HSA
Northeast Delta
Human Services Authority

Building Stronger Communities

Prevention and Wellness Webinar

Vision

To build a unified Northeast Louisiana where individuals are thriving and reaching their full human potential.

Dr. Monteic A. Sizer, Executive Director

Mission

To serve as a catalyst for individuals with mental health, developmental disabilities, and addictive disorders.

Dr. Monteic A. Sizer, Executive Director

Tenets Guiding Our Actions

Greater access to services

Excellent customer service

Quality competent care

Dr. Monteic A. Sizer, Executive Director

Building Stronger Communities

How to Save a Life: Opioid Overdose Prevention and Narcan Rescue

Presenter: Kara Jackson Etienne, LMSW

Tuesday, June 16 at 11:00 am CST – 12:00 pm CST

The Power of Prevention & Coalitions: A Discussion on Bullying & Beyond

Presenters: Chanda Hunter & Julia Albritton

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How to Adapt, Cope and Respond to COVID-19

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Adverse Childhood Experiences (ACEs) Talk

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How to Save a Life: Opioid Overdose Prevention and Narcan Rescue

Kara Jackson Etienne, LMSW

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LaSOR Program

Provide outreach and education throughout northeast Louisiana targeting opioid use and misuse to:

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Emergency Rooms

Pregnant Women

Veterans

Other Diverse Populations

Criminal Justice Populations

State-Recognized Tribes

Under and/or Uninsured

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Opioid Misuse and Abuse Prevention Program Services

- Narcan education and distribution
- Deterra education and distribution
- Grief Counseling
- Peer Support
- Generation Rx
- National Prescription Take Back Day

History of Opioid Use in America

Three Waves of Opioid Overdose Deaths

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History

- The opioid epidemic refers to the extensive overuse of opioid drugs from both medical prescriptions and illegal sources.
- Began with over-prescribing in the 1990s
- Pain began being viewed as the “5th vital sign”
- Viewed as a “uniquely American problem”
- Structure of U.S. Healthcare system that prefers prescribing medication over more expensive therapies

Three Distinct Waves

1. 1990s – increased prescribing of opioids
2. 2010 – rapid increases in overdose deaths involving heroin
3. 2013 – significant increases in overdose deaths involving synthetic opioids, particularly fentanyl

Opioid Epidemic by the Numbers

130+
People died every day from opioid-related drug overdoses[3] (estimated)

10.3 m
People misused prescription opioids in 2018[1]

2 million
People misused prescription opioids for the first time[1]

47,600
People died from overdosing on opioids[2]

2.0 million
People had an opioid use disorder in 2018[1]

32,656
Deaths attributed to overdosing on synthetic opioids other than methadone (in 12-month period ending February 2019)[2]

81,000
People used heroin for the first time[1]

808,000
People used heroin in 2018[1]

15,349
Deaths attributed to overdosing on heroin (in 12-month period ending February 2019)[2]

SOURCES

1. 2019 National Survey on Drug Use and Health. Mortality in the United States, 2018
2. NCHS Data Brief No. 329, November 2018
3. NCHS, National Vital Statistics System. Estimates for 2018 and 2019 are based on provisional data.

Updated October 2019. For more information, visit: http://www.hhs.gov/opioids/

HHS.GOV/OPIOIDS

Louisiana Ranking in the Epidemic

- Ranked 5th in the country for opioid prescribing rates
- Ranked 19th in the country in drug overdose deaths
- Between 2014 and 2018, experienced a 49% increase in drug-involved deaths

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Opioid-involved Deaths in Louisiana

