

# **OPIOID EPIDEMIC: ● HOW DID WE GET HERE AND WHERE DO WE GO FROM HERE**

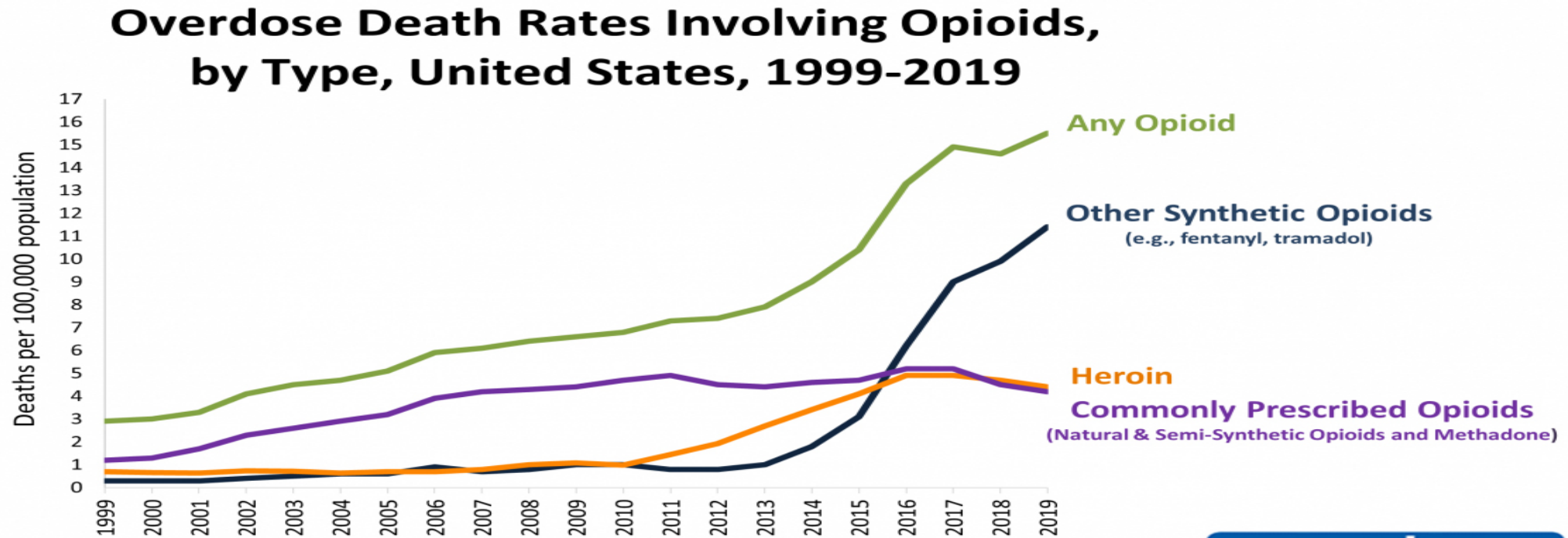
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MHFA Outreach Worker  
Helen Farabee Centers



# OBJECTIVES

- **Discuss the significance and consequences of the opioid epidemic.**
- **Describe the 3 phases of the opioid epidemic.**
- **Describe how LMHAs and care providers can leverage their roles to help address the opioid epidemic.**

# Why is the topic important?



SOURCE: CDC/NCHS, National Vital Statistics System, Mortality. CDC WONDER, Atlanta, GA: US Department of Health and Human Services, CDC; 2020. <https://wonder.cdc.gov/>.

