

# Opioids In Alaska

Governor's Advisory Council on Opioid Remediation



**Mission:** To promote and protect the health and well-being of Alaskans.

December 10, 2021

# Agenda – December 10, 2021, 2-4pm

2:00pm – 2:03pm Attendance

2:03pm – 2:13pm Introductions - 1 minute per person

2:13pm – 2:25pm Purpose of Governor's Advisory Council Opioid Remediation

2:25pm – 2:45pm Housekeeping

2:45pm – 2:50pm 5-minute Break

2:50pm – 3:40pm Overview of the Alaska Opioid Epidemic

3:40pm – 4:00pm Next Steps and Public Comments

# Advisory Council on Opioid Remediation - Roster

## Nine Voting Members

- Richard Simmons, local gov
- Karl Soderstrom, local gov
- Glenn Steckman, local gov
- Daniel Grimes, local gov
- Bryce Ward, local gov
- Diana Zirul, Tribal
- Christopher Cooke, MHTA
- Brian Fechter, DOR
- Heidi Hedberg, DHSS

## Ex-Officio Members – 32<sup>nd</sup> Legislature

- Senator Tom Begich
- Senator David Wilson
- Rep Ken McCarty
- Rep Liz Snyder

# Purpose of Governor's Advisory Council on Opioid Remediation

By December 1 of each calendar year, the Advisory Council shall deliver a report to the DHSS Commissioner, including:

- Input and recommendations regarding how to manage and allocate opioid remediation funds
- Recommendations for a process, or improvements to the process, for receiving input from communities regarding remediation strategies and response to their specific opioid remediation needs
- Recommendations to implement efficient, evidence-based approaches to opioid remediation statewide

# Housekeeping

- Zoom etiquette
  - Keep yourself on mute when not talking
  - Raise your virtual hand, use the chat box
- Meeting schedule
  - Next meeting, monthly then quarterly?
  - Public notice of meetings
- Formality for meetings
  - Ground Rules for Successful Meetings
  - Robert's Rules of Order
  - Quorum
- Roles
  - Vice Chair



# Overview of the Alaska Opioid Epidemic - Speakers

## **Alaska Department of Health presenters**

Elana Habib, MPH

Opioid Misuse and Addiction Prevention Specialist  
Office of Substance Misuse and Addiction Prevention

Theresa Johnson, MBA, CDCS

State Opioid Treatment Authority  
Division of Behavioral Health

Theresa Welton, BSW

Manager  
Office of Substance Misuse and Addiction Prevention



# Spectrum of Prevention, Treatment and Recovery

## Upstream Prevention

- Promote wellness and build resiliency throughout the lifespan by addressing social determinants of health to minimize health disparities.

## Misuse Prevention

- Reduce and prevent substance misuse behaviors using evidence-based strategies with fidelity before problem substance use arises.

## Harm Prevention

- Reduce and prevent substance misuse and addiction related harms such as overdose, impaired driving, and infectious disease

## Treatment

- Enhance access to treatment through workforce development and training

## Recovery

- Build supportive and resilient communities suited to support Alaskans in recovery

# Opioids: Prescription Drugs to Relieve Pain and Illegal Drugs



**Codeine**



**Oxycontin**



**Vicodin**



**Fentanyl**



**Powder  
Heroin**



**Black Tar  
Heroin**

Opioids are made from the opium poppy plant or artificially produced to have similar effects



