

Exploring Best Practice Opioid Overdose Death Interventions



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PRESENTER:

**BETH MINGEY, DIRECTOR, PREVENTION/EDUCATION
TRICIA STOUCH, NOPE VOLUNTEER COORDINATOR
HOLCOMB BEHAVIORAL HEALTH SYSTEMS
126 E. BALTIMORE PIKE, MEDIA, PA 19063
484-444-0412**

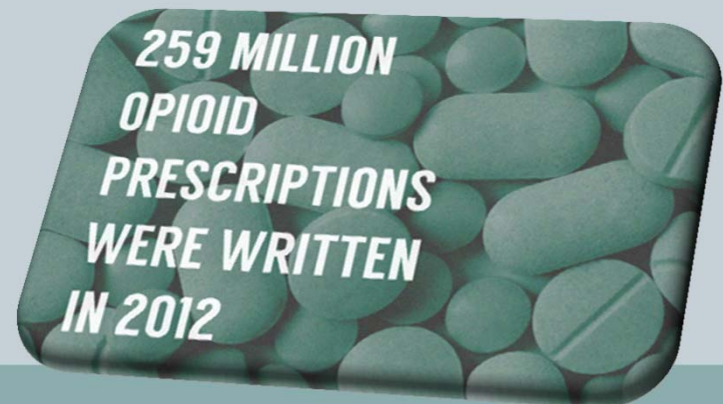
BETH.MINGEY@HOLCOMBBHS.ORG
WWW.HOLCOMBPREVENTION.ORG

EPIDEMIC



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, Coronors 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)

PENNSYLVANIA



- 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

DELAWARE COUNTY

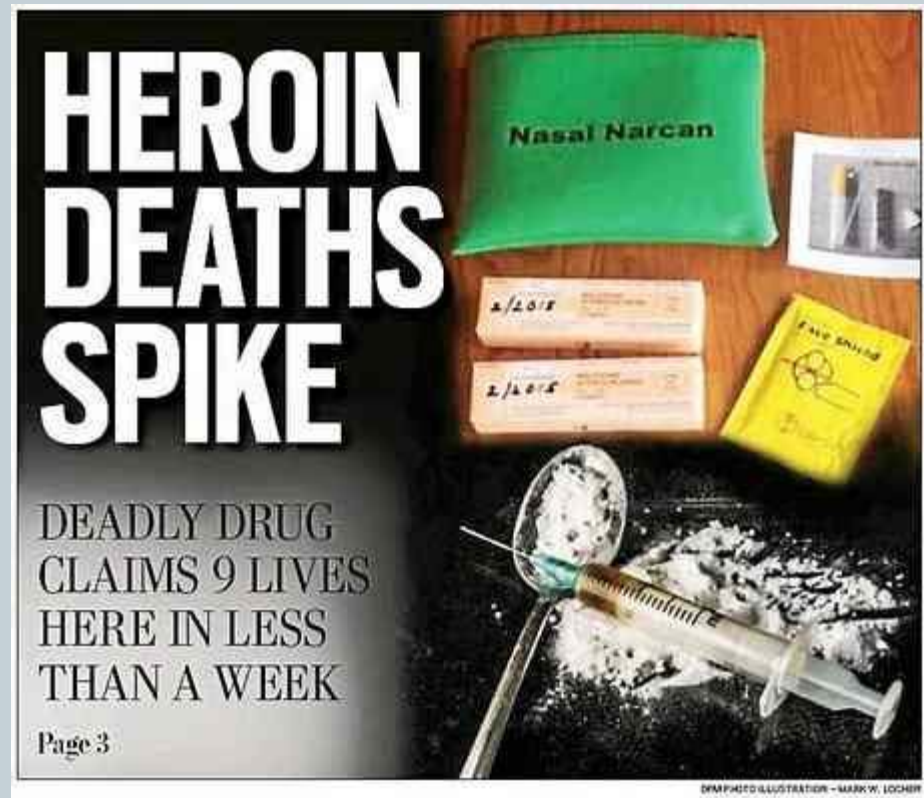
- **382% increase in deaths from 2010 to 2015**

- ✦ 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

ATOD PA Youth Survey 2015

(Source: PA Youth Survey)

Delaware County

- 12th graders lifetime use of:
 - Pain Relievers (9.2%)
 - Tranquilizers (3.8%)
 - Stimulants (5.6%)
- 12th graders 30-day use of:
 - Pain Relievers (2.6%)
 - Tranquilizers (0.8%)
 - Stimulants (1.3%)

