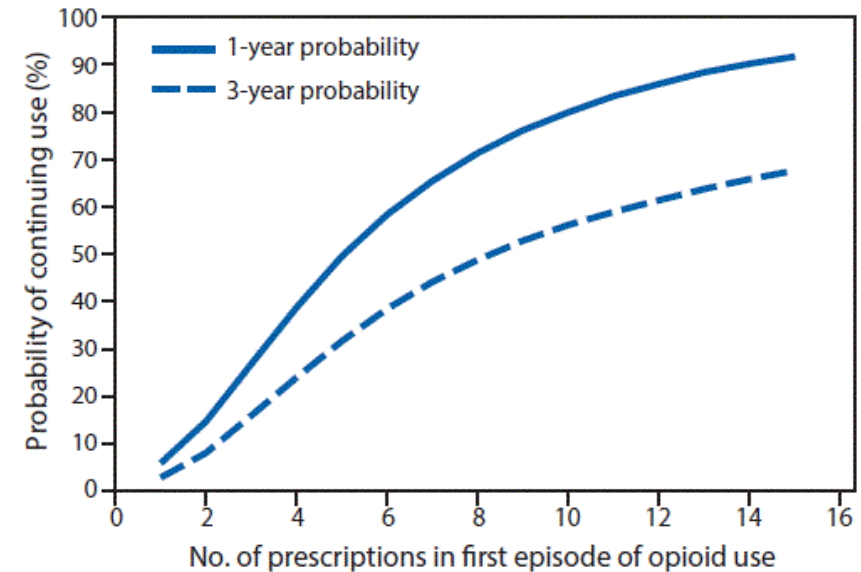
CDC

Characteristics of Initial Prescription Episodes and Likelihood of Long-Term Opioid Use — United States, 2006–2015

