

Colebrook Associates

Presents

A Community Discussion on

The Hazards and Concerns of Opioid Abuse

Panel Members

- Prin. Ken Chichester – Northwestern Regional 7
- Chief William Fitzgerald - Winchester Police Department
- TFC James Bonetti – CT State Police
- Kristin Belter – Northwestern Student Services
- Ofc. Dave Wood – Northwestern Regional SRO
- Ofc. Andrew Schiffer – Canton Police Dept.
- Taylor – Mountainside Treatment Center

Addressing the Opioid Epidemic

Developed by: CRCOG March 2016

Hot Topic!!!

- September and October have been filled with high profile articles, podcasts, special editions, and public service announcements about opioid and prescription drug abuse and overdoses.
- The nationwide discussion has begun...this forum continues it at the local level.
- Recent forums in E. Htfd with US Reps and Senators.
- Overdose deaths are reaching epidemic proportions nationwide, with many states reporting their number one cause of death as overdose, ahead of medical causes and accidents.
- Oct 6, 2016 the Connecticut Opioid Response team (CORE) released a strategic plan for reducing opioid –related overdose deaths.

What is an Opioid (Narcotic)?

- Pain relievers that are derived from the poppy
- Medications that fall into this class of pharmaceutical medications are: Vicodin, OxyContin, Percocet, codeine, Morphine, and Heroin
- Work by reducing the pain signals reaching the brain by binding to receptors on nerve cells in the brain, spinal cord and other areas of the body and affect those areas of the brain controlling emotion.
- Affect brain regions in areas of the brain involved in reward so they produce a feeling of pleasure and well-being.
- They can be taken in ways other than prescribed to intensify the feelings of pleasure by crushing and snorting them, smoking them and injecting them which increase the risk of respiratory arrest and coma.

Chemistry of Opioids

- Opioids attach to receptors in the brain.
- Naturally produced by body for pain response.
- Natural reaction is blocked pain signals, slower breathing, calming and anti-depressive action in response to injury – allows healthy response to heal.
- Chronic or severe pain cannot be managed by natural response – thus opioid medications.
- Opioid medications have subtle difference from naturally occurring opioids, so brain's reward system locks on and gives euphoria, which becomes the addict's goal – to return to euphoria – which is elusive due to tolerance of medications.

- (Source: CDC-ONDCP – How do Opioids work in the brain?, 2016)

Symptoms of Abuse

- Drowsiness
- Slow breathing
- Nausea
- Constipation
- Restlessness
- Muscle and bone pain
- Insomnia
- Diarrhea
- Unconsciousness
- Death

• (source – Foundation for a Drug Free World website, 2016)

Why Now?

- In 2012, 259 million prescriptions were written for opioids².
- More than enough to give every American adult their own bottle of pills².
- The United States makes up only 4.6 percent of the world's population, but consumes 80 percent of its opioids -- and 99 percent of the world's hydrocodone⁵.
- Opioid addiction frequently leads to Heroin addiction.

Heroin History

“It’s not hypnotic and there’s no danger in acquiring a habit!”

–Boston Medical and Surgical Journal 1900

- Heroin, which was once legal in the U.S. was sold over-the-counter as freely as aspirin is today.
- In fact, the Bayer company was the first to import Heroin into the United States.
- The Northeast has always had a higher incidence of Heroin use than the rest of the nation.

Because...

People who are addicted to...