Chester County

- 12th graders lifetime use of:
 - Pain Relievers (9.4%)
 - Tranquilizers (5.4%)
 - Stimulants (11.8%)
- 12th graders 30-day use of:
 - Pain Relievers (1.8%)
 - Tranquilizers (1.6%)
 - Stimulants (3.4%)

Rx Drug Specific PA Youth Survey 2015

(Source: PA Youth Survey)

- This information is available to everyone on the PA Commission on Crime and Delinquency's website:
 - [http://www.pccd.pa.gov/Juvenile-Justice/Pages/Pennsylvania-Youth-Survey-\(PAYS\)-2015.aspx](http://www.pccd.pa.gov/Juvenile-Justice/Pages/Pennsylvania-Youth-Survey-(PAYS)-2015.aspx)
 - Or simply Google "PA Youth Survey 2015"
 - Choose "County Reports"—Every county in PA is available

ATOD PA Youth Survey 2015

History of OPIATES



Opium Smokers (Smith, 1908)



4000 BC – Poppy Plant by Sumerians

7th Century – Opium

1803 – Morphine

1832 – Codeine

1898 - Heroin

Current Day...

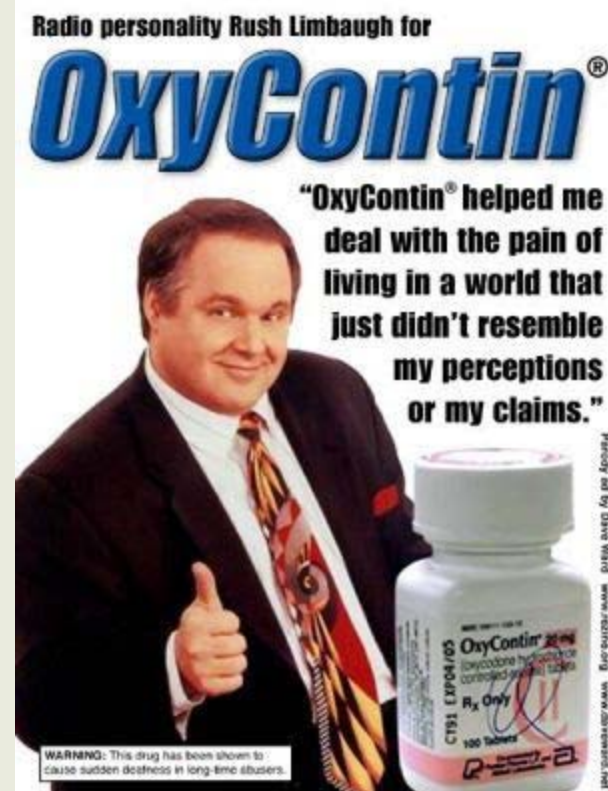
Commonly abused pharmaceuticals

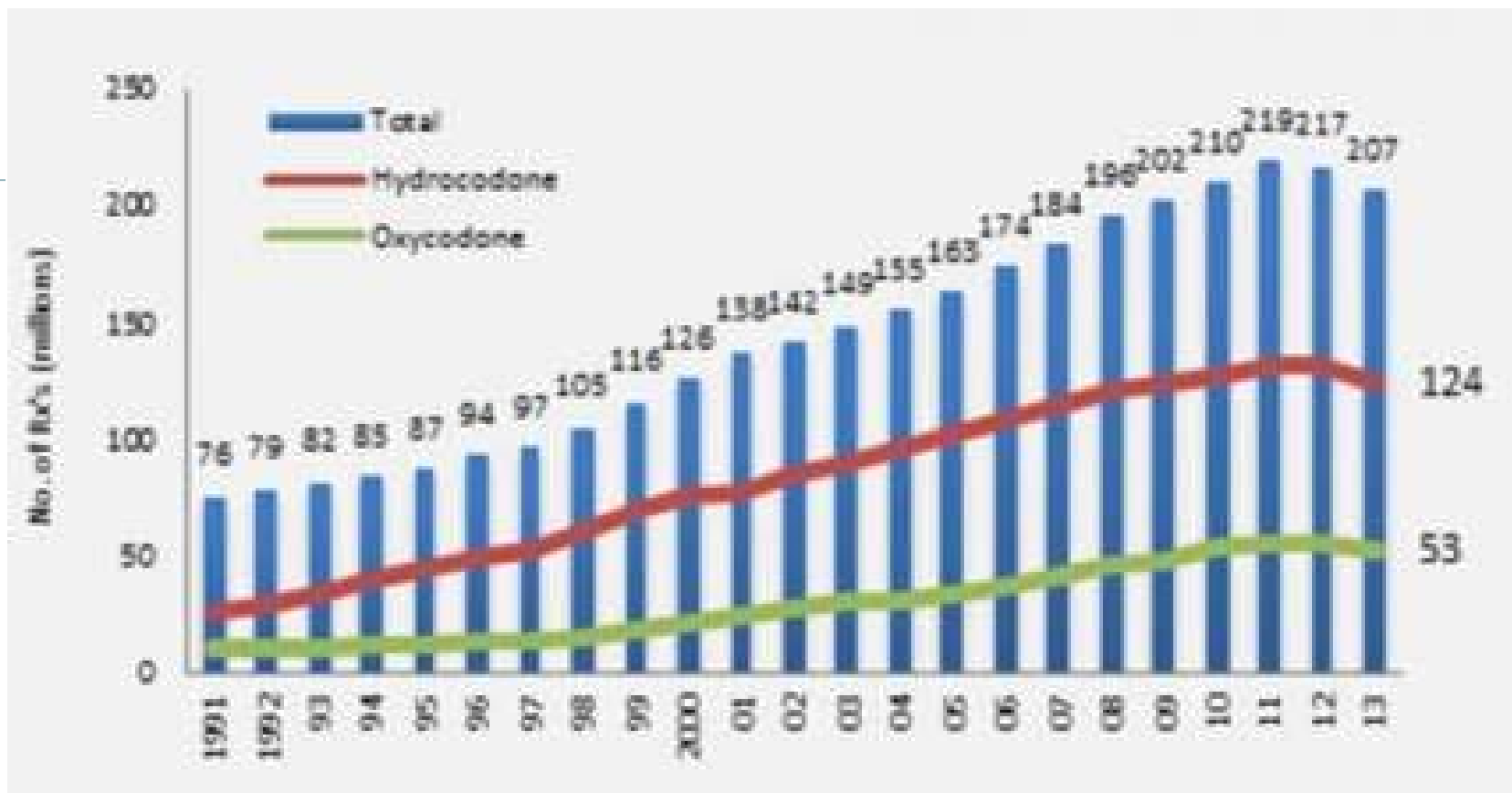
