

BREAKING NEWS

Since 1883

YOUR NUMBER ONE SOURCE FOR HEADLINES

\$1.00

OPIOID CRISIS

OPIOID TRAINING MICROMODULE I

UNDERSTANDING PRESCRIPTION OPIOID MISUSE

This material is offered by the Florida Alcohol and Drug Abuse Association and JBS International and supported by funding from the Department of Children and Families, Office of Substance Abuse and Mental Health (Contract #LD987) as part of its Substance Abuse and Mental Health Services Administration (SAMHSA) State Targeted Response to the Opioid Crisis (O-STR) grant efforts.



THE PURPOSE OF THE OPIOID STR GRANT

Through prevention, treatment, and recovery activities for opioid use disorder (OUD) including prescription opioids and illicit opioids (e.g., heroin) the grant aims to address the opioid crisis by:

- ✓ Increasing access to treatment;
- ✓ Reducing unmet treatment need; and
- ✓ Reducing opioid overdose-related deaths.

MODULE I LEARNING OBJECTIVES

Participants will:

- Name at least two harmful effects of misuse of prescription or counterfeit opioid medications by parents.
- In a photo simulation exercise, identify at least three signs in the home of possible prescription opioid medication misuse.
- List at least three potential harms to children from parental prescription opioid misuse.



DEFINING PRESCRIPTION OPIOID MISUSE, AND FACTORS THAT CONTRIBUTE TO THEIR WIDESPREAD USE

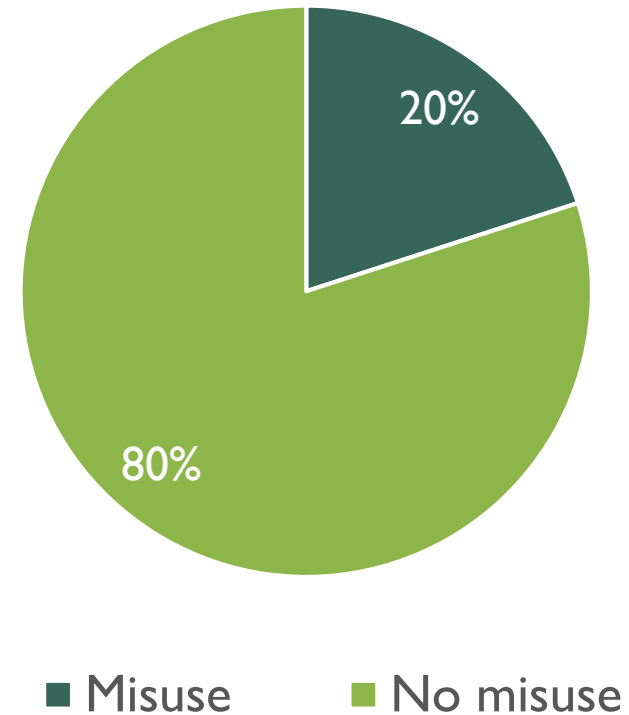


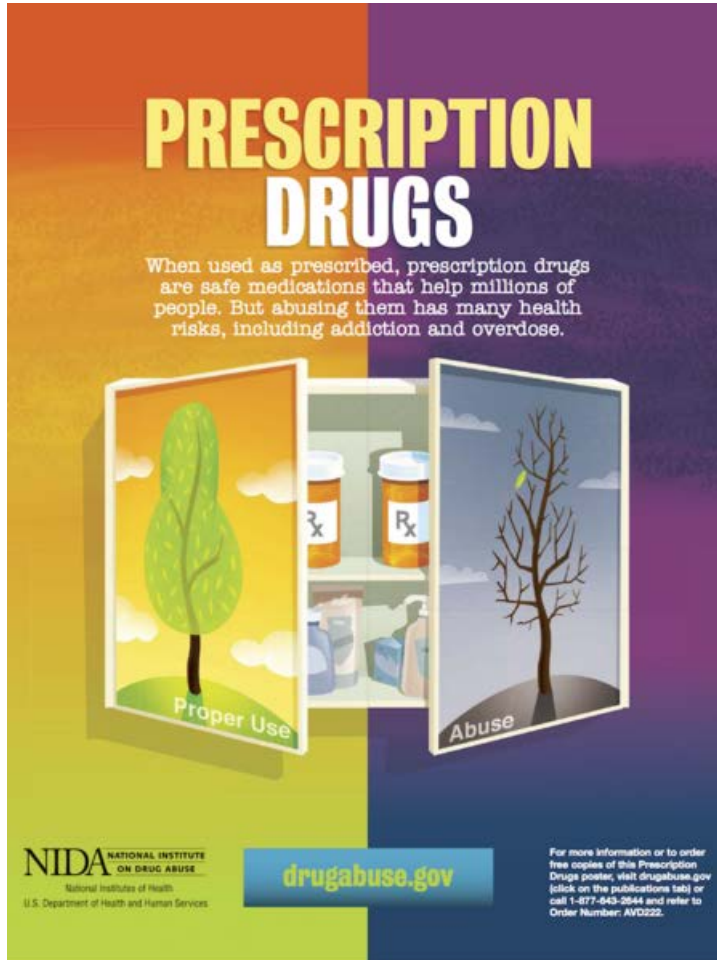
PRESCRIPTION DRUG MISUSE (NON-MEDICAL USE)

Taking a medication in a manner or dose:

- Other than prescribed;
- Taking someone else's prescription, even if for a legitimate medical complaint such as pain; and
- Taking a medication to feel euphoria (i.e., to get high).

