

## **2015 Prescription Drug Abuse Symposium Breakout Session Descriptions**

### **Examining Prescription Painkiller and Heroin Related Overdose Deaths: 2007 – 2014**

*Aaron Willis, PhD(c), AM, LSW – Indiana School of Social Work*

From 2007 through 2014 there have been 1185 prescription painkiller and heroin related deaths in Marion County. Using Marion County Coroner records, this presentation will examine these deaths and trends over the past eight years, focusing on potential key factors concerning these deaths, such as a history of previous overdoses, substance misuse, mental health concerns, recent incarceration, and injuries, disorders, diseases causing acute or chronic pain. Understanding this information will assist in identifying additional areas for implementing preventive and intervention strategies targeting prescription painkiller and heroin misuse and overdoses fatalities.

### **The Nose Knows – A Naloxone Train the Trainer Workshop**

*Donna Purviance – DNP, Goodman Campbell Brain & Spine*

After formerly managing a chronic pain management office utilizing opiate medications, Donna Purviance became keenly aware of the conundrum between chronic pain, opiate prescribing and addiction. The hard reality is opiates are addictive and even when appropriate risk stratification strategies are employed, overdoses occur. The enactment of Senate Bill 227 & House Bill 406 (Aaron's Law) provided the opportunity for both law enforcement and the general public to obtain and administer the antidote to save lives. This train the trainer session will educate law enforcement and the layperson on how to identify when someone is overdosing from opioids, how to properly administer Naloxone and the protocols that must be followed in accordance to state statutes. It will also cover the protections provided under these laws.

### **Prescription Drug Impact in the Workplace**

*Denise Fields, R.Ph. – Sr. Clinical Consultant with Express Scripts at Cummins Health Center*

*Tess Benham - Program Manager, Prescription Drug Overdose Initiative, National Safety Council*

Historically, community prescription drug abuse awareness efforts have targeted two primary groups – students and parents. A community setting that holds potential for increasing public awareness and action(s) to reduce the prevalence of prescription drug abuse is in the workplace. This session will provide lessons learned and opportunities for increased efforts in relation to employer/employee prescription drug abuse education efforts (based upon our experience creating and executing a mandatory education program for more than 500 employees with one Indiana employer). The presentation will also include successes realized and obstacles encountered in addressing this population and future opportunities for continued engagement and action(s) to reduce the prevalence of prescription drug abuse in the workplace. Additionally, the National Safety Council will also present results from the new public opinion poll data about how Indiana businesses are impacted by and addressing the prescription drug abuse.

## **Allen County Working Together**

*Deborah McMahan, MD, Allen County Health Commissioner*

*Greg Eigner, MD, Associate Director, Fort Wayne Medical Education Program*

*Dan Roth, DO, Interventional Psychiatrist, Summit Pain Management, Summit Physical Medicine*

This session will look at how physicians in Allen County have collaborated together to address the opioid epidemic that is plaguing their community. A retrospective, descriptive review of overdose deaths in Allen County showed a 55% increase between the years 2008 and 2013. The study found that in 287 coroner deaths opioids were found in 75% of the subjects. The findings are currently being used to help promote health, quality patient care, and positively impact healthcare by bringing awareness to the effects of overutilization of prescription painkillers. In November 2014, an area pain clinic was forced to close its doors leaving thousands of patients out in the cold. Several area pain physicians extended their hours and worked weekends to meet the increased demands for help. The Allen County Health Department worked to ease the transition by supplying a toolkit to help physicians provide chronic pain care to these patients. This session will also examine a pilot project with local law enforcement authorities to develop a system to hold heroin/cocaine/powdered fentanyl abusers accountable by not only treating their addiction, but also identifying the source of the substances and how they get on the street.

## **Opioid Preventative Education Programs Targeting Youth**

*Justin Philips – President and Founder of Overdose-Lifeline, Inc*

*David Spurgeon – Detective, Indianapolis Metropolitan Police Department*

*Linda Hathaway – Director of Education and Curriculum, McMillen Center for Health Education*

Overdose-Lifeline, Inc. (ODL) will provide a presentation on the ground breaking opioid and heroin prevention education program. This train the trainer program is designed to assist teachers, family, law enforcement and community members in the delivery of this educational program for the purpose of facilitation in classrooms and public settings. The program informs students regarding the risks of opioids and heroin use and provide alternatives to using drugs and alcohol in dealing with the issues, stresses, and pressures facing today's youth.