Acetaminophen Propoxyphene	Adderall 5mg	Adderall 10mg	Adderall 15mg	Adderall 20mg
Adderall 30mg	Adderall XR 5mg	Adderall XR 10mg	Adderall XR 20mg	Adderall XR 25mg
Adderall XR 30mg	Alprazolam 1mg	Alprazolam 2mg	Alprazolam 5mg	Alprazolam .25 mg
Ativan 1mg	Ativan 2mg	Ativan .5mg	Clonazepam 1mg	Darvocet-N 100mg
Darvon-3 65mg	Darvon 65mg	Darvon-N 100mg	Demerol Tablet	Demerol 50mg
Demerol 100mg	Diazepam 5mg	Diazepam 10mg	Diazepam 2mg	Dilaudid 2mg

Dilaudid 4mg	Fentanyl	Hydromorphone 2mg	Hydromorphone 4mg	Klonopin .50mg
Klonopin 1mg	Lorazepam 2mg	Lorcet 10mg	Lorcet-Plus 7.5mg	Meperidine 50mg
Methadone	Morphine	Oxycontin 10mg	Oxycontin 20mg	Oxycontin 80mg
Oxycontin 160mg	Oxycontin 710	Percocet 5mg	Percodan 2.25mg	Percodan 4.5mg
Ritalin 20mg	Roxicet 5mg-325mg	Soma 350mg	Suboxone 2mg	Temazepam 15mg
Temazepam 30mg	Valium 2mg	Valium 5mg	Valium 10mg	Vicodin 5mg
Vicodin ES-7.5mg	Xanax 1mg	Xanax 2mg	Xanax .5mg	Xanax .25mg

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.