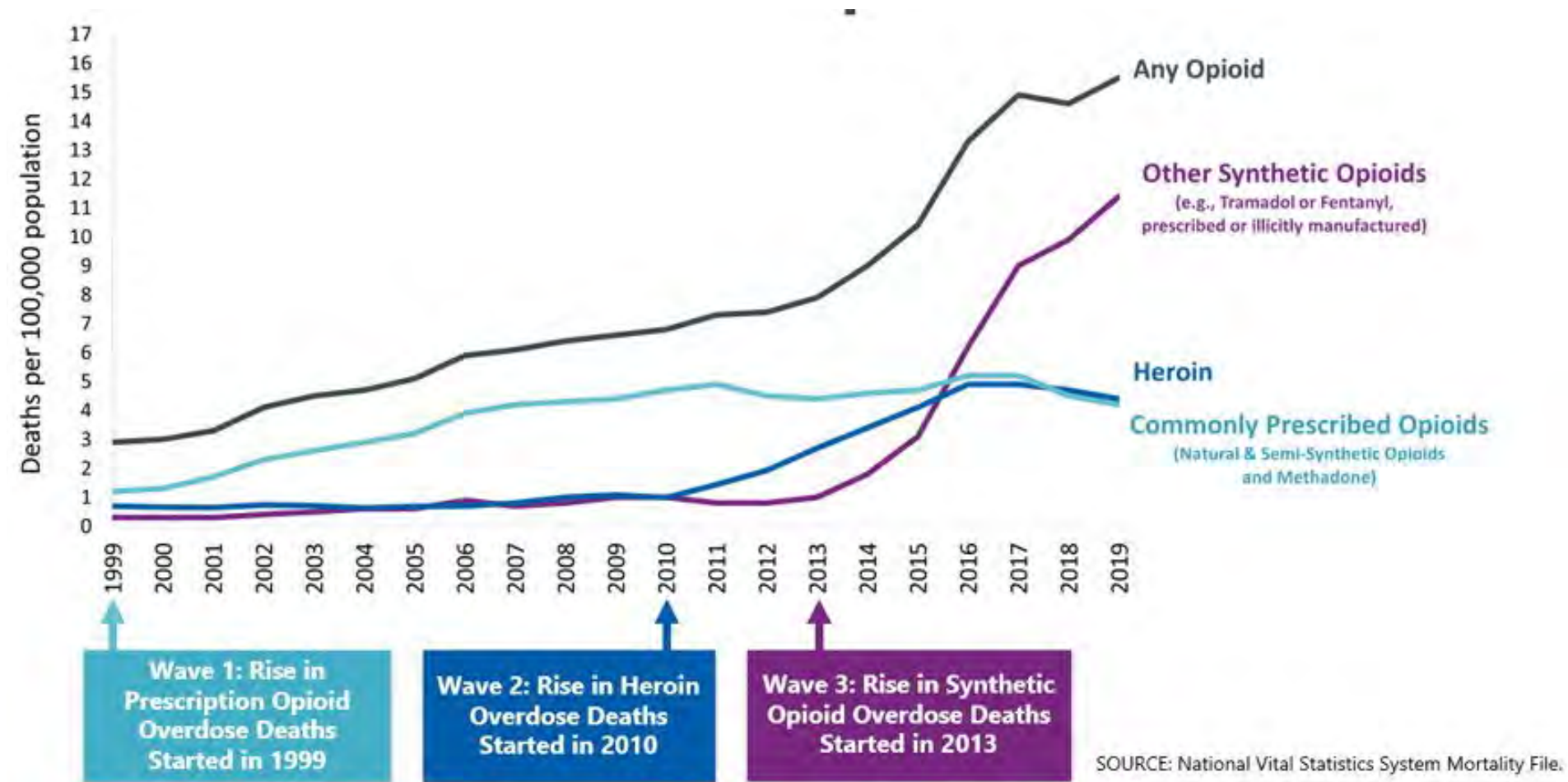




# The Role of Emergency Departments and Opioid-Involved Visits

- The Current Status:
  - Between 2018 and 2020, for every 100,000 visits to the emergency department, 41 were opioid related.
- The Problem:
  - Insufficient intervention within the ED even though people who get treated for opioid overdose in ED are 100 times more likely to die within a year from overdose (NIH Medline Plus, 2020).
  - Alaska's ED Utilization rate three times the national average. One in four due to behavioral diagnoses, with 78% including substance use related (RI International, 2019).
- The Cost:
  - \$2.4 million (2018) for emergency department visits out of \$12 million for opioid use disorder related hospital costs (McKinley Group, 2020).
- The Potential for Solutions:
  - The ED is a strong venue to incorporate intervention across the spectrum of care. It can be the only place that high risk people for overdose get care.

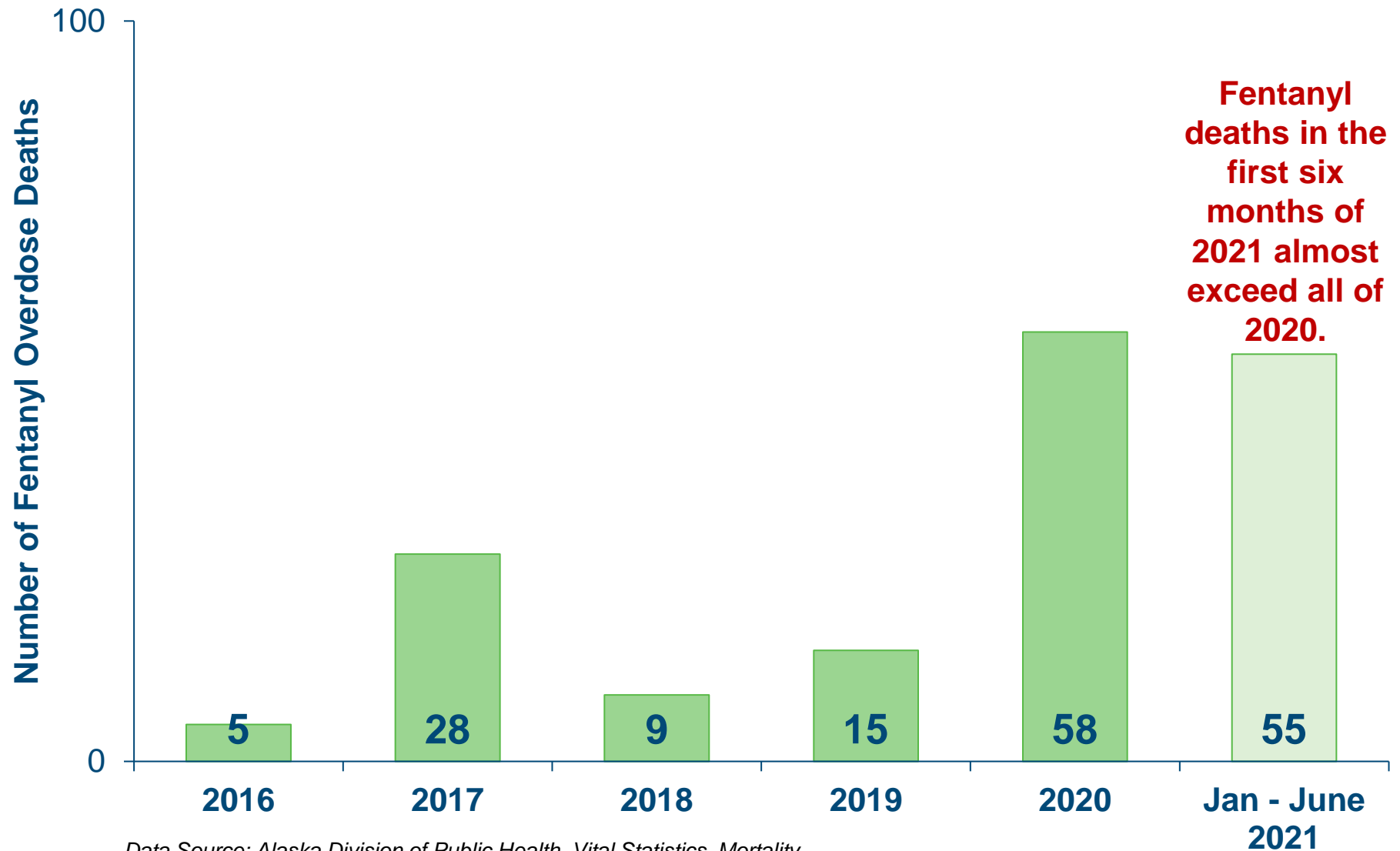
# Opioid Deaths Continue to Increase in the U.S.





