Through The Darkness,
There Is Light.

sobermommies.com
Monthly Data Reports from our Partners

Kayla Donohue, MPH
Accidental or Undetermined Opioid-Related Fatalities Among Chittenden County Residents, 2010-2017

- All Opioids
- Rx Opioid (No Fentanyl)
- Heroin
- Fentanyl

Source: VDH

ecosproject.com/chittenden-county-opioid-alliance/
Accidental or Undetermined Opioid-Related Fatalities Among Chittenden County Residents, 2018

* Indicating preliminary data, with 25 pending cases statewide

Source: VDH
All Overdose EMS Incidents
District 3, Jan-Dec 17, 2018

Source: SIREN, VDH

ecosproject.com/chittenden-county-opioid-alliance/
Opioid Overdoses With Police Response
By Month, Chittenden Co. Valcour Agencies

Includes overdose, medical or death related calls marked with opioids involved or a narrative that contained opioid keywords.
*Dec 01 to Dec 17

Source: Valcour
Monthly Surveillance of Opioid-Related Emergency Department Visits at UVMMC

Source: UVMMC

2018
2015-2017 Average
2015-2017 Min
2015-2017 Max

Jan   Feb   Mar   Apr   May   Jun   Jul   Aug   Sep   Oct   Nov   Dec

9     10    8     7     16    15    23    11    11    11    11    8
Individuals Enrolled, Admitted, and Waiting by Month at the Chittenden Clinic (Hub)

Data Source: Howard Center Chittenden Clinic

Data Source: Howard Center Chittenden Clinic
Number of Medicaid Beneficiaries Treated in Chittenden County Spokes, Sep 2013-Sep 2018

959 all payer patients on MAT at spokes in Nov. 2018

Department of Corrections, September 15 – October 15

- 428 new intakes *all screened for OUD
- 106 existing inmates requested to be screened for OUD
- 534 total OUD screenings

- 374 on Bupe
- 60 on Methadone
- 2 on Naltrexone
- 436 on MAT

- 21 referrals to hubs
Hundreds of Vermont Prisoners Get Addiction Meds, but Challenges Remain

By ALICIA FRESE @ALICIAFRESE

Since July 1, more than 900 have received treatment. That figure is much higher than the current 500 or so, because inmates cycle in and out of prison.

As of December 14, 75 inmates were still waiting for medical assessments to see whether they qualified. Most of those requests were filed within the last 30 days, according to Benjamin Watts, the department’s health services director.

Only 18 inmates have had their requests for medication turned down, according to department officials. That amounts to roughly 3 percent of those who’ve been screened to determine whether they qualify. The department also recently started providing bridge medication to inmates about to be released to help them stay clean until they’re able to see a doctor on the outside.
Substances Presenting in ED Recovery Coach Visit (n=172)

- Alcohol: 112
- Opiates: 30
- Cocaine: 11
- Methamphetamine: 7
- Benzodiazepine: 6
- Other: 3
- Marijuana: 2
- Inhalant: 1
2018 Emergency Department Recovery Coach Follow-up (n=172)

- IOP: 4
- MAT: 11
- Outpatient/Counseling: 13
- Turning Point Center Access: 20
- Inpatient: 23
- Detox: 24
- Residential: 24
- Recovery Support: 26
- ED Recovery Coach Follow Up: 97

*These categories are not mutually exclusive*
Safe Recovery Low Barrier Buprenorphine Program Data (October 22, 2018 – December 14, 2018)

- Number Currently Receiving Prescription – 30 clients
- Number Transitioned to Hub and Spoke – 10 clients
  - Chittenden Clinic – 1 client
  - Pine Street – 7 clients
  - CHCB – 2 clients
- Incarcerated – 1 client
- Declined/Unreachable – 3 clients
- Average Length of Time to Transition out of Safe Recovery – 27 days
Police Data for Property Crime & Drug-Related Incidents
Valcour Agencies in Chittenden County

