

# Addressing Heroin Addiction on the Kenai Peninsula

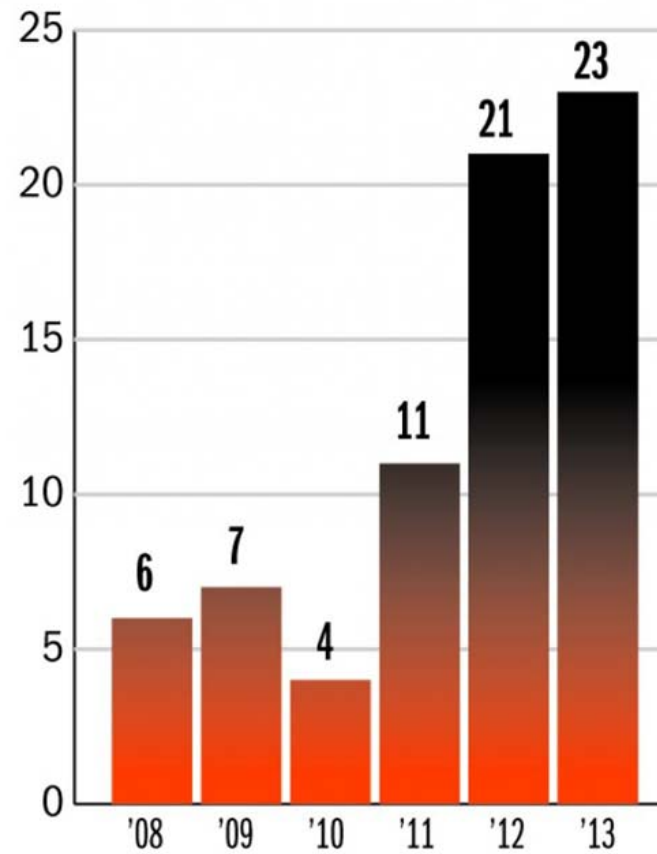
Kenai Peninsula Borough Assembly Meeting

