

JOIN THE
MOVEMENT

WELCOME

**St. Clair County
Health Care Commission**

**+ HEALTH
SUMMIT
2019**

Thursday, March 28, 2019

The Opioid Crisis in St. Clair County

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Prevent Drug Overdose Deaths Program,
Chestnut Health Systems

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Attorney, Violent Crimes Division,
United States Attorney's Office

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Addiction Treatment and Recovery Support,
Chestnut Health Systems

Objectives

- Learn about opioids and the local crisis
- Understand the impact of opioids
- Identify available resources
- Learn what you can do to help

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MOVEMENT**

The Opioid Crisis

Morphine CODEINE
VICODIN **Heroin**
FENTANYL
OXYCODONE
Percocet
Hydrocodone



Rx Opioid Painkillers as Gateway Drugs to Heroin

Nearly everyone who uses heroin has also used at least 1 other drug.

People who are addicted to...



ALCOHOL

are

2x



MARIJUANA

are

3x



COCAINE

are

15x



Rx OPIOID
PAIN KILLERS

are

40x

...more likely to be addicted to heroin.

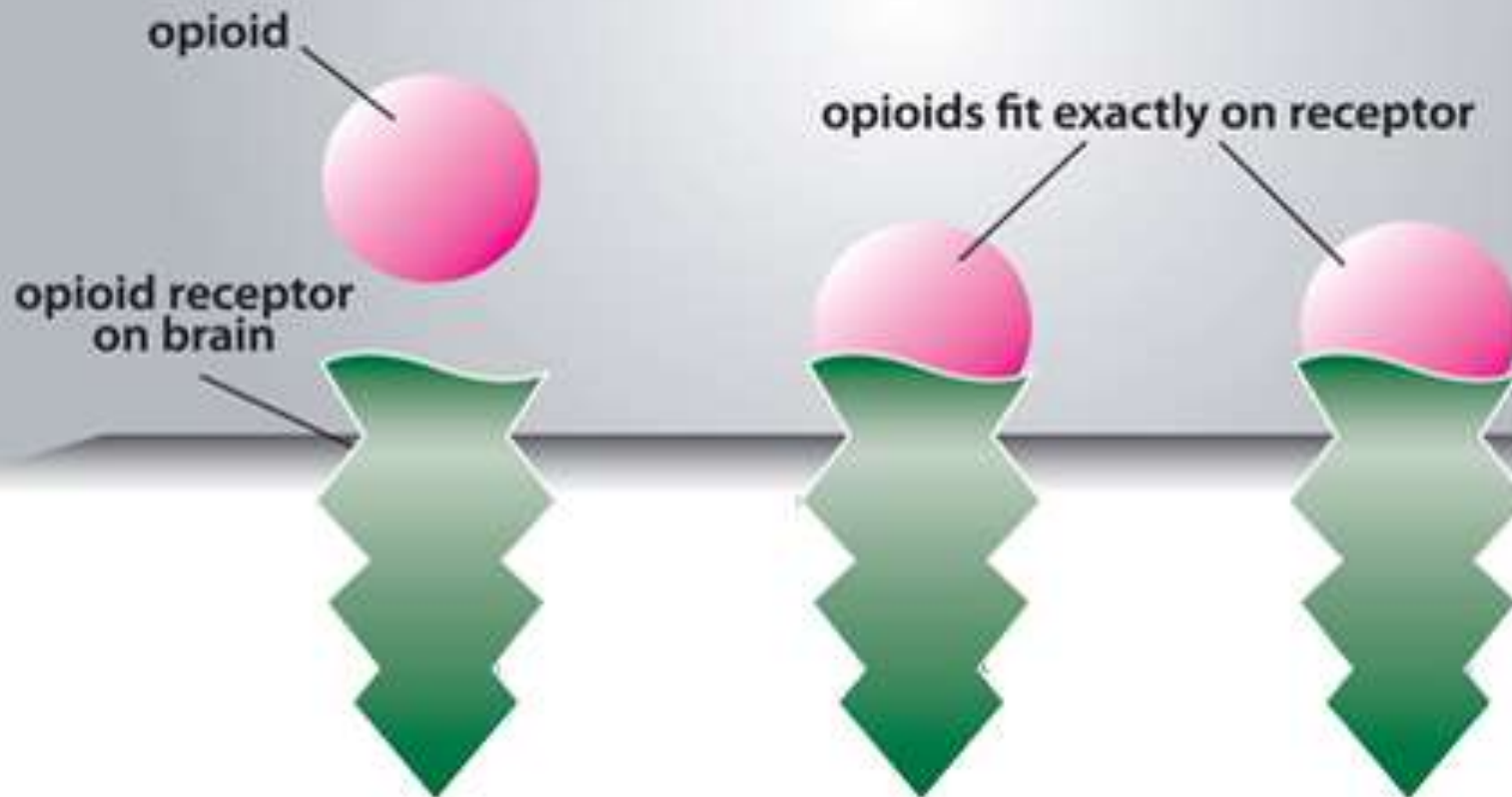
Source: National Survey on Drug Use and Health (NSDUH), 2011-2013.