**www.cdc.gov**  
Your Source for Credible Health Information



# OPIUM

**At least 20 medications derived from Opium**

**Dilaudid**

**Hydrocodone**

**Morphine**

**Oxycodone**

**Codeine**

**Methadone**

**FENTANYL**



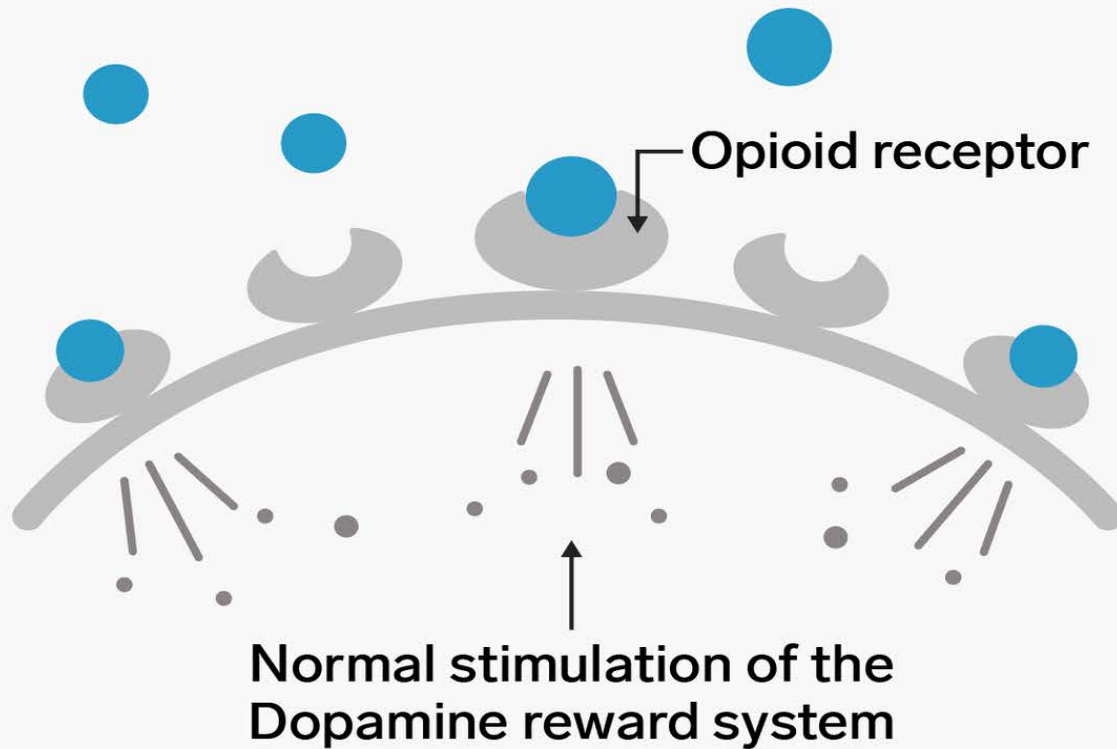
# OPIOIDS AND THE BRAIN

- **Attach to the proteins in the brain, spinal cord, and gastrointestinal tract**
- **They block the pain from reaching the brain**
- **Dopamine (a neurotransmitter) is released**

