

A faint, light gray map of the state of Alaska serves as the background for the slide. Several small, yellow stars are scattered across the map, primarily in the central and northern regions.

Addressing Alaska's Poly-Substance Epidemic

Andy Jones, Department of Health and Social Services

Overview

(Background Information)

- Drug overdoses now the leading cause of accidental death in the US, **exceeding deaths from automobile accidents**
- More than six out of 10 drug overdose deaths in 2015 involved opioids, including opioid pain relievers and heroin ... that is almost 91 deaths a day
- In 2016, drug overdoses likely killed more Americans (65,000) than the entire wars in Vietnam and Iraq, In comparison, [more than 58,200 US troops](#) died in the Vietnam War between 1955 and 1975, and [more than 4,500](#) have died so far in the Iraq War since 2003 — which adds up to more than 62,700.

1. Centers for Disease Control and Prevention, National Center for Health Statistics. Underlying Cause of Death 1999-2015 on CDC WONDER Online Database, released December, 2016. Available at: <http://wonder.cdc.gov/ucd10.html>

2. Substance Abuse and Mental Health Services Administration. Key Substance Use and Mental Health Indicators in the United States: Results from the 2015 National Survey on Drug Use and Health. Online Database, released September, 2016. Available at: <https://www.samhsa.gov/data/sites/default/files/NSDUH-FFR1-2015/NSDUH-FFR1-2015.htm>

3. Jones CM. Heroin use and heroin use risk behaviors among nonmedical users of prescription opioid pain relievers - United States, 2002-2004 and 2008-2010. Drug Alcohol Depend. 2013 Sep 1;132(1-2):95-100. doi: 10.1016/j.drugalcdep.2013.01.007. Epub 2013 Feb 12.

How Did This Happen?

(Background Information)

- Medical Fallacies Driving the Increased Prescribing of Opioids
 - Pain can be objectively measured
 - Tolerance is just under-dosing
- Pseudoaddiction: persons who display drug-seeking behavior are simply in pain and need more opioids
 - “If your medicine makes you feel better, then your diagnosis must be whatever the medicine was meant to treat” – Ann Lembke, MD, in Drug Dealer, MD
- When used in treatment of pain, very little risk of subsequent misuse or addiction

From Prescription Opioids to Heroin

(Background Information)

- Approximately 3 out of 4 new heroin users report having misused prescription opioids in the past
- In some places, easier access to heroin than prescription opioids
 - Heroin does not require a prescription
 - Street price for heroin may be more affordable than prescription opioids
- Higher risk of overdose from heroin use due to potency