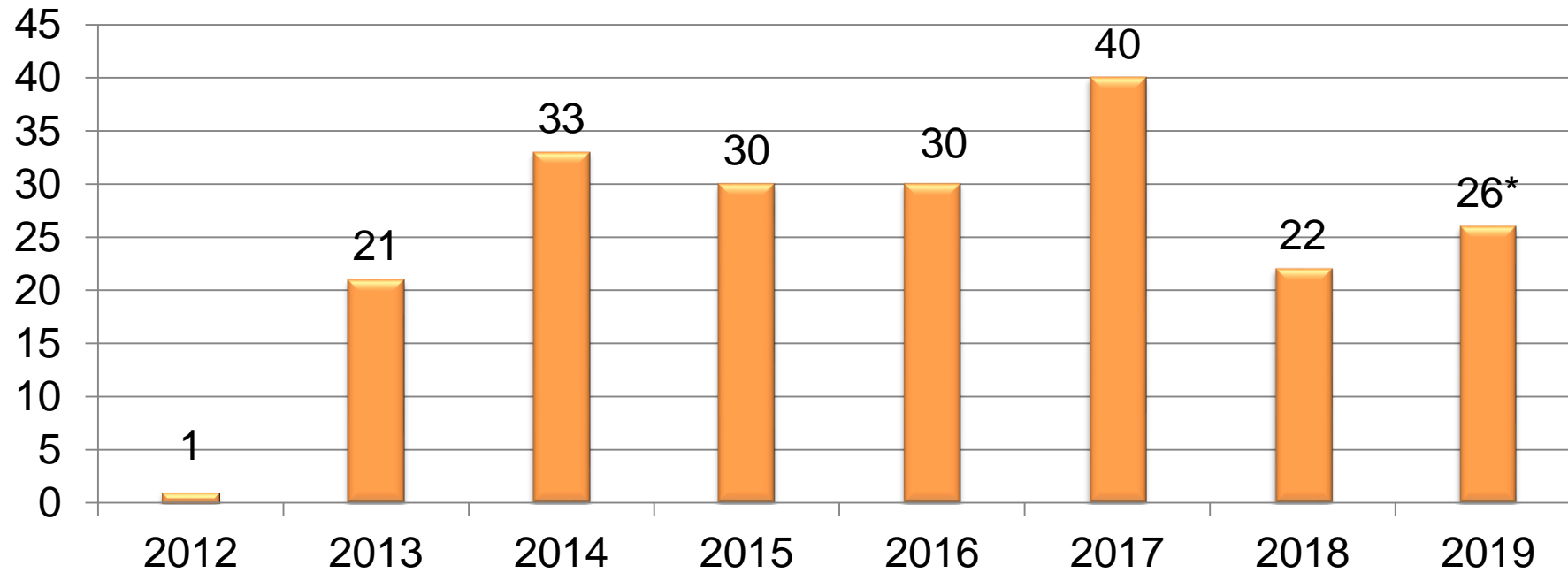
> 1 week Acute RX = 2X use 1 Year



Refill Acute RX = 2X 1 Year



Opioid Overdose Deaths



* 2019 as of 11/5/19

Seizure Data

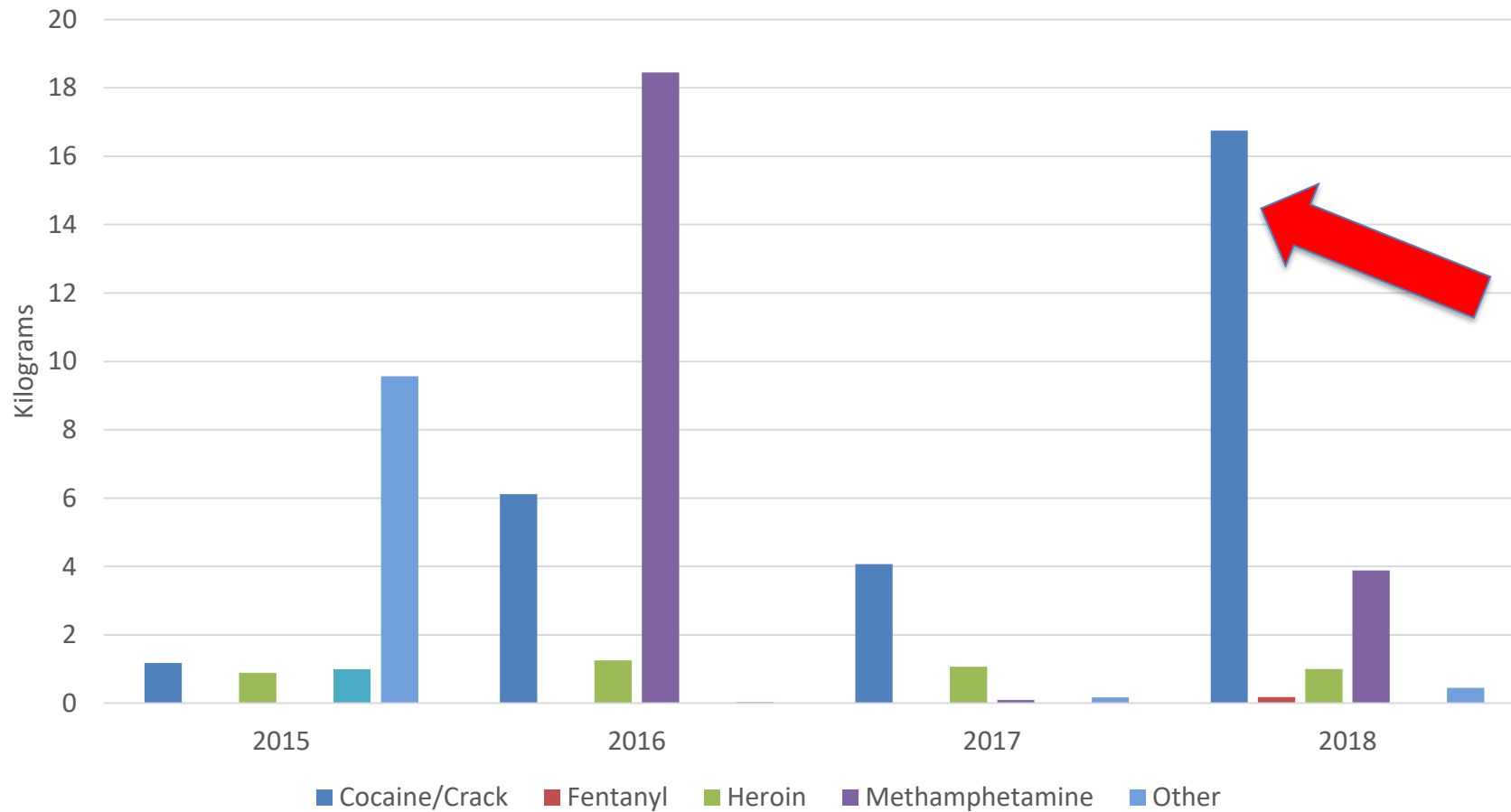
Washington/Baltimore HIDTA

Five Year Trend

Northwest VA Regional Drug Task Force

- Increase in stimulant use
 - Cocaine
 - Crack
 - Methamphetamine
 - MDMA/Ecstasy
 - Amphetamines
- Reporting of seizure information by law enforcement initiatives suggests the availability of stimulants is increasing.
- Assumptions/perceptions by drug users that methamphetamine or cocaine are safer alternatives to opioids
 - Some studies suggest individuals who misuse stimulants do not have a preferred drug of choice, however many do have diagnosable substance use disorder.

