

Prevention of Opioid Addiction: Using Perspective to Shape the Future

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Introduction

- This study was conducted in partnership between the National Institute on Drug Abuse (NIDA) funded Institute for Translational Research in Adolescent Behavioral Health at the University of South Florida and the Drug Abuse Comprehensive Coordinating Office (DACCO) and their representative, Andrew McFarlane, MS.

Prevention in Community

- According to the 2013 National Survey on Drug Use and Health, 73.5% of youths aged 12 to 17 who were enrolled in school in the past year reported having seen or heard drug or alcohol prevention messages at school.
- 72.6% of youths aged 12 to 17 reported having seen or heard drug or alcohol prevention messages in the past year from sources outside of school, such as from posters or pamphlets, on the radio, or on television.

Substance Use

Teens Mix Prescription Opioids with Other Substances

Nonmedical use of prescription (Rx) opioids by teens remains high, and a new study shows that 7 out of 10 teen nonmedical users combine opioid medications with other drugs and/or alcohol. This puts teens at much greater risk of overdose.

**7 out of 10 teen
nonmedical users
combine Rx opioids with
other substances¹**

The substances most commonly
co-ingested were...



Substance Use

Teens who reported co-ingestion of Rx opioids with other drugs were²...

8X

more likely to report abusing marijuana

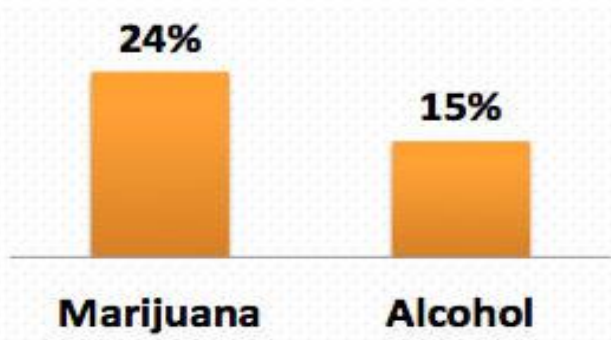


4X

more likely to report being drunk ≥ 10 times



Percent of teens that usually or always combine Rx opioids with marijuana or alcohol³



(1) McCabe et al., Drug Alc. Dep., 2012; (2) Compared to no past year nonmedical use; (3) Among nonmedical users of Rx opioids

Prevention

- Approximately one in nine youths aged 12 to 17 (11.5%) reported that they had participated in drug, tobacco, or alcohol prevention programs outside of school in the past year.

Objectives

- To gain an understanding of the environment and individual factors that led the client to opioid addiction
- What motivators brought them to awareness of the need for treatment
- Changes needed in terms of prevention education
- How to target both individuals and environments within the community

What is OATS?

Opioid Addiction Treatment Services (OATS) Program at DACCO

- Age 18 and older
- Addicted to either prescription or street opiate drugs
- Addiction more than a year
- Uses both Methadone and Suboxone in their Medically Assisted Treatments (MAT)

Why MAT?

- Stabilization allows the body to stop physically craving the substance
- Medical professionals monitor each individual's condition
- After stabilization, progressive treatment addresses the psychological cravings and emotional stress associated with addiction
- Psychotherapy and identifying new coping mechanisms is more effective when stable

Why CBPR?

- Opiate abuse continues to be the fastest growing substance abuse problem
- Nearly 2 million people in the US are addicted to prescription opiates
- Current programs have poor adherence and high relapse rates

How to Discover

- In Robert Stake's book, *The Art Of Case Study Research*, he stated,

“The interview is the main road to multiple realities.”

Design

- ◉ Qualitative Research
- ◉ Phenomenological Study
- ◉ Nonprobability Sample Design

Methodology

- Selection of research topic
- Construction of the instrument
- Secure access to interviewees
- Conduct semi-structured interviews on DACCO campus

Sample Selection

- Convenience sample
- Enrolled in OATS Program
- Volunteered for interview
- n=14 (age range: 18-60)
- Males= 3 Females=11

Data Collection

- Construction of the Instrument
(21 questions)
- 4 Pre-coded (pre-assigned) Themes:
 - a) History of Substance Use
 - b) Prevention/Needs and Barriers
 - c) Interventions/Needs and Barriers
 - d) Strengths and Supports of Individuals and Community Systems

Data Collection

- Recording interviews: audio and taking notes
- Interviews 30-60 minutes
- Transcribing interviews (convert audio to text for analysis)

Data Analysis

- Catalogue answers
- Comparison and analysis of transcribed notes
- Results of analyzed data led to important findings and recommendations

Findings:

History of Substance Abuse

- Experimentation began in early adolescence (ages 12-14). Outliers of the group of participants ranged from ages 18 to 32.
- Marijuana and opiates were the most common “initiation” or “first time” use of substances.
- Overall, a majority of the participants did not have immediate family members with substance abuse history.

Findings:

Prevention/Needs and Barriers

- High risk, vulnerable populations of adolescents are not receiving prevention.
- Efforts to reach these adolescents need to be increased in both school and community settings.

Findings: Intervention/Needs and Barriers

Many of the participants described features of co-occurring mental health issues such as:

- Non-suicidal self-injury
- Depression
- Anxiety
- Isolation and Social Isolation
- Posttraumatic stress disorder (PTSD)
- Abuse (physical and/or sexual)

Findings:

Strengths and Supports

- Many participants discussed the importance of having (mostly) positive support from their family and friends.
- Tampa is viewed as being a supportive city for recovery and has a number of community programs.
- Participants expressed a need and want for vocational training as part of an intervention program.

Conclusion

- Prevention is as equally important as intervention
- Educational components should be added to prevention programs
- Family members and friends need to be included in these programs
- Awareness of treatment programs such as the OATS Program, needs to be increased within communities

Recommendations for DACCO and Community

- Prevention programs should be implemented, within school systems, beginning in Grade 5 (ages 10-11).
- Education should be provided on how to implement prevention efforts within family systems to increase “non-using cycles” for future generations.

Recommendations

- DACCO may consider partnering with another mental health service provider from the community or increase their own mental health services for the OATS Program

Recommendations

- Broader family education for family and friends, of OATS Program clients, to use in helping build awareness within the community that they live.
- Expand DACCO's communication about the OATS Program into surrounding counties.