

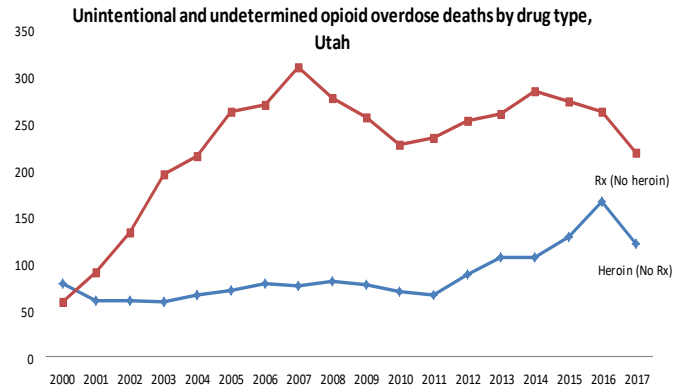
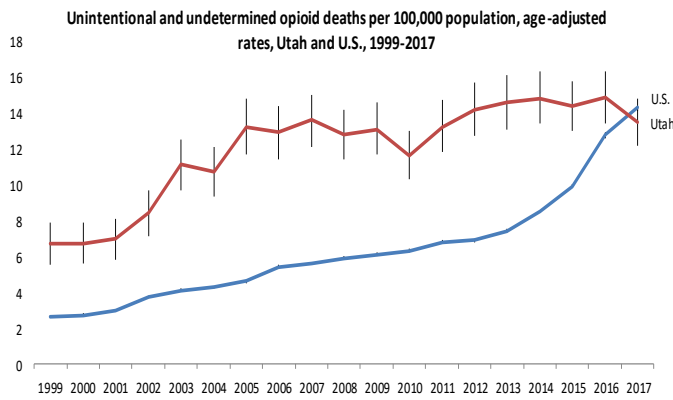
# Reducing Prescription Drug Misuse, Abuse and Overdose

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## Data Updates

The rate of opioid deaths in UT has been consistently and significantly higher than the U.S., however, in 2017, the U.S. rate surpassed UT for the first time in decades. Further, the number of opioid prescriptions dispensed in UT decreased by 8.9% from 2016 to 2017.

As a result of several concurrent efforts, an observed decrease in prescription opioid deaths has been seen in Utah since 2014 and a decrease in deaths related to heroin and other illicit opioids has been observed since 2016.



## Goals, Objectives, Measures, and Strategies

**Goal:** Decrease high risk prescribing\* by 20% from 2015 to 2019.

**Objective:** Increase provider education and training, including tools and resources, to positively change prescribing behavior.

**Measure:** Rate of opioid prescriptions dispensed per 1,000 population

**Baseline:** 798.2 opioid prescriptions per 1,000 population in 2015

**Target:** 637.5 opioid prescriptions per 1,000 population in 2019

**Current Measure:** 655.9 opioid prescriptions per 1,000 population in 2017

**Strategy:** At least two health systems will implement a provider intervention and provide educational materials in at least three high burden areas.

Accomplishments:

- Academic detailing efforts are coordinated and implemented between the Utah Department of Health, Division of Occupational and Professional Licensing, University of Utah, and Intermountain Healthcare.
  - Intermountain Healthcare has pledged to reduce by 40 percent the average amount of opioids prescribed per acute pain prescription at its 22 hospitals and 180 clinics by the end of 2018.

\*High Risk Prescribing is defined as opioid prescriptions > 90 MME OR overlapping opioid and benzodiazepine prescriptions

## Goals, Objectives, Measures, and Strategies (continued)

### **Objective: Increase awareness and utility of clinical risk indicators and dashboards.**

**Measure:** Percent of opioid prescriptions with a daily MME > 90

**Baseline:** 12.1% opioid prescriptions dispensed with a daily MME > 90 in 2015

**Target:** 9.6% opioid prescriptions dispensed with a daily MME > 90 in 2019

**Current Measure:** 12.1% opioid prescriptions dispensed with a daily MME > 90 in 2017

**Strategies:** Increase provider utilization of the controlled substance database in at least one health system by March 2018.