Drug Seizures



Marijuana not included

Drugs with <0.10 kg in total seizures were excluded

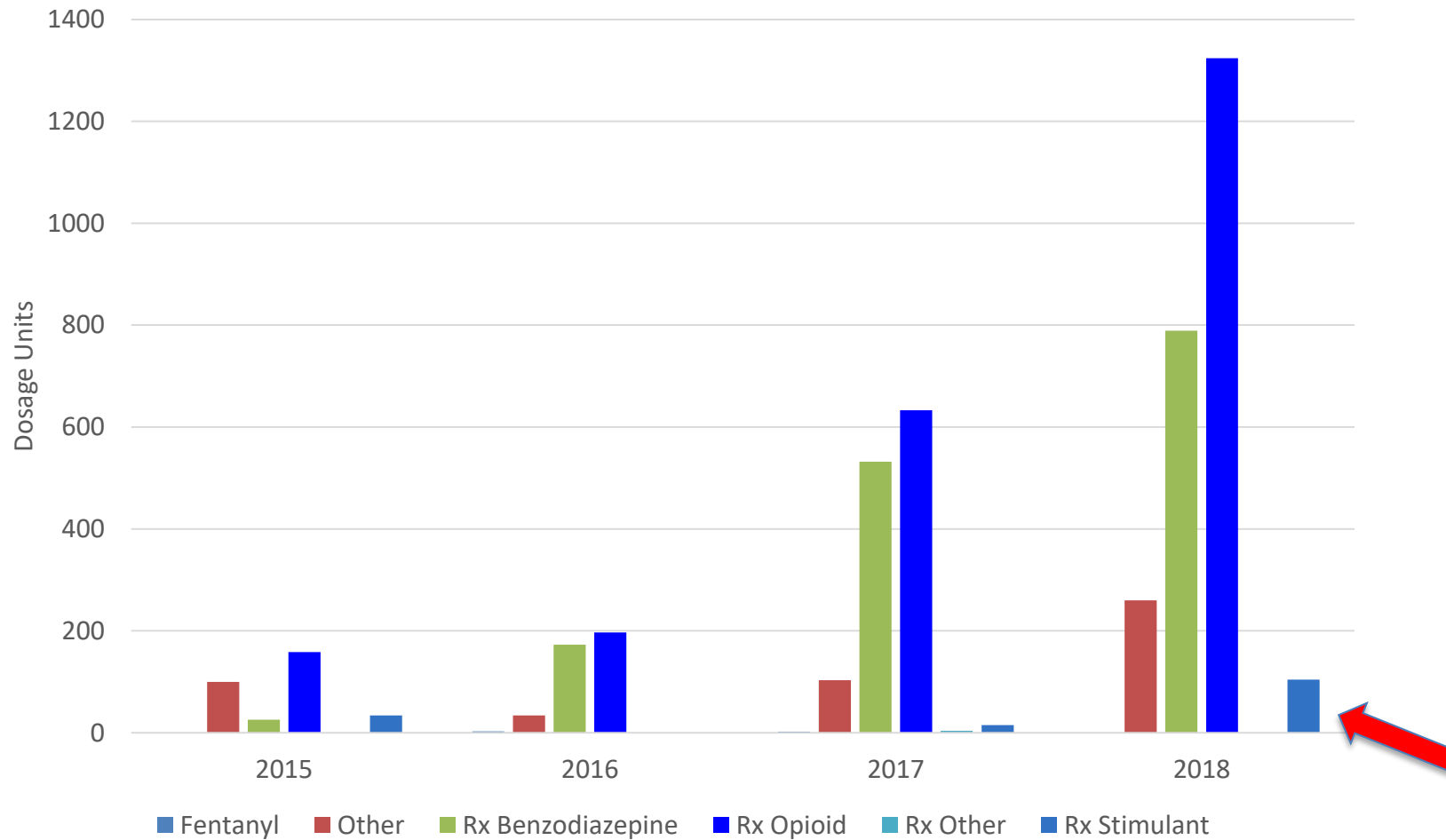
Data from Washington-Baltimore HIDTA for Northern Shenandoah Valley Counties

TABLE 10-1 STIMULANTS AVAILABLE BY PRESCRIPTION IN THE UNITED STATES

DRUG	TRADE NAME	STREET NAME	CSA SCHEDULE	TYPICAL INDICATIONS	ORAL DOSE (MG/D)
Amphetamine (as <i>d</i> -isomer or racemic mixture)	Adderall, Dexedrine, Dextrostat, generic	Amp, bennies, dex, black beauties	II	ADHD, narcolepsy, weight control, depression*	2.5–60
Lisdexamfetamine (<i>l</i> -lysine- <i>d</i> -amphetamine)	Vyvanse	—	II	ADHD	30–70
Benzphetamine	Didrex	—	III	Weight control	25–150
Cocaine	—	Coke, crack, flake, snow	II	Local or topical anesthetic	—
Diethylpropion	Tenuate	—	IV	Weight control	75–100
Mazindol	Sanorex, Mazanor	—	IV	Weight control	1–3
Methamphetamine	Adipex, Desoxyn, Methedrine	Ice, meth, speed, crank, crystal	II	ADHD, weight control	5–40 10–15
Methylphenidate (as <i>d</i> -isomer or racemic mixture)	Ritalin, Focalin, Concerta	Rits, Vitamin R	II	ADHD, narcolepsy	10–60 10–60
Modafinil	Provigil		IV	Narcolepsy	100–400
<i>R</i> -Modafinil	Nuvigil		IV	Narcolepsy	150–250
Phendimetrazine	Bontril, Plegine		III	Weight control	35–105
Phenmetrazine	Preludin		II	Weight control	25–75
Phentermine	Adipex-P, Fastin, Ionamin	—	IV	Weight control	15–90

*Not labeled for this indication by the U.S. Food and Drug Administration.
ADHD, attention deficit/hyperactivity disorder; CSA, the U.S. Controlled Substances Act.

Drug Seizures



Marijuana not included

Data from Washington-Baltimore HIDTA for Northern Shenandoah Valley Counties

E-cigarette, or vaping, product use associated lung injury (EVALI)

- 1,604 cases reported and 34 deaths
- WMC- 3 known cases
- Deaths- THC and/or Nicotine
- EVALI Characteristics
 - White males, < 35 YO - 80%
 - “Informal source” THC containing is risk factor

MMWR / November 1, 2019 / 68(43);985–989

E-cigarette, or vaping, product use associated lung injury (EVALI)

Presentation

Worsening cough over days to weeks, shortness of breath, and fatigue

Other symptoms reported also include:

- Fever
- Nausea and diarrhea.
- +/- hemoptysis
- Pleuritic chest pain

Clinical evaluation

- VS including O2 Sat
- **Initial laboratory evaluation**
 - CBC, LFTs, ESR, CRP
 - UDS
 - Blood cultures x2
 - Sputum cultures & gram stain
 - Urine for legionella, pneumococcus
 - Nares for viral panel/influenza/MRSA
- **Imaging**
 - CXR
 - Consider Chest CT

E-cigarette, or vaping, product use associated lung injury (EVALI)

Management

Admission criteria and outpatient management

Admit- Respiratory Distress, Respiratory Co-morbidities, O2 sat <95%

Outpatient management- Less severe injury on a case-by-case basis. Normal O2 Sats, Reliable access to care, compliant

Medical treatment

Consider initiation of corticosteroids.

Early initiation of antimicrobial coverage for community-acquired pneumonia

Consider influenza antivirals

Patients not admitted to hospital

Follow-up within 24–48 hours to assess and manage possible worsening lung injury.

Consider empiric use of antimicrobials and antivirals.