Prescription Drugs

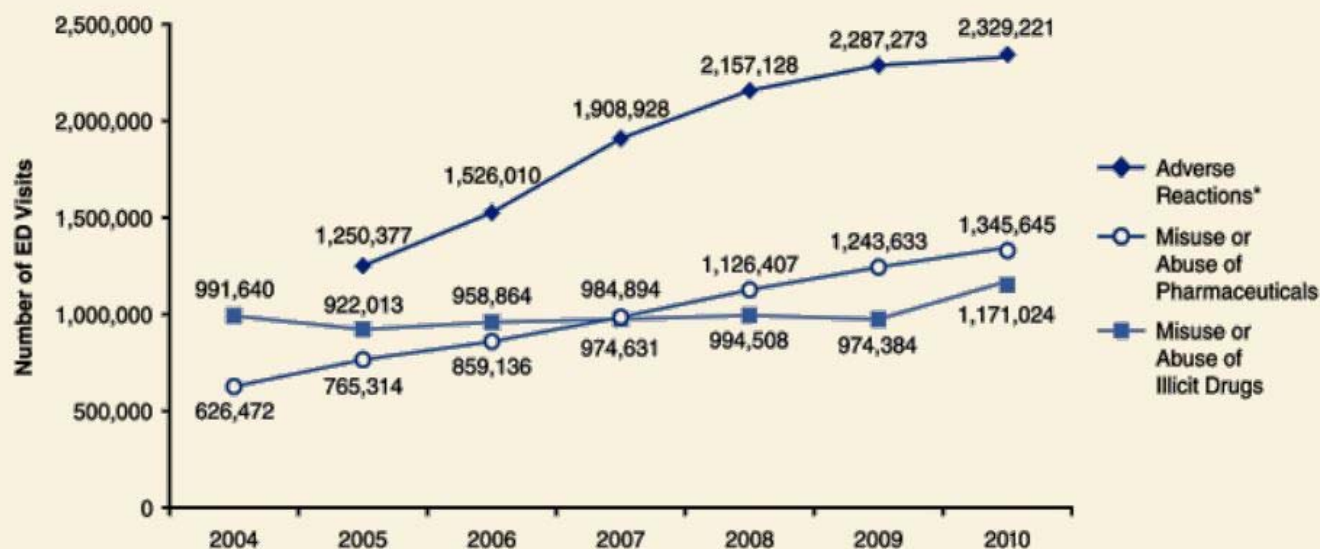


Heroin

- Between \$30-\$40 a pill
 - More easily accessible
 - “Prescribed”
 - Viewed as less harmful
- \$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.

The transition

Number of Drug-Related Emergency Department (ED) Visits, by Type of Visit: 2004 to 2010



* Estimate for 2004 suppressed due to low statistical precision.

Note: Estimates may be slightly different from those reported in previous years due to updating of DAWN's drug categorization system and resultant reassignment of drugs to drug codes. Rates may change due to changes in intercensal population estimates. For further information on the DAWN drug lexicon and updating process, see <http://www.samhsa.gov/data/DAWN.aspx>.

Source: 2010 SAMHSA Drug Abuse Warning Network (DAWN).

14

Overall ER Visits

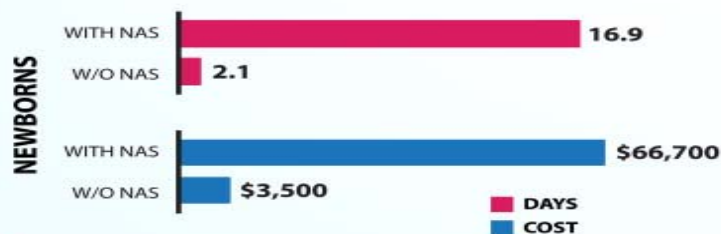
DRAMATIC INCREASES IN MATERNAL OPIOID USE AND NEONATAL ABSTINENCE SYNDROME

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.

