

Opioid Use Disorder: What is it & What can be done?

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I do not accept funding from
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Current funding includes:

WA Dept. of Health (CDC)

WA DSHS Div. Behavioral Health & Recovery

WA DSHS DBHR (DHHS SAMHSA)

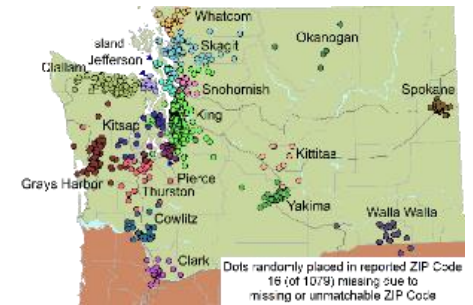
NIH National Institute on Drug Abuse

Private foundations including Laura & John
Arnold Foundation

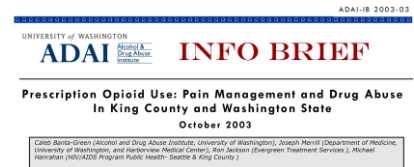
Outline

- What is opioid addiction/use disorder?
- What makes opioid addiction different than other kinds of addiction? How are opioids different than other types of drugs?
- What is the opioid crisis and how did we get here?
- What types of treatment options are available in Washington State?
- What other kinds of interventions/ community-level solutions are communities looking at across Washington State?

My perspectives



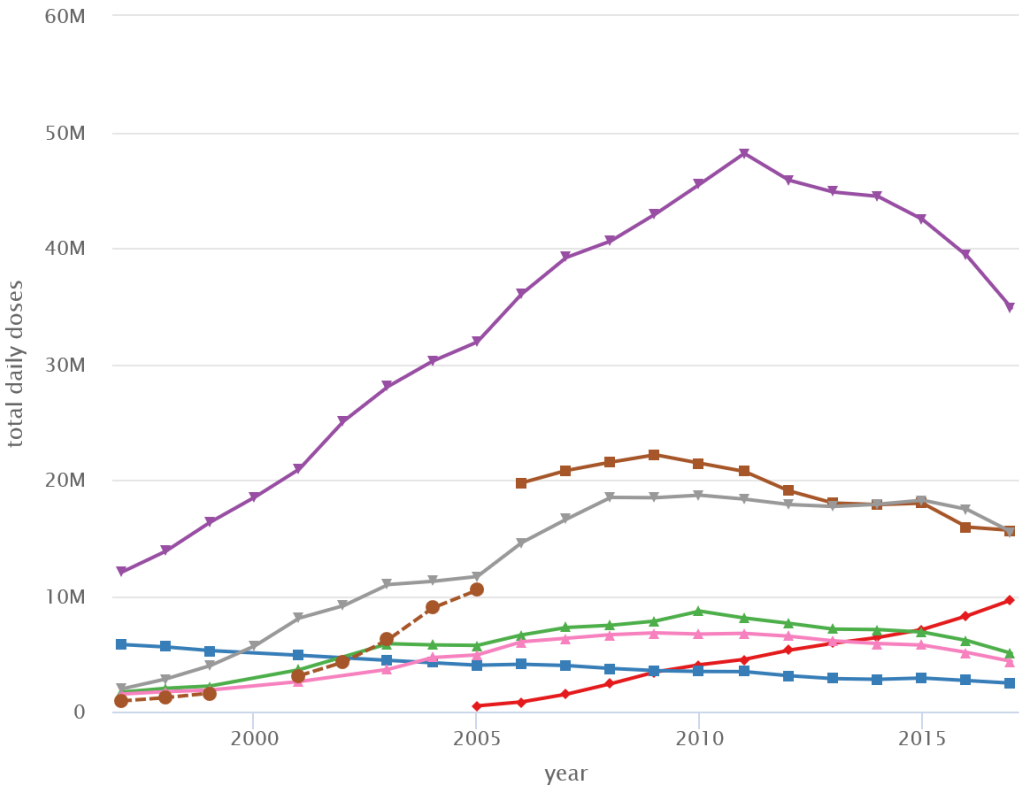
- Social worker trained in addiction and medical social work
- Evaluation and research on criminal justice diversion and methamphetamine use
- Epidemiologist tracking trends across WA
- Health services research- treatment access & impacts
- State, local, & Federal opioid policy & practice work
- Opioid use disorder and OD prevention
 - Test interventions that are new or new to certain settings: ER, Primary care, Treatment, Syringe exchanges, prison/jails, police
 - Support uptake of evidence based interventions



What is the opioid crisis and how did we get here?

Prescription Opioid Sales

Daily doses distributed to retail level in Washington



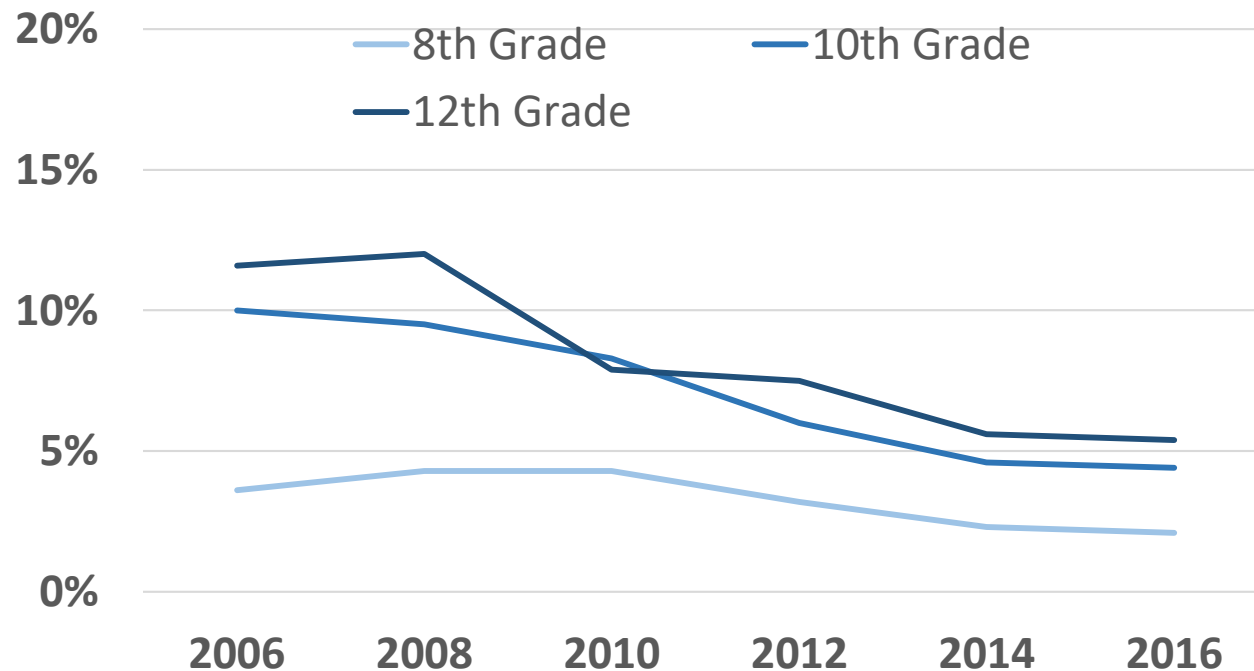
The total number of daily doses of opioids sold to hospitals and pharmacies in WA State peaked in 2011 at 112 million, declining to 90 million in 2017.

