



OneEighty

Helping people change direction.

Wooster Rotary Club

Presentation

Presenter:

Bobbi Douglas

Executive Director

Nicole Labor, D.O.

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Wooster, OH 44691
330-264-8498



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Wooster, OH 44691
330-264-8498



Millersburg Office
34C South Clay Street
Millersburg OH 44654
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Primary Services

- Domestic Violence & Sexual Assault
- Rape Crisis Center for Wayne and Holmes Counties
- Substance Use & Addiction Services
- Mental Health Services
- Housing & Supportive Services
- Community Relations & Prevention

Mission:
Helping people change direction.



Gault Liberty Center

Certification/Accreditation

- CARF – Commission on Accreditation of Rehabilitation Facilities
- OMHAS-Ohio Mental Health and Addiction Services
- Mental Health and Recovery Board of Wayne and Holmes Counties
- Core Standards for Rape Crisis Programs in Ohio



Navigating an Epidemic within a Pandemic and now we are seriously sick of '-emics'

Nicole Labor, DO
BCFP, BCABAM

First the epidemic...

- SUD (substance use disorder): a disease that affects a person's brain and behavior and leads to an inability to control the use of a legal or illegal substance (including prescription medication).
 - In 2020, 40.3 million people aged 12 or older (or 14.5 percent) had an SUD in the past year, including 28.3 million who had alcohol use disorder, 18.4 million who had an illicit drug use disorder, and 6.5 million people who had both alcohol use disorder and an illicit drug use disorder
 - Unable to properly compare to previous years as 2020 was the first year using DSM-V criteria (vs. DSM-IV)

Substance use disorder

Disease

- Cravings
- Violation of core value system
- Social, financial, legal, medical or other consequences
- Isolation/alliance with like individuals

Treatment

- Abstinence (degrees)/medication
- Develop support network for accountability
- Professional assistance in development of skills to improve interactions with life
- Avoidance of triggers

○ The whack-a-mole game

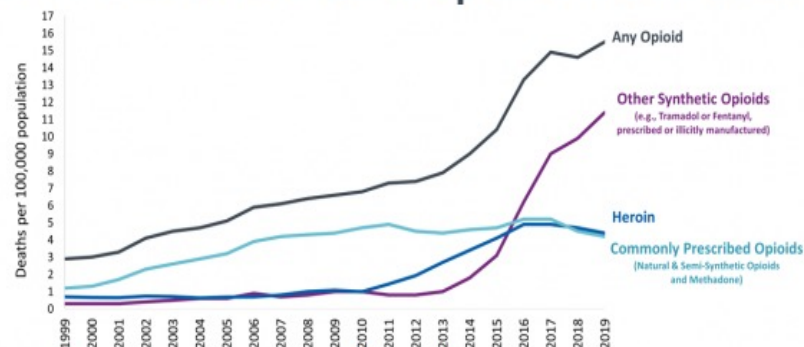


- OPIOIDS
- Late 1800s: Morphine
- Mainly middle class
- Female > Male
- Early 1900s: Heroin (pharmaceutical grade)
- First generation Italians, Jews, Irish
- Male > Female
- 1950s-1970s- Heroin (illicit)
- African American/Latinos
- Male > Female
- Crack cocaine: In 1985, cocaine-related hospital emergencies rose by 12 percent, from 23,500 to 26,300. In 1986, these incidents increased 110 percent, from 26,300 to 55,200. Between 1984 and 1987, cocaine incidents increased to 94,000.
- Methamphetamine: The Combat Methamphetamine Epidemic Act of 2005 (CMEA) is federal legislation enacted in the United States on March 9, 2006, to regulate, among other things, retail over-the-counter sales of following products because of their use in the manufacture of illegal drugs: ephedrine, pseudophedrine, phenpropionolamine
- Bath Salts: In October 2011, the DEA used its administrative powers to institute an emergency but temporary one-year ban on the three basic bath-salt chemicals, declaring them Schedule 1 substances. Possession can now lead to a four-year federal felony sentence.

