

Combating Addiction



The University of Maryland Eastern Shore School of Pharmacy and Health Professions S.O.A.A.R

Presentation by: Alexis Smith, PharmD Candidate, 2018

Acknowledgments: Tolani Adebajo, PharmD Candidate, 2018 and James L. Bresette, PharmD,

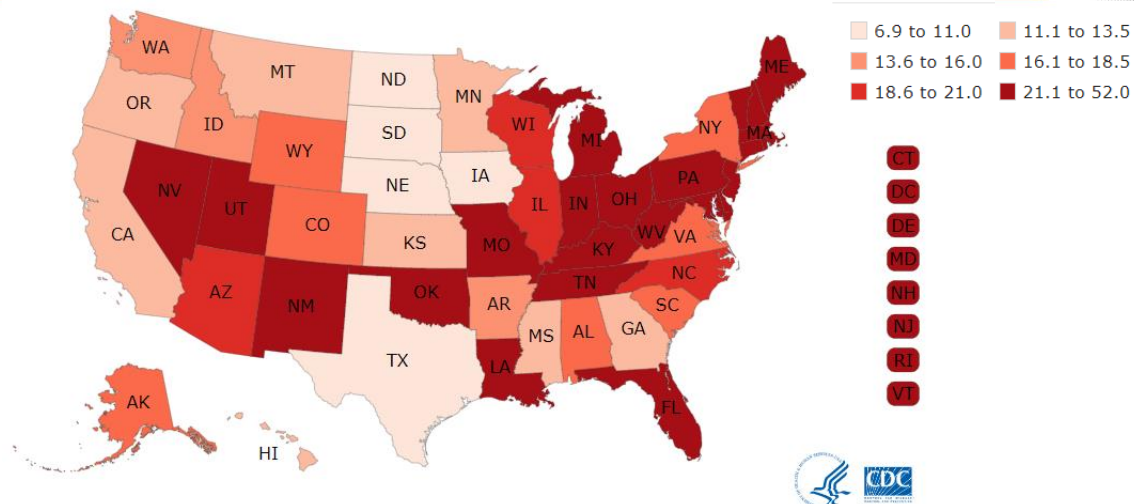
Outline



- Background
 - The Opioid Epidemic
 - Healthy People 2020
- UMES' Response
- Impact
- What You Can Do

BACKGROUND

Number and age-adjusted rates of drug overdose deaths by state, 2016



Drug Overdose Death Data. Centers for Disease Control and Prevention. Updated: December 19, 2017. Accessed April 12, 2018. <https://www.cdc.gov/drugoverdose/data/statedeaths.html>



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 had an opioid use disorder¹



948,000

People used heroin¹



170,000

People used heroin for the first time¹



2.1 million

People misused prescription opioids for the first time¹



17,087

Deaths attributed to overdosing on commonly prescribed opioids²



19,413

Deaths attributed to overdosing on synthetic opioids other than methadone²



15,469

Deaths attributed to overdosing on heroin²



504 billion

In economic costs³

Sources: ¹ 2016 National Survey on Drug Use and Health; ² Mortality in the United States, 2016 NCHS Data Brief No. 293, December 2017; ³ CEA Report: The underestimated cost of the opioid crisis, 2017

About the U.S. opioid epidemic. U.S. Department of Health and Human Services. Updated March 6, 2018. Accessed April 11, 2018. Accessed at: <https://www.hhs.gov/opioids/about-the-epidemic/>

Health Disparities 2015



Drug Overdose deaths involving natural, semi-synthetic, and synthetic opioids per 100,000 population

- **Sex**

- Male: 8.7
- Female: 5.4

- **Race/Ethnicity**

- Asian or Pacific Islander: 0.7
- Black or African American: 4.0
- White: 8.2
- Hispanic or Latino: 2.5

- **Age Group**

- 25-44yo: 12.2
- 45-64yo: 11.3

Medical product safety: healthy people 2020. Office of Disease Prevention and Health Promotion. Updated 4/11/18. Accessed 4/11/18. Accessed at: <https://www.healthypeople.gov/2020/topics-objectives/topic/medical-product-safety/objectives>