Post-hospital discharge follow-up

F/U 1–2 weeks including pulse-oximetry testing.

Cessation services and preventive care

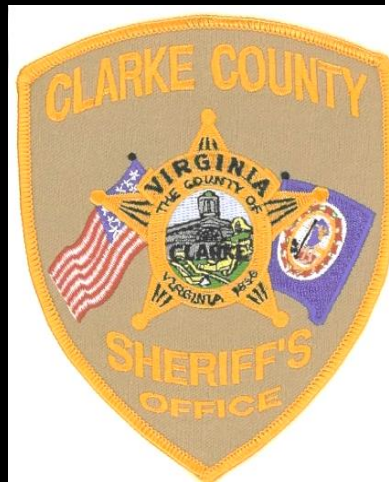
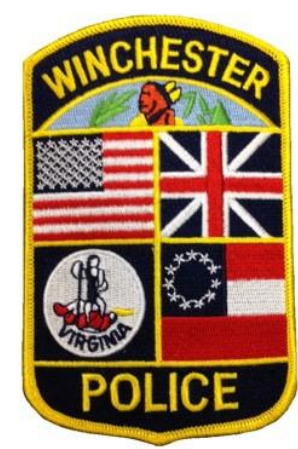
Strongly advise patients to discontinue use of e-cigarette, or vaping, products.

Provide education and cessation assistance for patients to aid nicotine addiction and treatment or referral for patients with marijuana-use-disorder.

Emphasize importance of routine influenza vaccination.

Consider pneumococcal vaccine.

“We cannot
arrest our way
out of this
problem.”



Mission

The Northern Shenandoah Valley Substance Abuse Coalition will collaborate with community partners to take the lead in identifying and developing effective resources to ensure that the necessary continuum of care for substance abuse and addiction services are available to all members of the community.

Vision

Working together to overcome the grip of substance abuse and addiction.

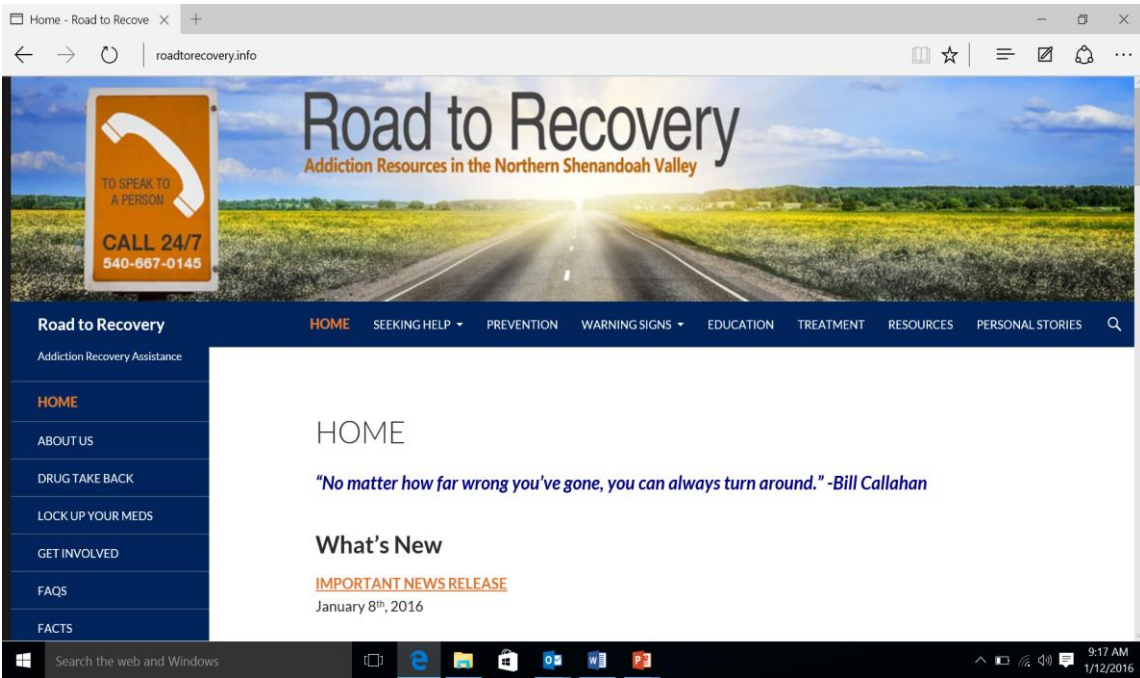


A paved road with a double yellow line curves through a dense forest of tall, leafy trees. Sunlight filters through the canopy, creating a dappled light effect on the road and surrounding vegetation. The overall atmosphere is peaceful and hopeful.

The Road to
Community Recovery

Select Current Initiatives

November 2019



A few representative initiatives



SPRING CLEANING For Your Medicine Cabinet



Don't Trash or Flush Your Meds
THINK INSIDE THE BOX

For dropbox locations near you visit:
<http://roadtorecovery.info/drug-take-back/>



