



Introduction to Opioids and Consequences in Schools

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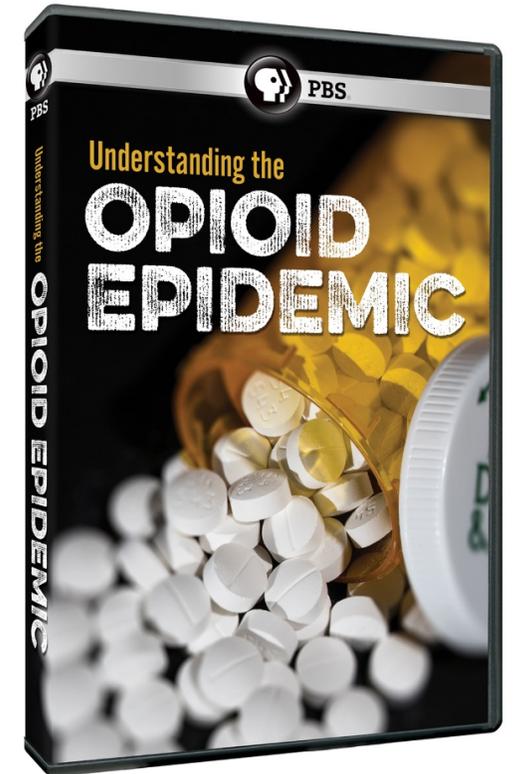
Regional Educational Laboratory Appalachia @SRI International

Local Perspectives from Appalachia

Video: “Effects of Opioids on Communities and What Can Be Done”

From: PBS’s *Understanding the Opioid Epidemic*

<http://www.pbs.org/wned/opioid-epidemic/for-educators/effects-opioids-communities-and-what-can-be-done/>



Reactions to the video



- What was your reaction to the video?
- Does this strike you as realistic or relevant to your communities?
- Does this video highlight factors – either contributing/risk or protective/resilience factors – that are unique to Appalachia?
- Do educators hear about or are they aware of the full extent of their students' experiences with opioids?
- What message do you take away from this video?

Definition of opioids: Use and abuse issues

- **Opioids** is a term for drugs that bind to opioid receptors in the body, including **heroin** and **fentanyl** and **prescription pills** like oxycodone (OxyContin®), hydrocodone (Vicodin®), codeine, and morphine.
- **Use** doesn't always lead to **abuse** (i.e., physical or psychological dependence), but with opioids this transition can happen more quickly than with other addictive substances.
- The National Institute of Drug Abuse reports **nearly 80% of heroin users started with prescription opioids**.
 - From 1999–2016, overdose deaths from heroin increased 7 times, and deaths from synthetic opioids (e.g., **fentanyl**) increased almost **21 times**.

Source: Jones, C. M. (2013). Heroin use and heroin use risk behaviors among nonmedical users of prescription opioid pain relievers – United States, 2002-2004 and 2008-2010. *Drug and Alcohol Dependency*, 132, 95–100.



THE OPIOID EPIDEMIC BY THE NUMBERS

IN 2016...



