Recognizing Substance Use Disorder and Using Harm Reduction for Best Practices

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Training Overview

- Definitions and language of substance use disorder

- Harm Reduction and Stigma

- Overdose trends & other health disparities

- Harm Reduction in every sector
Substance Use Disorder (SUD)
Categories of Substance Use

- Use
- Misuse
- Dependence
- Addiction
3 Stage Addiction Cycle

• Intoxication
• Withdrawal/negative affect
• Preoccupation/anticipation
4 Behaviors of Addiction Cycle

• Impulsivity
• Positive reinforcement
• Negative reinforcement
• Compulsivity
Harm Reduction & Stigma
America’s Need For & Receipt of Substance Use Treatment in 2015,
SAMHSA
Harm Reduction Goals

• Real Options
• Build Bridges
• Increase Well-Being
• Increase Self-Esteem
• Safer Use
• Safer Sex
• Reduce Stigma
• Build Real Relationships
Stigma

• Stigma from individuals
  – “Junkies”

• Institutional stigma
  – HCV tx excluding current users

• Self-stigma (internalized)
  – “I don’t deserve anything good”

• Stigma by association
  – Married to a person who uses drugs
What does stigma look like in tribal communities in Northern AZ

- Derogatory stereotypes
- Cultural (Taboo)
- Historical Trauma
- Adverse Childhood Experiences

(Adopted from Holly Figueroa, Health Choice Integrated Care)
Health Disparities
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- Overdose
- Hepatitis C
- HIV
- Trauma
- Arrest
- Incarceration
- Education
- Nutrition
Native American Culture impacts

• Health, healing and wellness belief systems
• How illness, disease and their causes are perceived
• How treatment is sought
• Delivery of health care services by providers

(Adopted from Holly Figueroa, Health Choice Integrated Care)
Vulnerability to Rapid Dissemination of HIV/HCV Infections Among Persons Who Inject Drugs: Ranked index using regression model coefficients

States with 1 or more vulnerable counties

Map showing the ranked index of counties with high vulnerability to rapid dissemination of HIV/HCV infections among persons who inject drugs, indicated by green dots.
National Trends

- Overdose > motor vehicle accidents
- 59,000-65,000 deaths in 2016
- 45-54
- Rural, veterans
AZ Overdose Trends

- 2016 - 1497 AZ deaths, 790 opioid related
- Over 51,000 opioid-related encounters
- 4 Arizonans per day die of OD
- Pharmaceutical opioids > heroin
- 35-44 years old
- Mohave, Pima, Graham, Gila
Harm Reduction for Best Practices
STAGES OF CHANGE

PRE-CONTEMPLATION: no intention on changing behaviour

CONTEMPLATION: aware a problem exists but with no commitment to action

PREPARATION: intent on taking action to address the problem

ACTION: active modification of behaviour

MAINTENANCE: sustained change; new behaviour replaces old

RELAPSE: fall back into old patterns of behaviour

UPWARD SPIRAL: learn from each relapse

Prochaska & DiClemente, 1983
Risks of Not Practicing Harm Reduction Approaches

- Alienate
- Perpetuate stigma
- Fail to meet basic needs
- Fail to engage
- Disregard ability and willingness
- Block most vulnerable/severe/in need
- No room for stages of change
HR In Every Sector

- Healthcare – providing syringes to patients who inject drugs
- Law Enforcement – Taking folks to a crisis response center or treatment instead of jail
- Treatment Facilities – developing overdose prevention plans, education first!
- Housing – using a Housing First model
How can you use harm reduction for best practices?
Overdose Prevention

• OD prevention is the perfect example of how harm reduction can be inserted into ANY institution, any sector
The Criminal Justice System and OD Prevention

Chance

you're getting out of jail
hooray! you're free
but your tolerance is low
so don't OD

GET OUT OF JAIL FREE
What is an opioid overdose?

The brain has many, many receptors for opioids. Too much opioid fitting in too many receptors slows and stops the breathing.
Responding: Narcan/naloxone

Narcan has a stronger affinity to the opioid receptors than the heroin, so it knocks the heroin off the receptors for a short time and lets the person breathe again.
Risk Factors for Overdose

• Mixing drugs
• Variation in purity
• Tolerance changes
• Using alone
• Physical health
Arizona Naloxone Laws


A.R.S. 36-2266 & 36-2267
- Protects prescribers from certain liabilities
- Allows for standing order
- Allows for 3rd party prescription
- Protects person who administers medication

A.R.S. 32-1979
- OTC pharmacy sale
- Pharmacy board must create rule
2017 Policy Update

- **HB 2493 (Rep. Carter)**
  - Pharmacist may dispense with a standing order
  - Removes 2355’s provision for pharmacists to sell w/o rx
- Standing order signed by Dr. Christ
So What Does This Mean?

YOU GET NARCAN AND YOU GET NARCAN, YOU ALL GET NARCAN!
Naloxone Myths

- Naloxone encourages drug use
- It sends the wrong message
- It could hurt somebody not ODing
- Reversal requires medical professional
Location of Suspected Overdoses

- Personal Residence: 450
- Public Place: 100
- Health Care Facility: 50
- Business: 30
- Other Private Residence: 20
- Jail/Detention: 10
- Other: 5

Who Should Have It?

• CDC reports 83% of overdose reversals are performed by other drug users
• Peers!
SPW is cool

Jan 2017 – March 2018:
38,326 kits
3,471 reversals
What Do We Have to Lose?

• Our Clients
• Our passion for the work
• Our egos and sense of superiority
• What our jobs are *really* about

(hint: it’s not reporting or deliverables or meetings or budgets or Boards)
Resources

- Overdose Prevention Alliance – http://overdoseprevention.blogspot.com/
- Prescribe to Prevent - http://prescribetoprevent.org/
Thank you!!

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