



THE UNIVERSITY OF ARIZONA  
MEL & ENID ZUCKERMAN COLLEGE OF PUBLIC HEALTH

Center for Rural Health



# Arizona State Office of Rural Health Webinar Series



# Webinar Tips & Notes



- Mute your phone &/or computer microphone
- Time is reserved at the end for Q&A
- Please fill out the post-webinar survey
- Webinar is being recorded
- Recording will be posted on the AzCRH [www.crh.arizona.edu/](http://www.crh.arizona.edu/) and the SWTRC [www.southwesttrc.org/](http://www.southwesttrc.org/)

# Arizona State Office of Rural Health Monthly Webinar Series

**Provides technical assistance to rural stakeholders to disseminate research findings, policy updates, best-practices and other rural health issues to statewide rural partners and stakeholders.**



THE UNIVERSITY OF ARIZONA  
MEL & ENID ZUCKERMAN COLLEGE OF PUBLIC HEALTH

**Center for Rural Health**

Thank you to our partners in delivering this webinar series:



ARIZONA  
TELEMEDICINE  
PROGRAM





THE UNIVERSITY OF ARIZONA  
MEL & ENID ZUCKERMAN COLLEGE OF PUBLIC HEALTH

Center for Rural Health

Today's presentation:

# Action. Awareness. Outcome!

## Arizona's Rx Drug Misuse and Abuse Initiative Community Toolkit



**Presenter:**

**Lacie Ampadu, MPH**

**Injury and Substance Abuse Prevention Manager**

**Arizona Department of Health Services**

# **Awareness. Action. Outcomes!**

## Arizona's Rx Drug Misuse and Abuse Initiative Community Toolkit

Lacie Ampadu, MPH

Injury and Substance Abuse Prevention Manager  
Arizona Department of Health Services



ARIZONA DEPARTMENT  
OF HEALTH SERVICES

*Health and Wellness for all Arizonans*

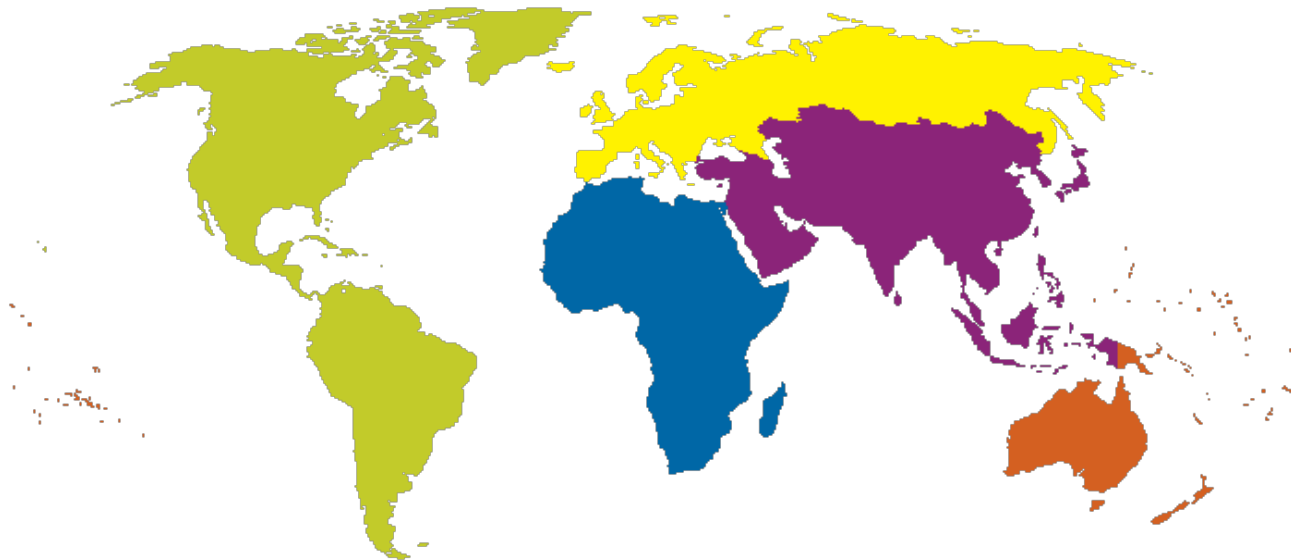
# Learning Objectives

1. Brief overview of the opioid epidemic In Arizona
2. Identify key strategies of the Rx Misuse And Abuse Initiative Toolkit, and how it can be implemented in your community
3. Highlight Toolkit successes of county health departments across the State



