HOPE FOR TOMORROW

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RESPONDING

Responding to the Heroin Epidemic

PREVENT People From Starting Heroin
Reduce prescription opioid painkiller abuse, improve opioid painkiller prescribing practices and identify high-risk individuals early.

REDUCE Heroin Addiction
Ensure access to Medication-Assisted Treatment (MAT). Treat people addicted to heroin or prescription opioid painkillers with MAT which combines the use of medications (methadone, buprenorphine, or naltrexone) with counseling and behavioral therapies.

REVERSE Heroin Overdose
Expand the use of naloxone. Use naloxone, a life-saving drug that can reverse the effects of an opioid overdose when administered in time.
ADDRESSING THE OPIOID EPIDEMIC

COLLABORATIONS

- Partnerships
- Sharing Resources
- Common goals
- Cultural response
NALOXONE (NARCAN)

**Harm Reduction** Program in Red Lake
- 2014 with Red Lake Ambulance
- Expanded to tribal law enforcement
- Expanded to community members
- Community wide trainings year around

**PREVENT OVERDOSE DEATHS**

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**RED LAKE NALOXONE PROGRAMS**

Partnership with Red Lake Tribe, Red Lake Law Enforcement and Red Lake Indian Health Service

Developed Opioid Overdose Naloxone Training Video [https://www.youtube.com/watch?v=KcjF9Iwoiuw](https://www.youtube.com/watch?v=KcjF9Iwoiuw)
EXAMPLES OF OPIOIDS

- Oxycontin (Oxycodone)
- MS Contin (Morphine)
- Norco/Vicodin (Hydrocodone)
- Codeine
- Oxymorphone
- Fentanyl
- Methadone
- Heroin
- Dilaudid (Hydromorphone)

OPIOID OVERDOSE SIGNS AND SYMPTOMS

- Breathing Slow, Shallow
- Skin cold/ clammy
- Unresponsive
- Can’t wake up
- Slow heart rate, low blood pressure
- Blue lips or fingers
- Pinpoint Pupils
- Gurgling
EMERGING TRENDS

The use of synthetic opioid analogues is on the rise
- Overdose deaths related to synthetic opioids have tripled in two years
- Most are synthetic fentanyl analogues
  - Carfentanil
    - 10,000 times more potent than morphine, 100 times more potent than fentanyl
  - Acetyl-fentanyl
    - 15 times more potent than morphine
  - Butyrfentanyl
    - 30 times more potent than morphine
  - U-47700
    - 12 times more potent than morphine
  - MT-45
    - Equal potency to morphine

SYNTHETIC OPIOID ANALOGUES

- Made to look like prescription opioids or benzos
- Often mixed with heroin
  - Unknown to user
  - Puts user at much higher risk of overdose
- Commonly introduced into the USA from China
  - Difficult to regulate

Criminal Chemistry
Trafficers manufacturing fentanyl often purchase the key ingredient from China, which doesn’t regulate its sale. Here’s how the chemical building blocks became a highly profitable street drug.

The key ingredient is fentanyl, 25 grams of which can be bought from China for about $10.

The resulting 25 grams of fentanyl cost about $110 to produce... and are equivalent to up to $500,000 of pills on the black market.

SYNTHETIC OPIOID ANALOGUES

- Availability
  - Powder
  - Tablets
  - Blotter paper
  - Spray
- Exposure
  - Absorption through the skin
    - Via solid and liquid forms
  - Accidental inhalation
  - By snorting or injecting if mixed with other substances

FIRST RESPONDER PRECAUTIONS

- Wear proper protective equipment if synthetic opioid are suspected in the area.
  - Do not touch or go near a substance without it.
- Do not open packages containing substances.
  - They may become airborne and lead to accidental inhalation or absorption.
  - Bring immediately to lab for testing when possible.
- Ensure naloxone is readily available via law enforcement and Emergency Medical Services.
- Exercise extreme caution with canine units as dogs may accidently inhale the potentially fatal substances as well.

https://www.dea.gov/druginfo/Fentanyl_BriefingGuideforFirstResponders_June2017.pdf
NARCAN (NALOXONE)