December 8<sup>th</sup>

Dr. Sarah Spencer

## Heroin deaths\* in Alaska

2008-2013

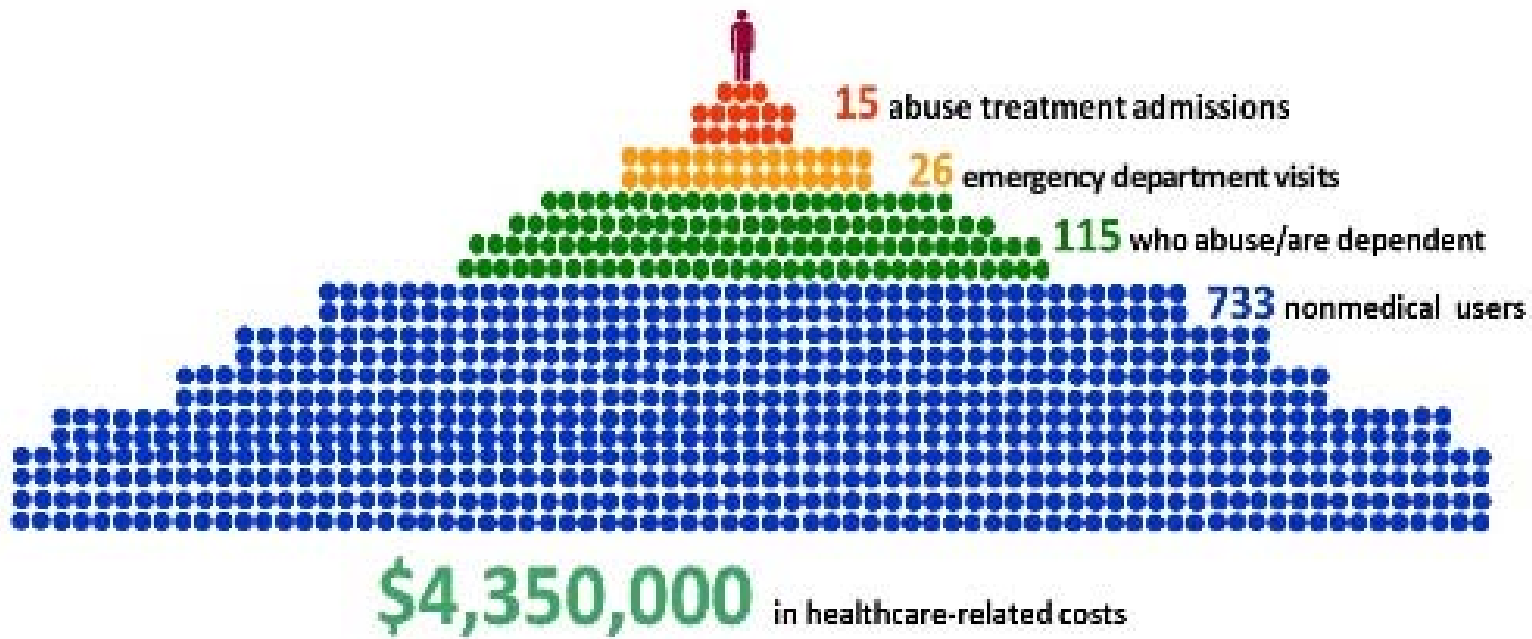


\*Deaths where heroin was either the underlying cause of death or contributed to it.

Source: Alaska Division of Public Health

At South Peninsula Hospital  
For Fiscal year 2015 (7/14-7/15)  
There were documented:  
10 opioid overdoses  
75 visits related to opioid addiction  
and abuse

For every **1** prescription opioid overdose death in 2010 there were...



# Responding to the Heroin Epidemic



## **PREVENT** People From Starting Heroin

### **Reduce prescription opioid painkiller abuse.**

Improve opioid painkiller prescribing practices and identify high-risk individuals early.



## **REDUCE** Heroin Addiction

### **Ensure access to Medication-Assisted Treatment (MAT).**

Treat people addicted to heroin or prescription opioid painkillers with MAT which combines the use of medications (methadone, buprenorphine, or naltrexone) with counseling and behavioral therapies.

