

Washington State's Opioid Epidemic

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Slides credit: Caleb Banta-Green PhD MPH MSW

Rate of crime lab cases, any opiate result

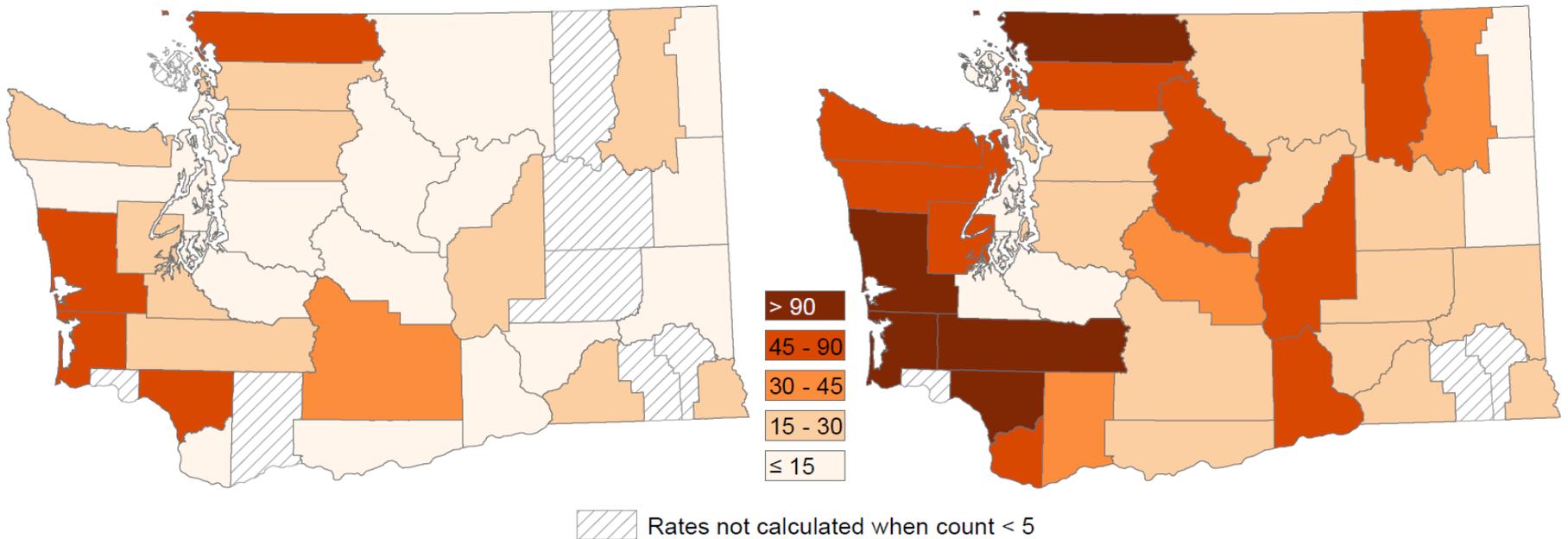
Rate of crime lab cases with any opiate result