- all Rx opioids
- ▲— fentanyl
- ▲— hydrocodone
- ▲— hydromorphone
- ▲— meperidine (pethidine)
- ▲— oxycodone
- buprenorphine
- ▲— methadone, inc. OTPs
- methadone, no OTPs
- codeine
- ▲— morphine

Analysis by UW ADAI. For data sources, see text or adai.uw.edu/WAdata

Painkiller Use Down Among Teens

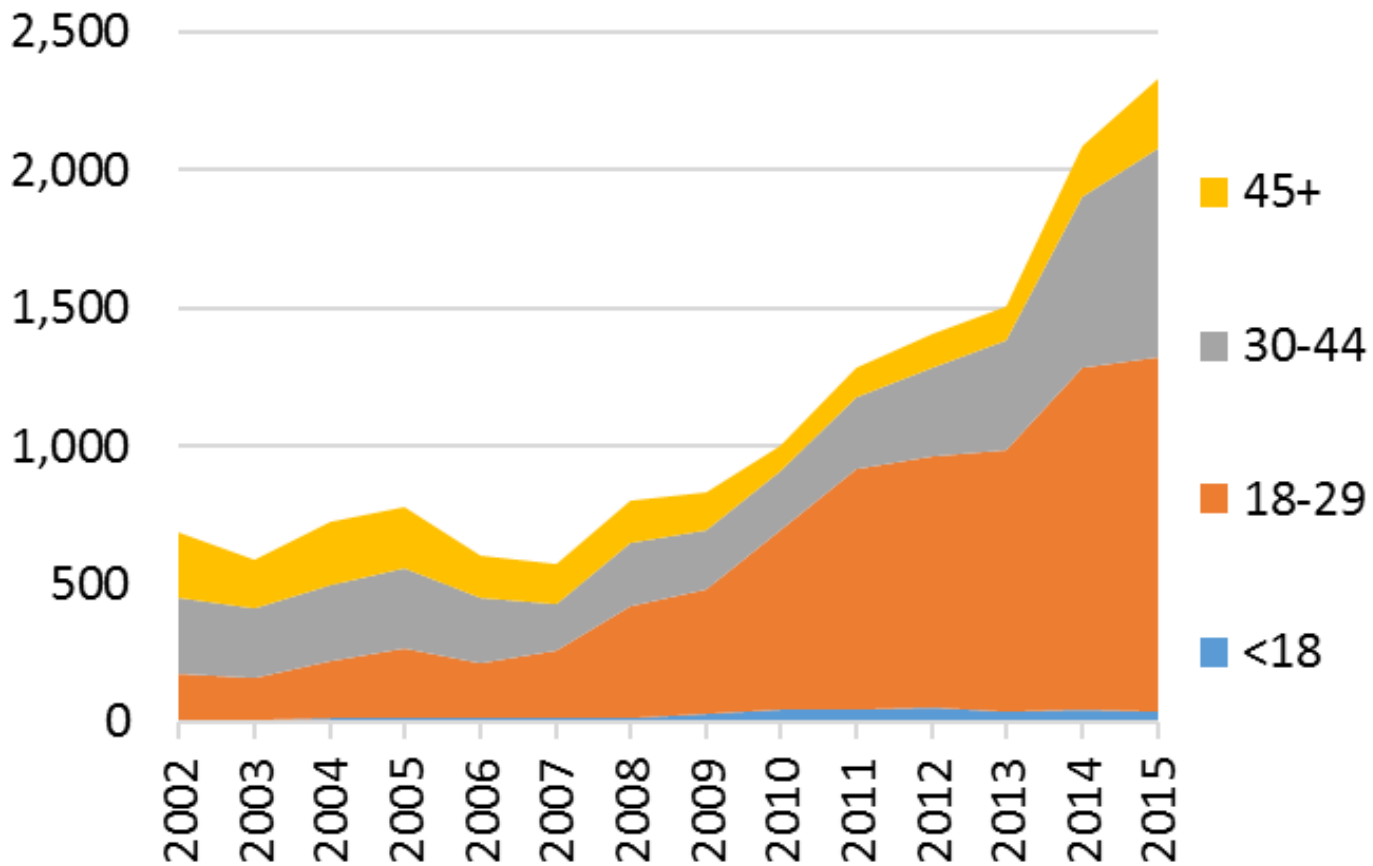
Use a painkiller to get high, like Vicodin, OxyContin or Percocet, in last 30 days?



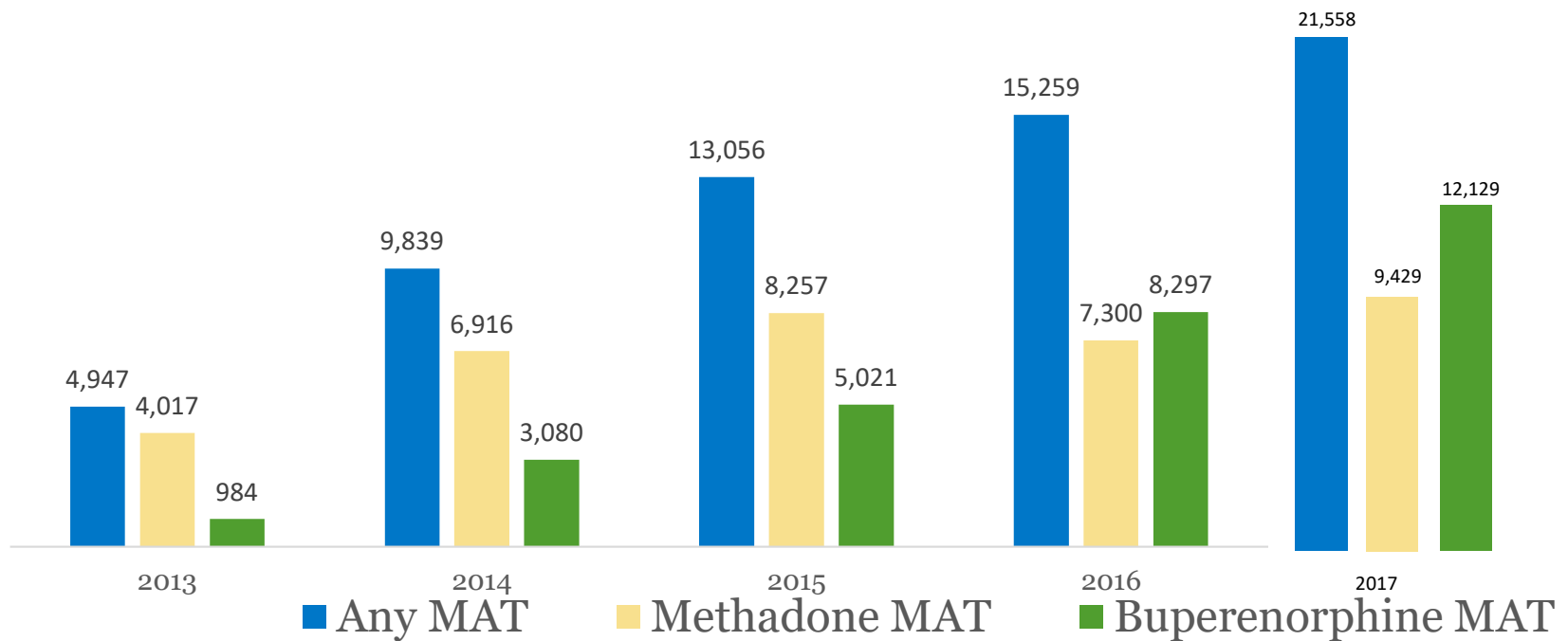
Source: WA State Healthy Youth Survey provided by BHA-DSE