Ages 12+





THREE CLASSES OF COMMONLY ABUSED MEDICATIONS (MEDS)

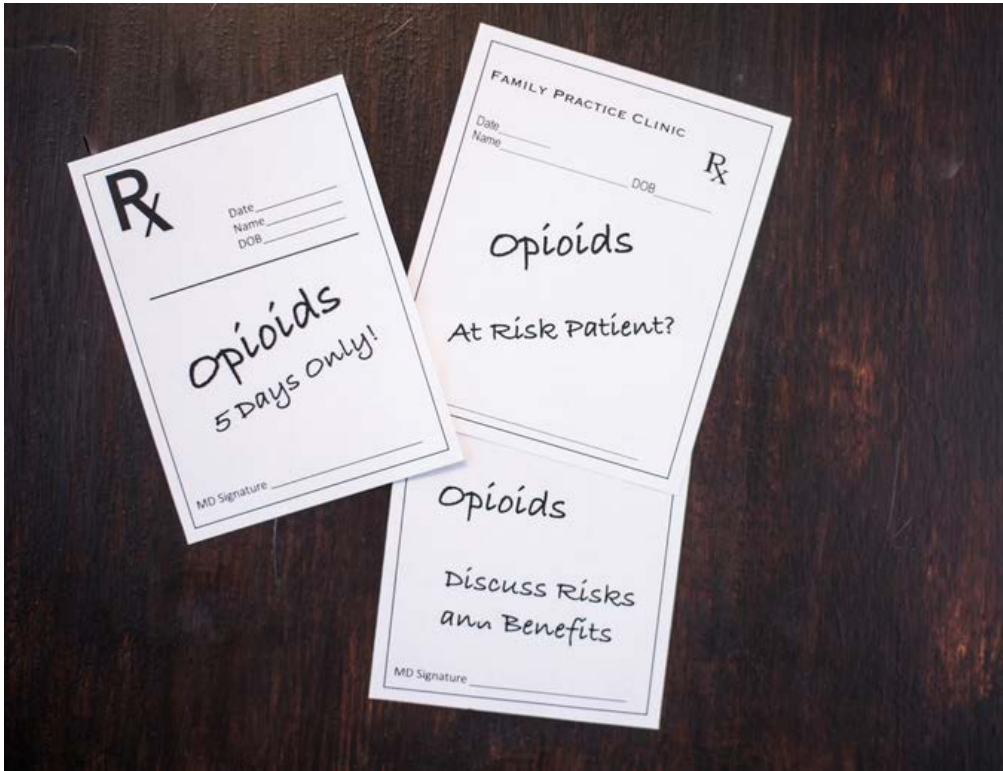
- Central nervous system [CNS] depressants (e.g., tranquilizers, sedatives, and hypnotics) — used to treat anxiety and sleep disorders
- Stimulants — most often prescribed to treat attention-deficit hyperactivity disorder (ADHD)
- **Opioids — usually prescribed to treat pain.**

WHAT ARE PRESCRIPTION OPIOID MEDICATIONS?

- Pain reliever medications available legally by prescription, illegally, and/or by counterfeit



OPIOID PRESCRIPTION MEDS



- Most typically come in pill form
- Given to treat severe pain (e.g., dental surgery, serious sports injuries, or cancer)
- Commonly prescribed to treat other kinds of pain that lasts a long time (e.g., chronic pain), but unclear if effective for such.

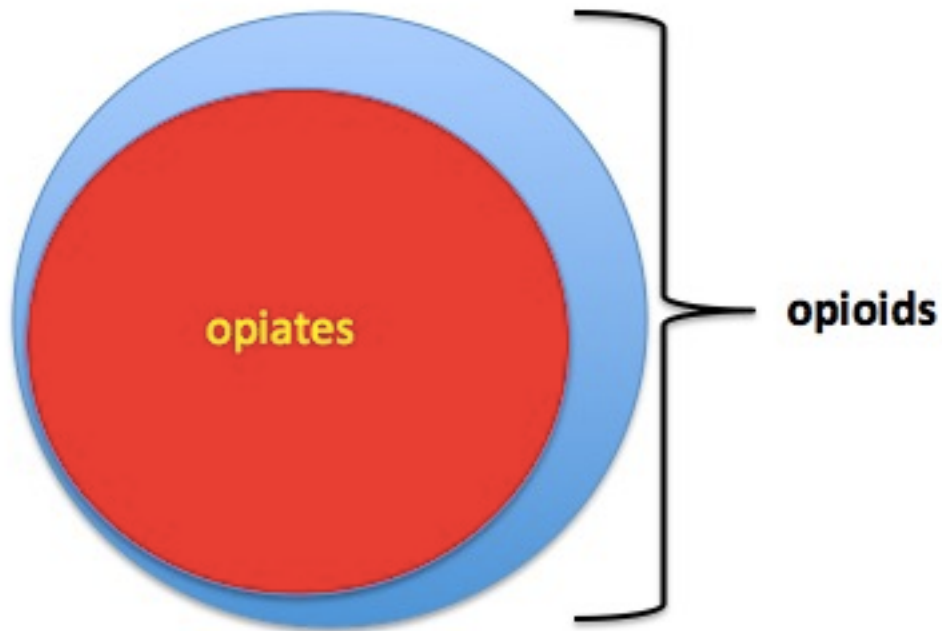


OPIATES? OPIOIDS?

- **Opiates** are drugs (e.g., codeine, morphine, and heroin) derived from the opium poppy plant.
- At one time, "**opioids**" referred to synthetic **opiates** that include certain prescription painkillers such as hydrocodone (e.g., Vicodin[®]), oxycodone (e.g., OxyContin[®] and Percocet[®]), oxymorphone (e.g., Opana[®]), morphine (e.g., Kadian[®] and Avinza[®]), hydromorphone (e.g., Dilaudid[®]), fentanyl, and others.



OPIATES/OPIOIDS ... WHAT'S THE DIFFERENCE?



- Now the term **Opioid** is used for the entire family of **opiates** (including natural, synthetic, and semi-synthetic).