Northwest Regional Adult Drug Treatment Court



Northwest Regional Adult Drug Treatment Court

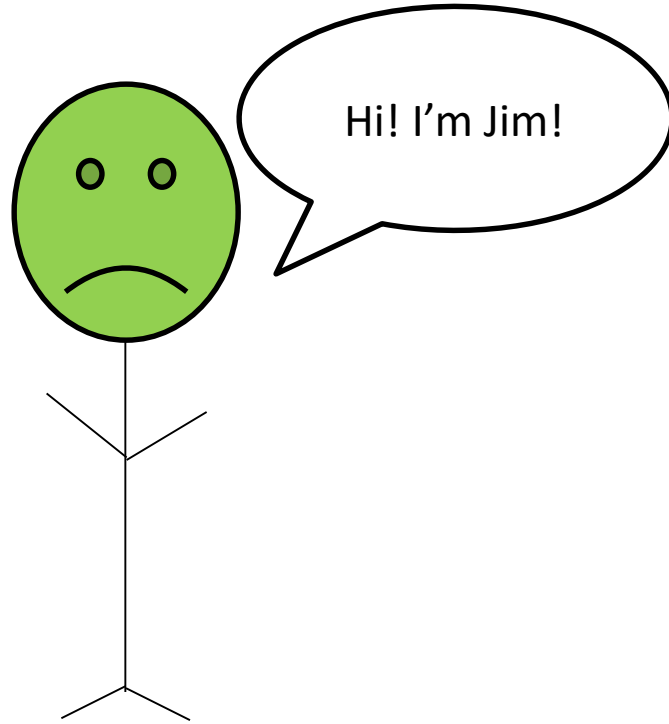
From August 16, 2016 – October 23, 2019

- 60 clients served
- 34 clients currently in the program
- 11 graduates of the program
- 16 clients discharged
- 1 fatal overdose
- 1 client killed in MVA

- Judges
- Commonwealth's Attorney
- Public Defender
- Probation Officer
- Drug Court Coordinator*
- Surveillance Officers
- Treatment Providers
- Peer in Recovery
- Case Manager

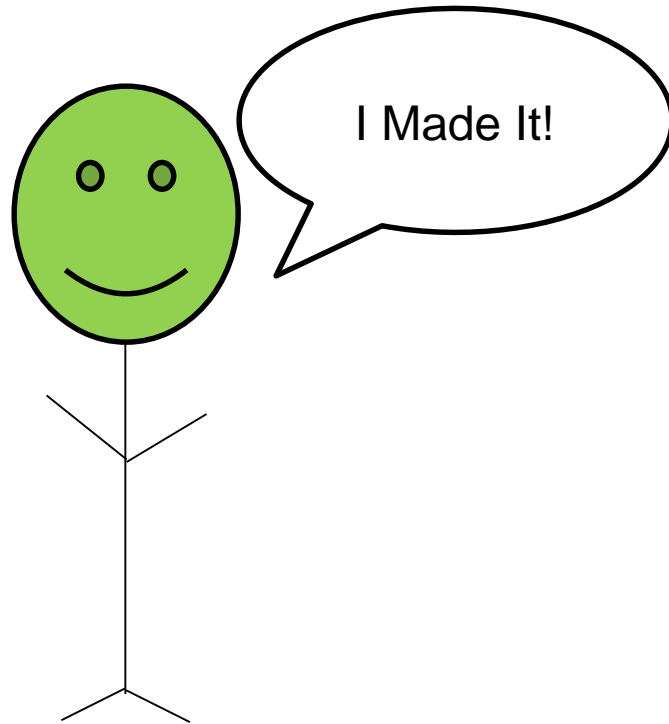
*NSVSAC Employee

Let's Meet Jim



- 40 YO MALE
- HAD 21 FELONY CONVICTIONS
- DRUG/ALCOHOL ABUSE SINCE 13
- NO STABLE HOUSING SINCE ELEMENTARY SCHOOL
- NO RELATIONSHIP WITH PARENTS/FAMILY MEMBERS
- SUPERVISED PROBATION ON/OFF SINCE 18YO
- OVERDOSED ON HEROIN 2 TIMES
- CURRENTLY INCARCERATED FROM POSSESSION DUE TO OVERDOSE
- ADHD/BIPOLAR

