

Operation Substance Use Disorders

BROUGHT TO YOU BY:





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Objectives of Today

- 1) Define chapter mission, events attended, public relations, test strip distribution, etc.;
- 2) Describe prescription medication safety, medication abuse and misuse;
- 3) Review substance use disorder facts, the impact of substance use disorder;
- 4) Learn techniques to support yourself, family, and friends and how you can help
- 5) Identify available resources, including your pharmacist

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Chapter Mission

- It is an educational program in which student pharmacists work in their communities to prevent misuse of prescription medication, break the stigma of substance use disorders (SUD), support patients in recovery, and advocate for the profession.





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Some Events Attended

- Japanese Festival Event
- Gods Warehouse Community Event
- Albuquerque Health Fair Event
- West Mesa High School
- Community Collaborative Charter School
- Ongoing distribution continues...


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Public Relations

Over the last year, the UNM College of Pharmacy OSUD program has distributed fentanyl test strips at seven different community outreach events and health fairs. The University did not say how many test strips have been given out, but say they've spoken to roughly 3,000 people at those events.

"We encourage everybody to take them, because you never know when it could be useful," said Maria Ybarguengoitia Agüero, a UNM College of Pharmacy student. "When people take small amounts of [fentanyl], it can send them into an overdose. That's why we've seen such an increase in accidental deaths, because people don't know that fentanyl is basically in everything."

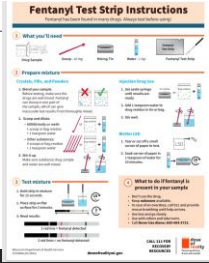
The group is hoping to broaden its test strip distribution efforts over the next year amid a recent change in federal policy. UNMH says the feds have removed a funding restriction on tests that should allow more groups to use grant dollars on fentanyl test strips moving forward.



New Mexico pharmacy students up fentanyl test strip distribution efforts. (Kase.com)

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Fentanyl Test Strip Distribution



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Current Impact of Substance Use Disorder

- The negative consequences of excessive substance use and other social determinants of health (SDOH) in New Mexico are not limited to death but also include adverse childhood events (ACEs), domestic violence, crime, poverty, and unemployment as well as morbidity related to liver and heart disease, injuries, and a variety of other medical problems (New Mexico Department of Health, 2021).
- Economic cost of alcohol abuse in New Mexico was more than \$2.5 billion, or \$1,250 per person.
- New Mexico has the highest drug-induced death rate in the nation, and the consequences of drug use continue to burden New Mexico communities.

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Current Impact of Substance Use Disorder

- Bernalillo County continued to bear the highest burden of drug-induced death in terms of total numbers of deaths. Unintentional drug overdoses account for more than 80% of drug-induced deaths.
- The most common drugs causing unintentional overdose death for the period covered in this report were prescription opioids (i.e., methadone, oxycodone, morphine; 49%), heroin (36%), cocaine (31%), tranquilizers/muscle relaxants (29%) and antidepressants (16%).
- In New Mexico and nationally, overdose death from prescription opioids has become an issue of enormous concern as these potent drugs are widely available.

[https://bis.doh.nm.gov/topic/health/status/SubstanceUse.h](https://bis.doh.nm.gov/topic/health/status/SubstanceUse.htm)

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Some Resources/Referrals Sources

1. <https://www.samhsa.gov/find-help/national-helpline>
2. <https://findtreatment.gov/>
3. <https://www.nmhealth.org/about/erd/ibeb/sap/dod/>
4. <https://988nm.org/>
5. SAMSHA Referral Line: 1-800-622-HELP

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Call for the Pharmacy Community



abachyrycz@salud.unm.edu

unmosud@gmail.com

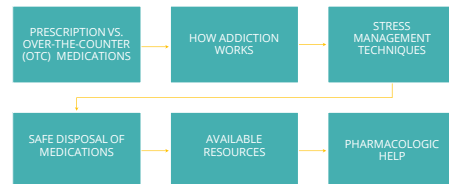
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Objectives of OSUD

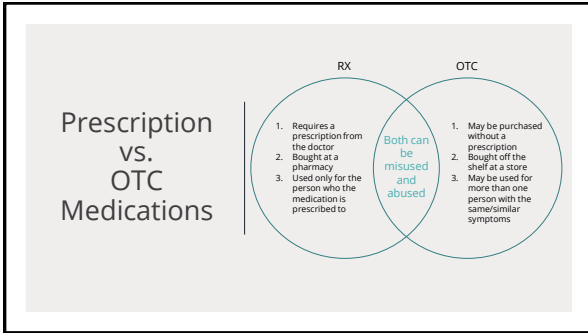
- ❖ Describe prescription medication safety, medication abuse and misuse.
- ❖ Substance use disorder facts, the impact of substance use disorder.
- ❖ Learn techniques to support yourself, family, and friends and how you can help.
- ❖ Identify available resources, including your pharmacist.