Morphine



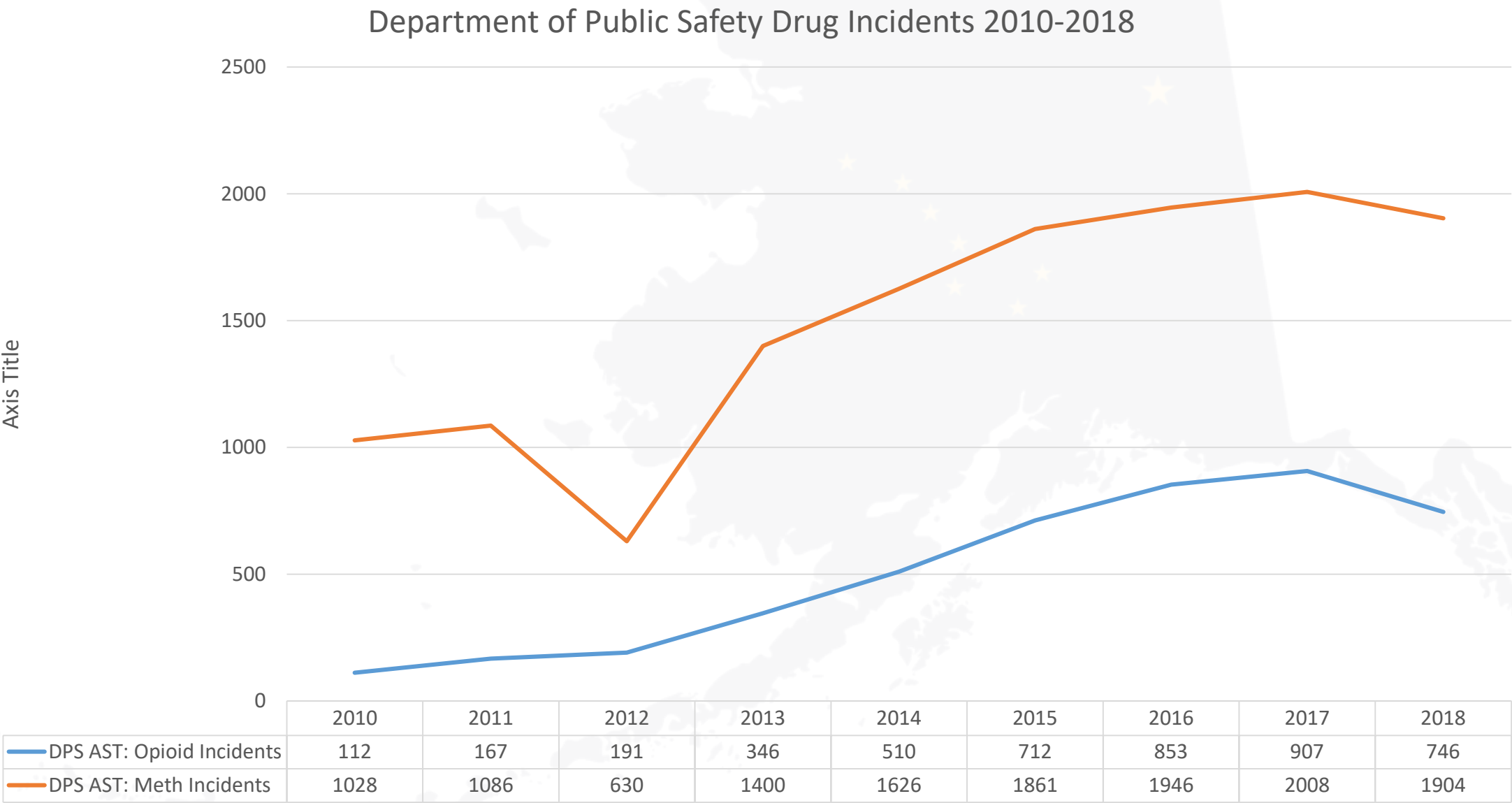
Heroin
50x



Fentanyl
100x

Department of Public Safety Drug Incidents

(Background Information)



Enforcement

(Background Information)

Drug & Alcohol seizures 2013-2018

	2013	2014	2015	2016	2017	2018
Alcohol	2,087 (B) 1,493 (L)	2,103 (B) 1,462 (L)	1,772 (B) 1,353 (L)	1,812 (B) 1,432 (L)	3,399 (B) 2,561 (L)	1,558 (B) 1,245 (L)
Marijuana	133,624	72,219	50,413	93,469	40,370	23,873
Marijuana Plants	2,332	2,615	1,871	1,838	274	227
Hash/Hash Oil	839	146	2,380	769	7,792	5,018
Cocaine	1,002	371	455	372	2,750	497
Crack Cocaine	11	1	15	295	95	10
Heroin	3,464	2,306	1,680	2,177	7,061	5,001
Meth	1,863	1,632	1,890	4,249	24,909	29,844
RX pills	5,380	3,156	972	955	3,732	1,814

Poly-Substance Misuse

(Background Information)

Heroin use is part of a larger substance abuse problem.

Nearly all people who used heroin also used at least 1 other drug.

Most used at least 3 other drugs.

Heroin is a highly addictive opioid drug with a high risk of overdose and **death** for users.

People who are addicted to...