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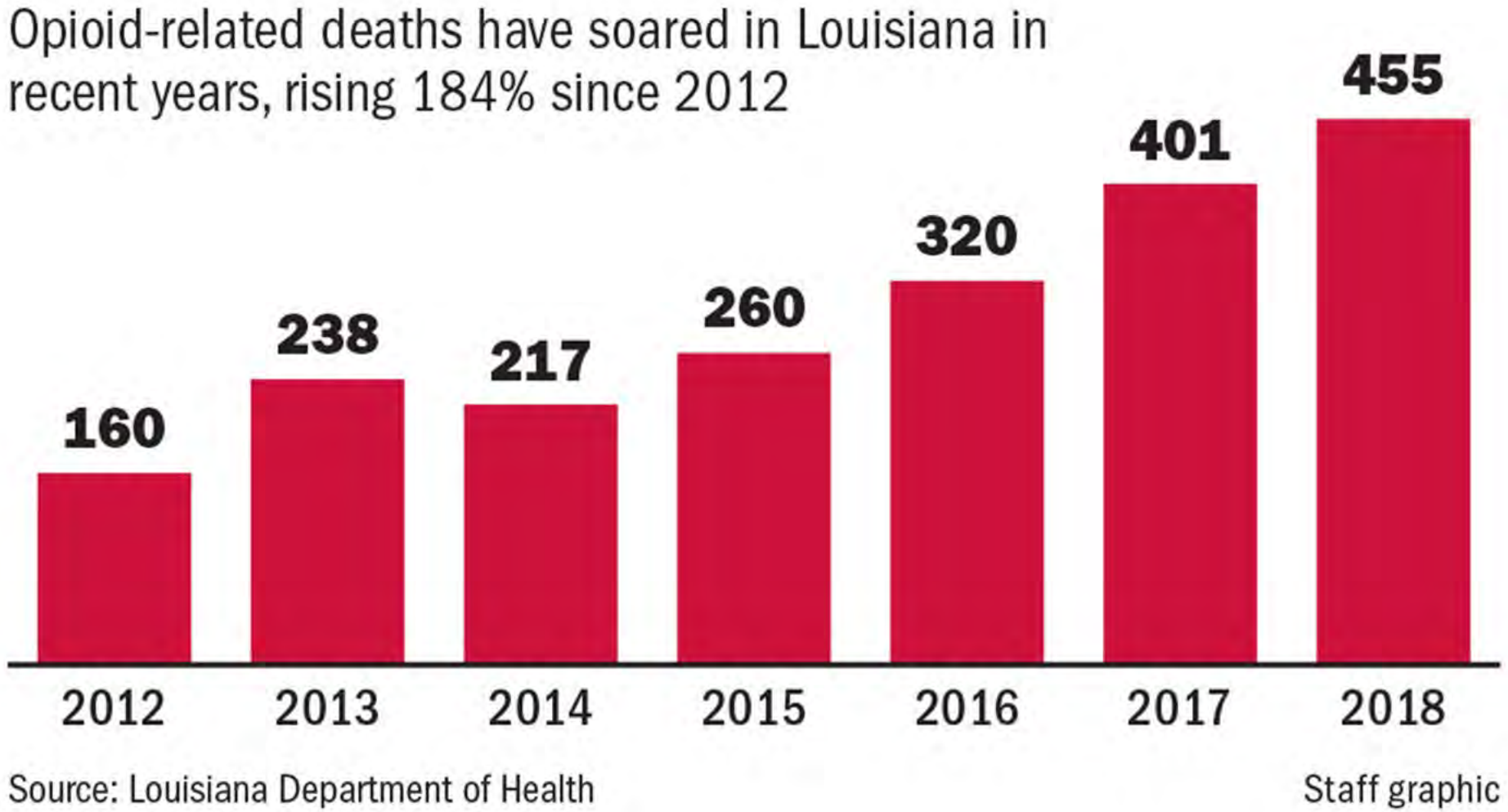
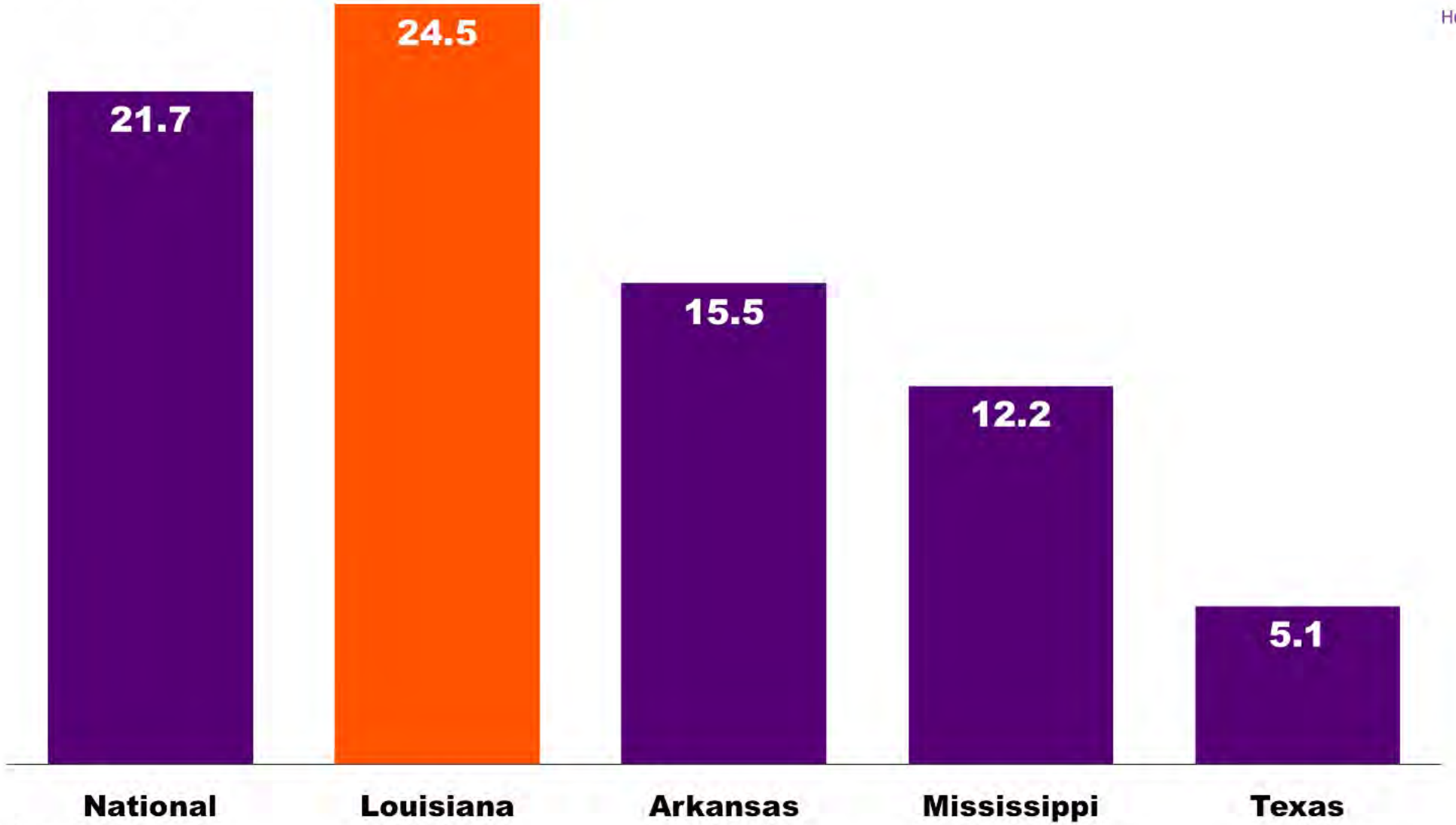


