Layered Protections & Transformational Change: CDC Perspective on Drug Overdose Prevention

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The findings and conclusions in this presentation are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.
Reflections on Drug Overdose Deaths in 2020

THE "NOT-SO-SECRET" INGREDIENT

2020 OVERDOSE DEATHS

HIGHEST NUMBER EVER RECORDED

TIM CAMPBELL/WASHINGTON POST SYNDICATE
Nonfatal Drug Overdoses Increased for All Drug, Opioid, Heroin, and Stimulants During the COVID-19 Pandemic

Current State of the U.S. Drug Overdose Crisis

DRIVERS

• Continued increase in burden caused by illicitly manufactured fentanyl
• Challenges posed by COVID-19 pandemic
• Increasing co-involvement of substances in overdose deaths

A growing proportion of ALL drug overdose deaths in the U.S. involve synthetic opioids from 2013-2019

93,331
Provisional Estimate of Overdose Deaths in 2020

Over 840,000 people have died from a drug overdose since 1999

Percent of deaths involving any opioid increased from 48 to 71 percent

Drug overdose deaths increased 4-fold
Opioid overdose deaths increased 6-fold
Rx opioid overdose deaths increased 4-fold
Synthetic opioids excluding methadone overdose deaths increased 50-fold
Psychostimulant w/ Abuse Potential overdose deaths increased 30-fold
Cocaine overdose deaths increased 4-fold
Racial and Ethnic Disparities in U.S. Drug Overdose Death Rates

Opioid-Involved Overdose Deaths 2001-2019

From 2004-2019
Cocaine and psychostimulant-involved death rates were higher for non-Hispanic Black and Non-Hispanic American Indian/Alaska Native persons than other ethnic groups.

From 2013-2019
Opioid overdose death rates increased over 80 percent among Non-Hispanic Whites and 264 percent among Non-Hispanic Blacks

83 percent of opioid overdose deaths & 63 percent of all drug overdose deaths involved synthetic opioids excluding methadone

March 2020 - February 2021 – Provisional Drug Overdose Deaths
Source: https://www.cdc.gov/nchs/nvsr/vsr/drug-overdose-data.htm
We don’t need to find common ground. We need to find higher ground that addresses common interests.

Adapted from Leana Wen
Lifeline - 2021
Strengthen upstream prevention with a focus on addressing adverse childhood experiences (ACES)

Support harm reduction and expand the provision and use of naloxone, and overdose prevention education

Expand access to and provision of treatment for substance use disorders – including wrap around services and supports

Intervene early with individuals at the highest risk for overdose

Improve detection of overdose outbreaks due to fentanyl, fentanyl analogs, and other drugs to facilitate an effective response

CDC Approach to Prevent Overdoses and Substance Use-Related Harms

STRATEGIC PILLARS

Monitor, analyze, and communicate trends

Build state, tribal, local, and territorial capacity

Support providers, health systems, payors, and employers

Raise public awareness and reduce stigma

Partner with public safety and community organizations
CDC Approach to Prevent Overdoses and Substance Use-Related Harms

GUIDING PRINCIPLES

- Promote Health Equity
- Address Underlying Factors
- Partner Broadly
- Take Evidence-Based Action
- Drive Innovation
- Advance Science
Parallels between the COVID-19 Pandemic and the US Drug Overdose Crisis

cdc.gov/coronavirus
Multi-Layered Protections are Critical and Need to be Universally Adopted

Multi-Layered Protections from COVID-19

Swiss Cheese Model

Some Racial and Ethnic Groups are Disproportionately Impacted

A Well Developed and Vibrant Public Health System is Required to Deliver the 10 Essential Services

https://www.cdc.gov/publichealthgateway/publichealthservices/essentialhealthservices.html
Timely, Comprehensive, Localized, Integrated, and Actionable Data are Essential

COVID Data Tracker

COVID Data Tracker
Find maps and charts tracking cases, deaths, and trends of COVID-19 in the United States, updated daily by 8 pm ET

Recent updates:
- The County View tab now includes Expanded Vaccination coverage maps with the addition of percent of each population of interest who has received at least one dose of vaccine
- The state bar at the top of the site now includes level of community transmission and enhanced visualizations
- There are now stratified Trends in Emergency Department Visits by age group

COVID Data Tracker Weekly Review
An interpretive summary of this week’s data

How Do I Find a COVID-19 Vaccine?

Your Community
Stay up to date on the latest data in your community at the state and county level.