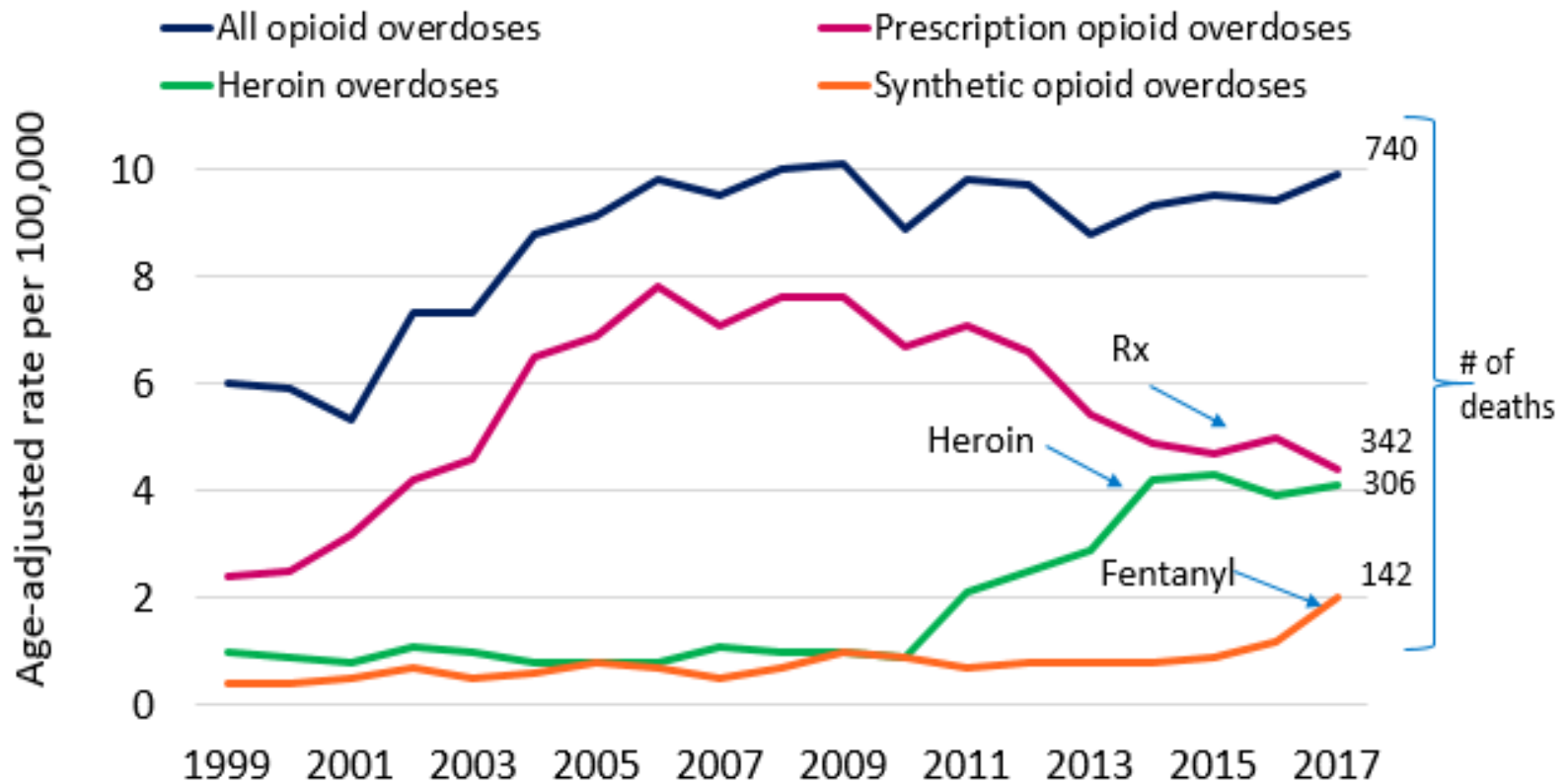
Heroin primary, First treatment admit WA State, Publicly Funded



Growth in Medication Prescribing for Opioid Use Disorder- Medicaid Clients



Opioid-related Overdose Deaths 2000-2017



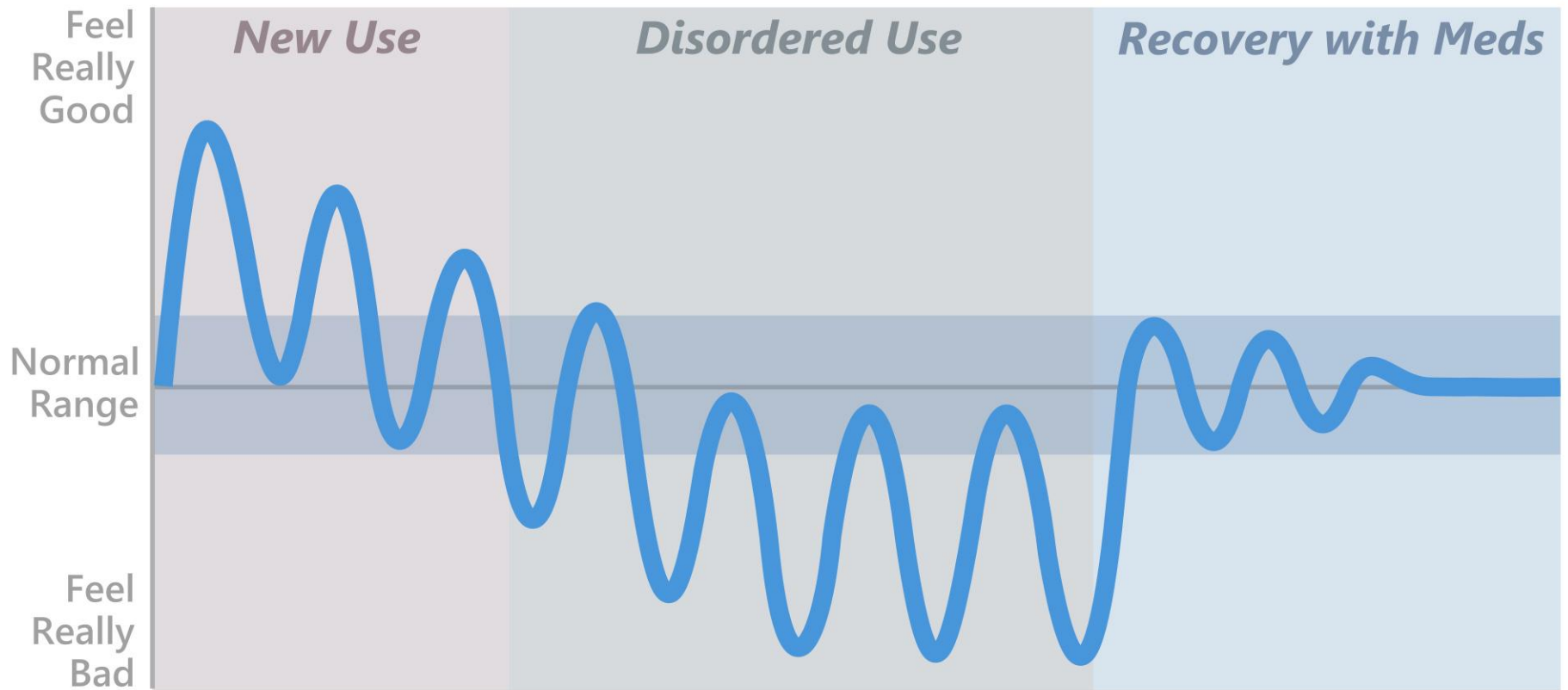
What are Opioids?

- Opioids bind to receptors in the brain and act like morphine
- Opioids relieve pain, depress breathing, cause euphoria/“high,” suppress cough and diarrhea
- Endorphins = endogenous morphine
 - Morphine that your body makes

What is Opioid Dependence?

- A **physical change** where the body adapts over time to taking opioids
- People develop **tolerance** and need more to get the same effect
- People develop **withdrawal** – without opioids, they feel terrible

Opioid Use Disorder



What is Opioid Use Disorder?

- **Bi**ological – dependence
- **Psych**ological – compulsive use, preoccupation (always thinking about use)
- **Social** – Gets in the way of important life activities (relationships, work, school)

What is Opioid Use Disorder?

- Continuing to use though you know it is hurting you
- Trying to quit but cannot
- Spending lots of time using or recovering from using
- Using in dangerous situations

