

Welcome
2015
**OEAP Annual Resource
Conference**



*Understanding Substance Abuse:
Current Trends in Treatment and Recovery*

September 15, 2015
State Fire Marshal Training Academy

**Start Talking and Drug
Awareness
Plenary Session 2**

Learner's Guide

Andrea Boxill, MA, Deputy Director
Sarah Smith, MPA, Director of Start Talking!
Ohio Department of Mental Health & Addiction Services



Promoting Wellness and Recovery

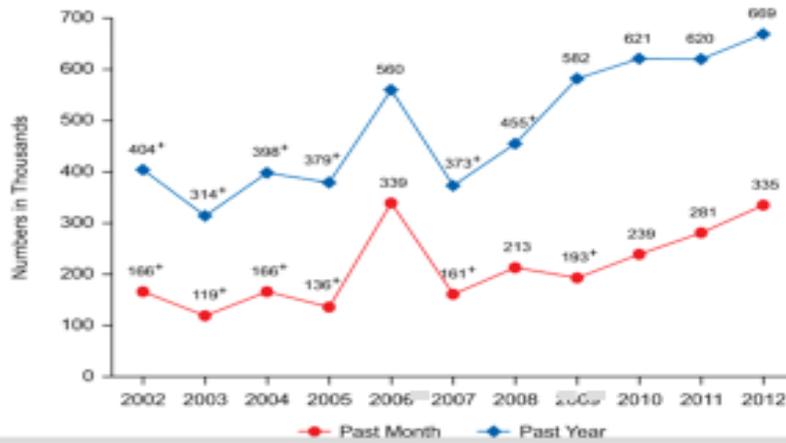
John R. Kasich, Governor
Tracy J. Plouck, Director

Ohio's Opiate Epidemic: A Healthcare Crisis and Response from Prevention, Intervention, Treatment and Recovery

Andrea Boxill, MA, Deputy Director

Notes: _____

Heroin Use Persons > 12



Notes: _____

National Perspective

- Heroin use has increased 286% since 2002.
- Heroin more than doubled amongst users 18-25 in the last 10 years.
- 9 out of 10 people who used heroin also used at least one other drug.



Notes: _____

Data to inform our decisions:

Unintentional overdose **deaths** in Ohio

2011 = 1,765

2012 = 1,914 (697 from heroin)

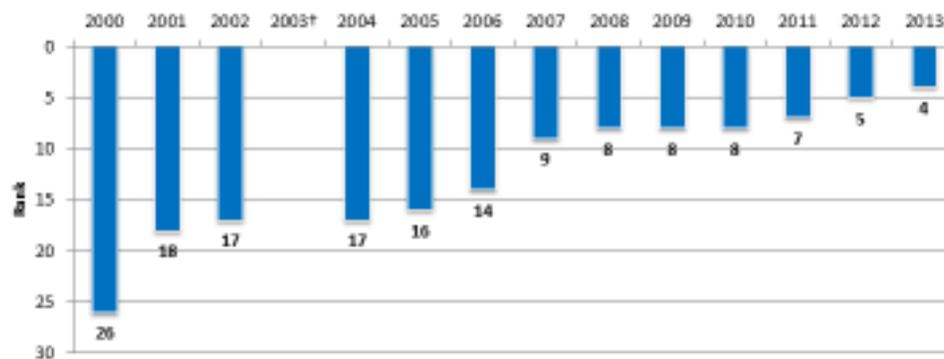
2013 = 2,110 (983 from heroin)



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National Comparison of Overdose Deaths

State Rank in the Age-adjusted Rate of Unintentional Drug Overdose Deaths, Ohio, 2000 - 2013



† Results are unreliable

Notes:

Impact on Ohio

The number of pills prescribed in Ohio in 2014 was 61.2 pills for every man, woman and child in Ohio.

In 2012, 5 people died every day in Ohio as a result of an unintentional overdose from opioids.

In 2013 that number increased to 6 people per day.