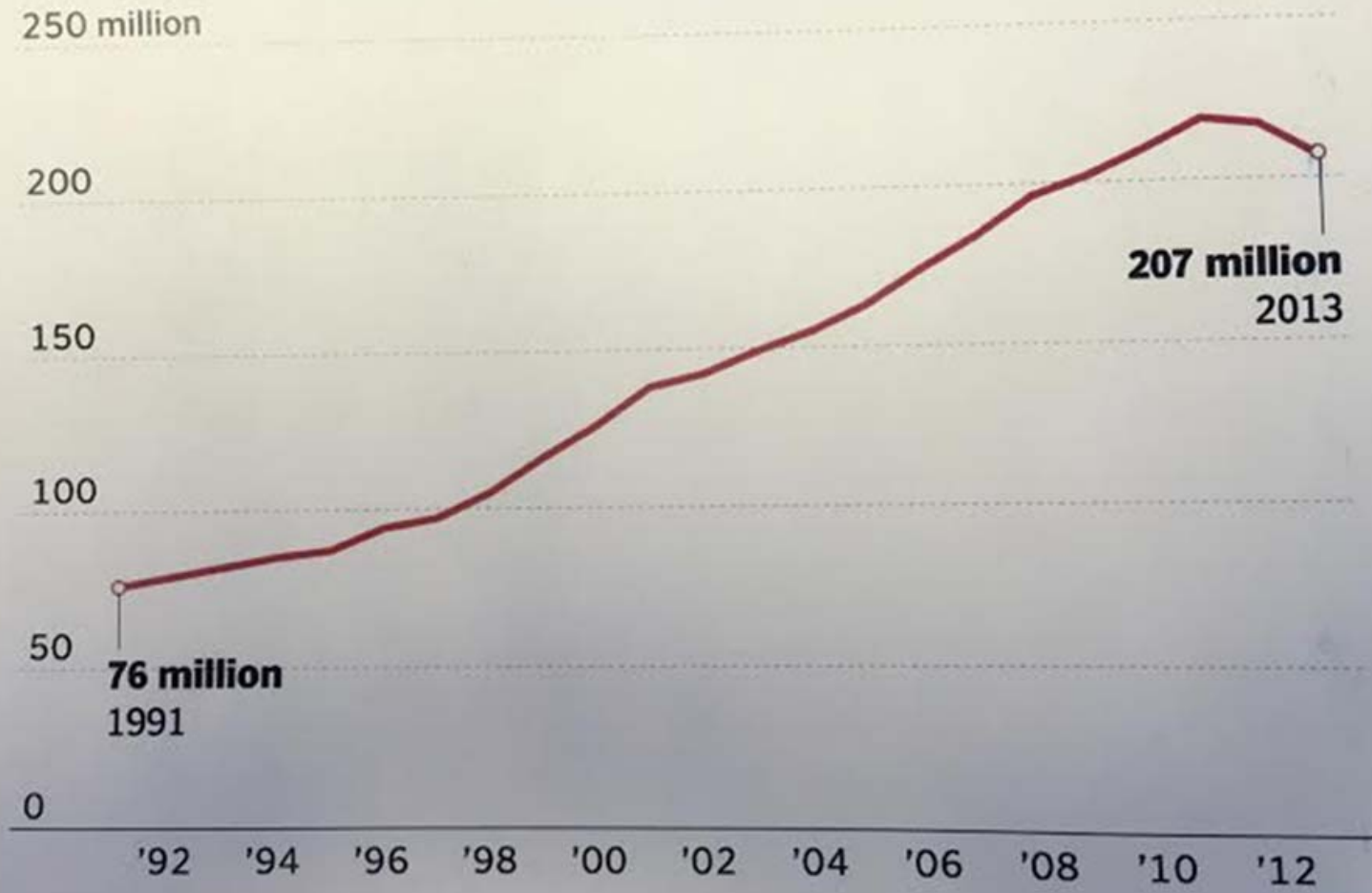


## **REVERSE** Heroin Overdose

### **Expand the use of naloxone.**

Use naloxone, a life-saving drug that can reverse the effects of an opioid overdose when administered in time.