116

People died every day from opioid-related drug overdoses



11.5 m

People misused prescription opioids¹



42,249

People died from overdosing on opioids²



2.1 million

People misused prescription opioids for the first time¹



2.1 million

People had an opioid use disorder¹



17,087

Deaths attributed to overdosing on commonly prescribed opioids²



948,000

People used heroin¹



19,413

Deaths attributed to overdosing on synthetic opioids other than methadone²



170,000

People used heroin for the first time¹



15,469

Deaths attributed to overdosing on heroin²



504 billion

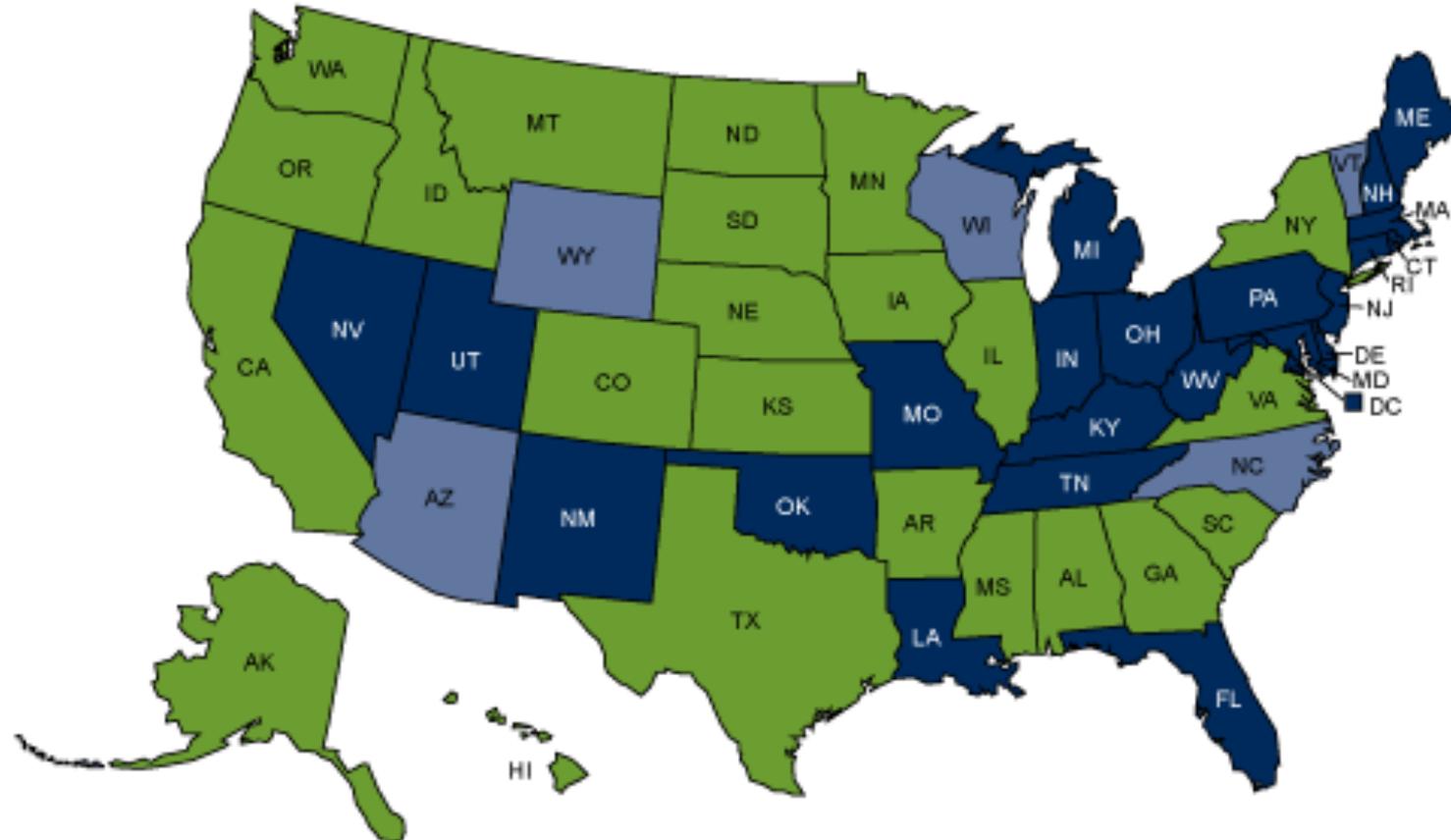
In economic costs³

¹ 2016 National Survey on Drug Use and Health.

² Mortality in the United States, 2016 NCHS Data Brief No. 293, Dec. 2017.

³ CEA Report: The Underestimated cost of the opioid crisis, 2017.

Age-adjusted drug overdose death rates, by state (2016)



U.S. rate is 19.8 per 100,000 standard population.

- Statistically lower than U.S. rate
- Statistically the same as U.S. rate
- Statistically higher than U.S. rate

Source: National Center for Health Statistics, National Vital Statistics System, Mortality, as reported on CDC website: <https://www.cdc.gov/nchs/products/databriefs/db294.htm>

The opioid crisis in the region

The REL Appalachia region is **severely affected** by the opioid crisis.