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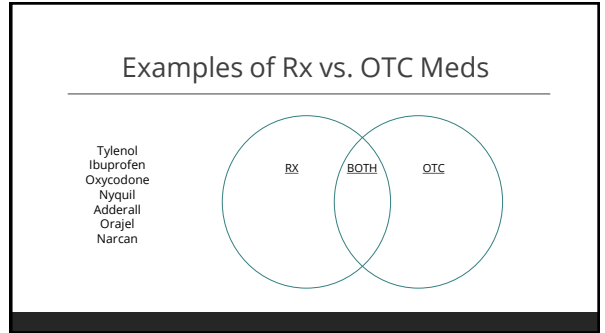
What You Will Learn Today:



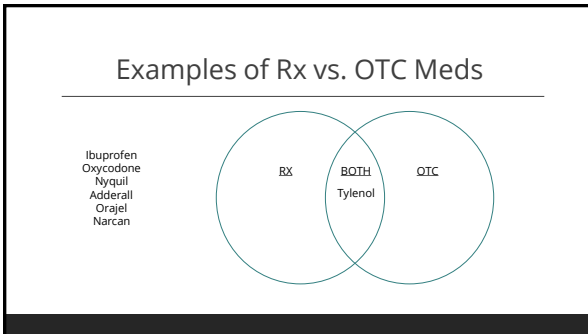
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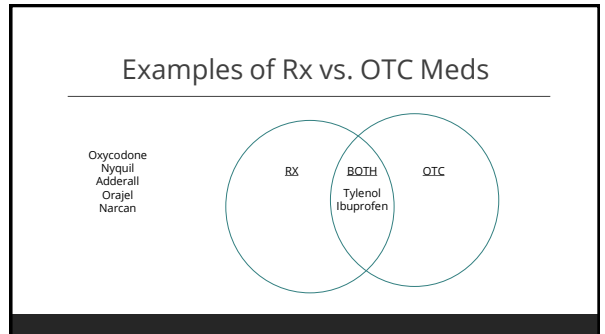
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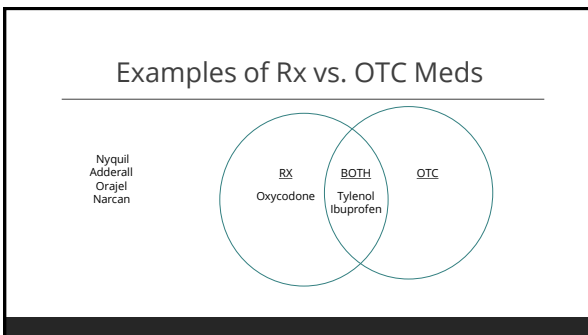
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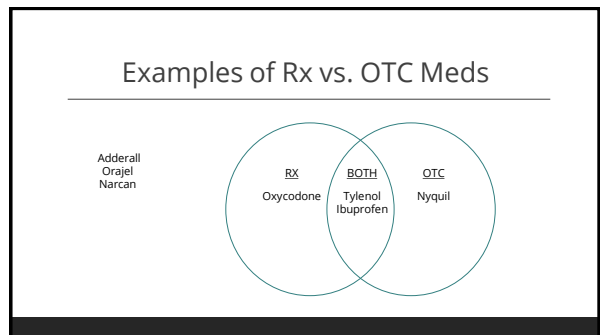
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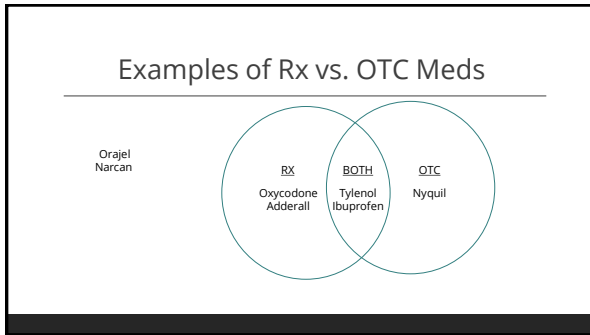
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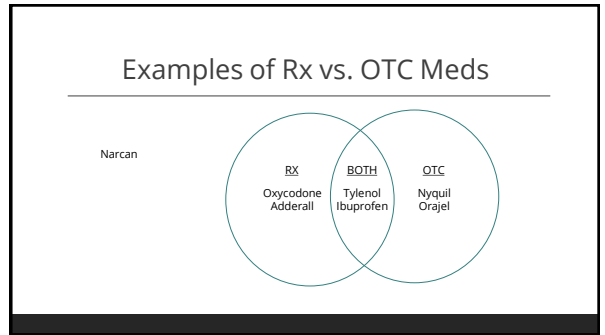
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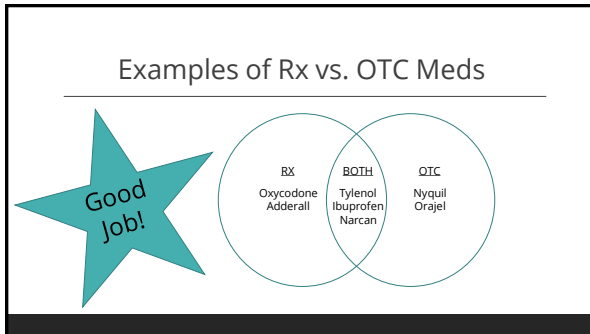
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Did you know?

