

Not A Death Sentence Opioids and Living in Recovery

Laura N. Griffith, MEd.
May 31, 2019




Working with communities to address the opioid crisis.

- ❖ SAMHSA's State Targeted Response Technical Assistance (STR-TA) grant created the *Opioid Response Network* to assist STR grantees, individuals and other organizations by providing the resources and technical assistance they need locally to address the opioid crisis.
- ❖ Technical assistance is available to support the evidence-based prevention, treatment, and recovery of opioid use disorders.



Working with communities to address the opioid crisis.

- ❖ The Opioid Response Network (ORN) provides local, experienced consultants in prevention, treatment and recovery to communities and organizations to help address this opioid crisis.
- ❖ The ORN accepts requests for education and training.
- ❖ Each state/territory has a designated team, led by a regional Technology Transfer Specialist (TTS), who is an expert in implementing evidence-based practices.



Contact the Opioid Response Network

- ❖ To ask questions or submit a technical assistance request:
 - Visit www.OpioidResponseNetwork.org
 - Email orn@aaap.org
 - Call 401-270-5900



Substance Abuse and Mental Health Services Administration (SAMHSA)

Funding for this initiative was made possible (in part) by grant no. 6H79TI080816 from SAMHSA. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.





Approach: To build on existing efforts, enhance, refine and fill in gaps when needed while avoiding duplication and not "re-creating the wheel."

Overall Mission

To provide training and technical assistance via local experts to enhance prevention, treatment (especially medication-assisted treatment like buprenorphine, naltrexone, and methadone), and recovery efforts across the country addressing state and local - specific needs.




7

Meet Recover Wyoming




RECOVER WYOMING

Recovery Community Organizations

Core Values:

- Authenticity of the Recovery Voice
- Peer Managed, Peer Led, Peer Directed
- Promote and value all pathways to recovery
- Collaboration with 140 Recovery Community Organizations nationwide



9

Recovery Support Services

- ✦ All Recovery Meetings
- ✦ Peer Recovery Coaches
- ✦ Advocacy in the Community
- ✦ Recovery Center Activities



10

The Story of Opioids in Wyoming

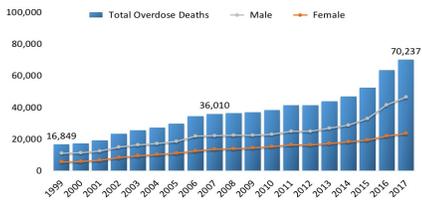
What do we know about the Opioid Crisis?

- ▶ 21 to 29% of patients prescribed opioids for chronic pain misuse them
- ▶ Between 8 and 12% develop an opioid use disorder
- ▶ An estimated 4 to 6% who misuse prescription opioids transition to heroin.
- ▶ About 80% of people who use heroin first misused prescription opioids.
- ▶ Opioid overdoses in large cities increased by 54% in 16 states.



11

Figure 1. National Drug Overdose Deaths Number Among All Ages, by Gender, 1999-2017



Source: Centers for Disease Control and Prevention, National Center for Health Statistics, Multiple Cause of Death 1999-2017 on CDC WONDER Online Database, released December, 2018

Rates of Poisoning deaths due to illicit and prescription opioids



12

KEY FINDINGS by WYSAC Study, 2017 (Wyoming Statistical & Analysis Center, Univ. of Wyoming)

Non-medical use of prescription pain medication in Wyoming is comparable to the national average -- US - 4% Wyoming - 3% (self-reporting ages 12 and older).

