



Opioids & Fentanyl Landscape:

An overview

May 2023

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OVERVIEW

How we got here

WHY DO PEOPLE USE DRUGS?



What are opioids?

- Type of drug used to induce pleasure & reduce pain
- Produce a temporary state of euphoria or high, and are extremely addictive
- More opioid use = more tolerance *need higher levels to achieve same effect*

Common Opioids Include:

Generic	Brand Name
Hydrocodone	Vicodin, Lorcet, Lortab, Norco, Zohydro
Oxycodone	Percocet, OxyContin, Roxicodone, Percodan
Morphine	MSContin, Kadian, Embeda, Avinza
Codeine	Tylenol with Codeine, TyCo, Tylenol #3
Fentanyl	Duragesic, Actiq
Hydromorphone	Dilaudid
Oxymorphone	Opana
Meperidine	Demeral
Methadone	Dolophine, Methadose
Buprenorphine	Suboxone, Subutex, Zubsolv, Bunavail, Butrans

*Heroin is also an opioid

Signs & Symptoms of Opioid Use



Physical:

- Constricted pupils
- Drowsiness
- Lack of coordination
- Problems breathing
- Confusion
- Unconsciousness

Behavioral:

- Extreme happiness
- Isolation / avoidance
- Sudden mood swings
- Risky behavior
- Changes in habits / routines
- Financial problems

SIGNS OF AN OPIOID OVERDOSE

Learn how to spot an overdose and what to do.



Breathing
slow or absent



Cannot be woken up
or not moving



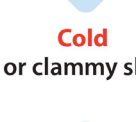
Choking
or coughing, gurgling,
or snoring sounds



Cold
or clammy skin



Dizziness
and disorientation



Pupils
extremely small



Discolouration
of lips and nails

CALL 911 IMMEDIATELY!

Your address: _____

THEN:



Give breaths
1 breath every
5 seconds



Use naloxone
if you have it

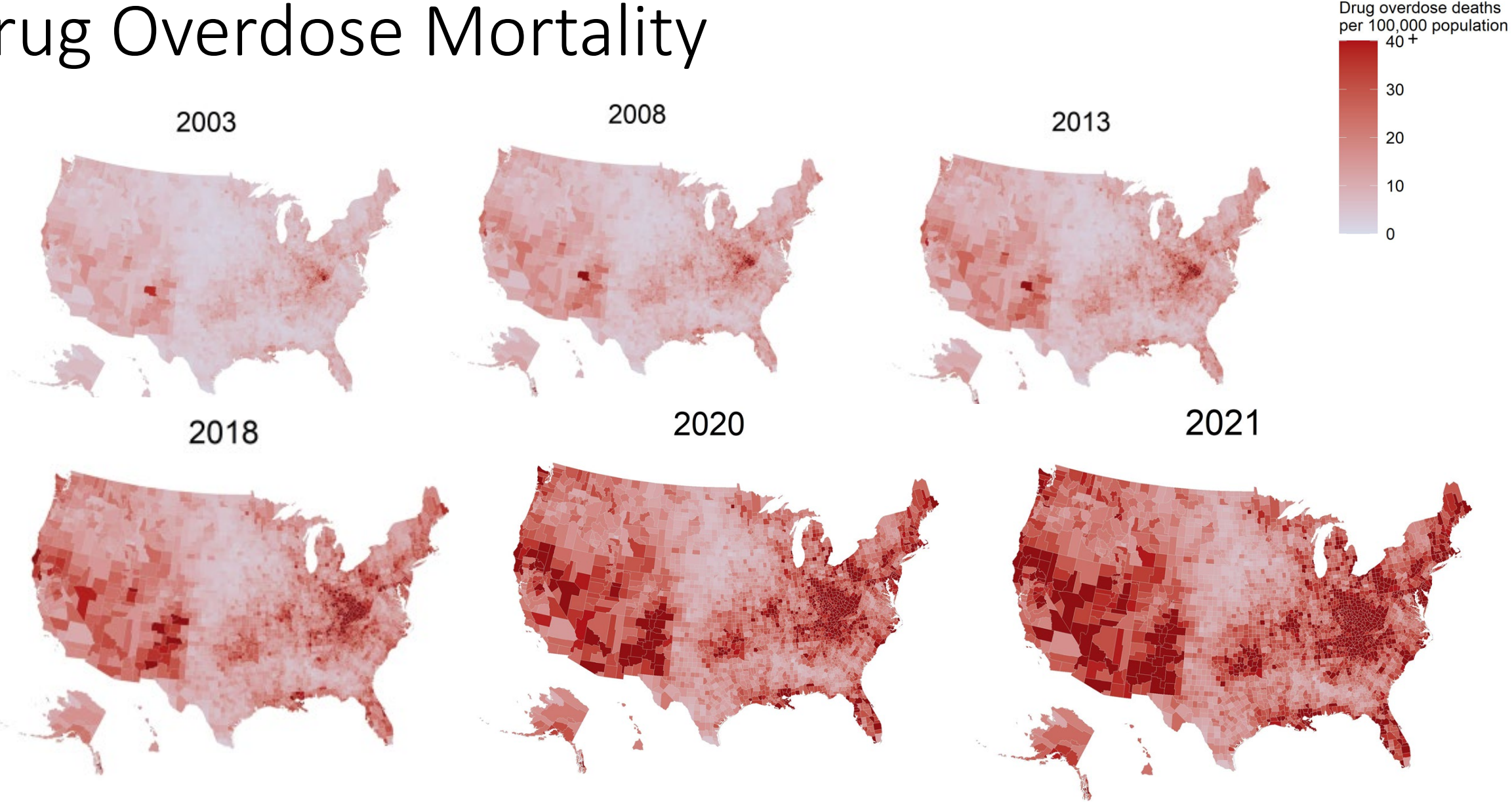
Opioid Withdrawal Symptoms

*Stopping opioids after sustained use can have **severe withdrawal symptoms** that begin as early as a few hours after the drug was last taken:*

- Muscle and bone pain
- Sleep problems
- Diarrhea and vomiting
- Cold flashes with goose bumps
- Uncontrollable leg movements
- Severe cravings