Among 12-17 year olds, 3% reported abuse of prescription medications

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Prescription and Illicit Medication Abuse and Misuse

- Prescription drug abuse is when someone takes a medication prescribed for someone else, takes their own prescription in a way not intended by a doctor, or takes a medication to feel a certain kind of way.
- 6.5 million people (12 years and older) are current users of prescription drugs for non-medical reasons.

Illicit Drug Use in the Last Month Among 12- to 17-year-olds

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Prescription Medication Abuse and Misuse

Prescription Drug Abuse Among Age Groups*

- 1.9 million persons aged 12 or older were classified as dependent on or abused pain relievers.
- According to a national CDC survey, 17.8% of high school students took a prescription drug without a prescription (such as OxyContin, Percocet, Vicodin, Codeine, Adderall, Ritalin, or Xanax), once or more in the past year.

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Examples of What Abuse and Misuse Can Look Like

- Continuing to take leftover medication when they no longer have a medical need to
- Receiving medications from parents, other family members and friends
- Exaggerating or faking an illness condition to get prescription or over-the-counter medication
- Taking too many over-the-counter medications and mixing them with alcohol or drugs
- Stealing medication from their parents or other relatives
- Purchasing prescription medications from someone else, even someone they met online

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Prescription Medication Safety

- ❖ Prescription medications are safe when used as directed by a healthcare professional.
- ❖ Using someone else's prescription medicine can be very harmful!
- ❖ Medication safety and taking precautionary steps are extremely important to prevent adverse reactions, addiction, overdose, and death.

What are some ways that you can practice medication safety?

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Use Medications Safely!

- **Keep for yourself** — like any personal item, prescription medications are for you only, some things aren't meant to be shared!
- **Follow instructions** — instructions keep us safe and reduce the chance of experiencing negative side effects, like becoming dependent on the medication.
- **Be a good role model** — set a good example for others, and share these messages with family and friends.

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MYTH or FACT

All drugs are bad!!

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MYTH or FACT

All drugs are bad!!

MYTH

Prescription medications can be effective when used the right way!

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MYTH or FACT

All medications are addictive.

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MYTH or FACT

All
medications
are addictive.

MYTH

Medications work in different
ways & some have no addictive
properties!

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MYTH or FACT

An addiction
can last a
lifetime.

32

MYTH or FACT

An addiction
can last a
lifetime.

FACT

Addiction is a disease, genetic
disposition and chemical
imbalance which can last a
lifetime!

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MYTH or FACT

If you want
to quit an
addiction,
just stop
cold turkey.

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MYTH or FACT

If you want
to quit an
addiction,
just stop
cold turkey.

MYTH

Stopping an addiction is not
only a matter of will power. It
takes time and dedication!

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So, What is Substance Use Disorder?

- ❖ Substance use disorder (SUD) is when someone compulsively misuses drugs or alcohol and continues abusing the substance despite knowing the negative impact it has on their life.
- ❖ The American Psychiatric Association developed a set of criteria for diagnosis, called the DSM-5 Criteria.

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Some Behaviors To Look For!

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What Are Some Other Behavior Change Examples You Have Seen?