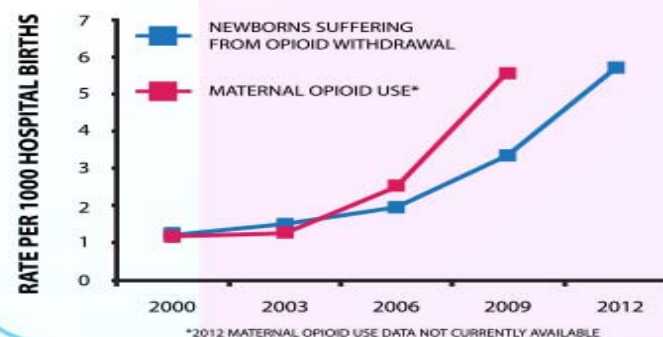


**EVERY 25 MINUTES,
A BABY IS BORN SUFFERING
FROM OPIOID WITHDRAWAL.**

AVERAGE LENGTH OR COST OF HOSPITAL STAY



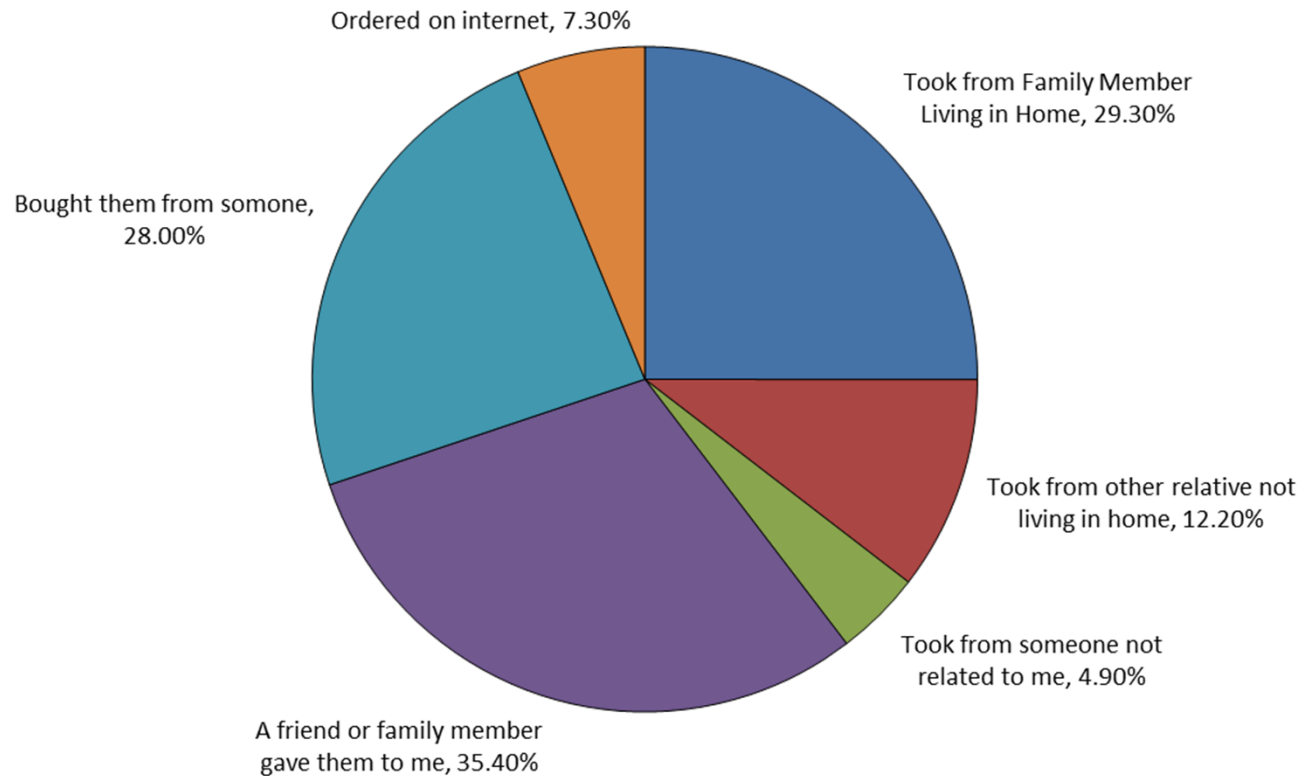
NAS AND MATERNAL OPIOID USE ON THE RISE



National Institute
on Drug Abuse

Source: [Patrick et. Al., JAMA 2012](#), [Patrick et. Al., Journal of Perinatology 2015](#)