The amounts of heroin and fentanyl shown are enough to cause in an overdose , however not all overdoses are fatal.

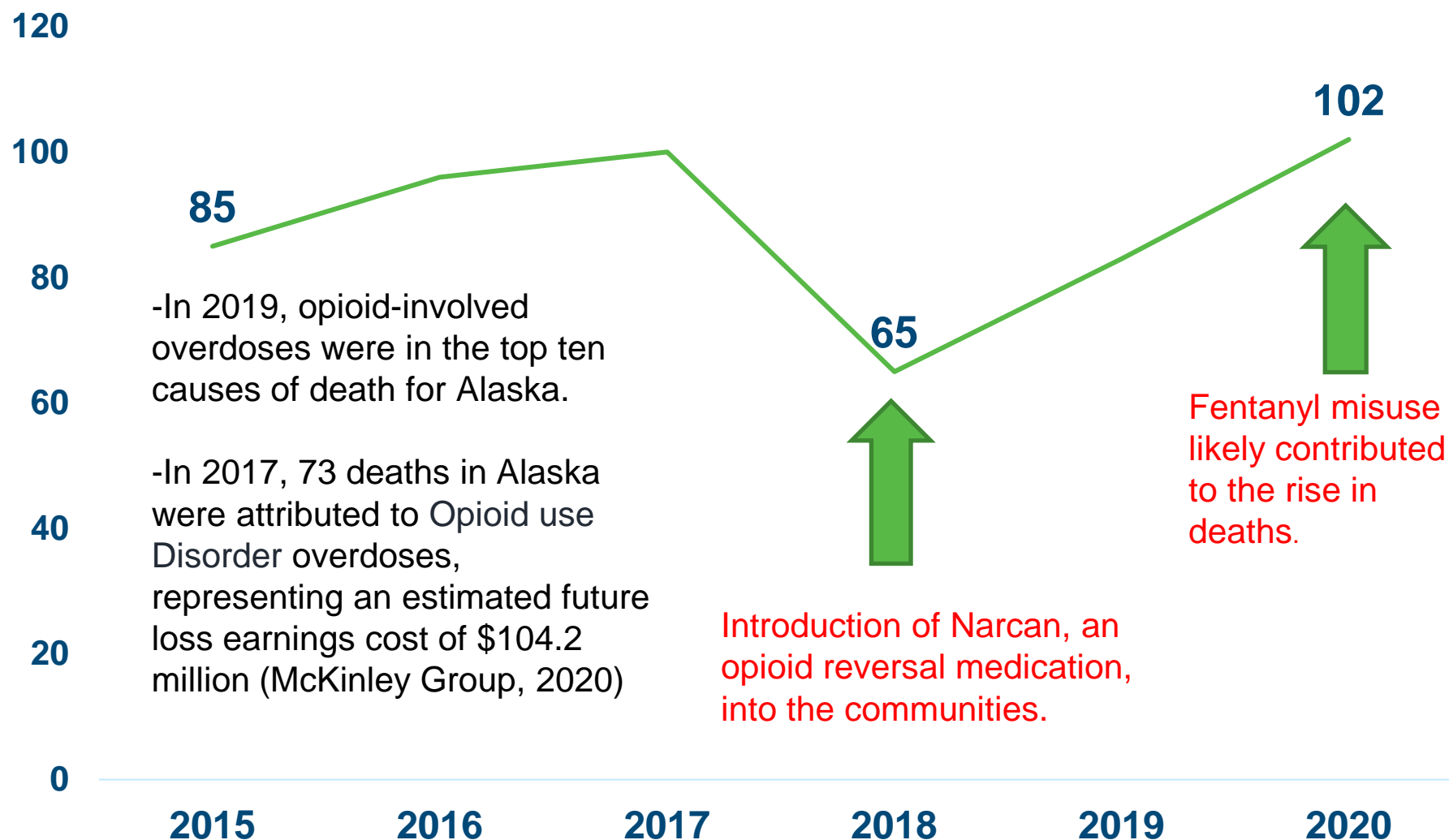
# Fentanyl: 50 times more powerful than heroin



Data Source: Alaska Division of Public Health, Vital Statistics, Mortality  
\*2020 and 2021 data are preliminary and subject to change