OPIOID POTENCY



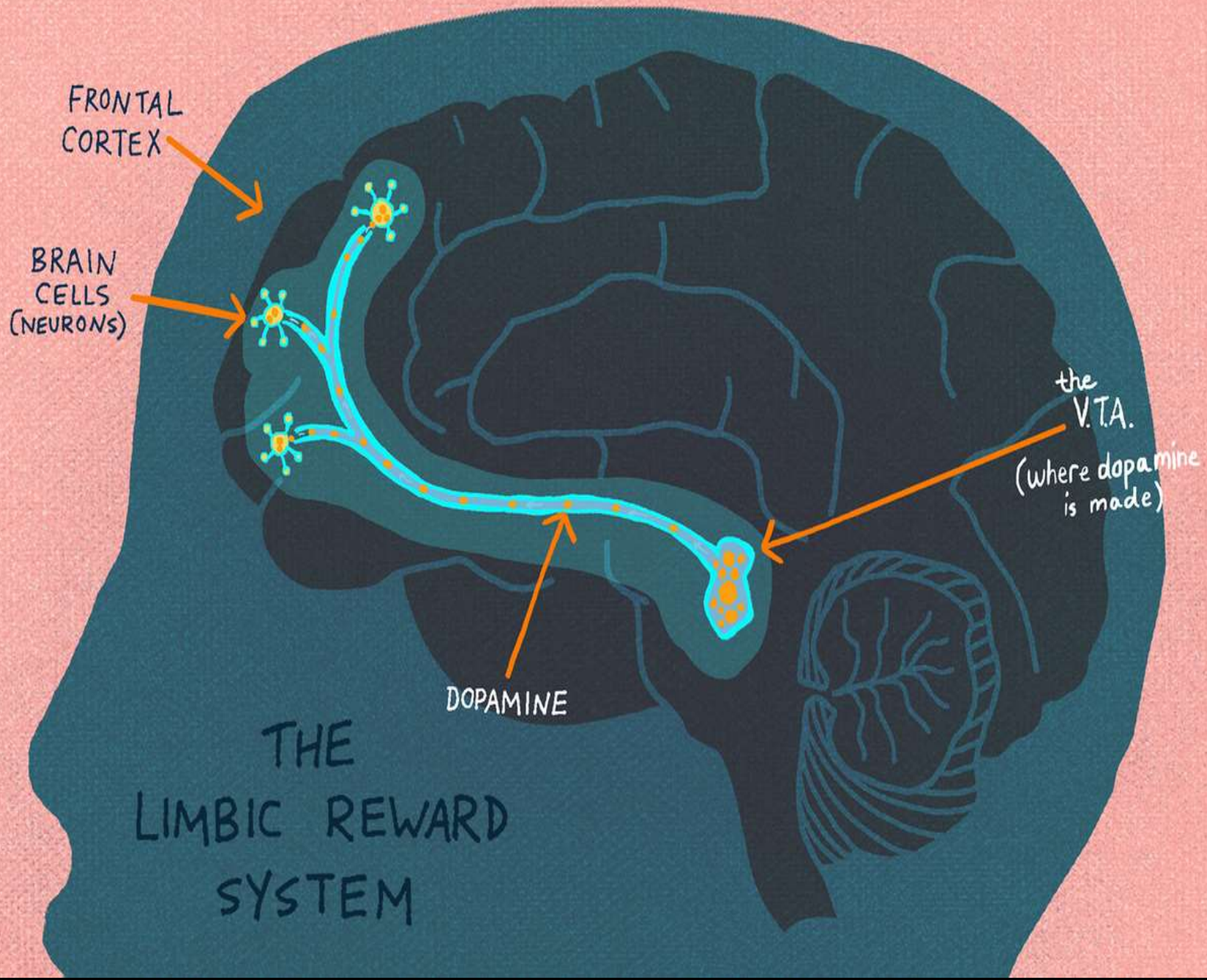
Opioids attaching to receptors

The brain has many, many receptors for opioids.
An overdose occurs when too much of an opioid, such as heroin or oxycodone, fits in too many receptors slowing and then stopping the breathing.