Past year nonmedical use of prescription pain medication in Wyoming is most common among young adults

- 7% -- Ages 18-25
- 4% -- Ages 12-17
- 3% -- Ages 26 and greater

Wyoming Statistics



13

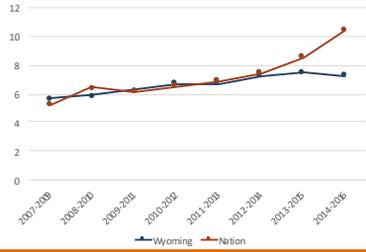
- Wyoming's opioid prescribing rate is above the national average
- 2016- Retail opioid prescriptions dispensed per 1,000 persons
 - U.S. - 665 prescriptions/1000 persons
 - Wyoming - 711
- Wyoming has a stable rate of poisoning deaths due to opioids while the nation continues to increase

Wyoming Statistics



14

❖ **Age-adjusted death rates per 100,000 population for opioid poisonings - Wyoming**



Year	Wyoming	Nation
2007-2008	~5.5	~5.5
2008-2009	~6.0	~6.5
2009-2010	~6.5	~6.5
2010-2011	~6.5	~6.5
2011-2012	~6.5	~6.5
2012-2013	~6.5	~6.5
2013-2014	~7.5	~7.5
2014-2015	~7.5	~8.5
2015-2016	~7.5	~10.5

Rates of poisoning deaths due to illicit and prescription opioids are stabilizing in Wyoming.
Source: The Centers for Disease Control and Prevention (CDC) Wonder



15

Teams with Certified Peer Specialists




16



Peer support, within the health care context, is the provision of emotional, appraisal, and informational assistance by a created social network member who possesses experiential knowledge of a specific behavior or stressor and similar characteristics as the target population, to address a health-related issue of a potentially or actually stressed focal person. (p. 329)

Dennis CL. Peer support within a healthcare context: A concept analysis. International Journal of Nursing Studies, 2003



Non-clinical Roles for Peer Support

- Helping people self-advocate
- Connecting people to resources and work
- Goal setting
- Facilitating support groups
- Outreach and engagement
- Face-to-face recovery coaching
- Telephone/text recovery support
- Providing SBIRT




Certified Peer Specialists

As subject matter experts all living with the shared life experience, CPS can be assets to organizations because their understanding of the challenges of the community health services.

When CPS are integrated into the health system their work can lead to:

- Increased access to care
- Reduced overall cost
- Improved participant outcome
- Growing provider outcomes

https://www.integration.samhsa.gov/about-us/june_Webinar_Peers_06.24.16.pdf



19

One example of Integraion of a CPS – Providing SBIRT in Healthcare Setting

SBIRT – Screening, Brief Intervention and Referral to Treatment is an evidence-based approach to identify use and reduce substance abuse. Each part of the SBIRT process provides information and assistance that is tailored to the individual patient and their needs.

Core Components

- Screening
- Brief Intervention
 - Providing information about screening results
 - Understanding patients’ views of usage
 - Advising in respectful terms to decrease or abstain from substances
 - Teaching behavioral change skills
 - Establishing a method for follow-up – by a visit or by phone.
- Intensive Intervention – multiple sessions, developing a plan and goals
- Referral to Treatment – providing information and options

<https://www.integration.samhsa.gov/clinical-practice/SBIRT.pdf>



20

Is SBIRT effective? YES

Persons at risk of developing serious alcohol or other drug problems may be identified through SBIRT resulting in:

- Reduced healthcare costs
- Decreased the frequency and severity of drug and alcohol use
- Reduce the risk of trauma, and
- Increase the percentage of patients who enter specialized substance abuse treatment.

<https://www.integration.samhsa.gov/clinical-practice/SBIRT.pdf>



21

Multiple Roles of the CPS

Peer Whole Health and Wellness Navigation	Peer to Peer Integrated Health Care	Substance Use Disorders/Recovery Specialty, Forensics
Substance Abuse/Addiction Health Coaches [Recovery Coaches]	Vocational Rehabilitation Job Developers & Supported Employment	Trauma Informed Care, Intentional Peer Support, WRAP® and WHAM® Recovery Trained Peer Coaches
Community Linkage Coaches	Housing Step-Up Coaches	Mobile Crisis Intervention Linkage Specialists
Peer Respite Linkage Specialists	US Veteran Supporters & Coaches	Care Experts
Administrative Support Specialists	Recovery Experts	Whole Health and Management Wellness Coaches
Healing Arts Specialists	Educational Step-Up Coaches	Life Coaches
Physical Fitness Coaches	Family Member Supporters & Coaches	Transition Age Youth Expertise