# Opioid Use is Increasing in the U.S

The U.S accounts for 5% of the world's population, but consumes more than 80% of the global supply of opioids



ARIZONA DEPARTMENT  
OF HEALTH SERVICES

*Health and Wellness for all Arizonans*

In 2016, 431 Million opioid pills were prescribed in Arizona



ARIZONA DEPARTMENT  
OF HEALTH SERVICES

*Health and Wellness for all Arizonans*

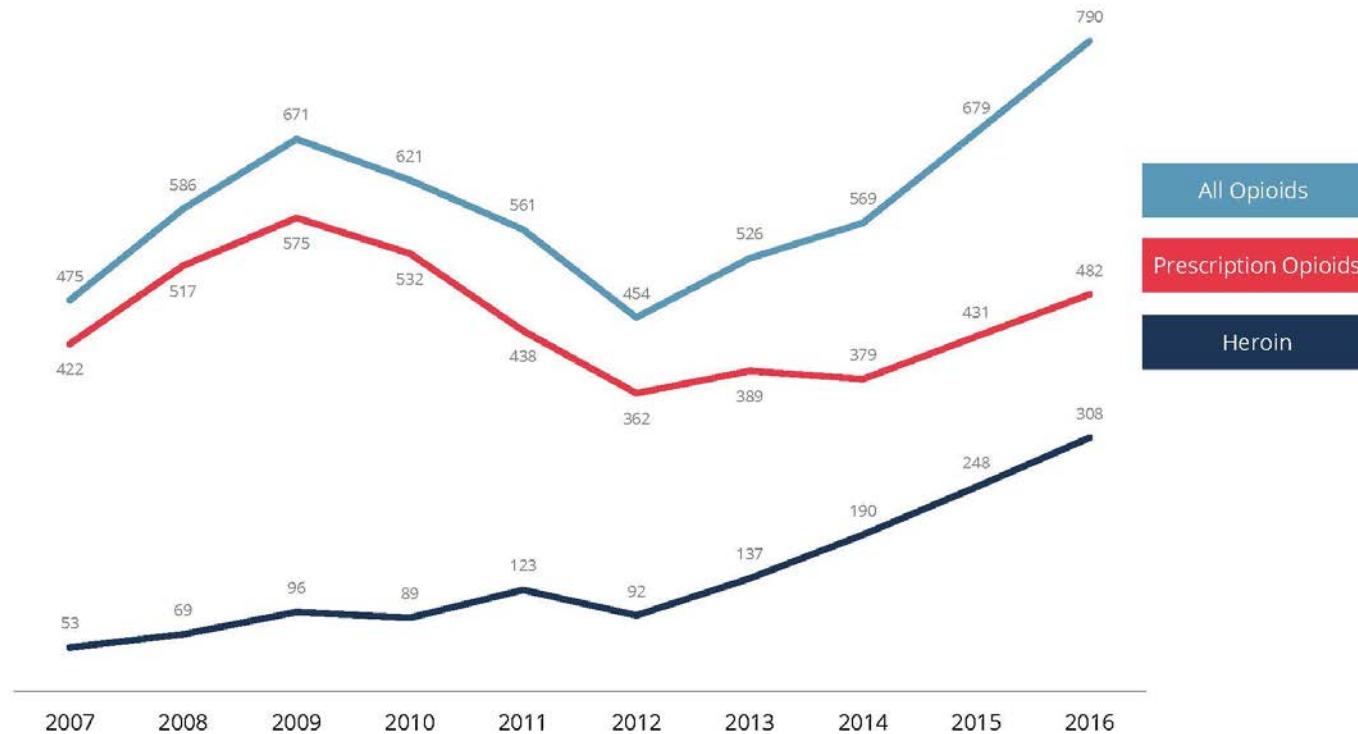


# Opioid Deaths are Increasing in Arizona

- In the past decade, 5,932 people died from opioid induced cases
- Arizona Opioid death rates start to rise in teens and peak at age 45-54
- 74% increase in deaths since 2012



# Opioid death counts among Arizona residents and non-residents in Arizona from 2007 to 2016



Full report available at [azhealth.gov/opioid](http://azhealth.gov/opioid)