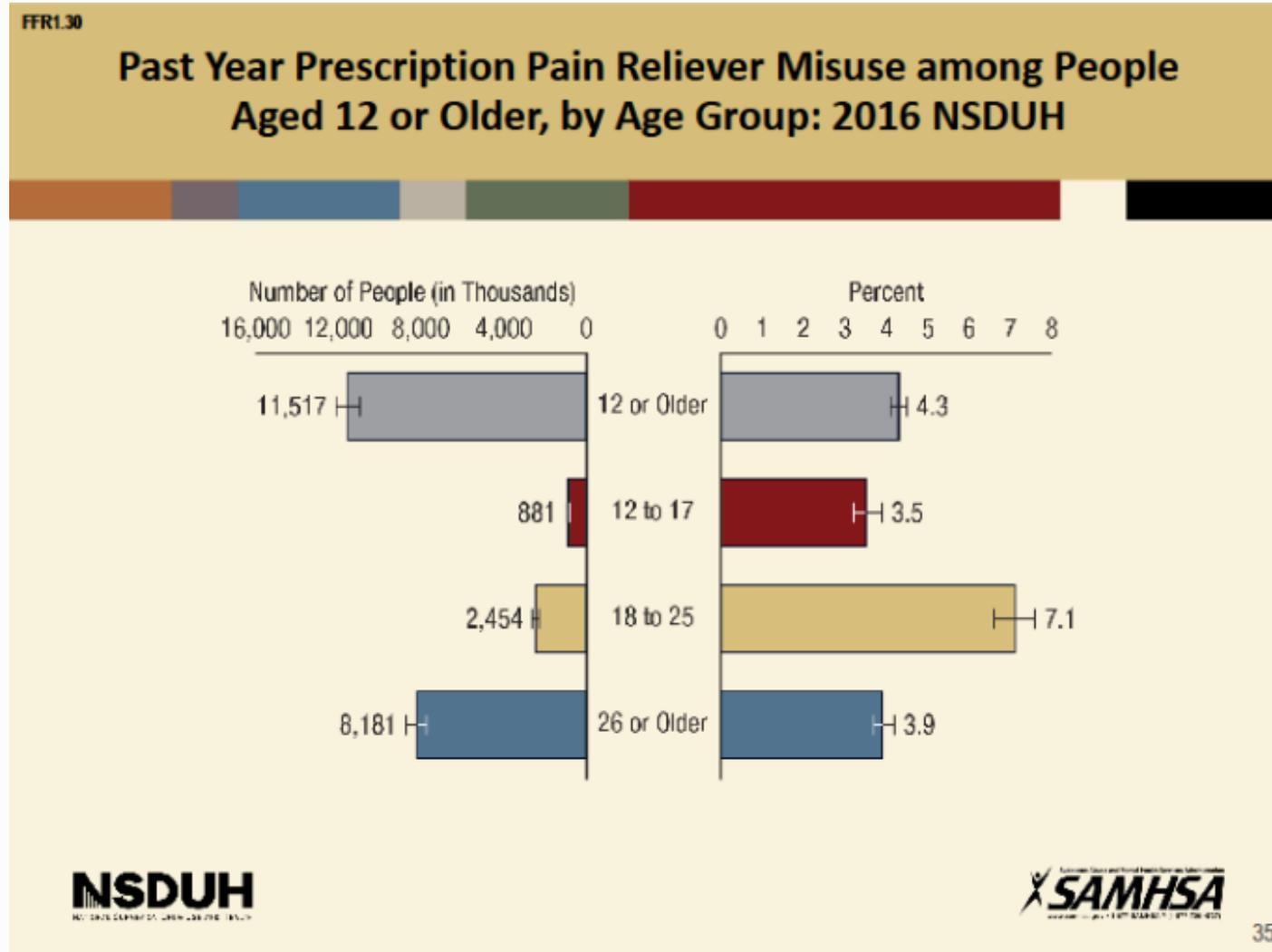
- Prescription opioid rates in Kentucky, Tennessee, and West Virginia are among the highest in the country.
- For at least two years in a row (2015 and 2016), West Virginia had the highest rate of drug overdoses in the country, with 52.0 deaths per 100,000 cases in 2016.