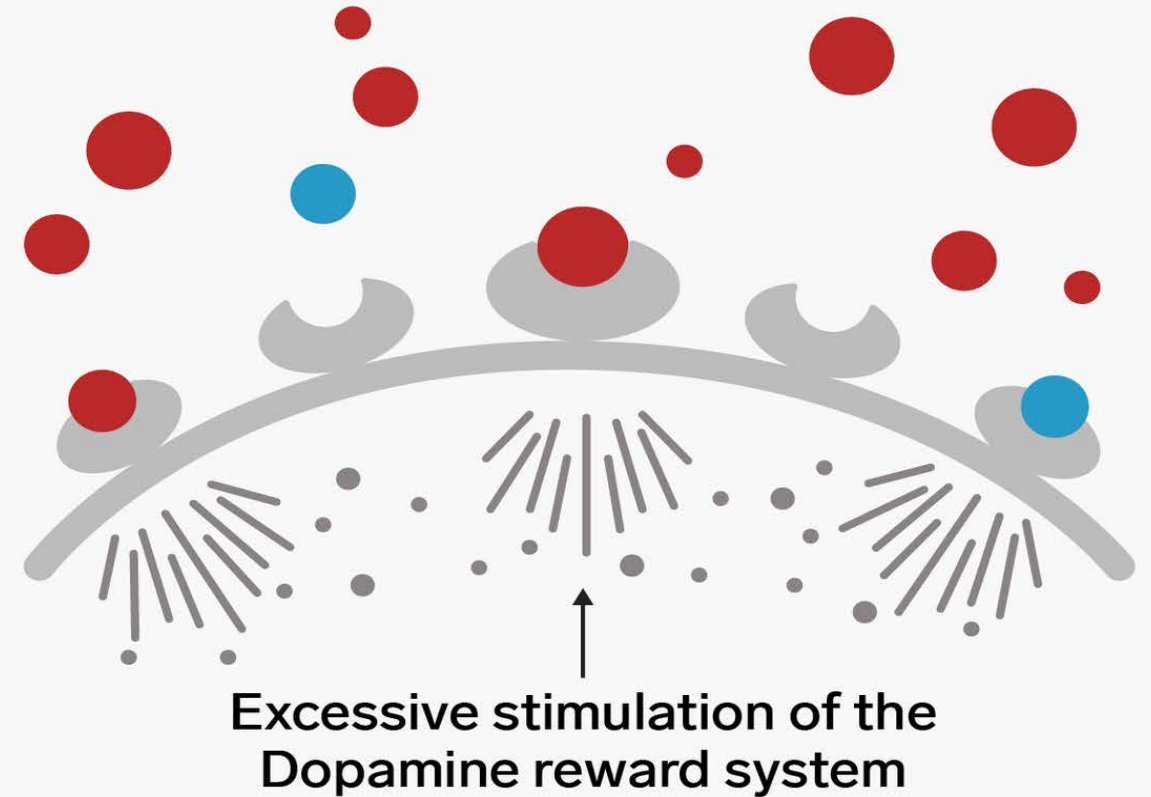
# How opioids affect the brain

● Endorphin ● Opioid

## Normal brain



## Brain on opioids



# LEGAL AND ILLEGAL HISTORY

- Legal

- **3400 BC-** Opium was the "joy plant"
- **460 bc-** Hippocrates realized Opium could be a medicine
- **1806-** Germany created morphine "God's own medicine"
- **1898-1913-** Bayer produced Heroin

- Illegal

- **18<sup>th</sup> century-** China banned it
- **1914-** Harrison Narcotics Act, illegal market exploded
- **Street Heroin** has less than 5% purity



An abstract geometric design on the left side of the slide. It features a dark blue background with various geometric shapes and patterns. A white circle is positioned near the top left. Below it, a light blue semi-circle is visible. To the right of the semi-circle, there is a pink triangle with diagonal lines. Further down, there is a pink square with a pattern of concentric lines. At the bottom, there is a pink triangle with a pattern of concentric lines. The overall design is modern and minimalist.