# Too Many People have Lost their Lives in Alaska

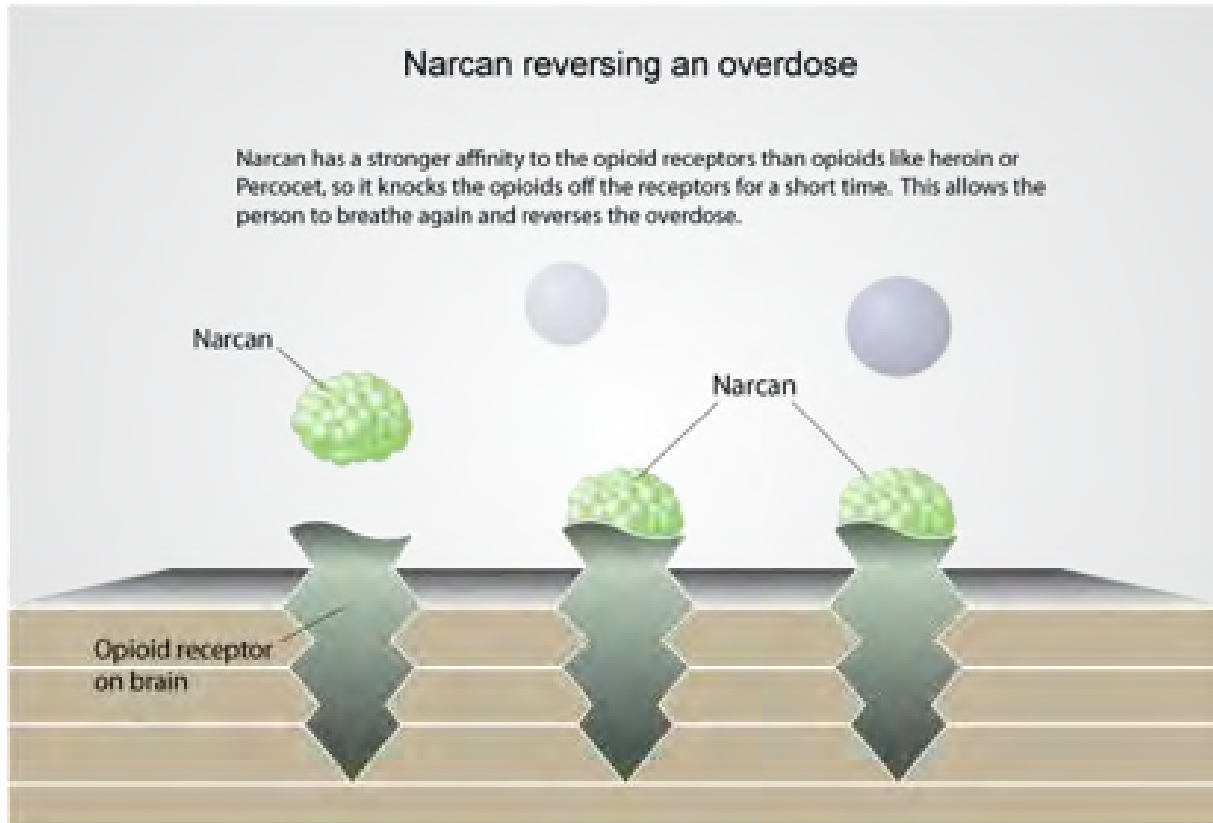


Data Source: Alaska Division of Public Health, Vital Statistics, Mortality  
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# Naloxone or Narcan: A drug that saves lives