Nancy Stetson
Property Crime Declining Steadily
Totals By Month

Valcour Agencies in Chittenden Co.
Call types include: Larceny, Burglary, Robbery and Retail Theft
*Dec 01 to Dec 17

Source: Valcour

ecosproject.com/chittenden-county-opioid-alliance/
Burglaries Have Fallen Slightly Since 2013 Peak

Valcour Agencies in Chittenden Co.
*Dec 01 to Dec 17

Source: Valcour

ecosproject.com/chittenden-county-opioid-alliance/
Burglary Decreasing Across Agencies

Burlington

Colchester

Milton

S. Burlington

UVM

Winooski

Source: Valcour

ecosproject.com/chittenden-county-opioid-alliance/
Police Incidents Involving Crack or Cocaine
By Month, Chittenden Co. Valcour Agencies

Includes all types of incidents marked with cocaine involved or a narrative that contained cocaine keywords.
*Dec 01 to Dec 17

Source: Valcour
Police Incidents Involving Opioids
By Month, Chittenden Co. Valcour Agencies

Includes all types of incidents marked with opioids involved or a narrative that contained opioid keywords.
*Dec 01 to Dec 17

Source: Valcour

ecosproject.com/chittenden-county-opioid-alliance/
Police Incidents Involving Meth
By Month, Chittenden Co. Valcour Agencies

Includes all types of incidents marked with methamphetamines involved or a narrative that contained methamphetamine keywords.
*Dec 01 to Dec 17

Source: Valcour
Police Incidents Involving Drugs
By Month, Chittenden Co. Valcour Agencies

- Meth
- Heroin/Opioids
- Cocaine/Crack

Includes all types of incidents marked with drugs involved or a narrative that contained drug keywords.
*Dec 01 to Dec 17

Source: Valcour

ecosproject.com/chittenden-county-opioid-alliance/
Positivity Rate of Screen Tests, Chittenden County 2018

- Amphetamine
- Opiates
- Fentanyl
- Heroin
- Cocaine
- Oxycodone

Graph showing the positivity rate of screen tests from April to September 2018, with peaks and troughs for different substances.
Positivity Rate of Amphetamine Confirm Tests, Chittenden Cty. 2018

- Amphetamine:
  - April: 0.0%
  - May: 0.0%
  - June: 2.5%
  - July: 0.0%
  - August: 11.6%
  - September: 13.7%

- Methamphetamine:
  - April: 0.0%
  - May: 0.0%
  - June: 52.0%
  - July: 56.3%
  - August: 57.4%
  - September: 59.4%
  - October: 69.1%
Literature Review, MAT Efficacy, Outcomes & Next Steps

Dr. Rawson & Dr. Evans
A life course perspective to addressing opioid use disorders

CommSTAT, Burlington, VT
December 20, 2018

Liz Evans, PhD, MA
Assistant Professor
Department of Health Promotion & Policy
School of Public Health and Health Sciences
University of Massachusetts Amherst
eaevans@umass.edu
When examined over many years, opioid use resembles a chronic disease

Over 10 years, there is persistent use, cycles of abstinence and use, poor treatment adherence

Patterns of opioid use do change over time

Trajectories of Averaged Days of Opioid Use over 55 Months

Treatment with MOUD can be a turning point event
“Medications for Opioid Use Disorders (MOUD)”

FDA-approved medications
• Methadone (1972)
• Buprenorphine (Suboxone, Subutex) (2002)
• Extended release naltrexone (Vivitrol) (2006)

Newer FDA-approved medications
• Implantable buprenorphine (Probuphine) (2016)
• Once-monthly injection buprenorphine (Sublocade) (2017)

MOUD is the evidence-based gold standard of care.