- Reverses an opioid overdose
- Knocks the opioid off receptors
- Can be given in the nose, muscle, or through an IV
- No opioids = no effect
- Works in 3 to 5 minutes (Lasts 30 to 90 minutes)
- Narcan can NOT be abused or cause an overdose
- Works even if the person isn’t breathing
- Repeated exposure does NOT cause tolerance

NALOXONE – NARCAN NASAL SPRAY

Supplied by the Red Lake Hospital for Community First Responders

- Nasal naloxone
  - Contains 4mg of naloxone
  - Single use
  - Single dose
  - Ready to use device
  - Inserted and sprayed in only one nostril
  - If dose needs to be repeated, spray in other nostril
NALOXONE (NARCAN)

GIVING A TOMORROW

RECOVERY

Medical

Social and Spiritual Support

Mental Health

Substance Abuse Support
INTEGRATED CARE

"The systematic coordination of general and behavioral healthcare. Integrating mental health, substance abuse, and primary care services produces the best outcomes and proves the most effective approach to caring for people with multiple healthcare needs."

SAMSHA-HRSA Center for Integrated Care


SUBSTANCE USE DISORDER

- Is a Disease
- Is Treatable

- Is Not
  - A moral or ethical problem
  - A choice
  - Secondary to another psychiatric illness
  - A personality disorder
  - Casual use
NEONATAL OPIOID WITHDRAWAL SYMPTOMS (NOWS)

HELPING HANDS
- Tribal, Federal, County collaboration
- Addressing the needs of pregnant women who are using substances
- Prenatal Care
- Treatment programs
- Recovery
- Reduce NOWS

TRIBAL COLLABORATIONS

3-Day Meeting Committee
- Partnership
- Collaboration
- Resources
Medication Assisted Treatment (MAT)

*Treatment for a substance use disorder that includes a pharmacologic intervention as part of a comprehensive substance abuse treatment plan (counseling and behavioral therapies) with an ultimate goal of patient recovery with full social function* 

http://www.dpt.samhsa.gov/medications/mediindex.aspx, accessed 11/7/16

MAT

- Effective in the treatment of substance use disorders
- As part of a comprehensive treatment program, MAT has been shown to:
  - Improve survival
  - Increase retention in treatment
  - Decrease illicit opiate use
  - Decrease hepatitis and HIV
  - Decrease criminal activities
  - Increase employment
  - Improve birth outcomes with perinatal addicts
HOPE COMMITTEE

Indian Health Service Heroin Opioid and Pain Efforts

- Resources
  - Provider Education and Training
  - Tribal Collaboration
  - Medication Assisted Recovery
  - Harm Reduction
  - Acute and Chronic Pain Treatment Recommendations

NOW WHAT

- Assessments
- Training/Providers
- Treatment facilities
- Recovery Support
- Funding/Reimbursement
- Harm Reduction Safe Syringe
- Wellness Courts
- Treatment in Jail
CONCLUSIONS

- Opioid use disorder is a disease that is treatable
- Medication Assisted Recovery is effective when used along with a comprehensive treatment program that includes a holistic approach including spiritual and social support
- Community collaboration is crucial
- Prevention and Recovery is possible – it takes a community, it takes tribal, county, state and federal support and collaboration

QUESTIONS

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RESOURCES

Indian Health Service Opioid Dependence Management
- http://www.ihsw.gov/odm

Substance Abuse and Mental Health Services Administration (SAMHSA)
- Opioid Overdose Toolkit: http://www.samhsa.gov
- Behavioral Health Treatment Locator: https://findtreatment.samhsa.gov to search by address, city, or zip code
- State Substance Abuse Agencies: https://findtreatment.samhsa.gov/TreatmentLocator/faces/about.jsp

Centers for Disease Control and Prevention (CDC)
- http://www.cdc.gov/drugoverdose/epidemic
- http://www.cdc.gov/homeandrecreationalsafety/poisoning

White House Office of National Drug Control Policy (ONDCP)
- State and Local Information: http://www.whitehouse.gov/ondcp/state-map

Association of State and Territorial Health Officials

National Association of State Alcohol and Drug Abuse Directors (NASADAD)

American Association for the Treatment of Opioid Dependence (AATOD)
- Prevalence of Prescription Opioid Abuse: http://www.aatod

Prescribe to Prevent
- http://www.prescribestoprevent.org