

ADDRESSING OPIOID DRUG* ABUSE IN NORTH DAKOTA

Department of Human Services, Behavioral Health Division in collaboration with the Reducing Pharmaceutical Narcotics in Our Communities Task Force

14.5% of high school students report taking prescription drugs without a doctor's prescription (YRBS, 2015).

Overdose deaths in North Dakota increased from 20 deaths in 2013 to 43 deaths in 2014 (CDC/NCHS, National Vital Statistics System, Mortality).

The percent of individuals at North Dakota Human Service Centers reporting heroin use increased by 1,047% from July 2013 (17) to December 2015 (195). (ND HSC)

GOAL ONE



Decrease access to unused/unneeded prescription drugs

GOAL TWO



Increase infrastructure and capacity to provide effective services for individuals with an opioid addiction

GOAL THREE



Increase evidence-based overdose prevention in North Dakota

LOGIC MODEL

PROBLEM	INTERVENING VARIABLES/ RISK FACTORS	STRATEGIES	SHORT-TERM OUTCOMES	LONG-TERM OUTCOMES
<p>Opioid abuse</p> <p>Opioid overdose and death</p>	<p>High access to opioids/ prescription drugs</p> <p>Lack of infrastructure and capacity</p> <p>Lack of evidence-based overdose prevention</p>	<p>Targeted and statewide communication of Tack Back Programs to increase proper disposal of unused medications</p> <p>Provide training to increase professional use of best practice.</p> <p>Provide technical assistance to professionals on best practices surrounding opioid abuse, overdose and medication assisted treatment.</p> <p>Enhance policies to support professionals in using best practices.</p> <p>Targeted and statewide communication of overdose prevention (risks and signs of overdose, responding to overdose, Good Samaritan Law, and naloxone) to increase awareness of evidence-based overdose prevention.</p> <p>Enhance federal, state and local partnerships to increase access to naloxone.</p>	<p>Decreased access to opioids/ prescription drugs</p> <p>Enhanced infrastructure and capacity</p> <p>Increased evidence-based overdose prevention</p>	<p>Decreased opioid abuse</p> <p>Decreased opioid overdose and deaths</p>

*prescription pain medication/heroin

TENTATIVE IMPLEMENTATION TIMELINE

2015																							2016												2017			
	S	O	N	D	J	F	M	A	M	J	J	A	S	O	N	D	J	M	A	M	J																	
Communication of Take Back Programs	Attendance at SAMHSA 50 State Convening on prevention of opioid overdose and opioid use disorder	Strategic Planning				Addressing Opioid Drug Abuse in North Dakota Strategic Plan presented to Reducing Pharmaceutical Narcotics in Our Communities Task Force	Receiving feedback from stakeholders and partners		×	×	×	×	×	×	×	×	×	×	×	×	×																	
Provide training														×	×																							
Provide technical assistance								×	×	×	×	×	×	×	×	×	×	×	×	×	×																	
Enhance policies								×	×	×	×	×	×	×	×	×	×	×	×	×	×																	
Communication of overdose prevention										×	×	×	×	×	×	×	×	×	×	×	×																	
Increase access to naloxone										×	×	×	×	×	×	×	×	×	×	×	×																	

PREVENTING PRESCRIPTION DRUG AND OPIOID ABUSE IN MY COMMUNITY

WHAT CAN MY COMMUNITY DO?

Host a community forum that addresses issues related to prescription drug/opioid abuse. Bring together law enforcement, pharmacies, ambulance services, behavioral health programs, schools, hospitals, business owners, community members, and other stakeholders.

Expand, initiate and promote community Take Back locations.

To see the Take Back locations near you, visit:

www.ag.nd.gov/pdrugs/takebackprogram.htm.

- Encourage local pharmacies to become Yellow Jug Old Jug Take Back locations if they aren't already. For more information and an application for pharmacies to participate, visit: www.nodakpharmacy.com/disposal.asp.
- Hold a Take Back Day to encourage community members to safely dispose of unused/old medications.
- Encourage community members to utilize available Take Back Programs.

Encourage local pharmacists to consider becoming a trained pharmacist able to prescribe naloxone. For more information, visit: www.nodakpharmacy.com/naloxone.asp.