ALCOHOL

are

2x



MARIJUANA

are

3x



COCAINE

are

15x



Rx OPIOID PAINKILLERS

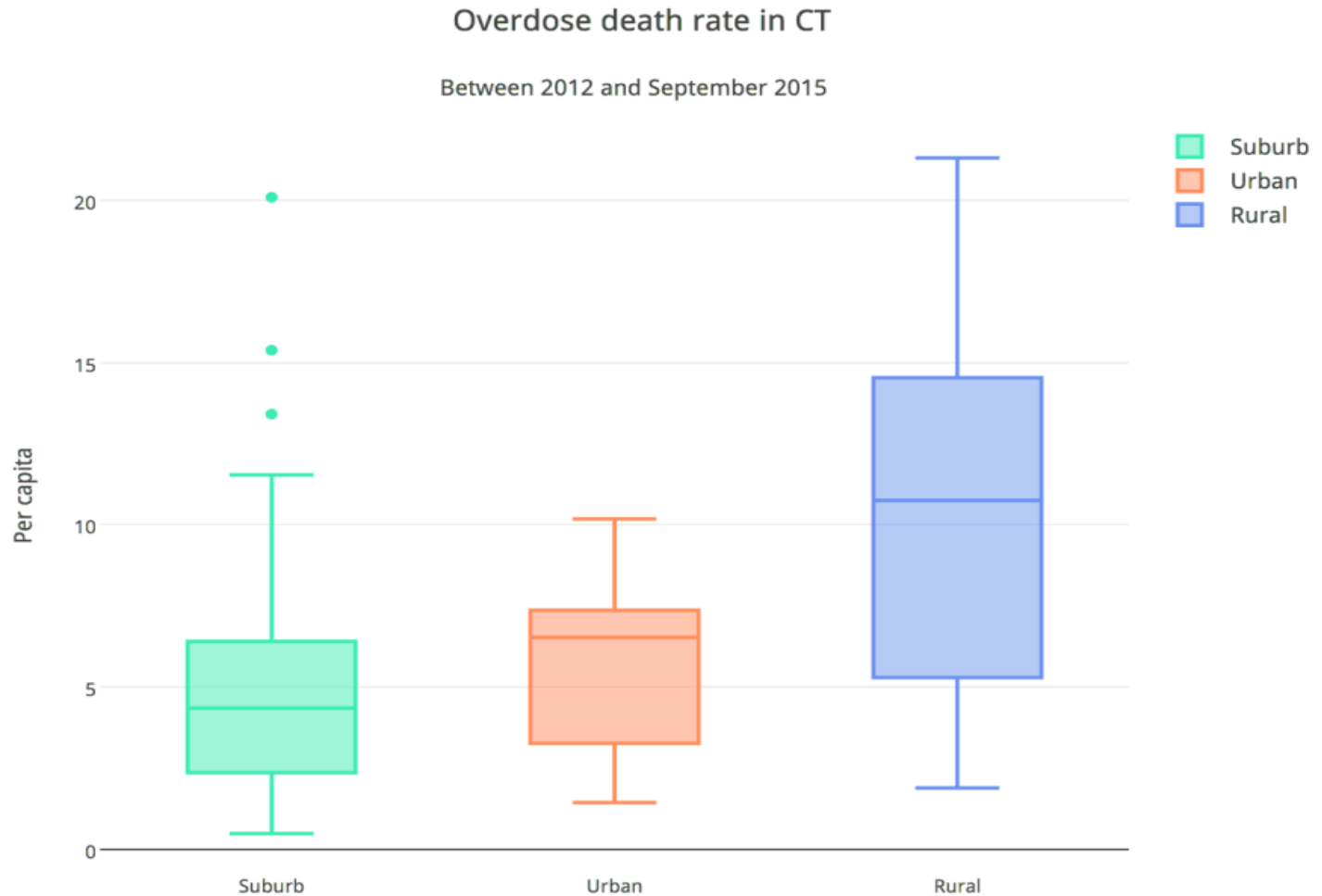
are

40x

...more likely to be addicted to heroin.

Four in five new heroin users started out misusing prescription painkillers.³

Extent of the Problem



Connecticut - stats

In 2015 there were...

- 723 accidental overdose deaths state wide.
- 415 of those were Heroin overdoses (57%).
- Of those, 107 were Fentanyl laced (26%).
- Another 78 overdosed on Oxycontin or Oxycodone.
- 68% of all accidental overdoses were due to opiate abuse.

Annual Averages Northwest Corner Deaths

- In 2012 thru 2015, (avg. per 10,000 residents)
- Canton – 1 (high of 2 in 2014)
- Colebrook – 0 (that we know of...)
- Winchester – 3 (high of 3 in 2014)
- Torrington – 3 (high of 4 in 2014)
- Canaan – 4 (high of 8 in 2015)
- Hartland – 1 (high of 4 in 2013)
- No. Canaan – 5 (high of 6 in 2015)
- Salisbury – 3 (high of 5 in 2015)
- Sharon – 4 (high of 7 in 2015)

2016 Projections

- OCME predicts **888** overdose deaths in CT alone!
- Nearly all of these due to opioid overdose
- Expected drug overdose rate is near **15** per **100,000** people in US = nearly **53,000** deaths nationwide.
- Awareness and education can help stem this loss.

Local Reaction

- Police/Fire/& EMS troubled by the number of deaths and overdose reversals (Narcan administered).
- Community members have taken notice and voiced concern at the alarming trend.
- Research was conducted on successful approaches. Years of trying to “arrest” our way out of this epidemic have been unsuccessful.
- The “Gloucester Model” utilizes law enforcement as the entry point to the recovery system. Addicts can ask for help, turn in their drugs and paraphernalia, get to treatment without facing arrest.
- Community volunteers to act as recovery coaches.