Overdose Death Comparison to Bordering States

Opioid related deaths per 100,000 people



Source: National Institute on Drug Abuse

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SBIRT

What is SBIRT?

Screening, Brief Intervention and Referral to Treatment (SBIRT)

Identify

Reduce

Prevent

Screening

- Quickly assesses the severity of substance use
- Identifies the appropriate level of treatment
- The screening is:
  - Completed by a healthcare professional
  - Standardized screening tools
  - Can occur in any healthcare setting

Screening

Drug Screening Questionnaire (DAST)

Using drugs can affect your health and some medications you may take. Please help us provide you with the best medical care by answering the questions below.

_____

_____

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- ☐ methamphetamines (speed, crystal)
- ☐ cannabis (marijuana, pot)
- ☐ inhalants (paint thinner, aerosol, glue)
- ☐ tranquilizers (valium)
- ☐ cocaine
- ☐ narcotics (heroin, oxycodone, methadone, etc.)
- ☐ hallucinogens (LSD, mushrooms)
- ☐ other _____

How often have you used these drugs? ☐ Monthly or less ☐ Weekly ☐ Daily or almost daily

1. Have you used drugs other than those required for medical reasons?	No	Yes
2. Do you abuse more than one drug at a time?	No	Yes
3. Are you unable to stop using drugs when you want to?	No	Yes
4. Have you ever had blackouts or flashbacks as a result of drug use?	No	Yes
5. Do you ever feel bad or guilty about your drug use?	No	Yes
6. Does your spouse (or parents) ever complain about your involvement with drugs?	No	Yes
7. Have you neglected your family because of your use of drugs?	No	Yes
8. Have you engaged in illegal activities in order to obtain drugs?	No	Yes
9. Have you ever experienced withdrawal symptoms (felt sick) when you stopped taking drugs?	No	Yes
10. Have you had medical problems as a result of your drug use (e.g. memory loss, hepatitis, convulsions, bleeding)?	No	Yes
	0	1

Have you ever injected drugs? ☐ Never ☐ Yes, in the past 90 days ☐ Yes, more than 90 days ago

Have you ever been in treatment for substance abuse? ☐ Never ☐ Currently ☐ In the past

I	II	III	IV
0	1-2	3-5	6+

Brief Intervention

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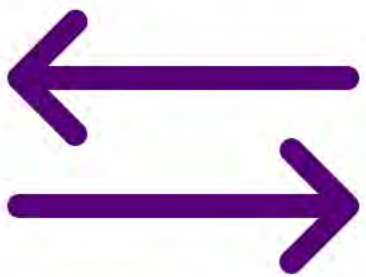
- Focuses on increasing insight and awareness
- Motivation toward behavioral change
- Healthcare professional engages patient showing risky substance use behaviors in…

Short Conversations



Providing Feedback

Referral to Treatment

4 Phases of SBIRT

Phase 1: Establish Rapport
Assure confidentiality and administer assessments

Phase 2: Elicit Thoughts – Provide Feedback
Explore pros and cons of changing
Provide education

Phase 3: Enhance Motivation
Assess readiness to change and enhance motivation

Phase 4: Negotiate a Plan
Summarize session
Invite them back

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Prevention

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- Drug prevention programs are designed to provide the education and support to diminish drug dependency.

- Drug abuse prevention is an important step in informing about:
  - The dangers of addiction
  - Prevention techniques
  - Where to find recovery help

Prevention

- The best ways to prevent opioid overdose deaths are:
  - To improve opioid prescribing
  - Reduce exposure to opioids
  - Prevent misuse
  - Treat opioid use disorder
  - Expand access to and use of Naloxone (Narcan)

Drug Use and Addiction

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- Can lead to brain changes that…
  - Challenges self-control
  - The ability to resist intense urges

- Other risks include dependence, misuse and addiction
  - Dependence
    - Feeling withdrawal symptoms when not taking the drug
  - Misuse
    - Taking too much, taking someone else's, taking it in a different way than prescribed, or taking it to get high
  - Addiction
    - Causes a person to compulsively seek out drugs, even though they cause harm

Opioid Misuse and Addiction

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- Many first experience with opioids are through a prescription after injury or surgery

- After prolonged use, the body can develop
  - Tolerance
  - Dependence

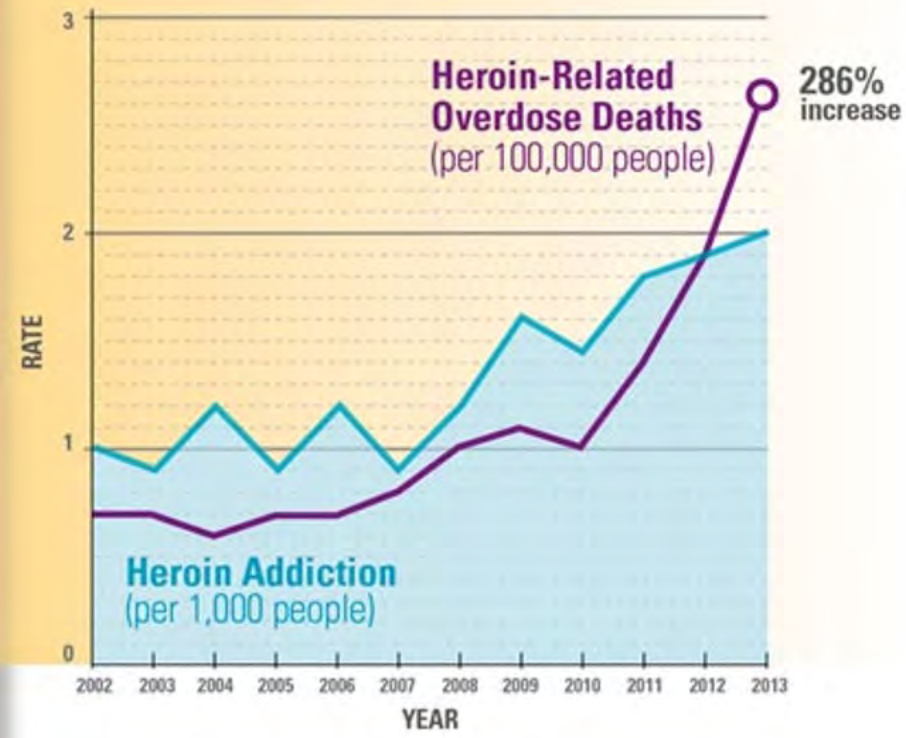
- The illegal drug heroin is also an opioid…