The Opioid Epidemic History



- **Late 1990s:** Pharmaceutical companies communicated to healthcare providers that patients would not become addicted to opioids
- **Early 2000s:** Opioid medications were increasingly prescribed leading to widespread misuse of opioids, prescription and non-prescription
- **2017:** HHS declared a public health emergency
 - 5-Point Strategy to Combat the Opioid Crisis



About the U.S. opioid epidemic. U.S. Department of Health and Human Services. Updated March 6, 2018. Accessed April 11, 2018. Accessed at: <https://www.hhs.gov/opioids/about-the-epidemic/>

5-Point Strategy

U.S. Department of Health and Human Services

1. Improve access to treatment and recovery services
2. Promote use of overdose-reversing drugs
3. Strengthen our understanding of the epidemic through better public health surveillance
4. Provide support for cutting edge research on pain and addiction
5. Advance better practices for pain management



About the U.S. opioid epidemic. U.S. Department of Health and Human Services. Updated March 6, 2018. Accessed April 11, 2018. Accessed at: <https://www.hhs.gov/opioids/about-the-epidemic/>

Healthy People 2020



MPS-2.4: Reduce drug overdose deaths involving opioids, excluding heroin

- **MPS-2.4.1:** Reduce drug overdose deaths involving natural, semi-synthetic, and synthetic opioids
 - **Baseline** 5.4 per 100,000 population
- **MPS-2.4.2:** Reduce drug overdose deaths involving natural and semi-synthetic opioids
- **MPS-2.4.3:** Reduce drug overdose deaths involving methadone
 - **Baseline** 1.5 per 100,000
- **MPS-2.4.4:** Reduce drug overdose deaths involving synthetic opioids

Medical product safety: healthy people 2020. Office of Disease Prevention and Health Promotion. Updated 4/11/18. Accessed 4/11/18. Accessed at: <https://www.healthypeople.gov/2020/topics-objectives/topic/medical-product-safety/objectives>

S.O.A.A.R.
 Substance & Opioid Abuse Awareness Response



Mission



- 1.) Increase awareness of substance abuse and opioid overdose
- 2.) Explain issues associated with addiction and substance use disorder
- 3.) Connect the public to community substance abuse programs, resource facilities, organizations and treatment centers
- 4.) Train community members to recognize opioid overdose and safely administer nasal Narcan™

S.O.A.A.R.
Substance & Opioid Abuse Awareness Response

APR 29
UMES STUDENT SERVICES CENTER
Breakfast & Lunch will be provided
8AM Childcare will be provided
2PM Register with the link below
<https://soar.speform.com/soarGk>



"RISE ABOVE S.O.A.A.R. ABOVE"

WORKSHOPS

Responsible Use of Pain Medication
Donald P. D'Agostino, PharmD, RRT
Clinical Pharmacist, Pain Management, Palliative Care
University of Maryland Medical System, Shalom Regional Health

Family Support/Community Resources
Mrs. Yolanda Marshall, MSW, LCSW-C
Director of Operations
Holston Health Services, Inc.

Peer Support Groups
Mr. William Johnson
Certified Peer Recovery Specialist
Somerset County Recovery & Re-entry Center (Pinnacle Asset)

Training Center
Mrs. Tiffanie Lawrence, LCSW-C
Behavioral Health Supervisor, Addiction Specialist
McCrady Health

Educational Tools for Youth, Parents, and School Officials
Mrs. Katherine Landford-Purcell, BS, MS, LCADC, CRC
Lecturer, Department of Rehabilitation Services
University of Maryland Eastern Shore

and
Mrs. Laurena Wigfall, MEd, CPP
Director, Alcohol, Tobacco, and Other Drugs
University of Maryland Eastern Shore

and
Somerset County Public Schools

PANEL DISCUSSION

Community Voices: Perspectives on Substance Abuse Prevention, Mitigation, and Intervention
Mrs. Debrah Wessels, BS, MEd
Head, Lower School
The Salisbury School

Dr. Robert Cohen, DO, DABAM
Medical Director
Holston Health Services, Inc.

