The Opioid Crisis. National and State Initiatives

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Objectives
1. Understand the unique challenges and barriers affecting Alabama's response to the opioid crisis.
2. Appreciate goals and public health measures behind Alabama initiatives relating to care for dyads facing opioid dependence.
3. View National initiatives toward management of NOWS.

AL Opioid Overdose and Addiction Council
- August 2017
- Comprehensive coordinated strategy
- Reduce deaths and other adverse consequences
- 7 subcommittees

4 Pronged Approach
- Prevention
- Intervention
- Treatment
- Community Response

Recovery and Therapeutics Subcommittee
- "Assuring ready access to treatment and related recovery support services is a critical component of an effective strategy for addressing the state's opioid crisis."

BARRIERS
- Interagency collaboration
- Recovery drop out
- Underfunded at all levels

- Understanding physiology of addiction and withdrawal between drugs
- Definitional discrepancies.
- Role of different providers in the recovery space.
Meth vs Opioids in the brain

- Meth increases the amount of available dopamine in the brain.
- Effect on baby is due to effect on mother's system alone.
- Abruptio
- Low BW, ADHD
- Maternal withdrawal=healthier baby.

\[ \text{Opioids saturate specific receptors in CNS and body.} \]
\[ >50\% \text{ of addiction = genetics + life experience} \]
\[ \text{Highs and lows pass from mom to baby.} \]
\[ \text{"Pregnant women who are physically dependent on opioids should receive treatment using methadone or buprenorphine monoprophylactically rather than withdrawal management or abstinence."} \]

NIDA, ACOG, NICHD, HHS consensus 7/2016

STIGMA around diagnosis and treatment

- Set of negative beliefs
- Rarely grounded in true fact
- Perpetuated by misconceptions
- Entry to recovery
- Medication to assist recovery
- MAT IS NOT THE TRADING OF ONE ADDICTION FOR ANOTHER.

- Shame, marginize, isolate, increase guilt.
- Weak, poorly disciplined, lazy

Chronic pain/Opioid induced hyperalgesia

- Well known resetting of pain perception arcs.
- Increased sensation of pain

Withdrawal symptoms
NOWS with pregnancy
NOT LAZINESS, MANIPULATION!
From the Council and Implementation Committee

FUNDING

• 4/17-4/19 CURES/STR: $8M for SUD treatment and prevention.
• SOR additions for MAT, reducing unmet needs.  (15% for top 10 OD death states)
• Further expansion Bipartisan Senate/House Appropriations additional 6.7B

1) PROVIDER AND RESOURCE DATABASES
https://findtreatment.samhsa.gov/
24/7 Hotline/Helpline staffed by trained Peers. 1-844-307-1760
ADMH website with new opioid section.
http://www.mh.alabama.gov/MHSA/Opioids/UnderstandingTheOpioidCrisis.aspx?sm=c_i

2) INCREASE PEER SUPPORT SPECIALIST OUTREACH INTO HOSPITALS
Target 19 counties with little or no certified agencies or services.
9 counties with NO services (ECHO). Eight full-time and eight-part time peers have been hired to work in regions of the state to increase engagement and access to treatment and outreach into hospitals.

3) EXPAND VISIBILITY AND ENHANCE EQUITABLE ACCESS
Formal process to unite faith based/exempt recovery services with medical/mental health into a continuum of care.

Rallies for recovery 9/15 Mobile and 9/22 Bham
Social, print and TV media campaigns https://www.mysmartdose.com/
Targeting youth and college age

Jefferson County, $300,000 DOJ PEER Grant

• 2014 140% spike in heroin deaths
• By 2016, 340% increase due to fentanyl
• Linking of 600+ folks to treatment along with programmatic prevention.

MCH Alabama Initiatives

• Relocation to the Governor’s Children’s Cabinet
• IMR reduction

• PRAMS-AL (AL Pregnancy Risk Monitoring System)
  • 125 women from AL Birth Certificate Registry
  • de-identified
  • 2-4 months postpartum
  • CDC Protocolized survey now with questions around opioid receipt and use

• Expand SBIRT into all maternity clinics accepting Medicaid
  • 355

• Comprehensive Centers for Addiction in Pregnancy
  • UAB, USA, Huntsville

National Initiatives Relevant to MCH

1) Education around and promotion of breastfeeding, rooming in
2) CARA
3) Prescribing crackdowns
4) Legislative changes
5) InCK
6) Addressing downstream fallout
   ICU admits around ingestions
   Unique needs for youth facing OUD
Breastfeeding and Substance Use

• AAP committee recommends all mothers in methadone/buprenorphine treatment be allowed to breast-feed regardless of dose.

• Data suggests a **protective effect on the rate of NOWS**.

• HCV and HBV **not** contraindication for breast feeding

• HIV contraindication in developed countries

AAP: Committee on Drug. Pediatrics 2001 and 2013

Rooming in

**ROOMING-IN MAY BE ASSOCIATED WITH EVEN GREATER SAVINGS**

- Decreased need for pharma Rx:
  - 35% – 40%: MacKenzie & Farley Pediatrics 2005
  - 65% – 70%: MacKenzie & Farley Pediatrics 2005
  - 85% – 90%: MacKenzie & Farley Pediatrics 2005

- Decreased LOS by:
  - 11 days: van der Knaap Pediatrics 2009

- Decreased NOS by:
  - 4.8%: NOS and LOS of Infants 2010
  - 4.8%: Vich Moger et al. Arch Pediatr 2010

Comprehensive Addiction and Recovery Act (CARA)

- **1974** Specified laws required by states to the addicted population. An amended Clinical Assessment and Recovery (CARA)
  - The number of infants born to addicted mothers was made into an appropriate system—establishing state and local health care plans.