COPE

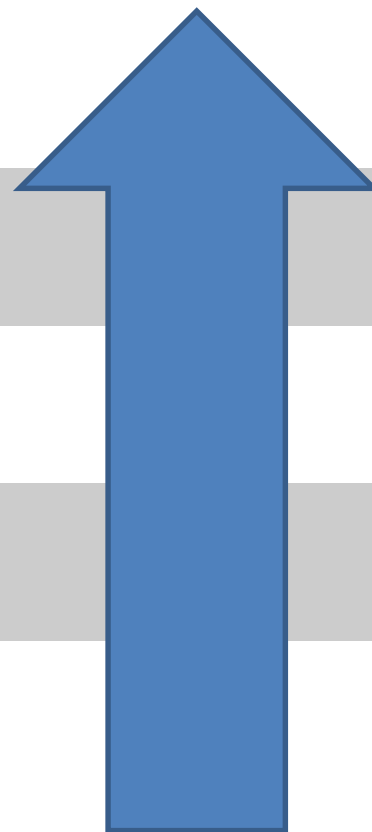
Heart | WASHINGTON INSTITUTE



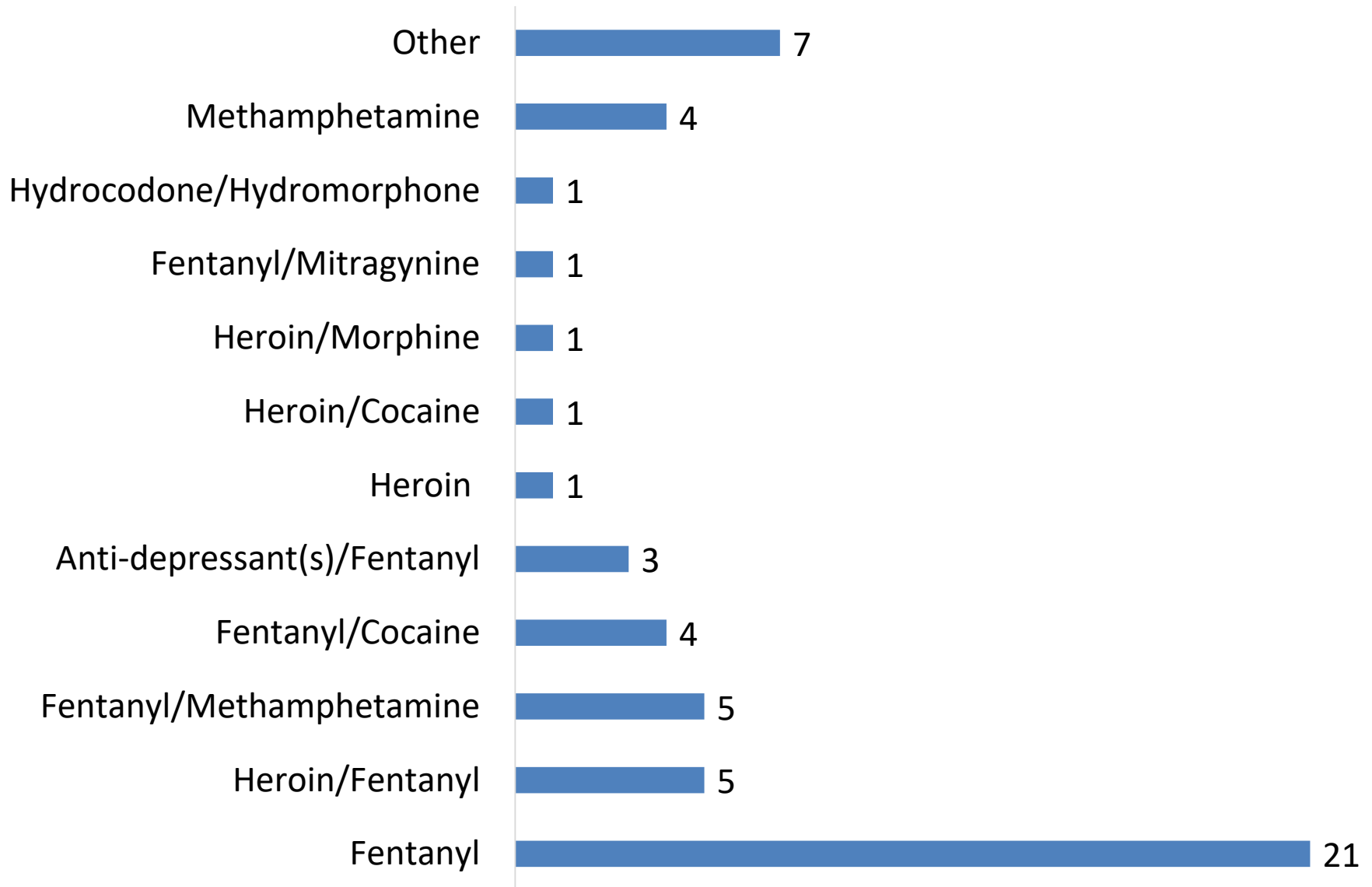
The Local Problem

