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#### **Disclosure**

Today's speakers have no relevant financial relationships with the manufacturer(s) of any commercial product(s) and/or provider of commercial services discussed in this CME activity



#### **Presenters**



Elizabeth Samuels, MD, MPH, MHS Associate Professor of Emergency Medicine UCLA Department of Emergency Medicine

Elizabeth A. Samuels, MD, MPH, MHS is an emergency medicine physician, health services trained researcher, and Associate Professor of Emergency Medicine at the University of California, Los Angeles. She was previously the assistant medical director of the Rhode Island Department of Health's Overdose Prevention Program. Samuels completed her emergency medicine training at the Brown Emergency Medicine Residency Program, a health service research and health policy fellowship at the Yale National Clinician Scholars Program, and is board-certified in emergency medicine and addiction medicine.

Her programmatic and scholarly work focuses on implementation of emergency department harm reduction and substance use disorder treatment and emergency department initiatives to address health-related social needs.



# Emergency Care for Adolescent Substance Use Part 1

Elizabeth A. Samuels, MD MPH MHS
Associate Professor of Emergency Medicine
UCLA Department of Emergency Medicine

January 19, 2023







## Working with communities.

- The SAMHSA-funded Opioid Response Network (ORN) assists states, organizations and individuals by providing the resources and technical assistance they need locally to address the opioid crisis and stimulant use.
- Technical assistance is available to support the evidence-based prevention, treatment and recovery of opioid use disorders and stimulant use disorders.

Funding for this initiative was made possible (in part) by grant no. 1H79Tl083343 from SAMHSA. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.



## Working with communities.

- The Opioid Response Network (ORN) provides local, experienced consultants in prevention, treatment and recovery to communities and organizations to help address this opioid crisis and stimulant use.
- ORN accepts requests for education and training.
- Each state/territory has a designated team, led by a regional Technology Transfer Specialist (TTS), who is an expert in implementing evidence-based practices.



## Contact the Opioid Response Network

- To ask questions or submit a request for technical assistance:
  - Visit www.OpioidResponseNetwork.org
  - Email orn@aaap.org
  - Call 401-270-5900

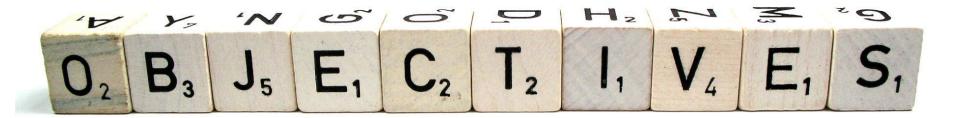


### Disclosures

I have no financial conflicts of interest to disclose

I am an emergency physician, not a pediatrician





- 1. Identify clinical scenarios requiring emergency department treatment and management
- Describe emergency department screening, harm reduction, treatment initiation, and treatment linkage for adolescents with substance use disorders
- 3. Understand how to best advocate for your adolescent patients with substance use disorders who have acute care needs
- 4. Discuss clinical management of common substance use-related emergency department visits



## Outline

- 1. Background
- 2. ED approach to substance use disorders
- 3. ED referrals and communication







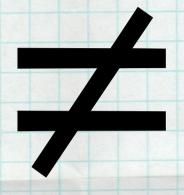
## Substance Use & Addiction

USE

USE DISORDER

# DOES NOT EQUAL

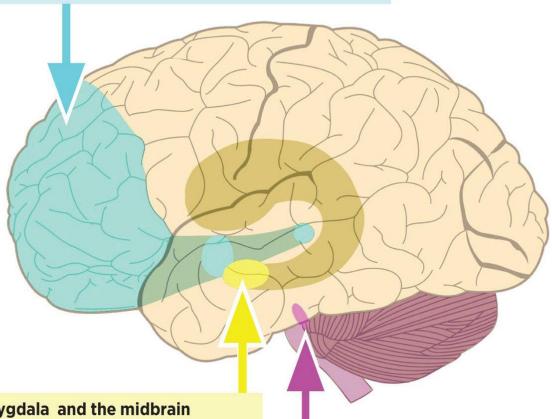
DEPENDENCE



**ADDICTION** 

#### Prefrontal cortex and the central reward pathway

There is a natural link between pleasure and complex thoughts such as decision-making and planning. With long-term opioid abuse, this pathway becomes dysregulated.



