

# OPIOIDS A PUBLIC HEALTH CRISIS – A COMMUNITY RESPONSE

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County Executive

# OPIOIDS

WHO, WHAT, WHEN, WHERE,  
WHY ?



# THE OPIOIDS

Opioids are natural or synthetic chemicals that reduce feelings of pain. Common opioids include:

- Codeine 0.05x morphine
- Morphine
- Hydrocodone (Vicodin) 1.2x morphine
- Oxycodone (OxyContin) 1.3x morphine
- Heroin 2x morphine
- Oxymorphone (Opana) 5x morphine
- Methadone 10x morphine
- Buprenorphine 30x morphine
- Buprenorphine + naloxone (narcain) = Suboxone
- Fentanyl 100x morphine

POTENCY

LESS



MOST

# WHEN DID THE OPIOID PROBLEM BEGIN ?



*"Under the pressure of the cares and sorrows of our mortal condition, men have at all times, and in all countries, called in some physical aid to their moral consolations – wine, beer, opium, brandy, or tobacco."*

*Edmund Burke, 1729-1797*



# OPIUM / OPIOIDS TIMELINE 3400 B.C. TO 2016

- 3400 B.C. The opium poppy is cultivated in lower Mesopotamia. The Sumerians refer to it as **Hul Gil**, the “joy plant”.
- 1300 B.C. Egyptians cultivate the opium plant and trade of the plant flourishes across the Mediterranean into Europe
- 460 B.C. Hippocrates “Father of Medicine” acknowledges usefulness of opium as a narcotic
- 400 A.D. Opium brought to China by Arab traders
- 1500 The Portuguese, trading along the East China Sea begin smoking opium
- 1527 European physicians begin prescribing opium pills as a painkiller
- 1600 Residents of Persia and India begin recreational use of opium
- 1680 English physicians begin prescribing opium pills for numerous ailments
- 1700 Dutch traders introduce smoking opium to the Chinese
- 1799 Chinese Emperor bans opium
- 1803 German scientist synthesizes **morphine**
- 1874 English scientist synthesizes **heroin**
- 1903 Heroin addiction rises sharply
- 1905 U.S Congress bans opium
- 1916 German scientist develops **oxycodone**
- 1923 U.S. bans all legal narcotics sales; illegal street sales to addicts rise
- 1990 Afghanistan leads morphine and heroin production
- 1996 **oxycodone** commercially produced
- 1999 to 2016 sales of prescription opioids have quadrupled





## Opium Dens

Opium dens were established as sites to buy and sell opium. Dens were commonly found in China, Southeast Asia, the United States, and parts of Europe. Chinese immigrants came to the United States in the **Mid-1800s** to work for railroads and the Gold Rush and brought the habit of opium smoking with them. Opium dens sprang up in San Francisco's Chinatown and spread eastward to New York.



# ILLEGAL DRUG TRAFFICKING SOURCE and ROUTES



According to the 2015 UNODC World Drug Report,  
 ➤ **Afghanistan** accounted for 85 per cent of global opium production and 77 per cent of global heroin production with an annual market value of **\$20 billion**

# PRESCRIPTION OPIOIDS IN U.S.

- United States is the biggest consumer globally
- **76 million** opioid prescriptions were written in 1991
- **207 million** opioid prescriptions were written in 2013
- 100 percent of the world total for hydrocodone (Vicodin) and 81 percent for oxycodone (OxyContin)



Nearly **2 million** Americans abused or were dependent on prescription opioids in 2014.







# U.S. PRESCRIPTION DRUG USE FACTS

An estimated **1 out of 5** patients with non-cancer pain or pain-related diagnoses are prescribed opioids.



As many as **1 in 4** PEOPLE receiving prescription opioids long term in a primary care setting struggles with **addiction.**



At least **HALF** of all opioid overdose deaths involve a **prescription opioid.**

From 1999 to 2014, more than **165,000** people died from overdose related to prescription opioids.

# DRUG USE BY YOUTH IN U.S.



**9** out of **10**

people with addiction started using substances before they turned 18



Source: Center for Alcohol and Substance Abuse at Columbia University



Nearly **half** of young people who inject heroin report abusing prescription pain killers before starting heroin

Source: National Institute of Drug and Alcohol

## THE COST OF SUBSTANCE ABUSE IN U.S.

- 10,574 Americans died of heroin-related overdose in 2014
- 19,000 deaths involved prescription opioids in 2014 (52 deaths per day)
- 90,000 die every year due to use of illicit and prescription drugs and alcohol
- 480,000 deaths per year are linked to nicotine addiction
- \$700 billion a year in increased health care costs, crime, and lost productivity due to abuse of and addiction to alcohol, nicotine, and illicit and prescription drugs



# Heroin use is part of a larger substance abuse problem.

Nearly all people who used heroin also used at least 1 other drug.