are

2x



are

3x



are

15x



are

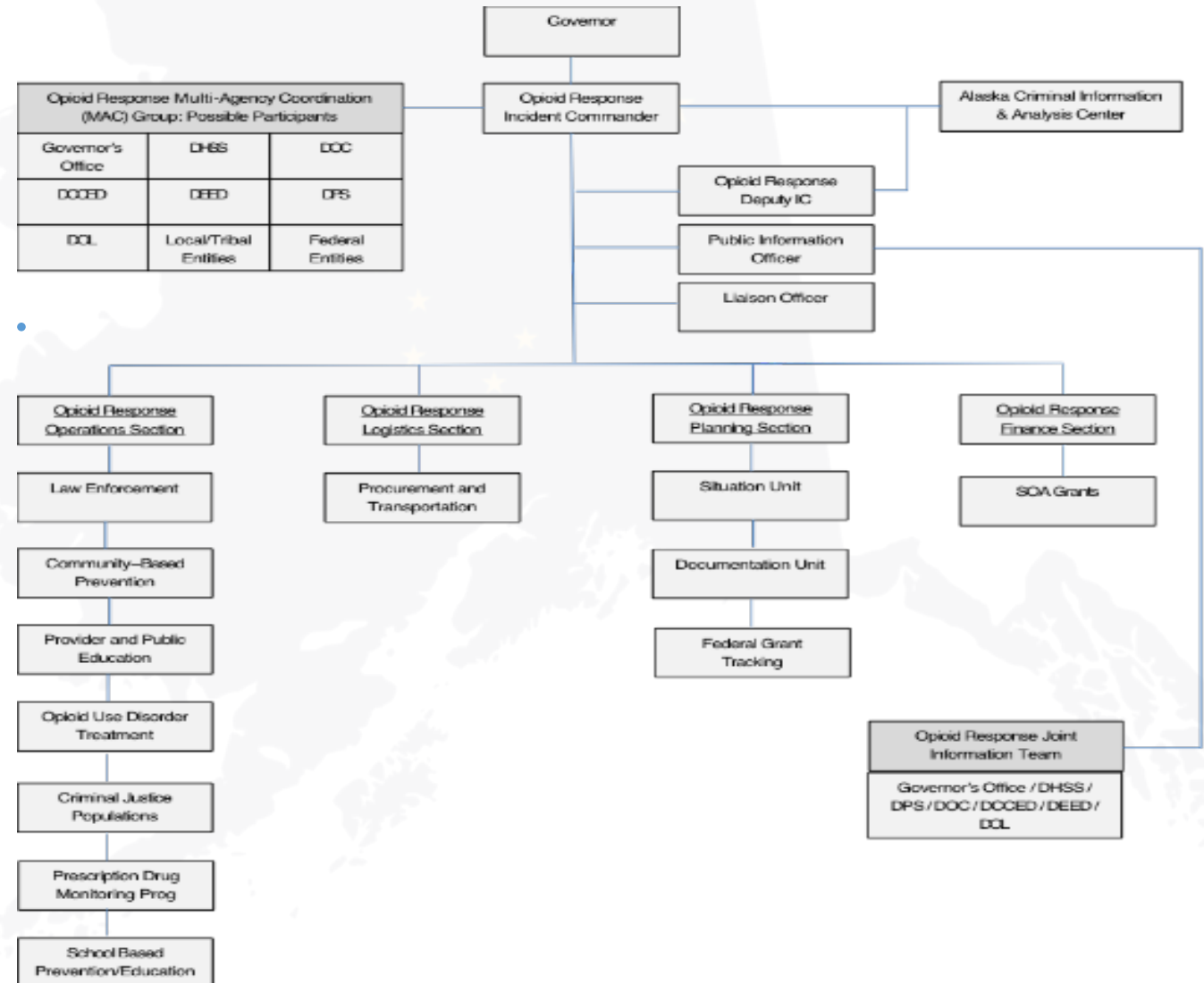
40x

...more likely to be addicted to heroin.

Alaska's Opioid Epidemic Response

(Response Structure)

- State Disaster Declaration
 - February 14, 2017
- Administrative Order 287
 - Multi-agency approach
 - Local, Tribal, State, Federal, and Non-Governmental Agencies
- Multi-Agency Coordination (MAC) Group
- Incident Command System
- Alaska Criminal Information and Analysis Center
- Joint Information System



Cross-Sectoral Collaboration is Key

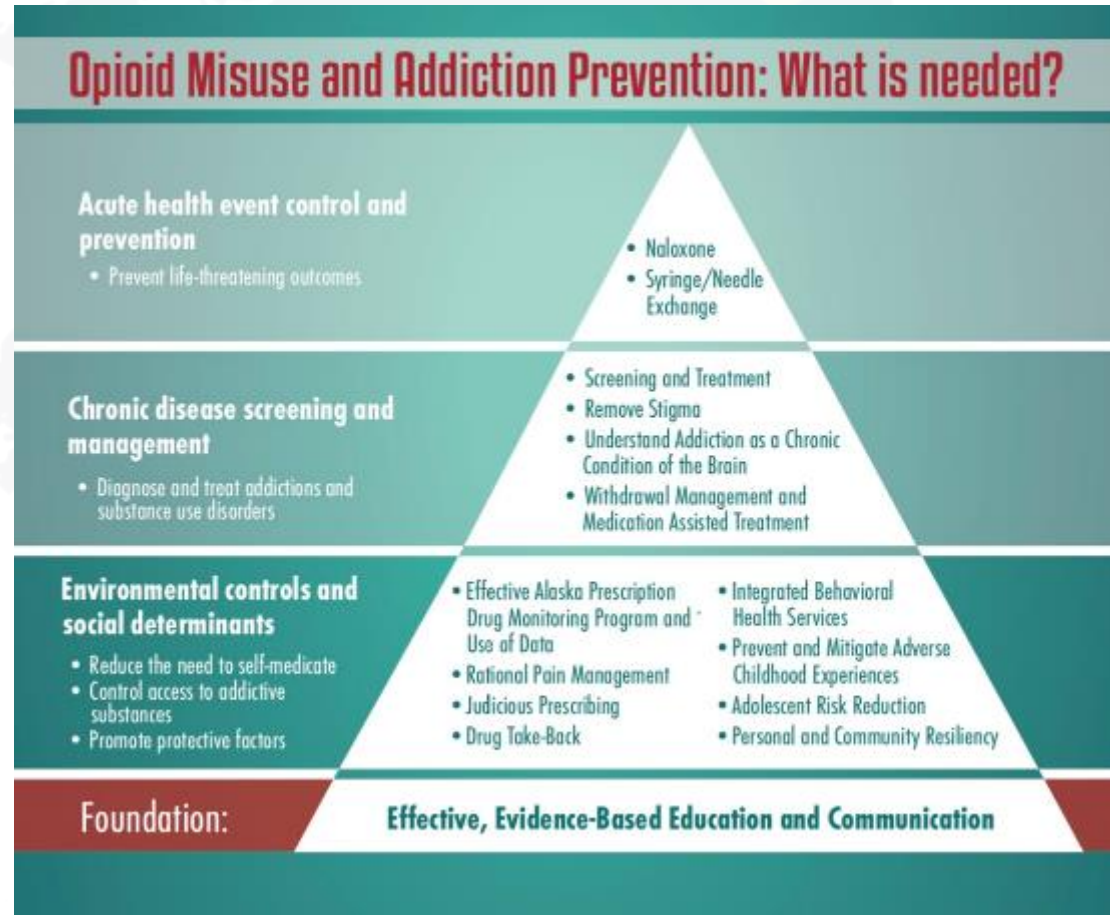
(Response Structure)