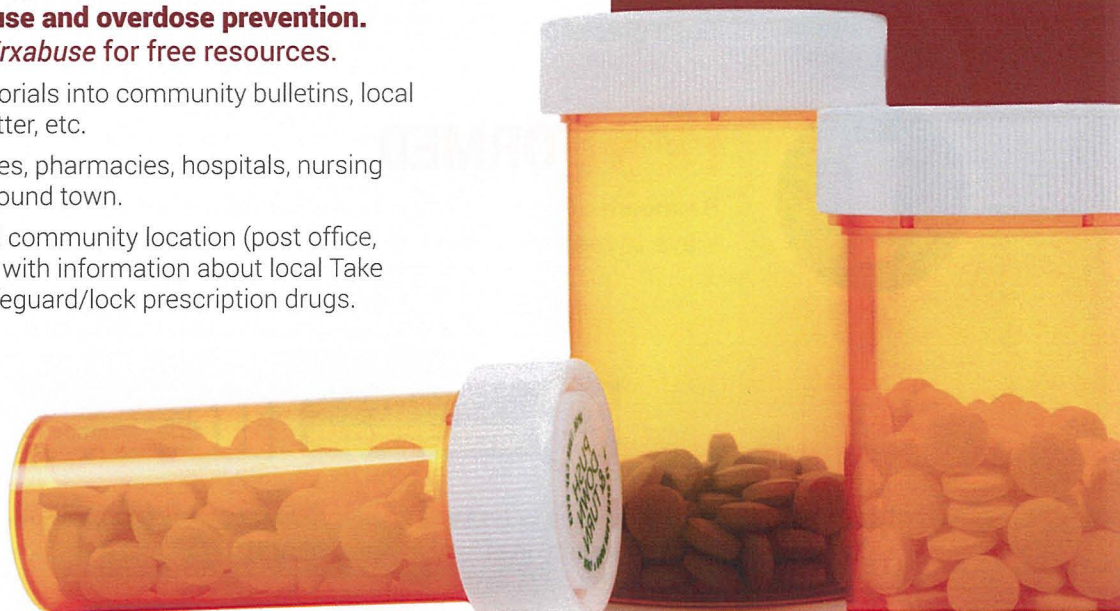
Share resources and information about issues related to prescription drug/opioid abuse and overdose prevention.

Visit www.prevention.nd.gov/rxabuse for free resources.

- Place articles and opinion editorials into community bulletins, local newspapers, chamber newsletter, etc.
- Post flyers and posters in stores, pharmacies, hospitals, nursing homes, and other locations around town.
- Set up a booth at a frequented community location (post office, clinic, community center, etc.) with information about local Take Back locations and how to safeguard/lock prescription drugs.

TIPS FOR EFFECTIVE PREVENTION EFFORTS

- ✓ Review local data to drive efforts.
- ✓ Incorporate a consistent message from multiple groups of people/organizations (e.g. school, parents, youth, law enforcement, etc.).
- ✓ Implement efforts over a period of time and in many ways (e.g. media, education, policy, etc.).
- ✓ Impact the entire community and not just one person. Bring together law enforcement, pharmacies, ambulance services, behavioral health programs, schools, hospitals, business owners, community members, and other stakeholders.
- ✓ Focus on limiting access to prescription drugs (to those who do not legitimately need medication).



WHAT CAN I DO?



LOCK

Keep medication out of sight and in a safe and secure place.



MONITOR

- ✓ Keep track of your medication and take only as directed.
- ✓ Monitor your remaining doses.
- ✓ Don't share your medication with others.



TAKE BACK

Drop off unused medication at local Take Back locations.

To find the location near you go to www.ag.nd.gov/PDrugs/TakeBackProgram.htm.

If a local Take Back location is not available:

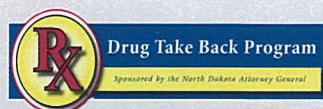
- Take your prescription drugs out of their original containers.
- Crush and mix drugs with undesirable substances, such as cat litter or used coffee grounds.
- Put the mixture in a sealable bag or a disposable container with a lid to prevent the medication from leaking or breaking out of a trash bag.
- Conceal or remove any personal information, including prescription number, on the empty containers by covering it with black permanent marker or by scratching it off.
- Place the sealed container with the mixture, and the empty drug containers, in the trash.

When in doubt about proper disposal, contact your local pharmacist. Don't flush prescription drugs down the toilet or drain.



BE INFORMED

Be aware of common signs and symptoms of abuse, signs of overdose, and ways to respond. Visit www.prevention.nd.gov/rxabuse for more information.



The North Dakota Prevention Resource and Media Center (PRMC) offers free resources and technical assistance to support your community in effective prevention efforts. Visit www.prevention.nd.gov.