Increase in drug overdose deaths by state, 2015–16

State	Increase 2015 to 2016 (%)
VA	34.7
WV	25.3
KY	12.0
TN	10.4

Percentage change is statistically significant in all states.
Source. <https://www.cdc.gov/drugoverdose/data/statedeaths.html>

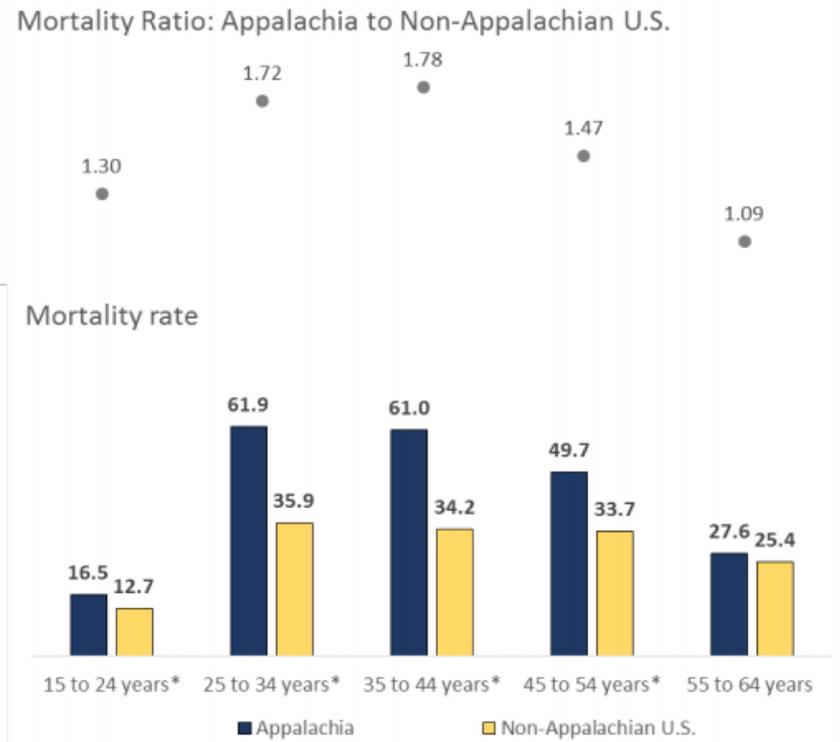
Age and prevalence of use



Source: SAMHSA 2016 National Survey on Drug Use and Health (NSDUH).