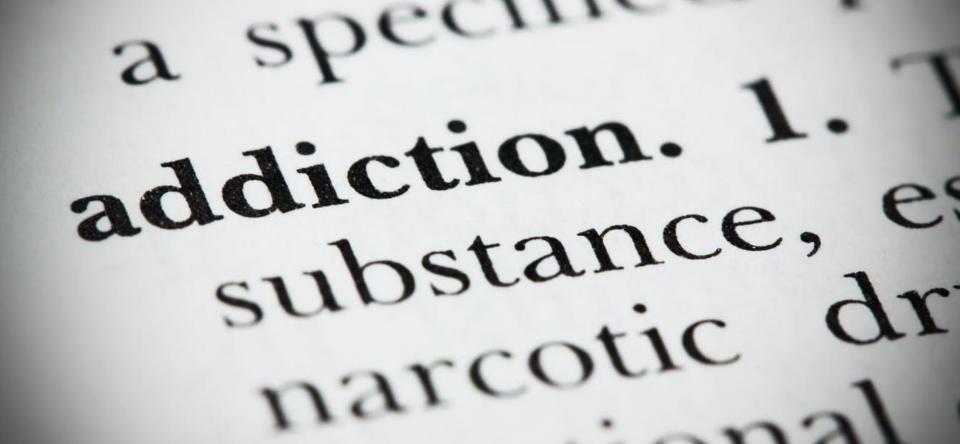
#### Amygdala and the midbrain

The urge to keep using opioids is born here. The midbrain helps steer behavior based on what it has experienced.

#### Locus coeruleus and the brain stem

Opioids can suppress the brain stem's ability to control breathing and heart rate. During overdose, this can kill.





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.

## a specin addiction. substance, narcotic

Prevention efforts and treatment approaches for addiction are generally as successful as those for other chronic diseases.



## **Opioid Use Disorder**

#### DSM-5 diagnostic criteria for OUD

Patients must meet 2 of the following 11 criteria to receive a diagnosis of OUD:

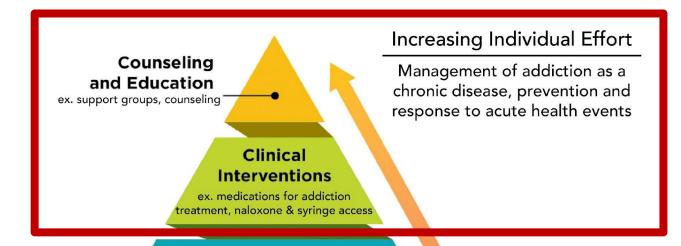
- Opioids are often taken in larger amounts or longer period than intended
- 2. Unsuccessful efforts to control opioid use
- 3. Large segment of time allocated to obtaining, using, or recovering from opioids
- 4. Strong desire to use opioids
- 5. Use of opioids is deterring one from daily activities such as work, school, or home
- 6. Continued opioid use despite its use causing an inability to fulfill responsibilities
- 7. Reduction or elimination of social occupational or recreational activities due to opioid use
- 8. Ongoing opioid use although physically hazardous
- 9. Ongoing opioid use despite having knowledge of such hazards
- 10. Experiencing tolerance to opioids
- 11. Experiencing withdrawal from opioids

Impaired control of use

Social impairment



### **Health Impact Pyramid**



#### **Preventative Interventions**

ex. screening, provider prescribing, addressing stigma, addressing trauma, treatment availability

#### **Institutional & Environmental Changes**

ex. provider prescribing, availability of health and social services, taxation, recovery housing programs, job training programs

#### **Socioeconomic Factors**

ex. housing, education, criminalization of substance use, exposure to violence, available health and social services, employment policy

#### Increased Population Health Impact

Institutional, environmental and social determinants

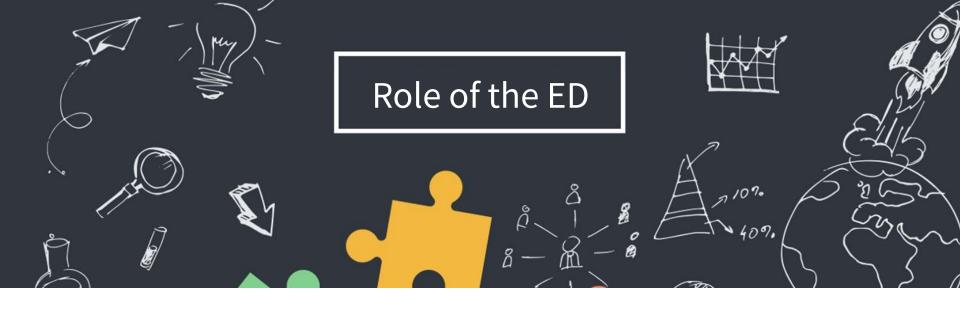


### SOCIAL ECOLOGICAL MODEL





## **Emergency Department Care**



Time sensitive treatment and stabilization

Acute Diagnostic Center

Healthcare Access and Treatment Linkage



Prevention

**Harm Reduction** 

**Treatment** 





## E-OUAL EMERGENCY QUALITY NETWORK





**MASSACHUSETTS** 

Levels of Care for Rhode Island Emergency Departments and Hospitals for Treating Overdose and Opioid Use Disorder