Alaska's Response Framework

(Response Structure)

- Alaska Opioid Policy Task Force 2016-2017
 - AOPTF Recommendations Document
- Opioid Initial Response Framework (Prevention Model) 2017
- Statewide Opioid Action Plan 2018



3
ACUTE HEALTH EVENT
CONTROL AND PREVENTION

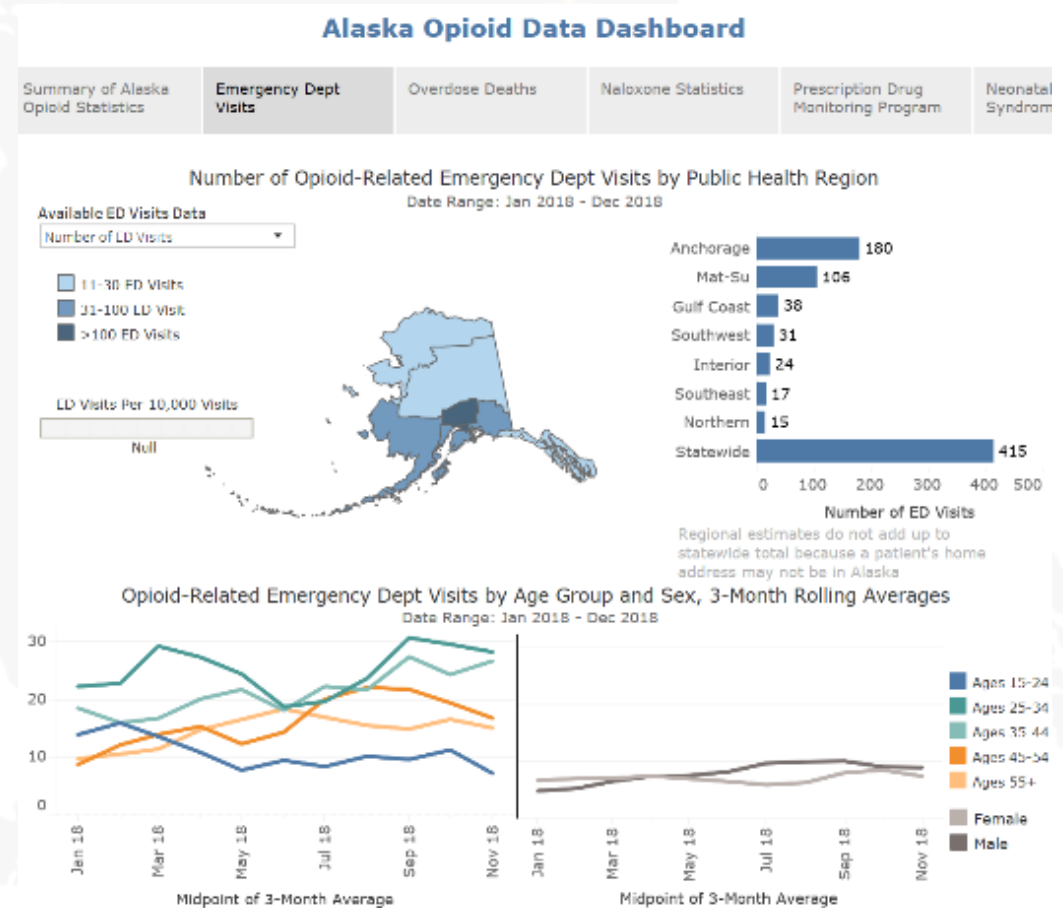
2
CHRONIC DISEASE
SCREENING AND MANAGEMENT

1
ENVIRONMENTAL CONTROLS
AND SOCIAL DETERMINANTS

Prevention

(Resources)