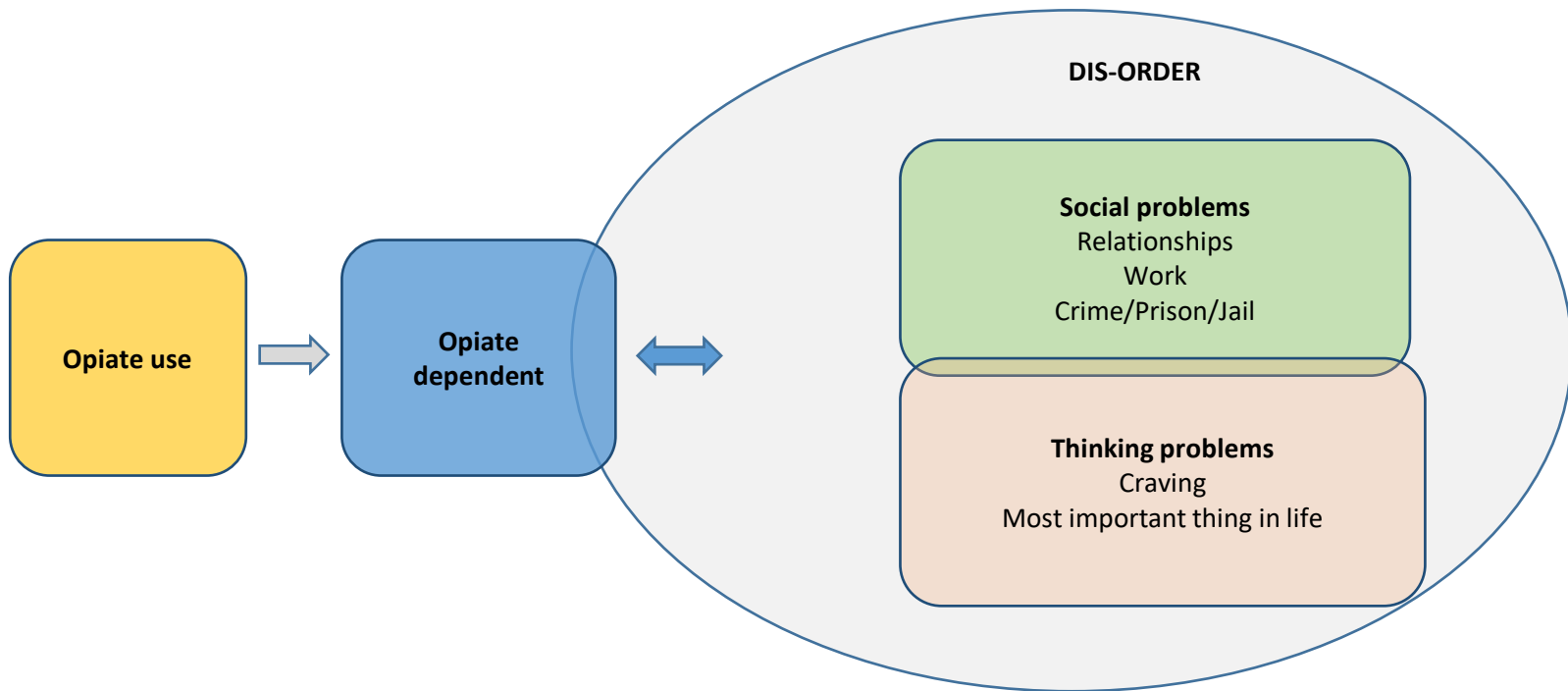
What is Opioid Use Disorder?

- Some people get OUD, and some do not
- 1 in 4 people who use heroin develop OUD
- Important factors:
 - Genetics
 - Personality type
 - Trauma
 - Psychological/Mindset
 - Social/Setting