Levels of Care for Baltimore City Hospitals Responding to the Opioid Epidemic Guide for Hospitals

August 2018





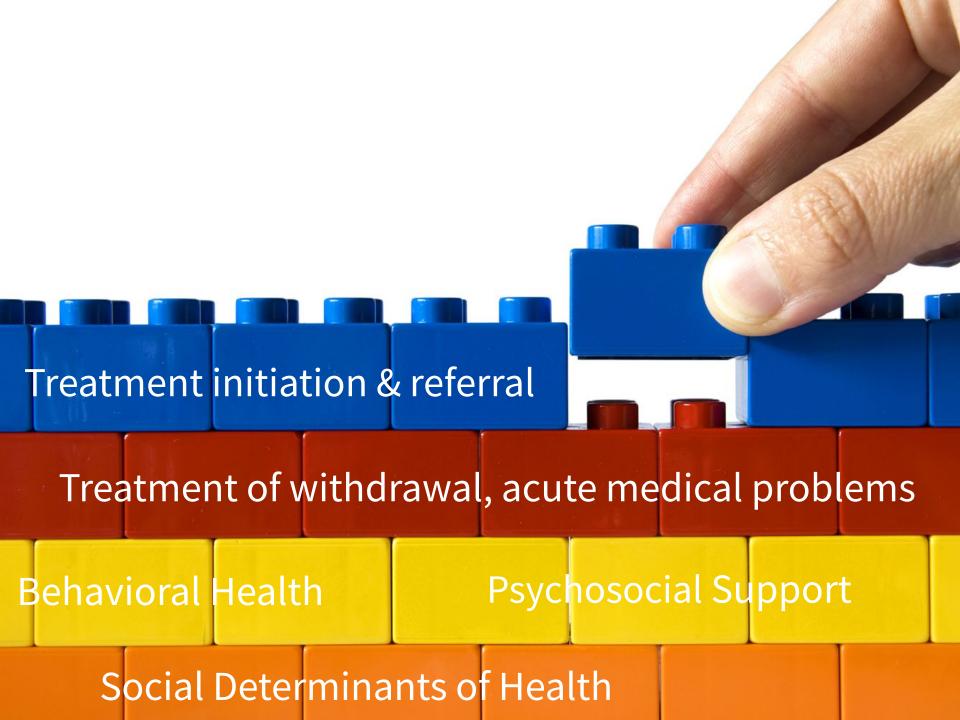




**Medication Assisted Treatment & Emergency Referrals** 

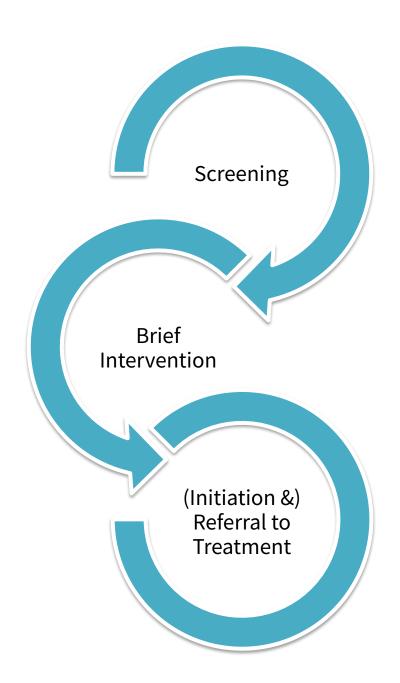






### **Patient Assessment**







## **Adolescent SUD Screening**

NAME	TIME	ADMIN. METHOD	FORMAT	SCREENS FOR	# Qs
CRAFFT	5 min	Asked or Self-administered	Print	Alcohol & drug use	9
Brief Screener for Alcohol, Tobacco, and Other Drugs (BSTAD)	5–10 min	Asked and Self-administered	Print or Electronic	Alcohol & drug use tobacco use	3
Screening to Brief Intervention (S2BI)	5 min	Asked or Self-administered	Electronic	Alcohol & drug use tobacco use	3–7
APA Adapted NIDA Modified ASSIST Tools	5–10 min	Self-administered	Print	Alcohol & drug use other mental health concerns	25

## **Adolescent OUD Screening**

#### The CRAFFT Questionnaire (version 2.1)

To be completed by patient

Please answer all questions honestly; your answers will be kept confidential.