Most used at least **3** other drugs.

**Heroin** is a highly addictive opioid drug with a high risk of overdose and **death** for users.

## People who are addicted to...



ALCOHOL

are

**2x**



MARIJUANA

are

**3x**



COCAINE

are

**15x**



Rx OPIOID PAINKILLERS

are

**40x**

...more likely to be addicted to heroin.



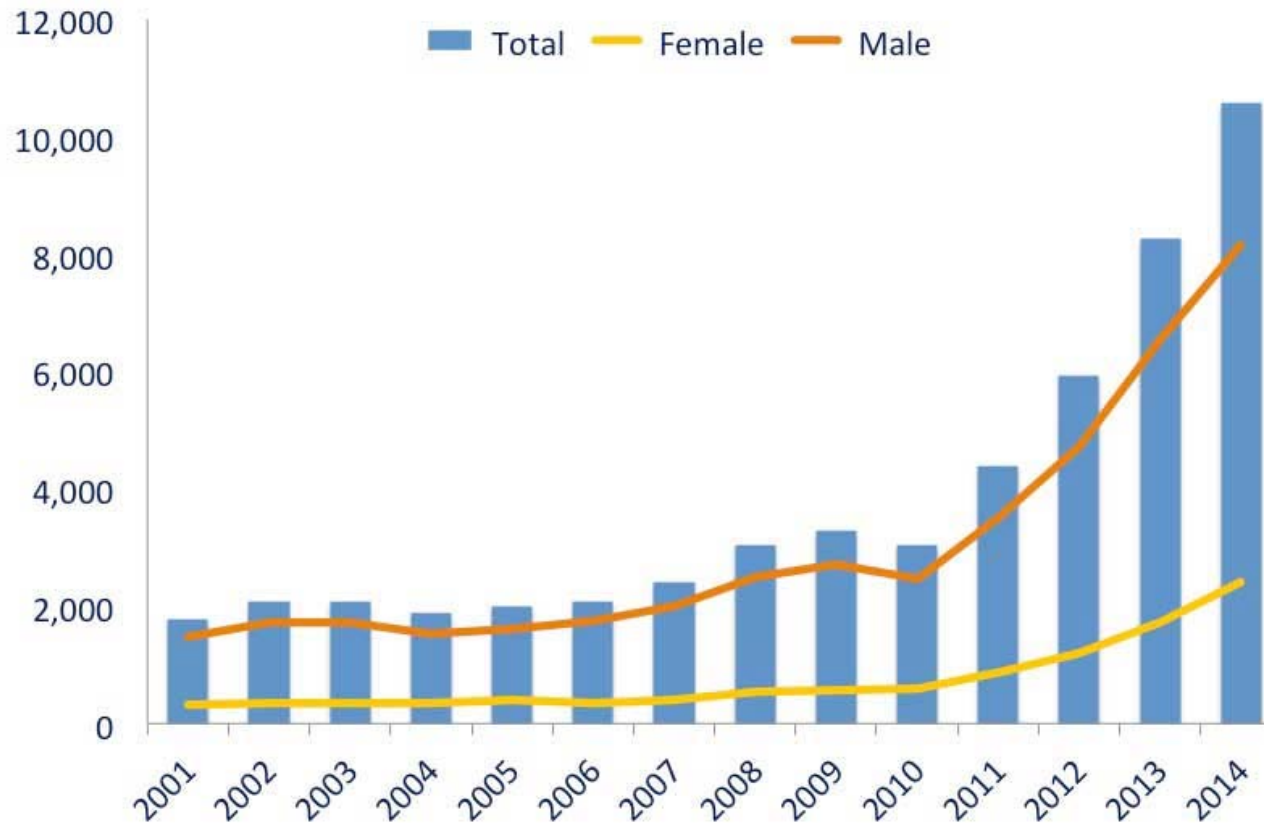
**Vital**<sup>CDC</sup>signs™





# National Overdose Deaths

## Number of Deaths from Heroin

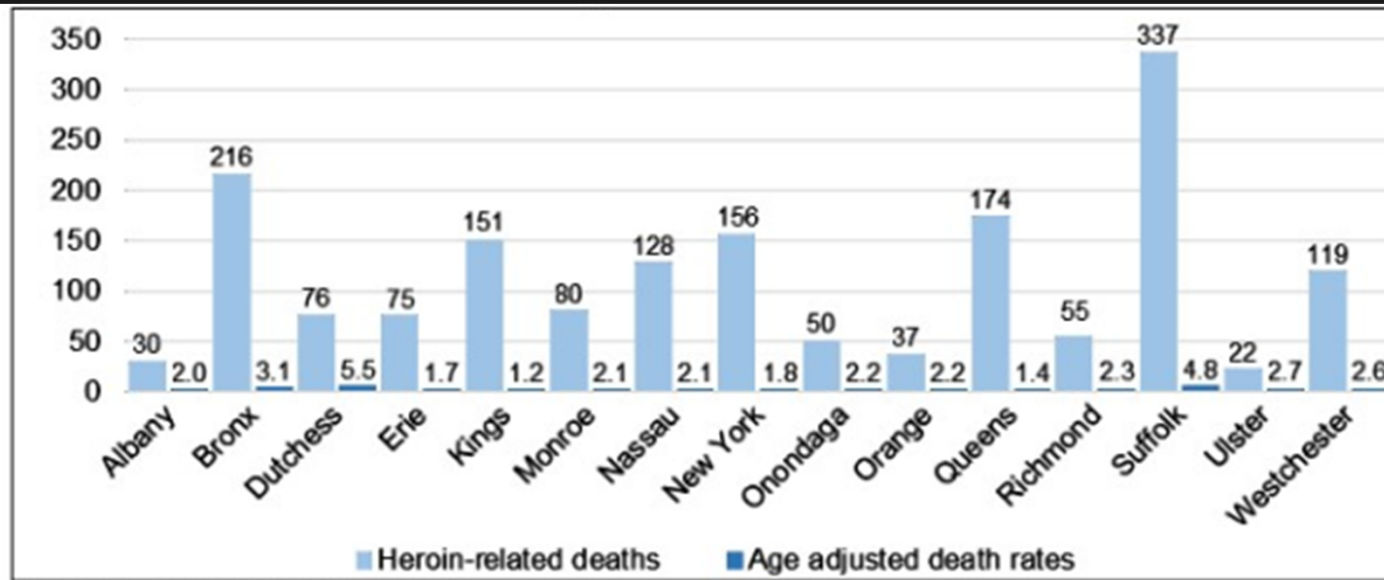


Source: National Center for Health Statistics, CDC Wonder

National Overdose Deaths—the total number of U.S. overdose deaths involving heroin from 2001 to 2014. The chart is overlaid by a line graph showing the number of deaths by females and males. From 2001 to 2014 there was a 6-fold increase in the total number of deaths.

# HEROIN DRUG DEATHS in NYS COUNTIES 2009 - 2013

AN AVERAGE OF 2 NEW YORKERS DIED PER DAY FROM HEROIN IN 2013



\* Rates are per 100,000 population.