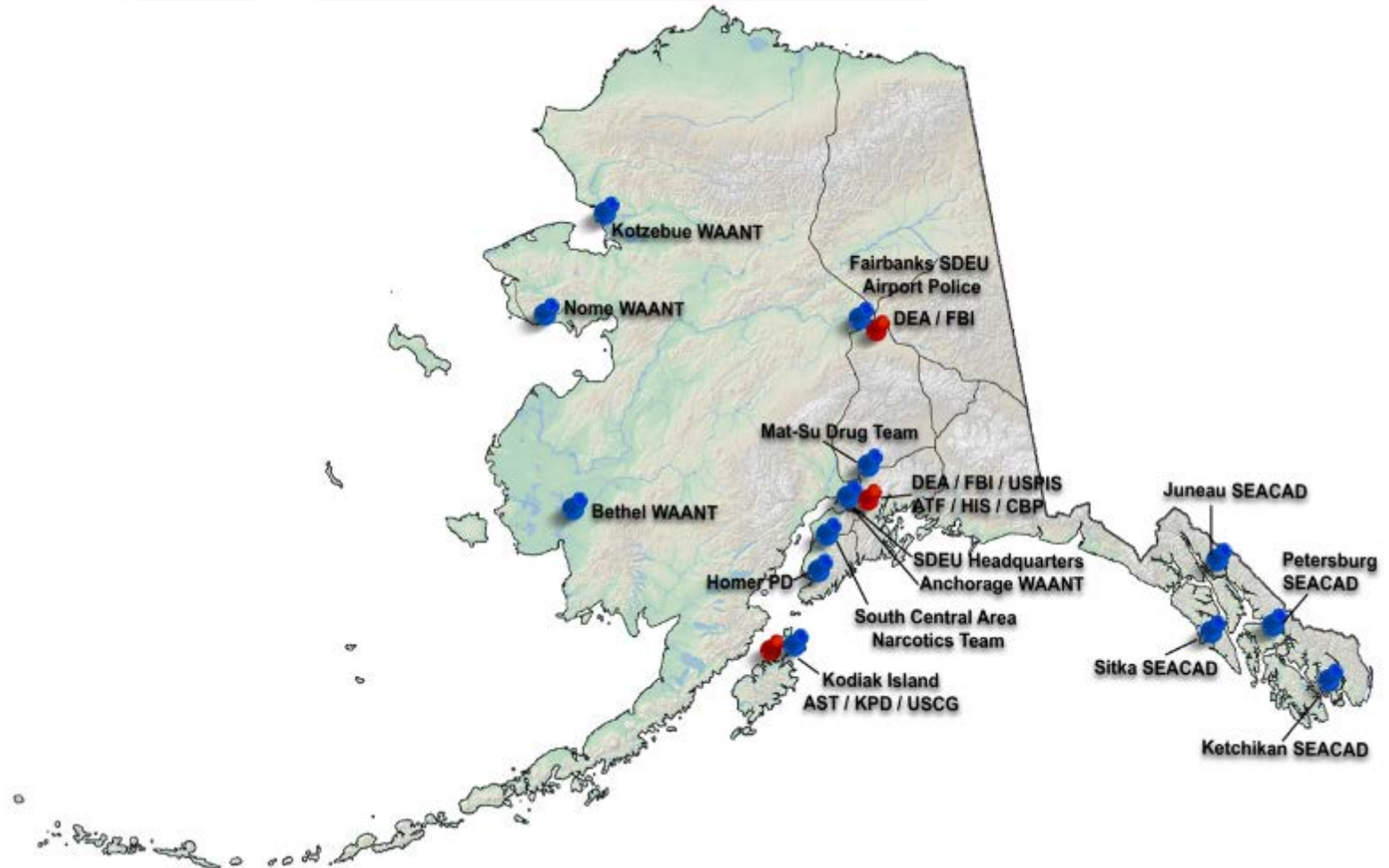
- Partnerships for Success Coalitions
- Community Substance Misuse and Abuse Task Forces
- Division of Behavioral Health, Prevention and Early Intervention Section
- Office of Substance Misuse and Addiction Prevention
- Data Dashboards
- Opioids in Alaska website



Alaska State Troopers

Statewide Drug Enforcement Units/Locations (Resources)

- Anchorage Airport Interdiction Team
- Mat-Su Narcotics Team
- Fairbanks Area-wide Narcotics Team
- Southcentral Area-wide Narcotics Team
- Southeast Alaska Cities Against Drugs
- Western Alaska Alcohol & Narcotics Team
- Task Force Officer assignments – DEA & FBI



Corrections

(Resources)

- The Department of Corrections is the largest provider of substance abuse treatment and detox/withdrawal services in Alaska.
- Approximately 80% of offenders in custody struggle with substance abuse.
- 30% of those who are assessed report abusing opioids.
- DOC has comprehensive substance abuse programming in place throughout the system.
- Other focus areas for DOC substance abuse treatment.
 - Dedicated community treatment beds and outpatient slots
 - Medication Assisted Treatment (MAT)
 - Evidence-based treatment curriculum



Policy

(Partnerships, Outcomes, Results)

- Patients to execute a Voluntary Non-opioid Directive
- Statewide medical standing orders
- Naloxone distribution
- Control substance emergency scheduling
- Limits first-time opioid prescriptions to no more than a 7-day supply with exceptions
- Strengthens reporting and education requirements for pharmacists and healthcare providers
- Requires the controlled substance prescription database to be updated daily starting July 1, 2018, instead of weekly

Community Coalitions

(Partnerships, Outcomes, Results)

- Mat Su Opioid Task Force
- Anchorage Opioid Task Force
- Juneau Opioid Work Group
- Fairbanks Opioid Work Group
- Southern Kenai Peninsula
- Change 4 Kenai Coalition
- Aleutian Pribilof Islands Opioid and Substance Misuse Task Force
- Ketchikan Substance Abuse Task Force
- Bristol Bay Opioid Task Force
- THRIVE Mat Su



Prevention

(Partnerships, Outcomes, Results)

- Project HOPE Naloxone
 - 100 Overdose Response Programs
 - 18,000 overdose rescue kits distributed
 - Over 260 life's saved
- Medication Deactivation Disposal Bags
 - Distributed 46,000 bags since 2017
 - Potential reduction over 2 million pills
- Opioids and Opioids Epidemic 101 teaching module
- First responder training
- Fatal Overdose Review Committee
- Community Café Events

Free Disposal Bags Available Here.