COMMON PRESCRIPTION OPIOIDS

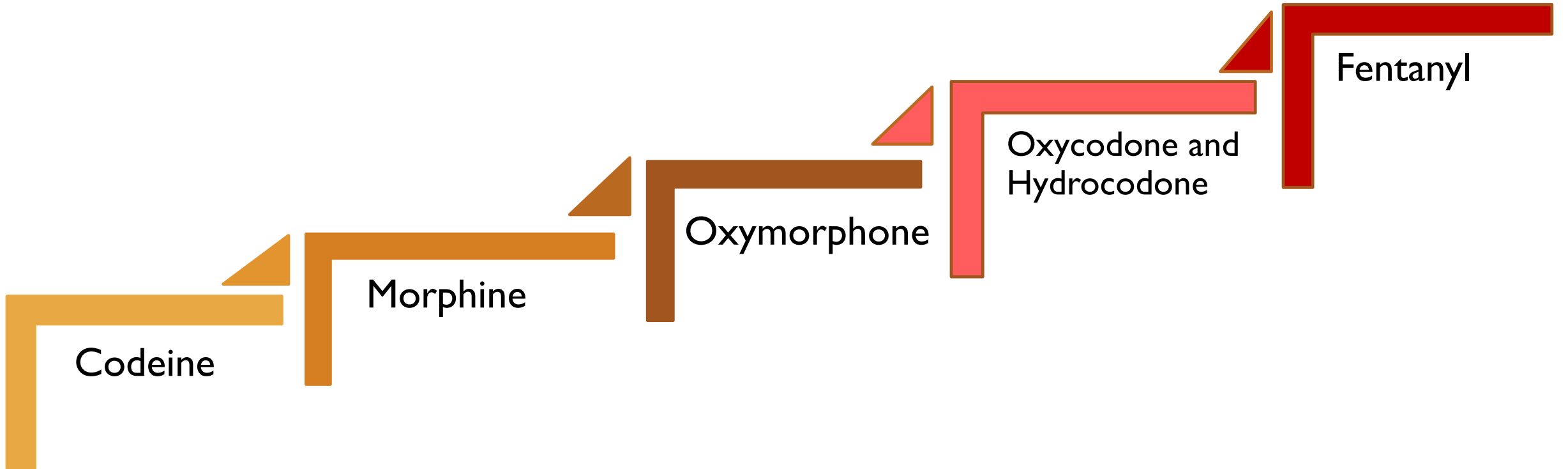
Codeine

Morphine

Oxymorphone

Oxycodone and
Hydrocodone

Fentanyl

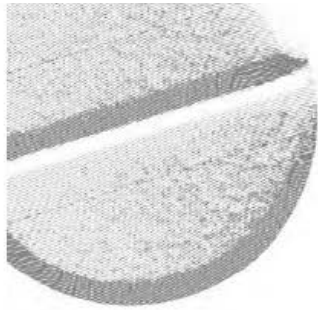


VAST PRESCRIPTION MISUSE: HOW DID WE GET HERE?

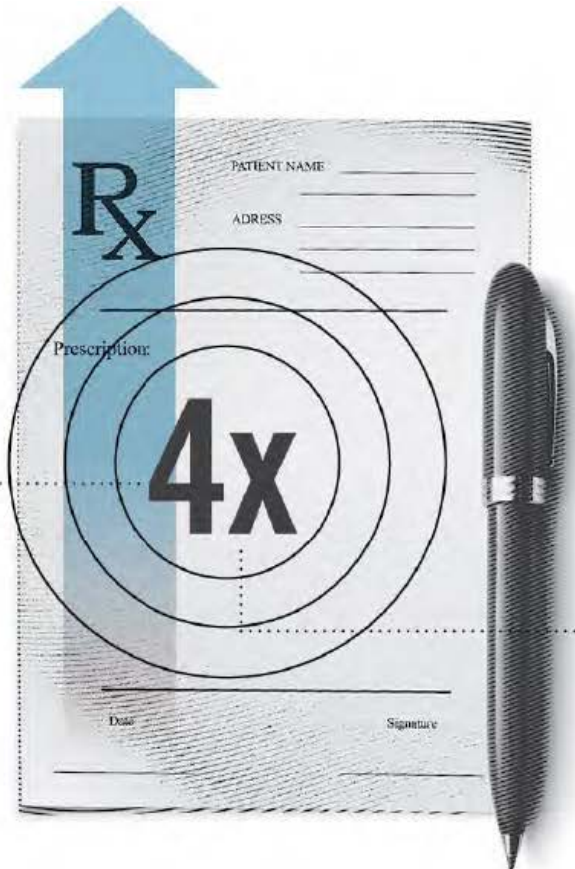


- The U.S. Food and Drug Administration (FDA) approved OxyContin and other opioid pain meds in the mid-1990s (for short-term pain only).
- However, physicians quickly started prescribing the effective new pills for long-term/chronic pain management.
- When patients built up a tolerance and the pills stopped working, pain experts and drug company representatives instructed doctors to give higher doses.
- They assured doctors that the pills were safe and non-addictive. **THEY WERE WRONG!!!!**