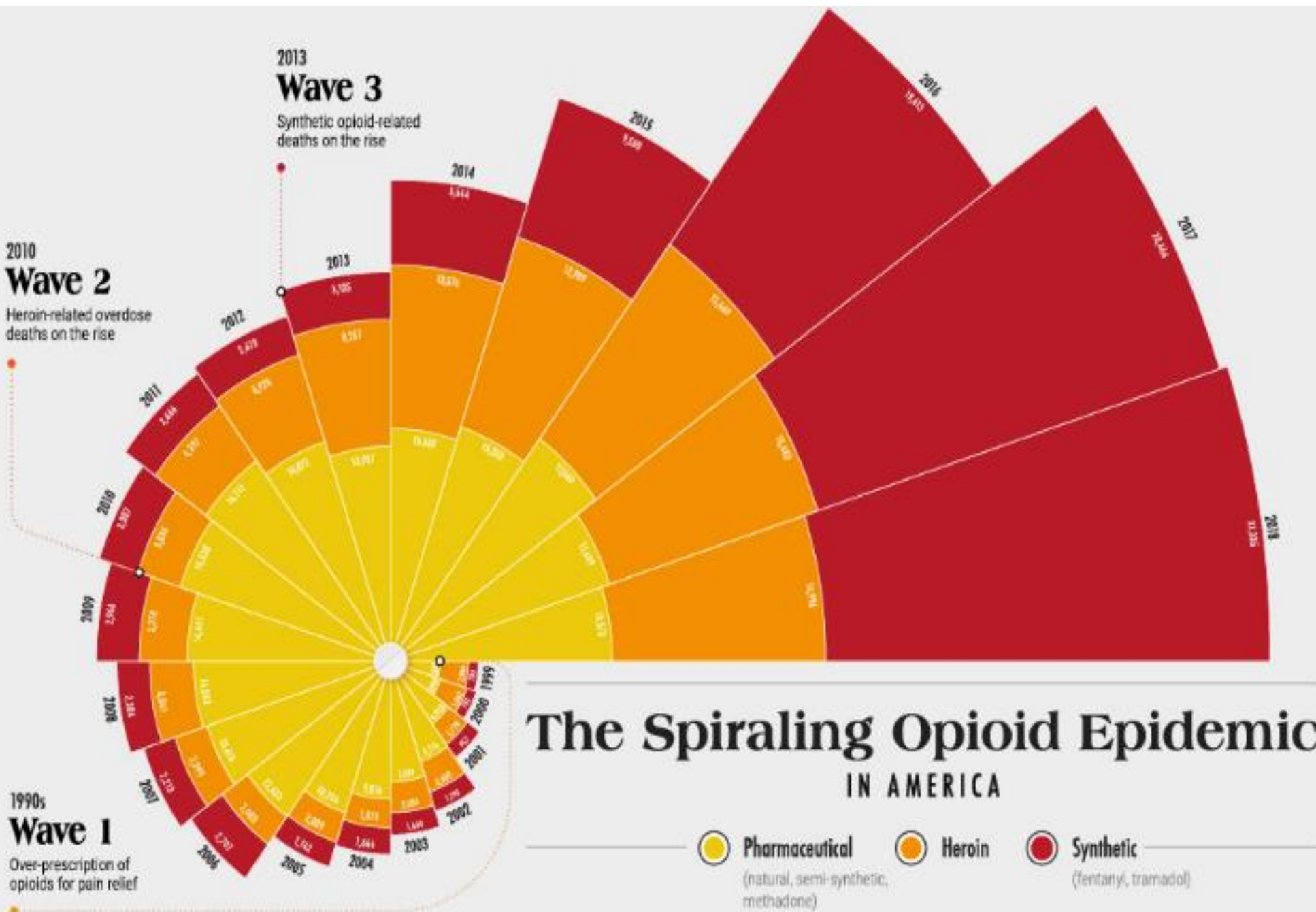
# THE THREE PHASES



2010  
**Wave 2**  
Heroin-related overdose  
deaths on the rise

2013  
**Wave 3**  
Synthetic opioid-related  
deaths on the rise

1990s  
**Wave 1**  
Over-prescription of  
opioids for pain relief



# PRESCRIPTIONS

Over prescribing by doctors

Lack of oversight

Drug companies pushing opioids  
and calling them safe

Created "pill mills"

No help for patients when doctors  
were shutdown



**PILL MILL UNCOVERED**



# HEROIN

Up to 80% of people who use heroin first misused prescription opioids

Less expensive and easier to obtain

Most eventually turn to IV (faster, cheaper)

At the height, it can cost \$250 a day to feed the addiction

Physical and Psychological dependence

# FENTANYL

Newest member-1960 Paul Jannssen  
Approved for medical use (US) in 1968

80-100 times stronger than  
Morphine; 50 x stronger than Heroin

1 gram can make 7000 street doses

End of Life & Surgery drug, now  
used for chronic and acute pain

2019- over 1 million prescriptions

# **FENTANYL MEDICAL USES**

- **Used for anesthesia**
- **Combat medicine (lollipops)**
- **End of life drug**
  - **Chronic pain**
  - **Breakthrough pain**
  - **Palliative care**
- **Acute pain?**
- **Carfentanil- used as tranquilizer for large animals, like elephants**
  - **It is never prescribed for humans**

# FENTANYL DEATHS

32,754 deaths from April 2018-April 2019

**Apr. 2018 - Apr. 2019**

fentanyl overdose was #1 leading cause of death for 18-45 year olds

**2020 and 2022**

**Apr. 2020 - Apr. 2021**

64,268 deaths between April 2020- April 2021



# Lethal Doses of Opioids

(Dime for Scale)

