Making a Difference in the Opioid Epidemic Thru Education and Advocacy

cover2.org
Samuel, Mathew and Amy
July 18, 2015

Cover2 Resources, Inc.
October 23, 2015
SAMUEL D. McNEIL

JULY 22, 1987 - OCT. 23, 2015

Nothing that is loved is ever lost...
No one who has touched a life,
who has brought beauty to
the world, is ever truly gone.

Cover2 Resources, Inc.
Cover2 Resources: Our Mission

To spread awareness, educate and advocate for those touched by the opioid epidemic to eliminate the stigma and dramatically improve the probability for long-term recovery.
Our First Initiative

The Cover2 PPT Podcast Series

- Detective Investigating Sam’s Case Ep#20
- Addiction Recovery Specialists Ep#11
- Rehabs Sam Completed Ep#02

Cover2 Resources, Inc.
Our First Initiative

The Cover2 PPT Podcast Series

- Highlight difference-makers in opioid epidemic
- Incorporate lessons learned and success stories
- Series launch June 6, 2016
- Alexa “Play the Cover2 Resources Podcast Series”

Series Highlights

- Listens: 32,800
- Live episodes: 186
- Listening hours: 100

Cover2 Resources, Inc.
The True Tale of America’s Opioid Epidemic

Dreamland  Author: Sam Quinones  Ep.#57

Interviews with Experts Featured in Dreamland

- Lisa Roberts  Portsmouth’s Pill-Mills  Ep. #69
- Dr. Joe Gay  Over-Prescribing & Overdose Deaths  Ep. #70
- Jason Merrick  Treating OUD in Correctional Institutions  Ep. #71
- JoAnna Krohn  SOLACE Founder  Ep. #74
How Did We Get Here?

**During the Civil War, Morphine was often utilized**

- **1861-1865**
  - Heroin is first produced for commercial distribution by the Bayer Company

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- **1914**
  - The Controlled Substances Act is written into law.

- **1970**
  - OxyContin, a longer acting interaction of oxycodone is introduced

- **1995**
  - Pill Mills Emerge

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- President Trump declares a national public health emergency.

Key events:
- 1861-1865: The Civil War
- 1898: Heroin is first produced for commercial distribution by the Bayer Company.
- 2002: Mexican Cartels sell black-tar heroin via pizza delivery model.
- 2007: FDA approves a new formulation of OxyContin that is said to contain abuse deterring qualities. It is still abused.
- 2010: HB93 closes Pill Mills in Ohio.
Opioid Crisis Began with **Prescribing Increase**

- Opioid prescriptions **Nearly Tripled** between 1999-2011
- People misusing analgesics **Directly & Indirectly** obtain them by prescription

Source where pain relievers obtained for most recent misuse

<table>
<thead>
<tr>
<th>Source</th>
<th>%</th>
</tr>
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<tbody>
<tr>
<td>Prescription</td>
<td>36%</td>
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<tr>
<td>Friend/Relative</td>
<td>54%</td>
</tr>
<tr>
<td>Other</td>
<td>10%</td>
</tr>
<tr>
<td>Other (Other)</td>
<td>3%</td>
</tr>
<tr>
<td>Friend/Relative (Other)</td>
<td>10%</td>
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IMS Health, National Prescription Audit, 2012-2013
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Nationwide Comparison of Oxycodone Purchases by Practitioners
January - June 2010

FL: 41,285,772
OH: 1,021,933
GA: 1,102,120
MD: 794,124
CA: 489,942
TN: 302,873
KY: 255,442
PA: 240,768
NV: 231,877
NC: 188,102
Remaining States: 174,208
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Fentanyl-Related Deaths Surpassed Heroin or Rx Opioid Related Deaths in 2016

Graph from NY Times Article based on CDC MMWR Report
"The Trade" - SHOWTIME's New Docu-series
Watch. Listen. Share.
Prevention
Addiction is a Pediatric Disease

- 90 percent of adults with substance use disorder initiated use as teens
- Early adverse experiences strongly influence risk for substance use disorder
  - Child neglect and maltreatment
  - Drug use and addiction among parents

Brain Development Continues Until the Early to Mid 20’s
### Why Delay the Age of First Use?