Local programs are being developed to save lives

- Manchester H.O.P.E. “**H**eroin & **O**piate **P**revention and **E**ducation” , the **CORE** program, as well as programs like tonight.
- Collaborative between police, community members, and industry experts.
- Working together to secure necessary resources to combat this issue.
 - Availability of beds at Detoxification centers
 - Short term care after release from detox
 - Long term care for those who can't shed habit, or who suffer severe injury from use of opioids
 - Funding for all levels of care, from EMS to support programs.

Local Law Enforcement Efforts to reduce toll...

- A few words about the local issues that are affecting Winsted and surrounding towns, such as Colebrook, Canton, and others.
- Police Officers in many towns – often first responders on-scene, carry Narcan and can administer it to buy time for the person until EMS personnel arrive.
- Detective Divisions around the area share intelligence and information about new street names, persons of interest, and incidents of overdose.

Narcan (Naloxone)

- Police and EMS carry this type.



Street Terms, Brand Names of Opioids

- A few words to explain some of the street terms, packaging, and problem areas in the northwest corner.
- Some **street names** for Opioid based drugs: Cody, Miss Emma, Loads, Monkey, Demmies, Apache, China White, TNT, Oxycat, Percs, Juice, Dillies.
- Some **brand names** for Opioid based drugs: Oxycontin, Tylenol with Codeine, Roxanol, Demerol, Robitussin A-C, Sublimaze, Actiq, Percocet, Percodan, Tylox, Dilaudid
- When we see or hear these drug names, we might need to be concerned for friends or loved ones.

Heroin Street Bindles



School Resources and Efforts

- Our staff are always vigilant
- We take a proactive approach (presentations for parents, students and faculty)
- At NWR7, we currently have the following supports in place:
 - Counseling team including two social workers and two psychologists
 - Resource Officer
 - Diversionary programs including the Juvenile Review Board
 - Drug Testing (McCall Foundation)
 - Substance Abuse/Dependence Evaluation (administered by school social worker)
 - Determines risk of student
 - Identifies recommendations for student
 - Mountainside Treatment Facility
 - Guest speaker in recovery who has shared their story with some of our at risk students
 - Mountainside representatives have provided information to our staff, students and parents regarding current drug/alcohol trends, impact of substances, means of support, etc.
 - Provides treatment (including detox, rehab and inpatient/outpatient services)

Mountainside

- Mountainside is a nationally acclaimed alcohol and [drug addiction treatment](#) center. We are dedicated to healing an individual's mind, body, and spirit.
- By providing the most advanced addiction treatments available, and by focusing on each individual's particular needs, strengths and goals, we facilitate change and empowerment for a healthier life.
- Located nearby on Route 7 in Canaan.

AT MOUNTAINSIDE

YOU WILL FIND:

- A serene, beautiful environment conducive to healing and recovery
- A dedicated team of licensed and credentialed addiction professionals
- Access to a complete continuum of care, with individualized treatment plans at every stage
- A wide range of advanced, evidence-based substance-abuse treatments
- Pioneering holistic addiction treatments, including acupuncture, yoga and adventure-based counseling
- Innovative family wellness programs
- Comprehensive continuing care and alumni services
- A community of exceptional warmth and compassion

MOUNTAINSIDE'S APPROACH

- Mountainside's approach is defined by our renowned Integrative Care Model of addiction treatment: Our compassionate, multidisciplinary team draws from a broad range of treatments to create a comprehensive recovery plan that ***actively engages an individual in their own recovery.***
- The more engaged an individual is, the more motivated an individual feels; and a person who feels motivated is a person eager to be empowered.
- Client-empowered care helps people internalize the insights needed to overcome short-term challenges as well as ***cultivate the inner-strength needed to maintain sobriety for the long term.***

A Local Addiction Recovery Story

- Taylor is an example of the inspiration behind our efforts and a person in recovery who has first hand knowledge of the subject matter.
- A person in recovery has first hand knowledge of the subject matter and can explain a portion of the topic that is hard for others who have not suffered addiction to understand.
- Today he will speak to you about his experiences.

Resources for more info:

- Capital Region Council of Governments (CRCOG) presentation on opioids – March 2016
- US CDC website – 2016
- CT OCME website – 2016
- Mountainside Treatment Center, 187 South Canaan Road, Route 7, Canaan, CT 06018, **1-800-762-5433**
- Foundation for a Drug Free World website – 2016
- Office of National Drug Control Policy website - 2016

Questions?

- Feel Free to ask any panel member about portions of the topic you might need clarification about or more information on.