Opioid Overdose Deaths in Illinois

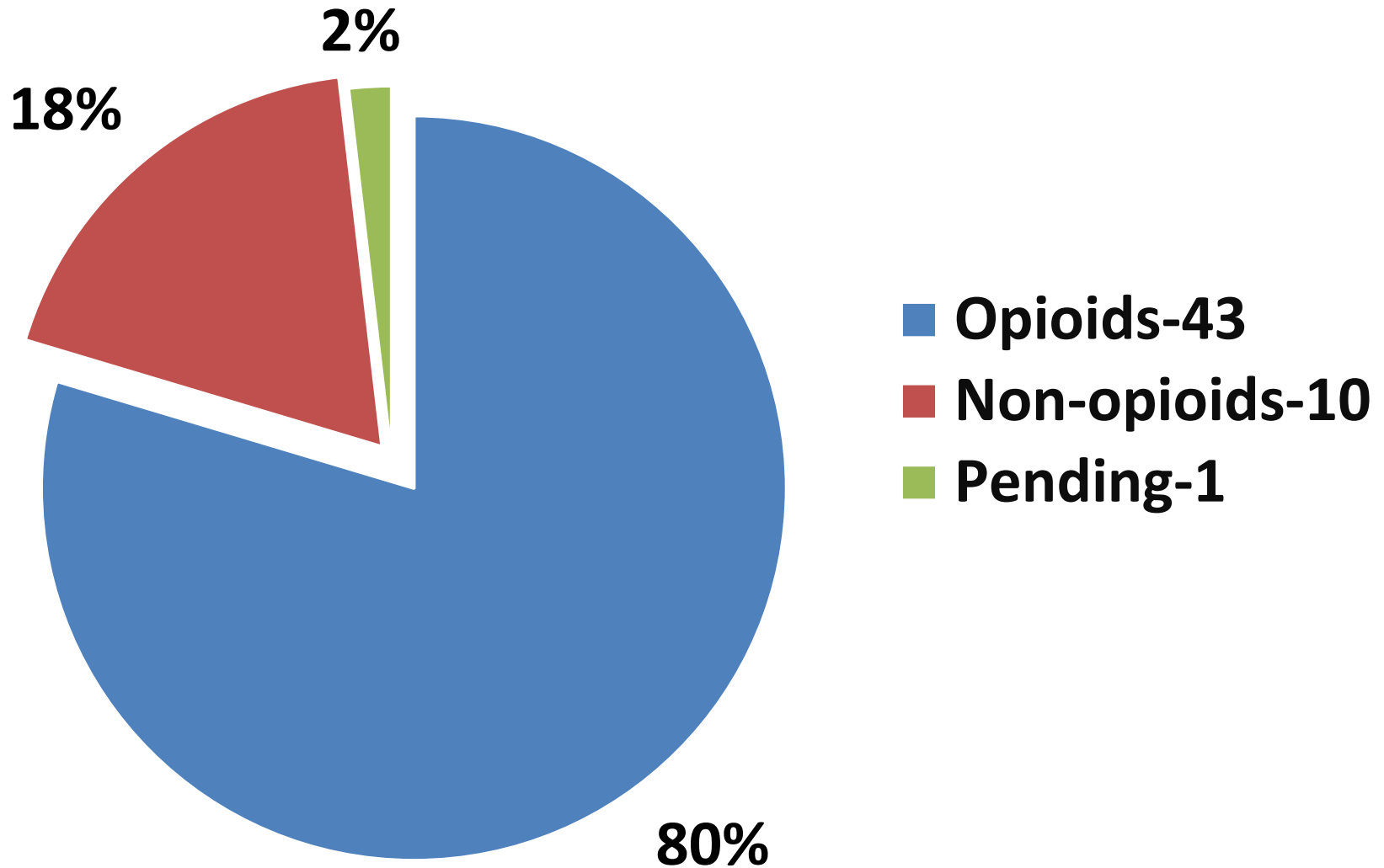
2017	2,110
2016	1,888
2015	1,382
2014	1,203
2013	1,072



