

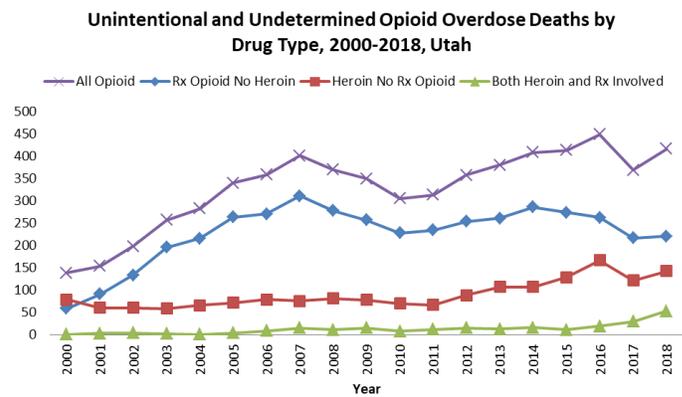
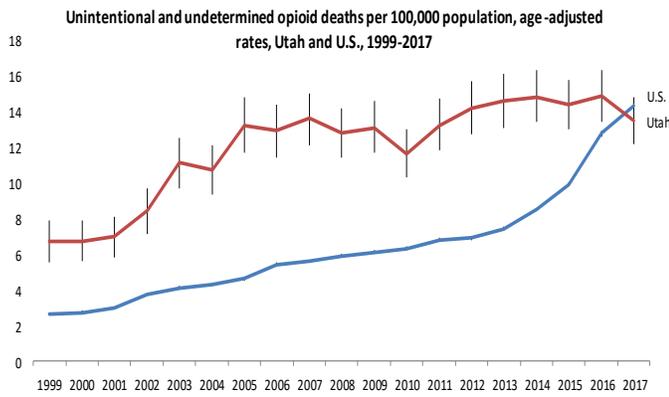
# Reducing Prescription Drug Misuse, Abuse and Overdose

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## Data Updates

The rate of opioid deaths in UT has been consistently and significantly higher than the U.S., however, in 2017, the U.S. rate surpassed UT for the first time in decades. Further, the rate of opioid prescriptions dispensed in UT has decreased every year since 2014 (879 to 715 per 1,000 population in 2018).

Though a leveling off has been observed for prescription overdose deaths, an increase in heroin and illicit opioid overdose deaths is concerning and highlights the need for comprehensive efforts to address opioids and other emerging drugs in Utah communities.



## Goals, Objectives, Measures, and Strategies

**Goal:** Decrease high risk prescribing\* by 20% from 2015 to 2019.

**Objective:** Increase provider education and training, including tools and resources, to positively change prescribing behavior.

**Measure:** Rate of opioid prescriptions dispensed per 1,000 population

**Baseline:** 775.9 opioid prescriptions per 1,000 population in 2015

**Target:** 637.5 opioid prescriptions per 1,000 population in 2019

**Current Measure:** 635.4 opioid prescriptions per 1,000 population in 2018

**Strategy:** Provide educational materials to providers and pharmacists on screening for substance use disorders and provide referrals for treatment by 2020.

**Strategy:** Provide educational materials and talking points on drug-user health concerns, including disease prevention, to patients at increased risk in at least three high-burden areas by 2019.

**Strategy:** Facilitate a dialogue between providers and insurers to develop recommendations to improve patient safety by 2019.

**Accomplishments:**

- A series of round tables were held with providers and insurers and recommendations for action were developed. For more information, visit <https://ucoop.utah.gov/healthcare/healthcare-resources/>.

\*High Risk Prescribing is defined as opioid prescriptions > 90 MME OR overlapping opioid and benzodiazepine prescriptions

**Objective:** Increase awareness and utility of clinical risk indicators and dashboards.

**Measure:** Percent of opioid prescriptions with a daily MME > 90.

## Goals, Objectives, Measures, and Strategies (continued)

**Baseline:** 13.1% opioid prescriptions dispensed with a daily MME > 90 in 2015

**Target:** 9.6% opioid prescriptions dispensed with a daily MME > 90 in 2019

**Current Measure:** 11.2% opioid prescriptions dispensed with a daily MME > 90 in 2018

**Strategy:** Increase safe prescribing and dispensing practices by 2020.

**Strategy:** Increase provider utilization and education of the controlled substance database by 2019.

Accomplishments:

- A Prescriber Dashboard in Utah's Controlled Substance Database went live September 2019. Prescribers can now compare their prescribing behavior with other professionals in their medical specialty, profession, and the state.