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2.7 million people ages 12 and older had an opioid use disorder in 2020 in the U.S, including 80,000 12 to 17 year old's

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Substance Use Disorder Facts in New Mexico

- ❖ New Mexico is consistently among the highest alcohol-related death rates in the US and has been the highest ranked in that category since 1997.
- ❖ NM's rate of alcohol-related injury/death is 1.5 times greater than the national average.
- ❖ New Mexico has the 11th highest drug overdose rate in the US.
- ❖ Prescription opioids accounted for 46% of all drug overdoses in NM followed by methamphetamine (37%) and heroin (36%).
- ❖ Fentanyl related deaths in New Mexico have increased 93% from the year 2018 to 2019.

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What is Addiction? How Does It Work?

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The Vicious Cycle: Patterns of Drug Abuse

- Experimentation
- Social Use
- Situational Use
- Compulsive Use
- Wanting without liking
- Drug seeking behavior
- Loss of Control

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How Addiction Works

- Addictive drugs activate the reward pathway which brings pleasure, reward, and reinforces the behavior.
- Because the brain adapts to function a certain kind of way with the substance, some people now need to continue that substance for their brain to feel normal.
- They feel that they need the substance to feel normal and function well.

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Types of Reinforcement

- ❖ Positive reinforcement: The drug induces excitement, happiness, or pleasure.
- ❖ Negative reinforcement: The drug relieves anxiety, unease, or dissatisfaction. This includes withdrawal effects from the drug.
- ❖ Punishment: The drug causes harmful or unfavorable effects. Including escape from reality.
- ❖ Conditioning: When a stimulus becomes positive reinforcement.
 - Ex: You hear a song from TikTok and your brain automatically thinks of the dance to go with it

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Does this Apply to Nicotine and Alcohol?

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Nicotine

- ❖ Nicotine acts as both a stimulant and a depressant
- ❖ Once you start smoking behaviors due to social norms, your body continues to crave and become dependent on nicotine.
- ❖ Using nicotine in adolescence can harm the parts of the brain that control attention, learning, mood, and impulse control.

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What Are The Effects of Nicotine

Side Effects:

- ❖ Headache
- ❖ Nausea
- ❖ Mood changes
- ❖ Teeth rotting
- ❖ Fatigue

Withdrawal:

- ❖ Dizziness
- ❖ Anxiety
- ❖ Depression
- ❖ Constipation
- ❖ Trouble sleeping

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Alcohol

- ❖ Alcohol is a depressant, so it works to slow everything in the body down.
- ❖ This includes your breathing, your GI tract which can cause constipation, etc.

Side Effects:

- ❖ Liver damage
- ❖ Memory loss
- ❖ Increase your risk of stroke
- ❖ Slowed breathing
- ❖ Mood Changes
- ❖ Vision Impairment

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How You Can Help!

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Ways to Help Yourself

- Use Medications Safely!
 - Only take medications that have been prescribed to YOU.
 - Follow the instructions on the label.

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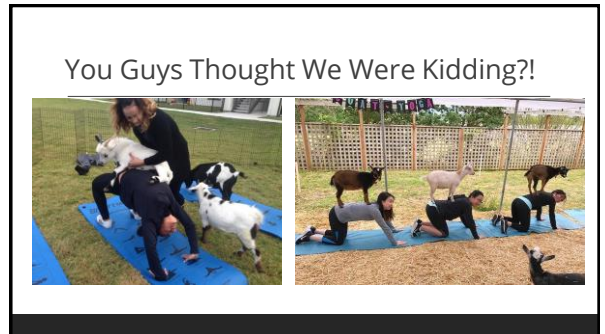
Stress Management

- What are some things that stress you out?
- What are other things you could do to manage that stress?

One example is exercising!
Our favorite is yoga with goats!

Raise your hand if you have tried yoga with

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Potential Stressors Could Include:

- School Work
- Jobs
- Family Responsibilities
- Family Troubles
- Peer Pressure
- Public Appearance
- Relationship Struggles

→

Some people resort to substances to find resolution for these stressors, BUT That is *not* the way to deal with it!