Dr. Sid Ramos, MD, FACS
Chief of Surgery
McCrady Health

Ms. Kendra Harwood
Assistant State Attorney
Somerset County State's Attorney's Office

Mr. Bryan Lloyd
Pastor
Seaside Church - Salisbury Campus

Narcan(TM)/Naloxone Training
Each participant will receive a
Narcan(TM) upon successful completion of training

**Student-led initiative
with 7 Committees**

Speaker, Finance,
Community Resources,
Creative, Promotion,
Registration, and Event
Space Logistics



University of Maryland Eastern Shore School of Pharmacy and Health Professions

Maryland Board of Pharmacy



SPRING 2017

Maryland Board of Pharmacy news

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FROM THE EXECUTIVE DIRECTOR'S DESK --- Deena Speights-Napata

THE OPIOID CRISIS—ARE PHARMACISTS PREPARED?

The National Boards of Pharmacy (NABP), along with the Food and Drug Administration, and our Governor, Lawrence Hogan, have all agreed on one important goal: controlling the opioid epidemic and providing counseling and treatment to reduce the number of opioid addicts.

In a recent NABP whitepaper assessing performance patterns on the content area of the MPJE exam, analysts found 5 areas in which students taking the exam April through September 2016 performed below expectation. Two of the areas involved the requirements for dispensing controlled substances and non-prescription pharmaceutical products, and the other involved application of regulations. With the legislative authorization of the dispensation of STI medications to control the increasing number of gonorrhea cases in Maryland, the approval for the dispensation of naloxone, and the increased focus of counseling when controlled substances are dispensed, these performance issues are troubling to say the least.

Governor Hogan has declared a state of emergency in Maryland in an effort to bring attention and resources to address the escalating number of deaths associated with opioid abuse. Our Department of Health has established a coalition of public health officials that meet bi-weekly to discuss strategies to address the opioid crisis Maryland is currently experiencing. The strategies include the development of an opioid command center, opioid public health awareness campaigns, and naloxone advertisements and posters. The Maryland Hospital Association (MHA) is currently conducting surveys on hospital overdose protocol in emergency rooms in an effort to develop a universal protocol to address the prescribing and

Substance & Opioid Abuse Awareness Response (S.O.A.A.R.)

UMES Student Services Center -- April 29th -- 8 AM -- 2 PM

"Rise Above S.O.A.A.R. Above"

Breakfast & Lunch will be provided • Childcare will be provided • Register with this link: <http://soaar.typeform.com/to/YowGk>

WORKSHOPS

Responsible Use of Pain Medications
Donald F. D'Aquila, Pharm.D., RRT
Clinical Pharmacist, Pain Management, Palliative Care
University of Maryland Medical System, Shore Regional Health

Family Support Community Resources
Mrs. Tynasha Randall, MSW, LCSW-C
Director of Operations
Hudson Health Services, Inc.

Peer Support Groups
Mr. William Johnson
Certified Peer Recovery Specialist
Somerset County Recovery & Re-Entry Center (Princess Anne)

Treatment Centers
Ms. Tiffany Travers, LCSW-C
Behavior Health Supervisor, Addiction Specialist
McCready Health

Educational Tools for Youth, Parents, and School Officials
Mrs. Katerina Lankford-Purnell, BS, MS, LCADC, CRC
Lecturer, Department of Rehabilitation Services
University of Maryland Eastern Shore, and

Mr. Laurens Wignall, MEd, CPP
Director of Alcohol, Tobacco and Other Drug Program
University of Maryland Eastern Shore, and

Somerset County Public Schools

PANEL DISCUSSIONS

Community Voices: Perspectives on Substance Abuse
Prevention, Mitigation and Intervention

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Somerset County State's Attorney's Office
Mr. Bryan Lloyd
Pastor
SonRise Church – Salisbury Campus

Narcan™/Naloxone Training
Each participant will receive a
Narcan™ rescue kit upon completion of training

Media Resources



- WMDT-Channel 47 Evening News
- Good Morning Delmarva (WMDT)
- DelmarvaLife (WBOC)
- Froggy 99.9
- Delmarva Now/Daily Times
- DelmarvaNow
- The Dispatch (Ocean City)
- The Daily Times
- UMES