Notes:

Share the FACTS

People who use are addicted to:

ETOH	THC	Cocaine	Opioids
2x	3x	15x	40x

45% of people who used heroin were also addicted to prescription opioid painkillers.

Heroin use has increased 286% since 2002.



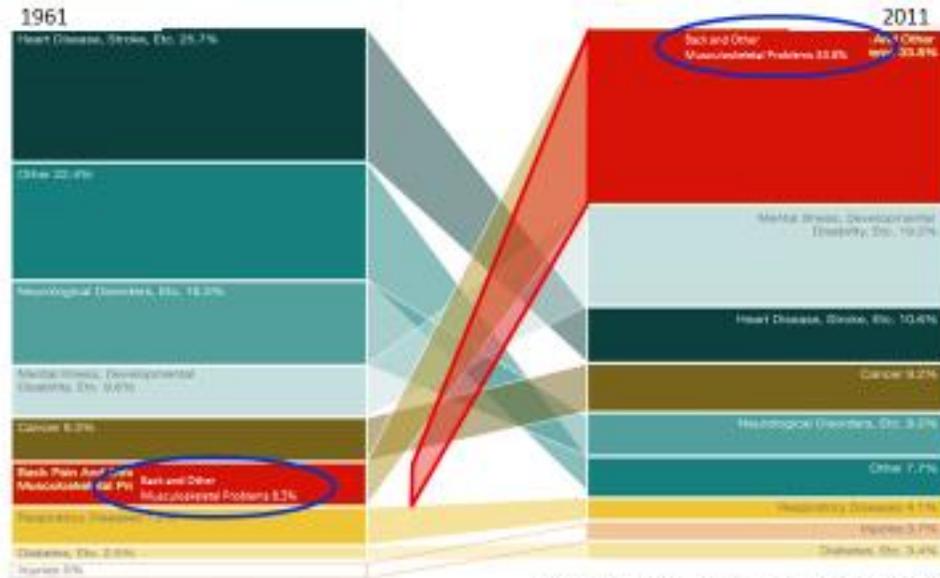
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The “3 Cs” – Recreational vs Medical Addiction

	Recreational	Medical
Loss of Control	Plans 1 beer, has 12	Has 1 week's supply of oxycodone, takes them all in 1 day
Adverse Consequences	DUIs, job termination, divorce, cirrhosis, Hep C	Falls asleep during conversation, takes meds to go out, then passes out
Craving / Compulsive use	I really need a drink	Seldom acknowledged Perceived as increased pain? Opioid focus during office visits

Notes: _____

Is There a Societal Benefit from Chronic Opioid Treatment of Benign Pain?



<http://apps.npr.org/unfit-for-work/>

NPR Series: Unfit for Work: The startling rise of disability in America 5/13
Data from Social Security Administration

Notes: _____

What Is the State Doing?

- Addiction Treatment Program
- Good Samaritan Law
- Naloxone
- Maternal Opiate Medical Support, MOMS
- Recovery Requires a Community, (Housing)
- Expansion of Medicaid
- Start Talking!
- Medication Take-Back Programs
- Interdiction that Includes Treatment
- Opioid Programming Toolkit
- Prescription Take-Back Programs



Notes: _____

What Can You Do?

- Remove and properly destroy unused medications in your home.
- Get a lock box for medications in your home.
- Have honest conversations about drug and alcohol use with your peers, friends, and family.
- Get involved with the opioid task force in your community.
- Sign up for Start Talking! and receive Know! tips.



Notes:



Promoting Wellness and Recovery

Start Talking!



Building a Drug-Free Future

Sarah Smith, MPA, Director of Start Talking!
Ohio Department of Mental Health & Addiction Services

Notes: _____

Why Start Talking! ?

- Research shows when children talk about substance abuse with parents and other adults, they are up to 50% less likely to use.



Notes: _____

Start Talking!

- Developed around 4 simple strategies:
 - Help parents understand the risks to their children and empower them with simple tools to get the conversation started.
 - Provide programming for schools, and others in the community, to reinforce positive messages
 - Encourage peer-to-peer conversations among high school youth to promote healthy lifestyles
 - Build youth resiliency and resistance skills to peer pressure.



