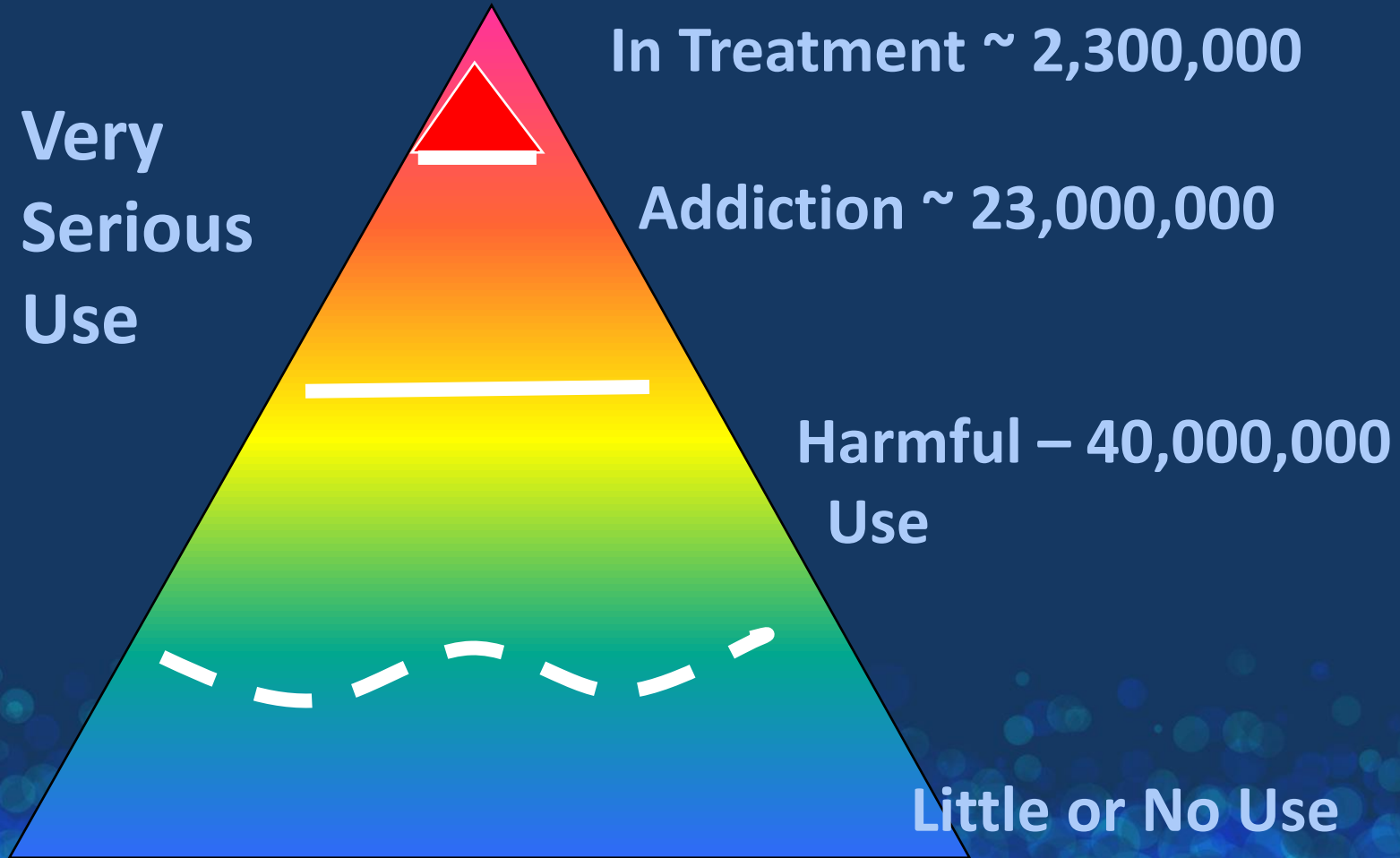


# Prevention Across The Continuum

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**BOWEN**  
C E N T E R

# Substance Use Among US Adults



# Prevention

All policies, programs, and interventions that are PROVEN to reduce the harmful effects of drug and alcohol use and addiction.