Dispose of unused medicine safely. Prevent the misuse of prescription drugs and keep our community safe.

Don't throw your unused medicine in the trash or flush it down the toilet. Deactivate your medication safely at home with a free medication disposal bag.



Medication Disposal System
Safe • Simple • Convenient

Prevent Drug Abuse
Protect Communities

Don't let unused medications fall into the wrong hands—dispose of them safely.

www.opioids.alaska.gov

TREATING PAIN: WHAT ALASKANS SHOULD KNOW

If you've had an injury, surgery or dental work, you are likely to have pain. Some pain can be a normal part of healing. Talk with your doctor to find the most effective treatment with the least risk.

BE CAUTIOUS WITH OPIOIDS?
Opioid medications are chemically similar to morphine, with various risk of addiction and overdose, even when taken as directed.

- Drug overdose was Alaska's leading cause of accidental death for 2018. Opioid addiction is driving the epidemic.
- More than 1 out of 3 drug overdoses involve an opioid.
- Approximately 4 out of 5 heroin users started out misusing prescription opioids.
- More than 40% of teens who misused or abused a prescription opioid in the past year started with pain relievers.

NON-OPIOD PAIN TREATMENT
When taking medication for pain, it is often best to start with non-opioid pain treatment. Consider other options that may work just well, but have far fewer risks.

Over-the-counter options are effective. This shows the number of people getting 50% or more pain relief from over-the-counter pain relievers.

Depending on the kind of pain, there may be other medication pain treatment options. For example:

- Physical therapy and acupuncture
- Chiropractic and massage
- Exercise such as walking, stretching, swimming, and yoga
- Other treatments such as heat, cold, and TENS (Transcutaneous Electrical Nerve Stimulation)

Source: WWW.OPIOIDS.ALASKA.GOV / Alaska Department of Health and Social Services / 8.7.18

PRESCRIPTION OPIOIDS: WHAT ALASKANS NEED TO KNOW



Keep yourself, your family and your community safe.

Enforcement

(Partnerships, Outcomes, Results)

- High Intensity Drug Trafficking Area (HIDTA) Designation
- Task force expansion to include local, tribal, state, and federal enforcement agencies and entities
- Improving our technology
- More efficient ways to collect data (monitor trends)
- Increased training
- Develop private sector partnerships

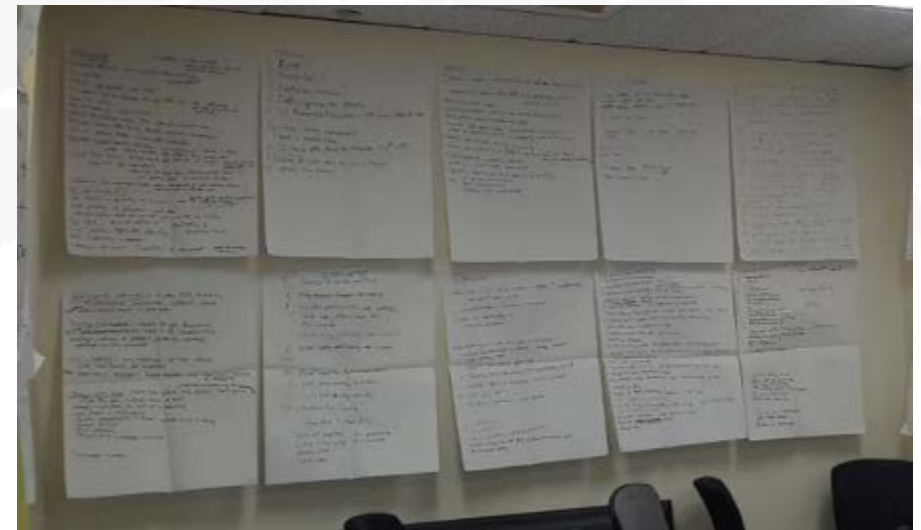
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Strategic Direction