OPIOID PRESCRIPTIONS



The amount of opioid prescriptions dispensed has
QUADRUPLED
since 1999

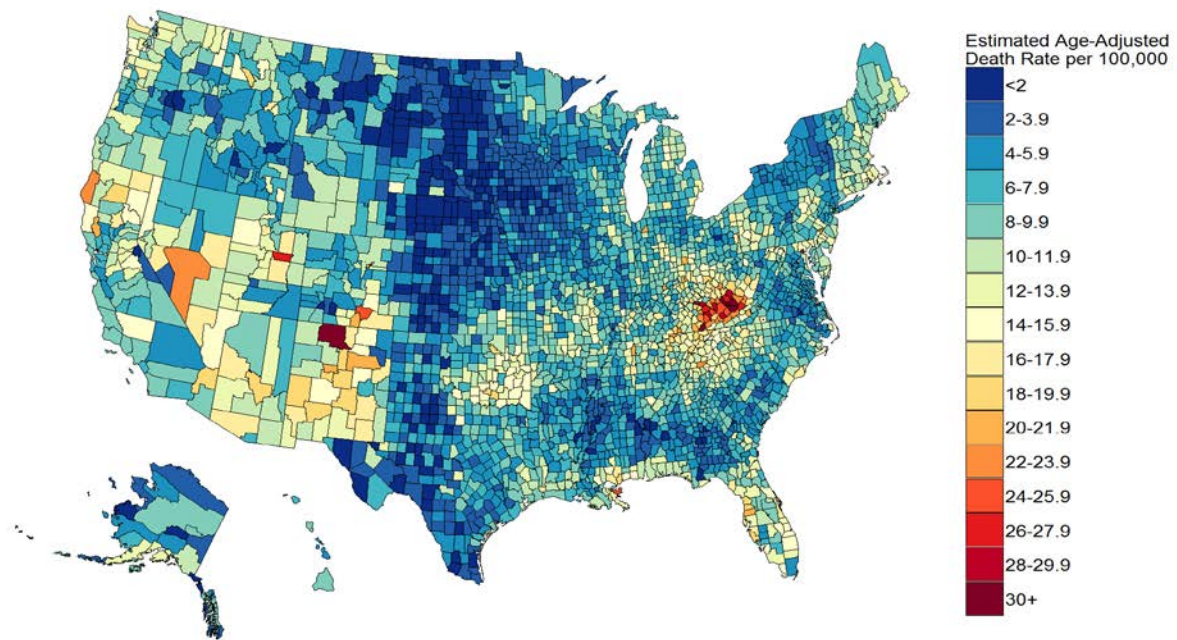


But the pain that
Americans report remains
UNCHANGED

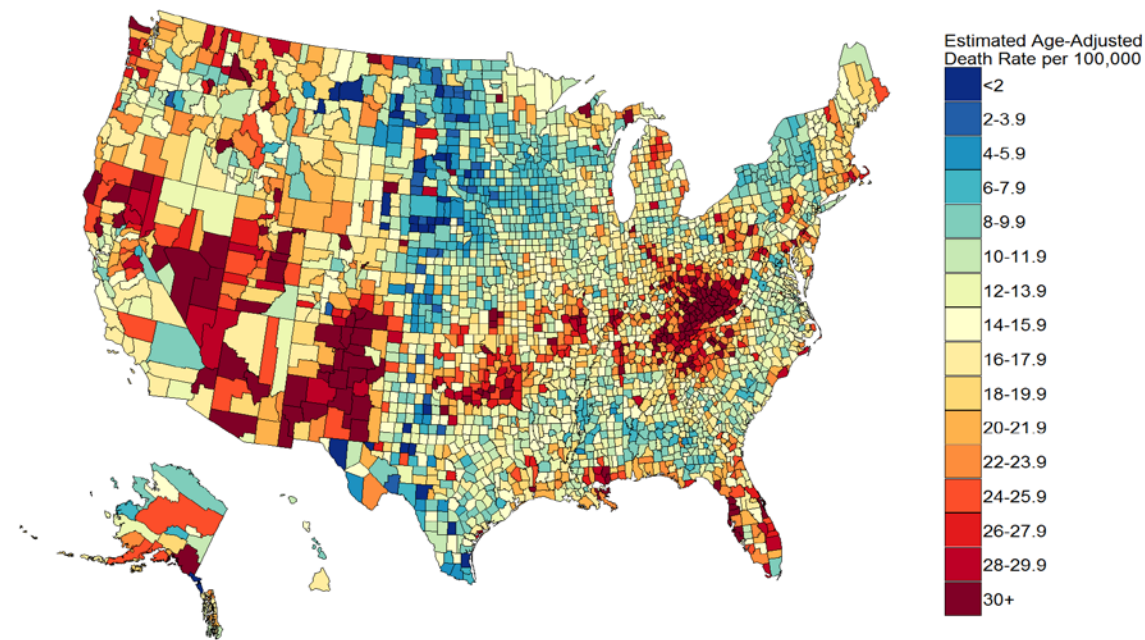


DRUG POISONING/OVERDOSE MORTALITY

2006



2016

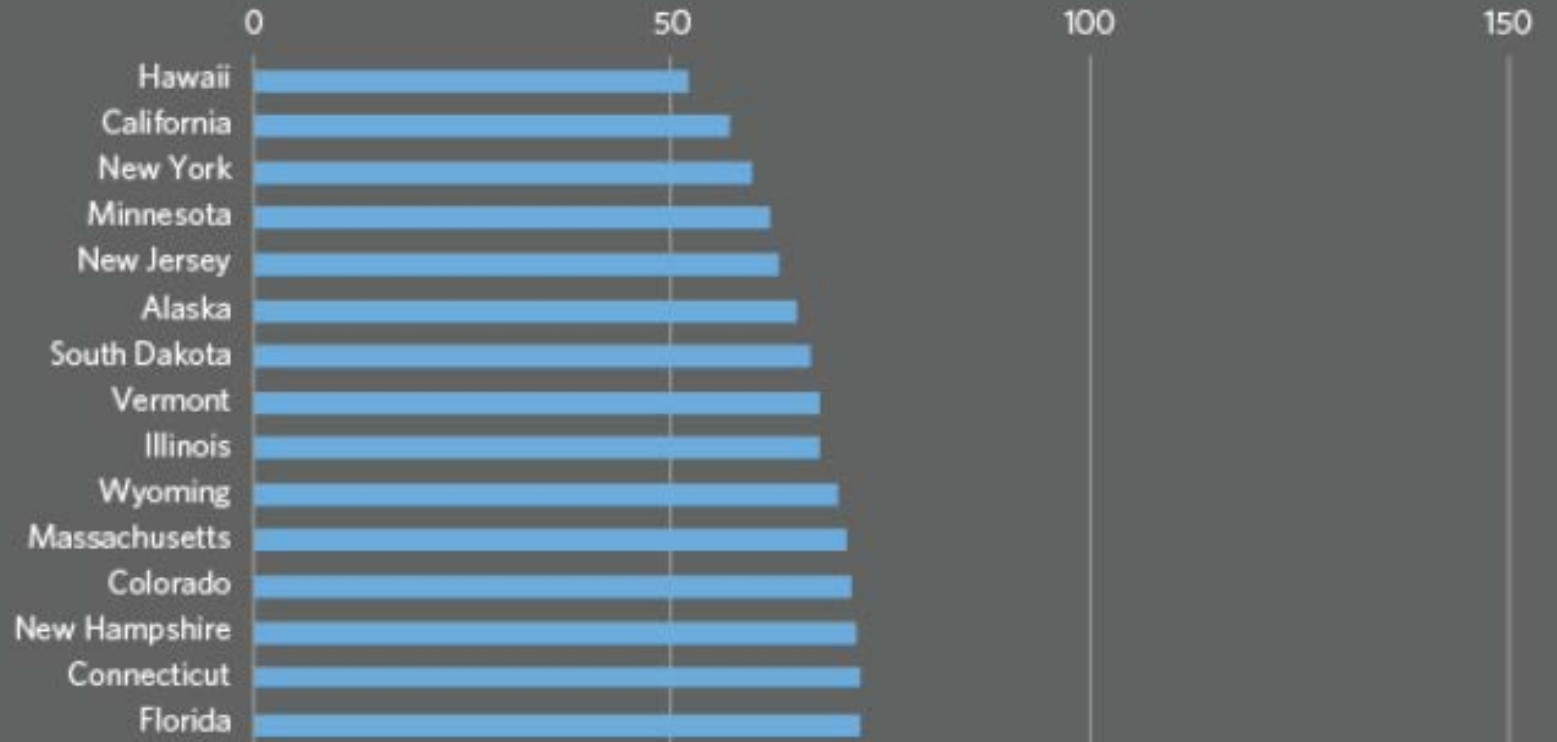


This chart (partial display due to space limitations) from the Pew Charitable Trust reflects 2016 Centers for Disease Control and Prevention (CDC) data illustrating that enough painkiller prescriptions were written to provide roughly 75 out of 100 Floridians with opioids.