Interactive activities will empower attendees with knowledge about how teens often are expecting one effect of a chemical while experiencing many other unexpected devastating effects on their life even including death. Surprising statistics will illustrate the pervasiveness of prescription medication abuse. Statistics from a large urban study of overdose deaths, the number of chemicals involved and the circumstances will be reviewed. Attendees will receive a list of resources that are available for further education regarding the abuse of prescription medications and other substances.

## **Vulnerable Populations and Prescription Drug Abuse**

*Abigail Kuzma – Assistant Attorney General, Victim Services and Outreach Division, OAG*

With the dramatic rise in prescription drug abuse, those seeking money to fuel their addiction are in a very vulnerable state. They may engage in prostitution to try to make enough money to purchase drugs, or they may fall victim to a trafficker looking to exploit someone at their weakest point. This session will explain the link between human trafficking and drug abuse. Drug abuse can be both a risk factor for someone to be trafficked and it can also be a way for traffickers to exert control over individuals they are exploiting for forcing them to abuse drugs.

## **Abuse-Deterrent Opioids: The Promise and the Perils**

*Robert Twillman, American Academy of Pain Management*

Abuse-deterrent opioid formulations have been much-discussed as one important tool for addressing prescription drug abuse. These medications, which prevent or discourage abuse that involves altering the original form to facilitate inhalation or injection, have demonstrated a positive effect in reducing the frequency with which this dangerous behavior occurs. Unfortunately, there also are indications that their effectiveness may result in some individuals migrating to heroin as their drug of abuse. Further, the additional cost of these new products makes obtaining them challenging for some people who use them legitimately to treat pain, and insurance companies may be reluctant to include them in their preferred drug lists for the same reason. This presentation will cover how abuse-deterrent opioids work; how they should be used, and with which patients; the evidence regarding the benefits and perils of their use; and considerations for policymakers who want to increase their use.

## **Syringe Exchange Programs – Best Practices**

*Sheriff Dan McClain - Scott County Sherriff*

*Brittany Combs- Scott County Health Department*

*Kellie Kelly – Madison County Health Department*

Syringe exchange is part of a comprehensive public health effort to reduce HIV and hepatitis C among drug-injecting populations. Syringe Exchange Programs (SEP) “exchange” sterile for used syringes, and link participants to screening and treatment for hepatitis C and HIV, as well as substance abuse treatment. Senate Enrolled Act 461 permits Indiana to join with 17 other states in authorizing syringe exchange to at risk communities. This session will examine the development and operation strategies from counties that have recently implemented syringe exchange programs. It will also discuss how to identify “at risk counties” and the processes and time lines that need to take place in order to get approval from both the local and state authorities.

## **Catch Me If You Can - Getting into the Mind of a Drug Addict**

*Rodriggo Garcia – CRNA, Parkdale Center*

You think you are close to catching them because they “let” you think you are close. One step ahead of you is an understatement. How do you identify and protect your institution and the public against someone you may not even know exists? The truth is, every day hundreds of doctors, nurses, pharmacists, and health care professionals are putting you and your loved ones at serious risk while working under the influence. Furthermore, the same characteristics that have made them successful professionally are making it near impossible for them to be identified. “Catch me if you can” will give you a unique perspective on the realistic aspect of the situation and more importantly, propose a solution.

## **Prescription Opioids: The Real Story**

*Don Teater, MD, Medical Advisor, National Safety Council*

This presentation will show how the treatment of acute pain with opioids has led to an increase incidence of chronic pain and disability. It will show the evidence that by changing how we treat acute pain with non-opioid alternatives, we can overall treat pain more effectively and reduce the incidence of chronic pain.

While this presentation will focus on acute pain, it will show that proper prescribing for acute pain is the best way to prevent chronic pain and chronic opioid use. Use of NSAID medications and acetaminophen will provide better pain relief than the opioids and result in less adverse clinical and public health outcomes.

## **Renaissance Recovery Program: Coordination of Care and Treatment for NAS Prevention**

*L. Michael Fields, MD, Renaissance Prenatal Care Program*

This session will highlight The Renaissance Recovery Program – a unique coordination of care and treatment approach that provides efficient, comprehensive care management and patient support during pregnancy. Utilization of a preferred prenatal outcome network of providers, or PPON, aligns obstetricians with available resources for addiction and mental health services in an area. Comprehensive analytics prescribe a treatment paradigm of detox or maintenance and level of treatment for each patient. Regular social support and direction of care creates patient advocacy and 80% retention in the program. Current data demonstrates near 90% rate of delivery uncomplicated by NAS for program participants. A beta analysis is ongoing of continued support post-partum to reduce the near universal relapse rate after delivery when most support typically stops. Also learn about other program directives include physician education and extended birth control options for patients.