# US opiate prescriptions



SOURCES: IMS Health, National Institutes of Health

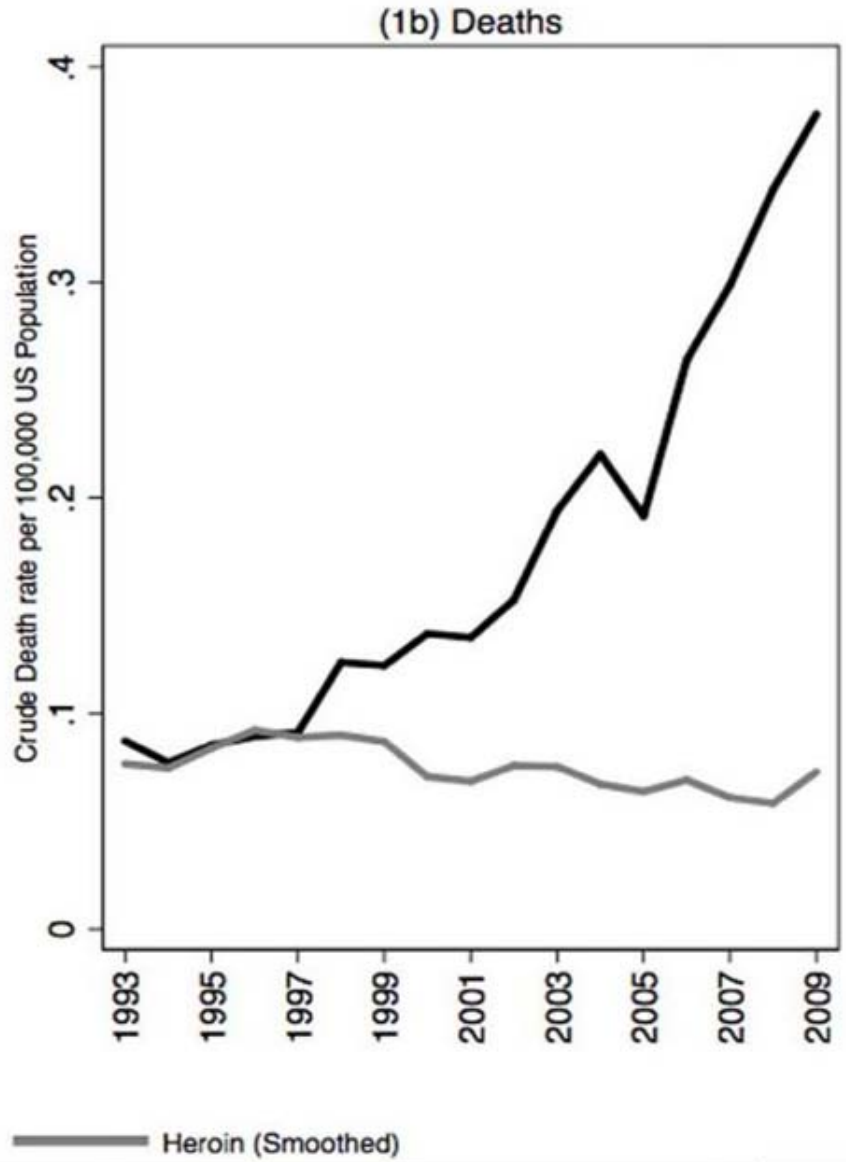
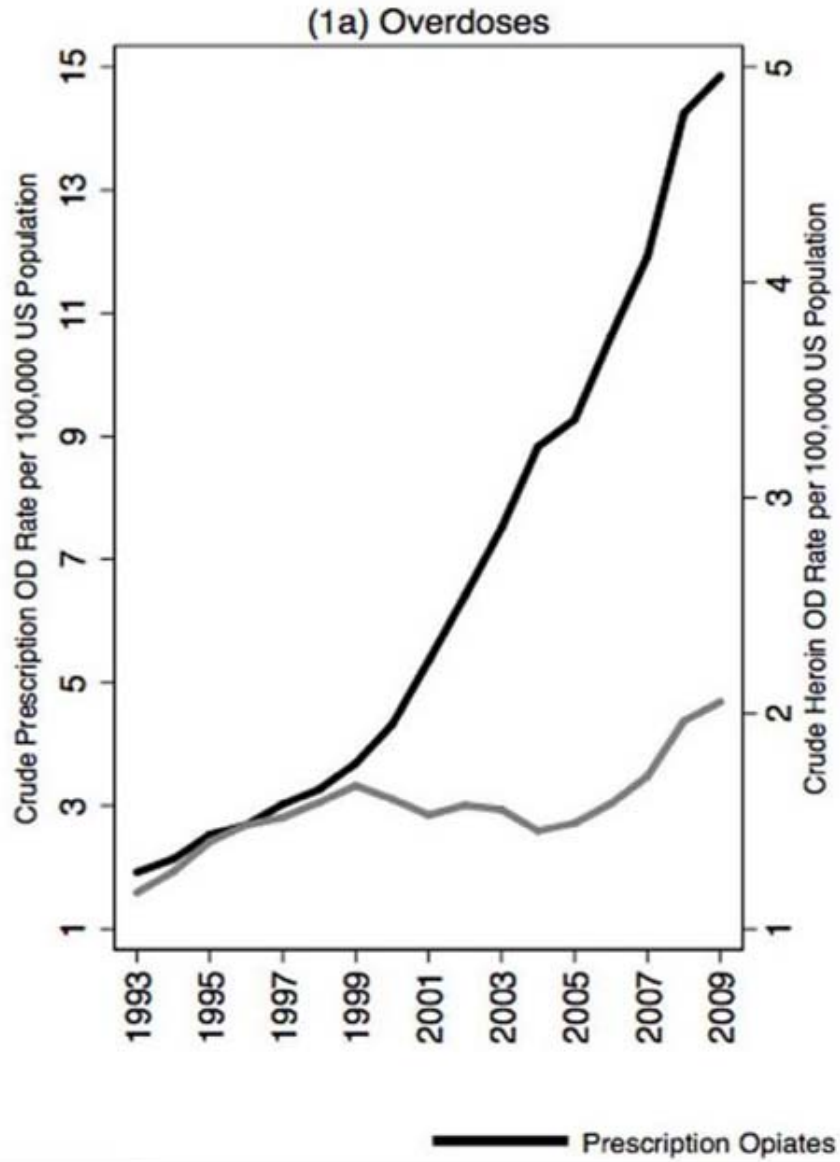
PATRICK GARVIN/GLOBE STAFF