Opioid Misuse Link to Heroin

Heroin Use Has INCREASED Among Most Demographic Groups

	2002-2004*	2011-2013*	% CHANGE
SEX			
Male	2.4	3.6	50%
Female	0.8	1.6	100%
AGE, YEARS			
12-17	1.8	1.6	--
18-25	3.5	7.3	109%
26 or older	1.2	1.9	58%
RACE/ETHNICITY			
Non-Hispanic white	1.4	3	114%
Other	2	1.7	--
ANNUAL HOUSEHOLD INCOME			
Less than $20,000	3.4	5.5	62%
$20,000–$49,999	1.3	2.3	77%
$50,000 or more	1	1.6	60%
HEALTH INSURANCE COVERAGE			
None	4.2	6.7	60%
Medicaid	4.3	4.7	--
Private or other	0.8	1.3	63%

Heroin Addiction and Overdose Deaths are Climbing



SOURCES: National Survey on Drug Use and Health (NSDUH), 2002-2013.
National Vital Statistics System, 2002-2013.

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Safe Medication Disposal

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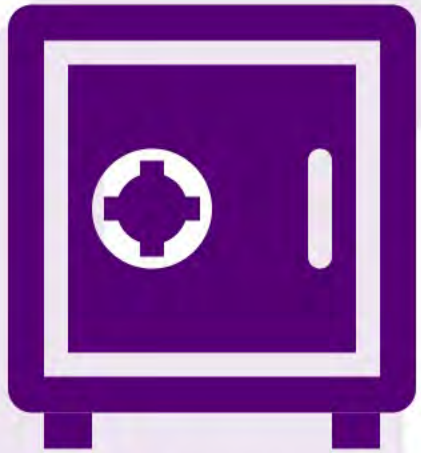
- Most people who misuse prescription drugs get them from family, friends, and acquaintances

- Preventative Methods

Don’t share



Limit access

Safely dispose of unused or expired meds

Deterra

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- In a simple 3-step process, a user can deactivate drugs, thereby preventing drug misuse and protecting the environment

Northeast Delta HSA Drop Box Locations

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East Carroll Parish Sherriff Office
400 First Street, Lake Providence
318-559-2800

Grambling Police Department
2045 W. MLK,Jr Ave, Grambling
318-247-3771

Monroe Police Department
700 Wood St, Monroe
318-329-2600

Tallulah Police Department
500 East Green St, Tallulah
318-574-3230

Tensas Parish Sherriff Office
212 Hancock St, St. Joseph
318-766-3961

ULM Police Department - Filhiol Hall
3811 DeSiard St, Monroe
318-342-5350

National Take Back Day

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- A safe, convenient and responsible way to dispose of unused or expired prescription drugs

- Held in April and October

- The total amount of prescription drugs collected by DEA since the Fall of 2010 is nearly 12.7 million pounds

What is Narcan?

Narcan (naloxone Hcl) is a prescription medication used to reverse opioid overdose.