## **Prosecutor Tools for Reducing Recidivism**

*Aaron Negangard, Dearborn and Ohio County Prosecutor*

*Nick Hermann, Vanderburgh County Prosecutor*

Prosecutors Negangard and Hermann will address the role of the prosecutor in reducing recidivism. Specifically, this presentation revolves around two programs using the latest technology to remotely drug test offenders on probation. Each technology includes an employment aspect and both programs have been successful in reducing recidivism. These programs work as an example of how law enforcement agencies are forming partnerships to address recent drug trends. Aaron and Nick will discuss recent drug crime trends and how prosecutors are working to address these trends in light of the criminal code rewrite.

### **What Pharmacists and Technicians Need to Know to Fight the Opioid Battle?**

*Tracy Brooks, R.Ph., Interim Chair Pharmacy Practice Dept. at Manchester University College of Pharmacy*

This session will examine the Indiana State Medical Licensing Board's final rule governing the prescribing of opioids for chronic pain management, focusing on the steps that must be taken by a prescriber prior to writing a prescription for pain medications. This will include an in-depth review of the terms "legitimate medical purpose" and "corresponding responsibility" as they apply to the use of opioid analgesics in the treatment of chronic pain. Participants will learn about a systematic approach that can be taken by pharmacists when screening controlled substance prescriptions for the treatment of chronic pain. They will also receive a counseling checklist for educating patients on long-acting opioids.

### **What's Your Side Effect – Education Campaign Addressing the Rx Epidemic**

*Luke Renner- Founder, The Story Shop*

*Presented in partnership by community organizations in Madison, Morgan, Scott and Pike counties of Indiana*

"What's Your Side Effect?" (WYSE) is a media campaign aimed at reducing prescription drug abuse and misuse in young people aged 12 – 25 and is funded through the Partnerships for Success II grant. Research has shown that traditional fear-based messaging is not an effective way to educate youth on the dangers of prescription drug abuse. The WYSE approach is to package information on prescription drugs inside a message of hope and inspiration, recognizing that drug abuse often originates with emotional, social and psychological factors, not with a lack of information. During this session, you will learn how the WYSE campaign works by inspiring young people to think about their passions and the effect they are having on their community by pursuing those passions, we can redirect their focus and help promote a lifestyle that will reduce risk factors.

### **Prevention of Relapse to Opioid Use as a Means to Improve HIV Treatment Option**

*Sandra Springer, Associate Professor of Medicine, Yale School of Medicine AIDS Program*

Dr. Springer will review data and implementation lessons from a NIDA-funded pilot evaluation of buprenorphine for opioid dependent released HIV+ prisoners and a currently on-going randomized placebo-controlled trial of extended-release naltrexone for opioid dependent HIV+ prisoners and jail detainees as they transition to the community also funded by NIDA. Results from the buprenorphine trial indicate a strong association with prevention of relapse to opioid use and HIV viral load suppression for HIV+ released prisoners; preliminary results from the on-going extended-release naltrexone double blind randomized placebo-controlled trial among HIV+ opioid dependent criminal justice populations in CT and MA, for which she is Principal Investigator, will also be discussed. Results of both studies show high acceptability of medication assisted therapies in this population, excellent safety data, and good efficacy in preventing relapse to opioid use and improvement in HIV viral load suppression and antiretroviral treatment adherence.

### **Pain Management and Opioid Safety Initiative at Indianapolis VA**

*Nabiha Gill, MD, Chief PMRS Pain, Indianapolis VA Medical Center*

This presentation will focus on the Veterans Affairs opioid safety initiative and pain management, with a specific emphasis on the Physical Medicine and Rehabilitation Service Pain program at that Indianapolis VA medical center. This session will examine biopsychosocial pain management, functional restoration and opioid safety among this population. The presentation will also address non-pharmacological pain management strategies and case presentations.