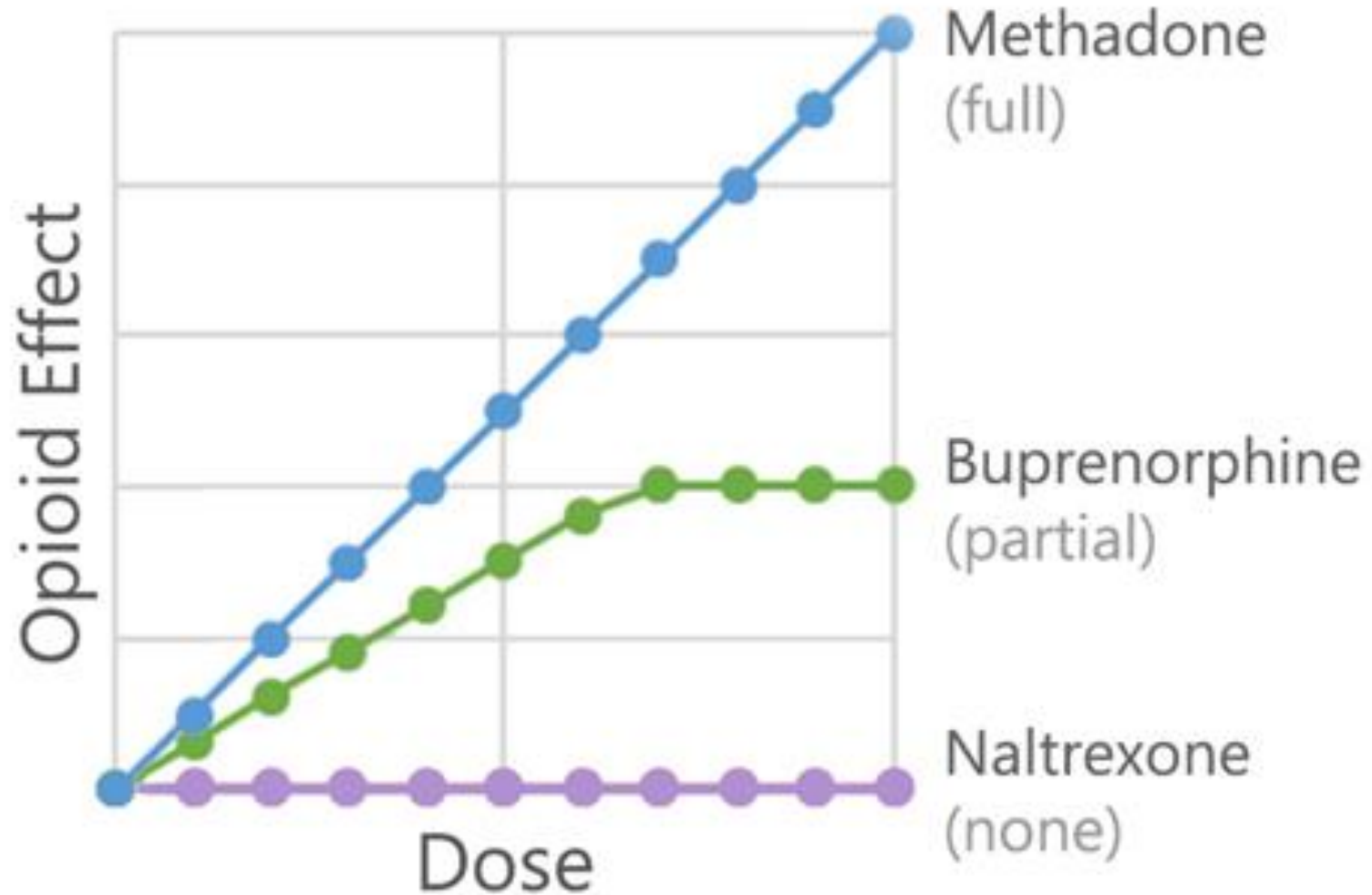
Goals of Treatment

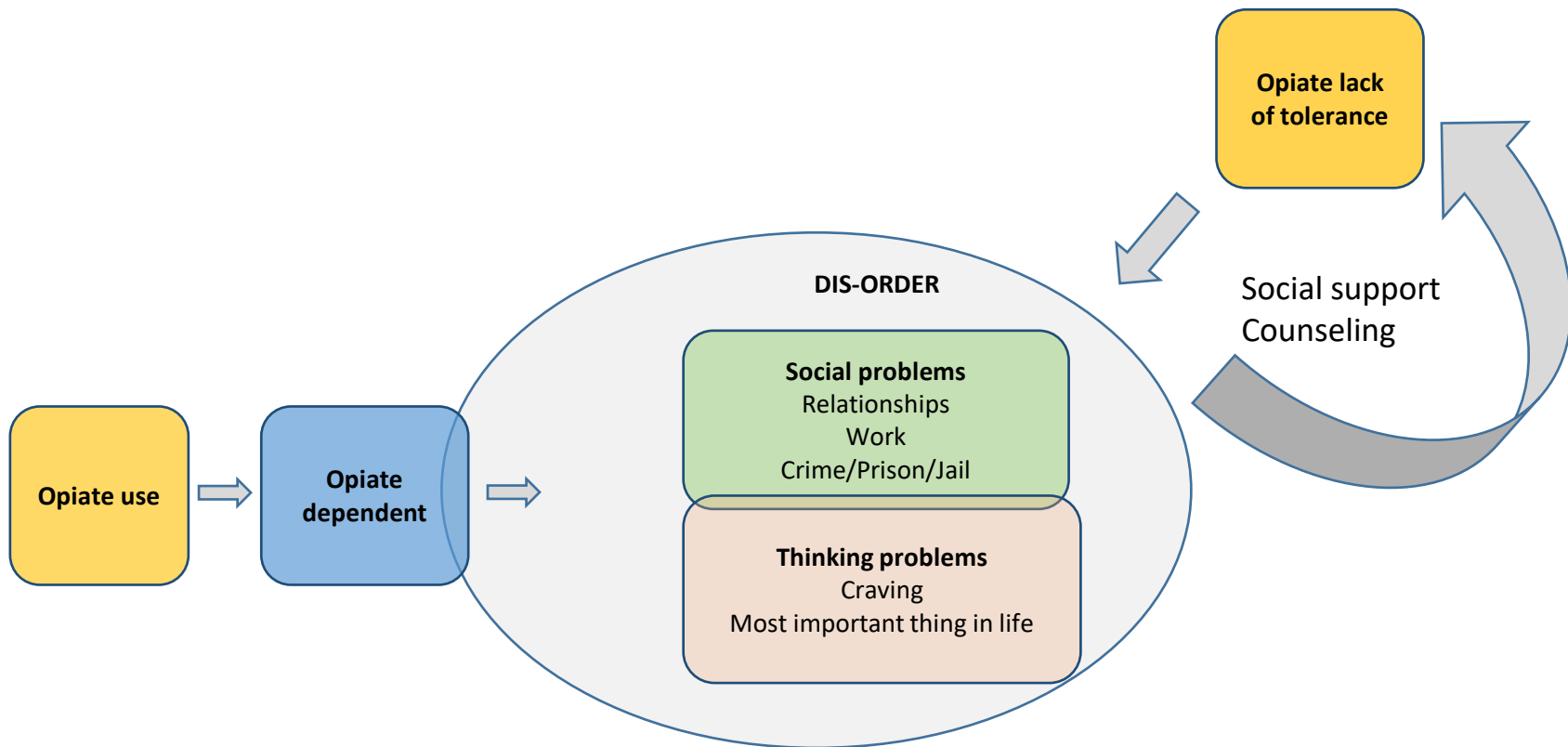
- Provide tools to help patients manage their medical condition
- Teach people how to use those tools
 - Behavioral change
 - Environmental change
 - Medications
- Set up long-term care plan
- Work with patients to adapt treatment as their needs and situations change

What is Opioid Use Disorder?



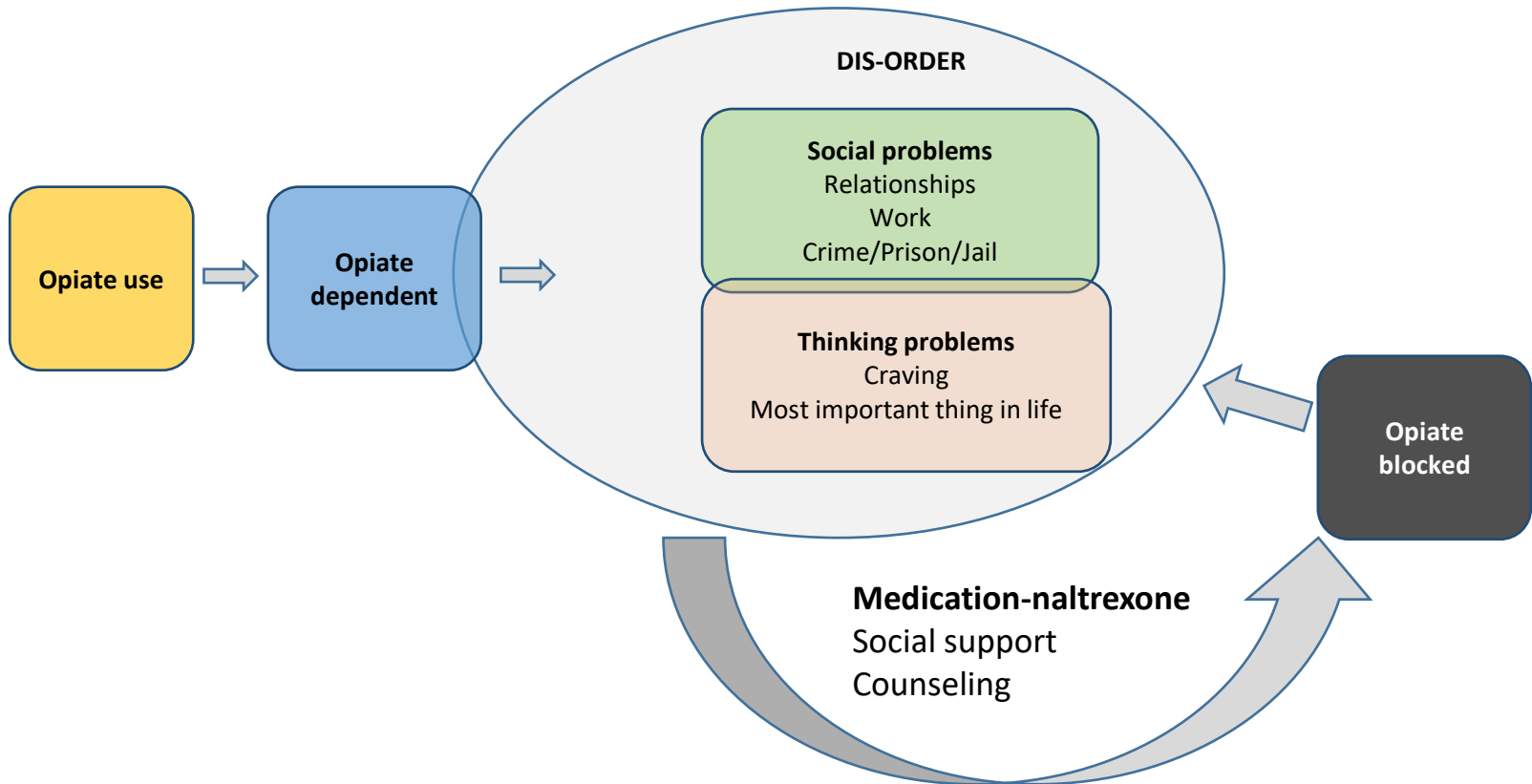
Opioid use disorder treatment medications





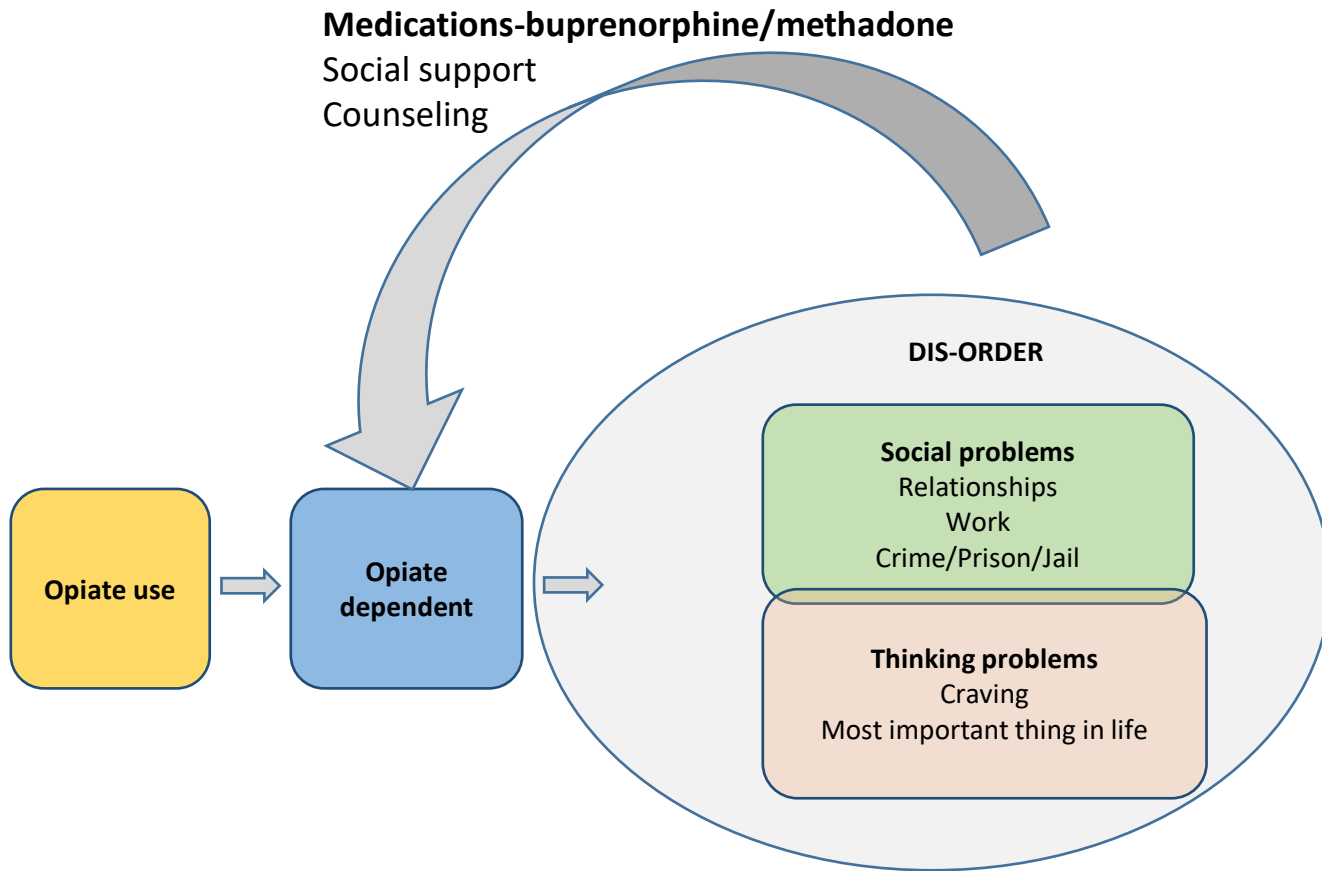
PROS: No medication side effects or appointments