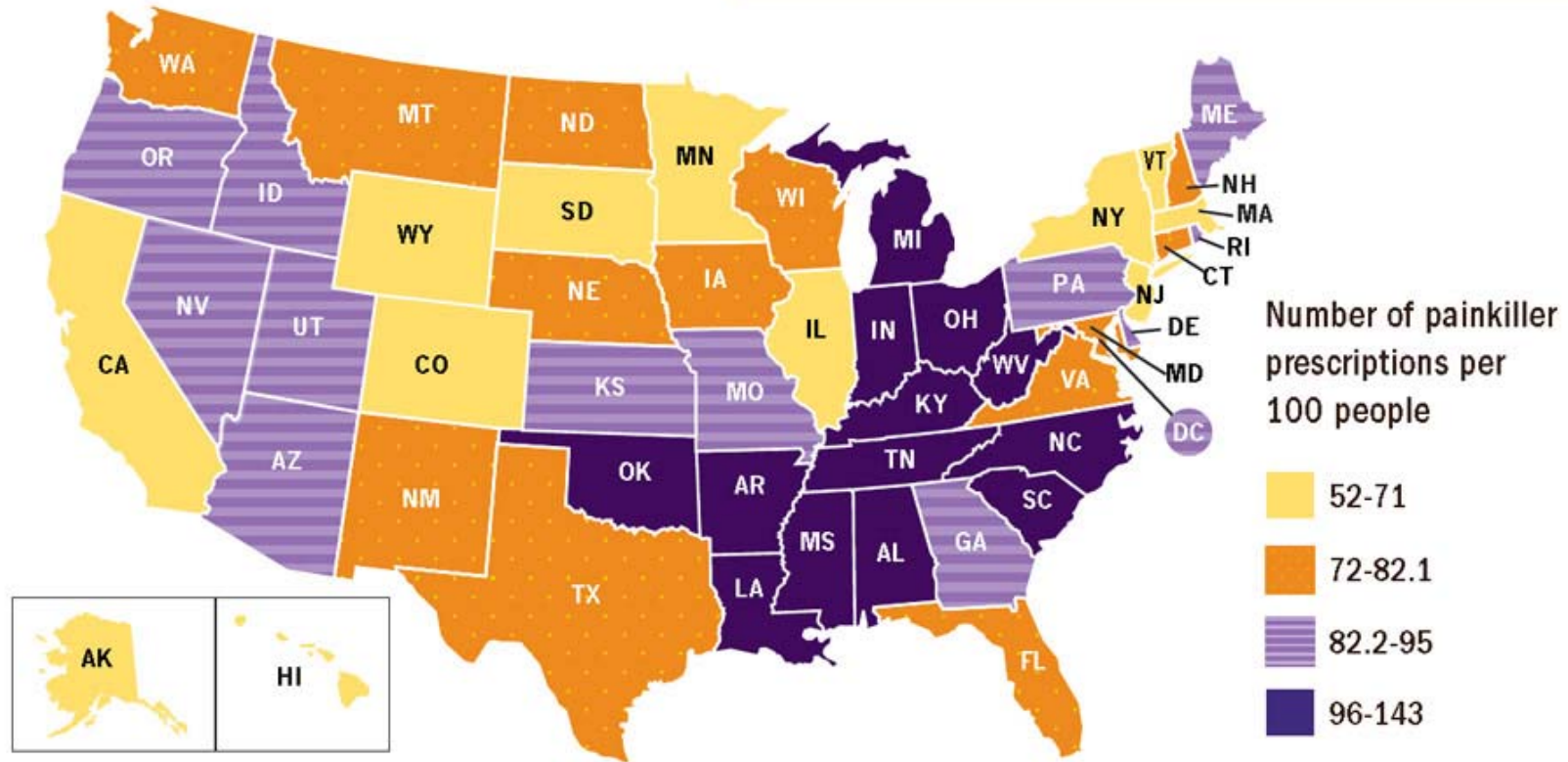
Source: Centers for Disease Control and Prevention, 2015.

Year	Total Ulster County Autopsies	Heroin Detected	Multiple Substances Detected (including heroin and alcohol)
2015	108	10	47
2014	93	11	27
2013	97	5	31

# OPIOID PRESCRIPTIONS

2012

Some states have more painkiller prescriptions per person than others.