2002 - 2004

State-wide rate 19.8 per 100,000

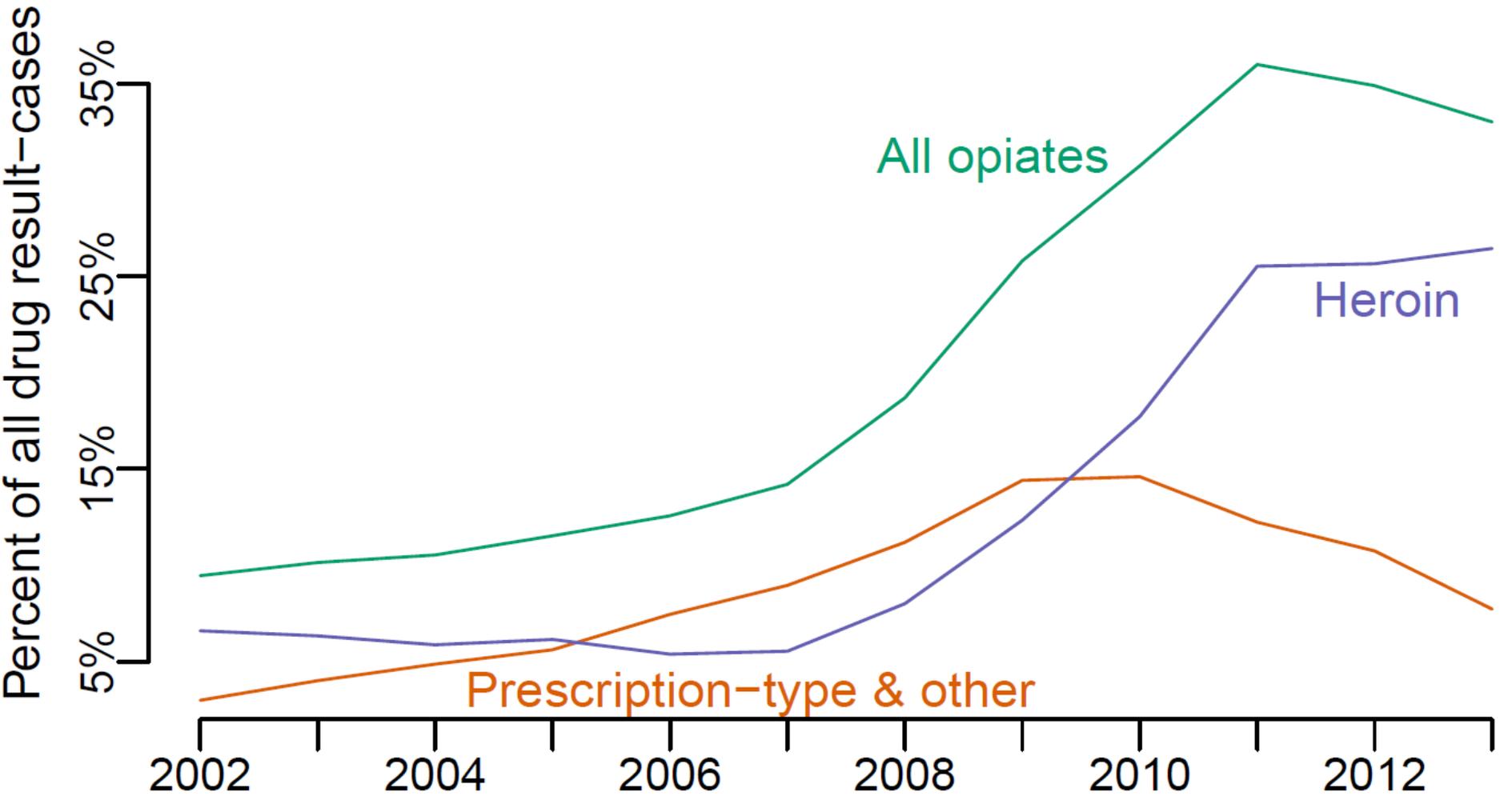
2011 - 2013

State-wide rate 36.6 per 100,000



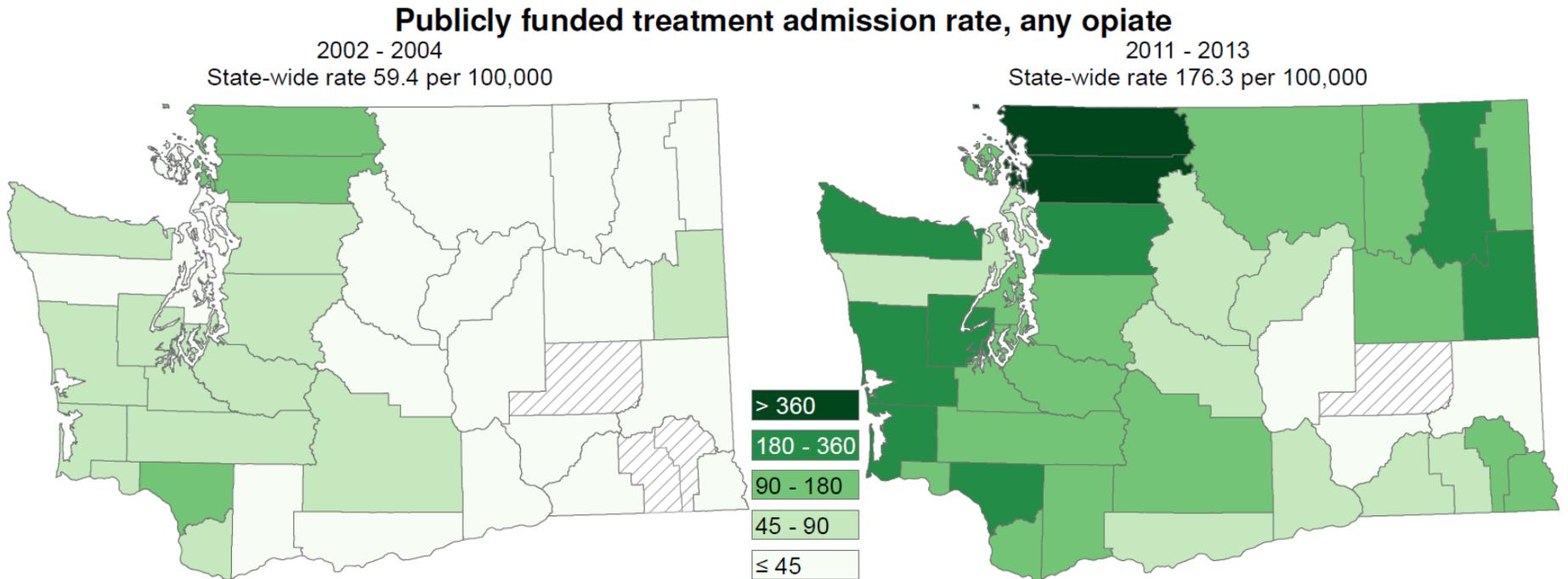
Data source: WA State Patrol- Forensic Lab Services Bureau

