Pathways to Long-Term Recovery: Overdose Prevention and Syringe Access

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Among the **19.3 million** individuals aged 12 or older classified as needing substance use treatment not receiving treatment in the past year, only **4.6%** reported that they perceived a need for treatment for their drug or alcohol use problem.

-*America’s Need For & Receipt of Substance Use Treatment in 2015, SAMHSA*
Overdose

• 2016 American OD deaths > entire Vietnam War
• 59,000-65,000 drug OD deaths in 2016
• Veterans 2x more likely to die of overdose
• OD death more likely in first 28 days after leaving inpatient
• Rural residents 50% higher OD death rates than urban
• AZ: 2016 - 1497 OD deaths, 790 opioid-related
• 45-54 highest death rates
Health Disparities

• Hepatitis C – 33% of young PWID, 70-90% of older & former PWID (CDC)
• HIV – Global prevalence among PWID 28x higher
• 50-90% of PWUD living with HIV also have HCV
• Trauma - In surveys of adolescents receiving treatment for substance abuse, more than 70% of patients had a history of trauma exposure
• Nutrition - Lower average weight than controls
• Arrest - 1,488,707 drug arrests in 2015 (84% possession)
• Incarceration - 2,224,400 in 2014
• Education – Financial aid denied for students w/ drug convictions
HIV Health Disparities in AZ

Figure 16: Arizona by Transmission Category, 2015

*MSM=Men who have sex with men, NR=Not reported, HRH=High-risk heterosexual sex, IDU=Intravenous drug use

Figures 14-16 display the Spectrum of Care Engagement for Arizona’s prevalent cases by year (2011-2015), race, and transmission category, respectively.
Harm Reduction Solutions

• Meeting the client where they’re at
• Good Samaritan legislation
• Education
• Trauma Informed Care
• Syringe access programs
• Naloxone
STAGES OF CHANGE

PRE-CONTEMPLATION
no intention on changing behaviour

CONTEMPLATION
aware a problem exists but with no commitment to action

ACTION
active modification of behaviour

MAINTENANCE
sustained change; new behaviour replaces old

RELAPSE
fall back into old patterns of behaviour

UPWARD SPIRAL
learn from each relapse

Prochaska & DiClemente, 1983
Syringe Access Programs

• HIV/HCV Prevention (Indiana example)
• Overdose prevention
• Reduce needle sticks to LE by 66%
• Prevent abscess, infection, endocarditis…
• Address alienation, isolation, stigma
• Ancillary services (disease testing, health insurance signup, case management)
• Referrals
• Cost effective! Every $1 saves $7 in HIV care
• Increase crime
• Increase/enable drug use
• “Give drug users a free pass”
• Not worth the investment
• Drug users don’t care about their health
SAP Barriers

• State law
  – Distribution of paraphernalia?
  – Possession of drug residue?

• Funding

• Stigma
AZ Syringe Access Programs

- Tucson – LifePoint, SAAF SAP
- Maricopa County/Apache Junction – Shot In The Dark
- Globe – D.O.P.E.
- Flagstaff
- Kingman
- Camp Verde
Overdose Prevention Programs
Naloxone

- Used since 1960’s (emergency) & 1990’s (community)
- Non-addictive
- Acute withdrawal only side effect
- Easy to administer
- Does not encourage drug use
Precedence

Unintentional overdose deaths, New York City, 2004-2010

Opiate overdose deaths, Cook County, Illinois, 1996-2003
Therapeutic Value of Overdose Prevention & SAPs

• Discussing risk reduction
  – Tells clients you care about their survival

• Education and peer distribution
  – Gives people purpose, promotes importance of community health

• Framing overdose & disease as preventable, life skill
  – Instills hope
  – Reduces drug use, increases access to health care
AHCCCS-SPW Partnership

- Statewide naloxone distribution and OD prevention education
- Every county and reservation
- Targeting high risk persons, family members, law enforcement
- Assisting agencies to set up their own programs
- Sep 2016-June 2017: 11,000 kits distributed, ~1050 rescues
- 14 counties; Salt River, Pascua Yaqui, San Carlos Apache, Fort McDowell, Colorado River Reservations
Diverse Partnerships

- Emergency departments - MIHS Maricopa Medical Center
- Jails - Maricopa County Jails
- Law enforcement - Navajo County Sheriff, Fort McDowell Tribal Police, Tucson PD
- Syringe access programs - Southern AZ AIDS Foundation
- Behavioral health - Terros, Lifewell
- Treatment centers - Intensive Treatment Systems
- HIV/AIDS care - Northland Cares
- Sober living homes - Ktizio, TLC
- County health departments – Navajo County, Yavapai County
Resources

- www.prescribetoprevent.org
- www.getnaloxonenow.org
- www.harmreduction.org
- www.drugpolicy.org
- https://www.cdc.gov/pwud/addiction.html