### **Integration of Prescription Drug Monitoring Programs (PDMP) in Pharmacy Practice: Improving Clinical Decision-Making and Supporting Pharmacists**

*Connor Norwood, Associate Director, Health Workforce Studies Program, IU School of Medicine*

Pharmacists have shared responsibility to investigate the validity of controlled substance prescriptions (CSPs), and exercise their right to refuse to dispense a CSP if its validity cannot be verified. Our study examined how integration and consistent use of INSPECT in pharmacy practice impacts pharmacists' dispensing practices. A cross-sectional design studied pharmacists' knowledge and use of INSPECT and dispensing practices of CSPs. Pharmacists who always use INSPECT refused an average of 25 CSPs annually compared to an average of 7 refusals for pharmacists not using INSPECT. Pharmacists using INSPECT consistently were 3.3 times more likely to refuse to dispense more CSPs than pharmacists who report never using INSPECT. Integration of PDMPs in pharmacy practice may improve a pharmacist's ability to make informed clinical decisions and exercise sound professional judgment. Providing clinical practice tools to both prescribers and pharmacists is important to preventing drug diversion and prescription drug abuse.

### **Scott County – Struggle to Strength: Reclaiming Lives; Rebuilding Communities**

*Lori Croasdell – Coordinator, (CEASe) Coalition to Eliminate the Abuse of Substances of Scott County, Rx Drug Abuse Prevention Coordinator, Communities That Care Outreach Coordinator*

*Jene Bridgewater – Executive Director, Scott County Partnership*

CEASe (Coalition to Eliminate the Abuse of Substances) has worked in partnership with the Scott County Partnership for the past four years on substance abuse prevention and education efforts in Scott County. The tragic and unprecedented HIV outbreak in Southern Indiana did not earmark the beginning of substance abuse problems for this small rural area. This problem has been present for generations and CEASe has been at the front lines combating this issue since its inception in 1989. This presentation will focus on the outreach and prevention efforts that have been put forth in Scott County to help the community from their struggles. You will learn how the combined efforts of the community have helped so many regain strength, reclaim lives and even rebuild the grief-stricken community through the leadership of the CEASe, the SCP and others.

### **Opiate Related Overdose Deaths: Differences with Heroin or No Heroin in the Blood?**

*Aaron Willis, PhD(c), AM, LSW – Indiana School of Social Work*

Using Marion County Coroner's Office toxicology reports and Deputy Coroner field reports, similarities and differences are examined between 438 deaths with heroin in the blood and 734 deaths with no heroin in the blood from 2007 through 2014. Statistical analysis will consist of examining these deaths all together, as well as each specific year to determine if there are significant differences between those who die while using heroin and those who die with no heroin use. Characteristics such as a history of previous overdoses, substance misuse, mental health concerns, recent incarceration, and intravenous needle use will be examined. Additional analysis will explore predictive factors of an overdose death from the use of a particular opiate or opiates. Understanding this information will assist in identifying additional areas for implementing preventive and intervention strategies targeting prescription painkiller and heroin misuse and overdoses fatalities.

### **Making MATs Work – A Structured Approach to use of Medication Assisted Treatment**

*Darrin Mangiacarne, DO – Medical Director of Fairbanks Hospital*

*Andrew Sonderman, MD- Staff Physician of Fairbanks Hospital*

Research tells us that the use of medication with those addicted to opiates can be very beneficial, potentially lifesaving. Unfortunately, uses of these medications do come with risks both to the provider and consumers. In this presentation you will learn of an approach that Fairbanks has developed in efforts to reduce the risks of buprenorphine abuse and diversion, monitor compliance and accountability with Medication Assisted Therapy, while keeping a client engaged in treatment and recovery. Dr's Sonderman and Mangiacarne will share their experiences of using medications to assist with opiate addiction treatment through a collaborative relationship with a local pharmacy and other support measures that can improve outcomes for the client. Participants will gain an understanding of criteria used to determine the best course of care for opiate addicted clients and strategies utilized to promote adherence to an ongoing recovery plan.

## **Medicinal Waste Disposal: Take Back Programs are NOT a Waste of Time**

*Patti Darbshire, Purdue University*

*James Young, Eskenazi Health*

*Chris Angel, Yellow Jugs Old Drugs*

The statistics say it all. With 71% of prescription drug abusers getting pills from friends or family, it's clear that getting unused or expired medications out of the medicine cabinet is an obvious way to prevent abuse. So why not just flush them? Disposal of unused/unwanted medicine in a safe manner will keep the harmful effects of drugs out of ground water, surface water and municipal water systems. Protecting people, promoting health and safeguarding the environment should be worth the effort of disposing of your drugs safely. This session will examine the implementation and importance of permanent take back programs, in both law enforcement and pharmacy settings, as well as the federal regulations governing these initiatives.