THE OPIOID EPIDEMIC

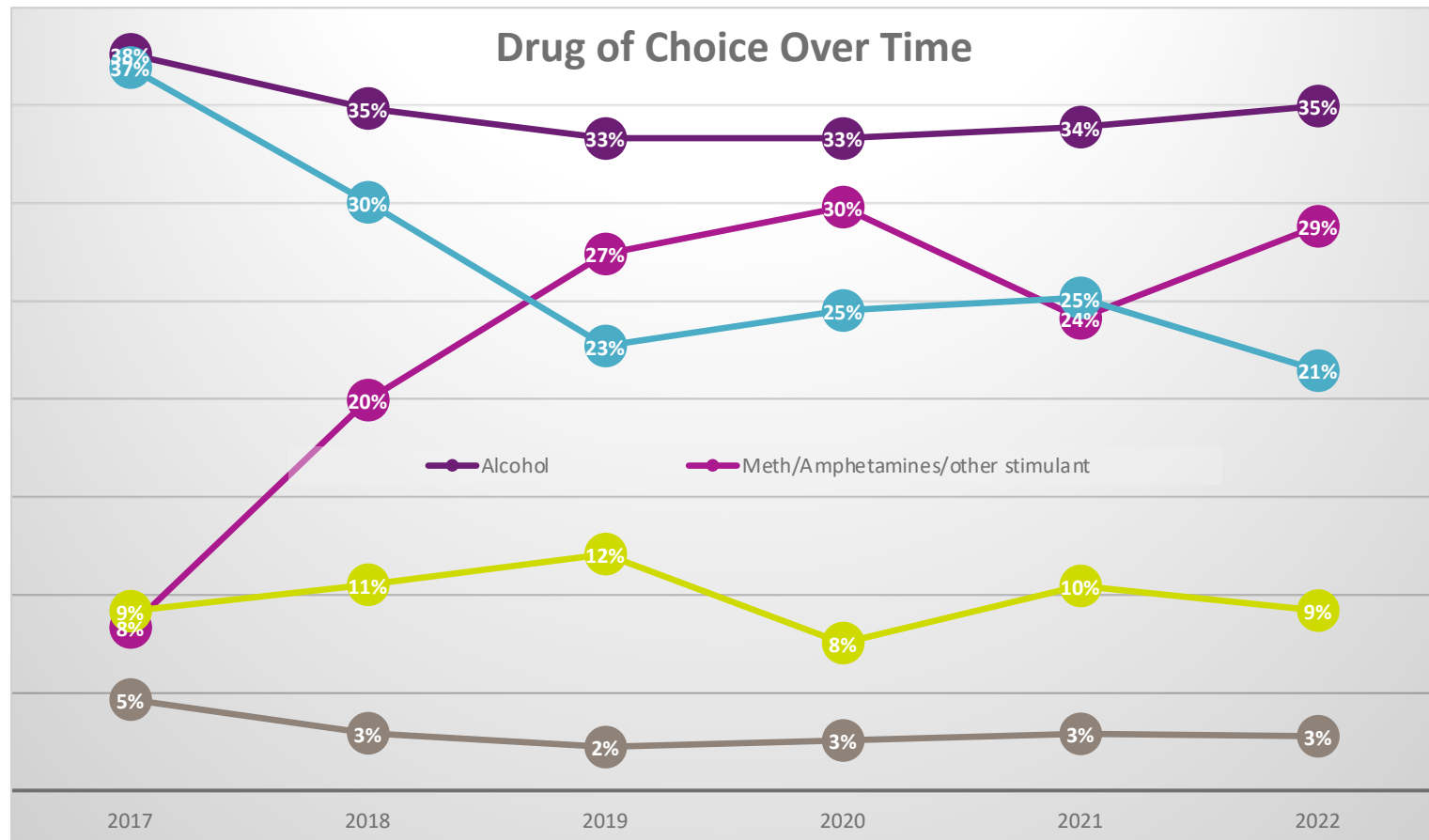
- The number of drug overdose deaths increased by nearly 5% from 2018 to 2019 and has quadrupled since 1999. Over 70% of the 70,630 deaths in 2019 involved an opioid. From 2018 to 2019, there were significant changes in opioid-involved death rates:
- Opioid-involved death rates increased by over 6%.
- Prescription opioid-involved death rates decreased by nearly 7%.
- Heroin-involved death rates decreased by over 6%.
- Synthetic opioid-involved death rates (excluding methadone) increased by over 15%.

Three Waves of the Rise in Opioid Overdose Deaths



SOURCE: National Vital Statistics System Mortality File.

The rise of the moles...



Data from OneEighty, Inc 2022

Drug of choice

- Alcohol is CONSISTENTLY the most widely used, even during the height of the opioid epidemic
- As we saw a decrease in opioid use, we saw a rise in methamphetamine use (and it's own set of consequences)
- Some of the funding was able to be shifted to treatment for other SUD
- At least we got on the radar
- And then....