ARIZONA DEPARTMENT  
OF HEALTH SERVICES

*Health and Wellness for all Arizonans*

On June 5, 2017,  
Arizona Governor Doug Ducey declared a  
State of Emergency due to an opioid overdose

## **Governor Ducey Declares Statewide Health Emergency In Opioid Epidemic**

News Release

June 5, 2017



*As the number of opioid overdoses and deaths increase at an alarming rate,  
we must take action."*



ARIZONA DEPARTMENT  
OF HEALTH SERVICES

*Health and Wellness for all Arizonans*

# Opioid Surveillance Data

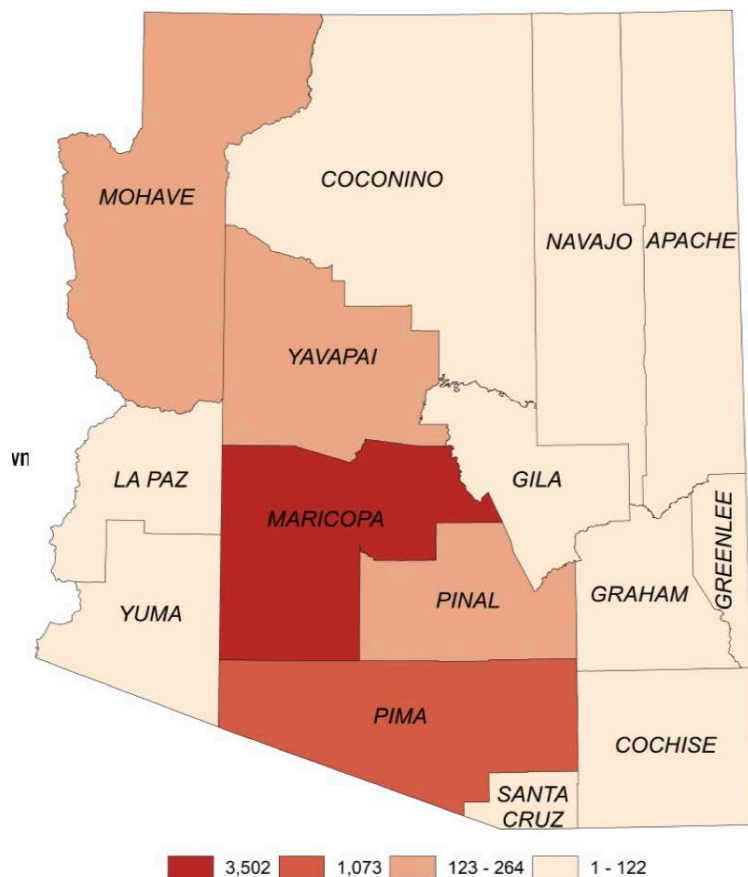
## June 15, 2017 – February 8, 2018



ARIZONA DEPARTMENT  
OF HEALTH SERVICES

*Health and Wellness for all Arizonans*

# Opioid Surveillance Data



ARIZONA DEPARTMENT  
OF HEALTH SERVICES

*Health and Wellness for all Arizonans*

# Arizona Rx Toolkit

The Rx Toolkit is designed with the theme Awareness. Action. Outcomes! It provides the roadmap to move communities forward beyond that initial awareness stage into action and outcomes.



# Arizona Rx Toolkit

## Strategy 1

**Reduce Illicit Acquisition and  
Diversion of Rx Drugs**

## Strategy 2

**Promote Responsible Prescribing and  
Dispensing Policies and Practices**

## Strategy 3

**Enhance Rx Drug Practice and Policies  
in Law Enforcement**

## Strategy 4

**Increase Public Awareness and  
Patient Education about Rx Drug  
Misuse**

## Strategy 5

**Enhance Assessment and Referral to  
Substance Abuse Treatment**



ARIZONA DEPARTMENT  
OF HEALTH SERVICES

*Health and Wellness for all Arizonans*

## Strategy 1:

### Reduce Illicit Acquisition and Diversion of Rx Drugs

**Goal:** Reduce access to medications by removing unused or expired medication from the home, and by properly storing medication in the home.