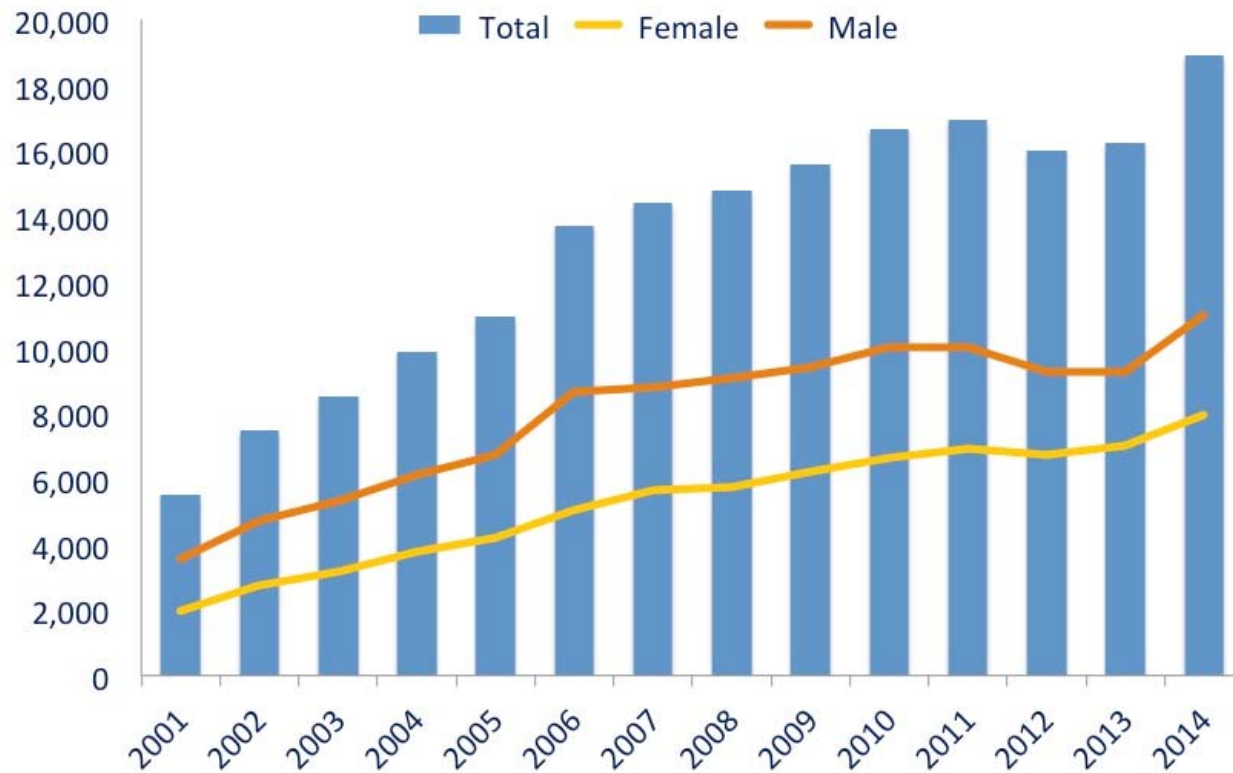
SOURCE: IMS, National Prescription Audit (NPA™), 2012.

NEW YORK STATE DRUG PRESCRIPTION CONTROL PROGRAM **I STOP** became law **2013**  
Resulting in 82% drop in "doctor shopping"



# National Overdose Deaths

## Number of Deaths from Prescription Opioid Pain Relievers



National Overdose Deaths—the total number of U.S. overdose deaths involving opioid pain relievers from 2001 to 2014. The chart is overlaid by a line graph showing the number of deaths by females and males. From 2001 to 2014 there was a 3.4-fold increase in the total number of deaths.



# NEW YORK STATE OPIOID FACTS 2009 - 2014

- 73% increase in opioid related emergency room visits from 2010 to 2014
- 40% more drug-related deaths (2,175) were reported in 2013 than in 2009
- 29% of drug-related deaths were due to heroin (637) in 2013 vs. 16% (242) in 2009
- 30% increase in opioid pill overdose deaths from 2009 to 2013 (from 735 to 952 deaths)
- 57% increase in Narcan administration during 12,000 EMS calls in 2014 compared to 2013
- 75,110 hospital admissions were related to opioids in 2014; an increase of 3% from 2010
- 42% of the admissions to NYS certified substance abuse treatment programs in 2014 were due to opioid addiction (281,800 admissions), up 19% from 2010 (100,004 admissions)
- 50% of overdose deaths involved people <35 years of age



