Exploring Best Practice
Opioid Overdose Death Interventions

June 21, 2016

Presenter:

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Webster dictionary definition. Epidemic: affecting or tending to affect a disproportionately large number of individuals within a population, community, or region at the same time.

- **National Data** (NSDUH, MTF, CDC, etc.)
- **State Data** (PDMP, Coroners Report, DDAP)
- **Local Data** (PAYS, Uniform Crime Reporting, Delaware County Medical Examiner, District Attorney’s Office)
National Data

- An estimated 655,000 adolescents aged 12 to 17 report abusing prescription drugs in 2014. (SAMHSA)
- 2.6 percent of adolescents have tried prescription drugs in 2014-2015 (NSDUH, 2014)
- In 2014, there have been 19,000 overdose deaths from Prescription Opioid Pain Relievers. (Department of Health and Human Services)
- 25,000 people have overdosed from prescription drugs in 2014. (Department of Health and Human Services)
- In 2014, an estimated 1.6 million young adults aged 18 to 25 were current nonmedical users of psychotherapeutic drugs, which corresponds to 4.4 percent of young adults (NSDUH, 2014)
2,489 overdoses in PA in 2014 (20% increase since 2013)

7 people die everyday in PA from a drug overdose

Southeastern PA had the highest drug overdose mortality rate among the 6 regions across the state
• **382% increase in deaths from 2010 to 2015**
  - 50 deaths in 2010
  - 62 deaths in 2011
  - 141 deaths in 2014
  - 191 deaths in 2015

(Delaware County Medical Examiner)

• **9% of Delaware County 12th grade students have used Narcotic prescription drugs in their life time**

(PA YOUTH SURVEY, 2015)

August 15, 2015: “There have been an “alarming” nine suspected heroin-related deaths in Delaware County, District Attorney Jack Whelan said”
### Delaware County
- 44.5% of 12th graders admitted to trying marijuana in 2015 compared to 44.1% in 2013
- 65.8% of 12th graders admitted to trying alcohol in 2015 compared to 74.9% in 2013
- 24.9% of 12th graders admitted to trying cigarettes

### Chester County
- 41.9% of 12th graders admitted to trying marijuana in 2015 compared to 43.2% in 2013
- 71.7% of 12th graders admitted to trying alcohol in 2015 compared to 74.7% in 2013
- 26% of 12th graders admitted to trying cigarettes

*Source: PA Youth Survey*
<table>
<thead>
<tr>
<th>Delaware County</th>
<th>Chester County</th>
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<tbody>
<tr>
<td><strong>12th graders lifetime use of:</strong></td>
<td><strong>12th graders lifetime use of:</strong></td>
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<tr>
<td>- Pain Relievers (9.2%)</td>
<td>- Pain Relievers (9.4%)</td>
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<td>- Tranquilizers (3.8%)</td>
<td>- Tranquilizers (5.4%)</td>
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<td>- Stimulants (5.6%)</td>
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<td><strong>12th graders 30-day use of:</strong></td>
<td><strong>12th graders 30-day use of:</strong></td>
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<tr>
<td>- Pain Relievers (2.6%)</td>
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<td>- Tranquilizers (0.8%)</td>
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<td>- Stimulants (1.3%)</td>
<td>- Stimulants (3.4%)</td>
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*Source: PA Youth Survey*
• This information is available to everyone on the PA Commission on Crime and Delinquency’s website:
  • Or simply Google “PA Youth Survey 2015”
  • Choose “County Reports”—Every county in PA is available
History of OPIATES

4000 BC – Poppy Plant by Sumerians
7th Century – Opium
1803 – Morphine
1832 – Codeine
1898 - Heroin
Current Day...
Commonly abused pharmaceuticals

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<th>Adderall 5mg</th>
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How the American opiate epidemic was started by one pharmaceutical company

How the American opiate epidemic was started by one pharmaceutical company

http://theweek.com/articles/541564/how-american-opiate-epidemic-started-by-pharmaceutical-company
Several factors are likely to have contributed to the severity of the current prescription drug abuse problem. They include drastic increases in the number of prescriptions written and dispensed, greater social acceptability for using medications for different purposes, and aggressive marketing by pharmaceutical companies. These factors together have helped create the broad “environmental availability” of prescription medications in general and opioid analgesics in particular.
The transition

**Prescription Drugs**
- Between $30-$40 a pill
- More easily accessible
- “Prescribed”
- Viewed as less harmful

**Heroin**
- $5 a bag
- Provides similar high
- Cheapest in country
- 2nd Purest in country
- Not just injected anymore

- Between 2007 and 2012, heroin use rose 79% nationwide, according to federal data.
- Within that same period, 81% of first-time heroin users had previously abused prescription drugs.
- Delaware County is designated HIDTA – High Intensity Drug Trafficking Area – by DEA.
Number of Drug-Related Emergency Department (ED) Visits, by Type of Visit: 2004 to 2010

Overall ER Visits
Neonatal Abstinence Syndrome

Neonatal abstinence syndrome (NAS) is a group of problems that occur in a newborn who was exposed to addictive opiate drugs while in the mother's womb.