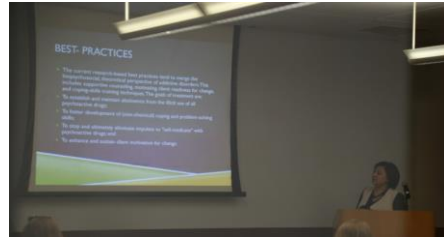


SOAAR Events



Workshops

- Family Support/Community Resources
- Responsible use of Pain Medications
- Peer Support Groups
- Treatment Centers
- Educational Tools for Youth, Parents, and School Officials



SOAAR Events



Panel Discussion

- Principal of a local school
- Medical Director of Hudson Health Services
- Chief of Surgery of McCready Health
- Assistant State Attorney
- Pastor

Narcan/Naloxone Training

Artwork from Local Students

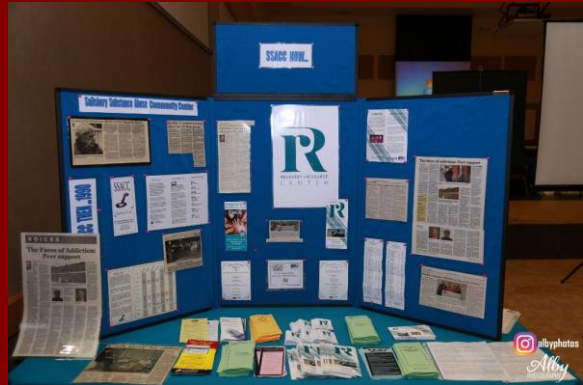


Naloxone Training



1. Rescue-Recognize-Rouse
2. 911
3. Naloxone
4. Rescue breathe
5. Recovery
6. Call the ORP







UMES School of Pharmacy students host opioid education-information exchange- WMDT
<http://www.wmdt.com/news/maryland/umes-school-of-pharmacy-s...>

Measures of Success



- Over 150 Registered Participants
- ~40 students contributed to planning and executing the event
- 25 local exhibitors from the community
- Inter-professional collaboration
- Nasal Narcan dispensed to residence life staff to respond in case of emergency in dormitories and student activity areas



Measures of Success



- Alumni involvement
- Connected community members to resources
- UMES residence life professional staff trained
- Alumni involvement
- Over 500 service hours were completed by students and faculty
- 70 community members trained to administer Narcan



The Maryland General Assembly



WHAT CAN YOU DO?

Combating the Opioid Epidemic In Your Community



- Disseminate information about state laws that encourage intervention.
- Host community mobilization events to put tools into the hands of every sector of the community.
- Become trained to deliver Naloxone.
- Get Educated.
- Reduce the Stigma.



9 ways to fight the opioid crisis in your community. International city/count management association. March 2017. Accessed April 12, 2018. Accessed at: <https://icma.org/articles/article/9-ways-fight-opioid-crisis-your-community>

References



1. 9 ways to fight the opioid crisis in your community. International city/count management association. March 2017. Accessed April 12, 2018. Accessed at: <https://icma.org/articles/article/9-ways-fight-opioid-crisis-your-community>
2. About the U.S. opioid epidemic. U.S. Department of Health and Human Services. Updated March 6, 2018. Accessed April 11, 2018. Accessed at: <https://www.hhs.gov/opioids/about-the-epidemic/>
3. Drug Overdose Death Data. Centers for Disease Control and Prevention. Updated: December 19, 2017. Accessed April 12, 2018. <https://www.cdc.gov/drugoverdose/data/statedeaths.html>
4. Medical product safety: healthy people 2020. Office of Disease Prevention and Health Promotion. Updated 4/11/18. Accessed 4/11/18. Accessed at: <https://www.healthypeople.gov/2020/topics-objectives/topic/medical-product-safety/objectives>

THANK YOU!
QUESTIONS?



Fitness, Education, & Diet (FED) Program

University of Maryland Eastern Shore School of Pharmacy
Student National Pharmaceutical Association

Presented by: Emily Diserod

Acknowledgement: Brittany Brooks-Grey



Outline

1. SNPhA and the Walmart/Sam's Club Prescription for Service Grant
2. FED Program Overview
3. Why Maryland?
4. Why Somerset County, MD?
5. FED Program Goals
6. Sessions 1 – 3 and Bonus Sessions
7. Successes and Challenges
8. Future Plans

SNPhA

- SNPhA is an organization dedicated to minority student pharmacists and serving the underserved.
- The organization was founded in 1972 and has over 80 chapters across the country.