<table>
<thead>
<tr>
<th>Age of First Drug Use</th>
<th>13 &amp; younger</th>
<th>14</th>
<th>15</th>
<th>16</th>
<th>17</th>
<th>18</th>
<th>19</th>
<th>20</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent with Lifetime Drug Use</td>
<td>33.6%</td>
<td>26.8%</td>
<td>25.4%</td>
<td>17.7%</td>
<td>15.1%</td>
<td>15.0%</td>
<td>13.4%</td>
<td>11.4%</td>
</tr>
</tbody>
</table>
LIFE TRAJECTORY

Age

Critical Period

POTENTIAL
St. Joseph Healthcare

78 ER Physicians Program Roll Out January 2016

Alternatives to Opiates

✓ Targeted non-opioid medications
✓ Trigger point injections
✓ Nitrous Oxide
✓ Ultrasound guided nerve blocks

50% Reduction in Opiate Prescriptions Written
Pain Management Education
Dr. Phyllis L. Hendry  University of Florida  Ep. # 119

- Dr. Hendry: Professor of Emergency Medicine and Pediatrics
- Created PAMI: Pain Assessment and Management Initiative
- Pain is complex with many types: Acute, Chronic, Procedural
- Patients now know their risks and options—for free

Cover2 Resources, Inc.
Drug Free Clubs of America
Angie Ferguson, Director        Cincinnati, Ohio       Ep. # 58

- Founded 2004 by Firefighters in Cincinnati
- Voluntary High School Program
- Student-Led Program
- Participant Rewards in School & Business Community
- 6,133 Student Members
- Fall 2018: 49 Chapters in Six States

- February 10, 2017
  - Summit County Educational Center Hosts DFCA Workshop
  - Angie Ferguson & DFCA Team Instruct Conduct ½ Day
  - 10 Summit County Area Schools Participate with Teams of 3 to 6
  - Projected New Chapters for 2018: Hudson, Cuyahoga Falls, Barberton

- Video

Cover2 Resources, Inc.
Finding Help
What They Don’t Tell You

✓ Recovery is Life Long; Rehab is Just the Beginning
✓ One Size Doesn’t Fit All – Abstinence vs MAT
✓ Remote Rehab Equals Remote Life
✓ Relapse is Part of Recovery
Addiction is Progressive

Higher Severity = Higher Risk

As substance use problems escalate

- Mental health problems
- Physical health problems
- Life and relationship problems
- Risk of Death
Do NOT Wait for Rock Bottom

The sooner treatment starts the better the chances of long term recovery
1. **Offer or pay** any commission, bonus, rebate, kickback, or bribe, directly or indirectly, in cash or in kind, or engage in any split-fee arrangement, in any form whatsoever, **to induce the referral** of patients or patronage to or from a health care provider or health care facility;

2. **Solicit or receive** any commission, bonus, rebate, kickback, or bribe, directly or indirectly, in cash or in kind, or engage in any split-fee arrangement, in any form whatsoever, **in return for referring patients** or patronage to or from a health care provider or health care facility;

3. **Solicit or receive** any commission, bonus, rebate, kickback, or bribe, directly or indirectly, in cash or in kind, or engage in any split-fee arrangement, in any form whatsoever, **in return for the acceptance or acknowledgment of treatment** from a health care provider or health care facility; or
Substance Use Disorder Patient

Sobriety

Sober Home

Detox & Inpatient Treatment

Outpatient Care: PHP/IOP/OP

Labs

Marketers

In Practice: “The Florida Shuffle”
✓ Beachway 60 days > Sober Living 5 months clean > New Sober House 3 weeks
✓ Good insurance contributed to loss of son
✓ No certification required for sober houses
✓ Insurance charged 4-6k for drug tests every other day
✓ House manager paid drug dealer to provide drugs to residents
Safe Sources for Help

- The Emerald Jenny Foundation  Ep# 114
- Relink.org  Ep# 102
- Addiction Resource Center  Ep# 82

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Recovery
**THE OPIOID CRISIS**

**BY THE NUMBERS**

**MORTALITIES**

- **174** Americans die from drug overdose each day.
- **66,817** People died from drug overdose for the 12 months ending June 2017.
- **16.3%** Increase in overdose deaths between June 2016 and June 2017.
- **21%** Increase in drug overdose deaths between 2015 and 2016.