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Stress Management Tips

- LEAVE TIME IN YOUR PERSONAL SCHEDULE FOR SELF-CARE AND THINGS YOU LOVE LIKE HOBBIES/ACTIVITIES
- IMPROVE SLEEP AND DIET
- PRACTICE STRESS MANAGEMENT TECHNIQUES LIKE YOGA OR EXERCISE
- FIND A COMMUNITY OF FRIENDS WHO YOU CAN TRUST TO SUPPORT YOU AND HOLD YOU ACCOUNTABLE

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Ways That You Can Help Others

- ❖ Tell someone if you think your friend or family member is abusing or misusing medications
- ❖ Keep your medications to yourself and get rid of old/expired medications
- ❖ Drug Take Back Day is an event the UNM COP does twice every year (April and October)
 - On average 11,688 lbs of medications are destroyed
- ❖ Spread the message about the dangers of prescription drug abuse and misuse

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Safe Disposal of Old or Expired Prescription Medications



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1. Drug Take Back Day

The best way to dispose of unused/unwanted drug is by dropping them off at a Drug Take Back Site and/or drop them off during a Drug Take Back Day!

Find a Drug Take Back Site near you:

<https://apps.deadiversion.usdoj.gov/pu/bdispsearch/spring/main?execution=1&1>



Drug Take Back Day happens twice a year at participating pharmacies within NM! – Keep an eye out for dates and times!

*Make sure all patient identifying factors are removed and disposed of.

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2. Dispose Rx

INSTRUCTIONS FOR DISPOSAL



❖ Dispose Rx provides a way for people to dispense of their medications safely without having to attend a Drug Take Back Day or flushing down the toilet

❖ The powder de-activates the medication so that it can be safely discarded in the trash

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3. Throwing Medications in the Trash



*Make sure all patient identifying factors are removed and disposed of.

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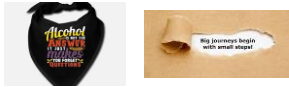
Ways to Help Others in a Potential Overdose Situation

1. Get help. Call 911. You will not get in trouble (Good Samaritan Law)
2. Don't leave the person alone!
3. Try to wake them up.
4. Check their skin color and temperature.
 - Hot temperature or blue or pale skin may mean they are not getting enough oxygen.
5. Check breathing.
 - Slow, irregular or shallow breathing means you MUST seek medical attention.
6. Turn the person on their side to prevent choking.
7. Next time, try to intervene before it gets this far.

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Resources for People Dealing with Addiction

- **AA meetings:**
 - Alcoholics Anonymous: 1921 Alvarado Dr. NE, (505) 266-1900
 - Brown Bagger: 5914 Woodford Dr. NE, (505) 288-0543; Open Meeting Tuesdays-Saturday at 6pm
 - <https://albuquerqueaa.org/meetings/>
- **Rehabilitation Centers:**
 - Turning Point Recovery Center: 9201 Montgomery Blvd NE ste v (505) 217-1717
 - Shadow Mountain Recovery Intensive Outpatient Center: 7005 Prospect Pl NE, Albuquerque, NM 87110; (505) 2073929
 - Note: Your insurance might cover the cost of staying at these places.



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Good Samaritan Law

- The **Good Samaritan Law** offers legal protection to people who try to help others who they believe to be injured, ill, dying, or incapacitated. The protection is intended to reduce hesitation to assist others for fear of being sued or getting into trouble by affiliation.



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How We Can Help!

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Pharmacotherapy

There are medications available for:

- Alcohol Use Disorder
- Opioid Use Disorder
- Smoking Cessation

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Where to find treatment?


www.findtreatment.gov 1-800-662-HELP (4357) 

- Different types of programs so you can choose the best one for you
 - Choose between options such as detox, outpatient, hospital inpatient, telemedicine
- They have financial resources to help whether you have insurance or not
 - They accept private health insurance, medicaid, cash payments, and even free care
- Medication-Assisted Treatment
 - Methadone (controls withdrawal and blocks cravings)
 - Buprenorphine (can be prescribed to take at home and works similarly to methadone)
 - Naltrexone (Completely blocks effects of opioids and alcohol)
- Programs for all ages

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Suboxone (Buprenorphine with Naloxone)

FDA approved for individuals 16 and older



<https://www.samhsa.gov/medication-assisted-treatment/find-treatment/practitioner-locator>


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There's No Right or Wrong Way



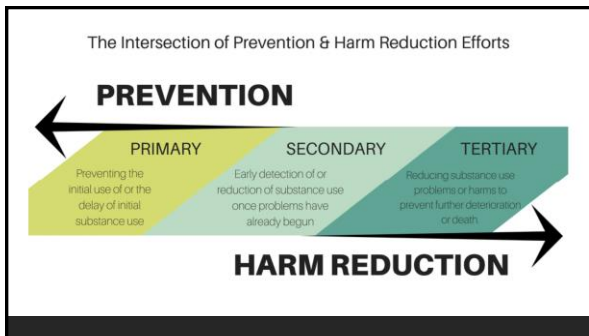
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National Anonymous Resources