County View
Track cases, deaths, hospitalizations, and more for your community

Forecasting
See expectations for case increases or decreases for your state and across the US

https://covid.cdc.gov/covid-data-tracker/#datatracker-home
Multi-Layered Protections are Critical and Need to be Universally Adopted

Swiss Cheese Model

Each intervention (layer) has imperfections (holes).
Multiple layers improve success.
Multi-Layered Protections are Critical and Need to be Universally Adopted

Some Racial and Ethnic Groups are Disproportionately Impacted

When policies, programs, and systems that support health are equitable, poor health outcomes can be reduced

https://www.cdc.gov/socialdeterminants/index.htm
Thriving Together In Communities Across the Country Means Investing in These 7 Areas

<table>
<thead>
<tr>
<th>Area</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Thriving Natural World</td>
<td>Sustainable resources, contact with nature, freedom from hazards</td>
</tr>
<tr>
<td>Basic Needs for Health + Safety</td>
<td>Basic requirements for health and safety</td>
</tr>
<tr>
<td>Humane Housing</td>
<td>Humane, consistent housing</td>
</tr>
<tr>
<td>Meaningful Work + Wealth</td>
<td>Rewarding work, careers, and standards of living</td>
</tr>
<tr>
<td>Lifelong Learning</td>
<td>Continuous learning, education, and literacy</td>
</tr>
<tr>
<td>Reliable Transportation</td>
<td>Reliable, safe, and accessible transportation</td>
</tr>
<tr>
<td>Belonging + Civic Muscle</td>
<td>Sense of belonging and power to shape a common world</td>
</tr>
</tbody>
</table>

- Sustainable resources, contact with nature, freedom from hazards: Clean air, water, soil; healthy ecosystems able to sustainably provide necessary resources; accessible natural spaces; freedom from the extreme heat, flooding, wind, radiation, earthquakes, pathogens.
- Basic requirements for health and safety: Nutritious food, safe drinking water; fresh air; sufficient sleep; routine physical activity; safe, satisfying sexuality and reproduction; freedom from trauma, violence, addiction and crime; routine care for physical and behavioral health.
- Humane, consistent housing: Adequate space per person; safe structures; affordable costs; diverse neighborhoods (without gentrification, segregation, concentrated poverty); close to work, school, food, recreation, and nature.
- Rewarding work, careers, and standards of living: Job training/retraining; good-paying and fulfilling jobs; family and community wealth; savings and limited debt.
- Continuous development of cognitive, social, emotional abilities; early childhood experiences; elementary, high school, and higher education; career and adult education.
- Close to work, school, food, leisure; safe transport; active transport; efficient energy use; few environmental hazards.
- Social support; civic association; freedom from stigma, discrimination, oppression; support for civil rights, human rights; civic agency; collective efficacy; vibrant arts, culture, and spiritual life; equitable access to information; many opportunities for civic engagement (voting, volunteering, public work).

https://thriving.us/
Overdose Data to Action (OD2A)

- $300M per year for 3 years
- Seamless integration of data and prevention programs
- 66 jurisdictions funded including 47 states, DC, 2 territories, and 16 hard hit cities and counties
- At least twenty percent of state funds go to the local level as well to spur innovation and multisector collaboration.
Adapting OD2A to Meet the Moment

CHALLENGE

- COVID-19 has impacted the ability of states and localities to execute activities and expend program fund in OD2A.
- The drug overdose crisis has evolved and demands novel approaches.

SOLUTION

- Extend the current state, local, and territorial program by one additional year.
- Offer jurisdictions flexibility to strengthen their response by expanding the scope of OD2A prevention activities to include polysubstance use and prescription and illicit stimulants.
- Leverage partnership cooperative agreements to provide additional support to recipients - including to fill critical health department positions and expanding investments in additional localities via offsets.
Updating the CDC Opioid Prescribing Guideline

- Areas updated in the CDC Guideline include:
  - Additional detail on non-pharmacologic and non-opioid pharmacologic therapies for chronic pain;
  - Updated information on benefits and risks of nonpharmacologic, nonopioid pharmacologic, and opioid therapies for chronic pain;
  - Expanded guidance on acute pain;
  - Expanded guidance on opioid tapering.

- CDC Injury Center established and requested observations from the Opioid Workgroup under its Board of Scientific Counselors. The OWG Report was presented in July 2021 BSC meeting.

- Input from patients, providers, and the public is being sought via several avenues including opportunities for public comment in federal register notices (FRN).

- Draft update to the Guideline is anticipated to be posted in FRN for public comment in late 2021/early 2022.