## What is Narcan (naloxone)?

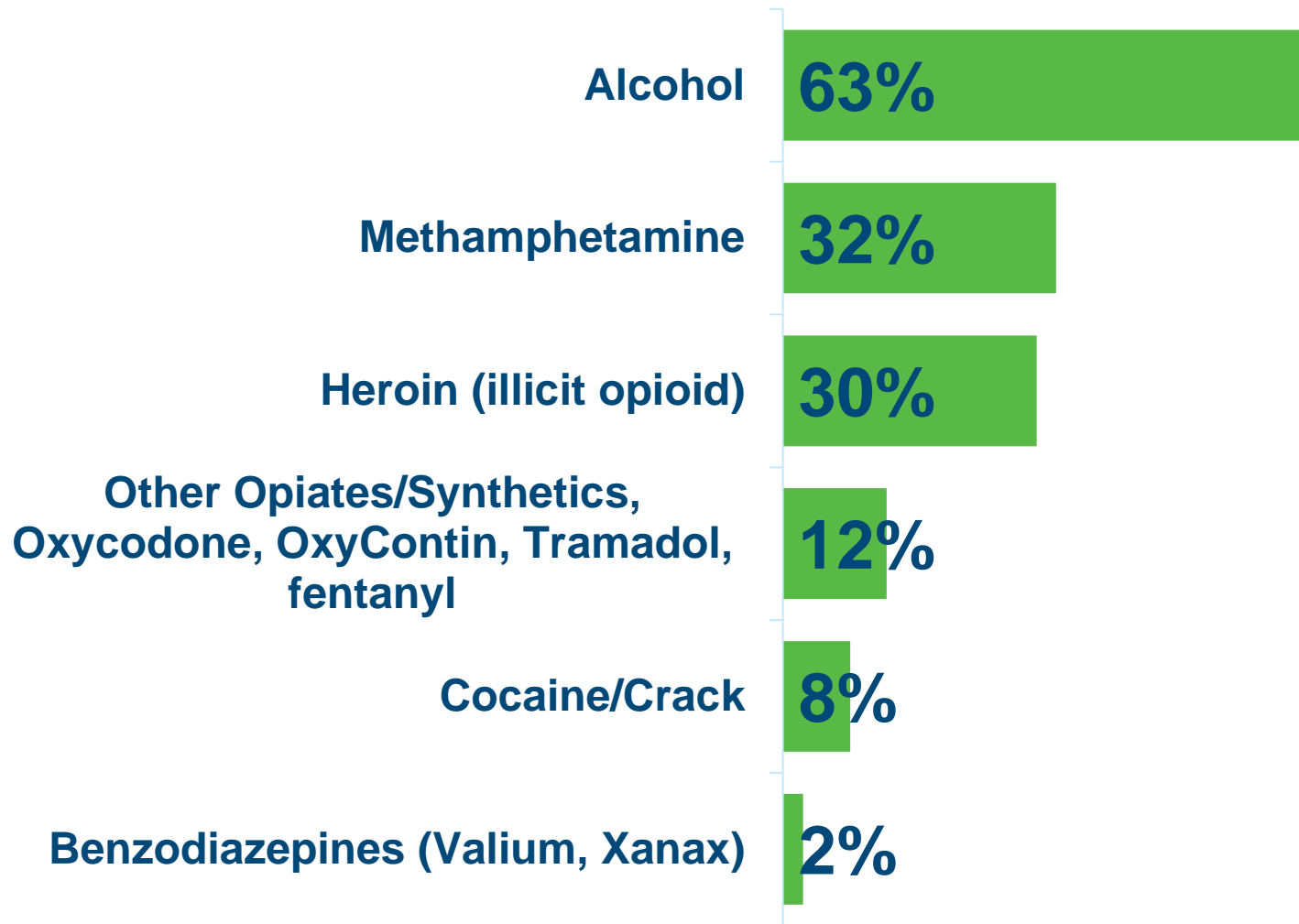


## Studies show naloxone:

- Safe
- Has no potential for abuse
- Reverses overdoses 75%-100% of the time



# Admissions to Substance Use Treatment Programs, FY 2020



*Datasource: Alaska's Automated Information Management System*

*\*Primary, secondary, or tertiary substance of abuse*



# Alaskans Addressing the Opioid Epidemic

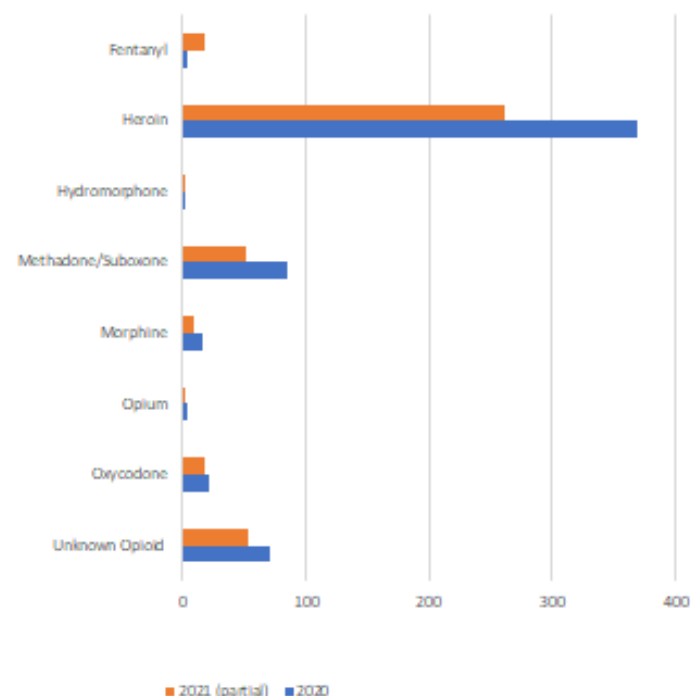
Timeline	Outcome
May 2016	Alaska Opioid Policy Task Force formed
January 2017	Task force recommendations announced
February 2017	Declaration Public Health emergency
June 2017	Office of Substance Misuse and Addiction Prevention formed
August 2018	Statewide Opioid Action Plan Summit
November 2018	Statewide Opioid Action Plan Approved
November 2018-Today	Implementation in Progress
October 2020	Statewide Opioid Action Plan Review Virtual Summit with local, state, and federal partners



# Impact on a Family Systems

## 2020 and 2021 OCS Investigation(IA) and Substantiation Data with Opioid type

Calendar Year	Count of IA IA Completed	Count of Complete IA with any Opioid in PSR	Count of IA with Substantiated Opioid	Count of IA with Substantiated Opioid and any Opioid in PSR
2020	10,893	648	478	264
2021 (partial)	7,102	444	340	188



\*These numbers reflect that at the completion of an investigation, maltreatment by opioid use are found and substantiated at a higher rate than the number of reports alleging opioid use. There is a 40% maltreatment substantiation rate with opioid use compared to an average of 20% among all allegation types