**Heroin**  
10-12mg

**Fentanyl**  
1-2mg

**Carfentanil**  
.02mg



DRS

DEA



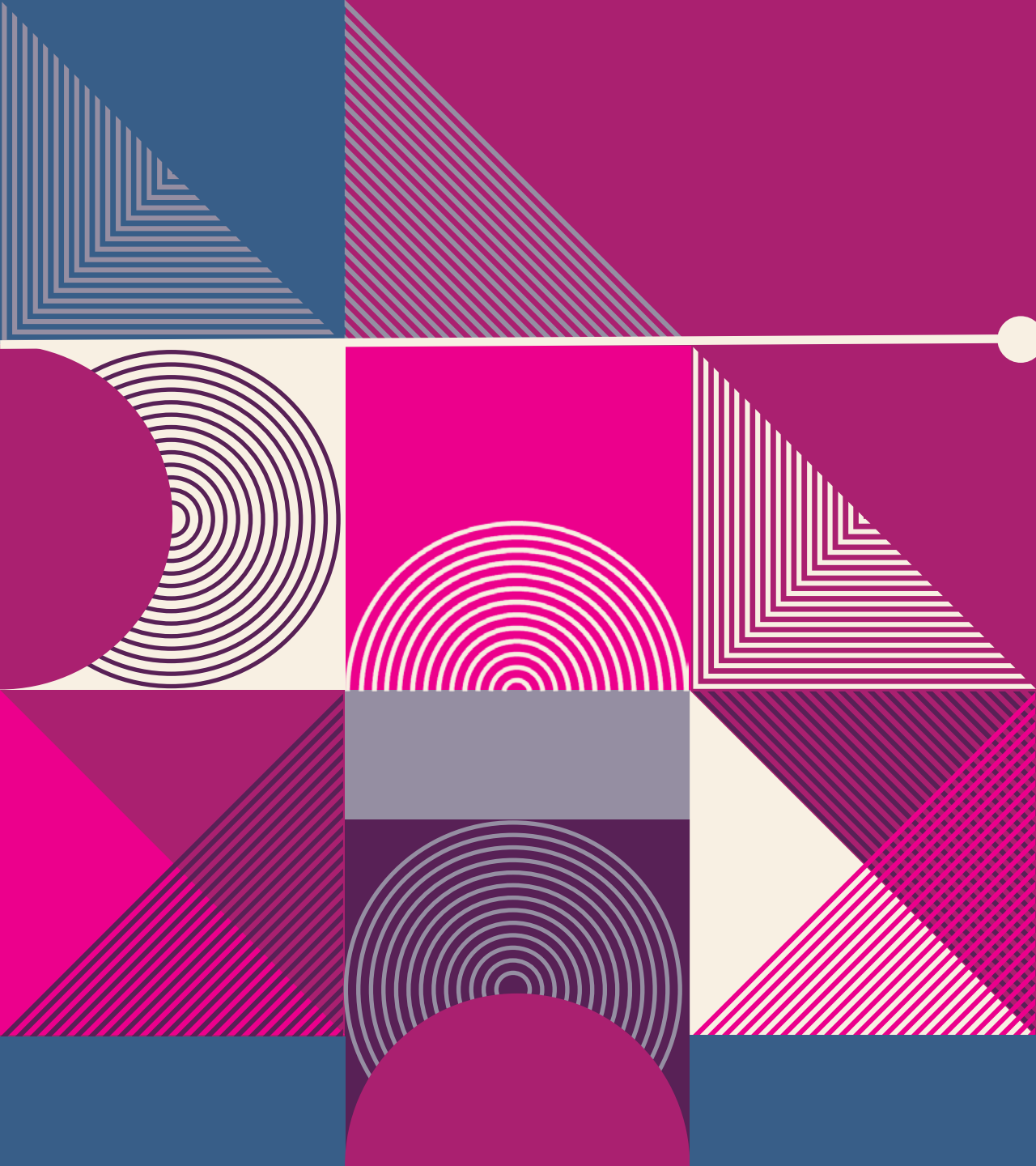




A decorative geometric pattern in the top-left corner of the slide. It features a large square divided into four quadrants. The top-left quadrant is light blue with a pattern of concentric circles. The top-right quadrant is dark blue with a pattern of concentric circles. The bottom-left quadrant is light blue with a pattern of concentric circles. The bottom-right quadrant is dark blue with a pattern of concentric circles. The entire pattern is set against a light blue background.