CONS: High relapse and overdose risks, may not feel “normal”



PROS: Lower frequency of appointments, some report cravings decrease because they know they cannot use opioids

CONS: May not feel “normal,” most stay on for only 1 month, overdose risk high when medications wear off



PROS: Strong overdose protection, some report feeling “normal,” addresses cravings

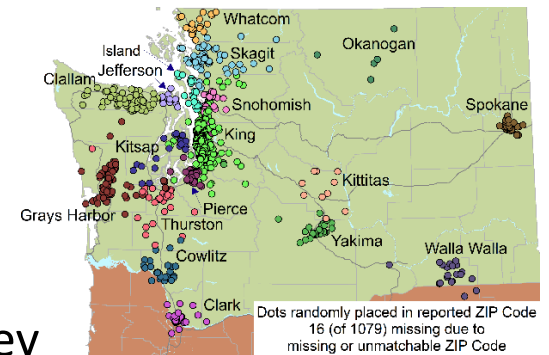
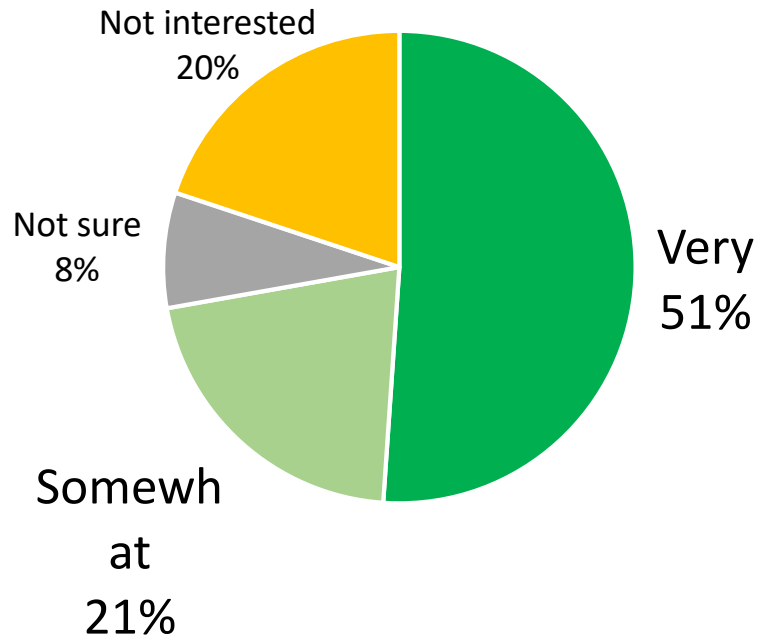
CONS: May be side effects, can be intensive, high frequency care

Despite what we may hear, see and believe:

*most people with substance use disorders
do NOT want to be using drugs and alcohol
in a harmful way*

C. Frost, Madeline & C. Williams, Emily & Kingston, Susan & J. Banta-Green, Caleb. (2018). ***Interest in Getting Help to Reduce or Stop Substance Use Among Syringe Exchange Clients Who Use Opioids.*** Journal of Addiction Medicine. 1. 10.1097/ADM.0000000000000426.

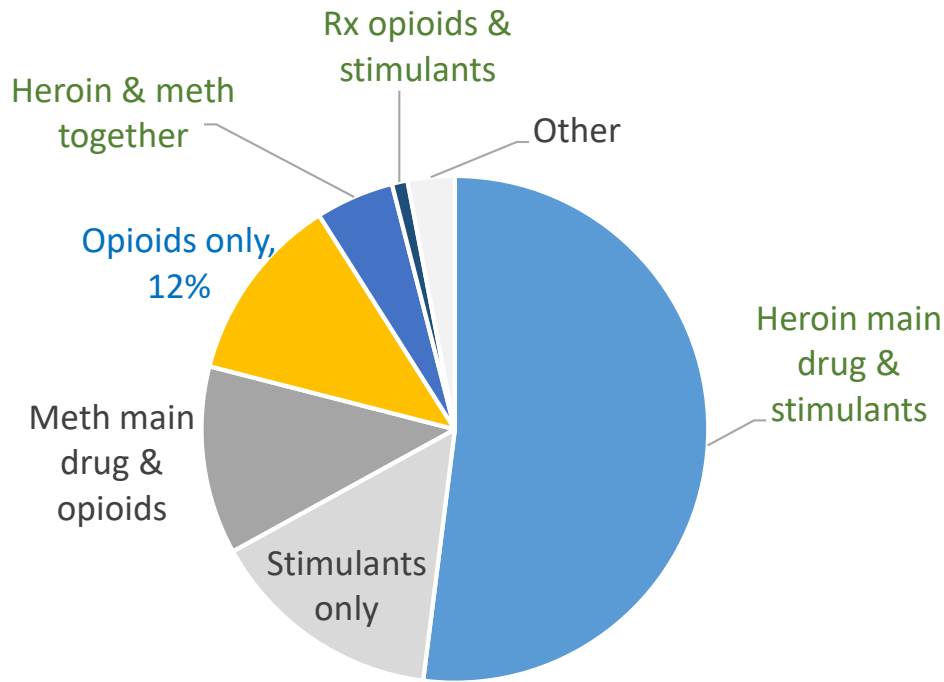
How interested are you in reducing or stopping your opioid use?



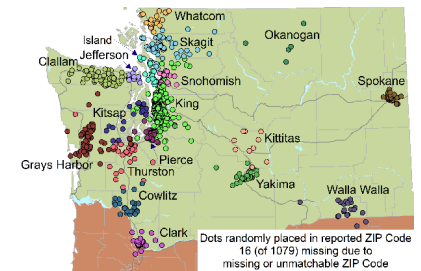
2017 WA State Syringe Exchange Survey

<http://adai.uw.edu/pubs/pdf/2017syringeexchangehealthsurvey.pdf>

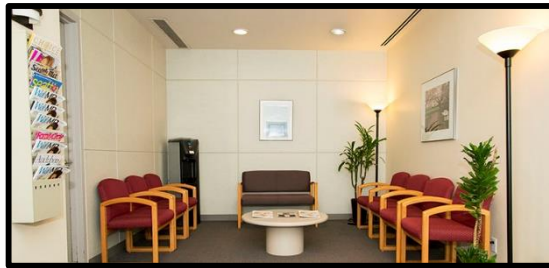
Main drug(s)



- Most people use multiple drugs
- Many are homeless
- Some can't engage in counseling
 - Anxiety, trauma...