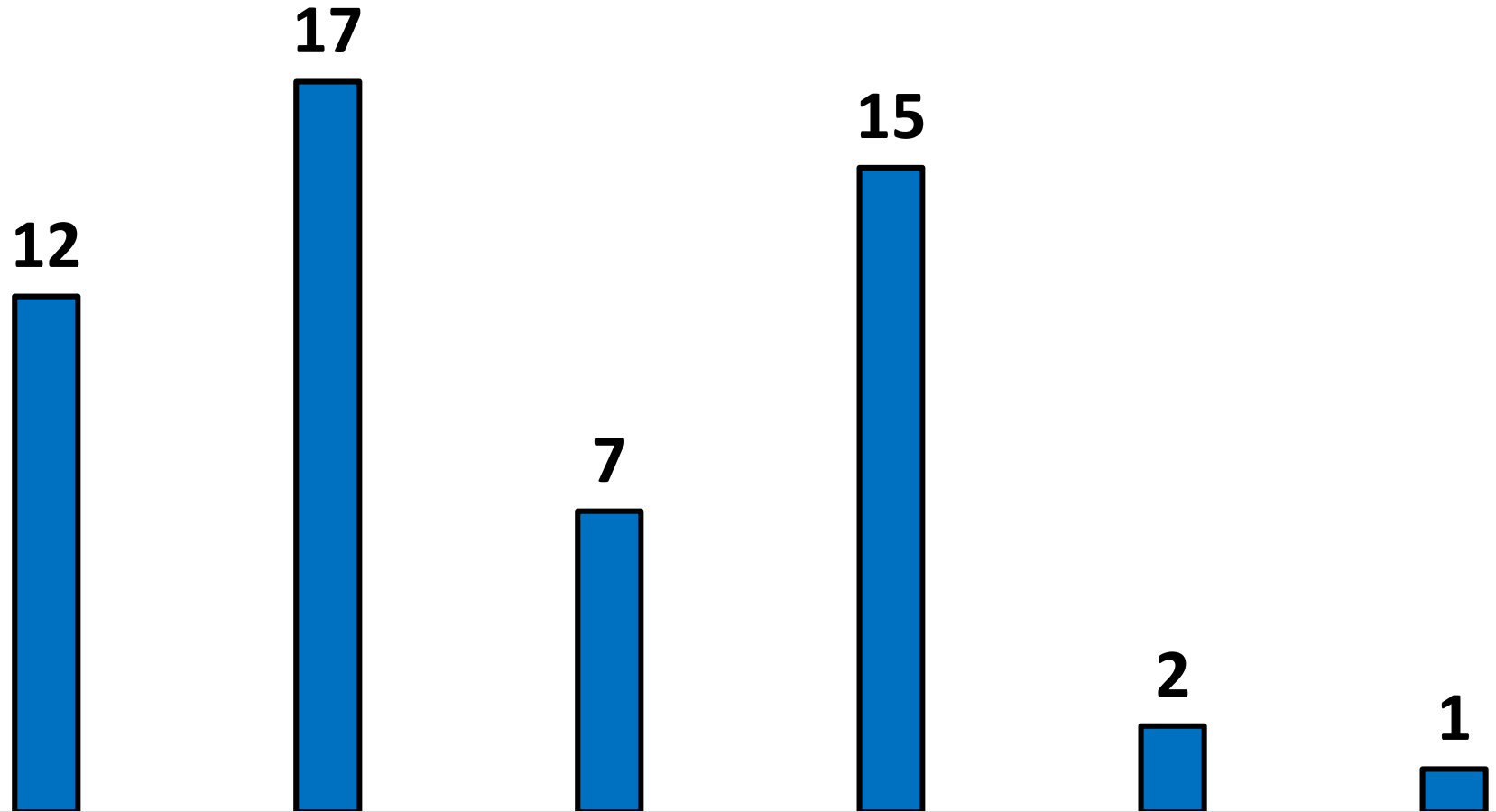
2018 St. Clair County Overdose Deaths



Opioid vs. Non-opioids Overdose Deaths



Overdose Deaths by Age (Average 40)



Twenties Thirties Forties Fifties Sixties Seventies

“Buttons”—One Dose Capsules



Where do Illinois drugs come from?



MEXICO

- Mexican drug cartels are responsible for 88% of **heroin** smuggled into United States.
- Cartels responsible for 83% of **cocaine** into U.S.
- 80% of **methamphetamine** (ice).
- Illinois drugs primarily brought in by Sinaloa (el Chapo) and Jalisco New Generation drug cartels

FENTANYL

- Sources: Mexico and China. Hard to differentiate origin.
- Chinese fentanyl is 90% pure and responsible for most of overdoses. Arrives via small packages/mail.
- A lot of heroin is now cut with fent.
- Pressed fentanyl pills masquerading as prescription pills.

*Trending **Drugs** in St. Clair County*

- Marijuana wax
- Crystal methamphetamine
- Fentanyl and heroin laced with fentanyl
- Benzo use (up 300%)
- Skittling, sizzurp, pixy stix and more!