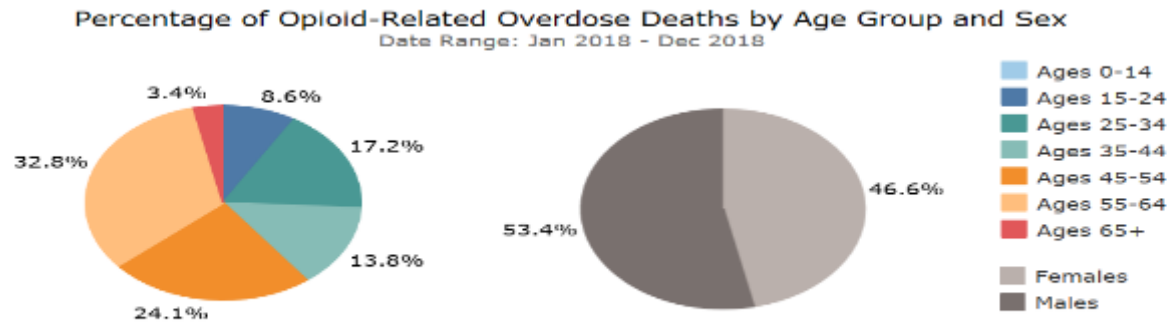
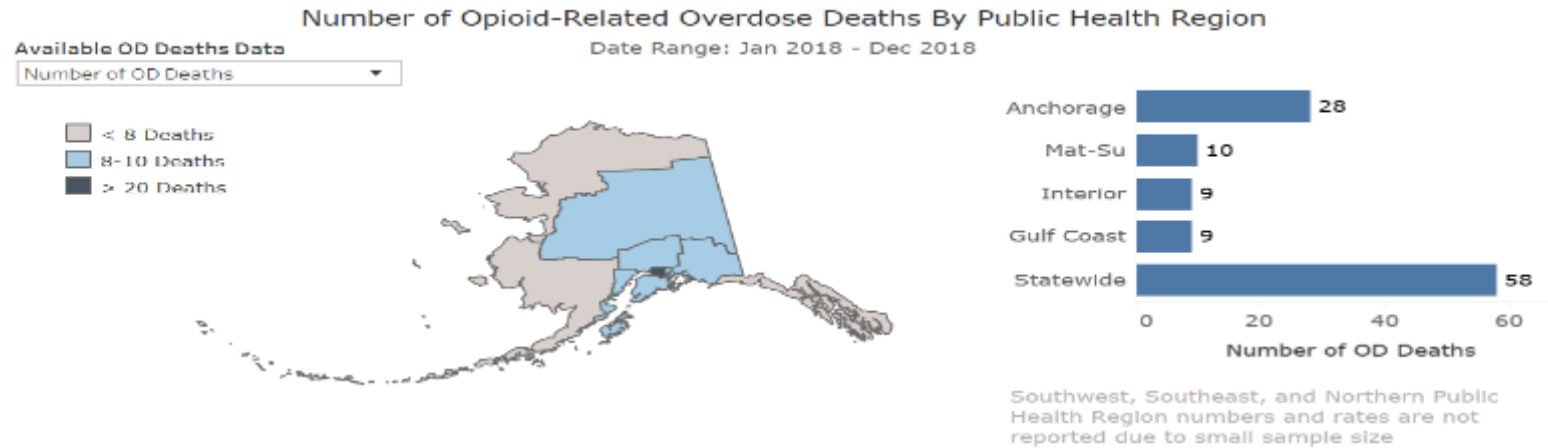
(Partnerships, Outcomes, Results)

- Alaska Opioid Policy Task Force 2016-2017
 - AOPTF Recommendations Document
- Opioid Initial Response Framework (Prevention Model) 2017
- Statewide Opioid Action Plan 2018
 - Community Cafe Series approach
 - 15 communities(Nome, Ketchikan, Sitka, Juneau, Fairbanks, Anchorage, Kodiak, Petersburg, Mat-Su, Kenai, Barrow, Homer, Valdez/Cordova, Dillingham)
 - The SOA strategic planning includes local, tribal, state, and federal agencies



Preliminary Results

(Partnerships, Outcomes, Results)