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What is Start Talking! ?

- Comprised of 3 key programs
 - Know!
 - Parents360 Rx
 - 5 Minutes for Life



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- **Parents360Rx** is an education and information program developed by the Partnership at Drugfree.org to increase parents' knowledge of substance abuse and improve their confidence in their ability to speak with teens about substance abuse, particularly prescription drugs.



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1.) Know! provides parents (*or grandparents and other caregivers*) with twice monthly, **FREE** Parent Tips via email that contain current facts about alcohol, tobacco and other drugs, as well as action steps they can take to help children resist peer pressure to use.

2.) Know! also offers free twice-monthly emails to educators and community leaders on TEACHable Moments that can help reinforce the prevention messaging from parents



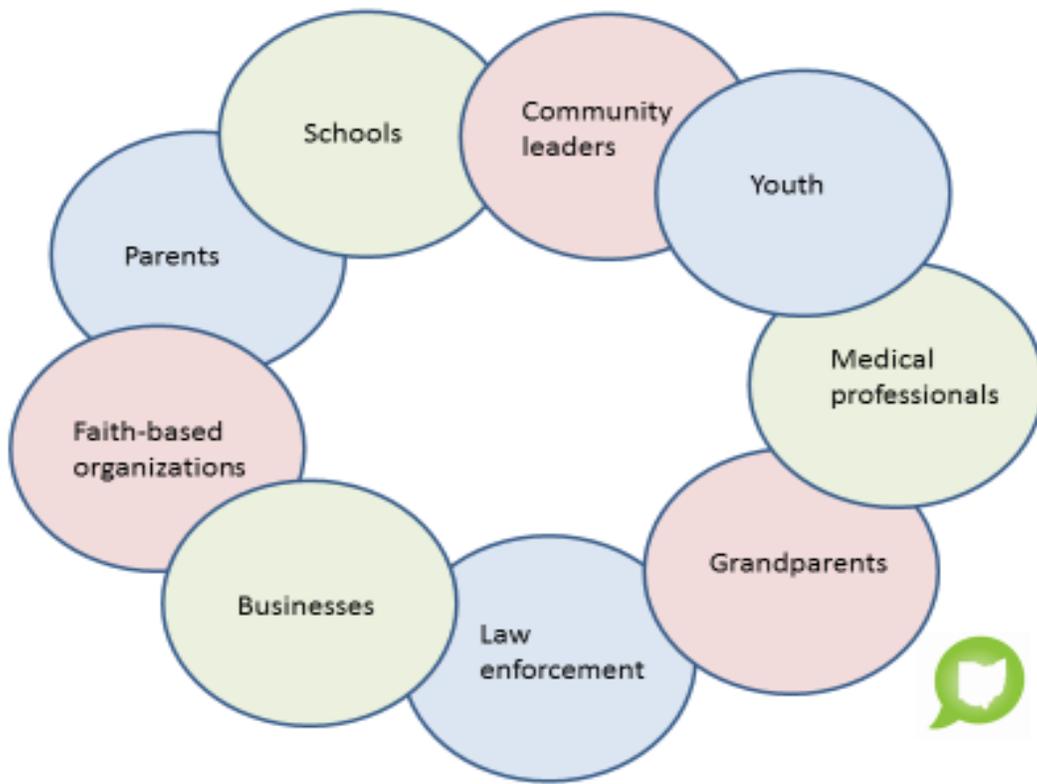
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- **5 Minutes for Life** centers on Ohio State Troopers and Ohio National Guard members, as well as local law enforcement, talking for five minutes with student athletes, before or after a practice. They discuss responsible decision-making, leadership and encouraging those in their peer group to live a drug-free lifestyle.



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Notes: _____

Action Steps

1. Sign up for email tips
2. Share the video with family & friends
3. Safe guard your home
4. Talk with youth about the importance of living drug-free lives.



Notes: _____

Questions



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**2015 OEAP Annual
Resource Conference**

**Thank you for participating in the
OEAP Resource Conference**