**Target Audience:**

- Families – Parents; Grandparents; Children
- Medical Practitioners - Dentists; Physicians; Pharmacists
- Local Businesses – Hospitals and Funeral Homes
- Law Enforcement Agencies
- Non-Profit Community Organizations
- Governmental Agencies



ARIZONA DEPARTMENT  
OF HEALTH SERVICES

*Health and Wellness for all Arizonans*



# Strategy 1:

## Reduce Illicit Acquisition and Diversion of Rx Drugs

### Resource contained in Strategy 1 include:

- How To Handle Leftover Medication
- Safe Storage Solutions
- Fact Sheet: Prescription Drug Permanent Drop Box
- Fact Sheet: Prescription Drug Take-Back Event
- Sharing Isn't Caring

### CHECK YOUR SHELF!



### CHECK YOUR SHELF!

#### Permanent Rx Disposal Now Available

People are misusing prescription drugs they take right out of your medicine cabinet. In an effort to provide an easy, secure and responsible way to dispose of unused medicines in your home, permanent prescription drug drop boxes have been installed throughout Arizona. The Rx drop boxes accept:

- Unused, unwanted or expired medication – Leave medicine in container, black out any personal information
- Pet medication
- Medicine samples
- Over the counter medication (no syrups, fluids or creams)
- [www.dumpthedrugsaz.org](http://www.dumpthedrugsaz.org)



Why is it important to properly dispose of medication?

Protects Our Groundwater

Prevents Childhood Poisonings

Reduces Substance Abuse

To see a list of prescription drug drop boxes visit: [www.RethinkRxAbuse.org](http://www.RethinkRxAbuse.org) and click on Rx Drug Misuse and Abuse Initiative

Check with your local police department or pharmacist for information on safe disposal.



ARIZONA DEPARTMENT  
OF HEALTH SERVICES

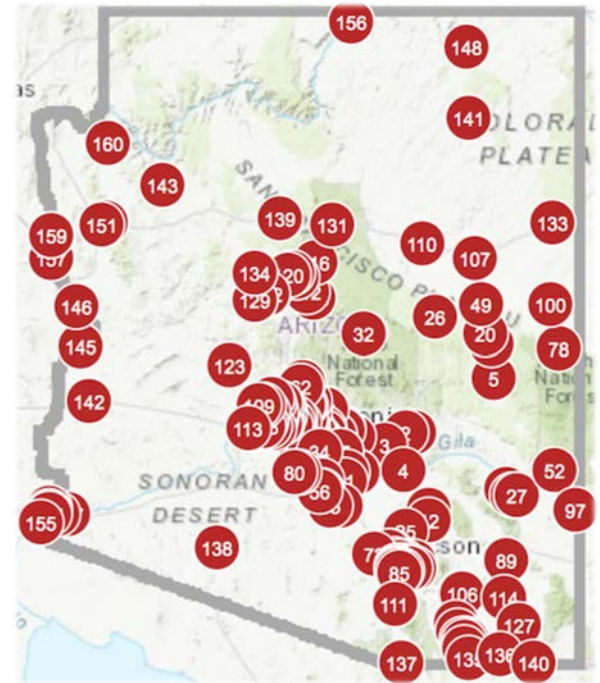
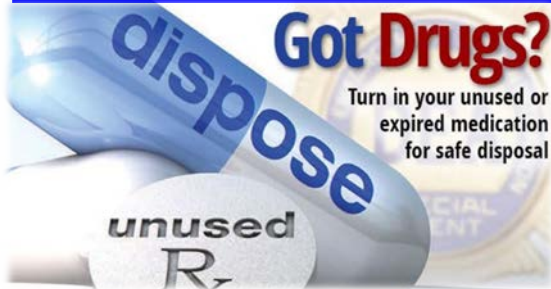
Health and Wellness for all Arizonans

# Strategy 1:

## Reduce Illicit Acquisition and Diversion of Rx Drugs

### Prescription Drug Disposal

- Drop Boxes
- Arizona Drop Box Locations  
[www.dumpthedrugsaz.org](http://www.dumpthedrugsaz.org)
- Take Back Events  
[www.deadiversion.usdoj.gov](http://www.deadiversion.usdoj.gov)



ARIZONA DEPARTMENT  
OF HEALTH SERVICES

Health and Wellness for all Arizonans

## Strategy 2:

### Promote Responsible Prescribing and Dispensing Policies and Practices

**Goal:** Developing and implementing a research-based “best practice” curriculum for medical practitioners such as dentists; pharmacists; medical doctors to establish responsible prescribing and dispensing habits.