Being retained in MOUD is associated with lower mortality, less opioid use, less infectious disease risks (HIV, Hepatitis C), fewer arrests and incarcerations, and other positive outcomes.
Risk of death is greatest when not receiving MOUD

High mortality risk periods

-- When out of MOUD

-- When in detoxification, esp first 2 weeks

-- 2 weeks after MOUD exit

Women with fatal opioid overdose lose more years of potential life than men

^ overdose (accidental poisoning by alcohol or other drugs), other drug-related (harmful alcohol or drug use or dependence) + suicide (intentional self-harm or self-poisoning), homicide, injury (accidental injury, traffic accidents)

# cancer, respiratory disease, liver disease, diabetes, infections/parasites, endometriosis, digestive disease, renal disease, central nervous system, other, and unknown

Mortality among people with OUD
On and off MOUD

All-cause mortality is highest:
--among people with other concurrent substance use disorders
--in the first week following discontinuation from MOUD
--in the year following the first record of OUD
--after first drug-related hospitalization.

### Long-term Cohort Studies of Opioid Use Disorder

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<sup>a</sup>Methadone/Buprenorphine, <sup>b</sup>Methadone and other treatment modalities, <sup>c</sup>Non-methadone treatment, <sup>d</sup>Non-treatment source.

Methadone (MET) and buprenorphine (BUP) are each associated with a greater reduction of opioid use over 5 years (relative to no treatment)

Estimated Days of Opioid Use by the Types of Treatment Based on Model 4 (N = 795)

The number of participants in each type of treatment varied in each month and is therefore not indicated in the figure; on average over the follow-up period, each month there were about 14.2% of the participants in BUP treatment, 38.5% in MET treatment, and 46.9% in neither BUP nor MET treatment.

Continued MOUD, with either buprenorphine or methadone, is associated with a reduction in arrests (relative to no MOUD)

No difference by MOUD type in the proportion arrested (buprenorphine: 55.3%, methadone: 54.0%) or incarcerated (40.9%, 47.3%) during follow-up.

How to achieve stable recovery from OUD?

Maintaining opioid abstinence for at least 5 years substantially increases the likelihood of future stable abstinence.

Stable recovery is predicted by
-- ethnicity
-- higher self-efficacy
-- lower psychological distress.

Who achieves 5-year opioid abstinence?

Over 6.7 years of follow-up…

--33% achieved 5-year abstinence from heroin

--21% achieved 5-year abstinence from all opioids including heroin

5-year opioid abstinence was positively associated with
--older age at first opioid use
--lower impulsivity
--longer MOUD duration
--greater social support

Treatment with MOUD can be a turning point event, but…

Challenges

<10% ever receive MOUD

10+ years of opioid use before 1st MOUD

Treatment without MOUD is common

MOUD non-adherence is a challenge


Only 9.3 – 11.2% of participants utilized buprenorphine treatment over 2 years

Individuals who reported buprenorphine to be both accessible and acceptable were most likely to use buprenorphine over time.

Individuals who reported buprenorphine to be unacceptable were least likely to use buprenorphine, regardless the level of access to the medication.

Evans et al., (2018). Effects of access barriers and medication acceptability on buprenorphine-naloxone treatment utilization over 2 years: Results from a multisite randomized trial of adults with opioid use disorder. In review.
Treatment with MOUD can be a turning point event, but…

Challenges

Many years are spent incarcerated, not in MOUD, which elevates mortality risk

Potential solutions

Treatment with MOUD while incarcerated

MOUD in community instead of incarceration

Link to MOUD in community at exit from jail/prison


Treatment with MOUD can be a turning point event, but…

Challenges

Individuals may need 5+ years of MOUD to achieve lasting recovery.

Potential solutions

Patient/provider expectations

Shared decision-making re MOUD entry and adherence

Recovery resources - social support, employment, trauma-informed care, opportunities for new identity development

Public Health Conceptual Model

An “ecological systems” approach considers the health of populations as shaped by a wide array of social and physiological factors, at multiple levels, over the life course.
Thank You!
Next CommStat Meeting

• 1/24 (Thursday) 8:30-11:00 AM

• Burlington Electric