During the PAS	T 12 MONTHS	, on how many	days did you:
----------------	-------------	---------------	---------------

1.	Drink more than a few sips of beer, wine, or any drink containing alcohol? Put "0" if none.  # of d	ays	]					
2.	Use any marijuana (cannabis, weed, oil, wax, or hash by smoking, vaping, dabbing, or in edibles) or "synthetic marijuana" (like "K2," "Spice")? Put "0" if none.	ays	]					
3.	Use anything else to get high (like other illegal drugs, prescription or over-the-counter medications, and things that you sniff, huff, vape, or inject)? Put "0" if none.  #of d	ays	l					
READ THESE INSTRUCTIONS BEFORE CONTINUING:  If you put "0" in ALL of the boxes above, ANSWER QUESTION 4, THEN STOP.  If you put "1" or higher in ANY of the boxes above, ANSWER QUESTIONS 4-9.								
		No	Yes					
4.	Have you ever ridden in a <b>CAR</b> driven by someone (including yourself) who was "high" or had been using alcohol or drugs?							
5.	Do you ever use alcohol or drugs to <b>RELAX</b> , feel better about yourself, or fit in?							
6.	Do you ever use alcohol or drugs while you are by yourself, or <b>ALONE</b> ?							
7.	Do you ever <b>FORGET</b> things you did while using alcohol or drugs?							
8.	Do your <b>FAMILY</b> or <b>FRIENDS</b> ever tell you that you should cut down on your drinking or drug use?							



#### PATIENT ENGAGEMENT

**FIVE PRINCIPLES OF** 

## MOTIVATIONAL INTERVIEWING



Express empathy for the client

Develop discrepancy between the client's goals and values and their current behavior, particularly regarding substance use





Avoid argumentation and direct confrontation

Roll with client resistance, instead of fighting it





Support the client's self-efficacy, or their belief that they can change



measures how willing a person is to take an action



measures how confident a person is in his / her ability to perform or take the action



measures how ready the person is to take the action



### **Meet Patients Where They Are**









### **Harm Reduction**



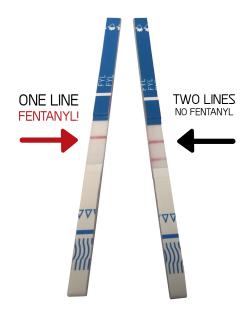
## HARM REDUCTION PRINCIPLES

- Health & Dignity
- Person-centered
- Participant involved
- Recognize Inequalities & Injustices
- Respect Autonomy
- Pragmatism/realism











# Naloxone







# How to

## Respond to an Overdose





#### Try to wake the person up

Call their name and rub the middle of their chest with a closed fist.

#### Call 911

The Good Samaritan law protects you from arrest for possession of drugs.





#### Give naloxone

Follow the directions for nasal or intra-muscular naloxone kits.

#### Start rescue breathing

Make sure their mouth is not blocked, pinch their nose, and breathe every 5 seconds.





#### **Recovery position**

If you can't stay to wait for help, put the person on their side supported by a bent knee.

We all have a role to play in ending the overdose crisis. What's yours?

Find out at PreventOverdose.RI.gov





PRESCRIBERS PHARMACISTS PATIENT EDUCATION RESEARCH & LEGAL ADVOCACY FAQ

# Check out our companion site

visit site





collaborations



Opioid safety and overdose prevention resources for prescribers and pharmacists

00000

#### Welcome to PrescribeToPrevent.org

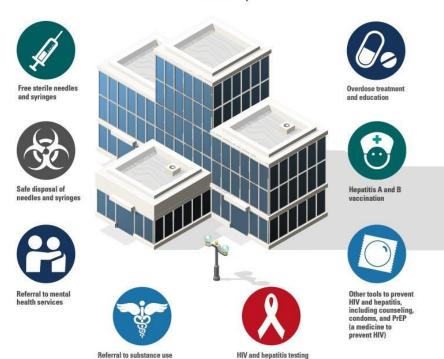
Here you will find information you need to start prescribing and dispensing naloxone (Narcan) rescue kits, including some useful resources containing further information about this life-saving medicine. We are prescribers, pharmacists, public health workers, lawyers, and researchers working on overdose prevention and naloxone access. We compiled these resources to help health care providers educate their patients to reduce overdose risk and provide naloxone rescue kits to patients.



#### **Syringe Services Programs:** Vital Part of Efforts to Combat Opioid, HIV, and Hepatitis Epidemics

#### What is an SSP?

A community-based program that provides key pathway to services to prevent drug use, HIV, and viral hepatitis





disorder treatment, including medication-assisted treatment

> SSPs DON'T increase illegal drug use or crime but DO reduce HIV hepatitis risk.

and linkage to treatment

Syringe services programs: http://bit.ly/2dhkAsq Find an SSP: http://bit.ly/2dhktgB

HIV diagnoses are down among PWID. More access to SSPs could help reduce HIV and hepatitis further.