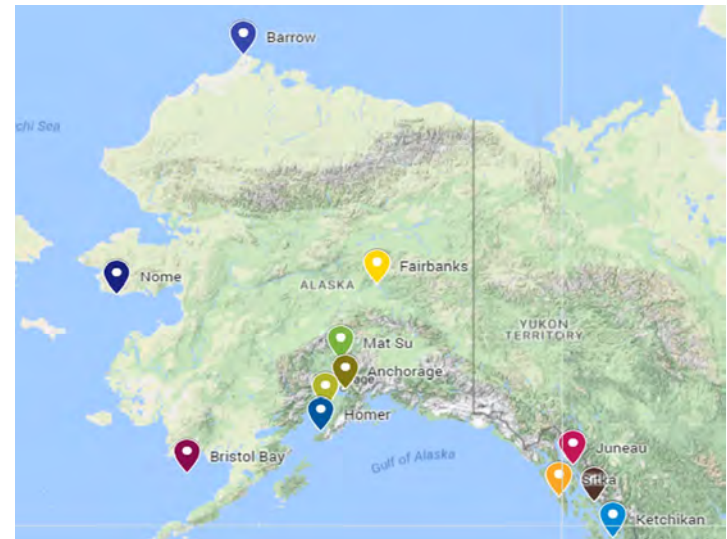
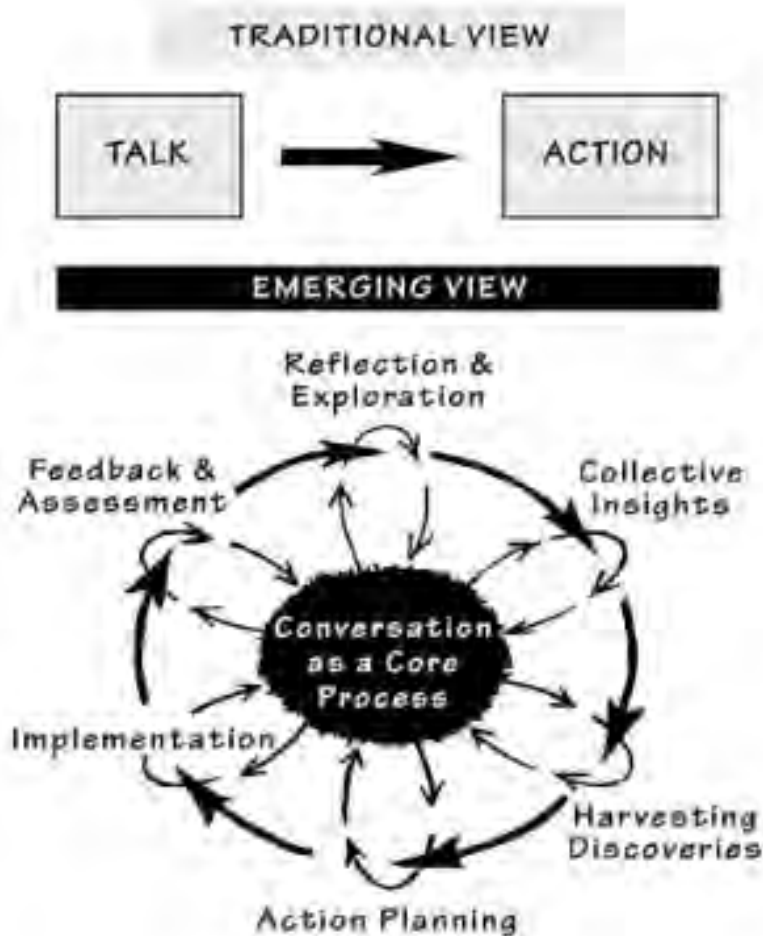
# Statewide Opioid Action Plan

- Vision: Alaskans who live healthier lives in communities more resilient to substance misuse and other interconnected issues.
- Mission: Save lives now and work to prevent future opioid and substance misuse.
- Six goals, 26 strategies, 56 objectives



Learn more: <https://dhss.alaska.gov/dph/Director/Pages/opioids/home.aspx>

# Community Cafes – Foundation for the Statewide Opioid Action Plan



Learn more: <https://dhss.alaska.gov/dph/Director/Pages/opioids/home.aspx>

# Statewide Opioid Action Planning Summit

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- August 13<sup>th</sup> and 14<sup>th</sup> 2018
- 93 local, state, and federal stakeholders
- 80 organizations
- 8 advisory teams





# Statewide Opioid Action Plan Goals

- GOAL 1:** Alaskans unite to reduce stigma and change social norms surrounding substance misuse and addiction
- GOAL 2:** Alaskans communicate, coordinate, and cooperate on substance misuse efforts
- GOAL 3:** Alaskans reduce the risks of substance misuse and addiction
- GOAL 4:** Alaskans experience fewer problems associated with drug use
- GOAL 5:** Alaskans have timely access to the screening, referral and treatment services they need
- GOAL 6:** Alaskans build communities of recovery across Alaska