- Easy to use
- Fast acting
- Administered via nasal spray, auto-injector or intramuscular injection

3 Step Instructions for Use

NARCAN® (naloxone HCl) NASAL SPRAY

QUICK START GUIDE

Opioid Overdose Response Instructions

Use NARCAN Nasal Spray (naloxone hydrochloride) for known or suspected opioid overdose in adults and children.
Important: For use in the nose only.
Do not remove or test the NARCAN Nasal Spray until ready to use.

1 Identify Opioid Overdose and Check for Response

Ask person if he or she is okay and shout name.

Shake shoulders and firmly rub the middle of their chest.

Check for signs of opioid overdose:

- Will not wake up or respond to your voice or touch
- Breathing is very slow, irregular, or has stopped
- Center part of their eye is very small, sometimes called "pinpoint pupils"

Lay the person on their back to receive a dose of NARCAN Nasal Spray.

2 Give NARCAN Nasal Spray

Remove NARCAN Nasal Spray from the box.
Peel back the tab with the circle to open the NARCAN Nasal Spray.

Hold the NARCAN nasal spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.

Gently insert the tip of the nozzle into either nostril.

- Tilt the person's head back and provide support under the neck with your hand. Gently insert the tip of the nozzle into **one nostril**, until your fingers on either side of the nozzle are against the bottom of the person's nose.

Press the plunger firmly to give the dose of NARCAN Nasal Spray.

- Remove the NARCAN Nasal Spray from the nostril after giving the dose.

3 Call for emergency medical help, Evaluate, and Support

Get emergency medical help right away.

Move the person on their side (recovery position) after giving NARCAN Nasal Spray.

Watch the person closely.

If the person does not respond by waking up, to voice or touch, or breathing normally another dose may be given. NARCAN Nasal Spray may be dosed every 2 to 3 minutes, if available.

Repeat Step 2 using a new NARCAN Nasal Spray to give another dose in the other nostril. If additional NARCAN Nasal Sprays are available, repeat step 2 every 2 to 3 minutes until the person responds or emergency medical help is received.

For more information about NARCAN Nasal Spray, go to www.narcannasalspray.com, or call 1-844-4NARCAN (1-844-462-7226).

ADAPT PHARMA

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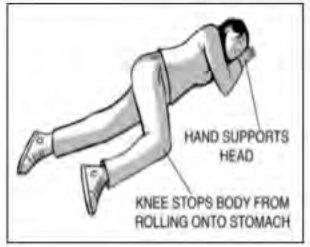

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Good Samaritan Law

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- Promises legal immunity for those who notify authorities of a drug overdose in progress
  - The most common reason people cite for not calling 911 is fear of police involvement
  - This delays or prevents people from calling 911
  - This law makes clear that the “priority is saving lives”
  - Should increase the proportion of cases where paramedics are able to get on the scene in time

Naloxone Standing Order

Bring to Pharmacy to Purchase NARCAN® Nasal Spray

NARCAN® (naloxone HCl) NASAL SPRAY 4mg

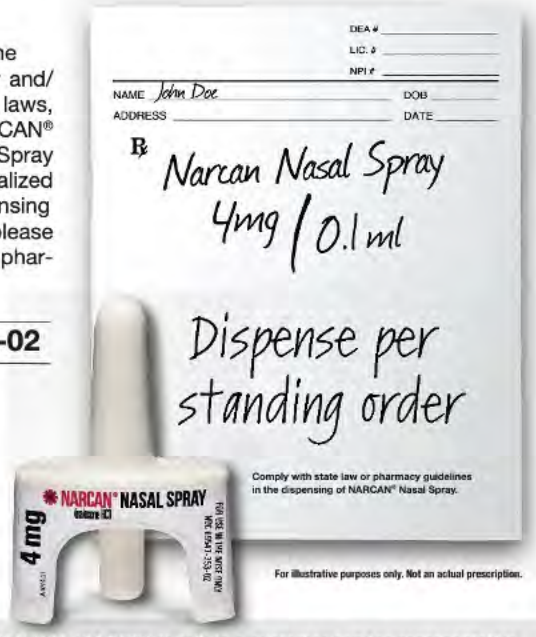
To Pharmacist:

According to the naloxone state-wide standing order and/or state naloxone access laws, pharmacists can fill NARCAN® (naloxone HCl) Nasal Spray 4mg without an individualized prescription. When dispensing NARCAN® Nasal Spray, please comply with state law or pharmacy guidelines.