**27 MILLION**

Use illicit drugs (or misuse prescriptions drugs)

**66 MILLION**

Report binge drinking last month

**1 in 10**

Get any treatment at all

Focus on REDUCING THE NEGATIVE  
EFFECTS of substance use  
rather than eliminating all use.

This is done by:

- 1) Education
- 2) Resources

## Core principles

- 1) Preventing large-scale infection transmission
- 2) Reducing drug use associated death rates
- 3) Realizing the continuum from active addiction to total abstinence exists

- Meeting a patient where they are
  - Accepting the patient's reality
  - Applauding evidence of progress

I am not enabling people to use drugs. I am enabling health. I am enabling them to protect themselves and their community from HIV and Hepatitis and overdose. I am enabling them to feel like they have someone to talk to, someone who cares and respects them and their humanity. I am enabling them to enter treatment the moment they feel ready and to set goals for their personal recovery.



- Preserves human rights
- Reduction of stigma associated with addiction (and treatment)
- Examples of social injustice with people who use drugs

“In my judgement, such of us who have never fallen victim to addiction have been spared more by the absence of appetite than from any mental or moral superiority over those who have.”

- Abraham Lincoln

# Cost Effectiveness

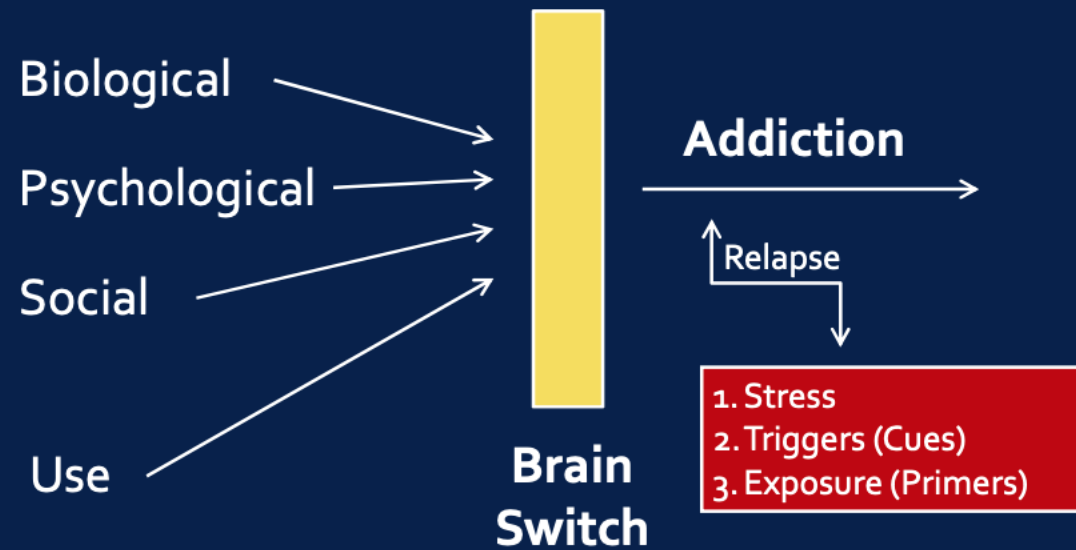
- Surgeon General Report on Addiction (2016)
  - \$249 BILLION lost due to alcohol use
  - \$171 BILLION lost due to drug use (not including tobacco)
- Prevention Measures
  - Minimal costs/patient
  - Significant cost reduction when preventing outcomes

# Substance Use Disorder

- Addiction is a treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual's life experiences. People with addiction use substances or engage in behaviors that become compulsive and often continue despite harmful consequences.
- Prevention efforts and treatment approaches for addiction are generally as successful as those for other chronic diseases.

# Neurobiology of Addiction

## Addiction: A Biopsychosocial Illness



Olsen and Levounis, *Sober Siblings*, 2008.