State-wide crime lab cases with opiate results



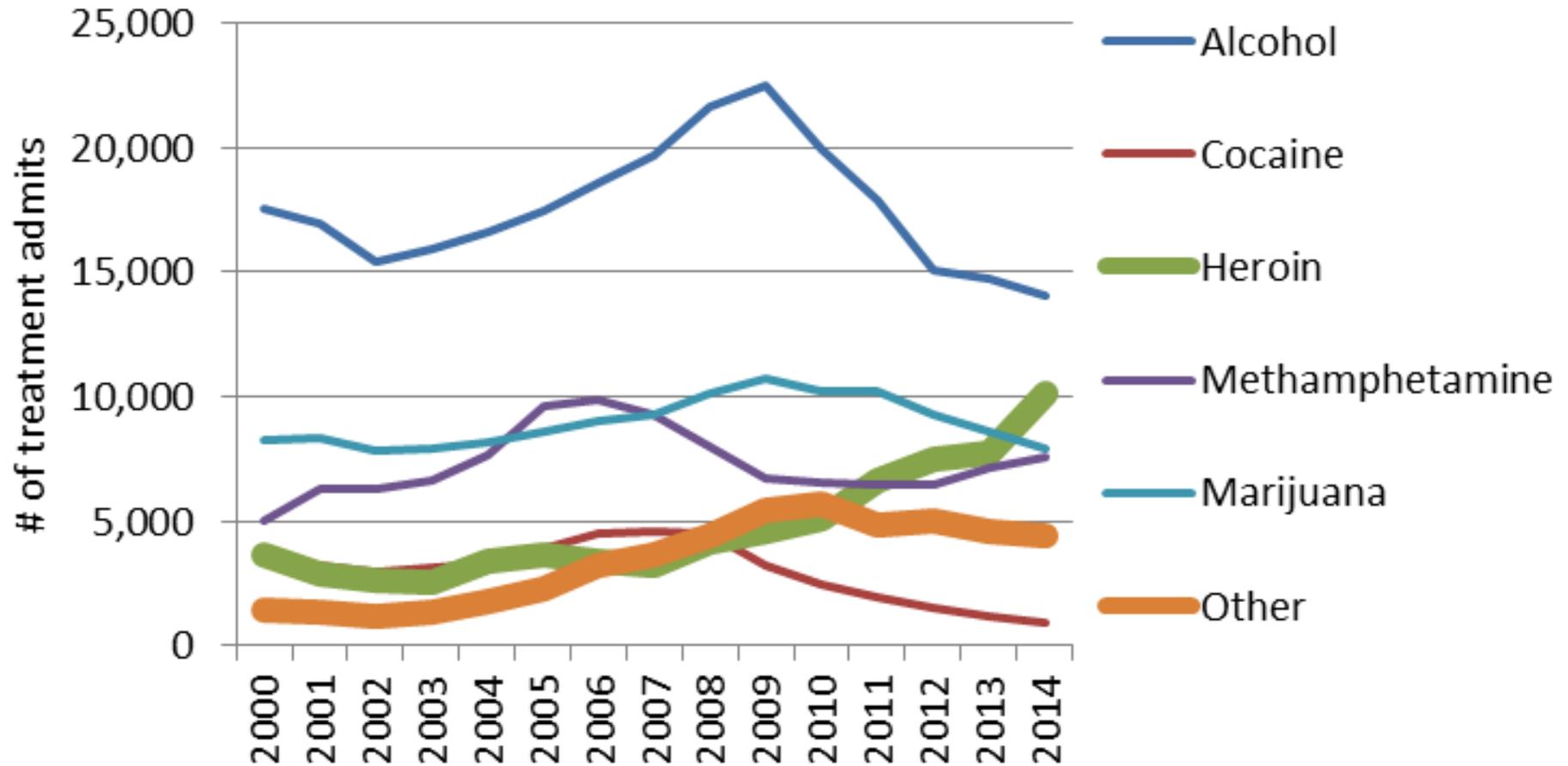
Data source: WA State Patrol- Forensic Lab Services Bureau