The pandemic

- Required novel treatment and prevention strategies
- Elevated the concern for coronavirus above most other health problems, including SUD
- Placed individuals with SUD at higher risk for BOTH contracting COVID and relapsing or worsening substance use
- Removed many of the more effective treatment strategies
- Provided an ongoing and pervasive level of anxiety for individuals with little or no ability to properly cope with it while simultaneously removing coping strategies

○ Reduced Access to Treatment and Recovery Services During the Pandemic

Reduced Access to Treatment and Recovery Services During the Pandemic

1 in 3 respondents report changes or disruption in treatment or recovery support services

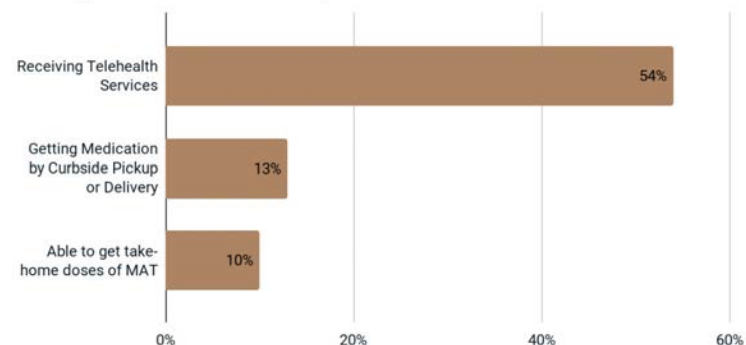
Categories of Service Disruption

Unable to Get Needed Services	41%
Unable to Access Support Groups	21%
Unable to Access Naloxone	8%
Unable to Access Syringe Services	7%

How Treatment is Changing

Among patients and families reporting changes in their service delivery, many report accessing modified access points.

Changes in Service Delivery



COVID-19 Pandemic Impact on Patients, Families and Individuals in Recovery from Substance Use
Addiction Policy Forum

N=1,079

○ 2021 in Wayne county (as of 11/30/2021)

- 1632 ED visits among adults (above historical average)
- 31 overdose deaths (above historical average)
- 16 suicide deaths
- 301 overdose related ED visits (below historical average)
 - May be due to NARCAN availability

Table 5. Overdose Deaths by Month			
Month	5-Yr Average	2020	2021
January	1.4	3	3
February	2.6	3	0
March	1.8	0	4
April	2.6	3	4
May	1.6	4	2
June	1.6	7	6
July	1.6	1	5
August	1.6	3	4
September	2.0	3	1
October	2.6	2	2
November	2.4	1	0
December	2.2	4	0
Total	24	34	31

According to Samhsa

- In Quarter 4 of 2020, most adolescents aged 12 to 17 perceived at least some negative effect of the COVID-19 pandemic on their mental health, including about 1 in 5 (18.3 percent or 4.5 million people) who perceived that the COVID-19 pandemic negatively affected their mental health “quite a bit or a lot.” Adolescents who had a past year MDE or a past year MDE with severe impairment were more likely than those without a past year MDE to perceive that the COVID-19 pandemic negatively affected their mental health “quite a bit or a lot.”
- Similar to adolescents, most adults aged 18 or older in Quarter 4 of 2020 perceived at least some negative effect of the COVID-19 pandemic on their mental health, including about 1 in 5 (18.3 percent or 45.2 million people) who perceived that the COVID-19 pandemic negatively affected their mental health “quite a bit or a lot.” Adults with AMI or SMI in the past year were more likely than those who did not have mental illness in the past year to perceive that the COVID-19 pandemic negatively affected their mental health “quite a bit or a lot.”

Still Samhsa

- Among people aged 12 or older in Quarter 4 of 2020 who drank alcohol in the past year **15.4 percent** (or 25.9 million people) perceived that they drank “a little more or much more.” The percentage of young adult alcohol users aged 18 to 25 who perceived that they drank “a little more or much more” than they did before the COVID-19 pandemic began (**18.2 percent** or 3.7 million people) was higher than the corresponding percentage among adults aged 26 or older who used alcohol in the past year (**15.0 percent** or 21.8 million people).
- Among people aged 12 or older in Quarter 4 of 2020 who used drugs other than alcohol in the past year **10.3 percent** (or 10.9 million people) perceived that they used these drugs “a little more or much more.”
 - The percentage of past year users of drugs other than alcohol who perceived that they used these drugs “a little more or much more” than they did before the COVID-19 pandemic was higher among adolescents aged 12 to 17 (15.2 percent or 665,000 people) and young adults aged 18 to 25 (18.7 percent or 2.5 million people) than among adults aged 26 or older (8.8 percent or 7.7 million people).

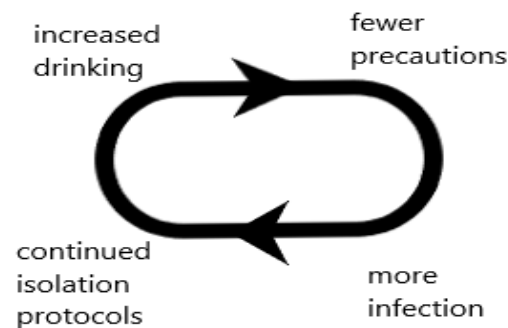
But why?