# Biological Determinants of SUD

- Genetics
  - Family history contributes to 40-60% of prevalence of SUD
  - **Epigenetics** also contributes significantly

# Psychological Determinants of SUD

- Co-occurring Mental Illness
- Psychosocial Trauma

# Social Determinants of SUD

- Home environment
- Food and housing security
- Parent's attitudes towards use
- Community attitudes
- Peer influence
- Availability
- Supervision



# Use Determinants of SUD

- Age of first exposure
- Route of administration
- Frequency of use

# #1 Syringe Access

- Also called:
  - SSP-Syringe Services Programs
  - SAP-Syringe Access Programs
  - NSP-Needle Syringe Programs
  - SEP-Syringe Exchange Programs
- Reduce risk of infectious disease and overdose **WITHOUT increasing overall drug use**
- Endorsed by WHO, AMA, ASAM, ONDCP

# Syringe Access

- Reduction of transmission of blood borne disease
  - Hepatitis
  - HIV
  - Estimates SSP save \$3000/patient
  - If increased investment (\$10 million)→prevent 194 HIV infections and save \$78 million dollars
- Increase ability of medical professionals to tend to overall health and well being of PWUD
- Safe elimination of used syringes-protection for community

Policy Surveillance Program/US HHS

# Syringe Access

- HIV testing
- Hepatitis screening
- Testing for sexually transmitted diseases
- Wound treatment
- Safe injection tools like sterile water or alcohol swabs
- Overdose prevention information, distribution of naloxone
- Prophylactics, PrEP, PEP
- Referral to substance use disorder treatment programs
- Information about medication for substance use disorders
- Educational materials about safe sex, disease prevention, and safe injection practices
- Counseling
- Referral to HIV/hepatitis treatment resources
- Referral to other mental health and social services

# #2 Overdose Prevention

Naloxone is a safe medication that can reverse an opioid overdose in minutes. It should be widely available to everyone in the position to save a life.

# Access to naloxone

- From the World Health Organization to the White House, more and more policymakers are lending their support to making naloxone kits more accessible in the fight against opioid overdose.
- Since 1996, nearly 26,500 opioid overdoses have been reversed thanks to the distribution of naloxone kits.<sup>22</sup>
- No evidence of misuse

Bureau of Justice, CDC MMWR

# #3 Medications for Opioid Use Disorders

- Methadone
- Buprenorphine
- Naltrexone

All reliably reduce the risk of overdose  
M/BUP reliably reduce overall use  
Barriers!!!!

“If this was viewed like any other health problem, patients addicted to opioids who were not offered an opportunity to be treated with maintenance medications would sue their providers and win for failure to meet basic standards of care.”



# #4 Reduction of Stigma for PWUD

- Public Education
- Language Matters
- Drug Testing Policies

# “Say it nicer..”

- John Kelly-->“Addiction-ary” 2015
  - Hunter Biden
- AP Stylebook Rules of 2017

**“It’s not just a matter of being nice. What we now know is that actual exposure to these specific terms induces this implicit cognitive bias. If you really want to solve the problem, you want to remove any barriers and obstacles.”**

The coupling of word **abuse** from trauma and actions of the **person(s) who causes it** with the response or methods the **victims** used to self-medicate it is not fair.

The core of addiction is often simply not wanting to be present in your life because your life is just too painful of a place to be.

Instead of "what did you do?" try "what happened to you first?"

# “One and Done”

“Cardiac Surgeons’ Treatment Approaches for Infective Endocarditis Based on Patients’ Substance Use History”

December 3, 2020

- IE not associated drug use-93% place no limits
  - IE associated with drug use-83% place limits
- Refuse to operate on IE associated with drug use-64%

# “Narcarn Parties”

“Naloxone urban legends and the opioid crisis: what is the role of public health?”

BMC Public Health, May 2019

“The Moral Hazard of Lifesaving Innovations: Naloxone Access, Opioid Abuse, and Crime”

- “Lazarus Parties”
  - “Yo-yo-ing”
- Danger to first responders

# My Journey in Prevention for PWUD

- The Early Years
- The Awakening
- Current State

# Organizations

- Shatterproof
- Drug Policy Alliance
- National Harm Reduction Alliance
- Harm Reduction Coalition
- Pennsylvania Harm Reduction Alliance