**Target Audience:** Local prescribers, and pharmacists.

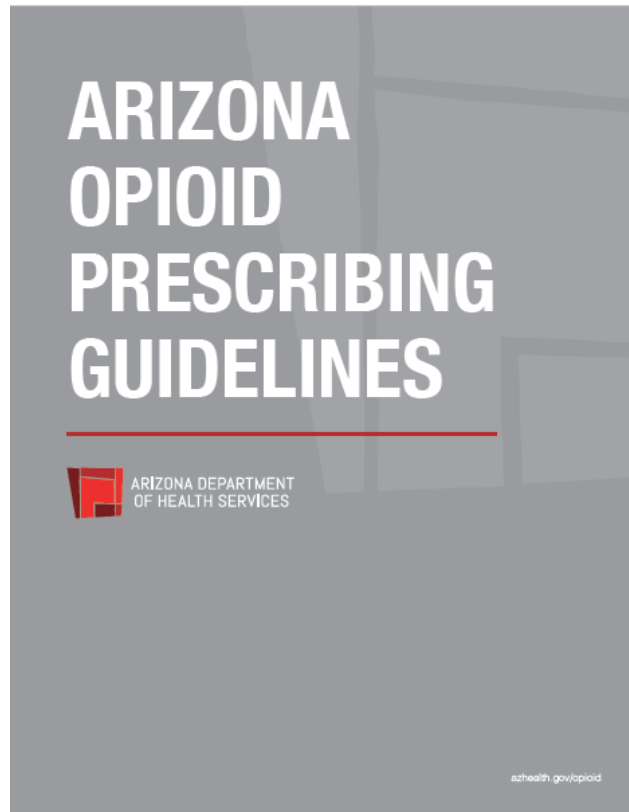


ARIZONA DEPARTMENT  
OF HEALTH SERVICES

*Health and Wellness for all Arizonans*

## Strategy 2:

# Promote Responsible Prescribing and Dispensing Policies and Practices



**Strategy 2 provides local prescribers with information on:**

- Prescribing and Dispensing Guidelines
- Continuing Medical Education (CME)  
[www.VLH.com/AZPrescribing](http://www.VLH.com/AZPrescribing)
- The Controlled Substances Prescription Monitoring Program (CSPMP)  
<https://pharmacypmp.az.gov>

## Strategy 2:

### Promote Responsible Prescribing and Dispensing Policies and Practices

- A.R.S. § 36-2606 requires each medical practitioner with DEA license to register with the Controlled Substance Prescription Monitoring Program (CSPMP).
- Mandatory use of CSPMP became effective October 16, 2017
- **34%** of prescribers who prescribed controlled substances have "lookups" in the Controlled Substances Prescription Monitoring Program



## Strategy 2:

# Promote Responsible Prescribing and Dispensing Policies and Practices

## Additional Resources in Strategy 2

- Sample Patient Agreement and Informed Consent Forms



ARIZONA DEPARTMENT  
OF HEALTH SERVICES

*Health and Wellness for all Arizonans*

# **Strategy 3:** Enhance Rx Drug Practice and Policies in Law Enforcement

**Goal:** Enhance law enforcement efforts to limit diversion of Rx drugs.

**Target Audience:** Local Law Enforcement



ARIZONA DEPARTMENT  
OF HEALTH SERVICES

*Health and Wellness for all Arizonans*

## **Strategy 3:** Enhance Rx Drug Practice and Policies in Law Enforcement

**Strategy 3 provides law enforcement with information on:**

- Training opportunities for law enforcement officers
- Utilizing the Controlled Substances Prescription Monitoring Program (CSPMP)
- Administering Naloxone





# Strategy 3:

## Enhance Rx Drug Practice and Policies in Law Enforcement

**State Goal:** 85% of population covered by LE trained to carry and administer naloxone

- Public Health Excellence in Law (PHELE) Program
- To date more than 1,200 first responders have received naloxone training
- 5,474 naloxone kits provided to law enforcement agencies across the state
- 52 LE agencies carrying naloxone