Source: integration.samhsa.gov



22

Growth of Peer Specialists in Wyoming



H Hope
O Opportunity
P Progress
E Education



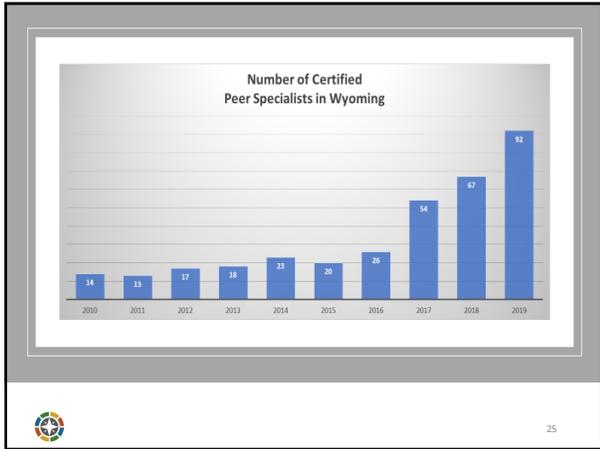

23

Training for Certified Peer Specialists in Wyoming

- ❖ Complete 40 Hour training provided by the Wyoming Department of Health and Recover Wyoming
- ❖ Minimum of 2 years of recovery from substances and/or mental health issues required
- ❖ Additional endorsements
 - Mastery Level Peer Specialist – 200 hours of experience providing recovery support
 - Forensic – additional 3 days of training to work with criminal justice involved clients in prisons, jails, Drug Courts and Probation and Parole
 - Whole Health – experience in working with clients with the Whole Health Action Plan (WHAM) tool.



24



RECOVERY IS A REALITY IN WYOMING

I choose
RECOVERY
 I CHOOSE HAPPINESS
 I CHOOSE POSITIVITY
 I CHOOSE TO LOVE WHO I AM

wy.recoveryunited.org

Resources – Opioid/MAT

Wyoming Prescription Abuse Stakeholders – WRxAS
<https://www.wyrxabusestakeholders.com>

Pocket Guide: Tapering off Opioids
https://www.cdc.gov/drugoverdose/pdf/Clinical_Pocket_Guide_Tapering-a.pdf

CDC Guideline for Prescribing Opioids for Chronic Pain
<https://www.cdc.gov/media/releases/2019/s0424-advises-misapplication-guideline-prescribing-opioids.html>

Medication-Assisted Therapies — Tackling the Opioid-Overdose Epidemic
<https://www.nejm.org/doi/full/10.1056/NEJMp1402780>

Substance Abuse and Mental Health Services Administration
<https://www.samhsa.gov>

Telling The Story of Opioids in Wyoming, 2017, Wyoming Statistical & Analysis Center
<https://wysac.uwyo.edu/wysac/reports/View/6665>

Recovery Resources

Faces and Voices of Recovery -
<https://facesandvoicesofrecovery.org/welcome.html>

Facing It Together - <https://www.wefaceittogether.org>

National Council on Addiction and Drug Dependence -
<https://www.ncadd.org>

Facing Addiction - <https://www.facingaddiction.org>

Recover Wyoming – www.recoverwyoming.org

Certified Peer Resources

SAMHSA/HRSA
https://www.integration.samhsa.gov/aboutus/June_Webinar_Peers_06.24.16.pdf
www.integration.samhsa.gov/workforce/team-members/peer-providers

Dennis CL. Peer support within a healthcare context: A concept analysis. International Journal of Nursing Studies. 2003

Wyoming Department of Health/Behavioral Health Division
 Information on Certified Peer Specialists
<https://health.wyo.gov/behavioralhealth/mhsa/mhsa-training/cps>