Potential “front doors” to care

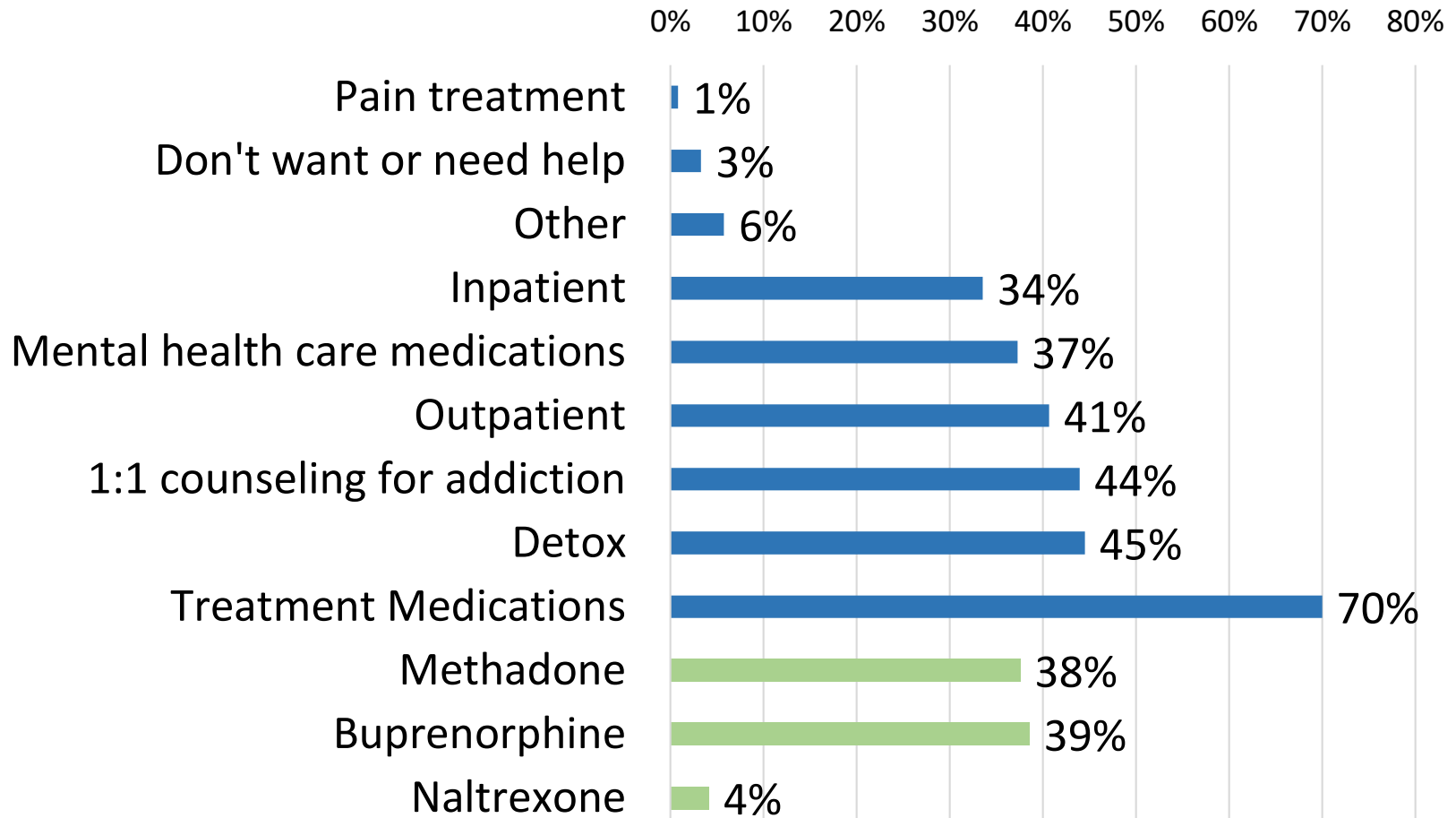


“After 3 appointments over 3 weeks we can get you started on treatment medications.”



“Let’s see if we can get you started on treatment medications this afternoon.”

What treatment options would you be interested in if they were easy to get?



Opioid treatment network

Care Navigation

Referred by:
Jail/Prison
First responder
Syringe exchange
Social services
Inpatient/Hospital
Self

Medication first program
@
Syringe exchange
Social service
Housing provider
Community clinic

Primary care in
medical settings

Opioid treatment
programs



Care navigation

- Initial **engagement**
 - Establish ongoing partnership regardless of relapse
- Ongoing **retention**- text, phone, in person to “check in” and redo treatment decision making as warranted
- Help with **transition** into other care e.g. from med-first to primary care or substance use disorder treatment agency

