Sullivan County Update: the Opioid Crisis
H.O.P.E. (Healthy Outcomes through Prevention & Education)
2019 Annual Conference

Nancy McGraw, MPH, MBA, LCSW
Public Health Director
Overdose deaths involving any opioid, crude rate per 100,000 population

<table>
<thead>
<tr>
<th>Year</th>
<th>Crude rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010</td>
<td>5.0</td>
</tr>
<tr>
<td>2011</td>
<td>6.6</td>
</tr>
<tr>
<td>2012</td>
<td>7.0</td>
</tr>
<tr>
<td>2013</td>
<td>8.2</td>
</tr>
<tr>
<td>2014</td>
<td>8.7</td>
</tr>
<tr>
<td>2015</td>
<td>10.8</td>
</tr>
<tr>
<td>2016</td>
<td>15.5</td>
</tr>
</tbody>
</table>

Data Source: Vital Statistics Data as of May 2016

County of residence was assigned based on ZIP Code for cases in which patient county of residence was listed as unknown or missing, but a valid NY ZIP Code was present.
Opioid analgesics prescriptions age-adjusted rate per 1,000 residents, state of New York, 2016

- Age-adjusted to 2000 US population data
- 2016 NYS population data from The Nielsen Company (formerly Claritas)
- Prescriptions exclude buprenorphine for Substance Use Disorder (SUD), invalid zip codes, veterinary prescriptions and prescriptions for supply days greater than 90 days
- Counties are shaded based on quartile distribution

Source: NYS PMP, data as of April 2017
Rates of Opioid-Related Inpatient Hospital Admissions by County

SPARCS June 2015 report on frequency and rates of opioid-related hospital admissions by county. Attached in Appendix D, Tables D1-A, B.
Sullivan County - All emergency department visits (including outpatients and admitted patients) involving any opioid overdose, crude rate per 100,000 population - Aged 18-24 years

<table>
<thead>
<tr>
<th>Data Year(s)</th>
<th>Sullivan</th>
<th>NYS exc. NYC</th>
</tr>
</thead>
<tbody>
<tr>
<td>2005</td>
<td>s</td>
<td>28.2</td>
</tr>
<tr>
<td>2006</td>
<td>s</td>
<td>27.7</td>
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<tr>
<td>2007</td>
<td>s</td>
<td>29.2</td>
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<td>2008</td>
<td>s</td>
<td>37.8</td>
</tr>
<tr>
<td>2009</td>
<td>s</td>
<td>42.3</td>
</tr>
<tr>
<td>2010</td>
<td>108.0*</td>
<td>48.9</td>
</tr>
<tr>
<td>2011</td>
<td>s</td>
<td>65.6</td>
</tr>
<tr>
<td>2012</td>
<td>135.2*</td>
<td>70.0</td>
</tr>
<tr>
<td>2013</td>
<td>104.0*</td>
<td>97.7</td>
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<tr>
<td>2014</td>
<td>107.6*</td>
<td>104.6</td>
</tr>
<tr>
<td>2016</td>
<td>244.5</td>
<td>148.9</td>
</tr>
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</table>
### Sullivan County Overdose deaths involving any opioid, rate per 100,000 population

<table>
<thead>
<tr>
<th>Year</th>
<th>Crude Rate</th>
<th>Age Adjusted Rate</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>Single Year</td>
<td>3-Year Average</td>
</tr>
<tr>
<td>2010</td>
<td>9.0*</td>
<td>5.2</td>
</tr>
<tr>
<td>2011</td>
<td>32.5</td>
<td>18.2</td>
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<tr>
<td>2012</td>
<td>13.0</td>
<td>22.6</td>
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<tr>
<td>2013</td>
<td>22.2</td>
<td>20.5</td>
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<tr>
<td>2014</td>
<td>26.3</td>
<td>24.6</td>
</tr>
<tr>
<td>2015</td>
<td>25.4</td>
<td>13.2</td>
</tr>
<tr>
<td>2016</td>
<td>21.4</td>
<td>18.2</td>
</tr>
</tbody>
</table>

* Fewer than 10 events in the numerator, therefore the rate is unstable
County of residence was assigned based on ZIP code for cases in which patient county of residence was listed as unknown or missing, but a valid NY ZIP code was present; **Data Source: Vital Statistics Data as of May 2018**
Overdoses
Fatal & Non-Fatal
Sullivan & Surrounding Counties
01JAN19-28MAR19
Sources of Prescription Opioids Among Past-Year Non-Medical Users$^a$

![Graph showing sources of prescription opioids among past-year non-medical users.]

- Given by a friend or relative for free
- Prescribed by ≥1 physicians
- Stolen from a friend or relative
- Bought from a friend or relative
- Bought from a drug dealer or other stranger
- Other$^c$

$^a$ Obtained from the US National Survey on Drug Use and Health, 2008 through 2011.$^5$

$^b$ Estimate is statistically significantly different from that for highest-frequency users (200-365 days) (P<.05).

$^c$ Includes written fake prescriptions and those opioids stolen from a physician's office, clinic, hospital, or pharmacy; purchases on the internet; and obtained some other way.