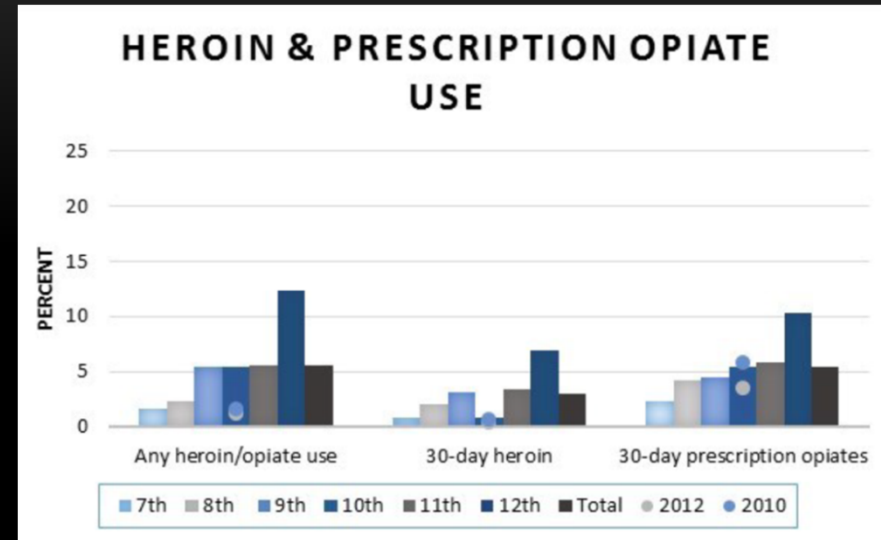
# EMERGENCY DRUG OVERDOSE CALLS IN ULSTER COUNTY

YEAR	ULSTER COUNTY 911 CALLS (all drug overdoses)
2013	358
2014	373
2015	337

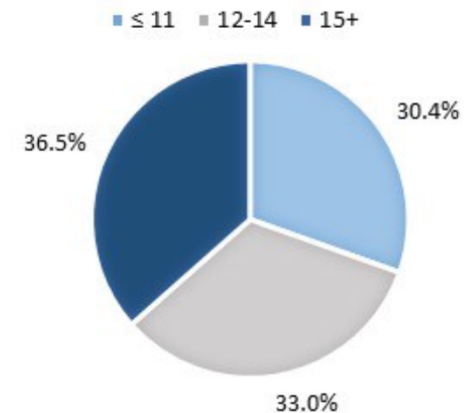
Health Alliance ED Patients with Diagnosis of:	2014	2015
Opiate overdose	19	18
Opioid overdose	7	6
Heroin	31	58
Total	57	82

# ULSTER COUNTY YOUTH DEVELOPMENT SURVEY RESULTS 2014 - 2015

- 15% of middle school students report it was easy to obtain prescription opiates
- 30% of high school students report it is easy to obtain prescription opiates
- 6% of respondents report using prescription opiates in the past 30 days, an increase from 2012
- 6% have used heroin



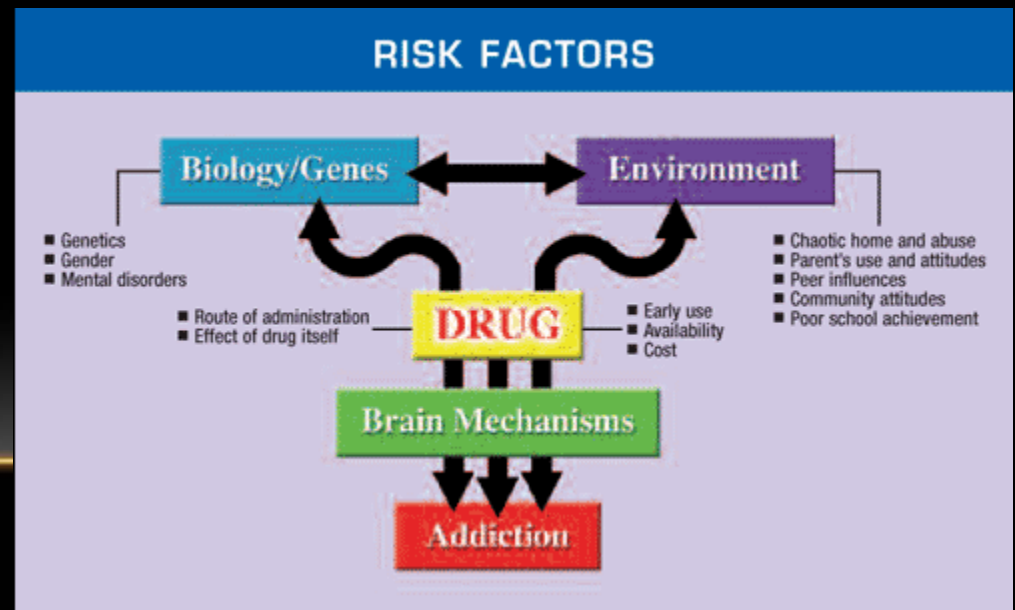
## INITIATION AGE FOR USE OF PRESCRIPTION PAIN RELIEVERS WITHOUT DOCTORS ORDERS



In total, 2,265 students in grades 7-12 completed this survey.