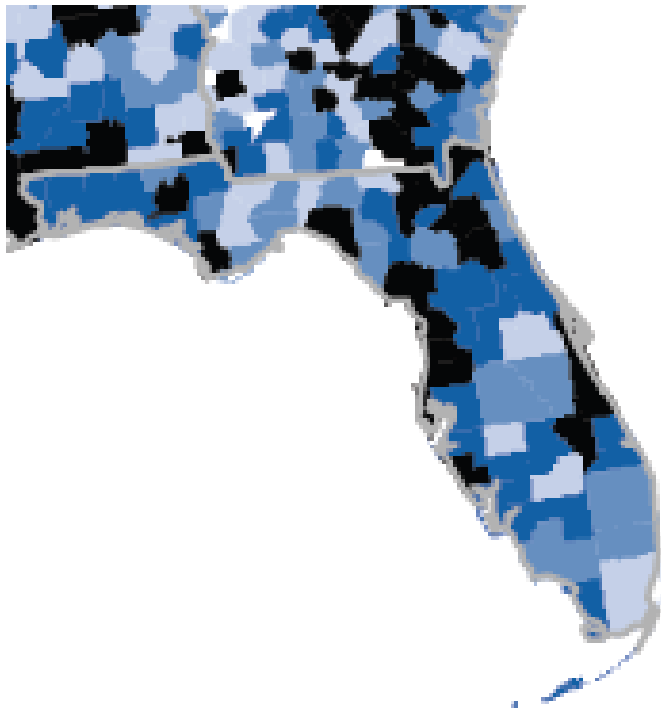
Painkiller Prescriptions

The number of painkiller prescriptions varies widely by state, from 52 per 100 people in Hawaii to 142.9 per 100 people in Alabama. New federal guidelines aim to reduce excessive painkiller prescribing, which has contributed to an epidemic of opioid addiction and overdose deaths.

■ Painkiller prescriptions per 100 people



OPIOIDS PRESCRIBED PER PERSON VARIED BY FLORIDA COUNTY IN 2015



MME PER PERSON



Insufficient data



0.1 - 453



454 - 676

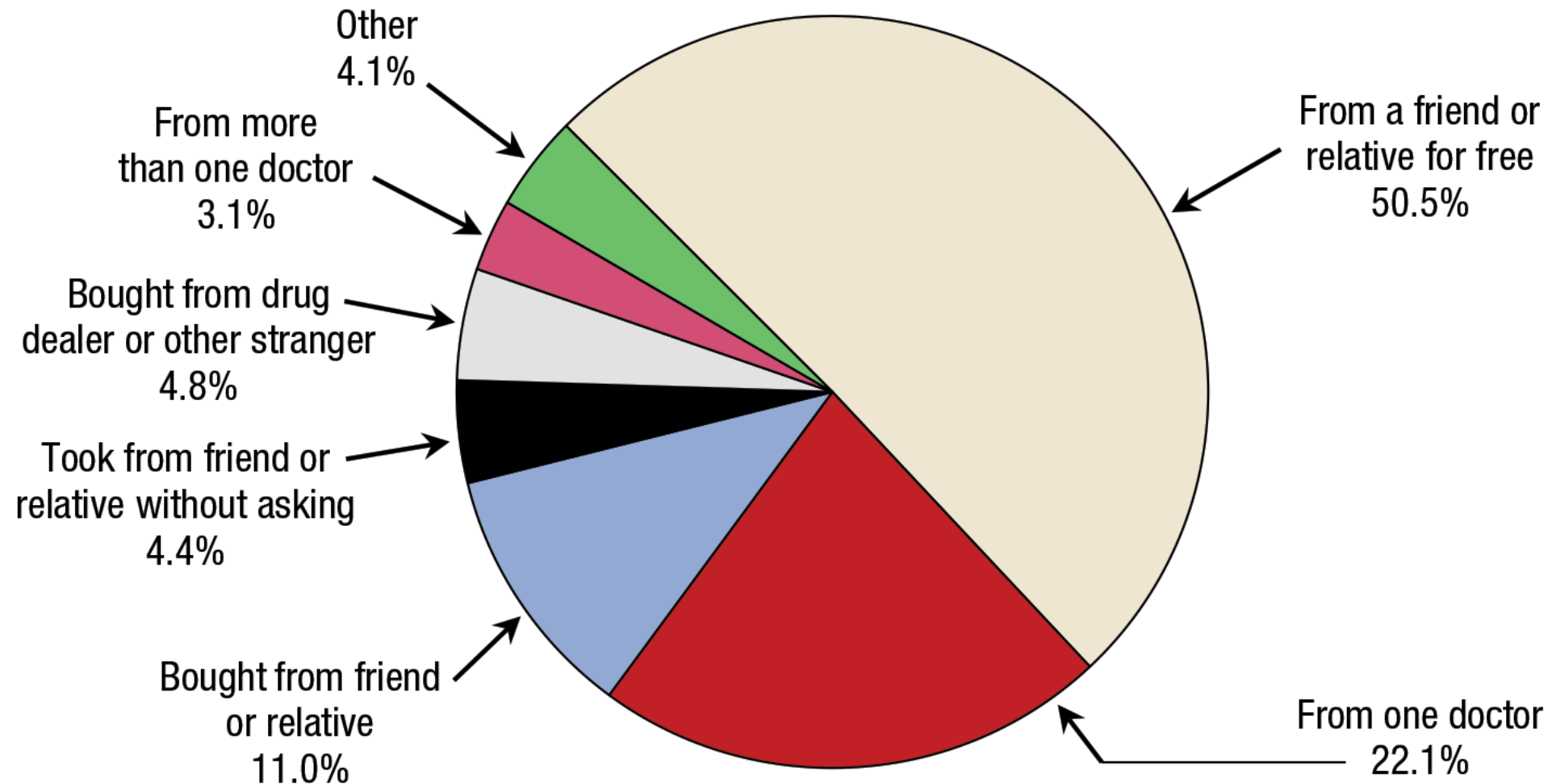


677 - 958



959 - 5,543

Source of prescription pain relievers for the most recent nonmedical use among past year users aged 12 or older: annual averages, 2013 and 2014