Accomplishments:

- The Patient Dashboard in Utah's Controlled Substance Database went live November 2017 with risk flags for daily MME > 90, doctor shopping, and overlapping opioid and benzodiazepine prescriptions.

### **Goal: Decrease opioid overdoses by 10% from 2015 to 2019.**

### **Objective: Improve timeliness of data, surveillance, and evaluation efforts.**

**Measure:** Rate of undetermined / unintentional drug overdose deaths involving opioids per 100,000 population

**Baseline:** 13.6 undetermined / unintentional drug overdose deaths involving opioids per 100,000 population in 2015

**Target:** 12.3 undetermined / unintentional drug overdose deaths involving opioids per 100,000 population in 2019

**Current Measure:** 12.9 undetermined / unintentional drug overdose deaths involving opioid per 100,000 population in 2017.

**Strategy:** Identify gaps in current data collection efforts and explore opportunities to address gaps by October 2017.

**Strategy:** Increase frequency of surveillance reports in three high-burden areas by March 2018.

Accomplishments:

- Opioid Fatality Review Committee released Gabapentin and Prescription Opioids Report (<http://www.health.utah.gov/vipp/pdf/RxDrugs/GabapentinReport2018.pdf>)
- Data table of prescription drug overdoses on the Utah Department of Health Violence and Injury Prevention website updated (<http://health.utah.gov/vipp/data/prescription-drug-overdoses.html>)

### **Objective: Promote public awareness of opioid risks, signs of an overdose, safe storage, safe disposal, and naloxone.**

**Measure:** Rate of emergency department visits involving non-fatal opioid overdose excluding heroin per 10,000 population.

**Baseline:** 1.5 emergency department visits per 10,000 population in 2015

**Target:** 1.3 emergency department visits per 10,000 population in 2019

**Current Measure:** 2.8 emergency department visits per 10,000 population in 2017

**Strategy:** Reduce community norms favorable to misuse and abuse in at least three high-burden areas through public awareness messages and efforts by March 2018.

**Strategy:** Target at least three high-burden areas to promote existing public awareness messages by March 2018.

**Strategy:** Develop an opioid abuse, misuse, and overdose prevention social media plan and publish three social media posts each week with targeted boosts in at least three high-burden areas.

Accomplishments:

- Decrease in percent of Utah students (grades 8, 10, 12) who used prescription drugs without a prescription in the past 30 days from 2015 to 2017 observed in Southeast, Tooele, TriCounty, and Weber-Morgan local health districts
- Naloxone efforts through the Utah Department of Health, Division of Substance Abuse and Mental Health and Utah Poison Control Center from May to November 2018 include:
  - \* 5,592 naloxone kits purchased, 361 naloxone trainings conducted, 248 reported naloxone uses
- The Utah Department of Health disseminated the following materials in 2018:
  - \* English "Signs of an Overdose" pocketcard 11,274, Spanish "Signs of an Overdose" pocketcard 151
  - \* Use Only As Directed brochure 3,501, Stop the Opioid epidemic brochure 6,101, Naloxone brochure 4,820
  - \* Opioid stickers 180,200, Posters 108
  - \* Bags, pens, notepads 32

**Goal: Increase access to naloxone by 50% from 2015 to 2019.**

**Objective: Increase pharmacy-based naloxone access and education.**

**Measure:** Percentage of pharmacies participating in Utah's Statewide Standing Order

**Baseline:** 0% of pharmacies participating in Utah's Statewide Standing Order in 2015

**Target:** 50% of pharmacies participating in Utah's Statewide Standing Order in 2019

**Current Measure:** 33.4% of pharmacies participating in Utah's Statewide Standing order in 2017

**Strategy:** Increase pharmacy participation in the Talk to Your Pharmacist month campaign.

**Strategy:** Increase pharmacy participation in Utah's Statewide Standing Order.

Accomplishments:

- Pharmacy locator map posted on naloxone.utah.gov website (<https://naloxone.utah.gov/locations>)
- Update on the Overdose Outreach Pilot Program provided (September 2017 <http://www.health.utah.gov/vipp/pdf/RxDrugs/OpiateOverdoseOutreachPilotProgramLegislativeFactsheet.pdf>)