NDC# 69547-0353-02

To Patient:

Please let the pharmacist know how many boxes of NARCAN® (2 doses per box) you would like for your household and if you will be using your insurance or paying cash.



For Assistance, call 844-4-NARCAN (844-462-7226) to talk to a customer service representative

Be Sure to Ask Your Pharmacist How to Use NARCAN® Nasal Spray

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NAR4-US-0331 Adapt Pharma, Inc. Radnor, PA

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Ways to Obtain Narcan

Funding provided by LaSOR Grant

- Email: *kara.etienne@la.gov*

- Additional resources
  - Narcan Rx Aid
  - Narcan Now mobile app
  - Northeast Delta HSA Mobile App
  - Social media @nedeltahsa

Northeast Delta Human Services Authority

- Direct and manage the operation of community-based programs
  - Major mental illness
  - Developmental disabilities
  - Addictive disorders.

- We strive to consistently provide our citizens with:
  - Greater access to services
  - Excellent customer service
  - Quality, competent care

Northeast Delta HSA Clinics

Bastrop Clinic
451 East Madison Ave
Bastrop, LA 71220
318-283-0868
Monday – Friday
8:00 a.m. - 4:30 p.m.

Monroe Clinic
4800 South Grand St
Monroe, LA 71202
318-362-3339
Monday – Friday
8:00 a.m. - 4:30 p.m.

Tallulah Clinic
1012 Johnson St
Tallulah, LA 71282
318-574-1713
Monday – Friday
8:00 a.m. - 4:30 p.m.
(Mental Health Services)

Winnsboro Clinic
1301 Landis St., Suite B
Winnsboro, LA 71295
318-435-2146
Tuesday and Wednesday
8:00 a.m. - 4:30 p.m.
(Mental Health Services)

Columbia Clinic
5159 Hwy 4 East
Columbia, LA 71418
318-649-2333
Monday – Friday
8:00 a.m. - 4:30 p.m.

Ruston Clinic
602 East Georgia Ave
Ruston, LA 71270
318-251-4125
Monday – Friday
8:00 a.m. - 4:30 p.m.

Northeast Delta HSA Hotlines and Other Offices

24/7 Crisis Hotline for Mental Health & Addictive Disorders

800-256-2522

Developmental Disabilities Waiver Service Help Line

800-660-0488

Prevention and Wellness Center

2406 Ferrand St, Suite 18

Monroe, LA 71201

318-362-4617

Monday – Friday | 8:00 a.m. - 4:30 p.m.

Northeast Delta HSA Prevention and Wellness

Prevention Services

- Information Dissemination
- Community Education
- Alternative Activities for Youth
- School-Based Interventions
- Health and Wellness Classes
- Trauma Informed Care
- Building Alcohol and Drug Free Communities through Coalitions

Northeast Delta HSA Community Programs

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Support Services

Easter Seals

Rays of Sonshine

Goodwill Industries of North LA

Wellspring

Addiction Services

Rayville Recovery

Laark Recovery

Rays of Sonshine

Gambling Outpatient Treatment

Smoking Cessation/Treatment

Prevention and Wellness Services

Children's Coalition

West Carroll Safe and Drug Free Volunteers, Inc.

Louisiana Center Against Poverty

Goodwill Industries of North LA, Inc.

Northeast Delta HSA Special Initiatives

- Behavioral Health and Primary Care Integration
- Opportunity Zone
- Coordinated Care for People in Crisis
- Faith-Based Outreach
- Operation Golden Years

Narcan in Action

www.youtube.com/watch?v=wvZ6VEQB20g&feature=youtu.be

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Narcan Distribution and Take Back

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- Wednesday, July 1st 10 am – 1 pm
- 2525 Ferrand St, Monroe, LA 71201
- Drop off any expired or unused medications
- Pick up Narcan and other opioid related information

Q&A

Please use the chat feature to submit a question.

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Thank You

How to Save a Life:
Opioid Overdose Prevention and Narcan Rescue

Kara Jackson Etienne, LMSW

Kara.Etienne@la.gov | 318-362-4617 ext. 1802

www.nedeltahsa.org | @nedeltahsa

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