Treatment Navigation Providers

160 views

All changes saved in Drive

 Add layer  Share  Preview

Support Groups

Counseling Treatment Providers

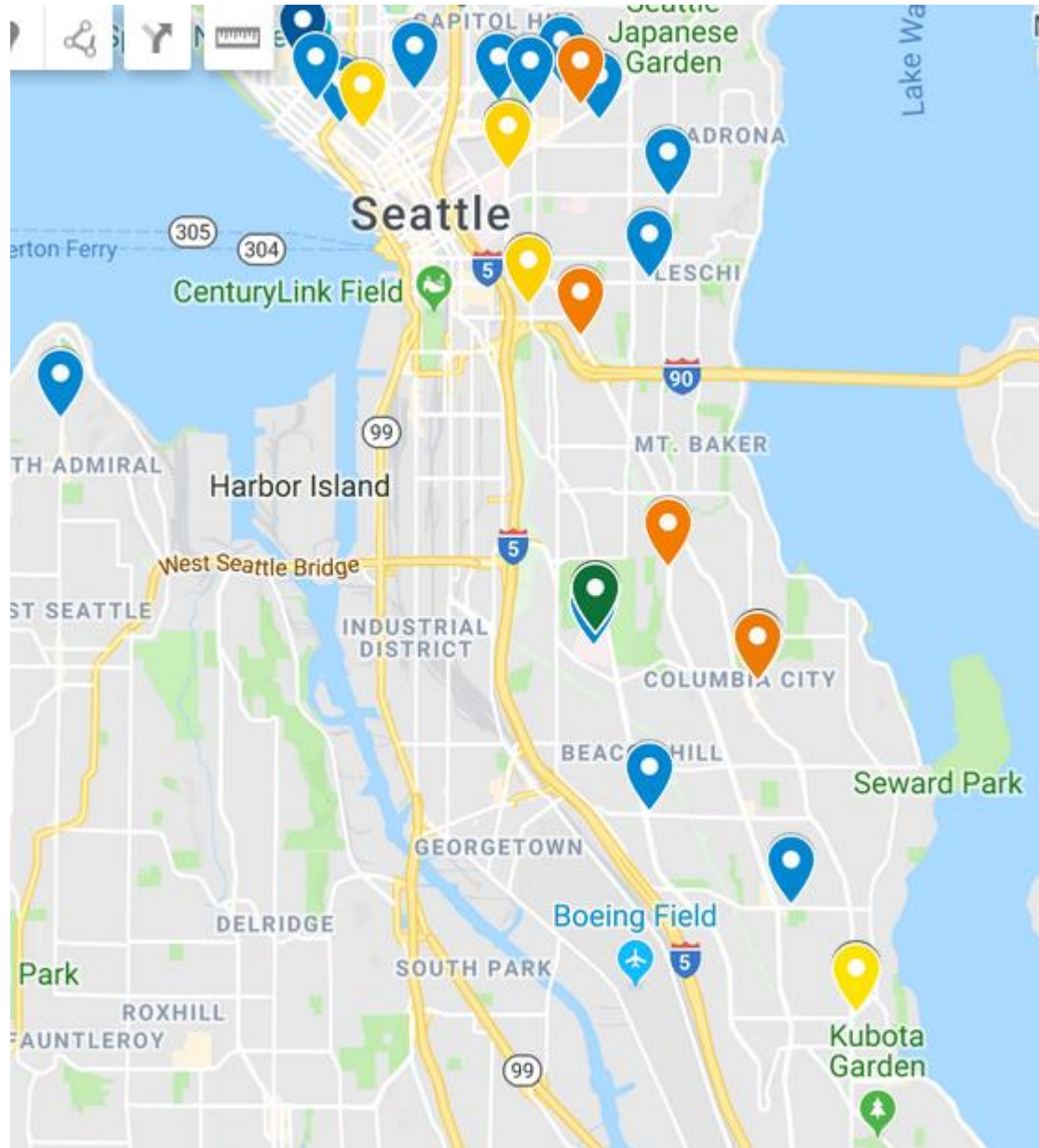
Naltrexone Treatment Providers

Buprenorphine Treatment Providers

Methadone Treatment Providers

Parole Offices

Base map



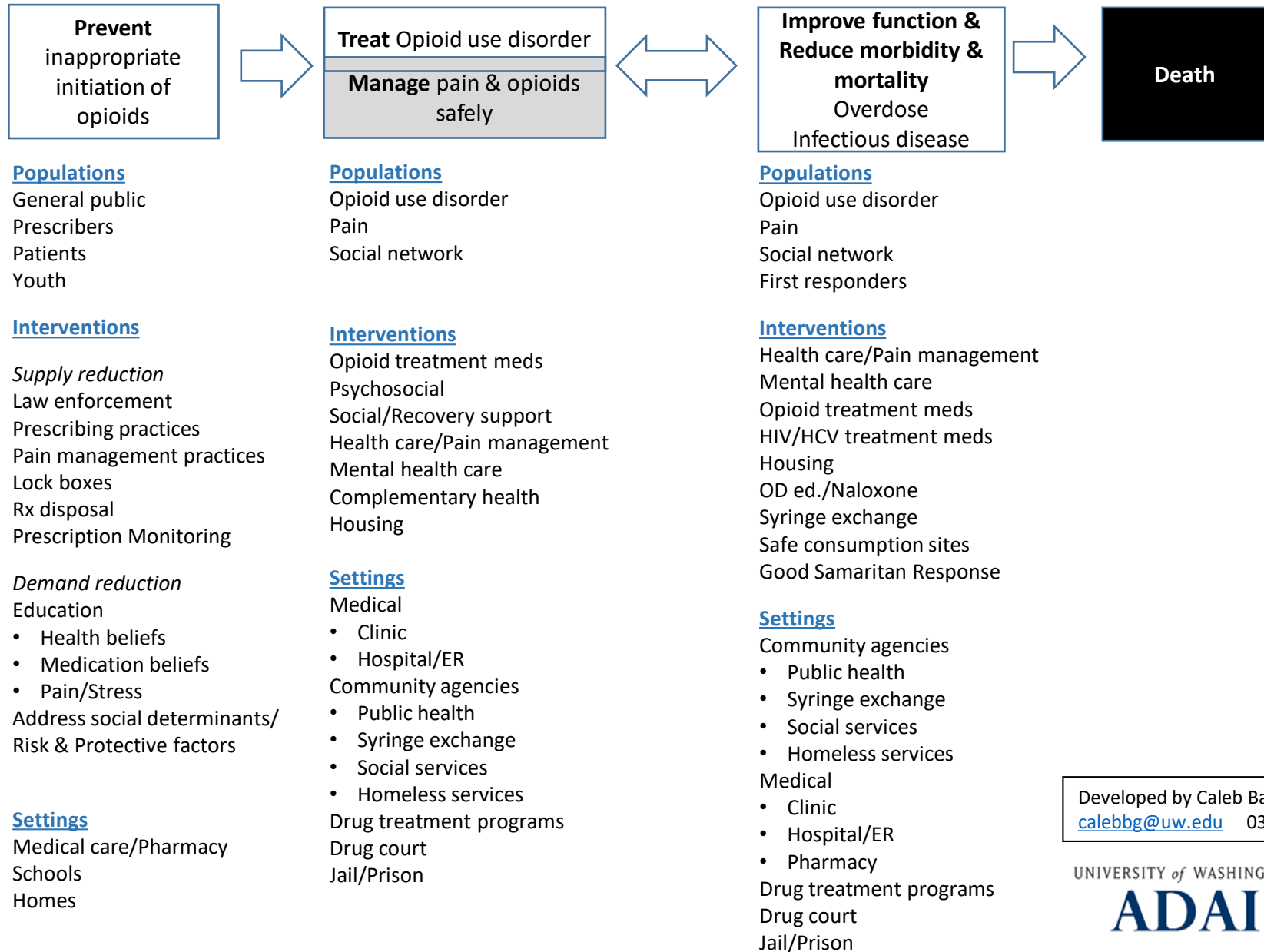
Stigma

- There seems to be as much stigma associated with **people** who have opioid use disorder as there is associated with the treatment **medications** for opioid use disorder

What everyone needs to know about opioid use disorder

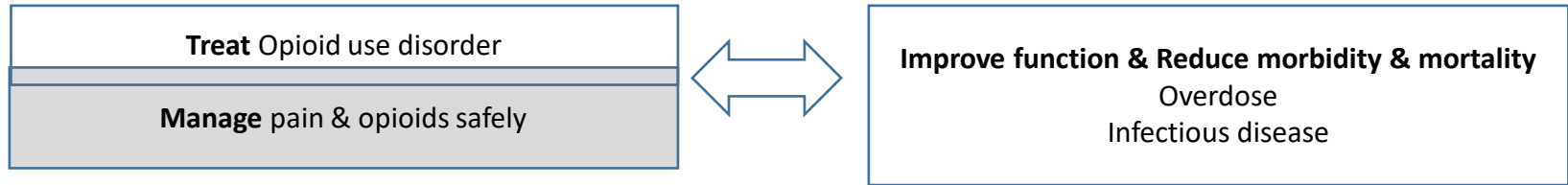
- It is a **treatable** medical condition
- Treatment medications are **the** standard of care
 - Most people will do best on medications
 - Many benefit from social support/counseling
- Treatment medications
 - Support recovery and reduce fatal overdose rates by ~50%
 - You can be on treatment medication **AND** in recovery

Continuum of interventions for opioid misuse



Developed by Caleb Banta-Green
calebbg@uw.edu 03/19/2019

Continuum of interventions for opioid misuse



Populations

Opioid use disorder
Pain
Social network

Interventions

Opioid treatment meds
Health care/Pain management
Mental health care
Housing
Psychosocial
Social/Recovery support
Complementary health

Settings

Community agencies

- Public health
- **Syringe exchange**
- Social services
- Homeless services

Medical

- Clinic
- Hospital/ER
- Pharmacy

Drug treatment programs
Drug court
Jail/Prison

Populations

Opioid use disorder
Pain
Social network
First responders

Interventions

Opioid treatment meds
Health care/Pain management
Mental health care
Housing
Syringe exchange
Social engagement
HIV/HCV treatment meds
OD ed./Naloxone
Safe consumption sites
Good Samaritan Response

Resources



W ALCOHOL & DRUG ABUSE INSTITUTE
UNIVERSITY of WASHINGTON

ABOUT US ▾ / STAFF / RESEARCH ▾ / INFORMATION ▾ / TRAINING ▾ / EVENTS ▾

INTERACTIVE OPIOID/MAJOR DRUG DATA

Find a series of interactive data charts and maps featuring Washington State data related to overdose deaths, treatment admissions, statewide opioid sales, and police evidence testing.

[READ MORE >](#)

- ADDICTION TECHNOLOGY TRANSFER CENTER
- CLINICAL TRIALS NETWORK
- CENTER FOR OPIOIDS SAFETY EDUCATION
- CLEARINGHOUSE
- FETAL ALCOHOL & DRUG UNIT

stopoverdose.org
Helping individuals and communities in Washington State respond to prevent opioid overdose.

Overdose - Naloxone - Getting Help - For professionals - Resources - About

- Overdose Education**
Learn about opioid overdose
Watch a training video
Preventing prescription opioid abuse
Good Samaritan Law
Check your own risks [HERE](#)
- Naloxone**
The drug to reverse an opioid overdose
Learn about naloxone
Find naloxone near you
Start a naloxone program
- Getting Help**
Opioid use disorder
Support for families
Crisis and treatment resources
- For Professionals**
Drug court
First responders
Health care providers
Pharmacists
Treatment providers

Resources