Walmart/Sam's Club Prescription for Service Grant

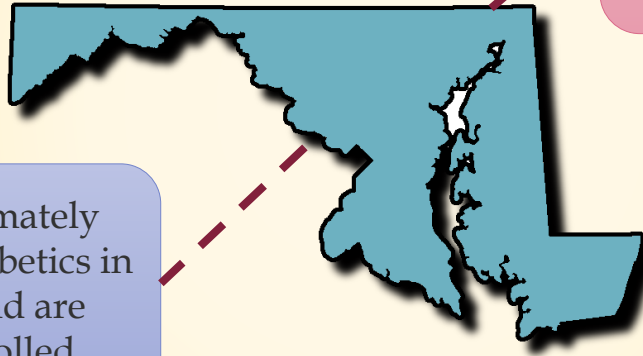
- Prescription for Service, sponsored by Walmart Stores, Inc. and Sam's Club, was established in 2012 as a national scholarship competition to grant SNPhA students the funds needed to make an impact in underserved communities
- Five regional SNPhA team finalists are selected to receive grants and make a difference in their communities



FED Program Overview

- Developed by student pharmacists as a way to combat the medical and financial issues present in poverty stricken and medically underserved Somerset County
- Programming and patient registration occurred from February – May 2017
- Students from various professional programs including physical therapy, kinesiology, dietetics, and pharmacy provided free screenings, education, and services to the community
- Patients were rewarded through the F.E.D. program for participating in multiple program sessions
 - Prizes included Walmart/Sam's Club gift cards

Why Maryland?^{1,2}

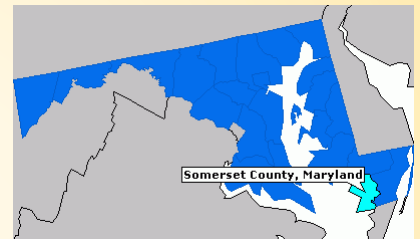


Approximately 700,000 adults in Maryland have uncontrolled hypertension.

Approximately 481,643 diabetics in Maryland are uncontrolled.

<https://freesolarpanelsnow.com/free-solar-panels-in-maryland/>

Why Somerset County, MD?^{3,4}



- Prevalence of health disparities
 - Obesity: 47.2% in Somerset County (35.4% in MD)
 - Diabetes: 14% in Somerset County (10% in MD)
 - Poor or fair health: 20% in Somerset County (13% in MD)
- Poverty
 - 23.7% of people in Somerset County live below the poverty line (2nd worst in MD)
 - 45.3% of people in Somerset County live below 200% of the poverty line (worst in MD)

<http://www.epodunk.com/cgi-bin/genInfo.php?locIndex=2791>

FED Program Goals

To provide a financial incentive for patients to be continually involved in their health

To provide volunteer opportunities for pharmacy students and to encourage interprofessional collaboration

To end the vicious cycle of cultural ignorance regarding health by providing basic health education and screenings

Session 1



Session 2



Session 3



Bonus Session: UMES Health & Wellness Fair



Successes and Challenges

- Interprofessional collaboration
- Reached an estimated 150 patients
- Collaboration with SCHD
- Gained experience in planning health fairs
- Patient trust
- Pharmacist availability
- Venue size
- Promotion/Advertisement

UMES SNPPhA Named Regional Finalist for Walmart/Sam's Club Prescription for Service Competition

The UMES chapter of the Student National Pharmaceutical Association was awarded one of five national Walmart/Sam's Club "Prescription for Service" grants. Student pharmacists Emily Biskach, Emily Diserod, Tori Hearn, and Seth Weinstock will use a \$2,500 grant they won to implement Eastern Shore Opioid Abuse Prevention (ESOAP), their grassroots community service project. Its purpose is to work with physicians to educate patients to discard unused prescription opioids safely and efficiently to decrease opioid abuse on the Eastern Shore. The ESOAP project will compete in July at the National Pharmaceutical Association annual conference for a \$10,000 prize.



