SBIRT for adolescents: An upstream intervention to address the heroin and prescription opioid epidemic

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Drug Overdose is Increasing

Percent Change in Age-Adjusted Death Rates since 2003 by Cause of Death, 2003-2015

Drugs now kill more people than cars, guns

Number of deaths from drug poisonings vs. other causes, 1999–2014

Drug overdoses, Car accidents, Shootings

Source: CDC

Drug deaths rising in all 50 states

Drug and opioid overdose deaths per 100,000 people (age-adjusted), 1999–2014

- 1.9–7.5
- 7.5–11.5
- 11.5–15.5
- 15.5–21.5
- 21.5–36.3
- Unavailable

Source: CDC

Unintentional Drug Overdoses in NYS

2,326 unintentional drug overdose deaths in 2015
Age-adjusted rate 11.8 per 100,000 population

Source: CDC WISQARS

Drug Overdose by Gender, NYS, 2015

Age-Adjusted Rate per 100,000
Men 17.3; Women 5.9
Overdose deaths differ by age, race and gender

Unintentional drug overdose death rate per 100,000 by age, race and gender, NYS, 2015

Source: CDC WISQARS
Educational attainment also plays a major role

White, non-Hispanic mortality ages 50-54

Drug and alcohol poisoning

All-cause mortality by single year of age, US white non-Hispanics and comparison countries.
Rise in Drug Overdose Driven by Opioids

- 1,601 overdoses involved opioids in NYS in 2013 (55% increase since 2009)
  - Heroin deaths increased from 242 in 2009 to 637 in 2013 (163% increase)
  - Prescription opioid deaths increased from 735 to 952 (30% increase)
- Reasons:
  - Rise in opioid prescriptions
  - Past misuse of prescription opioids
  - Increased availability of heroin
  - Low cost and high purity of heroin
  - Fentanyl - synthetic opioid with high lethality - laced with heroin


Health and Human Services Priority Areas

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.

SOURCE: CDC Vitalsigns, July 2015
Other Recent National Efforts

- CDC released new, voluntary guidelines on responsible prescribing
- FDA requires box warnings and patient medication guides for opiates and benzodiazepines
- Comprehensive Addiction and Recovery Act (CARA) signed by President Obama July 2016
  - Expand availability of naloxone and MAT
  - Increase number of prescription medication disposal sites
  - Strengthen prescription drug monitoring program
- 21st Century Cures Act signed by President Obama December 2016
  - $1 billion to address opioid epidemic
- Expand access to MAT - buprenorphine prescribing
  - Physicians can obtain waiver to treat up to 275 patients, up from 100
  - NPs and PAs able to prescribe buprenorphine after meeting 24-hour training requirement (starting February 2017) - possibly up to 100 the following year (CARA regulation)

Harris BR. Talking about screening, brief intervention and referral to treatment for adolescents: An upstream intervention to address the heroin and prescription opioid epidemic. *Prev Med.* 2016. 91;397-399.


Landmark Report

FACING ADDICTION IN AMERICA

The Surgeon General’s Report on Alcohol, Drugs, and Health

U.S. Department of Health & Human Services

Released November 17, 2016

https://addiction.surgeongeneral.gov/
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...

- Alcohol
- Marijuana
- Cocaine
- Rx Opioid Painkillers

are
2x
3x
15x
40x

...more likely to be addicted to heroin.

What Do We Know?  This Is Not Enough

- Current actions are too far downstream - there is very little true prevention
- Of 20.8 million people in US with a substance use disorder, only 1 in 10 receive treatment - why?
  - Don’t recognize a treatable problem and don’t seek services
- Waiting until after adolescence is too late
- Most addictions start with early initiation of alcohol and marijuana use in adolescence
  - Young adults who use alcohol and marijuana are 2-3 times more likely to subsequently abuse prescription opioids
- The National Survey on Drug Use and Health (2016) estimates that in NYS...
  - 33% of adolescents currently drink
  - 18% currently binge drink
  - 22% are current marijuana users
  - 17% reported non-medical use of prescription pain relievers (4% in past year)

The Current Model
A Continuum of Substance Use

- Abstinence
- Responsible Use
- Addiction
The SBIRT Model - A Continuum of Substance Use
What is SBIRT?

An evidence-based prevention and early intervention model to address the full continuum of substance use

- **Screening** using a standardized questionnaire (AUDIT, DAST, CRAFFT)
- **Brief Intervention** 5-15 minutes on-site following screen
- **Referral to Treatment** when indicated by screening score
- **Goal:** Identification of *at-risk substance users* in *non-substance use treatment* settings and provision of appropriate services

*Primary care, EDs, OB/GYN, mental health clinics, dental clinics, schools, school-based health centers, universities, workplaces where people are typically found*
Where Does SBIRT Fit?

- In the conversation about how to address the opioid overdose epidemic, it’s not just screening for opioid use and referring to treatment.
- SBIRT for adolescents is an upstream intervention to prevent and reduce alcohol and marijuana use and ultimately prevent any initiation of opioid use.
  - Emerging research shows reduction in alcohol and marijuana use as well as prevention of initiation among adolescents.
  - Low cost and minimal risk.
  - Recommended by the American Academy of Pediatrics.
  - Reimbursable service in NYS with completion of training.
  - DSRIP 4aii - Prevent Substance Abuse and Other Mental Emotional Disorders.
  - SBIRT training counts toward hours required for NPs and PAs to prescribe buprenorphine.

Questions

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