Preventing Overdose in Marin County

MARIN COUNTY BOARD OF SUPERVISORS
INTERNATIONAL OVERDOSE AWARENESS DAY

August 20, 2019

Photo Credit: Jeff Wong
RxSafe Marin: Core Strategies

Prevent
New Addictions
- Safe prescribing
- Medication disposal

Manage
Chronic Pain Safely
- Promote non-opioid pain management

Treat
Addiction
- Increase treatment capacity county-wide

Stop
Overdose Death
- Naloxone distribution
- Syringe exchange

Prevent New Addictions
Manage Chronic Pain Safely
Treat Addiction
Stop Overdose Death
Safe Opioid Prescribing: Parallel Focus on Community and Providers

CONOZCA LOS RIESGOS
Los medicamentos recetados presentan riesgos significativos a su salud además de la adicción

KNOW THE RISKS
Prescription pain medications pose significant health risks beyond addiction

- Mind and mood changes: Changes in emotions, decreased judgment and self-control, increased aggressive behavior
- Tooth decay
- Impaired breathing, low oxygen
- Sexual problems
- Increased pain sensitivity
- Addiction and physical dependency
- Increased risk for stroke and heart attack
- Chronic constipation
- Hormone problems
- Feminization in males
- Unintentional overdose and death
- Increased risk of falls and car accidents
- Dangerous interactions with other medicines

SAFE PAIN MEDICINE PRESCRIBING IN EMERGENCY DEPARTMENTS
Opioid Prescribing for Chronic Pain: Guidelines for Marin County Clinicians

Although prescription pain medications are intended to improve the lives of people with pain, their increased use and misuse have led to a rise in narcotic addiction and overdoses in Marin County and across the country. These guidelines are designed to help clinicians improve patient outcomes and limit the risk of unintended harm when considering the use of opioids for the treatment of chronic non-cancer pain (CNCP). These guidelines do not address the use of opioids for acute pain, nor do they address the use of opioids for the treatment of pain at the end of life. These guidelines are not intended to supplement and not replace individual prescriber’s clinical judgment.

For prescribers considering opioids for the treatment of chronic non-cancer pain, these guidelines suggest key practices in the following areas:

- ASSESSMENT AND MONITORING
- PATIENT AND FAMILY INFORMATION
- PATIENT/PROVIDER AGREEMENTS
- CHRONIC NON-CANCER PAIN TREATMENT RECOMMENDATIONS
- NON-NARCOTIC ALTERNATIVES
- CAUTIONS REGARDING CO-MORBIDITIES OR INTERACTIONS
- RELATIONSHIP WITH PHARMACIES AND EMERGENCY DEPARTMENTS
- SAFE STORAGE AND DISPOSAL
- ADDICTION AND DEPENDENCE REFERRALS

These standards were developed by Marin County Department of Health and Human Services, Marin County Emergency Medical Services and all Marin County hospital Emergency Departments. If you have a question or concern, please contact the Safe Marin Program at (415) 474-7700.
Opioid Prescribing: Marin County, 2014-2018

Crude Rate (MME) per 1000 Resident

48% Decrease
Opioid Prescribing: Marin County, 2015-2018

- **Opioid Prescriptions, 12-month Rates**: 16% decrease
- **MMEs per Person, 12-month Rates**: 26% decrease
- **>90 MMEs, 12-month Rates**: 32% decrease
- **Overlapping Opioid/Benzos, 12-month Rates**: 23% decrease
Causes of Fatal Overdose: Marin County, 2016-2018

- 83 Total Overdoses
  - 53 Opioid Related
  - 15 Opioid Only
  - 38 Opioid + Other Drugs
Cross Sector Collaboration: Overdose follow up

Marin County
Preventing the Next Opioid Overdose

The best predictor of a fatal overdose is a prior non-fatal overdose.

The number of opioid overdose deaths throughout the country continues to rise. Between 1999 and 2016, the number of fatal opioid overdoses nationwide increased five times, reaching over 42,000 deaths in 2016. (1) This epidemic exists at a national and local level. In Marin County, an average of nearly 10 people die from an opioid-involved overdose every year, and many more require hospitalization or substance abuse treatment to address their opioid misuse. (2)
Opioid Overdose Follow-up

- 911 opioid overdose responses
- Emergency Medical Services, Public Health, Behavioral Health and Recovery, Treatment Providers

- Outreach by phone within one week of event
  - Counseling
  - Medication assisted treatment
  - Naloxone
  - Option for ongoing contact
Post Overdose Outreach: Connection to Treatment

Pre-Intervention (Jul 2017-Feb 2018)  8.7%
Post-Intervention (Jul 2018-Feb 2019)  21%
RxSafe Marin

Steering Committee: Strategy, Budget, Messaging, Policy

Community-Based Prevention

Data Collection & Monitoring

Law Enforcement

Intervention, Treatment & Recovery

Prescribers & Pharmacists
Opioid Safety Coalitions: Spreading the Model State-wide

California Opioid Safety Network

38 Counties

85 Percent of the CA population
Other 2019-20 Priorities:

Drug take back

Narcan distribution

Jail-based treatment

Revised safe prescribing guidelines

Multi district litigation vs pharma
Thank You

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August 20, 2019