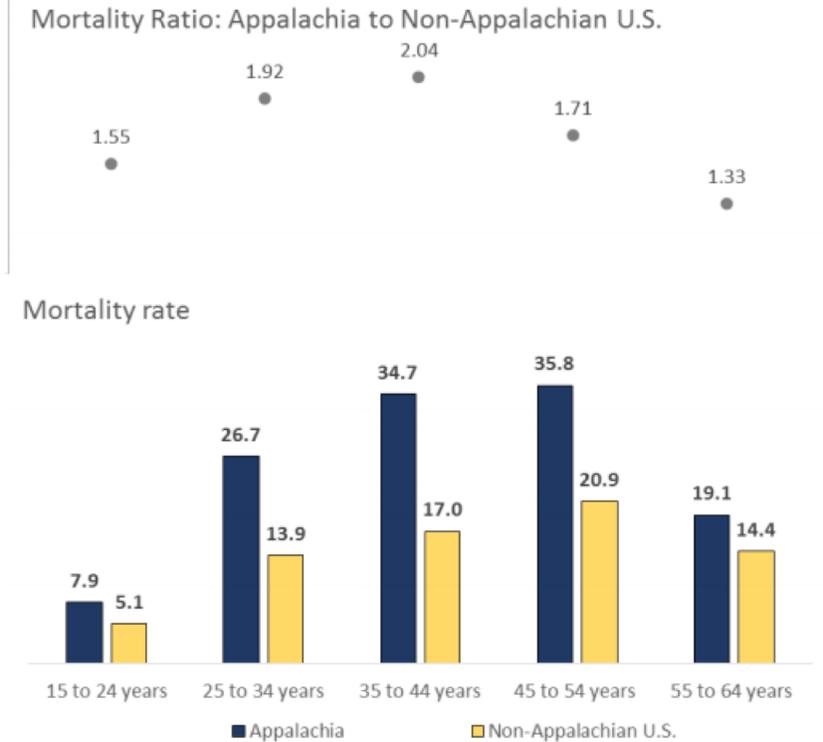
Age and overdose deaths

Exhibit 12. Overdose mortality rates for males, ages 15–64, by age group and region (2015)‡



‡Rates are presented as deaths per 100,000 population. Rates are age adjusted.
 *Appalachian rates are significantly different from the non-Appalachian U.S. rate for the same age group, $p \leq 0.05$
 Source: Mortality Rates and Standard Errors provided by Centers for Disease Control and Prevention, National Center for Health Statistics.
 Accessed at <http://wonder.cdc.gov/mcd-icd10.html>

Exhibit 13. Overdose mortality rates for females, ages 15–64, by age group and region (2015)‡*



‡Rates are presented as deaths per 100,000 population. Rates are age adjusted.
 *For all age groups, Appalachian rates is significantly different from the non-Appalachian U.S. rate, $p \leq 0.05$
 Source: Mortality Rates and Standard Errors provided by Centers for Disease Control and Prevention, National Center for Health Statistics.
 Accessed at <http://wonder.cdc.gov/mcd-icd10.html>

Source: Appalachian Regional Commission's (ARC) 2017 Report: *Appalachian Diseases of Despair*.

Multi-tiered systems of support: A framework for comprehensive services



Universal/Primary

- Schoolwide substance use prevention programs for all students
- Schoolwide environment that promotes student engagement and achievement

Targeted/Secondary

- Identification of students experiencing traumatic stress or at risk of substance use
- Delivery of intervention and support for groups of students (e.g., to improve coping skills/resilience)

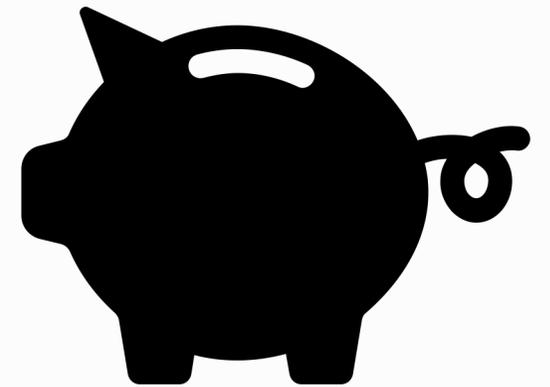
Intensive/Tertiary

- Provision of intensive and individualized intervention via multidisciplinary team
- Referral to outside services (e.g., social services, mental health treatment) as needed

Source: www.pbis.org

Federal funding

- Federal funds appropriated to states are often directed to reducing overdose deaths by:
 - purchasing **Naloxone** and training first responders on its administration
 - improving access to Medically Assisted Treatment (MAT)
 - promoting prevention efforts through community education initiatives (e.g., education on the dangers of opioids)



Source: <https://www.samhsa.gov/sites/default/files/grants/pdf/other/ti-17-014-opioid-str-abstracts.pdf>

Educator and policymaker perspectives

- Students experience traumatic stress due to family members' opioid misuse.
 - Students are exposed to potentially traumatizing experiences (e.g., parental neglect or abuse, domestic violence, criminal activity, parents' severe physical/mental deterioration, compromised home environment).
- The number of children in foster care has dramatically increased.
 - Children are moving throughout the Appalachian region (often to live with relatives) and are experiencing insecurity about their care, separation from family members, and culture shock.
- Educators need information about resources and strategies.
 - To support students' mental health, behavioral needs, and basic needs.
 - To address their own secondary trauma.