Marijuana wax



- Marijuana plus butane
- 80% THC
- Known as dabs (“dabbing”) or concentrate

Wax Bong



Synthetic Marijuana

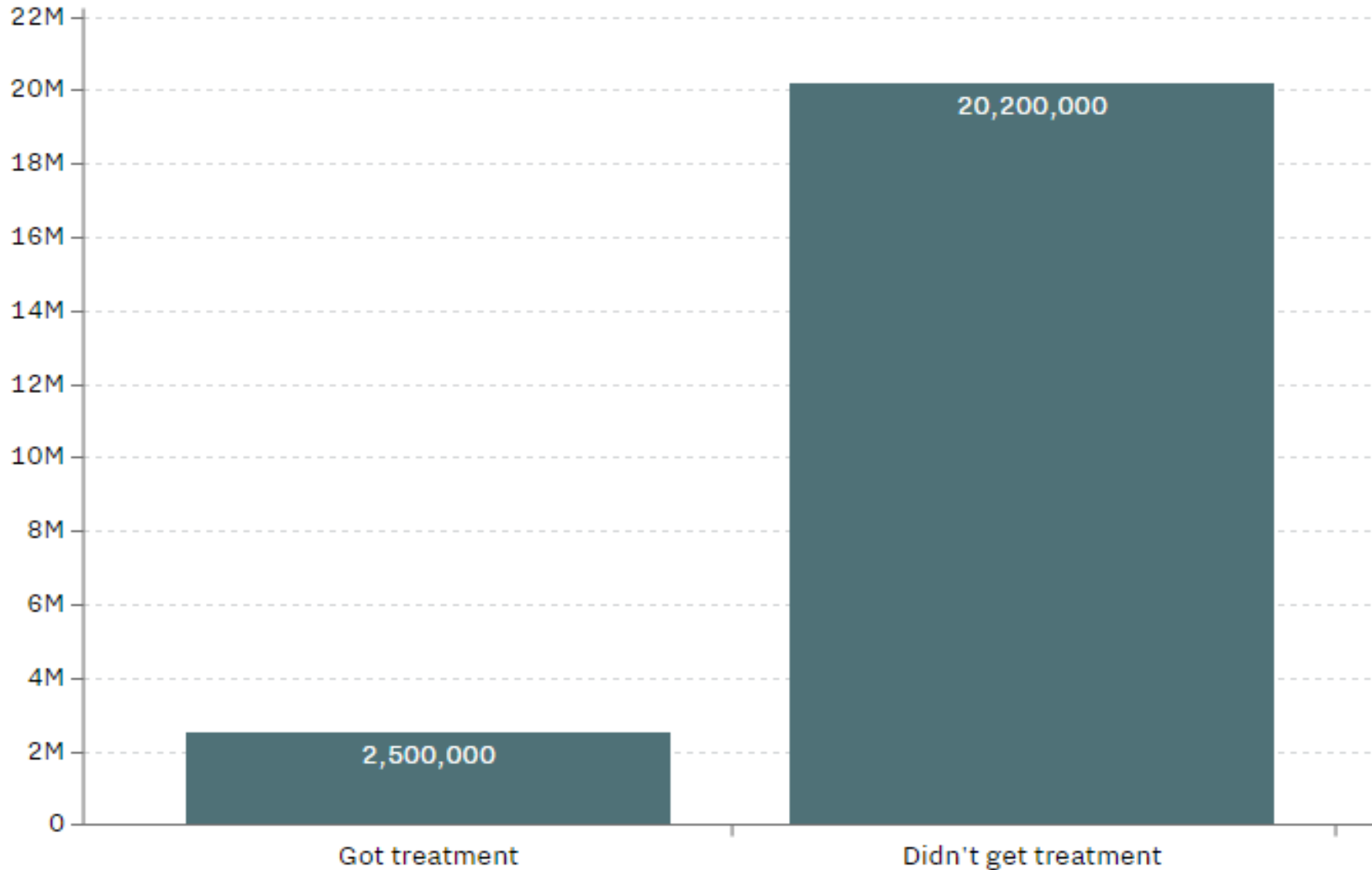
- Made in a lab.
- AKA Spice, K2, K3, fake weed, D-Raw, Dream, Mojo, Moon rocks
- Can have severe side effects: bleeding from nose, eyes, ears. Internal hemorrhaging. Hallucinations.
- Caused 4 deaths in Illinois in 2018.

The Effects of Opioids on Society

- Family trauma
- Property theft
- Vehicle accidents
- Enforcement costs
- Incarcerations
- Medical expenses
- Treatment costs
- Public safety
- Workforce loss
- Lives lost