# UNKNOWN USE

- **Counterfeit**
- **Unknown use as high as 73%**
- **Many, many stories**



**BEYOND**



# DESOMORPHIN

- **Krokodil- named for the green and black crocodile skin it causes**
- **10x stronger than Morphine**
- **Created in the 1930s, but emerged in Russia in early 2000s**
- **Came to the US- 2013**

# INGREDIENTS

**Paint Thinner**

**Gasoline**

**Codeine**

**HCL Acid**

**Red Phosphorous**

**Iodine**

**Acidified water**

**Solvent**

**Alkali solutions**







# **"TRANQ"- XYLAZINE**

- **Made by Bayer since 1962 to sedate, relieve pain, and use as a muscle relaxant in dogs, cats, and horses.**
- **Brand names- Anased, Chanazine, Rompun, and Sedazine**
- **Not FDA-approved for human use**

# TRANQ AND OPIOIDS

- Mixed together to get more of a high
- Similar effects to opioids
- Does not show up on routine drug tests
- Naloxone does not work on it and can make it harder for Naloxone to reverse the opioid also
- Antidote is not approved for humans





# WHAT IS KRATOM

Kratom (*Mitragyna speciosa*) is an herbal extract from an evergreen tree in Asia.

“Legal Opioid”

Has similar pain-relieving effects as Opioids

Pills, powders, and teas





# SIDE EFFECTS OF KRATOM

## COMMON SIDE EFFECTS

Aggression

Drowsiness and sedation

Muscle pain

Weight loss

Anxiety and irritability

Chills, nausea, and vomiting

Constipation/urination issues

Tongue numbness

Hallucinations and delusions

Itching

## SERIOUS SIDE EFFECTS

Cardiac issues

Liver and kidney damage

Brain disease

Respiratory depression

Hypothyroidism

Seizures, coma, and death

## WITHDRAWAL SYMPTOMS

Muscle spasms, pain, rigidity, seizures, and tremors



# SUMMARY

Low doses, Kratom acts as a stimulant

Higher doses, it reduces pain and causes euphoria

Problems arise from high doses or long-term use

Researchers did believe it was a safe alternative to opioids. But have now determined any benefit is outweighed by the side effects and safety problems.

In animals, it appeared that Kratom was stronger than Morphine

DEA lists it as "a drug of concern." FDA doesn't approve it for any uses



# LEGALITY OF KRATOM

- Banned in:

- Alabama
- Arkansas
- Indiana
- Rhode Island (bill pending to reverse ban)
- Vermont
- Wisconsin
- South Dakota (under 21 years old)
- Tennessee (under 21 years old)
- Illinois (minors only)
- New Hampshire (minors only)
- San Diego (city, not county)
- Denver (for human consumption)
- Parker Town & Monument Town (Colorado)
- Jerseyville (Illinois)
- Sarasota County (Florida)
- Franklin (New Hampshire)
- Many cities/counties (Mississippi)

- Bill to Ban, but didn't pass:

Arizona  
Connecticut  
Georgia  
Hawaii  
Iowa  
Kansas  
Kentucky  
Maine  
Maryland  
New Hampshire  
New Jersey  
New York  
North Carolina  
Oklahoma

- Kratom Consumer Protection Act-

Texas, Oklahoma, Arizona, Georgia,  
Nevada, Utah, Oregon, Colorado, West  
Virginia, Virginia, Florida, D.C.  
Michigan-pending



# WHAT IS THE GOVERNMENT DOING?

# TEXAS FACTS

46.7% of ODs are opioid related

Prescription Opioids- 39% of opioid OD death

Heroin- 47.7%

25.5% synthetic

Compare to CT- 88.7% of ODs are opioids and 83% are synthetic

5<sup>th</sup> out of 39 states for per capita cost- \$1736

Compare to WV- \$7247



# TEXAS

## Federal \$

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Since May 2017, Texas has received over \$280 Million from federal government and \$1.8 Billion from settlements with pharmaceutical companies