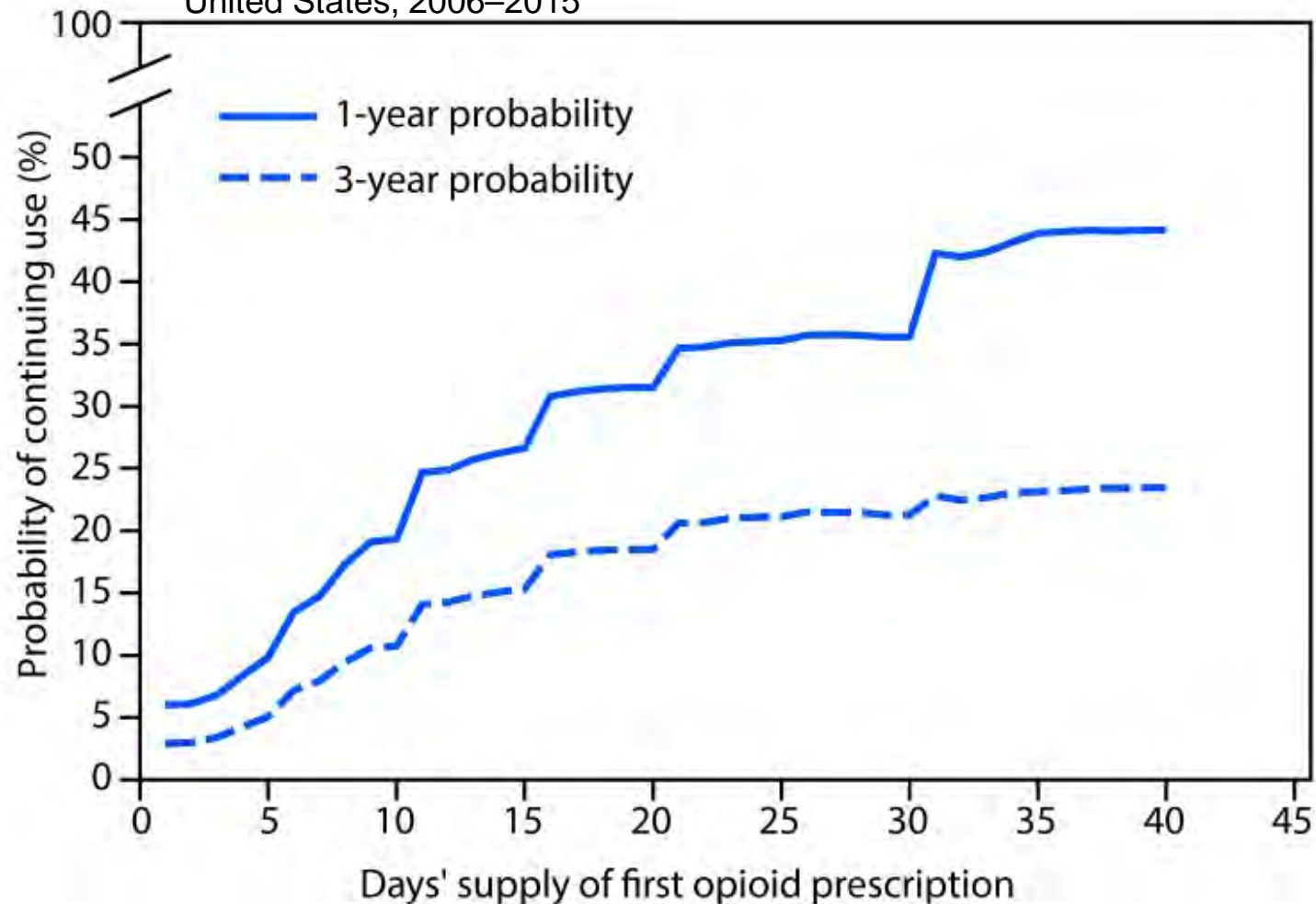


# Goal 1: First Step is Addressing Stigma



# A Prescription-Driven Opioid Epidemic

One- and 3-year probabilities of continued opioid use among opioid-naïve patients, by number of days' supply\* of the first opioid prescription — United States, 2006–2015





# Goals 2 and 5: Creating Access to Care through improved coordination

Action	
OpenBeds Platform	Utilizing of a database to connect people with real time information regarding treatment programs
Restore Hope in Linkage to Care	Integrates behavioral health clinicians into emergency response agencies
Pain Clinic Closure Plan	Creation of a coordinated effort to address when there is an emergency closure of a pain clinic for the providers in the area and patients affected



# Goal 3: Promoting responsible prescribing and dispensing policies and practice

- Prescription Drug Monitoring Program
- Policy intervention like 2017 HB 159 – Pain management education, PDMP reporting, and 7 day supply
- Provider support and education: Project ECHO and UW Pain Management Hotline

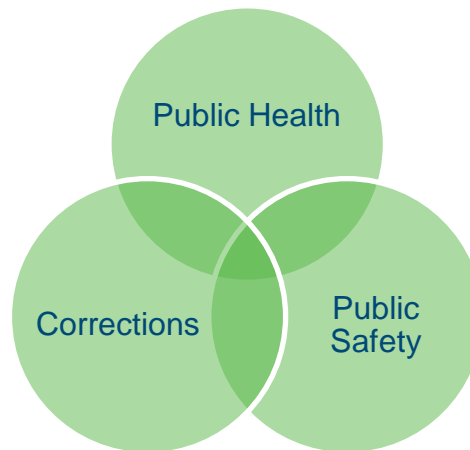


# Goal 4: Preventing Harm from Happening to the Person Who is Using Substances

## Project HOPE

Since 2017,

- 64,250 Narcan Kits distributed
- 127 Overdose Response Programs
- 300+ Lives saved