Drug Overdose Mortality

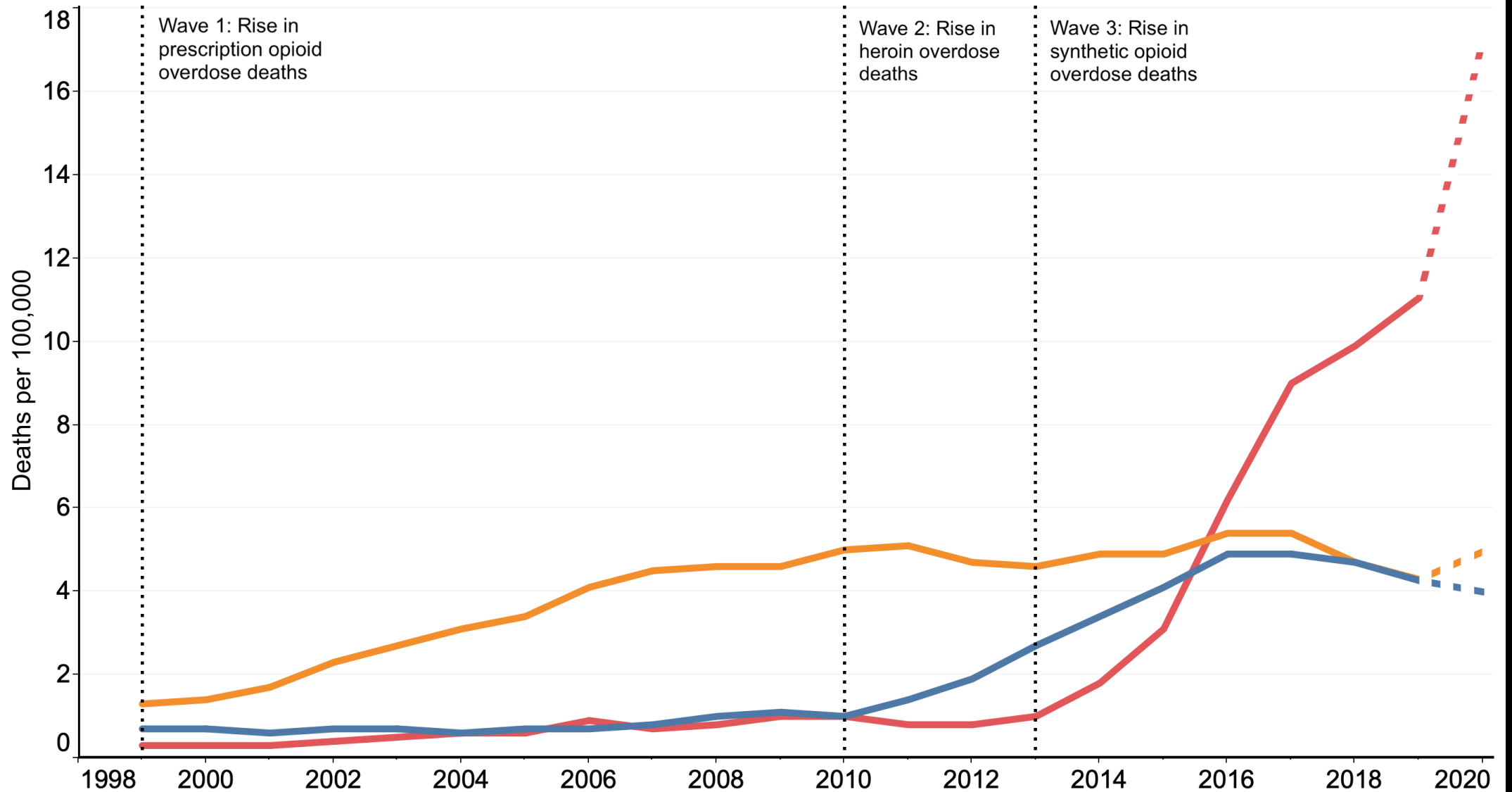


SOURCE: National Center for Health Statistics, National Vital Statistics System, mortality data (<http://www.cdc.gov/nchs/deaths.htm>).
Rossen LM, Bastian B, Warner M, Khan D, Chong Y. Drug overdose mortality: United States, 2003–2021. National Center for Health Statistics. 2022.

THREE WAVES OF RISE IN OPIOID OVERDOSE DEATHS

Deaths per 100,000, 1999-2020

- Commonly prescribed opioids
- Heroin
- Other synthetic opioids



Note: Dotted portion of each line represents preliminary data from the CDC
Source: National Vital Statistics, Mortality File

“Facing Addiction in America: *Surgeon General’s report on Alcohol, Drugs and Health*”

November 2016

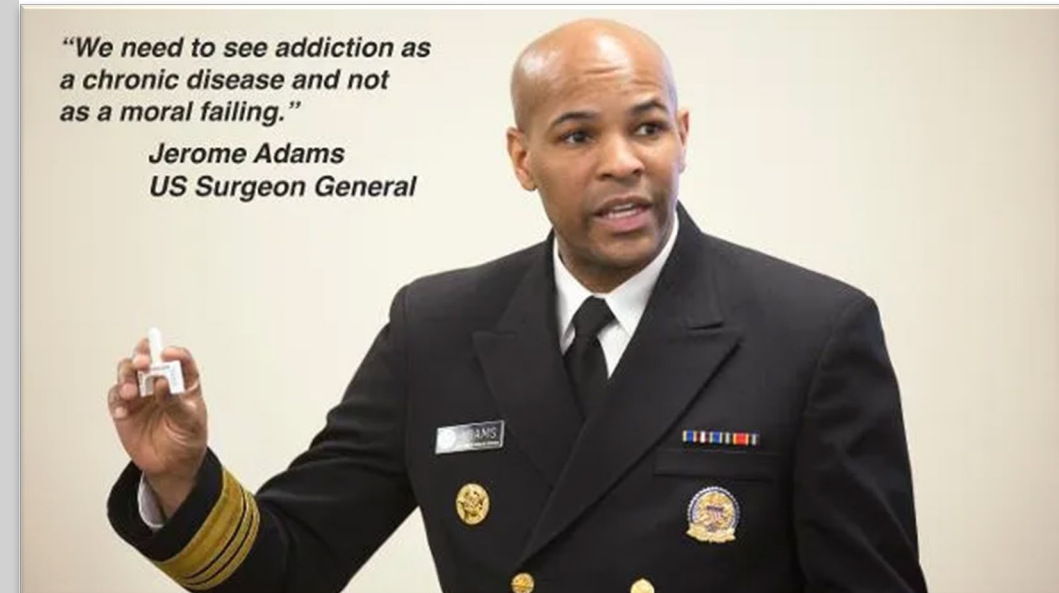


- 20+ million Americans have a Substance Use Disorder
 - *1 ½ times # of people who have all cancers combined.*
 - *More people use prescription opioids than use tobacco*
- Billions in annual economic impact from SUD
- Only 10% get meaningful help
 - *“Abundant scientific data” in support of Medication Assisted Treatment (MAT)*


Vivek Murthy, MD, US Surgeon General 2014-2017, 2021-present

“A Public Health Crisis”

*“The way we as a society view and address opioid use disorder must change — individual lives and **the health of our nation depend on it.**”*



Jerome Adams, MD, US Surgeon General 2017-2021



Current State: National picture

- Overdose deaths during pandemic rose to **highest levels** ever recorded in a single year (100,000+)
- Deaths attributed to **synthetic opioids** (mainly fentanyl) increased 53% nationwide
- The early years of the opioid epidemic were worst among white Americans in rural and suburban areas, **Black Americans** are now suffering disproportionately.