Publicly-funded treatment admission rate, any opiate



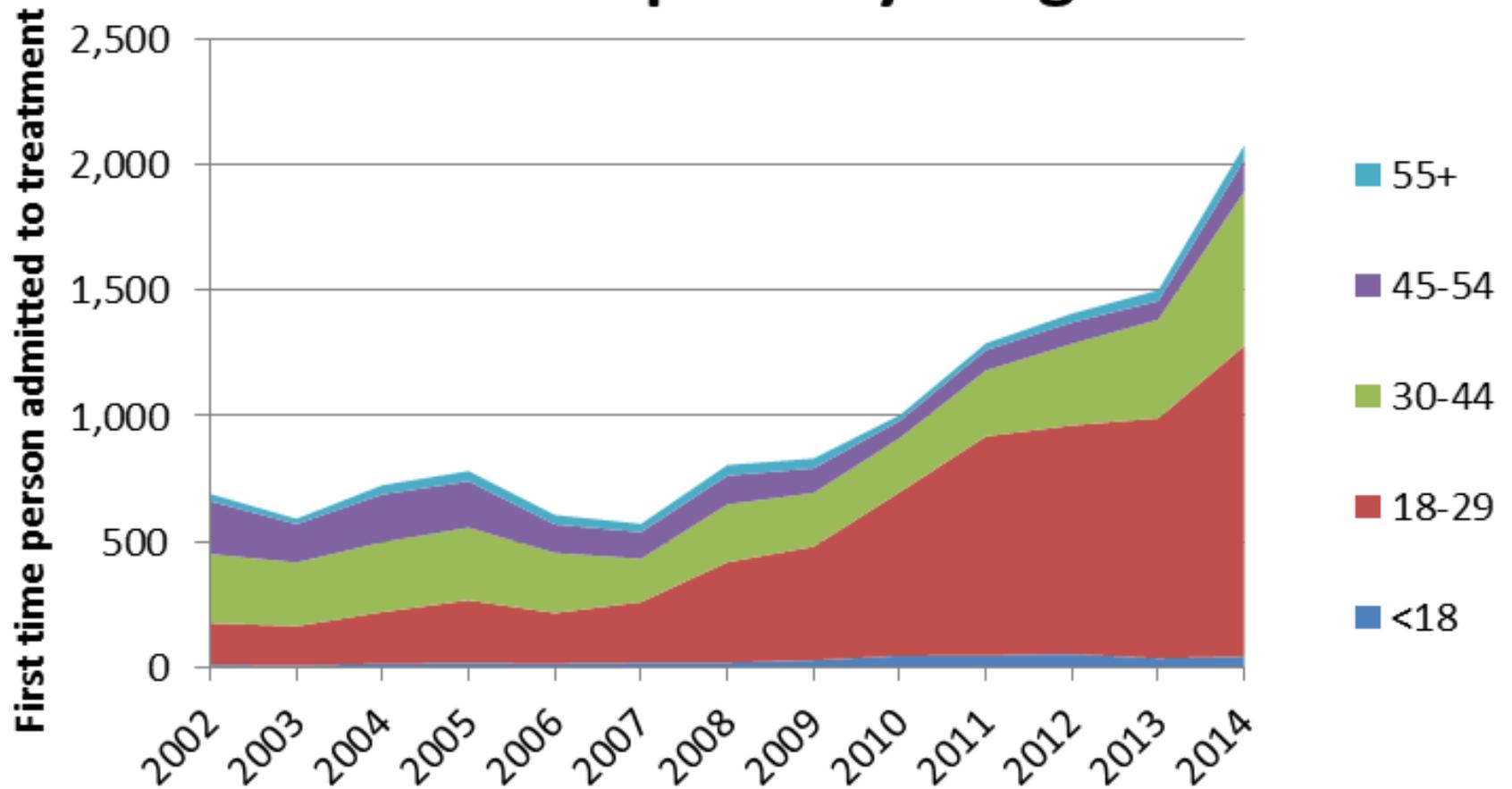
Data source: DSHS/DBHR TARGET

WA State Treatment Admits Primary Drug



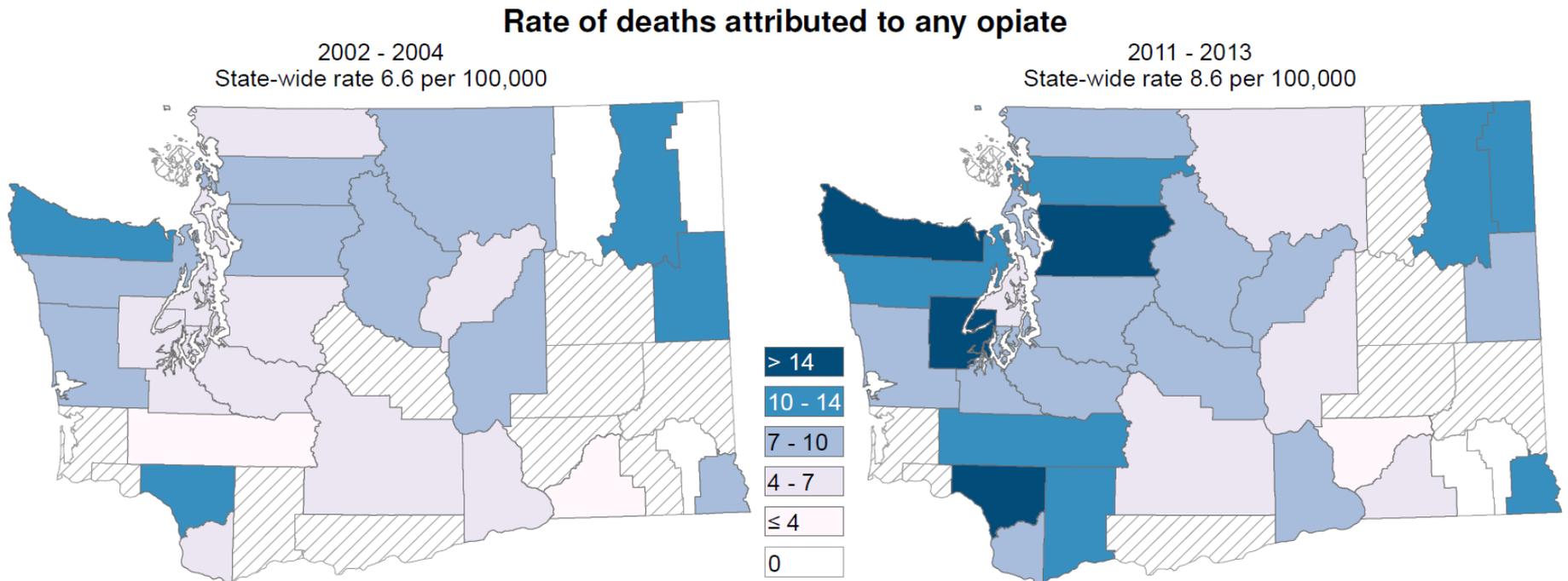
Data source: DSHS/DBHR TARGET

WA First time in Treatment Heroin primary drug



Data source: DSHS/DBHR TARGET

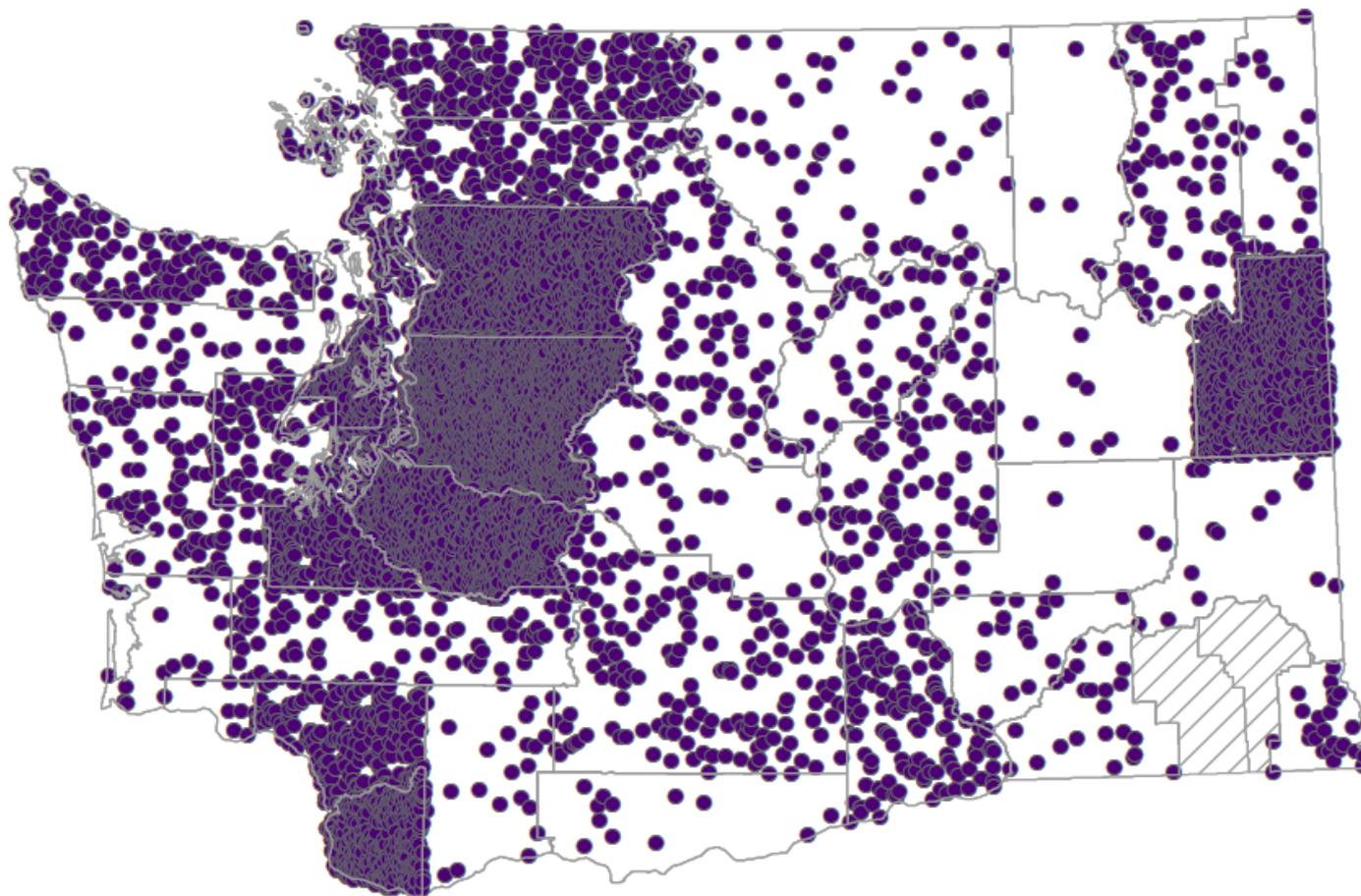
Rate of deaths attributed to any opiate



Data source: WA State Dept of Health