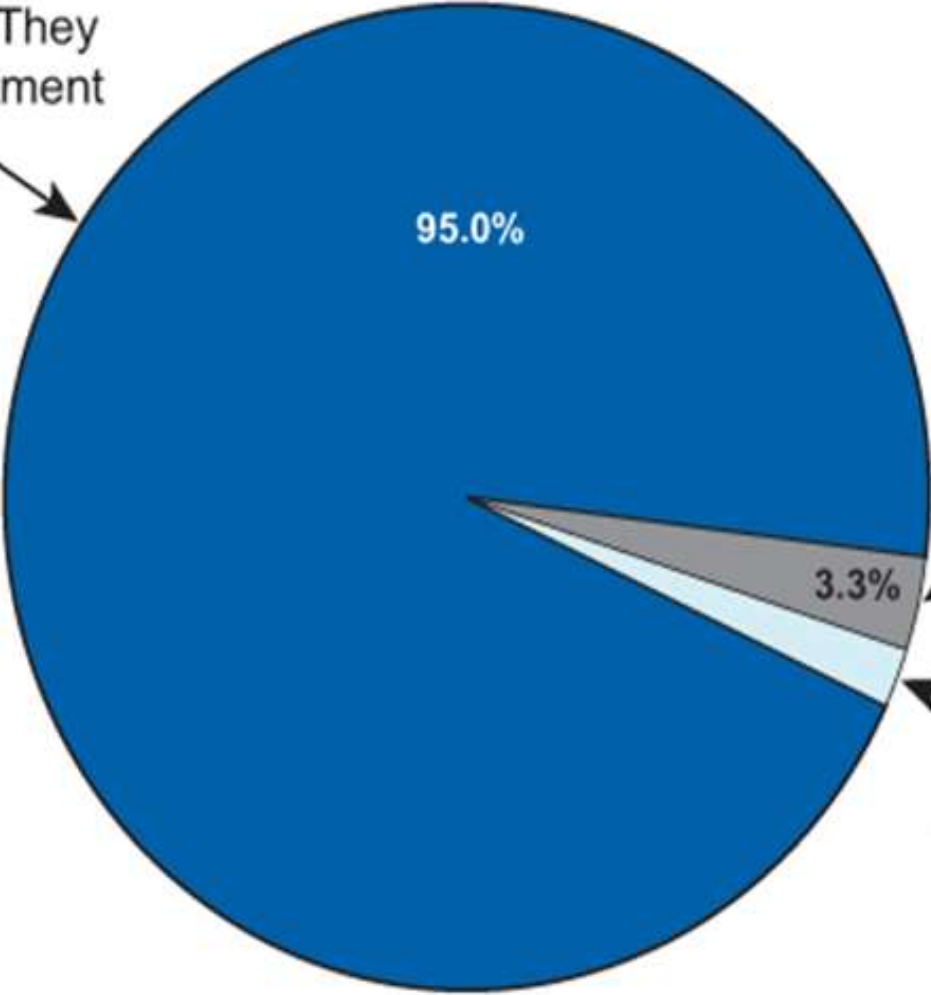
Treatment & Recovery

How many people who meet the definition of a drug use disorder got treatment?



Reasons given for not receiving treatment (NSDUH)

Did Not Feel They Needed Treatment



Felt They Needed Treatment and Did Not Make an Effort



3.3%

1.7%

Felt They Needed Treatment and Did Make an Effort



Substance Use Treatment for Opioid Use Disorder

- Evidence supports best approach pairing psychosocial treatment with MAT
- Outcomes for Counseling without MAT aren't encouraging
- Harm Reduction Methods Necessary

What is Medication Assisted Treatment (MAT)?

3 FDA Approved Medications

- 1) Methadone (full agonist)***
- 2) Buprenorphine (partial agonist)***
- 3) Naltrexone (full antagonist)***

Barriers to Providing Medication with Treatment for Opioid Use Disorder

- *Lack of providers willing to treat the population*
- *Stigma/Lack of Understanding*
- *Timely Access*
- *Associated Costs*

Resources & Takeaways

Resources Available

Illinois now receiving over \$47 million dollars per year to address the opioid crisis.

- *Access to MAT*
- *Pregnant and Postpartum Women*
- *Outreach*
- *Jail Vivitrol*
- *Recovery Oriented Systems of Care*

St. Clair and Madison County 708 Boards

- *New funding in the amount of \$335,000 over the past year to expand access to MAT.*
- *Improvements in Access*