**Objective: Increase community-based naloxone access and education.**

**Measure:** Number of naloxone doses dispensed through Utah's Statewide Standing Order or by enrolled Opiate Overdose Outreach Providers

**Baseline:** 0 naloxone doses dispensed through Utah's Statewide Standing Order or by enrolled Opiate Overdose Outreach Providers in 2015

**Target:** 10,000 naloxone doses dispensed through Utah's Statewide Standing Order or by enrolled Opiate Overdose Outreach Providers in 2019

**Current Measure:** 7,044 naloxone doses dispensed through Utah's Statewide Standing Order or by enrolled Opiate Overdose Outreach Providers in 2017

**Strategy:** Increase availability, access, training, and dissemination of naloxone in three high burden areas by July 2017.

Accomplishments:

- Naloxone efforts through the Utah Department of Health, Division of Substance Abuse and Mental Health and Utah Poison Control Center from May to November 2018 include:
  - \* 5,592 naloxone kits purchased
  - \* 361 naloxone trainings conducted
  - \* 248 reported naloxone uses

**Goal: Increase availability of treatment and recovery services by 10% from 2015 to 2019.**

**Objective: Increase the number of individuals accessing public substance abuse disorder treatment.**

**Measure:** Number of individuals annually served in public substance use disorder treatment

**Baseline:** 15,049 individuals served in public substance abuse disorder treatment in 2015 annually

**Target:** 16,550 individuals served in public substance abuse disorder treatment in 2019 annually

**Current Measure:** 14,729 individuals served in public substance abuse disorder treatment in 2016 annually

**Strategy:** Identify treatment resources, gaps, and barriers in three high-burden areas and provide recommendations to increase access to treatment by October 2017.

**Strategy:** Increase the number of medication-assisted treatment training opportunities and providers receiving the training in three high-burden communities by March 2018.

Accomplishments:

- Information on existing resources gathered

## Available Services/Resources

### Prescription Drug Deaths

Stop the Opidemic

<http://www.opidemic.org/>

Use Only As Directed

<http://www.useonlyasdirected.org>

Utah Department of Health: Naloxone

<http://naloxone.utah.gov/>

Utah Department of Health Violence and Injury Prevention Program

<http://www.health.utah.gov/vipp/topics/prescription-drug-overdoses/>

Utah Division of Substance Abuse and Mental Health  
Utah Department of Human Services

<http://www.dsamh.utah.gov>

Utah Poison Control Center

<http://poisoncontrol.utah.edu>

National Institutes of Health: National Institute on Drug Abuse

<http://drugabuse.gov>

Partnership for a Drug-Free America

<http://www.drugfree.org>

Office of National Drug Control Policy

<http://www.whitehouse.gov/ondcp>

Information on addiction resources and tools

<https://www.drugrehab.com/addiction/prescriptions/>

### Illicit Substance Use/Disorder

UTAH:

Edward G. Callister Foundation, Referral and Information Services: (801) 587-HOPE (4673) or toll free (866) 633-HOPE. The service is designed to provide referral and educational resources with respect to substance abuse.

Mental health and substance abuse services in Utah are also provided through Community Mental Health and Substance Abuse programs and the Utah State Hospital. One responsibility of the Utah Department of Human Services, Division of Substance Abuse and Mental Health (DSAMH) is to ensure that prevention/treatment services for substance abuse and mental health are available throughout the state.

Utah Department of Human Services  
Division of Substance Abuse and Mental Health  
195 North 1950 West  
Salt Lake City, Utah 84116  
Phone: 801-538-3939  
Fax: 801-538-9892  
<http://www.dsamh.utah.gov>

NATIONAL:

The U.S. Department of Health and Human Services (HHS) Substance Abuse and Mental Health Services Administration's (SAMHSA) National Drug and Treatment Referral Routing Service provides a toll-free telephone number for alcohol and drug information/treatment referral assistance. The number is 1-800-662-HELP (4357).

National Institute of Drug Abuse

<http://www.nida.nih.gov/NIDAHome.html>