## Syringe Services/Exchange Programs

### SSPs Increase Entry Into Substance Use Disorder Treatment:

SSPs **reduce drug use**. People who inject drugs (PWID) are 5 times as likely to enter treatment for substance use disorder and more likely to reduce or stop injecting when they use an SSP.

#### **SSPs Reduce Needlestick Injuries:**

SSPs reduce needlestick injuries among first responders by providing proper disposal. One in three officers may be stuck with a needle during their career. Increasing safe disposal also protects the public from needlestick injuries. SSPs do not increase local crime in the areas where they are located.



#### **SSPs Reduce Overdose Deaths:**

SSPs reduce overdose deaths by teaching PWID how to prevent and respond to drug overdose. They also learn how to use naloxone, a medication used to reverse overdose.



#### 3,600 HIV Diagnoses Among PWID In 2015:

SSPs reduce new HIV and viral hepatitis infections by decreasing the sharing of syringes and other injection equipment. About 1 in 3 young PWID (aged 18–30) have hepatitis C.







#### **Prevention Saves Money:**

SSPs save health care dollars by preventing infections. The estimated lifetime cost of treating one person living with HIV is more than \$400,000. Testing linked to hepatitis C treatment can save an estimated 320,000 lives.







# **Fentanyl Test Strips**

# How to stay safe with fentanyl



Overdose happens fast. Make sure you and your friends carry naloxone.



Don't use alone

Make sure someone is around. They can give naloxone if you overdose.



If you think it's an overdose, call 911. They have more naloxone.

We all have a role to play in ending the overdose crisis. What's yours?





# How to use a fentanyl test strip to help prevent overdose



A deadly opioid called **fentanyl** is being added to drugs like **heroin**, **cocaine**, **and pills**.

Fentanyl test strips can tell you whether or not you have fentanyl in your drugs. You can follow these steps to use a fentanyl test strip to prevent overdose.



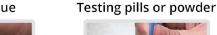
Hold the blue end of your test strip and dip it into the water for 15 seconds. Be sure you only dip up to the wavy lines.

#### Step 1 - Add water

Testing residue



Add 10 drops of sterile water to your cooker after you have drawn your shot and stir well.





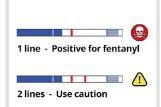
Add water to an empty bag with residue in it and mix well. If you have pills, break a piece off and stir it into water.





Wait two minutes until you can see lines show up in the middle.

#### Step 4 - Results



Read your test results. One line means that your drugs have fentanyl in them. No drugs are 100% safe.

What can I do after I get my test result?

- 1. I can have naloxone with me
- **2.** I can have someone with me who can call 911 and give me naloxone if I overdose
- **3.** I can go slow and use less







## **Treatment Initiation & Linkage**



# **Evidence-Based Treatments**

## Behavioral Treatment

Group therapy
Adolescent Community Reinforcement
Approach (A-CRA)
Cognitive-Behavioral Therapy (CBT)
Contingency Management (CM)
Motivational Enhancement Therapy
(MET)

# Recovery Support Services

Peer Supports Recovery High School

## Family-Based Treatment

Brief Strategic Family Therapy (BSFT)
Family Behavior Therapy (FBT)
Functional Family Therapy (FFT)
Multidimensional Family Therapy (MDFT)
Multisystemic Therapy (MST)

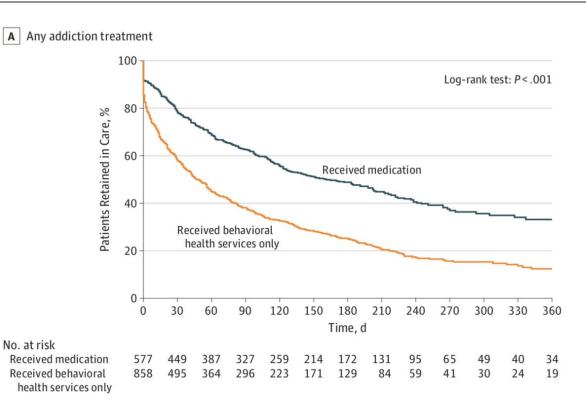
# Medication for SUD

Methadone Buprenorphine Naltrexone

# Receipt of Timely Addiction Treatment and Association of Early Medication Treatment With Retention in Care Among Youths With Opioid Use Disorder