**300,000** people reported using heroin in the past year.

**26,500** overdoses reversed by laypeople using naloxone from 1996 to 2014.

**2 million** Americans have a substance use disorder involving prescription pain relievers in 2015.

**Three states with the highest age-adjusted overdose rates per 100,000:**
- Ohio: 39.1
- New Hampshire: 62.0
- West Virginia: 59.0

**92,100** children in the foster care system in fiscal year 2018, whose removal from the home was associated with circumstances involving parents’ drug abuse.

**The opioid crisis cost: $504 Billion in 2015.**

2.8% of GDP

Percentage of the U.S. Gross Domestic Product associated with the cost of the opioid crisis.

20% of reduction in the male workforce is attributed to opioid use.

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Drug Addiction in the Workplace
Eric Hicks, Plant Mgr. Jones Plastic Engineering
Camden, TN Ep. # 180

Jones Plastic Engineering Before
- 225 Employees
- 75% Turnover Rate
- 15% Workforce Absenteeism
- High Defect Rate
- 100% New Hire Drug Test Failure Common

After Instituting Recovery for the Workforce
- A Culture Change
- 50% Turnover Rate
- Absenteeism Cut In Half
- 84% Improvement in Defect Rate
- 100% New Hire Drug Test Pass Common

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- Collaborative Pilot Program with JFK Medical Center and University of Miami
- Modeled after a Yale-New Haven Hospital program in CT
- Paramedics and peer counselors meet patient in hospital
- A plan and treatment schedule is devised
- Meet with patient in their home every day and evaluate withdrawal symptoms
- Combination of in-home peer counseling and Suboxone makes for an onboard ramp to treatment.
• Academic and Public Partnership
• Consolidated View of 15-20 Datasets
• Probability of Death within 12 Months of Overdose
• Prescriber Benchmarking
• Bridge Clinic
QRT – Quick Response Teams
Dan Meloy, Safety Director  Colerain, Ohio  Ep. # 25

- Program Roll Out July 2015
- QRT Teams
  - Police
  - Fire
  - Social Services
- 35% Reduction in Overdose
- 80% Into Treatment

- December 10, 2016
- Green Mayor Neugebauer
  Hosts QRT Workshop
- Colerain Safety Director
  Dan Meloy & Team Instruct
- 15 Communities Represented
QRT – Quick Response Teams
Summit County

- Akron
- Barberton
- Coventry
- Cuyahoga Falls
- Green
- Hudson
- Munroe Falls
- Norton
- Stow
- Tallmadge
▪ Pilot Study in 2016: Out of 100 Patients with Recovery Coaches 26 Relapsed

▪ A Study Connect Overdose Patients to a Recovery Coach in the ER

▪ Program Roll Out January 2015

▪ 80% Engaged in Recovery Support Services

▪ AscentED – Program at MetroHealth in Cleveland launched 2018
Safe Stations
Mike Hickey    Manchester, NH    Ep. # 88

- All Fire Stations Designated Safe Havens
- Available 24 x 7
- Firefighters connect addicts with treatment support services
- Program Roll Out May 2016
- 1,326 People into Treatment
- 70% Completed Treatment Program
- Video
Pilot a Rapid Overdose Outreach Project in Lakewood, Ohio