Emily Biskach



Emily Diserod




Tori Hearn



Seth Weinstock

Future Plans

Eastern Shore Opioid Abuse Prevention Project



DRUG TAKE BACK DAY
APR 28

SAFE DISPOSAL SAVES LIVES.

Saturday, April 28, 2018
9 am-12pm @ The Drug Store 103 Poplar St. Hurlock, MD
10am-2pm @ PRMC Emergency Dept. Lobby
100 E Carroll St, Salisbury, MD



Acknowledgements

FED Team: Adeline Noumssi, Oluwabunmi Olutunji, Brittany Brooks-Grey, Chu Chi Oka-Zeh

SNPhA Advisors: Latasha Wade, PharmD and Yen Dang, PharmD, CTTS-M

Hoai-An Truong, PharmD, MPH, FAPhA, FNAP

Margarita Treuth, Ph.D., Professor & Chair, Department of Kinesiology

University of Maryland Eastern Shore School of Pharmacy and Health Professions

Somerset County Health Department

Somerset County Arts Council

Maryland Office of Minority Health and Health Disparities

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1. Hypertension (High Blood Pressure) in Maryland. Maryland BRFSS Surveillance Brief. Vol. 2, No. 1. Baltimore, MD: Maryland Department of Health and Mental Hygiene, Center for Chronic Disease Prevention and Control. April 2017.
2. 2015 Maryland BRFSS: Statewide and county - level estimates For non - institutionalized Maryland adults age 18. 2015 Maryland BRFSS: Statewide and county - level estimates For non - institutionalized Maryland adults age 18. Accessed September 2017.
3. 2016 Maryland Poverty Profiles. Accessed April 19, 2018. <http://familyleague.org/wp-content/uploads/2016/01/Maryland-Poverty-Profiles-2016.pdf>
4. Somerset County, Maryland 2017 -2018Community Health Needs Assessment. Accessed April 19, 2018. https://somersethealth.org/wp-content/uploads/2017/03/Somerset_County_Community_Health_Needs_Assessment_Report_2017-18.pdf

The Longitudinal Impact of Exposure to Violence During Adolescence on the Mental Health of Urbanized Males

Que'ell Cobb. Bernard Jordan.



"It has been estimated that nearly all children and adolescents residing in urban neighborhoods have been exposed to some form of neighborhood violence and approximately

33%-68%

have been directly victimized"



**YOUTH WHO LIVE IN DANGEROUS
ENVIRONMENTS AND ARE EXPOSED
TO VIOLENCE ON A REGULAR BASIS
MAY FEAR FOR THEIR SAFETY AND
EXPERIENCE CHRONIC HYPER-
AROUSAL, WHICH IN TURN MAY LEAD
TO AND PERPETUATE OTHER PTSD
SYMPTOMS"**

(Schell et al, 2004)

Post Traumatic Stress Disorder

PTSD is classified as an anxiety disorder that may develop following exposure to a traumatic event in which an individual experienced or witnessed any event involving actual or threatened death, serious injury or a threat to the physical integrity of the self or others. The individual's response would then involve intense fear, helplessness or horror.