Dramatic Increases in Maternal Opioid Use and Neonatal Abstinence Syndrome

The use of opioids during pregnancy can result in a drug withdrawal syndrome in newborns called Neonatal Abstinence Syndrome (NAS), which causes lengthY and costly hospital stays. According to a new study, an estimated 21,732 babies were born with this syndrome in the United States in 2012, a 5-fold increase since 2000.

Every 25 minutes, a baby is born suffering from opioid withdrawal.

Average length or cost of hospital stay

<table>
<thead>
<tr>
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<th>WITH NAS</th>
<th>W/O NAS</th>
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<tbody>
<tr>
<td>Average Length of Hospital Stay</td>
<td>16.9</td>
<td>2.1</td>
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<tr>
<td>Cost of Hospital Stay</td>
<td>$3,500</td>
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NAS and maternal opioid use on the rise

Where do they get them?

(Source: SAMHSA Prescription Drug Abuse Trends, CADCA National Leadership Forum 2014)
Sources of Prescription Drugs--Chester County 12th Graders

- A friend or family member gave them to me, 43.30%
- Bought them from someone, 35.30%
- Took from Family Member Living in Home, 31.10%
- Took from other relative not living in home, 6.30%
- Took from someone not related to me, 12.60%
- Ordered on internet, 6.30%

Where do they get them?
DELAWARE COUNTY HEROIN TASK FORCE

- **Mission:**
The mission of the Heroin Task Force is to provide young people, parents, and educators with information regarding the destructive and addictive nature of heroin and abused prescription drugs.
Sectors Involved in the HTF:
- Parent
- Media
- Local Business
- School
- Youth Serving Organizations
- Law enforcement / EMS
- Health Care Professionals
- State and local government
- Organizations involved in reducing substance abuse

**KEY STAKEHOLDERS!!!**

**Delaware County Heroin Task Force Members:**
- Jack Whelan, District Attorney
- Michael Culp, Delaware County Council
- David J. White, Delaware County Council
- Marianne Grace, Executive Director, Delaware County Government
- Dr. George Avetian, Senior Medical Advisor
- Dr. Fredric Hellman, Medical Examiner
- Joseph Ryan, Chief, Criminal Investigation Division
- George Dawson, Assistant District Attorney and Chief of Anti-Violence Task Force
- Sharon McKenna, Assistant District Attorney and Chief of Narcotics and Forfeiture
- Jonna DiStefano, Administrator, Offices of Behavioral Health & Intellectual Disabilities
- Beth Mingey, Director of Prevention/Education Services, Holcomb Behavioral Health
- Joseph Dougherty, Director, Human Services
- Timothy Boyce, Preparedness Coordinator, Office of the District Attorney
- Larry O'Shea, Director, Delaware County Intermediate Unit
- Dr. Maria Edelberg, Assistant Executive Director, Delaware County Intermediate Unit
- Tricia Stouch, parent
- Dr. Christopher Stenberg, Crozer Chester Medical Center
- Ray McKinney, realtor
- Mike Ranck, Community YMCA of Lansdowne
- Chelsey Price, District Attorney’s Senior Victim Services
- Olga Tsousidis, Pharmacist
- Denise V. Stewart, Director, COSA
- Jim McCans, Director of Paramedics, Haverford Township

**Heroin Task Force Communications:**
- Trish Cofiell, Delaware County Government
- Emily H. Harris, Office of the District Attorney
Heroin Task Force Key Accomplishments

- Drug Free Communities grant (SAMHSA)
- Rx Drop Boxes
- Safeguarding Medication
- Partnership with Realtors
- School Athletic Policy Change
- Narcotics Overdose Prevention and Education (NOPE)
- David’s Law
- First Responders Naloxone Training/Administration
- Recognition Events
- Strategic Prevention Framework/Partners for Success Grant (DDAP)
- Overdose Intervention Grant (PA Commission on Crime and Delinquency)
News and Events:

- April 2015 - Delaware County leads in the fight against heroin deaths
- March 2015 - Drop Box Informational Flyer Updated
- November 2014 - Delco police first in state to carry life-saving drug new under law
- April 2014 - Drug prevention efforts cross state lines
- March 2014 - Authorities issue warning about deadly street drug, Fentanyl
- March 2014 - Officials announce effort to equip police with life-saving drug to reverse heroin/opiate overdose
- February 2014 - Ridley Park town hall meeting on Drug Abuse February 27th
- Feburary 2014 -Speaking up about the heroin scourge Heroin Task Force holds forum for community at Ridley High School
- December 2013 - County Executive Director Discusses Work of Heroin Task Force
- December 2013 -Council joins Sen. Toomey in roundtable on abuse of prescription drugs
- October 2013 - Task Force Presentation
- October 2013 -“Drop” prescription drugs in a safe place!
- October 2013 - Heroin Task Force wins Drug-Free Communities grant
- May 15 - No sugar-coating the devastation of illicit drugs
- June 5 - Addicted or Dead: The realities of prescription drugs
- June 17 -DA issues warning regarding deadly street drug
Prescription Drop Boxes

- Since October 2013, the HTF has installed 40 permanent Rx Drop Boxes in Police Departments and the Government Centers all over Delaware County. Received sponsorship from community organizations.
- 8,000 pounds of unused, unwanted, or expired medications collected. CID responsible for collection/disposal
County Council and the District Attorney partnered with local Law Enforcement to walk door-to-door in Delaware County to inform residents of the importance of securing their medications.

Pill pods distributed at events with pledge to lock up medication in the home, courtesy of HTF

SAFEGUARD YOUR MEDS
Join Delaware County Council & DA Jack Whelan in preventing illegal access to prescription drugs

LOCK YOUR DRUGS AWAY
Remove narcotics from your medicine cabinet
Safeguard all medicines by monitoring quantities
Regularly check to see if any drugs are missing
If your child is prescribed medication, monitor dosages
Properly dispose of old, expired or unused medicines

“Keep your medicines secure to prevent an accidental injury and to help reduce the supply of prescription drugs available to those who might otherwise try to steal, abuse or sell them. For more information visit www.delco.com.”
— District Attorney Jack Whelan, Chairman, Heroin Task Force
Realtor Efforts

• Heroin Task Force Member Ray McKinney of Century 21 Absolute in Springfield launches “Prescription Drug Theft Prevention – The REALTORS’ Role” at the Starbucks Mornings sponsored by Suburban West Realtors Association. Ray continues to speak at small business associations and has added this material to his curriculum.
Developed and designed one page sign-off sheet to be included in parents package for all student athletes

Presented at parents meeting

Presented to all school superintendents
NOPE (Narcotics Overdose Prevention & Education)

- NOPE (Narcotics Overdose Prevention & Education) is a 501-c3 non-profit organization that was formed in Palm Beach County, FL in 2004, to combat the illegal use of prescription drugs and narcotics, as well as other abused substances. The program is evidence-based, scripted and utilized trained community members.
- Delaware County formed a chapter in 2013 and presented to 20,700 middle school and high school students, 125 college students and 1,100 parents & community members in two years.
- 75 community members, LEO, loved ones affected by overdose death, professionals went through certification training.
- NOPE provides a venue to reach large numbers on the issues of overdose epidemic, David’s Law (Good Samaritan), Drop Boxes, Safeguarding Medication and ongoing local resources.
The announcement was made at a press conference attended by Senator Dominic Pileggi, R-9, of Chester, Gary Tennis, secretary of the Pennsylvania Department of Drug and Alcohol, Delaware County Police Chiefs and EMS, and members of the Delaware County Heroin Task Force.
Life Saving Naloxone (Narcan®)

- District Attorney took the lead in training and tracking naloxone for first responders.
- Trained officers and provided 800 doses of nasal naloxone to police cars throughout Delaware County within 30 days of passage of law.
- Since November, 2014, lives were saved by law enforcement with Naloxone supply (this number changes daily!).
Recognizing Prevention Partners

- First Responders Luncheon

- Prevention Partners Awards
Community Day: Celebrating Prevention!

- Annual Take Back Day (2 years)
  - Number of attendees: 750
  - 140 Volunteers
  - 50 sponsors
  - Pounds of Prescription Medication Collected: 75+
NEXT STEPS

- Community/Bystander Naloxone Training
  - Curriculum Development and Evaluation
- Medical Subcommittee
  - Patient information, drop box promotion,
- PDMP
- Treatment
  - Overdose Interventions
  - CRS

Jack Whelan, Delaware County District Attorney, holds up the Delaware County Daily Times while testifying during the Aug. 18 Center for Rural Pennsylvania public hearing in York, PA on heroin and opioid treatment.