## Report Card

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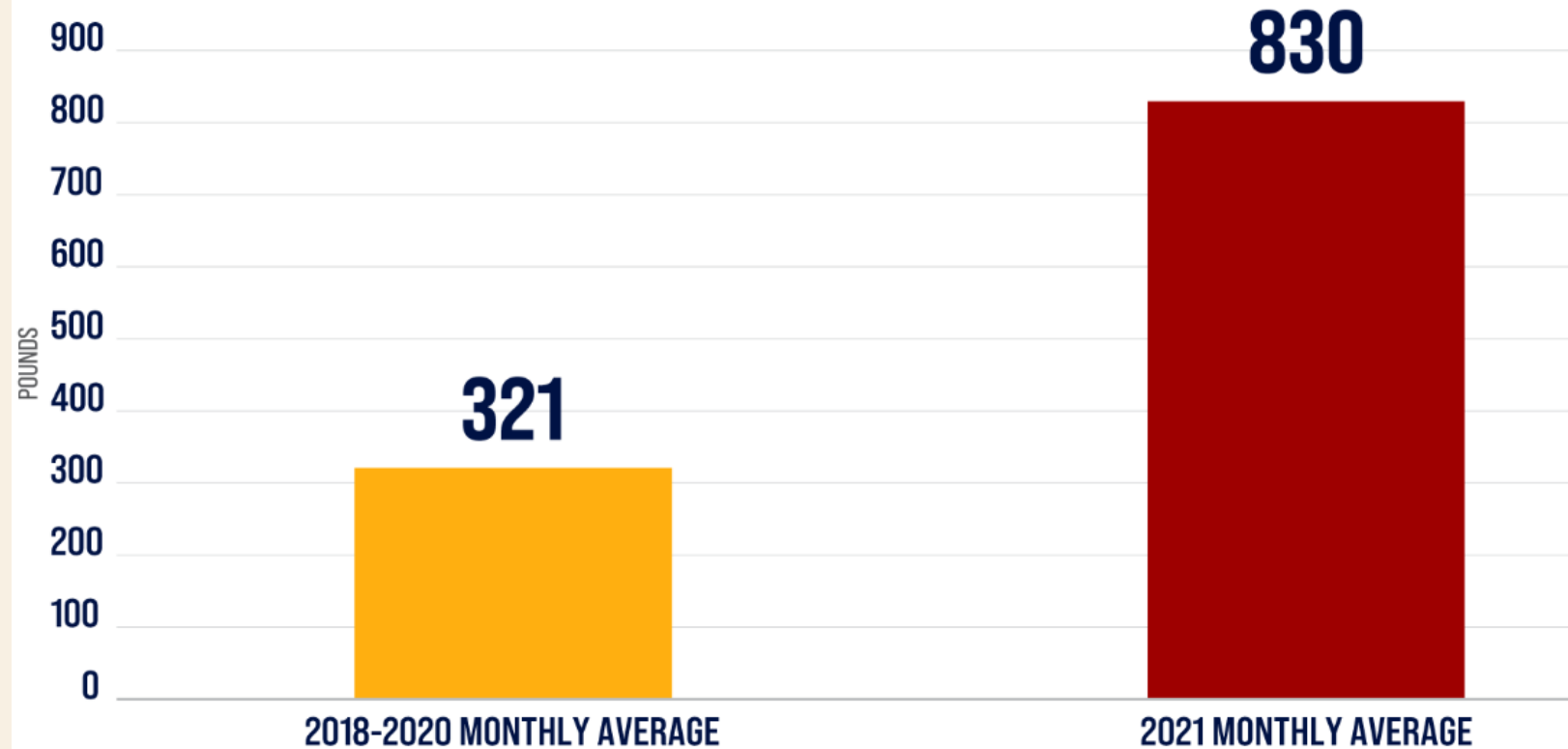
FY22 Program Report Card - Texas Targeted Opioid Response

## What

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The Texas Opioid Response | The Texas Opioid Response ([txopioidresponse.org](https://txopioidresponse.org))

## POUNDS OF FENTANYL SEIZED INCREASES DRAMATICALLY







# AMERICAN RESCUE PLAN 2023

- \$4 Billion to Substance Abuse and Mental Health Services Administration and the Health Resources and Services Administration
  - Expanding access to evidence-based treatment;
  - Advancing racial equity issues in our approach to drug policy;
  - Enhancing evidence-based harm reduction efforts;
  - Supporting evidence-based prevention efforts to reduce youth substance use;
  - Reducing the supply of illicit substances;
  - Advancing recovery-ready workplaces and expanding the addiction workforce;
  - Expanding access to recovery support services.
- [BidenHarris-Statement-of-Drug-Policy-Priorities-April-1.pdf \(whitehouse.gov\)](#)