- Anticipated that update to the Guideline will be released in 2022.
Real stories from real people

CDC RX Awareness Campaign

There is hope. Recovery is possible.

Phase 2 - Launched July 2020

Tele  Jeni  David  Britton  Tessa
Opioid Resource Exchange (ORE) is a central collection of CDC-reviewed communication materials and educational resources about opioid misuse, addiction, treatment, and overdose prevention for state, territorial, and local health departments, tribal organizations, nonprofit and community-based organizations, healthcare providers, and public health professionals.

SOURCE: https://ore.cdc.gov/

Launched August 2021
Fentanyl is up to 50x more potent than heroin and 100x more potent than morphine. Learn more about the dangers of fentanyl and how it has taken over the drug supply.

Naloxone is a safe medication that can reverse an overdose from opioids, including heroin and fentanyl. Learn more about where to get naloxone and how to use it.

Polysubstance use occurs when two or more drugs are taken together, either intentionally or unintentionally. Learn more about the risks and consequences of mixing different types of drugs.

Addiction is a disease, not a character flaw. There are many ways to treat substance use disorders. Learn more about what options are available and how to support loved ones on their recovery journey.

SOURCE: https://www.cdc.gov/stopoverdose
700+ COMMUNITY COALITIONS

Preventing and reducing substance use among youth 18 and younger
Advancing Coalition Capacity
Provide grants management and programmatic support to ensure compliance and enhance alignment between strategies and outcomes.

Advancing Coalition Collaboration
Foster coalition connections across youth substance use prevention networks by increasing cohesion with state and local partners, sharing CDC expertise and resources, and maximizing national and federal partnerships.

Advancing Community Health
Champion public health by tailoring expertise and promoting evidence-based prevention strategies to coalitions and communities, enabling them to further health equity and address root causes and risk factors of youth substance use.

CDC Drug Free Communities Branch
Provide grant awards, subject matter expertise, and partner connections to diverse community coalitions to reduce and prevent substance use among youth leading to drug-free lives now and through adulthood.

STATEGIC VISION
Implementing Overdose Prevention Strategies at the Local Level

Mirrors Overdose Data to Action activities in local communities.

Funds high capacity, high burden counties to conduct overdose surveillance, prevention, and response work.

Total of $6.7 Million in Funding

<table>
<thead>
<tr>
<th>ROUND 1</th>
<th>December 2019 – July 2021</th>
</tr>
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<tbody>
<tr>
<td>Los Angeles County, CA</td>
<td>Seattle and King County, WA</td>
</tr>
<tr>
<td>Marion County, IN</td>
<td>City of Milwaukee, WI</td>
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<table>
<thead>
<tr>
<th>ROUND 2</th>
<th>December 2020 – July 2022</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jefferson County, AL</td>
<td>Ocean County, NJ</td>
</tr>
<tr>
<td>Seminole County, FL</td>
<td>Ulster County, NY</td>
</tr>
<tr>
<td>Volusia County, FL</td>
<td>Dayton and Montgomery County, OH</td>
</tr>
<tr>
<td>Camden County, NJ</td>
<td>Lorain County, OH</td>
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</tbody>
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CDC is supporting tribes to address the opioid overdose epidemic
Overdose Response Strategy (ORS)

Today: ONDCP funding DIOs in every state and HIDTA; CDC funding PHAs in 30 states

Goal: DIO and PHA positions in every state by end of 2021

Connect with Your ORS State Team: www.hidtaprogram.org/ors
Promoting What Works In Communities

- CDC reference document showcasing 10 best practices to prevent opioid overdose.

Harm Reduction Strategies:
- Targeted Naloxone Distribution
- 911 Good Samaritan Laws
- Syringe Services Programs

Medication Assisted Treatment (MAT):
- MAT Prior-Authorization
- MAT in Criminal Justice Settings and Upon Release
- ED Buprenorphine Initiation

Academic Detailing
Fentanyl Toxicology Screening

Promoting Use of Fentanyl Test Strips

• Created in 2011 and distributed mainly at harm reduction sites. Greater distribution needed across other settings.

• Single line indicates a positive AND double line indicates a negative. Does not detect all analogs like carfentanil.

• Inexpensive (~$1 each), easy to use, and can be carried in a wallet or purse.

• Does not provide information about amount of fentanyl but can inform use decisions.

• Use of FTS associated with using more slowly, using less, throwing the batch away, or using with another person around.

• As of April 2021, CDC and SAMHSA funding can be used to purchase FTS to support drug checking and surveillance.