Opioid Deaths by County 2000 - 2013

Total deaths = 7834

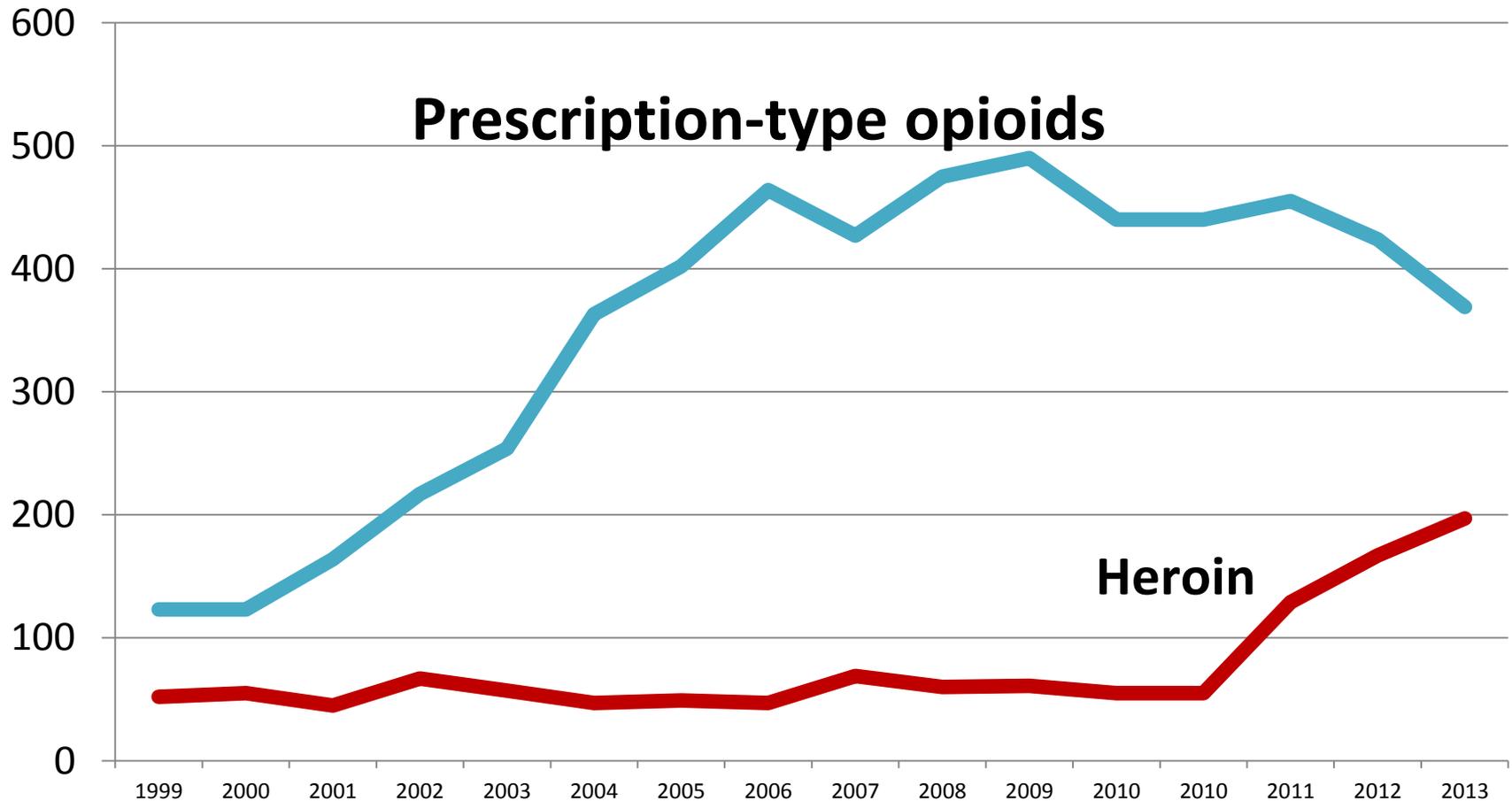


1 Dot = 1 death attributed to any opiate in the 14-year period

Data suppressed when count is 1 to 4

Data from Center for Health Statistics, Washington State Department of Health.
Map created by Alcohol & Drug Abuse Institute, Univ. of Washington.
Residents who died outside Washington excluded.
Dots are randomly allocated within counties.

