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/ and the SWTRC 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.

Thank you to our partners in delivering this webinar series:

THE UNIVERSITY OF ARIZONA
MEL & ENID ZUCKERMAN COLLEGE OF PUBLIC HEALTH
Center for Rural Health

ARIZONA TELEMEDICINE PROGRAM
SOUTHWEST TELEHEALTH RESOURCE CENTER
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
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
In 2016, 431 Million opioid pills were prescribed in Arizona
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

As the number of opioid overdoses and deaths increase at an alarming rate, we must take action.”
Opioid Surveillance Data

June 15, 2017 – February 8, 2018

- 910 suspect opioid deaths
- 5,810 suspect opioid overdoses
- 590 neonatal abstinence syndrome
- 8,101 naloxone doses dispensed
- 3,781 naloxone doses administered
Opioid Surveillance Data
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
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
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
Strategy 1:
Reduce Illicit Acquisition and Diversion of Rx Drugs

Prescription Drug Disposal
- Drop Boxes
- Arizona Drop Box Locations
  www.dumpthedrugsaz.org
- Take Back Events
  www.deadiversion.usdoj.gov

Got Drugs? Dispose of your unused or expired medication for safe disposal.
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.
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](https://pharmacypmp.az.gov)
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
**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
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
Strategy 3:
Enhance Rx Drug Practice and Policies in Law Enforcement

Sample Policy and Procedures

Kingman Police Department Policy and Procedures

Section A  Naloxone Policy and Procedures  No. 54

Effective: August 8, 2016

I. Purpose:
The purpose of this policy is to provide approved members with guidelines to utilize Naloxone (Narcan) in order to reduce fatal opioid overdose.

II. Policy:
It is the policy of the Kingman Police Department to train and certify officers to administer Naloxone (Narcan), in accordance with state law and the administrative medical director’s guidelines, to persons having an opioid opioid overdose.

III. Definitions:
1. Opioid: The generic term for a group of chemical substances that produce euphoric, analgesic, and sedative effects.

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.

Naloxone Brochure

Common opioids include:

<table>
<thead>
<tr>
<th>GENERIC</th>
<th>BRAND NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heroin</td>
<td>N/A</td>
</tr>
<tr>
<td>Hydrocodone</td>
<td>Vicodin®, Lorcet®, Lortab®, Norco®, Zohydro®</td>
</tr>
<tr>
<td>Oxycodone</td>
<td>Percocet®, OxyContin®, Roxicodone®, Percodan®</td>
</tr>
<tr>
<td>Morphine</td>
<td>MSContin®, Kadian®, Embeda®, Avinza®</td>
</tr>
<tr>
<td>Codeine</td>
<td>Tylenol® with Codeine, Tyco, Tylenol® #3</td>
</tr>
<tr>
<td>Fentanyl</td>
<td>Duragesic®</td>
</tr>
<tr>
<td>Hydromorphone</td>
<td>Dilaudid®</td>
</tr>
<tr>
<td>Oxymorphone</td>
<td>Opana®</td>
</tr>
<tr>
<td>Mepedrine</td>
<td>Demerol®</td>
</tr>
<tr>
<td>Methadone</td>
<td>Dolophine®, Methadone®</td>
</tr>
<tr>
<td>Buprenorphine</td>
<td>Suboxone®, Subutex®, Zubsolv®, Bunava®, Butrans®</td>
</tr>
</tbody>
</table>

For more information, visit
www.azhealth.gov/opioid
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
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
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](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
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
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
Community Success

Pima County

Opioid Visionary Session (Jan. 2017)

Southern AZ Opioid Abuse Prevention Symposium (Sept. 2017)
Community Success

Yavapai County

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

- Free, online training for health care providers on safe and appropriate prescribing practices: www.VLH.com/AZPrescribing

- To find the closest permanent drop box locations: www.dumpthedrugsAZ.org

- Arizona Opioid Prescribing Guidelines: www.azdhs.gov and go to clinicians tab

- ADHS Opioid Surveillance Data: www.azhealth.gov/opioid
Thank You

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Thank you
Questions?
Your opinion is valuable to us
Please participate in this brief survey:

https://uarizona.co1.qualtrics.com/jfe/form/SV_cDdwXgofpLa8r89

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