Combatting Opioid Overdose through Community Level Intervention (COOCLI)

Example COOCLIs

- Warm hand offs and targeted re-entry care coordination prior to release from incarceration in Philadelphia, PA.
- Providing outreach and engagement to individuals and families with same-day supportive services in New York NY.
- Addressing the needs of mother and baby through a Plan of Safe Care in Houston, TX
- Leverage bilingual and bicultural behavioral health support for case management, recovery support services, and outreach in Boston, MA.
- Using AmeriCorps Volunteers in Service to America (VISTA) to implement prevention strategies in Colorado.

Denver, CO

$8M in FY18 and FY19 from CDC
Bureau of Justice Assistance Partnerships

- Rural Responses to the Opioid Epidemic
- Overdose Detection Mapping Application Pilot States & Tribes
- Building Bridges Between Jails and Community Based Treatment for Opioid Use Disorder
- Harm Reduction Training and Education for Law Enforcement
- Overdose Fatality Review Project
Cornerstone Projects

2016  Fentanyl
Presence and status of fentanyl analogs in ORS states

2017  911 Good Samaritan Laws
Law enforcement knowledge, understanding, and experience implementing Good Samaritan Laws

2018  Linkage to Care
Prearrest diversion, drug courts, linkage upon release from incarceration, post-overdose outreach, and safe stations.

2019  Overdose Prevention in Jails
Correctional staff knowledge of jail-based overdose prevention strategies available

2021  Stimulants
Effective response to people who use stimulants
Grady’s Mobile Integrated Health Post-overdose Outreach Program
ORS PILOT PROJECT

Other Pilot Projects cover:
- Jail-based overdose prevention education
- Re-entry wrap around services
- Support and services for next of kin after fatal overdose
Guidance for Data-driven Overdose Response Coordination Among Public Health, Criminal Justice, Law Enforcement, and First Responders

Public Health and Safety Team (PHAST) Toolkit

Data-driven strategies to optimize capacity to reduce overdose deaths

| **Collaboratively Problem-Solve/Intervene** | Leverage cross-sector data, ideas, resources, and capabilities |
| **Improve Data Collection and Use** | Identify and address data gaps and limitations that compromise shared understanding |
| **Enhance/Expand Response Strategies and Programs** | (E.g., targeted naloxone distribution, linkage to care programs, harm-reduction education/service provision, pre-arrest diversion, safe stations) |
| **Coordinate Crisis Intervention and Response Efforts** | Identify the types of events that trigger the need for coordinated investigations across agencies and conduct “Tabletop exercises” to learn from and improve coordination |
Focuses on ACES to create a trauma informed community working to build resilience in children.

Partnership between Berkeley County Schools, Martinsburg Police Department, Shepherd University and community organizations including The Boys & Girls Club of the Eastern Panhandle.

Program advocates for children with high ACE scores and connect individuals and their families with the services they need to succeed.

Program is tiered and provides school supports, prevention programs, and wrap-around services for children and families in need.
Opioid Rapid Response Program

Training
Increase Workforce Capacity

Preparedness
Build State Capabilities

Communication
Establish Trusted Contacts

Deploy Resources
Enhance State and Local Capacity
Addressing Health Equity in Drug Overdose Prevention

Health Equity is when everyone has the opportunity to be as healthy as possible.

- **Programs**: Successful health equity strategies
- **Measurement**: Data practices to support the advancement of health equity
- **Policy**: Laws, regulations, and rules to improve population health
- **Infrastructure**: Organizational structures and functions that support health equity
CDC Drug Overdose Prevention – Areas for Further Investment
Injury Center Perspective

- Strengthen linkage to and retention in care and track outcomes
- Scale up the Public Health and Safety Team (PHAST) approach for collaboration
- Implement programs to strengthen families, support effective life skills, & foster supportive communities
- Address stimulants and polysubstance use
- Increase investments in laboratory and clinical data sources
- Expand Overdose Response Strategy
- Support innovative approaches to surveillance, modelling, and data linkage
- Increase education & training to decrease stigma among clinicians
- Fortify efforts to address the highest risk populations and circumstances
- Implement “Adoption Accelerator” model of evidence-based programs
- Update and expand the CDC opioid prescribing guideline
- Increase support for local communities
- Strengthen post-overdose outreach – via peer recovery specialists or navigators
- Focus on strategies that can save more lives right now – like naloxone distribution
- Expand locations for overdose prevention education and mobile outreach
- Broaden awareness of illicit opioids and decrease stigma

What are Your Ideas?
Learn from the Past

Think of the Future

QUESTIONS