Specific drugs involved with overdoses, 1999-2013



King County data indicate recent heroin increases mostly <30 years of age

Data source: WA State Dept of Health

Opioid overdose deaths, 2014

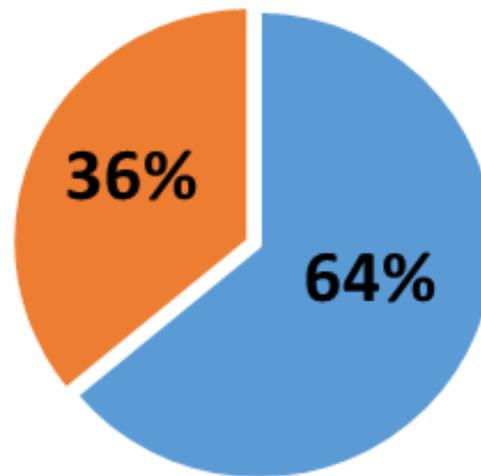
- Steady drop in prescription opioid deaths from 512 deaths (2008) to 319 deaths (2014).
- Rise in heroin related deaths. 293 deaths in 2014, about twice as many as in 2008.
- Largest increase in heroin overdose deaths from 2004 to 2014 is among 15-34 year olds.
- Approx 600 opioid overdose deaths a year.

Opioid prescribing - history

- **1996** WA Medical Commission recommends more opioid prescribing for chronic pain
- **2003** WA takes OxyContin off Medicaid formulary
- **2007** State pain/opiate guidelines
- **2010** OxyContin changed- can't be crushed
- **2012** Prescription Monitoring Program available

2015 Drug Injector Health Survey, Clallam

Were you hooked on prescription opiates before you started using heroin?



■ Yes ■ No

Pain pills to heroin



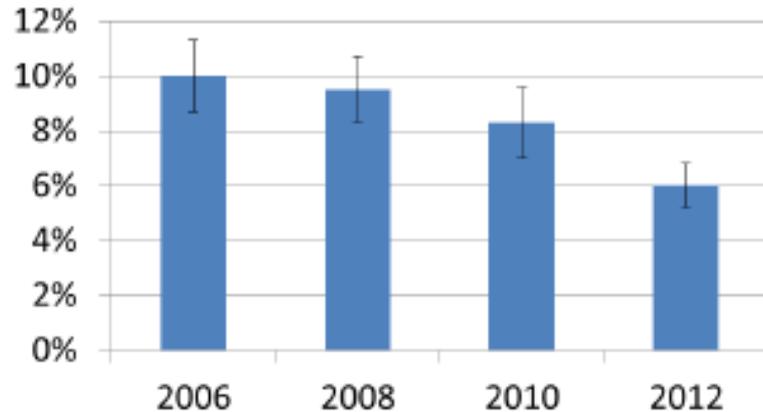
Taking prescription medicines is typical and normal.

- In 2013 in WA state more than 1 in 4 people had at least one prescription for a controlled substance (e.g. Vicodin, Valium, Ambien)
- More than half of adults take a prescription medicine of any kind.

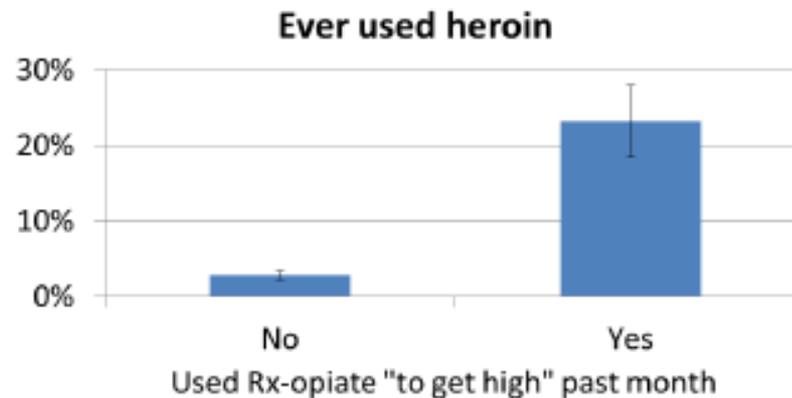


WA Healthy Youth Survey, 10th graders, 2012

Past month use of Rx-type opiate to "get high"



Past month use of Rx-type opiate to "get high" in 2012 & ever used heroin



Access issues



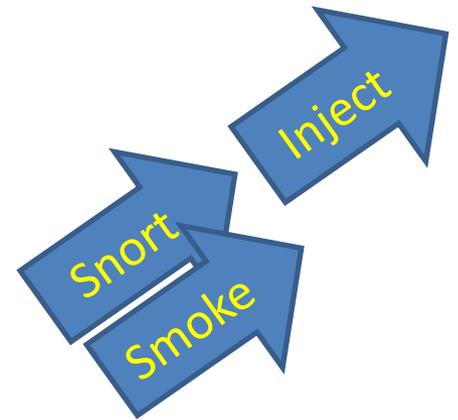
- Most teens get Rx opiates from
 - Own Rx (33%)
 - A friend (28%)
 - Family gave (10%)
 - Took from a home (9%)
- Dispose of unneeded medicines
- Lock up medications that are needed

Tolerance and withdrawal



- Repeated use of opiates leads to tolerance
- Which leads to needing more to get the same effect
- Stopping use leads to withdrawal, which feels terrible (not fatal)
- So you continue to use