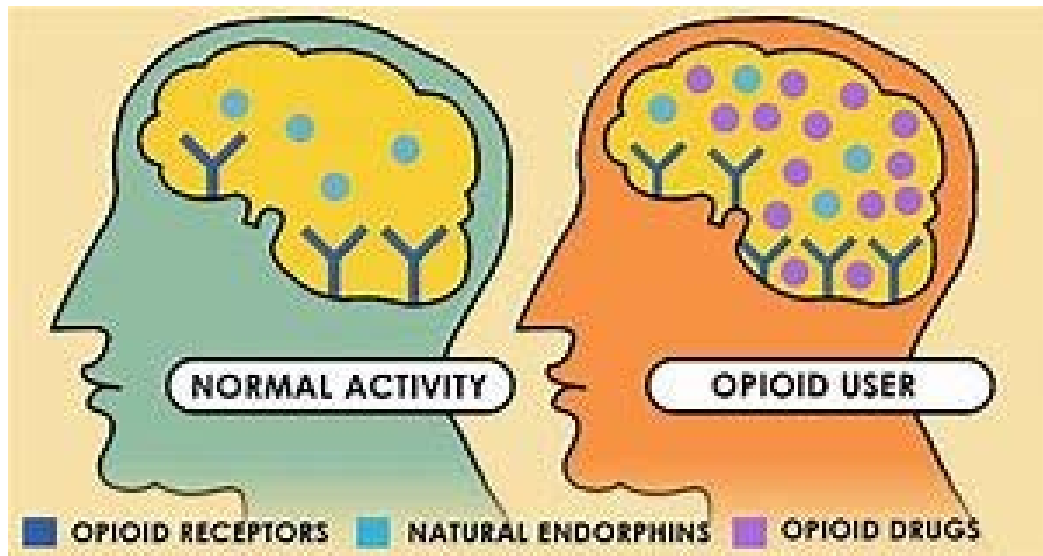
EFFECTS OF MISUSE OF PRESCRIPTION OR COUNTERFEIT OPIOID MEDICATIONS



PROCESS

- Prescribed to dull pain, but also boosts dopamine, giving some people a high
- Can slow down breathing
- Is highly addictive/easy to get hooked because the body can build up a tolerance. As more opioids are used, a larger dose needed to get the same effect.

OPIOIDS AND THE BRAIN



- Natural endorphins: A group of chemicals (e.g., dopamine) released within the brain and nervous system that have a number of physiological functions: provide the body's natural opioids; promote feelings of wellbeing; make a person happy (such as when we eat, have sex, etc.); and reduce/eliminate pain.

AFFECTS ON THE BODY AND BRAIN



- Drowsiness
- Mental confusion
- Nausea
- Constipation
- Respiratory depression
- Opioid meds act on the brain's reward centers, and can induce euphoria (particularly when taken at a higher-than-prescribed dose or administered in other ways than intended).

PRESCRIPTION OPIOIDS HAVE SIMILAR EFFECTS AS HEROIN

Short term:

- Initial pleasurable rush
- Very drowsy for several hours:
 - “on the nod” back and forth between conscious and semi-conscious.
- Clouded mental functioning
- Various physical symptoms

Long term:

- Various and severe/detrimental physical effects such as
- Repeated use leads to addiction/OD

MORE ON PRESCRIPTION OPIOID USE/MISUSE STAGES

- Short-term (a few days), properly managed - rarely leads to an OUD
- Regular use (several times a day) for several weeks or longer can lead to:
 - Dependence – physical discomfort when not taking
 - Tolerance – diminished effect, and increasing the amount taken
 - Addiction/OUD – compulsive drug seeking and use.

TYPICAL STAGES

MOST PEOPLE'S ADDICTIONS DEVELOP IN STAGES:



- Many people (including parents) are becoming addicted to and dying from opioid painkillers.
- Early identification and intervention can prevent people who abuse opioids from becoming addicted.

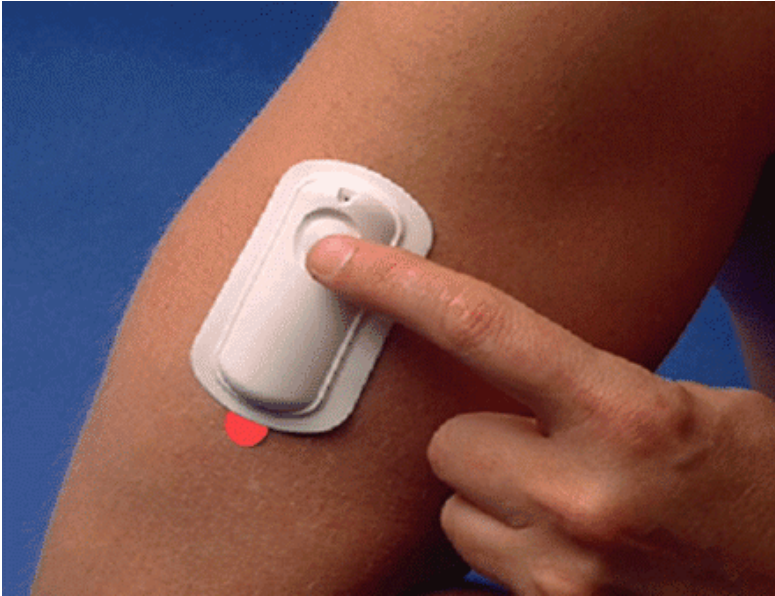
- The journey to (and through) opioid misuse stages and associated timeframes vary by person, and are based on a number of variables.



FENTANYL



- A powerful synthetic opioid analgesic similar to morphine, typically administered by physicians via injection, transdermal patch, or in lozenges.
- 40-50 times more potent than heroin, and 50-100 times more potent than morphine.



TRANSDERMAL PATCH

Fentanyl patch abuse:

- Wearing one not prescribed
- Wearing several at once
- Opening the patch to eat the gel beads
- Smoking the gel (on tinfoil or “frosting” the top of a cigarette)
- Chewing on the patch or the plastic.



COUNTERFEIT PAIN MEDS

- Pain reliever medications are available legally (by prescription), illegally, and by counterfeit



FENTANYL

- Fentanyl can be mixed with other substances, injected, snorted/sniffed, smoked, taken orally by pill or tablet, or spiked onto blotter paper.





FENTANYL CUTTING TABLE

FENTANYL

More than 80% of fentanyl seizures in the US in 2014 were reported in 10 states: OH, MA, PA, MD, NJ, KY, VA, **FL**, NH, and IN (CDC 2015).