Successes



CLEAN FROM
ALCOHOL/DRUGS

REPAIRED RELATIONSHIPS
WITH FAMILY/CHILDREN

STEADY EMPLOYMENT

STEADY HOUSING

PAYING OFF DEBT

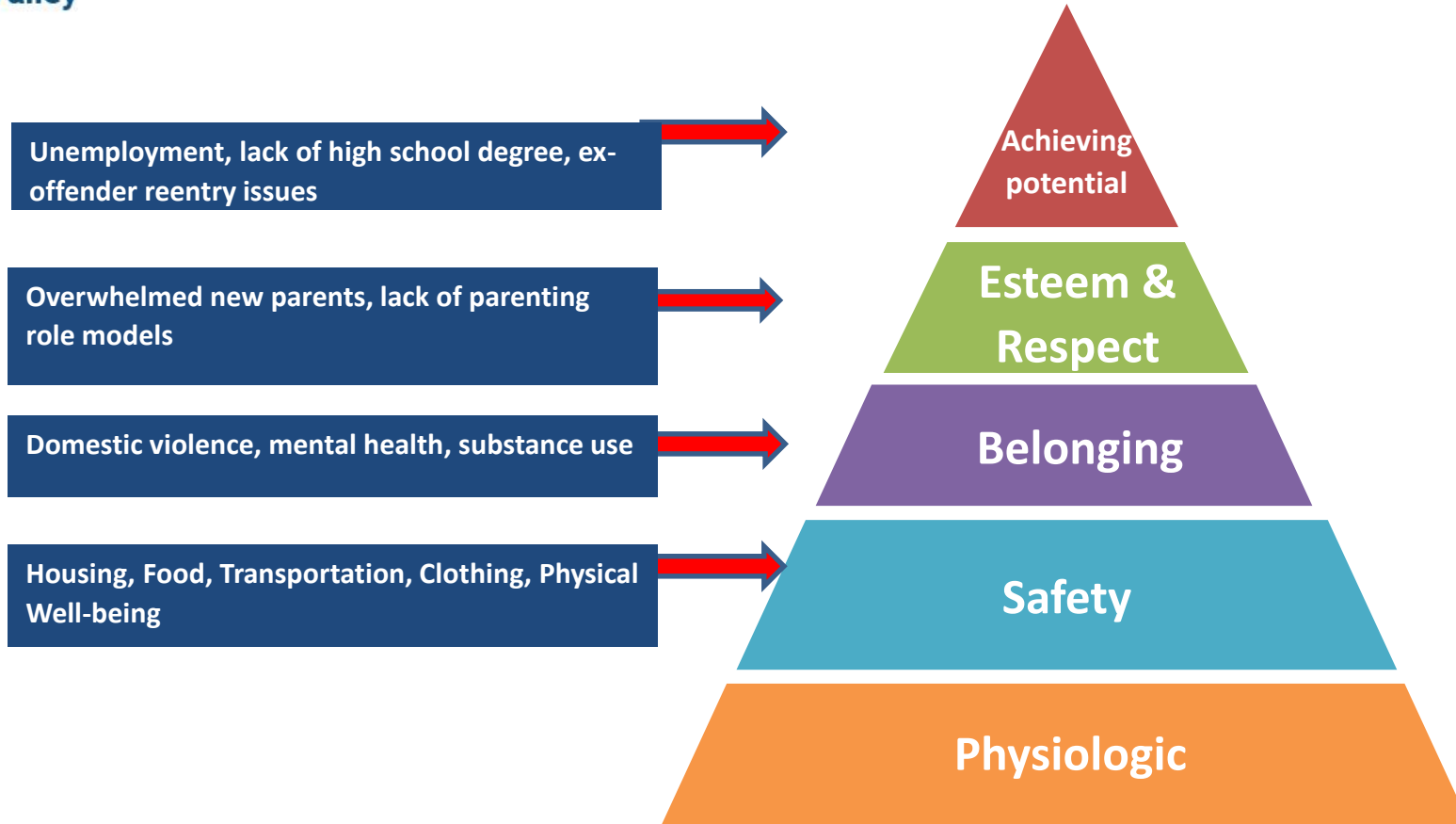
LIFESTYLE OF RECOVERY



United Way of Northern Shenandoah Valley

The Recovery Journey

Maslow's Hierarchy of Needs



Clinical and social service providers working together to address the social determinants of health.



Unite Us

Outcome-focused software addressing the social determinants of health.



George Mason University received a grant as part of SAMHSA's efforts to increase the use of SBIRT (Screening, Brief Intervention, and Referral to Treatment) to address substance use disorder.

Valley Health and United Way of Northern Shenandoah Valley launched the **Connect NSV** Coordinated Referral Network to better connect clients in our area to assistance. We've seen early successes with numerous families getting shelter, financial assistance and substance use intervention, all because of this network.