- **2016** Specified increased monitoring and oversight
  - Data shows that the lack of effective assessment and intervention may result in a lack of additional treatment.
A COLLABORATIVE, NON-PUNITIVE APPROACH

- Women with SUD are identified during pregnancy.
- Engaged into prenatal care, medical care, substance use treatment, and other needed services.
- Plans address the needs of BOTH INFANTS AND PARENTS/CAREGIVERS.
- NOWHERE IS REMOVAL FROM HOME A FIRST OR CRITICAL STEP.

And, unique to Alabama...

- What to do about Mary Jane??
- 2-5% of pregnant women use
- Recreational use is legal in 9 states. (Age 21 and over)
- Medical use is legal in 30 states
  - Including morning sickness.
  - "64% of Americans support universal legalization, including a majority of Republicans."

National Initiatives. Prescriber Targeting

- All states. PDMP accountability
- August, 2018 Science RCT
- Notification of deaths to docs

NOWS as a Mandatory Reportable Public Health Condition

- TN 1/1/2013
- FL 5/1/2014
- GA 1/1/2016
- KY 1/1/2016
- VA 12/1/2017
- PA 4/4/2018

- Surveillance
- Not linked to DHR in any way
- Not proxy for child abuse report
- Clear definitions and timelines
- De-identified data
- Data directly to DPH
H.R.5456 - Access to Substance Abuse Treatment Act of 2018  
115th Congress (2017-2018)

- Align protections of prior substance abuse treatment with HIPAA
- Allow physicians and providers to fully access patient’s prior records.
- Bipartisan
- Insure protection outside of medical and treatment communities.

CMS Integrated Care for Kids (InCK)

- Support states and local providers
- Early identification and treatment
- Care coordinated on a continuum of physical and behavioral health
  - School, community, home
- Alternative payment model reimbursed per quality metrics
- Lead Organization + State Medicaid Agency
- 16 million each (8 agencies) over 7 years

Downstream and overlooked...

- DO NOT OVERLOOK TEENS!
- 2.4 million age 13-24 Medicaid claims
  - 11 states Jan 2014-Dec 31, 2015
  - 5000 with OUD
  - 5% <18 received MAT
  - 27% older group
  - 2 fold remained in recovery
  - “Our findings reveal a critical gap in quality of care for youths, with only a minority who seek medical attention receiving the evidence-based OUD medications recommended by multiple national treatment guidelines”

- Opioid related PICU Admissions
  - 31 hospitals, PICU Admissions youth aged 1-17: 2004-2015
  - 3700/1% of all admissions opioid related with 9% increase over time.
  - 34% children aged 1.5
  - 20% of those, methadone ingestion

ACTION ITEMS

Unify regionally around CARA’s mandate.
Agree on “…infant affected by”
Look into existing projects
VON
Ohio MOMS
Vermont CHARM
Funding for EI, DHR

Post delivery

- Unintended pregnancy: 31-45% vs 85-90% in SUD women
- LARC!!!!!
Action item to reduce stigma. Words matter!

“I decide to walk down the street and find a needle laying on the ground, and of course I find them... I've sat on the side of the road, and pulled up some water out of my water bottle and shot the dope right there on the side of the road”

HCV  Maternal/Fetal??  Who, when, how??

HCV RNA PCR around 12 months
HCV RNA PCR or anti HCV ab at 18 months

If positive, call 205-638-9918
Jan Nogueira, MD
Gillian Noel, MD
Mike Leonis, MD

TO COUNT, ONE MUST BE COUNTED!
Prescribing matters and...
Felony Chemical Endangerment
AL Code Section 26-15-3.2
• Variable testing
• Variable enforcement
• Variable interpretation
• VARIABLE FEAR
  • Avoidance of prenatal care
  • Missed opportunities
  • Missed cases of withdrawal

Uniform clear transparent dictate
• Accessing prenatal care will not bring incarceration.
• Disclosure of opioid use will not bring incarceration.
• Adherence to CARA will involve DHR to facilitate access to comprehensive care. Not incarceration or separation.

FOG OF UNCERTAINTY/BARRIERS
• 30+ Alabama Counties have Drug Courts
• Others loop into Family Court or County Level Circuit Courts
• 67 Counties each with it’s own “Fifedom”

VOTE!!!
• STATE SUPREME COURT JUSTICE
  • Authority to determine legal matters over which no other court has jurisdiction.
  • “…is the administrative head of the State’s Judicial System”

• Judge Robert Vance, Jr. (D)
  • Current Jeff Co Circuit Court Judge
  • Bolstering trust.
  • Increased funding for mental health and drug courts.

• Judge Thomas Parker, (R)
  • Current State Supreme Court Judge
  • Similar Roy Moore ideals
  • Overturning legislation around social issues (same sex marriage and abortion).
  • Overall increasing funding for courts

Montgomery Advertiser, June 5, 2008
Summary

• Multifactorial challenge requires multidisciplinary solutions.
• Treatment of body then brain and soul are key to sustained recovery
• Drugs matter.
• Addiction=genetics + ACE's/stressors + exposure
• Medical problems require medical solution
• Words matter