# 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).

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### 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

<table>
<thead>
<tr>
<th>PROBLEM</th>
<th>INTERVENING VARIABLES/ RISK FACTORS</th>
<th>STRATEGIES</th>
<th>SHORT-TERM OUTCOMES</th>
<th>LONG-TERM OUTCOMES</th>
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</thead>
<tbody>
<tr>
<td>Opioid abuse</td>
<td>High access to opioids/prescription drugs</td>
<td>Targeted and statewide communication of Tack Back Programs to increase proper disposal of unused medications</td>
<td>Decreased access to opioids/prescription drugs</td>
<td>Decreased opioid abuse</td>
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<tr>
<td>Opioid overdose and death</td>
<td>Lack of infrastructure and capacity</td>
<td>Provide technical assistance to professionals on best practices surrounding opioid abuse, overdose and medication assisted treatment.</td>
<td>Enhanced infrastructure and capacity</td>
<td>Decreased opioid overdose and deaths</td>
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<tr>
<td>Opioid overdose and death</td>
<td>Lack of evidence-based overdose prevention</td>
<td>Enhance policies to support professionals in using best practices.</td>
<td>Increased evidence-based overdose prevention</td>
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## Tentative Implementation Timeline

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<tr>
<th></th>
<th>2015</th>
<th>2016</th>
<th>2017</th>
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<tr>
<td><strong>Communication of Take Back Programs</strong></td>
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<td>Provide training</td>
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<td>Provide technical assistance</td>
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<td>Enhance policies</td>
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<td>Communication of overdose prevention</td>
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<td>Increase access to naloxone</td>
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| Attendance at SAMHSA 50 State Convening on prevention of opioid overdose and opioid use disorders | 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 |

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<tr>
<th>Month</th>
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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.


- 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.
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

Poster #1
Target Audience: General public

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

Call 911 and administer naloxone.

Do rescue breathing or chest compressions.

Follow 911 dispatcher directions.

Remain onsite until assistance arrives and cooperate with first responders.

For more information, visit prevention.nd.gov/stopoverdose
Overdose deaths in North Dakota increased from 20 deaths in 2013 to 43 deaths in 2014.

CDC/NCHS, National Vital Statistics System, Mortality

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.


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

Created in partnership with the Reducing Pharmaceutical Narcotics in our Communities Task Force
Overdose deaths in North Dakota increased from 20 deaths in 2013 to 43 deaths in 2014. CDC/NCHS, National Vital Statistics System, Mortality. 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/unneeded prescription drugs

**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

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

**OPOID 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

**GOAL THREE**
Increase evidence-based overdose prevention in North Dakota

**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

**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

**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

For more information, visit [prevention.nd.gov/stopoverdose](http://prevention.nd.gov/stopoverdose)

Created in partnership with the Reducing Pharmaceutical Narcotics in our Communities Task Force.
Keep medication out of sight and in a safe and secure place.

Keep track of medication and take only as directed.

Drop off unused medication at local Take Back locations. To find the location near you go to www.ag.nd.gov/PDrugs/TakeBackProgram.htm.

68% of people who abuse prescription pain relievers obtain them from a friend or relative. NSDUH National Findings, 2013
MEDICATION DISPOSAL

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

PROTECT YOURSELF AND THOSE AROUND YOU.

SAFEGUARD YOUR MEDS

prevention.nd.gov/rxabuse