Symptom Categories

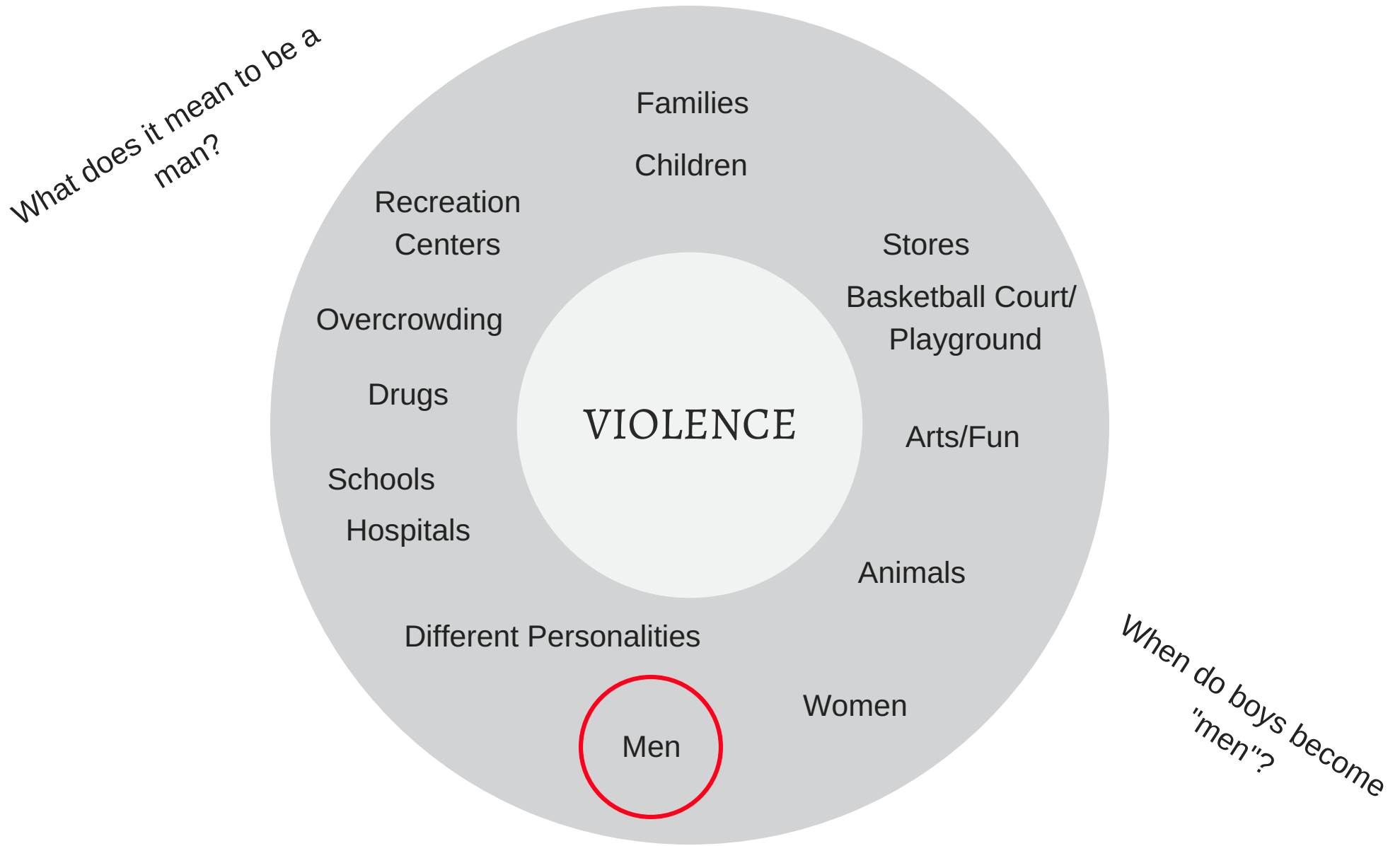
1. Re-experiencing
2. Avoidance
3. Hyper-arousal



Objective.

The present study examines the effects of exposure to violence on the longitudinal association between overall wellness, career success, and adaptation to environmental change in relation to the severity of PTSD related symptoms experienced.

What Exists in Urban Neighborhoods?



Men

MASCULINE IDENTITY

Violence

- Aggressive/tough
- Asserting strength, power and force over other men
- Physical toughness
- Endurance of hardship
- Rugged heterosexuality
- Unemotional logic
- Refusal to complain

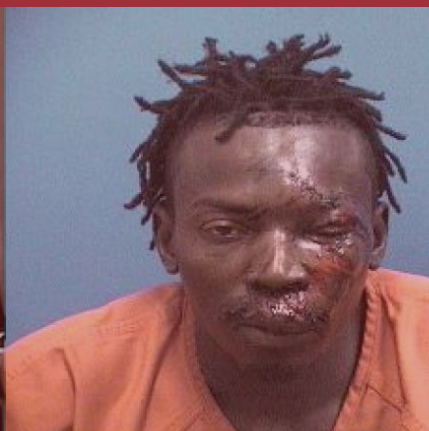
Have we seen this before?