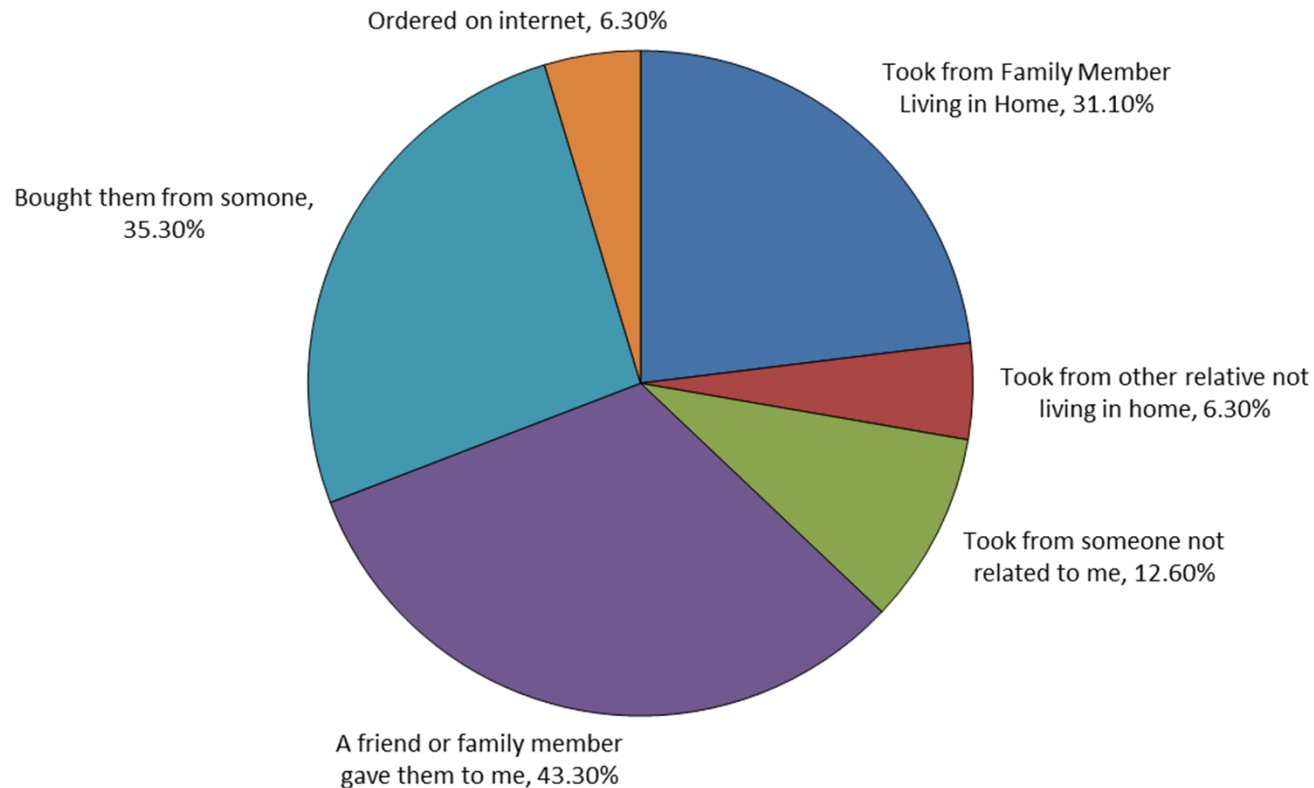
Sources of Prescription Drugs--Delaware County 12th Graders



Where do they get them?

(Source: SAMHSA Prescription Drug Abuse Trends, CADCA National Leadership Forum 2014)

Sources of Prescription Drugs--Chester County 12th Graders



Where do they get them?

DELAWARE COUTNY 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.





KEY STAKEHOLDERS!!!

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

- **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)



DELAWARE COUNTY HEROIN TASK FORCE



THE TRUTH ABOUT Heroin

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
- February 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



SAFEGUARDING MEDICATION



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.delcoda.com."

— District Attorney Jack Whelan, Chairman, Heroin Task Force



Senior Medical Advisor Dr. George Avetian, County Council Vice Chairman Mario J. Civera Jr., District Attorney Jack Whelan and Councilman Dave White



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



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 .

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.

ATTENTION HOME SELLERS **Protect Your Meds**



FACT: Prescription drugs ARE being stolen from homes for sale; sometimes during showing appointments, sometimes at open houses.

HOW THEY DO IT: Typically a team (perhaps as a couple, a family, or as friends) poses as prospective buyers. As one person keeps the REALTOR® busy with questions, others look for easily accessible prescription drugs to steal.

WHAT CAN YOU DO: Here are three easy steps you can take to prevent drug theft while your house is for sale.

- 1 Secure medications in the same way that you would a wallet, checkbook, and credit cards.
- 2 Place prescription drugs in a locked container, hide them in a location that it would take a significant amount of time to find.
- 3 Remove all controlled substance prescriptions such as: pain medications, anti-anxiety drugs and all medications used for the treatment of ADD and/or ADHD.