PAIN KILLERS OR JUST PLAIN KILLERS? SPIKES IN OVERDOSE DEATHS, 2016-2017

- From 2016-2017, 14 states saw a drop in overdose deaths, while several saw death spikes of more than 30 percent, most likely due to the increasing presence of fentanyl (a deadly synthetic drug) in their illicit drug supply.
- Those states with spikes include Delaware, **Florida**, New Jersey, Ohio, and Pennsylvania, along with the District of Columbia.

CARFENTANIL



- A synthetic opioid 100 times more potent than fentanyl, and 10,000 times more potent than morphine
- A tranquilizing agent for elephants and other large mammals -- not approved for use in humans
- Linked to a significant number of overdose deaths in various parts of the country
- Improper handling of carfentanil, fentanyl, and other fentanyl-related compounds can have deadly consequences.

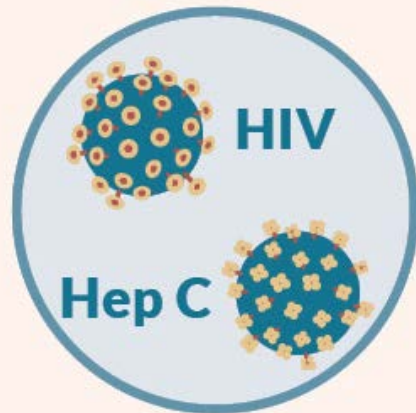
PRESCRIPTION OPIOID USE TO HEROIN

Of people entering treatment for heroin addiction...

- Among those that began abusing opioids in the 1960s, more than 80 percent started with heroin.
- Research shows that 4 out of 5 heroin users first began with recreational use of prescription pain relievers.

OPIOID ADDICTION

is linked with significant
MORBIDITY and
MORTALITY
related to HIV and
hepatitis C.



OVERDOSE AND INFECTIOUS DISEASE

WHAT TO LOOK FOR...PARENTAL MISUSE OF PRESCRIPTION OR COUNTERFEIT OPIOID MEDICATIONS



HYDROCODONE



- Hydrocodone is the most frequently prescribed/misused opioid painkiller. It is a more powerful form of codeine that is often mixed with acetaminophen.

OXYCODONE



- Oxycodone is marketed alone as OxyContin®.
- It is also marketed in combination products with aspirin such as Percodan® or acetaminophen such as Roxicet®.
- Common nicknames for Oxycodone include “oxys” and “roxys”.

WHAT MAKES OPIOIDS DANGEROUS?



Example of a Hydromorphone medication

- Misinformation about the addictive properties of prescription opioids, and the perception that prescription drugs are less harmful than illicit drugs
- Confer an increased risk of addiction and overdose
- Medical prescription opioids use is associated with a greater risk of future opioid misuse
- Misuse of prescription opioids is a risk factor for transitioning to heroin use.



PRESCRIPTION OPIOIDS

Prescription opioids can be swallowed, injected, snorted, or smoked.



SAMPLE SIMULATION
EXERCISE:
PRESCRIPTION
OPIOID
MEDICATIONS/
PARAPHERNALIA



Did you notice
these items?

What concerns do
you have?



Did you notice
these items?

What concerns do
you have?



DID YOU
FIND THESE?

DIFFERING PHYSICAL SIGNS



Constricted pupils are a common sign of someone under the influence of an opioid or other depressant substance.



Dilated pupils are a common sign of someone under the influence of methamphetamine or other amphetamines.