### **Goal: Decrease opioid overdoses by 10% from 2015 to 2019.**

#### **Objective: Improve timeliness of data, surveillance, and evaluation efforts.**

**Measure:** Rate of undetermined / unintentional drug overdose deaths involving opioids per 100,000 population

**Baseline:** 13.5 undetermined / unintentional drug overdose deaths involving opioids per 100,000 population in 2015

**Target:** 12.3 undetermined / unintentional drug overdose deaths involving opioids per 100,000 population in 2019

**Current Measure:** 12.8 undetermined / unintentional drug overdose deaths involving opioid per 100,000 population in 2017.

**Strategy:** Identify gaps in current data collection efforts and explore opportunities to address gaps by 2020.

**Strategy:** Increase frequency of surveillance reports by 2020.

**Strategy:** Improve data collection to ensure consistency across harm reduction programs by 2020.

**Strategy:** Provide ongoing technical assistance to Overdose Outreach Providers and programs practicing harm reduction by 2020.

Accomplishments:

- Opioid Fatality Review Committee released three publications (<https://ucoop.utah.gov/data-and-research/data-and-research-resources/>).
- A new public Opioid dashboard includes many opioid-related indicators, including high dose prescriptions by county. The dashboard can be accessed at <https://dashboard.health.utah.gov/>.

#### **Objective: Promote public awareness of safe storage, safe disposal, opioid risks, signs of an overdose, harm reduction and naloxone.**

**Measure:** Rate of emergency department visits involving non-fatal opioid overdose excluding heroin per 10,000 population.

**Baseline:** 2.8 emergency department visits per 10,000 population in 2016

**Target:** 2.5 emergency department visits per 10,000 population in 2019

**Current Measure:** 2.1 emergency department visits per 10,000 population in 2018

**Strategy:** Target high-burden areas to promote existing public awareness messages by 2020.

Accomplishments:

- Naloxone for Opioid Overdose 101 Online Training was developed through the Utah Department of Health and Utah Poison Control Center. The training can be accessed at <https://naloxone.utah.gov/n-training>.
- The Utah Department of Health disseminated the following materials in 2019:
  - \* 11,545 "Signs of an Overdose" pocket cards disseminated
  - \* 2,975 Use Only As Directed brochures; 54,277 Opioid epidemic pamphlets; 1,280 Stop the Opioid epidemic brochures; 7,301 Naloxone brochures disseminated
  - \* 644,050 Opioid stickers disseminated
  - \* 1,563 Posters disseminated
  - \* 130 bags, pens, notepads disseminated

## Goals, Objectives, Measures, and Strategies (continued)

**Goal:** Increase access to naloxone by 50% from 2015 to 2019.

**Objective:** Increase pharmacy-based naloxone access and education by 2019.

**Measure:** Percentage of pharmacies participating in Utah's Statewide Standing Order

**Baseline:** 0% of pharmacies participating in Utah's Statewide Standing Order in 2015

**Target:** 50% of pharmacies participating in Utah's Statewide Standing Order in 2019

**Current Measure:** 33.0% of pharmacies participating in Utah's Statewide Standing order in 2018

**Strategy:** Increase pharmacy participation in the Talk to Your Pharmacist month campaign.

**Strategy:** Increase pharmacy participation in Utah's Statewide Standing Order.

Accomplishments:

- Pharmacy locator map of pharmacies participating in Utah's Standing Order (<https://opcrh-ut.carto.com/builder/5b742c11-d62d-4100-9c14-03062ea287d7/embed>)
- Update on the Overdose Outreach Pilot Program provided (September 2019 <http://www.health.utah.gov/vipp/pdf/RxDrugs/OpiateOverdoseOutreachPilotProgramLegFactsheet19.pdf>)

**Objective:** Increase community-based naloxone access and education by 2019.

**Measure:** Number of naloxone doses dispensed through Utah's Statewide Standing Order or by enrolled Opiate Overdose Outreach Providers