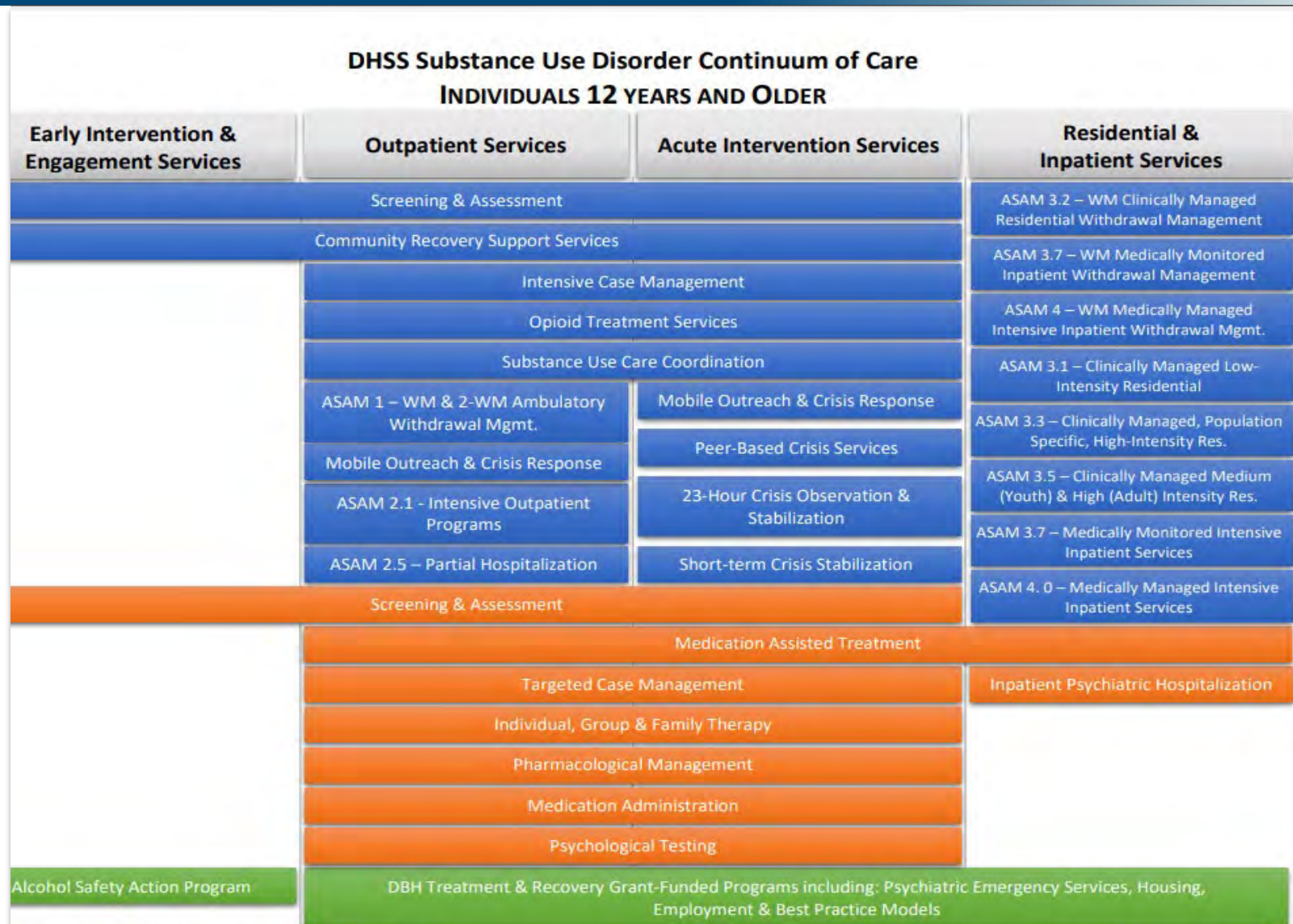
# Goal 5 and 6: Treatment and Recovery Services

- Section 1115 Substance Use Disorder (SUD) Waiver
  - Implementing American Society of Addiction Medicine (ASAM) Criteria.
  - Expanding the continuum of care
    - Increase in SUD treatment levels of care
    - Step-up and step-down services (Intensive Outpatient, Partial Hospitalization)
  - Recovery and Support Services

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# Continuum of Care for Substance Use Disorder Treatment



1115 Waiver   ■ Medicaid state plan   ■ Grant-funded





# Opportunities for Improvement: Prevention



- Support agencies who serve those at risk of overdose
- Address stigma
- Ensure naloxone, an opioid reversal drug, is readily available and accessible in a variety of settings
- Expand medication disposal and storage

# Opportunities to Improve: Treatment and Recovery




- Workforce
  - Trainings/conferences/workforce support
- New Opioid Treatment Programs
- Supported transitions between levels of care and into community
- Recovery services
  - Supported employment, peer connections



# Community Taskforces

- **Aleutian Pribilof Islands** Opioid and Substance Misuse Task Force
- **Bristol Bay** Opioid Task Force
- **Fairbanks** Opioid Work Group
- **Juneau** Opioid Work Group
- Southern **Kenai** Peninsula Opioid Task Force
- Change 4 **Kenai** Coalition
- PIERS – **Ketchikan/Ketchikan** Substance Abuse Task Force
- THRIVE **Mat Su**
- **Mat Su** Opioid Task Force
- **Prince of Wales** Opioid and Addiction Task Force
- **Valdez** Breaking Point Addiction Recovery Advocacy
- Volunteers of America - **Anchorage**



**“The  
opposite of  
addiction  
isn’t sobriety.  
It’s  
connection.”**

— Johann Hari, Chasing the Scream:  
The First and Last Days of the War on  
Drugs



Thank you for your time  
Questions?

For additional questions  
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Learn more: <http://www.dhss.alaska.gov/osmap/Pages/default.aspx>