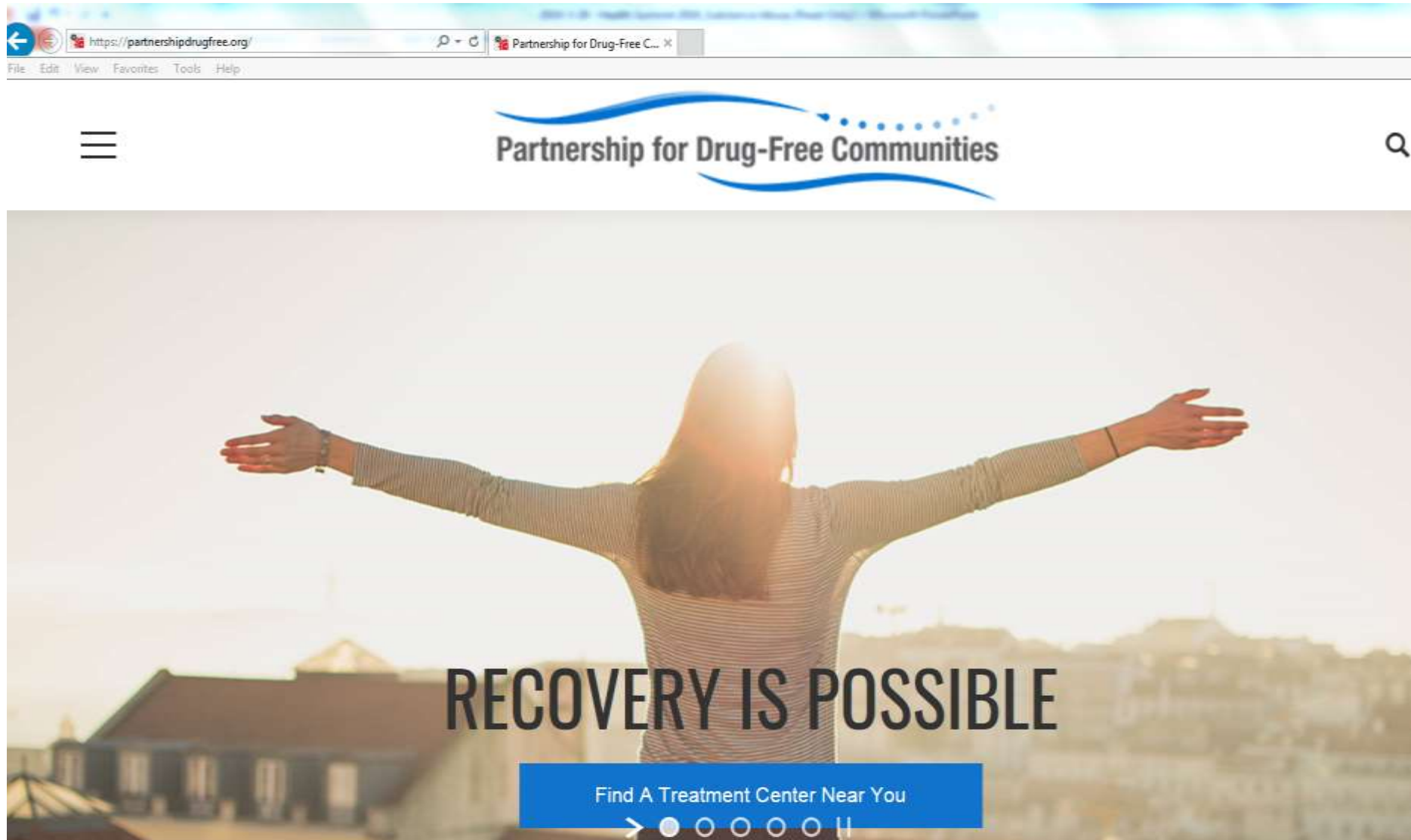




Reduce youth substance use by 5%
by 2023

Reduce opioid overdose deaths by 25%
by 2023

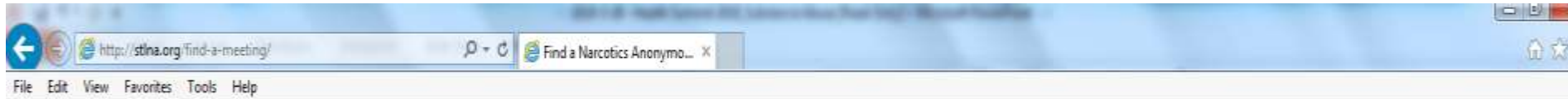
Resources



Healthier Together – 25 by 2025

A Collective Impact Approach

Resources



St. Louis Area of Narcotics Anonymous



- HOME
- FIND A MEETING
- EVENTS
- NEW TO NA ▾
- SERVICE GROUPS ▾
- FOR PROFESSIONALS
- CONTACT



Meeting Directory

Don't want to use our fancy map? **Click the icon** to download the current meeting directory (PDF).

24 Hour Helplines

- St. Louis: **314-830-3232**
- St. Charles: **636-697-8406**
- Metro East: **618-398-9409**
- Mid East MO: **636-875-1001**

Takeaways

- Become an informed consumer
 - *Be informed of the risks*
 - *Be a partner with your prescriber*
 - *Try to avoid Rx pain killer use*
- Be a role model at home & in the community
 - *Promote healthy choices*
 - *Support mental health & substance abuse services*
 - *Avoid substance abuse & seek help when needed*

Takeaways

- Refuse to perpetuate or tolerate stigma
- Safely use, store, monitor and dispose of medications
 - *Dispose in trash—DON'T Flush*
 - *DEA Take Back Day April 27*
- Join a coalition
- Have naloxone (NARCAN[®]) available

How Can I get involved?

- *St. Clair County Drug Prevention Alliance- Meets the 4th Thursday of every month from 3:00-4:30pm. Contact: Donna Nahlik dnahlik@chestnut.org*
- *Partnership for Drug Free Communities- Meets the 4th Wednesday of every month from 10:00-11:30am. Contact: Karen Tilashalski ktilashalski@chestnut.org*
- *Metro East Recovery Council- Meets the 2nd Thursday of every month from 9:00-10:30am. Contact: Ty Bechel tabechel@chestnut.org*
- *Take Action Coalition of Clinton County- Meets the 2nd Thursday of the Month from 3:00-4:30pm. Contact: Donna Nahlik dnahlik@chestnut.org*

THANK YOU

TO OUR COALITION PARTNERS

- AgeSmart Community Resources
- Centerstone
- Chestnut Health Systems
- East Side Aligned
- Hased Comprehensive Psychological and Assessment Services
- Hoyleton Youth & Family Services
- HSHS St. Elizabeth's Hospital
- Memorial Hospital Belleville
- Programs & Services for Older Persons, SWIC
- St. Clair County Mental Health Board
- St. Clair County State's Attorney's Office
- Touchette Regional Hospital
- Treatment Alternatives for Safe Communities
- United States Attorney's Office