Century 21
Raymond McKinney
Century 21 Absolute, Springfield
Office: 610-328-4300
Cell: 484-632-3350
MIKRAYC21@aol.com

Information courtesy of Suburban West REALTORS® Association

SCHOOL ATHLETIC POLICY CHANGE

- 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

Sports Injuries and Prescription Pain Killers

Understanding Non-medical/Misuse of Prescription Medications

Prescription Medications

- The class of prescription drugs most commonly prescribed for pain is opioids, such as Vicodin, Percocet, Codeine, Demerol or Oxycontin. Under a doctor's orders, these medications can be very helpful. But if used improperly, they can be dangerous.
- Most individuals who misuse prescription medications, particularly teens, believe these substances are safer than illegal drugs because they are prescribed by a doctor. Doctors take into account things like the patient's age, weight, and medical history; the drug's form, dose, and possible side effects; and the potential for addiction, when prescribing medications.
- 70% of people 12 and older who abuse prescription drugs get them from family and friends, and 60% of teens who have abused prescription pain killers have done so before the age of 15.

What is Addiction?

- Addiction is a disease characterized by compulsive drug seeking behavior regardless of the consequences. As the illness progresses, an addicted person needs more of the drug, the illness becomes harder to treat, and the risk of overdose increases.
- Misusing medication can lead to serious consequences including addiction, other substance use, criminal activity, and even death.
- People who misuse pain killers might not understand how these factors interact and put them at risk for serious negative consequences. Additionally, mixing prescription opioids with alcohol or other drugs is the leading cause of overdose death in Delaware County.

It is important for parents/guardians to be aware of what substances your student athlete may be exposed to or using during the season. What are the signs and symptoms you should look for?

Signs of use

- Anxiety/Irritability
- Insomnia
- Long periods of sleep
- Loss of appetite/nausea
- Watery eyes
- Chills
- Depression
- Disorientation
- Pinpoint pupils

Signs of dependency

- Change in personality
- Social withdrawal
- Change in daily habits
- Neglect responsibilities
- Forgetfulness
- Increased sensitivity
- Change in appearance
- Receiving lower grades
- Increased absence

Signs of overdose*

**If you see any of these signs, consider this an emergency and call 911 immediately.*

- May not awaken when aroused
- Cold, clammy skin
- Blue lips, face, hands
- Struggle for breath
- Elevated body temperature
- Vomiting
- Behaving irrationally/confused

Take Action! What can you do if your athlete is prescribed medication?

1. **Know** → Know what medications your athlete is using and the signs of use, dependency, and overdose.
2. **Monitor** → The adult in the household should maintain possession of the medication and closely monitor the dosage and refills. Although most youth are capable of self-administering over-the-counter pain killers, prescription opiates should be closely supervised by an adult. Set clear rules with your medications! Never share, take more than prescribed, or mix with other drugs.
3. **Talk** → Discuss the dangers of prescription medications with your athlete. Emphasize that just because they are prescribed by a doctor, it does not make them safe!
4. **Lock Your Meds** → Keep all prescription medications locked up to keep your family and friends safe! When the prescription is no longer needed, dispose of the unused medication at any of the Delaware County Drop Box locations (visit www.co.delaware.pa.us/heroin for locations).

I have reviewed and understand the symptoms and warning signs of prescription drug misuse.

Signature of Student-Athlete

Print Student-Athlete's Name

Date: ____/____/____

Signature of Parent/Guardian

Print Parent/Guardians Name

Date: ____/____/____



Delaware County Council
MARIANNE GRACE
Executive Director
MARIO J. CIVERA JR.
Chairman
COLLEEN F. MORRONE
Vice Chairman
JOHN P. McBLAIN
DAVID J. WHITE
MICHAEL CULP

DELAWARE COUNTY HEROIN TASK FORCE

DELAWARE COUNTY GOVERNMENT CENTER
201 W. Front Street
Media, PA 19063

www.co.delaware.pa.us/heroin
(610) 891-4163



Delaware County

District Attorney
JOHN J. WHELAN

Delaware County Council and District Attorney Jack Whelan are committed to protecting our student athletes from misusing drugs. For more information, visit the Heroin Task Force website at www.co.delaware.pa.us/heroin.

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



David's Law



- Timeline of Law
- Leadership and community input
- State Naloxone committee
- Delaware County model



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**



Strategic Prevention Framework – Partners for Success



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