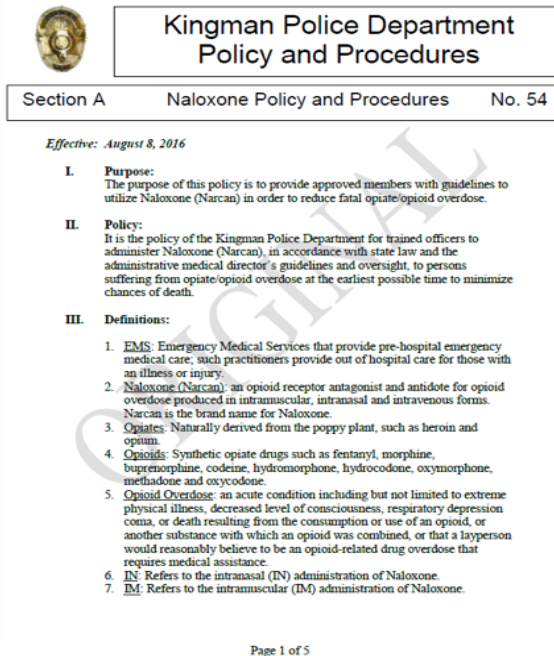


ARIZONA DEPARTMENT  
OF HEALTH SERVICES

*Health and Wellness for all Arizonans*

# Strategy 3: Enhance Rx Drug Practice and Policies in Law Enforcement

## Sample Policy and Procedures



## Naloxone Brochure

**What is an opioid overdose?**

An overdose occurs when a person takes too many opioids, passes out and has no or very slow breathing (i.e., respiratory depression).

### How to identify an opioid overdose:

- Heavy nodding, deep sleep, hard to wake up, or vomiting
- Slow or shallow breathing (less than 1 breath every 5 seconds), snoring, gurgling, or choking sounds
- Pale, blue or gray lips, fingernails, or skin
- Clammy, sweaty skin

### To avoid an accidental opioid overdose:

Do not mix opioids with alcohol, benzodiazepines (Xanax, Ativan, Klonopin, Valium), or medicines that make you sleepy.

### Now that you have naloxone —

Let someone know where it is and how to use it.

### Common opioids include:

GENERIC	BRAND NAME
Heroin	N/A
Hydrocodone	Vicodin®, Lorcet®, Lortab®, Norco®, Zohydro®
Oxycodone	Percocet®, OxyContin®, Roxicodone®, Percodan®
Morphine	MSContin®, Kadian®, Embeda®, Avinza®
Codeine	Tylenol® with Codeine, TyCo, Tylenol #3
Fentanyl	Duragesic®
Hydromorphone	Dilaudid®
Oxymorphone	Opana®
Meperidine	Demerol®
Methadone	Dolophine®, Methadose™
Buprenorphine	Suboxone®, Subutex®, Zubsolv®, Bunavail®, Butrans®

For more information, visit  
[www.azhealth.gov/opioid](http://www.azhealth.gov/opioid)

### Opioid Safety and Naloxone Use

For Patients and Caregivers



**ARIZONA DEPARTMENT  
OF HEALTH SERVICES**

## **Strategy 4:**

### **Increase Public Awareness and Patient Education about Rx Drug Misuse**

**Goal:** Raise awareness in the community about Rx drug misuse and abuse.

#### **Target Audience:**

- Families – Parents; Grandparents; Children
- Middle School and High Schools
- Non-Profit Community Organizations
- Local Businesses – Hospitals and Funeral Homes
- Local Media



ARIZONA DEPARTMENT  
OF HEALTH SERVICES

*Health and Wellness for all Arizonans*

## Strategy 4:

### Increase Public Awareness and Patient Education about Rx Drug Misuse

**Strategy 4 provides community stakeholders with information on:**

- The Rx 360 Curriculum
- How to collaborate with mass media companies to bring awareness regarding the opioid crisis
- Managing prescribed medications



ARIZONA DEPARTMENT  
OF HEALTH SERVICES

*Health and Wellness for all Arizonans*

## **Strategy 5:** Enhance Assessment and Referral to Substance Abuse Treatment

**Goal:** To provide individuals who become dependent on prescription opioids with treatment resources to address substance use disorder.