<p>Narcotics Anonymous ♦ https://www.na.org/</p> <p>Alcoholic Anonymous ♦ https://www.aa.org/</p> <p>Smoking Cessation ♦ https://smokefree.gov/</p>	<p>For friends and family Nar-Anon ♦ https://www.nar-anon.org/</p> <p>Al-Anon ♦ https://al-anon.org/</p>
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Harm Reduction



**SUN
SCREEN**



**SEAT
BELTS**



**SPEED
LIMITS**

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Misconception Regarding Harm Reduction

- ❖ People worry that harm reduction enables substance use and further implements risky behaviors.
- ❖ However, we acknowledge that individuals will participate in dangerous actions regardless, therefore, we want to minimize negative impacts.

We simply want to keep people as healthy and safe as we possibly can.


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Examples of Harm Reduction Related to Substance Use

**Naloxone
(Narcan)**



Fentanyl Test Strips



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Naloxone

Treats narcotic overdose in emergency situations

Opioid Overdose Continues to be the Leading Cause of Accidental Death in the U.S.

Approximately every 8 minutes, on average, a person dies from an opioid overdose. There are many reasons for opioid overdose emergencies, and most often they happen accidentally and at home.

Unusual sleepiness or unresponsiveness

Breathing will be slow or absent

Slow heartbeat or low blood pressure

Skin feels cold and clammy

Pupils are tiny

Nails and lips are blue

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Narcan (Naloxone) Nasal Spray

Instructions for Use:

Identify Opioid Overdose

Call 911

Give NARCAN nasal spray (one spray into the nostril)

Lay the person on their side for recovery

Administer another dose after 2 to 3 minutes if the person has not woken up and wait until Emergency Help arrives

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Fentanyl

- ❖ Fentanyl is a **POWERFUL** synthetic opioid that is similar to morphine.
 - Except that it is around 100 times more potent
- ❖ Many drugs nowadays have been found to be laced with fentanyl, which has led to a rise in overdose deaths caused by synthetic opioids.
- ❖ Especially found in heroin, methamphetamine, ecstasy, molly, and other recreational drugs.

Fentanyl is a synthetic opioid that is up to

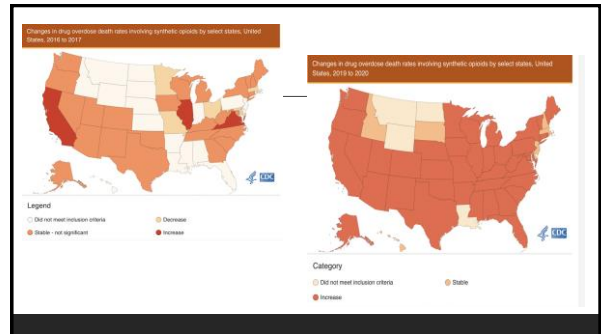
50x

stronger than heroin

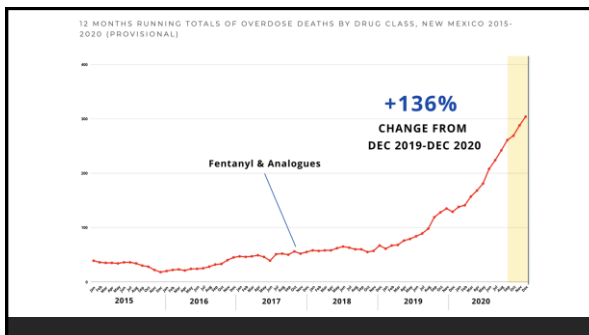
100x

stronger than morphine

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How to Reduce the Risk of Overdose

1. Never use alone
2. Don't mix drugs, including alcohol
3. Always carry naloxone with you
4. Learn to use fentanyl test strips

However, the best way to make that risk go away completely is to abstain from any substances.

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National Resources

- ◆ Poison Control Phone Number: (800) 222-1222
- ◆ Substance Abuse and Mental Health Service Administration at <https://www.samhsa.gov>
- ◆ National Suicide and Crisis Lifeline: 988

American Association of
Poison Control Centers



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Conclusion

You can make a difference

You can save lives

If you see something, say something

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QUESTIONS?

THANK YOU FOR YOUR TIME!

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