Hybrid incorporating the best of many programs: QRT, Safe Stations and AnchorED

Peer support specialists link people to recovery

A collaboration of over 25 community partners

Projected launch date: October 1, 2017
Using Genetics to Treat Addiction

Dr. Howard Wetsman    New Orleans, LA.    Ep. # 181

- Frontend Treatment with Genetic Testing for Dopamine Tone
- Sequencing medical treatment for people with addiction
- MTHFR: Enzyme turns folate in our diet to L-methyl folate
- The Brain uses L-methyl folate to Produce Dopamine
- 80% Experienced an Abnormality
Collaboration between the St. Vincent Charity Medical Center and Rosary Hall

- Offers FREE Uber rides to those in Intensive Outpatient (IOP) Programs
- Eliminates travel costs for patients
- Provides a private environment for reflection after treatment sessions
- 100% success rate for all 15 initial participants
Harm Reduction
- Program Launch 2013
- Provide Naloxone Training and DAWN Kits
- 9,175 Kits Provided
- Known Project DAWN Lives Saved to Date: 1,427
Dr. Capraro helped develop the Naloxbox
- Inspired in part by the proliferation and laws requiring AEDs for heart attacks
- Kit contains Naloxone and tools like breath masks
- Ambulance wait-times, even if only 8 minutes, often too late
- Aids bystander rescuers
- Gives a second chance for recovery
72.2% Increase in Fentanyl Related Overdoses 2015

- Fentanyl Test Strips Distributed Through Needle Exchange Program
- Test Results in Less Than 5 Minutes
- 79% of Heroin Testing Positive for Fentanyl
- 10 X More Likely to Use Less
- 25% Less Likely to Overdose
FTP Fentanyl Test Strip Pilot Program
Cleveland and Portsmouth, Ohio

- Instruction on Fentanyl Test Strips Use
- Distribute Survey
- Consolidate and Report Results
  - Where Drugs Were Obtained
  - Positive vs Negative Test Results
  - Positive Results: Usage Habit Changes
  - Qty Used
Criminal Justice & Recovery
- On Ramp for Drug Court
- Before the Judge Daily
- MAT Begins within 24hrs of Arrest
- Graduation Requirements
  - 90 Days in the Program
  - Team Approach: Aftercare, Sober Environment, Healthy Lifestyle
What Can We Do to Make a Difference?
Opioid Epidemic Emergency Declarations

- Alaska 2017
- Arizona 2017
- Florida 2017
- Maryland 2017
- Massachusetts 2014
- Pennsylvania 2018
- South Carolina 2017
- Virginia 2016

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Benefits to declaring a public health disaster:

- Allows a full-scale, quick response without using up state resources
- Received $5m in federal grants to address overdose epidemic
- Creates permission for state and federal employees to commit time to help
- Allows legal opportunities to issue a standing order for naloxone, making it more widely available
- Opens the path for opioid related bills, affecting how they are prescribed
Agencies share data, information, and ideas to combat the epidemic collaboratively

- Governor’s Office of Crime Control & Prevention
- Department of Health and Mental Hygiene
- Maryland Emergency Management Agency
- Maryland State Police
- Maryland State Department of Education
- Department of Human Resources
- Department of Juvenile Services
- Dept. of Public Safety and Correctional Services
- Maryland Institute for Emergency Medical Services Systems
- Maryland Higher Education Commission
- Maryland Insurance Administration
- Office of the Attorney General

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Protecting Our Borders

- Nicole Lewis  The Washington Post  Ep. #129
  - Building a Border Wall is Not The Solution

- Jeanne Whalen  Wall Street Journal  Ep. #64
  - China’s Fueling America’s Fentanyl Crisis
Criminal Chemistry
Traffickers manufacturing fentanyl often purchase the key ingredient from China, which doesn't regulate its sale. Here's how the chemical building blocks become a highly profitable street drug.

The key ingredient is NPP, 25 grams of which can be bought from China for about $87.

NPP can be combined with about $720 of other chemicals to produce fentanyl.

The resulting 25 grams of fentanyl cost about $810 to produce...

...and are equivalent to up to $800,000 of pills on the black market.