No previous sud

- Loss of family/grief
- Loss of job/purpose
- Perceived loss of freedom= isolation
- Decreased access or perceived loss of access to services such as counseling
- Alcohol and marijuana retail facilities deemed 'essential' and permitted to stay open during lock downs
- Access to alcohol and marijuana increased due to curbside and delivery
- Entire lives were often disrupted with 'no end in sight'

○ Some of it was counterproductive...

- When people consumed increasing amounts of alcohol, they became less cautious about COVID precautions which put themselves and others at risk and, in part, may have contributed to the continued need for isolation which led to more drinking



Some of it was helpful

- Emergency release of TELEHEALTH restrictions allowed access to healthcare services for people who were previously unable or unwilling to access them
 - Primary care
 - Psychiatry
 - Counseling
- Emergency relaxation of certain federal regulations allowed access to MAT/methadone that would otherwise have been inaccessible to those already on it
 - Take homes allowed prior to prescribed time limits, number of take homes increased, take homes granted regardless of current use of other substances

Patient Perspectives

“ I would say living in a recovery through this time and **not being able to be active in meetings** has been **disappointing** when they keep liquor stores and weed shops open. This society is so twisted.

“ I am in recovery and I lost my daughter in 2017 from an overdose. I feel like my grief was enhanced by this covid19.”

“There were some positives, in that I had to step outside my comfort zone in terms of doing meetings. I had to engage in things like zoom that I never would have otherwise. But the isolation was definitely a negative, not just for my recovery, but my family too”

“My husband (who uses) has not been socially isolating, so I'm worried about us getting sick or getting my family sick.”

“Many people are **dying from overdoses** due to lack of face to face treatment being able to get admitted into residential treatment facilities.”

“I've known a few people who have **started using again** that had multiple years of recovery. This has made me **anxious** about my own recovery even though I haven't been tempted to use or planning to use.”

“I **worry** all of the time that my daughter may become so isolated she may make decisions **not beneficial to her recovery.**”

Key points

Pandemic pros (for sud)

- Forced resiliency/ resourcefulness among those in recovery
- Increased access to services
- Helped identify what WAS working and what holes were in the system

Pandemic cons (for sud)

- Long term recovery interrupted for many
- Fatal overdoses increased
- Access to alcohol and marijuana 'appeared' more important than access to the socialization needed for recovery

Resources

- www.samhsa.gov
- www.cdc.gov
- Methamphetamine the most prevalent illegal drug locally.
https://www.crescentnews.com/news/local_news/methamphetamine-the-most-prevalent-illegal-druglocally/article_a445482e-8a7c-11ec-be85-8fe0becae98e.html February 11, 2022
- • Fake prescription pills leading to overdose concerns in Portage County. <https://www.news5cleveland.com/news/local-news/oh-portage/fake-prescription-pillsleading-to-overdose-concerns-in-portage-county> September 2, 2021
- • ‘COVID has greatly exacerbated the crisis: Local, national overdose deaths increasing.
<https://www.coshoctontribune.com/story/news/local/2021/07/20/drug-overdose-deaths-risecoshocton-county-across-us/8001801002/> July 20, 2021
- • New data: fatal overdoses leapt 22% in Ohio last year. <https://ohiocapitaljournal.com/2021/07/15/new-data-fatal-overdoses-leapt-22-in-ohio-lastyear/> July 13, 2021
- • New report shows overdose deaths are up in every state. <https://local12.com/news/addicted/new-report-shows-overdose-deaths-are-up-in-every-statecincinnati> June 3, 2021
- • Ohio State Study Finds ‘Opioid Treatment Deserts’ Across Franklin County and Columbus.
<https://www.thelantern.com/2021/05/ohio-state-study-finds-opioid-treatmentdeserts-across-franklin-county-and-columbus/> May 26, 2021
- • Fatal Drug Overdoses in Ohio in 2020 Spiked Weeks After National Emergency Declaration, Early Lockdowns.
<https://www.psychiatryadvisor.com/home/topics/addiction/upticks-in-fatal-overdoses-inohio-after-initial-major-events-in-governmental-response-to-the-covid-19-pandemic/> May 6, 2021



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Contact Us

Main Office

330.264.8498

In a Crisis?

24 Hour Hotlines are Available:

Domestic Violence/Sexual Assault: 1-800-686-1122

Substance Use Crisis: 330-466-0678

Recovery Assistance: 330-464-1423