ADDRESSING OPIOID DRUG ABUSE IN NORTH DAKOTA

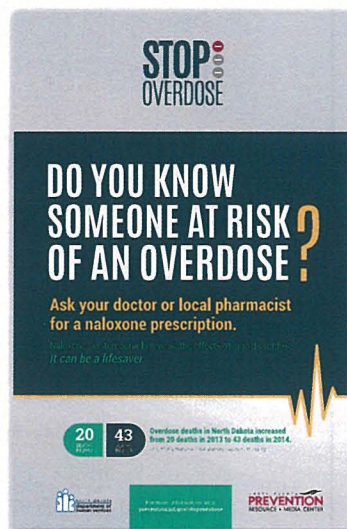
STOP OVERDOSE STATEWIDE CAMPAIGN ADDRESSING OPIOID OVERDOSE PREVENTION.

KEY MESSAGES:

- Signs of Overdose
- How to Respond to an Overdose
- Awareness of Naloxone (What it is; How it works)
- Access to Naloxone (Who can use it; Where to get it)
- Strategies to address the opioid epidemic and 'Stop Overdose'

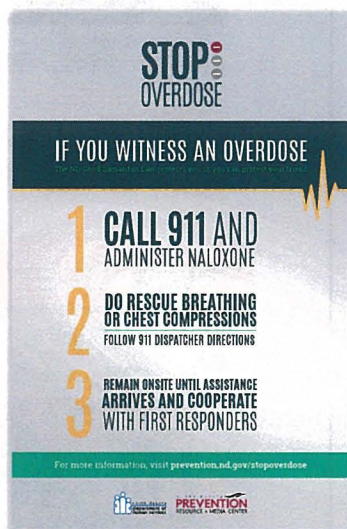
TARGET AUDIENCE:

- General Public
- High-risk users and their families
- Individuals and families receiving a naloxone prescription
- Professionals



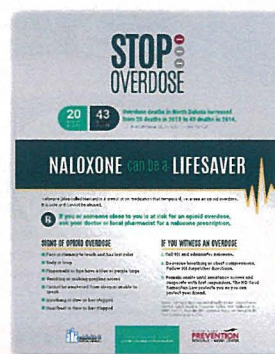
11x17 Poster #1

Target Audience:
General public



11x17 Poster #2

Target Audience:
General public



Flyer #1

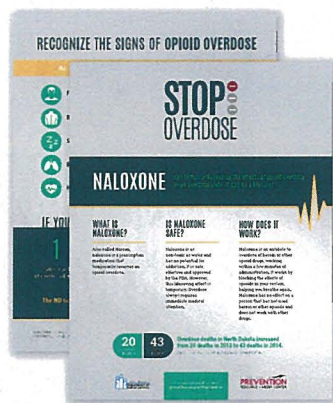
Target Audience:
High-risk users and their families

ADDRESSING OPIOID DRUG ABUSE IN NORTH DAKOTA

FUNDING SOURCE

SAMHSA Federal Funding –
Substance Abuse Prevention
Treatment Block Grant (SAPT BG)

The purpose of SAMHSA's
Substance Abuse Prevention and
Treatment Block Grant (SAPT BG)
is to support states in planning,
implementing and evaluating
activities that prevent and treat
substance abuse.



Flyer #2

Target Audience:

Individuals and families receiving
a naloxone prescription



Flyer #3

Target Audience:

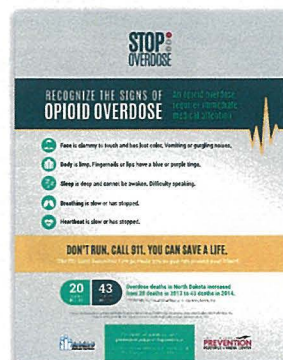
Professionals: Licensed Addiction
Counselors



Flyer #4

Target Audience:

Professionals: Pharmacists



Flyer #5

Target Audience:

General public

STOP OVERDOSE

IF YOU WITNESS AN OVERDOSE

The ND Good Samaritan Law protects you so you can protect your friend.

1 **CALL 911 AND
ADMINISTER NALOXONE**

2 **DO RESCUE BREATHING
OR CHEST COMPRESSIONS**
FOLLOW 911 DISPATCHER DIRECTIONS

3 **REMAIN ONSITE UNTIL ASSISTANCE
ARRIVES AND COOPERATE
WITH FIRST RESPONDERS**

For more information, visit prevention.nd.gov/stopoverdose



NORTH DAKOTA
PREVENTION
RESOURCE & MEDIA CENTER

Created in partnership with the Reducing Pharmaceutical Narcotics in our Communities Task Force

STOP OVERDOSE

20

DEATHS
IN 2013

43

DEATHS
IN 2014

Overdose deaths in North Dakota increased from 20 deaths in 2013 to 43 deaths in 2014.