Scott E. Hadland, MD, MPH, MS; Sarah M. Bagley, MD, MSc; Jonathan Rodean, MPP; Michael Silverstein, MD, MPH; Sharon Levy, MD, MPH; Marc R. Larochelle, MD, MPH; Jeffrey H. Samet, MD, MA, MPH; Bonnie T. Zima, MD, MPH

Figure. Retention in Care According to Timely Receipt of Opioid Use Disorder Medication Within 3 Months of Diagnosis Among Youths





# Medication for Opioid Use Disorder (OUD)

Survival
Treatment Retention
Ability to gain &
maintain employment
Birth outcomes





# for opioid use disorder Medication Assisted Treatment of Adolescents With Opioid Use Disorders

COMMITTEE ON SUBSTANCE USE AND PREVENTION

- 1. Increase resources for medication for OUD (MOUD).
- 2. Pediatricians should offer MOUD to adolescent and young adult patients with severe OUD and/or refer to other providers.
- 3. Further research focus on developmentally appropriate OUD treatment in adolescents and young adults, including primary and secondary prevention, behavioral interventions, and medication treatment.







over age 12 had a substance use disorder (related to alcohol or illicit drug use),





Primary care settings

37.3%

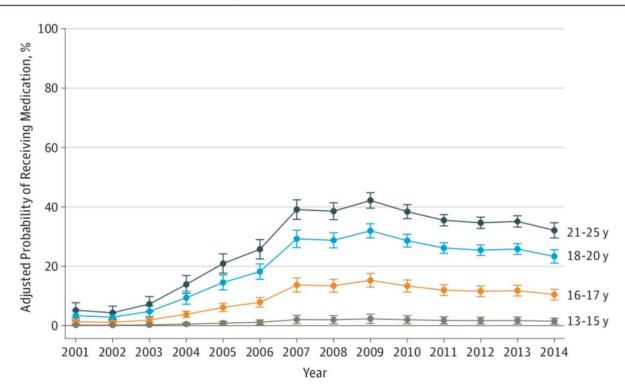
24.6%

Specialty drug treatment centers

# Trends in Receipt of Buprenorphine and Naltrexone for Opioid Use Disorder Among Adolescents and Young Adults, 2001-2014

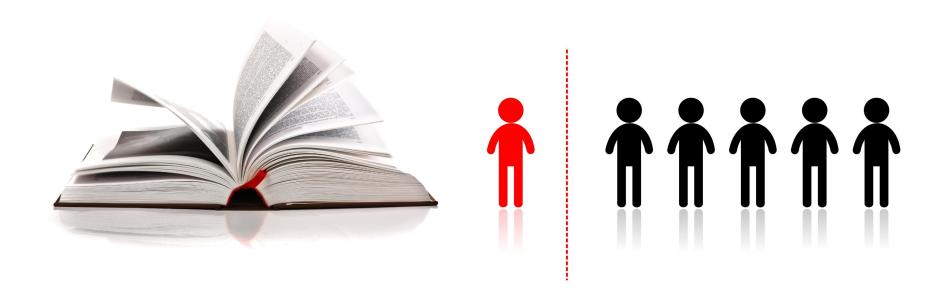
Scott E. Hadland, MD, MPH, MS; J. Frank Wharam, MB, BCh, BAO, MPH; Mark A. Schuster, MD, PhD; Fang Zhang, PhD; Jeffrey H. Samet, MD, MA, MPH; Marc R. Larochelle, MD, MPH

Figure 3. Proportion of Youth With a Claim Containing an Opioid Use Disorder Diagnosis Who Were Dispensed Any Buprenorphine or Naltrexone According to Age at First Diagnosis





# **Barriers**



JC	ınu	ary	/				ьe	pri	uar	γ			
S	M	T	W	T	F	S	\$	М	T	W	Т	F	s
1	2	3	4	5	6	7				1	2	3	4
8	9	10	11	12	13	14	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25
00	20	0.1					24	27	20				

#### to JANUARY 1

	THURSDAY, DEC. 29 363/2	FRIDAY, DEC. 30 364/1	SATURDAY, DEC. 31 365/0
7		7	7
:15		:15	:15
:30		:30	:30
:45		:45	:45
8		8	8
:15		:15	:15
:30		:30	:30
:45		:45	:45
9		9	9
:15		:15	:15
:30		:30	:30
:45		:45	:45
10		10	10
:15		:15	:15
:30		:30	:30
:45		:45	:45



# **Barriers**

#### **Structural Barriers**

- Incarceration
- Homelessness
- · Fear of interactions with government services or police

#### **Health Care System Barriers**

- Treatment program structure
  - · Waiting times
  - Confidentiality
  - · Lack of insurance