# US SEIZURES

- In 4 years, seized counterfeit pills with Fentanyl has risen 4850%
- DEA seized 50.6 million pills and 10,000 lbs in 2022, enough to make 379 million lethal doses
- 6 out of 10 seized counterfeit pills had at least 2mg of Fentanyl (4 out of 10 in 2021)
- Border Patrol- seized almost 21,000 lbs in 1<sup>st</sup> 8 months of FY2023 (5,092 lbs 1<sup>st</sup> 8 months in FY 2020)

# STATE SEIZURES

- Phoenix DEA seized 10 million counterfeit pills in 2021
- Colorado (2021)- one seizure was 114.36 lbs
- Arizona- Dec 2021 seizure- 1.7 million pills and 10kg of powder
- Bronx- Oct 2022- 300,000 pills and 22 lbs
- Texas (Nueces County)- 3 gallons of liquid Fentanyl. 1 gallon equals 3,785,411 mg.
- DFW- June 2022- 15,000 pills
- Texas DPS- 416 million lethal doses of Fentanyl (March 2021-May 2023)

# MEXICO AND CHINA

- China would make Fentanyl and ship it to Mexico
- May 2019- China bans Fentanyl, but not the ingredients
- Mexico acquires ingredients now and makes it
- July 7, 2022- Mexico seized half a ton of Fentanyl
  - (\$230 million value)



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**WHAT CAN YOU  
DO TO HELP?**



# KNOW TREATMENT OPTIONS

Detox

Rehab

MAT (Medication Assisted Treatment)

Individual Therapy

Group Therapy

# NALOXONE HISTORY

- 1961-Invented Naloxone
- 1966-FDA approved
- 2014-Community Use
- 2015-NARCAN approved
- Blanket prescription-Texas
- 2023- Approved for OTC



THE ORIGINALS

# ORIGINALS

9NEWS.AU

WEDNESDAY 10:00PM | THURSDAY 10:00PM



# USING NARCAN

Check for responsiveness

Call 911

Roll onto back and gently tilt head back

Open Narcan package

Insert fully into 1 nostril

Depress Plunger

[Home | More narcan please](#)



# RECOVERY POSITION

1



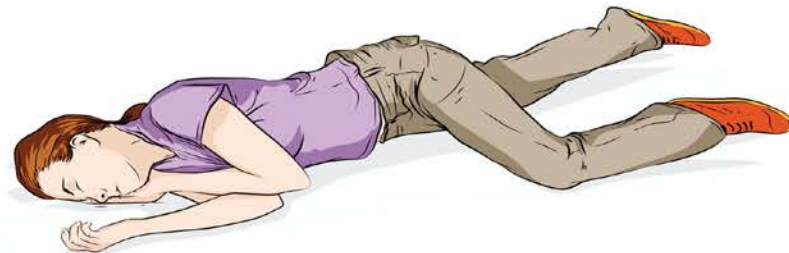
2



3



4





Call 911

Give Narcan (if available)

Put in Recovery Position



A word cloud featuring various terms related to recovery and mental health. The words are arranged in a dense, overlapping manner, with some words being significantly larger than others. The colors of the words include shades of green, red, orange, blue, and grey. The background is white with faint, light-colored geometric shapes.

beliefs  
possible  
dignity  
power  
resources  
RECOVERY  
wellness  
rights  
relationships  
perspective  
health  
trust  
unique  
values  
experiences  
team  
practice  
ethics  
specialist  
principles  
choice  
sharing  
RESPECT  
strengths  
trauma  
Peer  
respect  
hope  
collaboration  
community  
mental  
health  
advocates  
honesty  
role  
Recovery  
SUPPORT  
HOPE  
Recovery

# REFERENCES

The Texas Opioid Response

United States and Texas Health and Human Services

Center for Disease Control and Prevention

Substance Abuse and Mental Health Services Administration

Stevens, P., & Smith, R. (2018). Substance use counseling: Theory and Practice. NY, NY: Pearson

Texas Department of Public Safety

The image features a white background filled with numerous question marks in red, green, blue, and yellow. These question marks are scattered across the frame, some appearing larger and more prominent than others. In the lower half of the image, several human hands of various skin tones are raised, palms facing forward, as if participating in a discussion or voting. The hands are positioned below the question marks, creating a visual connection between the questions and the audience's response.

# **Questions and Discussion**