SBIRT

Screening

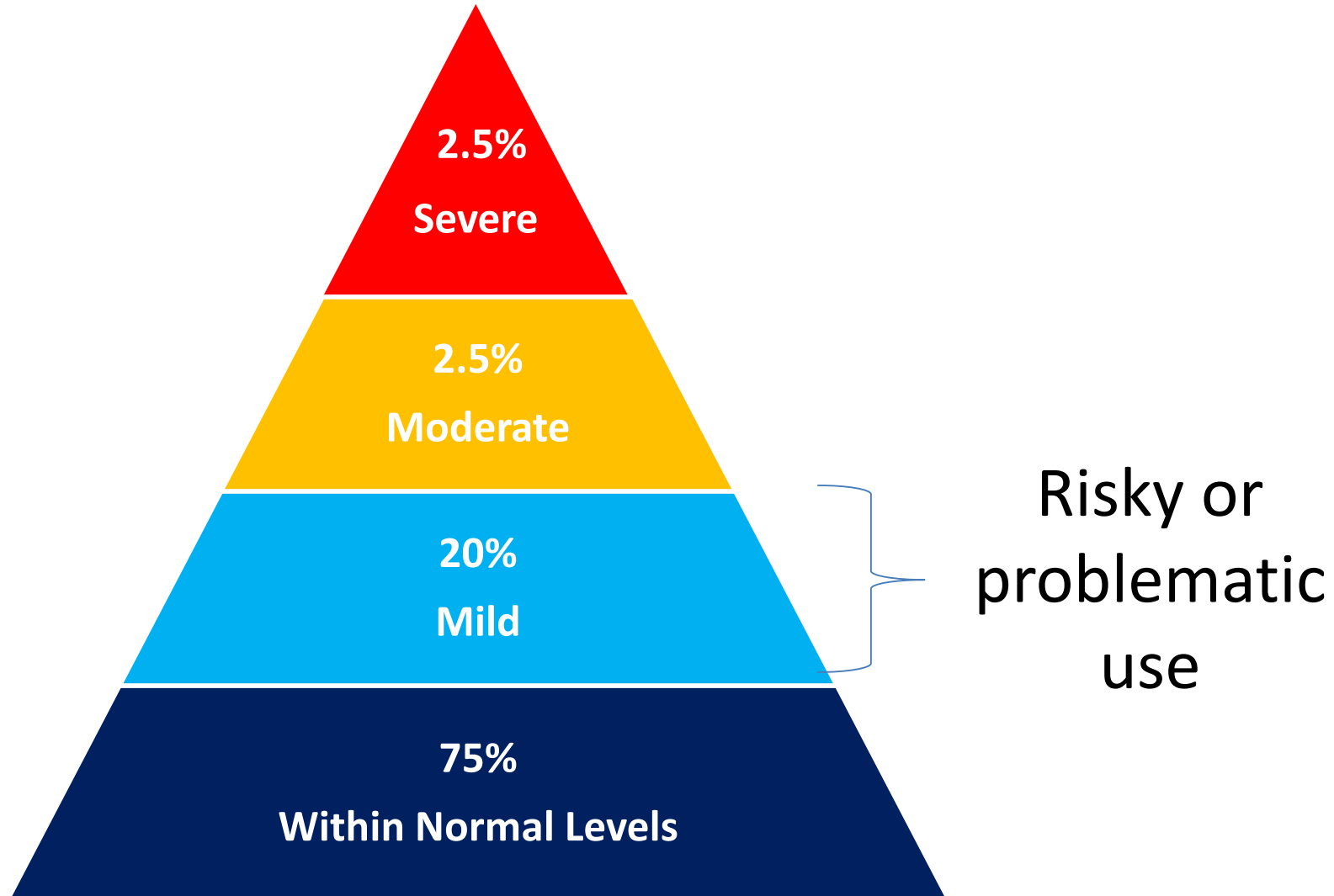
Brief Intervention

Referral to Treatment



<http://chhs.gmu.edu/sbirt/index.cfm>

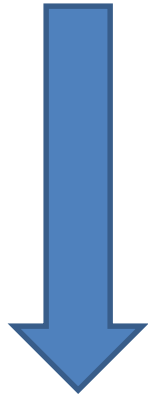
Who are we trying to reach now?



MORE ON EFFECTIVENESS OF SBI FOR ALCOHOL

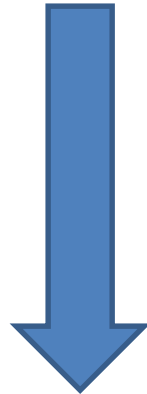
For the approximately 23% of mild/moderate risk drinkers

Injuries
(requiring
treatment)



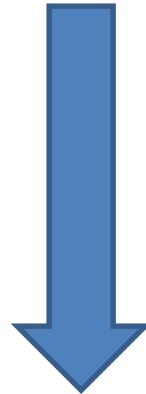
33%

Crashes



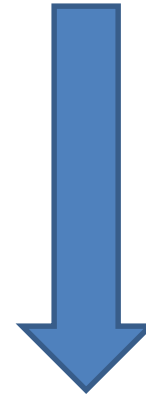
50%

ED Visits*



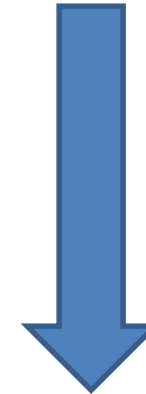
20%

Hospital
Admissions*



37%

Arrests



46%

***\$523 reduction/pt/year- 400% ROI**

HEALTHCARE COST SAVINGS OF SBI

- Alcohol
 - \$523 reduction per risky drinking primary care patient due to fewer hospital admissions and ED visits over the next year
 - For every \$1 spent on service delivery they saved \$4 over the next year (400% ROI)
- Alcohol / Drugs
 - \$4392 reduction per disabled Medicaid patient who received an alcohol or drug intervention in an ED over the next year
- Tobacco
 - Harder to measure due to time lag in development of illness/disease
 - Projections suggest significant ROI
- Depression
 - \$5200 savings in the 4 years following \$900 spent on collaborative care delivery in year 1 (480% ROI)



ADDICTED TO HOPE RALLY
Uniting to End a Stigma



Annual Celebration
National Recovery Month
(September)

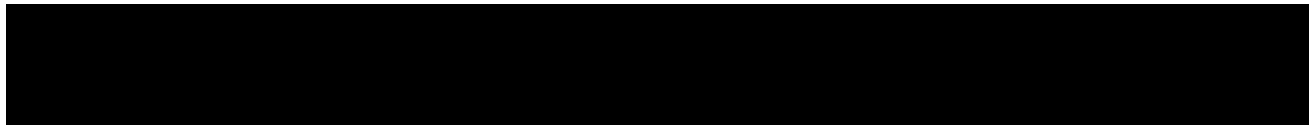
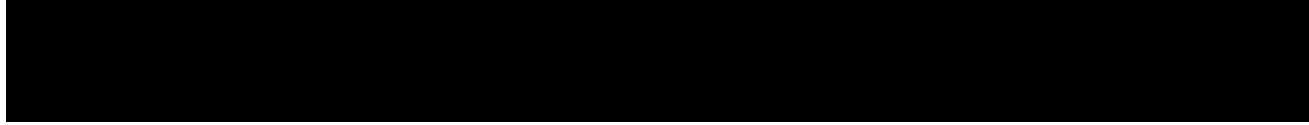
GIVE ME A

r e a s o n

DRUG PREVENTION INITIATIVE



Northern Shenandoah Valley
**Substance Abuse
Coalition**





Saliva-based drug testing kits
will give youth a reason to
say **NO**
and parents a reason
to be in the **KNOW**

Interpret Results Neg(-) Pos(+) Invalid
C=Control T=Test C T C T C T

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IDENTIFY

substance use among teens

Our "Give Me a Reason" drug prevention initiative will provide free saliva-based drug testing kits to parents and caregivers. The non-invasive test is then given within the privacy of a home with results in about 10 minutes.

Use of the kits, and supportive conversations lead by parents and caregivers will give youth reason to say "no" to drug use. Perhaps more importantly, the kits and conversations will reinforce teens' positive life choices

Drug use can have long-term effects on the



DEVELOPING



teenage brain.

INTERVENE

before more severe consequences occur

Our "Give Me a Reason" initiative will train school counselors and other professionals throughout the community to deliver SBIRT (Screening, Brief Intervention, and Referral to Treatment), an evidence-based approach to identify individuals who use alcohol and other drugs at risky levels. SBIRT is a public health approach that provides opportunities for early intervention before more severe consequences occur.



The training will provide the knowledge, skills and practice to properly identify, intervene, and refer patients to treatment for substance use disorders; to promote the awareness of substance misuse and abuse; and to educate parents and caregivers on how best to compassionately communicate with individuals who misuse or abuse substances to affect positive, substance-free change.