# WHAT IS ADDICTION (SUBSTANCE USE DISORDER) ?

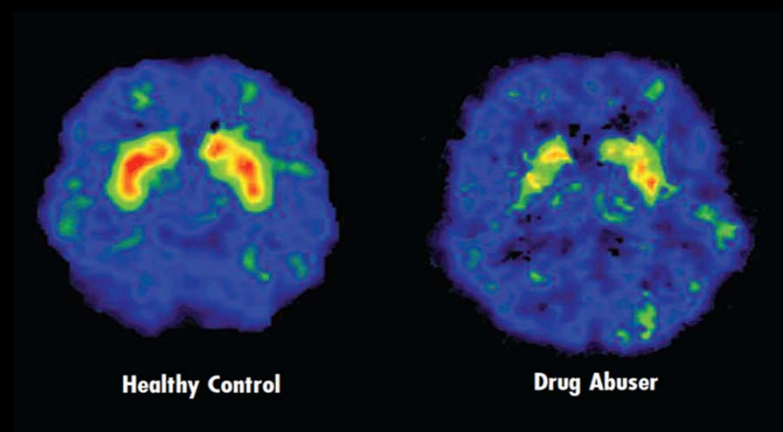
- A **chronic, relapsing brain disease** that is characterized by compulsive drug seeking and use, despite harmful consequences
- **Drugs change the brain**; they change its structure and how it works
- These brain changes can be long lasting and can lead to many harmful, often self-destructive, behaviors
- **No single factor** determines whether a person will become addicted to drugs





# IS DRUG ABUSE A VOLUNTARY BEHAVIOR?

- The initial decision to take drugs is mostly voluntary
- When addiction takes over, the ability to exert self-control can become seriously impaired
- Brain-imaging studies of drug addicts show physical changes in areas of the brain that are critical for judgment, decision making, learning, memory, and behavior control
- These changes alter the way the brain works and produces neurochemical changes:
  - Feel Good – Euphoria/Reward
  - Feel Better – Reduce Negative Feelings



# OPIOID DRUG SIDE EFFECTS

- Tolerance — more medication needed to produce the same effect
- Physical dependence — symptoms of withdrawal occur when the medication is stopped
- Increased sensitivity to pain
- Constipation, nausea, vomiting, and dry mouth
- Sleepiness, dizziness, confusion
- Depression
- Low levels of testosterone
- Itching and sweating
- High risk of overdose



# SIGNS AND SYMPTOMS OF DRUG ABUSE

## Physical Signs

- Loss or increase in appetite, unexplained weight loss or gain
- **Small pupils**, decreased respiratory rate and a non-responsive state are all signs of opioid **intoxication**
- **Large pupils**, nausea, vomiting, sweating, shaky hands, feet or head, and are all signs of opioid **withdrawal**

## Behavioral Signs

- Change in attitude/personality
- Change in friends; new hangouts, avoiding contact with family, stealing
- Change in activities, hobbies or sports
- Drop in grades or work performance
- Isolation and secretive behavior, moodiness, irritability, nervousness, giddiness, nodding off
- Wearing long-sleeved shirts or layers of clothing out of season

## Advanced Warning Signs

- Missing medications
- Burnt or missing spoons/bottle caps
- Missing shoelaces/belts
- Small bags with powder residue
- Syringes

# INCREASE RISK OF OVERDOSE

- Alcohol
- Benzodiazepines / tranquilizers (such as Xanax and Valium)
- Muscle relaxants (such as Soma or Flexeril)
- Hypnotics (such as Ambien or Lunesta)
- Other prescription opioid pain relievers



➤ Most autopsy results show mixed drug use



# ROLE OF PHYSICIANS

## **Partner with patients**

to provide safer, more effective pain management. Talk to your patients about risks and benefits of all treatment options.



# THE 2016 CDC OPIOID PRESCRIBING GUIDELINES

- Assess patient need for opiates; recommend alternative medications and therapeutic modalities for pain relief
- Address harms of opioid use with patient
- Avoid long acting opiates; prescribe only amount needed to control pain
- Arrange treatment for opioid use disorder if necessary



Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives, Protecting People™

# ULSTER COUNTY RESPONSE EFFORTS



# ULSTER COUNTY MEDICATION COLLECTION BOXES

*National Prescription Drug Take Back Day is April 30<sup>th</sup> !*

- Never use another person's prescription opioids
- Dispose of unused prescription opioids in the **medication drug collection boxes** throughout Ulster County



**Help Keep Your  
Unused Meds Off  
the Street**

**Dispose of them  
Safely  
at these locations**



**Ulster County**  
ulstercountyny.gov

# WHAT ELSE CAN WE DO?

## *SUPPORT PENDING LEGISLATION FOR RX TAKE BACK*

### ➤ **Bill A09883; S7407**

#### STATE OF NEW YORK

Assembly Bill A09883 ; Senate Bill S7407

April 22, 2016

Introduced by Assemblywoman A. GUNTHER and Senator K. HANNON-- AN ACT to amend the public health law, in relation to disposal sites operated by pharmacies The People of the State of New York, represented in Senate and Assembly, do enact as follows: The commissioner shall require any chain pharmacy operating in the state to operate a safe disposal site for unused controlled substances in accordance with this section and federal law and regulations.