#### **Patient Barriers**

- Lack of perceived need, interest, trust, or education
  - Stigma

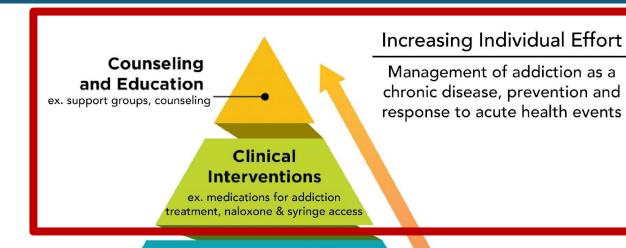
#### **Clinical Encounter**

#### **Provider Barriers**

- Difficulty prescribing MAT
  - Insufficient training or experience



# **Health Impact Pyramid**



#### **Preventative Interventions**

ex. screening, provider prescribing, addressing stigma, addressing trauma, treatment availability

#### **Institutional & Environmental Changes**

ex. provider prescribing, availability of health and social services, taxation, recovery housing programs, job training programs

#### **Socioeconomic Factors**

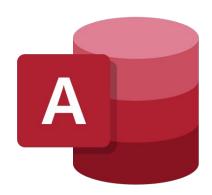
ex. housing, education, criminalization of substance use, exposure to violence, available health and social services, employment policy

#### Increased Population Health Impact

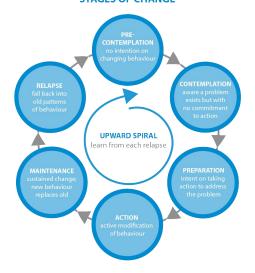
Institutional, environmental and social determinants

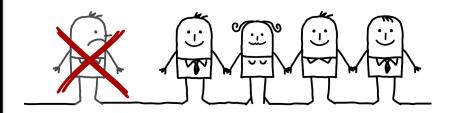






#### **STAGES OF CHANGE**







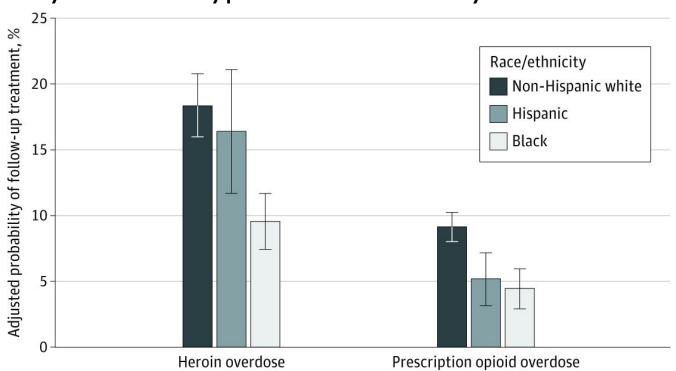


Original Investigation | Substance Use and Addiction

# Incidence of Treatment for Opioid Use Disorder Following Nonfatal Overdose in Commercially Insured Patients

Austin S. Kilaru, MD, MSHP; Aria Xiong, MS; Margaret Lowenstein, MD, MPhil; Zachary F. Meisel, MD, MPH, MSHP; Jeanmarie Perrone, MD; Utsha Khatri, MD; Nandita Mitra, PhD; M. Kit Delgado, MD, MS

# Average Adjusted Probability of Follow-up Treatment After Opioid Overdose, by Overdose Type and Race/Ethnicity

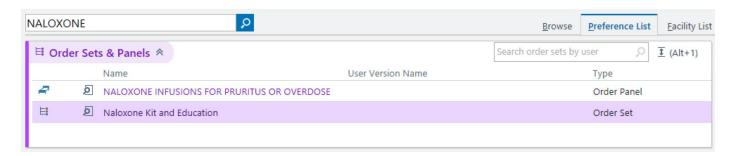






# How we approach substance use is a racial equity issue

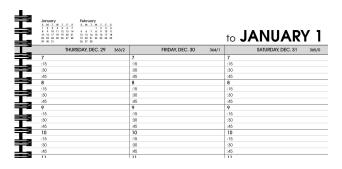
# Emergency Department Substance Use Disorder (SUD) Treatment