## EPIDEMIOLOGY OF OPIATE ADDICTION

2 million people in the US suffer from substance abuse disorders from prescription painkillers

500,000 people are addicted to heroin.

Overdose deaths from prescription painkillers have quadrupled in the past 15 years.





## Every day in the United States

- 120 people die as a result of drug overdose
- 6,748 are treated in emergency departments (ED) for the misuse or abuse of drugs.

**Drug overdose was the leading cause of accidental death in 2012, killing more people than car accidents.**

cdc.gov

24 K opioid deaths/year (18K rx painkillers, 6K Heroin)

## IS DRUG ADDICTION TREATMENT WORTH ITS COST?

Substance abuse costs our Nation over **\$600 billion** annually

A cost for 1 full year of methadone maintenance treatment is approximately \$4,700 per patient, whereas 1 full year of imprisonment costs approximately \$24,000 per person.

According to several conservative estimates, every dollar invested in addiction treatment programs yields a return of between \$4 and \$7 in reduced drug-related crime, criminal justice costs, and theft. When savings related to healthcare are included, total savings can exceed costs by a ratio of 12 to 1.

Major savings to the individual and to society also stem from fewer interpersonal conflicts; greater workplace productivity; and fewer drug-related accidents, including overdoses and deaths.

NIH, NIDA

## Medication assisted Addiction Therapy Reduces:

- Use of other opioids by 80-90%;
- Use of other substances, e.g. cocaine;
- Criminal activity reduced by 80%
- Mortality reduced by 70%
- Injection-related risk behaviors;
- Transmission and risk factors for transmission of blood born pathogens (HIV/Hep C)

## MAT Improves:

- physical and mental health
- social functioning
- quality of life
- pregnancy outcomes

# Do you take strong pain medications?

For example:

Percocet, Vicodin, methadone, oxycodone, morphine, MSContin, Dilaudid, fentanyl, or any other “opiate” medication?



## Ask your provider for naloxone!!

Naloxone is an antidote sprayed into the nose if you are too sleepy or can't be woken up due to these pain medications.

Talk to your provider for more information.

**PREVENT  
DRUG  
OVERDOSE**

OVERDOSE PREVENTION RESCUE KIT  
PREVENCIÓN DE SOBREDOSIS  
EQUIPO DE RESCATE

Rx Only [NDC 7430-3491-1] (DSC# 2887)  
**NALOXONE  
HYDROCHLORIDE**  
0.1% USP  
(1 mg/mL)  
2 mg  
per  
2 mL  
LOR-63™ LOOK-LIKE PHASED SPRING



**Resources:**

CDC.gov

SAMHSA.gov: excellent clinical guidelines, electronic and printed books

TIP 40: Clinical Guidelines for the Use of Buprenorphine in the Treatment of Opioid Addiction, DHHS Publication #(SMA)04, 3939, 2004.

TIP 43: Medication Assisted Treatment for Opioid Addiction in Opioid Treatment Programs, DHHS Publication #(SMA) 05, 4048, 2005

NIDA.gov (NIH data) Methadone research web guide “20 questions”

NAABT.org (national alliance of advocates of buprenorphine treatment)

Patient Support Resources:

Addictionsurvivors.org (from NAABT) support groups online

SAMHSA.gov (printable brochures and booklets)

Watch “**Oxycontin Express**” on  
Youtube

Watch “**Oxyana**” on Vimeo

Contact me with any questions:

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