**Baseline:** 0 naloxone doses dispensed through Utah's Statewide Standing Order or by enrolled Opiate Overdose Outreach Providers in 2015

**Target:** 10,000 naloxone doses dispensed through Utah's Statewide Standing Order or by enrolled Opiate Overdose Outreach Providers in 2019

**Current Measure:** 13,510 naloxone doses dispensed through Utah's Statewide Standing Order or by enrolled Opiate Overdose Outreach Providers in 2018

**Strategy:** Increase harm reduction strategies in high burden areas by 2019.

Accomplishments:

- 10,716 naloxone kits disseminated through Overdose Outreach Providers, 2,794 naloxone kits disseminated through Utah's Standing Order and 255 naloxone uses were reported in 2018

**Goal:** Increase availability of treatment and recovery services by 10% from 2015 to 2019.

**Objective:** Increase the number of individuals accessing public substance abuse disorder treatment.

**Measure:** Number of individuals annually served in public substance use disorder treatment

**Baseline:** 14,923 individuals served in public substance abuse disorder treatment in 2015 annually

**Target:** 16,550 individuals served in public substance abuse disorder treatment in 2019 annually

**Current Measure:** 19,938 individuals served in public substance abuse disorder treatment in 2019 annually

**Strategy:** Plan, develop, and implement a referral system using 2-1-1 to connect those at risk for misuse, abuse, and overdose as well as their families to essential services such as harm reduction, naloxone, and substance use disorder treatment by 2020.

**Strategy:** Increase awareness and utilization of medical assisted treatment (MAT) as an effective medical intervention to reduce stigma and encourage people to utilize this evidence-based form of care by 2020.

Accomplishments:

- Promotion of the 211 Substance Use Disorder with targeted campaigns directed at high need areas.
- The Utah Department of Health, Comagine Health, University of Utah, and Pew Trust Charitable Institute are working collaboratively to understand and identify gaps in medication assisted treatment in Utah. A Substance Use Disorder Map was developed to understand the distribution of SUD treatment options in Utah (<https://ruralhealth.health.utah.gov/substance-use-disorder-sud-map/>)

## Available Services/Resources

### Prescription Drug Deaths

Stop the Epidemic

<http://www.opidemic.org/>

Use Only As Directed

<http://www.useonlyasdirected.org>

Utah Coalition for Opioid Overdose Prevention

<https://ucoop.utah.gov/>

Utah Department of Health: Naloxone

<http://naloxone.utah.gov/>

Utah Department of Health Violence and Injury Prevention Program

<http://www.health.utah.gov/vipp/topics/prescription-drug-overdoses/>

Utah Division of Substance Abuse and Mental Health

Utah Department of Human Services

<http://www.dsamh.utah.gov>

Utah Poison Control Center

<http://poisoncontrol.utah.edu>

National Institutes of Health: National Institute on Drug Abuse

<http://drugabuse.gov>

Partnership for a Drug-Free America

<http://www.drugfree.org>

Office of National Drug Control Policy

<http://www.whitehouse.gov/ondcp>

Information on addiction resources and tools

<https://www.drugrehab.com/addiction/prescriptions/>

### Illicit Substance Use/Disorder

UTAH:

Edward G. Callister Foundation, Referral and Information Services: (801) 587-HOPE (4673) or toll free (866) 633-HOPE. The service is designed to provide referral and educational resources with respect to substance abuse.

Mental health and substance abuse services in Utah are also provided through Community Mental Health and Substance Abuse programs and the Utah State Hospital. One responsibility of the Utah Department of Human Services, Division of Substance Abuse and Mental Health (DSAMH) is to ensure that prevention/treatment services for substance abuse and mental health are available throughout the state.

Utah Department of Human Services

Division of Substance Abuse and Mental Health

195 North 1950 West

Salt Lake City, Utah 84116

Phone: 801-538-3939

Fax: 801-538-9892

<http://www.dsamh.utah.gov>

NATIONAL:

The U.S. Department of Health and Human Services (HHS) Substance Abuse and Mental Health Services Administration's (SAMHSA) National Drug and Treatment Referral Routing Service provides a toll-free telephone number for alcohol and drug information/treatment referral assistance. The number is 1-800-662-HELP (4357).

National Institute of Drug Abuse

<http://www.nida.nih.gov/NIDAHome.html>