### **Target Audience:**

- Families – Parents; Grandparents; Children
- Medical Practitioners - Dentists; Physicians; Pharmacists
- Organizations that work with people who are seeking treatment



# **Strategy 5:**

## **Enhance Assessment and Referral to Substance Abuse Treatment**

**Strategy 5 provides Healthcare Providers with information on:**

- Naloxone Resources
- Finding mental/behavioral health treatment services
  - Arizona Governor's Office of Youth, Faith, and Family Treatment Locator [www.Rethinkrxabuse.org](http://www.Rethinkrxabuse.org)
  - SAMHSA's Behavioral Health Treatment Services Location <http://findtreatment.samhsa.gov>
- Utilizing screening tools to identify individuals at risk for OUD
  - Screening, Brief Intervention and Referral to Treatment (SBIRT)
  - Opioid Risk tool



# Community Success

Since 2015, ADHS has partnered with county health departments across the state to implement the Rx Community Toolkit:

- Mohave, Maricopa, Yavapai, Gila, Navajo, Pima – Since 2015
- Pinal, Cochise, Coconino- Beginning 2018



ARIZONA DEPARTMENT  
OF HEALTH SERVICES

*Health and Wellness for all Arizonans*

# Community Success

## Navajo County

- Worked with local prescribers to increase CSPMP registration and use
- Collaborated with local Area Agency on Aging to improve safe storage and disposal practices among elders



ARIZONA DEPARTMENT  
OF HEALTH SERVICES

*Health and Wellness for all Arizonans*



# Community Success

## Gila County

- Rx Take Back events hosted across the county
- Hosted community events to increase awareness related to Rx misuse and abuse prevention
- Naloxone distribution program initiated at local health department



ARIZONA DEPARTMENT  
OF HEALTH SERVICES

*Health and Wellness for all Arizonans*

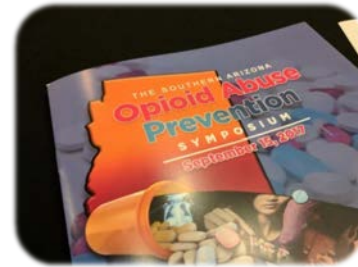
# Community Success

## Pima County

### Opioid Visionary Session (Jan. 2017)



### Southern AZ Opioid Abuse Prevention Symposium (Sept. 2017)



ARIZONA DEPARTMENT  
OF HEALTH SERVICES

*Health and Wellness for all Arizonans*

# Community Success

## Yavapai County



- Launched Rx misuse and abuse prevention ad in local movie theatres
- MAT access expansion
- Naloxone access expansion



ARIZONA DEPARTMENT  
OF HEALTH SERVICES

*Health and Wellness for all Arizonans*

# Community Success

## Mohave County



- Rx misuse and abuse prevention banner contest held in local middle schools
- Naloxone access expansion
- Hosting opioid summit series in 2018



ARIZONA DEPARTMENT  
OF HEALTH SERVICES

*Health and Wellness for all Arizonans*

# Community Successes

## Maricopa County



Increased collaboration among county stakeholders through [www.maricoparx.org](http://www.maricoparx.org)



Partnership established with Arizona Interscholastic Association (AIA) to address opioid misuse and abuse among high school athletes

# Additional Resources

- Arizona Rx Misuse & Abuse Initiative & Community Toolkit: [www.RethinkRxabuse.org](http://www.RethinkRxabuse.org)
- Free, online training for health care providers on safe and appropriate prescribing practices: [www.VLH.com/AZPrescribing](http://www.VLH.com/AZPrescribing)
- To find the closest permanent drop box locations: [www.dumpthedrugsAZ.org](http://www.dumpthedrugsAZ.org)
- Arizona Opioid Prescribing Guidelines: [www.azdhs.gov](http://www.azdhs.gov) and go to clinicians tab
- ADHS Opioid Surveillance Data: [www.azhealth.gov/opioid](http://www.azhealth.gov/opioid)



# Thank You

Lacie Ampadu, MPH

Injury and Substance Abuse Prevention Manager

Arizona Department of Health Services

[lacie.ampadu@azdhs.gov](mailto:lacie.ampadu@azdhs.gov)



ARIZONA DEPARTMENT  
OF HEALTH SERVICES

*Health and Wellness for all Arizonans*



Thank you  
Questions?



THE UNIVERSITY  
OF ARIZONA



**Your opinion is valuable to us  
Please participate in this brief survey:**

[https://uarizona.co1.qualtrics.com/jfe/form/SV\\_cDdwXgofpLa8r89](https://uarizona.co1.qualtrics.com/jfe/form/SV_cDdwXgofpLa8r89)

This webinar is made possible through funding provided by Health Resources and Services Administration, Office for the Advancement of Telehealth (G22RH24749). Arizona State Office of Rural Health is funded granted through a grant from US Department of Health and Human Services. Grant number H95RH00102-25-00

This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, DHHS or the U.S. Government.