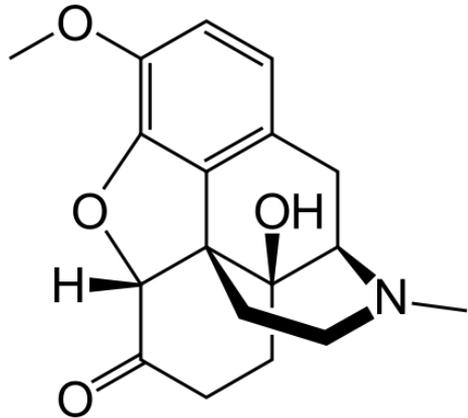
Changing route of ingestion



- Seeking euphoria- snorting, smoking and injecting are more intense highs
- Shorter more intense highs can also lead to quicker cycles of highs and lows and reinforce use
- Social situations, new “friends” may be using opiates in different ways and contexts
 - Initiating injecting doesn’t happen alone

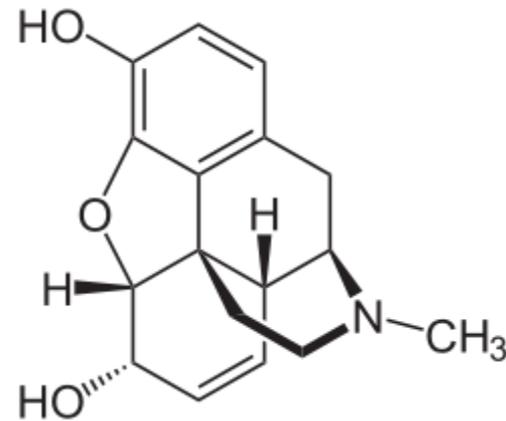
Heroin

OXYCODONE



\$80

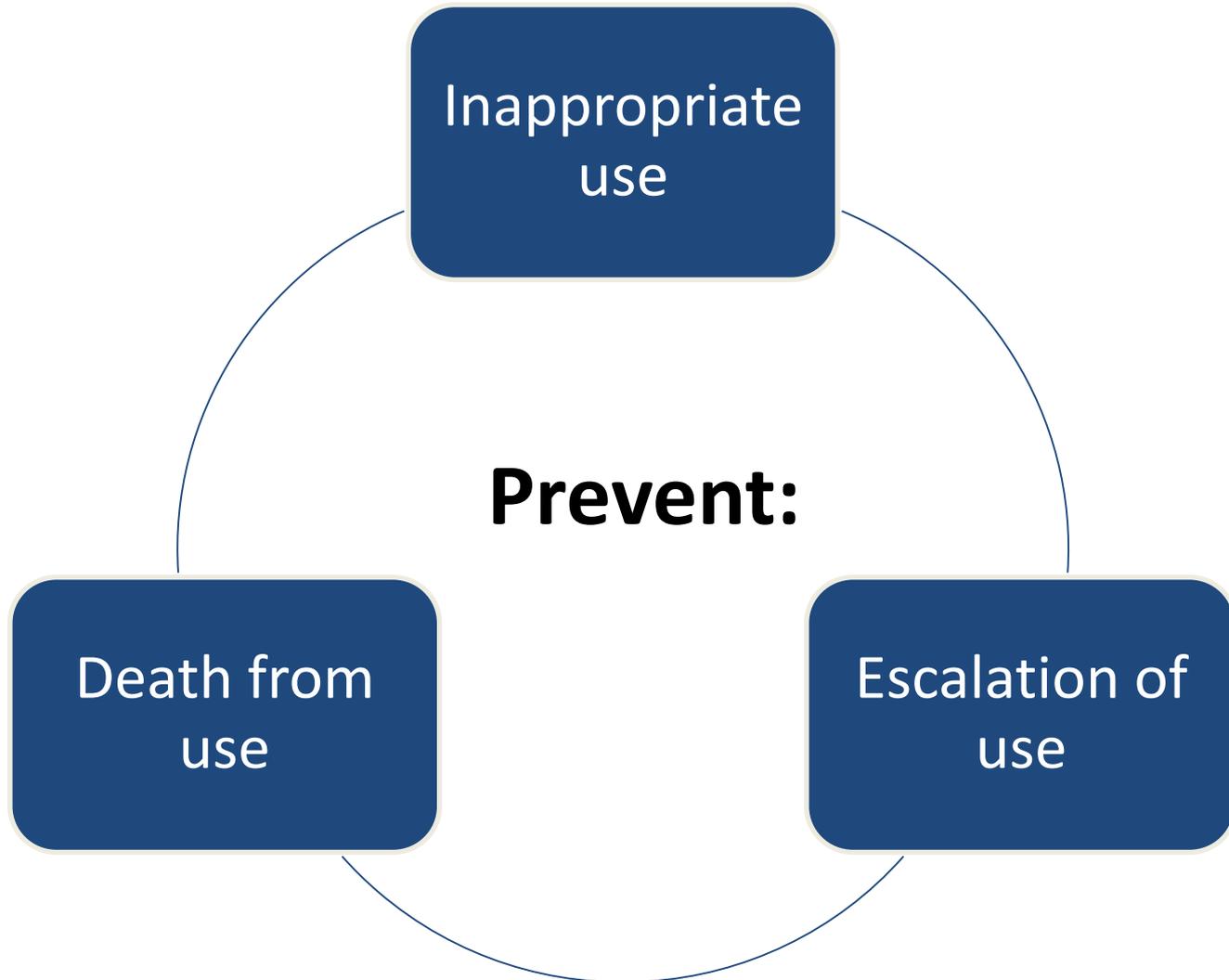
MORPHINE (heroin metabolite)