REFER

to treatment

Our "Give Me a Reason" drug prevention initiative will provide funding for eligible youth who are referred to outpatient treatment, but do not have insurance or the means to pay for it.



ROAD TO RECOVERY

Infants Treated for Neonatal Abstinence Syndrome



- On average, infants stayed in the NICU 7 days less when the mother was in a treatment program by the 2nd trimester

- 85% of the infants went home with their mothers when their mother was in a treatment program by the second trimester v. 51.7% who were not

- On average, infants, whose mothers accepted screenings and referrals from the Liaison, were in the NICU 2 days less

- Infant's went home with their mother's 80% of the time when the mothers accepted screening and referrals from the Liaison v. 30% who declined

Substance Use Disorder

Access to Care

Northwestern Community Services Board

Substance Use Disorder
Expansion 2016-2017



Certified Peer **Recovery** Specialists

Area One Rotary Club Partnership

- Collaborative Grant Received
- 32 Peer Recovery Specialists were trained in 2016



United Way 2017 Impact Grant Received

- Provides stipend to Peer Recovery Specialists
- 2 Peer Recovery Specialists Hired



PROUD 2017 IMPACT GRANT RECIPIENT

United Way of Northern
Shenandoah Valley

Northwestern Community Services Supervises Peers

- Mobilized throughout the community
- On-call schedule



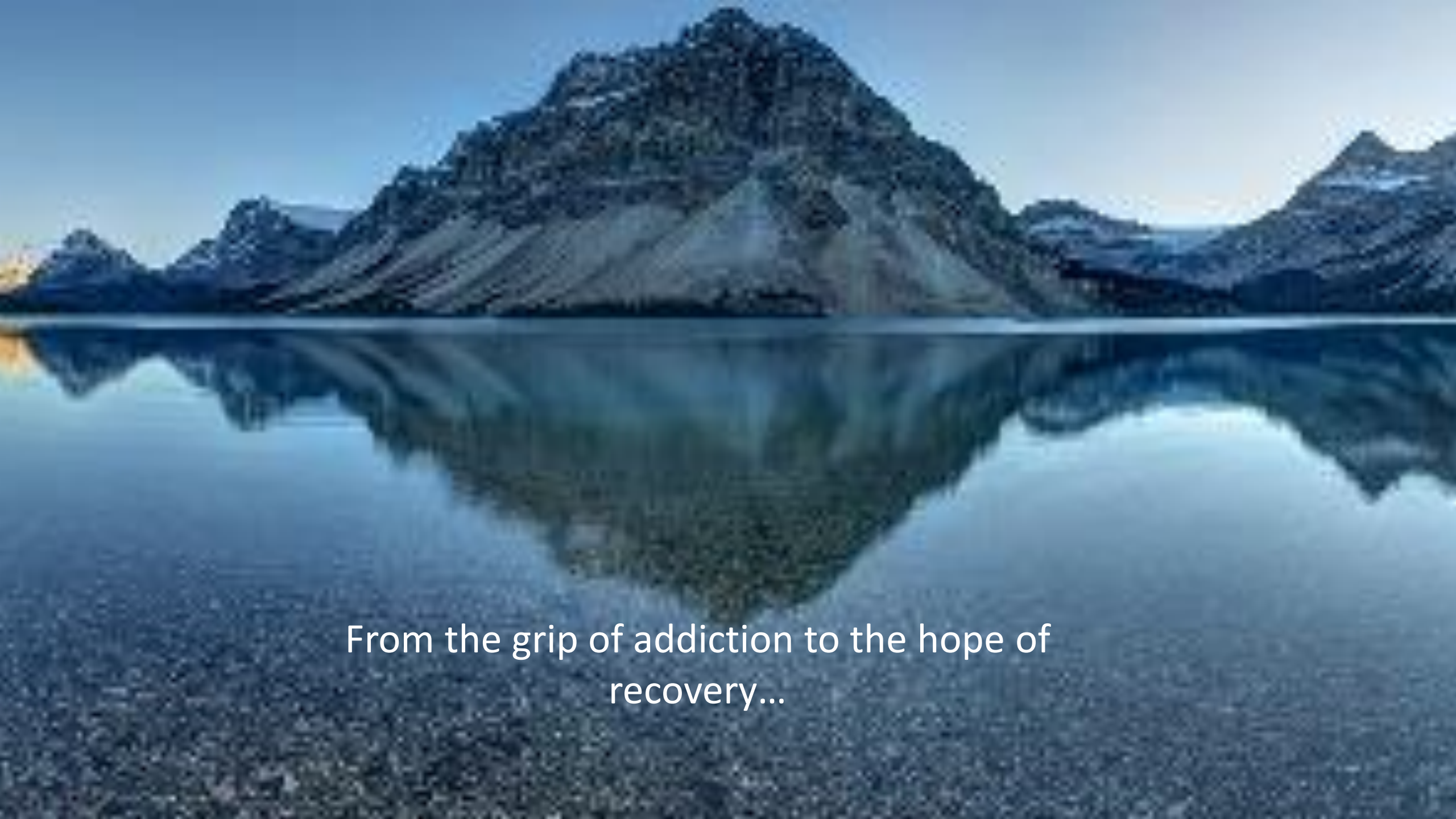
Law Enforcement Overdose Intervention Program



Law Enforcement Overdose Intervention Program



- Divert low-level, and often first-time, offenders from law enforcement and corrections pathways to community-based treatment options.
- Help the participant identify a plan that includes assistance with housing, SUD treatment, education, employment and training, childcare and child support (if applicable) and other needs.



From the grip of addiction to the hope of
recovery...