Recovery Coach Social Work SMART



Lifespan Recovery Center, RIH CPC Recovery Clinic, CODAC, VICTA

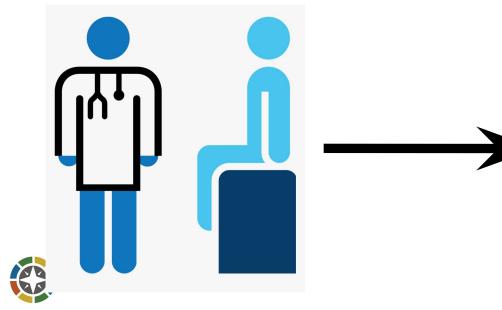


# **Emergency Department SUD**Treatment

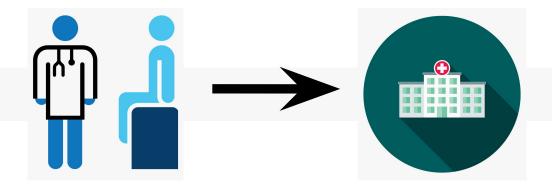
<b>★</b> Orders
Naloxone Kit and Education ≉
▼ General
✓ Nursing Interventions ✓ Play Overdose Rescue Education Video STAT, Until discontinued, Starting Today at 1239, Until Specified
▼ Consult - Anchor Recovery Coach
Call 401-415-8833
✓ Anchor Recovery Coach (401-415-8833)  Reason for consult? Overdose  Did you contact the consulting MD? No
Social Work Consult
✓ Social Work Consult  Reason for Social Work Consult: Opiate Overdose  Was patient notified that consult was requested? No  Has consulting service been contacted? No
▶ Ambulatory Referral to Substance Abuse Recovery
Ambulatory Referral to Substance Use Recovery Internal Referral, Routine, YYYRIH RECOVERY CTR, Substance Use Recovery, Specialty Services Required Reason for Referral: Overdose
▼ Labs
▼ Urine
✓ Drugs of Abuse Screen, Urine, Random STAT, Today at 1239, For 1 occurrence
▼ Medications
▼ Medication - General
naloxone (NARCAN) 4 mg/actuation spray 4 mg (\$\$\$) 4 mg, One nare, Once as needed, opioid reversal, Starting Today at 1238, 1 dose, Until tomorrow at 1238







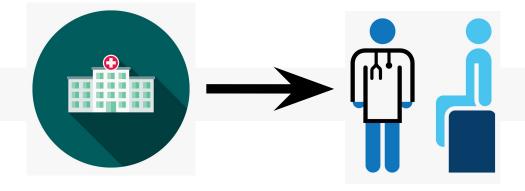




- Please call ahead
- Ask and be available for a follow up call







- If discharge plan seems insufficient, help with post-ED follow up plan (even if just an office visit)
- Follow up with patient







- Alcohol or benzodiazepine withdrawal
- Ongoing opioid withdrawal symptoms
- Signs of systemic infection
- Psychiatric emergency
- Concern for trafficking, abuse, neglect, lack of a safety plan
- Treatment initiation (depends on scenario)
- Nausea & vomiting



Other acute medical need

## **Take Home Points**

- Rising opioid overdoses in young adults
- Insufficient initiation of and access to treatment
- Optimal ED care:
  - Patient centered
  - Motivational interviewing
  - Harm reduction
  - Behavioral counseling
  - Treatment initiation and/or linkage
- Concurrent mental health treatment is essential
- Safe disposition planning





## RESOURCES

- American Academy of Pediatrics Opioid Epidemic Resources:
   https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Substance-Use-and-P
   revention/Pages/opioid-epidemic-resources.aspx
- Brief Screener for Alcohol and Other Drugs: <a href="https://www.drugabuse.gov/ast/bstad/#/">https://www.drugabuse.gov/ast/bstad/#/</a>
- NIDA Adolescent Substance Use Screening Tools: <a href="https://www.drugabuse.gov/adolescent-substance-use-screening-tools">https://www.drugabuse.gov/adolescent-substance-use-screening-tools</a>
- Prescribetoprevent.org information about prescribing and distributing naloxone
- Providers Clinical Support System <a href="https://pcssnow.org">https://pcssnow.org</a> Information about medication for opioid use disorder, free online waiver training, adolescent-specific webinars







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# Questions?

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#### Prize Winner!!!!!



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#### Save the Date!

#### **Half-Day In-Person Session**

June 22<sup>nd</sup>, 2023 8:00am-1pm

#### **Topics**

Adolescent SUD and the ER Part 2

Getting Started with the Patient

**Acute Toxidromes** 

#### **Speakers**

Jesse Hinckley, MD, PhD

Elizabeth Samuels, MD, MPH, MHS

Jason Reynolds, MD, PhD

Amy Mayhew, MD, MPH

Dylan McKenney, MD



#### **Next Live Webinar**

**Date** 

February 16<sup>th</sup>, 2023 12pm-1pm



#### **Topic**

Substance Use Presenting As or Exacerbating Physical or Mental Illness

#### Speaker

Omar Shah, BCH





# Thank you!

# Please fill out our brief survey

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