*Average current price from Chinese suppliers
†Prices from U.S. suppliers

Sources: NES Inc.; Drug Enforcement Administration; Calgary Police
• U.S. Customs and Border Protection Does Not Receive Advance Electronic Data on USPS Shipments

• UPS and FedEx Provide Advance Data on Shipments

• Data is Critical in Helping Identify Packages with Fentanyl
The Challenge

Mt. Everest is literally located at the top of the world

29,035 feet above sea level

4,000 people have successfully climbed Mt. Everest
## In Climbing: Much to Manage

### Personal Gear:
- Ten essentials
- Sleeping bag rated to at least -20°F (-29°C)
- 2 pairs of glacier glasses
- 2 pairs of goggles: 1 clear; 1 dark
- Sun screen
- 2 headlamps with extra batteries
- Altitude watch
- 2 X 1 liter wide mouth water bottles
- 2 water bottle jackets
- Water treatment
- 1 liter thermos
- Snack and specialty food
- Multitool
- Prescription meds
- 1 liter pee bottle
- Camera
- Several books

### Group Gear:
- Permit
- Base camp tents
- 4 season tents
- Stoves and fuel
- Expedition food
- Oxygen bottles
- Oxygen masks
- Oxygen regulators
- Fixed line
- Pickets
- Ice screws
- Gear duffels
- Medical kit

### Mt. Everest Gear List
- Travel and Trekking Gear:
  - Passport
  - Travel wallet
  - 2 large duffel bags
  - 2 duffel locks
  - 1 small duffel for street clothes to leave in Kathmandu
  - Day pack
  - Trekking poles
  - Sleeping bag rated to OF (-18°C)
  - Sleeping pad, closed cell foam
  - Mid weight trekking boots
  - Sneakers for tea houses
  - Casual clothes
  - Garbage bags to waterproof gear

### Climbing Gear:
- Climbing back pack, medium size
- Pack cover
- Alpine ice axe
- 12 point crampons
- Helmet
- Harness with belay loop
- Ascender
- 3 locking carabiners
- 6 non-locking carabiners
- 4 – 5 slings
- 2 prusic loops
- Figure 8 device

### Clothing
- Footwear:
  - Triple climbing boots or double boots
  - Over boots (worn with double boots)
  - Down booties
  - 4 pairs of climbing socks

### Lower Body Layers:
- Shell pants
- 2 pairs synthetic climbing pants
- Mid weight insulating pants
- 1 pair of jeans for base camp
- 3 pairs of under layers

### Upper Body Layers:
- Shell jacket
- Down suit for climbing
- Heavy down parka with hood
- 3 mid weight pile layers
- 3 synthetic under layers
- 2 cotton T shirts for base camp

### Headgear and Hand wear:
- 2 ski hats
- 1 balaclava
- 1 face mask
- Sun hat
- 2 buffs
- Heavy climbing gloves
- Heavy down mitts
- Light gloves
- 4 pairs of hand warmers

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Cover2 Resources, Inc.
In Climbing: A Team Makes All the Difference

1 guide 4 climbers 8 Sherpa
In Recovery: Much to Manage

**Continuum of Care**
- Detox
- Intensive Inpatient
- Medication Assisted Treatment (MAT)
- IOP
- Primary Care
- Residential
- Aftercare Counseling
- Transitional Housing
- Employment Services
- Permanent Housing
- Transition to Primary Care Management

**Critical Life Areas**
- Living Arrangements
- Prior Addiction Treatment History
- Social Environment
- Legal Involvement
- Family History and Support
- Education
- Current or Prior Mental Health
- Employment
- Treatment or Conditions
- Victimization History and Issues
- Medical Status and Conditions

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In Recovery: A Team Makes All the Difference

- Sponsor
- Inpatient Treatment Specialists
- Detox Specialist
- Coach
- Peers
- 12 step
- Individual Counselor
- Group Counselor
- IOP Specialists
- Community Housing Support
- Family
- Spiritual Guide

Cover2 Resources, Inc.
If you like what we’re doing, help us do more!

Please donate@ Cover2.org