- Difficulty in transforming the behaviors, beliefs, and stigma
- Militarized masculinity is a set of ideas, behaviors, attitudes and social principles taught to prospective combats when training to participate in war activities
- Align with associations of being a "man" in their communities

Violence Exposure, PTSD symptoms and life satisfaction in African American Male: A Mixed-Methods Exploration

We will design a mixed-methods study to explore violence exposure, PTSD symptoms and life satisfaction among urban African American males in Baltimore, Philadelphia, Washington D. C. A thematic analysis of open-ended responses to understand participants' perceptions of early violence exposure, PTSD symptoms and other factors that contributed to their overall life satisfaction. Hierarchical regression analyses will investigate the independent and interactive contributions of perceived violence exposure, masculinity traits on several domains of life satisfaction among urbanized African American males. Convergence of mixed-methods findings will shed lights on implications, limitations and directions for much-needed services and research.



The duration of exposure to violence effects the longitudinal success effecting African American males raised in urban neighborhoods.

1. How often are PTSD related symptoms reported by African American men? When and why is this information being reported? (force or willingly)
2. How are African American men valued in society? What are the employment rates? What factors work against the employability of African American men? What jobs are African American men more likely to choose?
3. What factors contribute to the culture of violence inflicted on African American men?

Treating Concussions in African- American Student Athletes: Health Equity Concern's, Treatment, and Approaches

Medora Frazier

University of Maryland Eastern Shore



Stereotypes

Dr. Adam Waytz, Dr. Kelly Hoffman, and Dr. Sophie Trawalter conducted a survey to white Internet users in which a series of questions based on superhuman strength and day to day activities were assessed by who would be able to do what better. Results came back as such:

- Blacks were chosen in majority responses at being able to participate in superhuman physical task
- Whites are viewed to be able to complete day to day task better than blacks
- Blacks are voted as less sensitive to pain
 - Whites, blacks, and nurses of all races perceive blacks to be less sensitive to pain than whites and they return to daily activity sooner

Concussions

- NCAA confirms over 10,500 Sports Related Concussions (SRC) reported each year with 30% studied in females
- USA Today published an article in May of 2017 giving recognition to the Journal of Athletic Training which reported that high school athletes:
 - All students have basic knowledge of concussions but women are more likely to report SRC's
 - Males 4 to 11 times more likely not to report a SRC
 - Large numbers failed to report their concussions due to the idea of it not being "serious".

Concussion Management Plan

- Education
- Pre-participation Assessment (brain injury history, symptom evaluation, cognitive assessment, and balance evaluation)
- Treatment
 - Clinical evaluation at time of injury (SCAT3)
 - Assessment for C-spine injury
 - Limit physical activity
 - Rest the brain
 - Medication
 - Sleep

Cultivate the Environment

- Educate athletes on the danger of not reporting a concussion
- Promote an environment that would make the student athlete want to report a concussion
- Must be willing to be uncomfortable to make student athletes comfortable.

JUDGEMENT FREE ZONE!

Mindfulness

- Mindfulness is the concept of being fully aware of what is happening and what you are doing in the present moment.
- Benefits
 - Stress management
 - Depression/ Anxiety
 - PTSD
- Techniques
 - Meditation
 - Yoga
 - Breathing
 - Observation
 - Awareness
 - Listening
 - Immersion in Activities
 - Appreciation



Anti- Inflammatory Diet

- Brain depends on nutrients to aid with healthy cognitive function and clear thinking
- Suggested foods:
 - Omega 3's
 - Nuts
 - Seeds
 - Avocado
 - White Meats
 - Yogurt
- Small meals frequent intervals will aid in recovery



Acupuncture & Cupping

- Acupuncture has been found to relieve tension in headaches and prevent migraines aiding in muscle recovery.
- Cupping is an eastern medicine treatment that has been found useful for healing post concussion soreness in muscles throughout the neck, shoulders, and the athletes back.

Sensory Deprivation

- Allows for the brain to retain over 300% more information in the theta state
- Assist in healing burn outs, the brainwaves activate the release of neurotransmitters, and there is an increase in intuition of reality to connect with their subconscious to rewire their brain
- Can alleviate mental blocks . The inability to solve problems is related to the inability to change one's mental state.



“ When you get these jobs that you have been so brilliantly trained for, just remember that your real job is that if you are free, you need to free somebody else. If you have power, then your job is to empower somebody else”.

- Toni Morrison