\$10

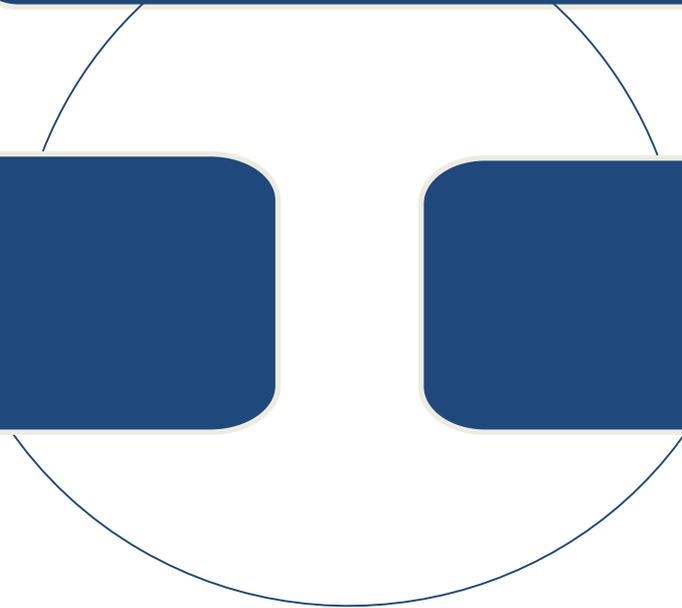
& easier to get

Focus of response



Focus of response

Appropriate prescribing
School-based programming
Take Back schemes, lock boxes



Focus of response

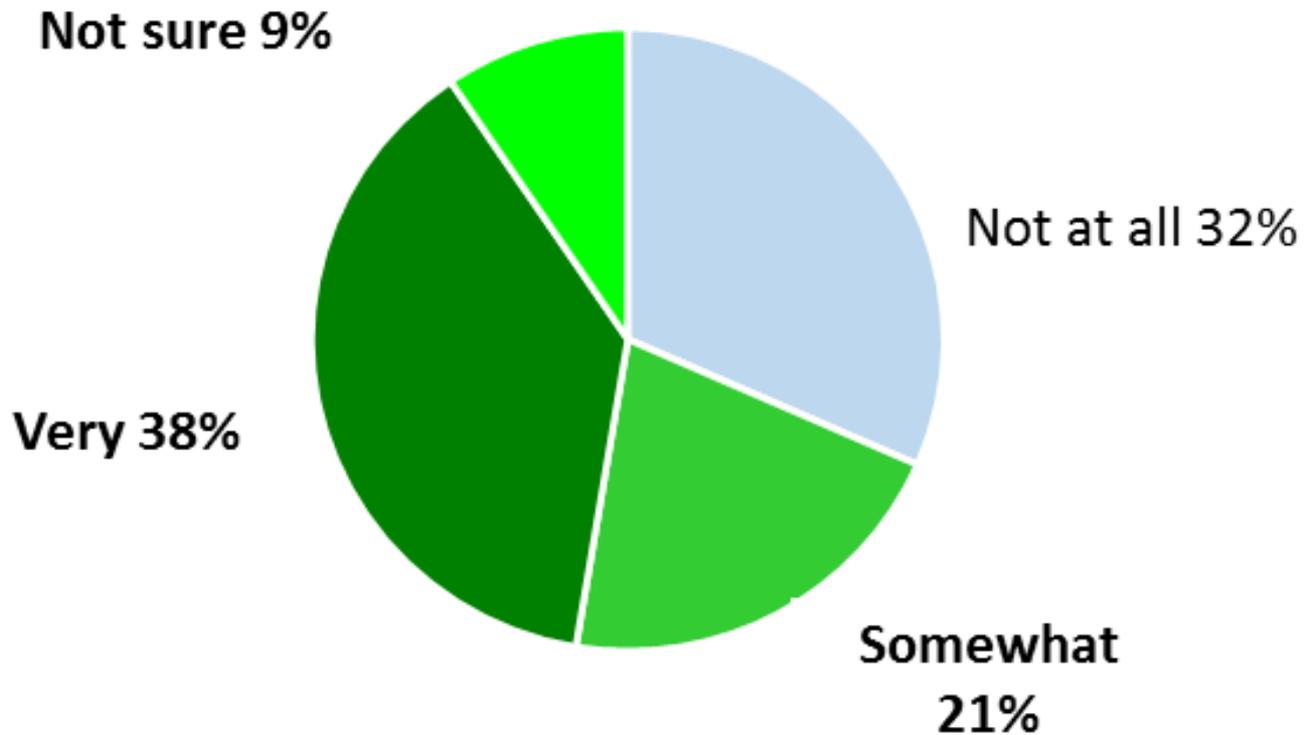
Appropriate prescribing
School-based programming
Take Back schemes, lock boxes

Syringe exchange linkage with services
Partnerships with community, service providers
Treatment: Identify, assess, refer



2015 Drug Injector Health Survey, Clallam (n=11)

How interested are you in getting help to cut down or quit using?



Focus of response

Appropriate prescribing
School-based programming
Take Back schemes, lock boxes

Naloxone:
docs, pharmacies, first responders, health depts., syringe exchange
Public education

Syringe exchange linkage with services
Partnerships with community, service providers
Treatment: Identify, assess, refer

Stopoverdose.org



StopOverdose.org

Opioid overdoses can be prevented and reversed!

Home / Opioid OD Education

Where to Get Naloxone / FAQ

Sources for Help

Law Enforcement

Evaluation of WA Law

Pharmacy/Prescribers

Other Drugs and Overdose

Resources

News

Center for Opioid Safety Education (COSE) **new!**

Opioid Overdose Prevention Education

Learn how you can save a life:

WATCH a video, **REVIEW** the steps, then **TAKE A QUIZ**.



A community health worker explains overdose prevention and demonstrates how to administer intra-nasal naloxone (Narcan®) in an overdose. Also in Spanish.



A doctor teaches patients, their families and friends, what to do in case of overdose from prescription opioids, including how to administer the opioid antidote naloxone.