# ULSTER COUNTY DOH OPIOID OVERDOSE PREVENTION PROGRAM PROVIDES EMS WITH NARCAN (NALOXONE) 2014



New York State Department of Health partnered with CVS/Pharmacy to make Narcan available without a prescription  
January , 2016



# TREATMENT AND RECOVERY

## Components of Comprehensive Drug Addiction Treatment



*The best treatment programs provide a combination of therapies and other services to meet the needs of the individual patient.*



### Health & Mental Health

- Commissioner
- Divisions
- Services
- News and Current Issues
- Public Health Notices
- Preventative Education
- Research and Reports
- Permits & Applications
- Partners & Resources
- Public Health Laws
- Advisory Boards
- FAQ
- Notice of Privacy Practices
- How to Find Us
- Contact Us
- Health Department Clinics
- Quit Smoking Today
- Mental Health Department
- Substance Abuse Prevention and Recovery**
- Suicide Prevention

## Substance Abuse Prevention and Recovery

Substance Abuse is a complex public health challenge that affects individuals and families from all walks of life. Here in Ulster County, we take the challenge seriously and we devote substantial effort and resources help prevent substance abuse and to help people to find the services they need to begin a path to recovery.



### SAVE THE DATE: Coming to New Paltz on April 28th

[Ulster County Community Forum - The Fight Against the Opioid and Heroin Crisis](#)

Help Keep Your Unused Medications Off the Street and Out of the Wrong Hands. [Click here](#) for Medication Collection Box locations in Ulster County.

**Help Keep Your  
Unused Meds Off  
the Street**



TALK2PREVENT

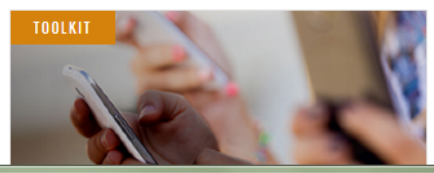
Text your teen to prevent.  
You're speaking their  
language.

FIND TIPS & ADVICE



COMMUNITY

Resources

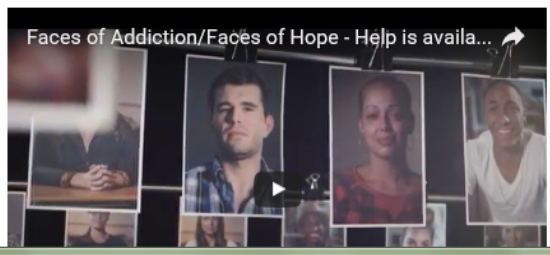




For help:  
Call **1-877-8-HOPENY** (1-877-846-7369)  
Text **HOPENY** (Short Code: 467369)  
Visit [www.oasas.ny.gov/accesshelp](http://www.oasas.ny.gov/accesshelp)

**Addiction can happen to anyone, any family, at any time.**

<p><b>Kitchen Table Toolkit</b></p> <p>Resources for parents, teachers, coaches, counselors, etc. with initiating conversations about heroin and opioid abuse. Includes videos and guidance documents.</p> <p><a href="#">LEARN MORE</a></p>	<p><b>Spotlight on Synthetics</b></p> <p>Synthetic cannabinoids, known as synthetics or "synthetic marijuana," can cause dangerous health effects and even death.</p> <p><a href="#">LEARN MORE</a></p>	<p><b>Real Stories</b></p> <p>Watch and listen to individuals who have experienced substance use disorder including the progression of addiction, how it impacts the family and the stories of hope.</p> <p><a href="#">LEARN MORE</a></p>
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# HELP FOR ADDICTION – THE ROAD TO RECOVERY

Never Alone Inc



Addiction Treatment Programs



**PEOPLE, Inc.**



Step One  
Child & Family Guidance Center Addiction  
Services, Inc.



*WellnessRecovery.org*