Retrieved from https://www.cdc.gov/drugoverdose/data/prescribing.html
Prevalence Of Nicotine Vaping

<table>
<thead>
<tr>
<th>Grade</th>
<th>2018</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>12th</td>
<td>20.9%</td>
<td>11%</td>
</tr>
<tr>
<td>10th</td>
<td>16.1%</td>
<td>8.2%</td>
</tr>
<tr>
<td>8th</td>
<td>6.1%</td>
<td>3.5%</td>
</tr>
</tbody>
</table>

Source: Health News, NPR
E-cigarettes are still the #1 product used by youth

Use of Tobacco Products in Past 30 Days, NC YTS 2017

- **E-cigarettes**: 5.3% (Middle School), 16.9% (High School)
- **Cigars/cigarillos/little cigars**: 3.8% (Middle School), 12.7% (High School)
- **Cigarettes**: 2.5% (Middle School), 8.9% (High School)
- **Chewing tobacco/snuff/dip**: 2.3% (Middle School), 6.3% (High School)
- **Hookah**: 2.5% (Middle School), 4.5% (High School)
- **Roll-your-own cigarettes**: 2.0% (Middle School), 3.4% (High School)
- **Snus**: 0.8% (Middle School), 3.7% (High School)

Source: North Carolina Health News, 2017
Public Health System Responses to the Opioid Crisis

**Prevention Efforts in Sullivan County**

1. Community Outreach and Education
2. Community Forums, Workshops, annual educational Conference
3. Physician and Prescriber Education / Best practice dissemination
4. Prescription Drug Monitoring System
5. ODMAP implementation for real time overdose data
6. Drug Drop Box Program -24/7
7. Drug Take Back Days, County and DEA sponsored take back days
8. Advocacy for additional state and federal funding for prevention services for youth, and treatment & recovery services for adults
9. Media collaboration, Community Resources guides
10. Information & Referral Line 24/7 w S.A.L.T.
11. Law enforcement partnership
12. Partnership with Hospital ER, Catskill Regional Medical Center
13. Partnership with mental health providers and all area health care system providers
Public Health System Responses to the Opioid Crisis

- **Reversing Overdose**
  - Naloxone Training Program
  - Partnership with EMS, firefighters, 911 Center, Law enforcement
  - Community training expansion

- **Reducing Addiction**
  - Increase Number of Suboxone Prescribers
  - Information & Referral Line 24/7
  - Support Groups
  - Treatment Referrals, expanding treatment services
  - Peer support implementation

- **Prevention Focus needs to be at the forefront**
  - Advocating for prevention funding for schools
Sullivan County Opioid Overdose Prevention Training Program

Sullivan County Public Health Services

- Provides Naloxone Training to first responders including law enforcement, firefighters, EMS personnel, probation officers, county employees, school personnel, RNs working/residing in Sullivan County, other individuals who may be acting as first responders, general public
- Monitors programs and provides assistance with policy development and program management
- Actively works with Sullivan County Drug Prevention Task Force of the Sullivan County Rural Health Network to address the opioid crisis in Sullivan County

Medical Director - Dr. Bruce Ellsweig
Nancy McGraw - Program Director
Catherine Freda, PHN - Naloxone trainer
**County Wide Drug Take Back**

**Drug Take-Back Day!**
July 21, 2018

<table>
<thead>
<tr>
<th>24 Hr. Locations</th>
</tr>
</thead>
</table>
| FALLSBURG POLICE | 19 RAILROAD PLAZA 436-6422  
| LIBERTY POLICE | 159 NORTH MAIN STREET 492-4429  
| MONTICELLO POLICE | 2 PLEASANT STREET 776-9429  
| Dept. of Family Services |  
| Robert Irvin Building | 12 Community Lane Liberty, NY 8-8 pm Mon-Fri ONLY  
| JULY 21 ONLY |  
| BETHEL SENIOR CENTER |  
| Rt 55 White Lake, N Y 10 a.m. 1 pm  
| Jefferson Pharmacy | 4992 Main St.  
| Jeffersonville, N Y 10 a.m. 1 p.m.  
| Sponsored by |  
| Sullivan County Rural Health Network & Prescription Drug Task Force, Sullivan County Sheriff, Liberty Police, Fallsburg Police, Monticello Police and Catholic Charities Community |

The purpose of this day is to provide a venue for persons who want to dispose of unwanted and unused prescription drugs, old vitamins, and/or veterinary meds. For more information call the locations listed on Public Health at 845-333-2222.

| No liquids or needles will be accepted |  

According to New York State Office of Alcoholism and Substance Abuse Services, most people take medicines only for the reasons their doctors prescribe them. However, an estimated 20 percent of people in the United States (48 million people ages 12 and older) have used prescription drugs for non-medical reasons. This is prescription drug abuse. It is a serious and growing problem. According to Partnership for a Drug Free America, studies show that each day approximately 2,500 teens use prescription drugs to get high for the first time. If you know of someone who is addicted to prescription drugs call Public Health Referral Line 866 832 5575.

- Two to four times each year the Sheriff’s Office assists with transport for drug take back days in various locations throughout the county.
Annual local conferences have been held each year since 2015 to bring together health care professionals, educators, mental health providers, law enforcement, legislators, media and the public.

Annual Goals: to educate our communities about the opioid crisis and addiction, to reduce stigma, and to identify collaborative solutions to keep addressing the problem from a prevention perspective.
Next Steps: Increasing Resources & Strengthening Collaboration Efforts, Funding for Prevention Resources

Rural Counties often struggle with each public health crises with already limited resources; collectively we have worked with partners to bring more funding into Sullivan County.

• Public Health Services applied for DOJ grant
• Workforce Development grant awarded to help those in recovery
• Awarded Opioid Overdose Prevention Grant, NYSDOH, year 3
• Participating in Columbia University’s Opioid Prevention NIH research grant
• Prevention grant award through HRSA (newly announced)

• Resources publicly available for data: NYS Prevention Agenda Dashboard