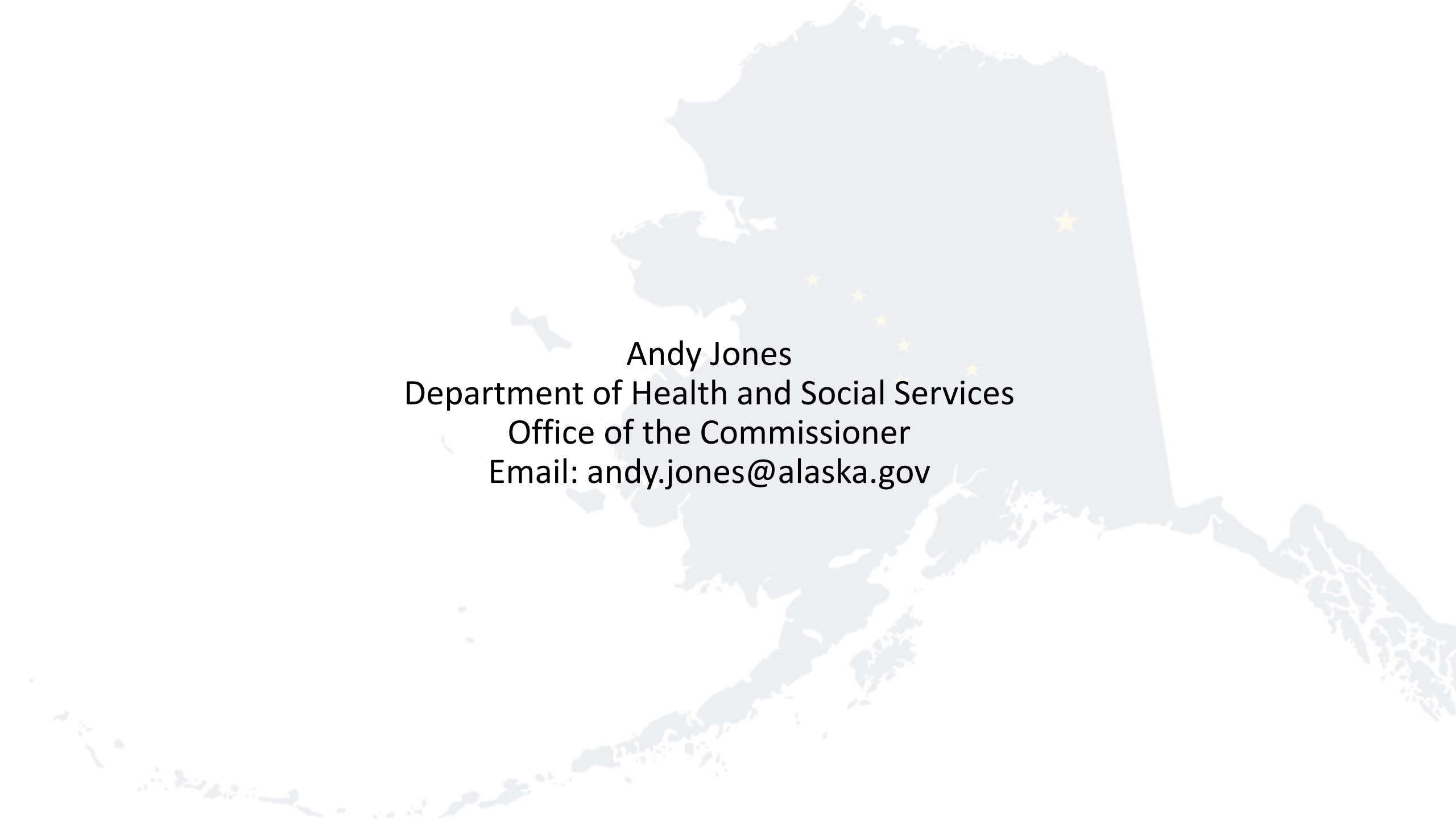
Alaska mortality data were queried to characterize deaths due to drug overdose, as defined by International Classification of Disease, 10th Revision (ICD-10) codes. This analysis included in state Alaska overdose deaths, regardless of decedents' residence. Data for the current year is preliminary and subject to change. Death reporting for the current year can be 2-8 weeks behind the current date as recent deaths do not have final coding classifications.

Cause of Death ¹	2015		2016		2017		2018		2017-2018	
	Deaths	AA Rate ²	Deaths	AA Rate ²	Deaths	AA Rate ²	Deaths	AA Rate ²	%	Increase Decrease
Drug Overdoses (X40-X44, X60-X64, X85, Y10-Y14)	121	16.0	129	17.2	141	19.3	92	11.9	35	↓
Opioid Overdoses (T400-T404, T406)	85	11.1	96	12.9	100	13.6	58	7.3	42	↓
Heroin (T401)	36	4.7	49	6.5	36	4.9	24	3.1	33	↓
Prescription Opioids (T402-T403)	58	7.6	53	7.1	50	6.7	31	3.9	38	↓
Natural and Semi-Synthetic Opioids (T402)	52	6.7	46	6.2	46	6.2	28	3.5	39	↓
Methadone (T403)	10	1.3*	14	1.8*	8	1.0*	6	0.8*	25	↓
Non-Methadone Synthetic Opioids (T404)	14	1.8*	8	1.1*	37	4.9	14	1.7*	62	↓
Fentanyl (T404 with "Fentanyl")	12	1.5*	5	**	28	3.6	7	0.8*	75	↓

Next Steps

A faint, light blue map of the state of Alaska serves as a background for the slide. Overlaid on the map are several small, yellow, five-pointed stars. One star is located in the upper right portion of the state, while a cluster of approximately seven stars is positioned in the central region, roughly corresponding to the location of Anchorage.

- **Next Steps 1:** Transition from Incident Command System (ICS)
 - Implement sustainable long term recovery operation/approach, Working with States, local jurisdictions, ASTHO, NGA, NCSL
- **Next Steps 2:** Statewide Opioid Action Plan,
 - Build capability and capacity in enforcement, prevention, treatment, and recovery services.
- **Next Steps 3:** Implementation of the Alaska High Intensity Drug Trafficking Area (HIDTA) regional task forces
- **Next Steps 4:** Continue to secure federal grant funding to build capability and capacity



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