POTENTIAL HARMSTO CHILDREN FROM PARENTAL PRESCRIPTION OR COUNTERFEIT OPIOID MISUSE

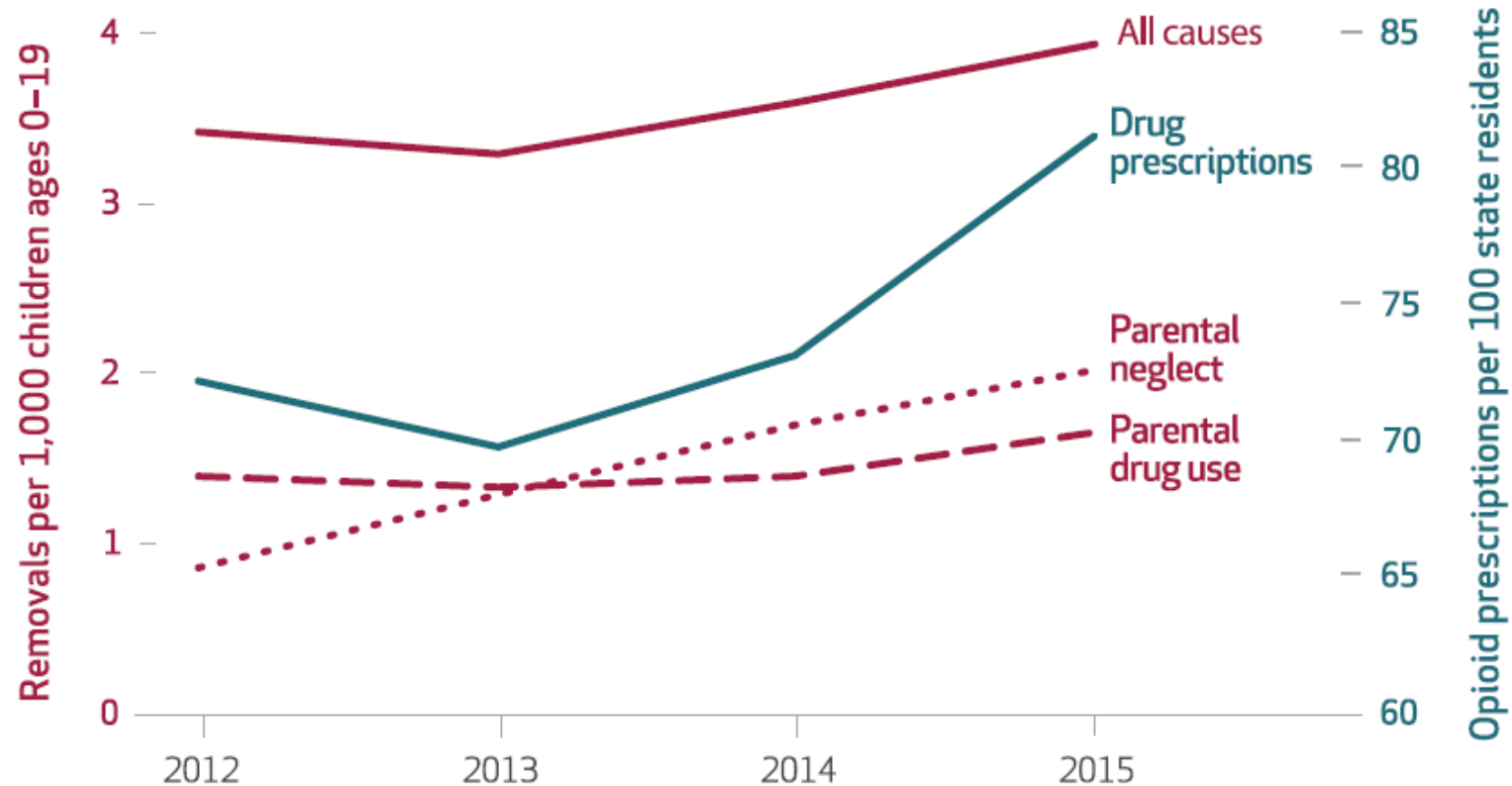


By Troy Quast, Eric A. Storch, and Svetlana Yampolskaya

Opioid Prescription Rates And Child Removals: Evidence From Florida

EXHIBIT 1

Annual statewide rates of child removal and drug prescription in Florida, 2012-15



EFFECTS THAT CAN AFFECT PARENTING

- Poor ability to regulate one's own behaviors
- Impaired emotional processing
- Impaired memory
- Decreased capacity for making decisions
- Decreased ability to imagine future events and interactions
- Poor executive functioning:
 - ✓ Diminished ability in being flexible with tasks
 - ✓ Impaired reasoning skills
 - ✓ Poor ability to problem-solve
 - ✓ Poor planning skills.

HOW OPIOIDS IMPACT PARENTAL CAPACITY:

- Physical or mental impairments caused by opioids.
- Reduced capacity to respond to a child's cues and needs.
- Difficulties regulating emotions.
- Estrangement from family and other social supports.





NEGLECT:

PERSISTENT
ABSENCE OF
RESPONSIVE CARE
DISRUPTS THE
DEVELOPING BRAIN.

FOR QUESTIONS OR FOR ADDITIONAL INFORMATION

For additional opioid training modules:

- [FADAA.org](https://www.fadaa.org)

For additional information about Florida's opioid treatment options or other DCF opioid information, contact:

Walter Castle LCSW, MCAP

Opioid STR Project Director

Office of Substance Abuse and Mental Health

Florida Department of Children and Families

1317 Winewood Blvd., Bldg. 6, Room 250

Tallahassee, FL 32399

Office: (850) 717-4277

Email: walter.castle@myflfamilies.com

REFERENCES/RESOURCES

Slide 6: National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services. <https://d14rmgtrwzf5a.cloudfront.net/sites/default/files/2609-misuse-of-prescription-drugs.pdf>

Slide 7: Content source: National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services. <https://d14rmgtrwzf5a.cloudfront.net/sites/default/files/2609-misuse-of-prescription-drugs.pdf>

Slide 8: <https://www.drugabuse.gov/drugs-abuse/opioids>

Slide 9: <https://teens.drugabuse.gov/drug-facts/prescription-pain-medications-opioids>

Slide 10: Ibid

Slide 13: <http://www.pewtrusts.org/en/research-and-analysis/blogs/stateline/2016/03/03/states-cdc-sseek-limits-on-painkiller-prescribing>

Slide 15: <https://www.cdc.gov/nchs/data-visualization/drug-poisoning-mortality/>

REFERENCES/RESOURCES

Slide 16: <http://www.pewtrusts.org/en/research-and-analysis/blogs/stateline/2016/03/03/states-cdc-seek-limits-on-painkiller-prescribing>

Slide 17: CDC Vital, July, 2017/<https://www.cdc.gov/vitalsigns/opioids/index.html>

Slide 18: https://www.samhsa.gov/data/sites/default/files/report_2686/ShortReport-2686.html

Slide 22: <https://www.drugabuse.gov/publications/research-reports/misuse-prescription-drugs/which-classes-prescription-drugs-are-commonly-misused>

Slide 23: <https://www.drugabuse.gov/publications/drugfacts/heroin>

Slide 25:

<http://www.nsc.org/RxDrugOverdoseDocuments/Rx%20community%20action%20kit%202015/CAK-Early-Intervention.pdf>

Slide 27: <https://www.dea.gov/divisions/hq/2016/hq092216.shtml>

REFERENCES/RESOURCES

Slide 28: <https://www.thefix.com/content/addiction-prescription-pill-abuse-fentanyl-patch-1071?page=all>

Slide 30: <https://www.dea.gov/druginfo/fentanyl-faq.shtml>

Slide 32: <https://emergency.cdc.gov/han/han00384.asp>

Slide 33: Centers for Disease Control and Prevention shows that drug overdose deaths declined in 14 states during the 12-month period that ended July 2017. 2017/ CDC.Wide-ranging online data for epidemiologic research (WONDER).Atlanta, GA: CDC, National Center for Health Statistics; 2016.Available at <http://wonder.cdc.gov>

Slide 34; <https://www.dea.gov/pr/multimedia-library/image-gallery/fentanyl/Heroin%20Carfentanil%20Fentanyl%20Lethal%20Dose%20Close%20Up.jpg>

Slide 35; <https://www.drugabuse.gov/publications/research-reports/relationship-between-prescription-drug-heroin-abuse/prescription-opioid-use-risk-factor-heroin-use>

Slide 39: <https://www.cnn.com/2015/06/19/health/suboxone/index.html>

REFERENCES/RESOURCES

Slide 40: <https://www.drugabuse.gov/publications/research-reports/misuse-prescription-drugs/which-classes-prescription-drugs-are-commonly-misused>

Slide 41; <https://www.drugabuse.gov/publications/drugfacts/heroin>

Slide 48: <https://www.healthaffairs.org/doi/10.1377/hlthaff.2017.1023>

Slide 49: <https://heroin.net/heroin-effects/heroin-effects-sub-page-1/heroin-effects-on-the-brain/>

Slide 50: <https://www.childwelfare.gov/pubPDFs/parentalsubabuse.pdf>

Slide 51: <https://developingchild.harvard.edu/resources/the-science-of-neglect-the-persistent-absence-of-responsive-care-disrupts-the-developing-brain/>