CDC/NCHS, National Vital Statistics System, Mortality

NALOXONE can be a LIFESAVER

Naloxone is a prescription medication that temporarily reverses an opioid overdose. Sold under the brandname Narcan® or Evzio®, the medication can be given by intranasal spray or auto-injector.



If you or someone close to you is at risk for an opioid overdose, ask your doctor or local pharmacist for a naloxone prescription.

SIGNS OF OPIOID OVERDOSE

- Face is clammy to touch and has lost color
- Body is limp
- Fingernails or lips have a blue or purple tinge
- Vomiting or making gurgling noises
- Cannot be awakened from sleep or unable to speak
- Breathing is slow or has stopped
- Heartbeat is slow or has stopped

IF YOU WITNESS AN OVERDOSE

1. Call 911 and administer naloxone.
2. Do rescue breathing or chest compressions. Follow 911 dispatcher directions.
3. Remain onsite until assistance arrives and cooperate with first responders. The ND Good Samaritan Law protects you so you can protect your friend.

Source: Substance Abuse and Mental Health Services Administration. SAMHSA Opioid Overdose Prevention Toolkit. HHS Publication No. (SMA) 16-4742. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2016.



For more information, visit
prevention.nd.gov/stopoverdose

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68%



of people who abuse prescription pain relievers obtain them from a friend or relative

NSDUH National Findings, 2013

GOAL ONE

Decrease access to unused/unnecessary prescription drugs

GOAL TWO

Increase infrastructure & capacity to provide effective services for individuals with an opioid addiction

GOAL THREE

Increase evidence-based overdose prevention in North Dakota

WHAT COMMUNITIES CAN DO

- Host a community forum that addresses issues related to prescription drug and opioid abuse
- Expand, initiate, and promote community Take Back locations
- Encourage local pharmacists to consider becoming trained to prescribe naloxone

TAKE BACK PROGRAMS

- Safely dispose of unused or unneeded medications at a local Take Back location
- Pharmacies are now able to become a local Take Back location
- Reducing access to prescription opioids decreases prescription drug abuse

GOOD SAMARITAN

- Signs of Overdose
- Don't Run. Call 911. You Can Save a Life
- The North Dakota Good Samaritan Law protects you so you can protect your friend
- The Law provides protection from prosecution for ingestion or possession of a substance or possession of drug paraphernalia for a maximum of three people, including the person overdosing if the following rules are followed: Call 911 for assistance in a medical emergency, Remain onsite until assistance arrives, Cooperate with law enforcement and emergency medical service personnel

OPIOID OVERDOSE

- Who is at risk for an overdose
- What are the signs of overdose
- How to respond if you witness an overdose
- How to access naloxone

EFFECTIVE TREATMENT

- Medication Assisted Treatment is an evidence-based treatment for opioid use disorder
- North Dakota is one of two states without an Opioid Treatment Program (OTP)
- Currently Minot and Bismarck have programs pursuing licensing to become an OTP



For more information, visit
prevention.nd.gov/stopoverdose

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STEPS TO HELP PREVENT Prescription Drug Abuse

Be responsible with your medication.



LOCK

Keep medication out of sight and in a safe and secure place.



MONITOR

Keep track of medication and take only as directed.



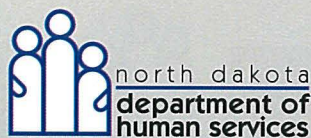
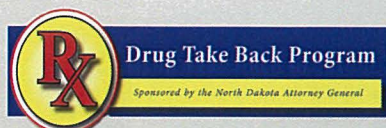
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NSDUH National Findings, 2013



prevention.nd.gov/rxabuse

MEDICATION DISPOSAL

GRAND FORKS REGION
Human Service Center Region 4

Deposit unused meds in the Take Back container located at these participating locations:

Grand Forks Sheriff's Office

122 S 5th St., Grand Forks

Thrifty White Drug #81

1395 S Columbia Rd. #C, Grand Forks

Altru Retail Pharmacy

1208 S Columbia Rd., Grand Forks

Lakota Drug

117 Main St. N, Lakota

Pembina County Sheriff's Office

308 Courthouse Dr. #2, Cavalier

Drayton Drug

104 E Hwy. 66, Drayton

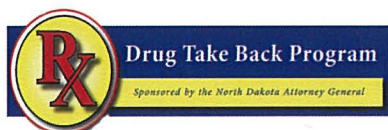
Walsh County Sheriff's Office/Grafton Police Department

638 Cooper Ave., Grafton

Ye Olde Medicine Center

503 Park St. W, Park River

List updated as of January 2016



prevention.nd.gov/rxabuse

PROTECT
YOURSELF
AND THOSE
AROUND YOU.

**SAFEGUARD
YOUR MEDS**