Lethal dose of heroin vs. fentanyl

Fentanyl – “Drug of Mass Destruction”

- Fentanyl is a manufactured opioid drug used for pain management
- Extremely strong & highly addictive

100x stronger than Morphine, 50x stronger than Heroin

- Forms: injectable, lozenges, and patches
- Most street Fentanyl is tasteless, odorless, and colorless
- Added to or used with other street drugs or online drug purchases

Sometimes unknown to the user

- Fourth Wave of Epidemic: Fentanyl + stimulant overdose deaths
- According to the CDC between 2016-2021: rate of drug overdose deaths involving fentanyl increased by 279%



**FENTANYL IS BEHIND
1 IN 5 DEATHS**

**AGES 15-24
IN CALIFORNIA**

FactsAboutFentanyl.org



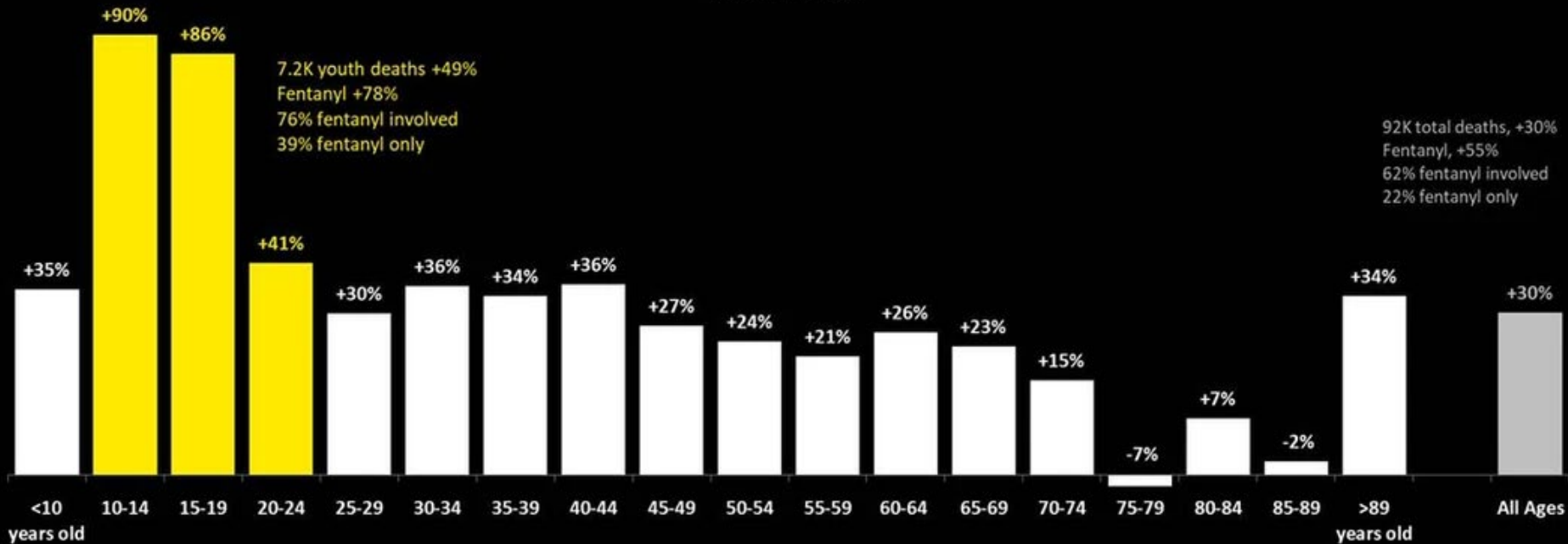
OUTFRONT

**Awareness is key. You can help.
Now that you know, who will you tell?**

Youth & Fentanyl

2020: Youth Drug Deaths Now Growing Faster than All Others

Annual Growth of U.S. Drug-induced Deaths by Age Group
2020 v 2019

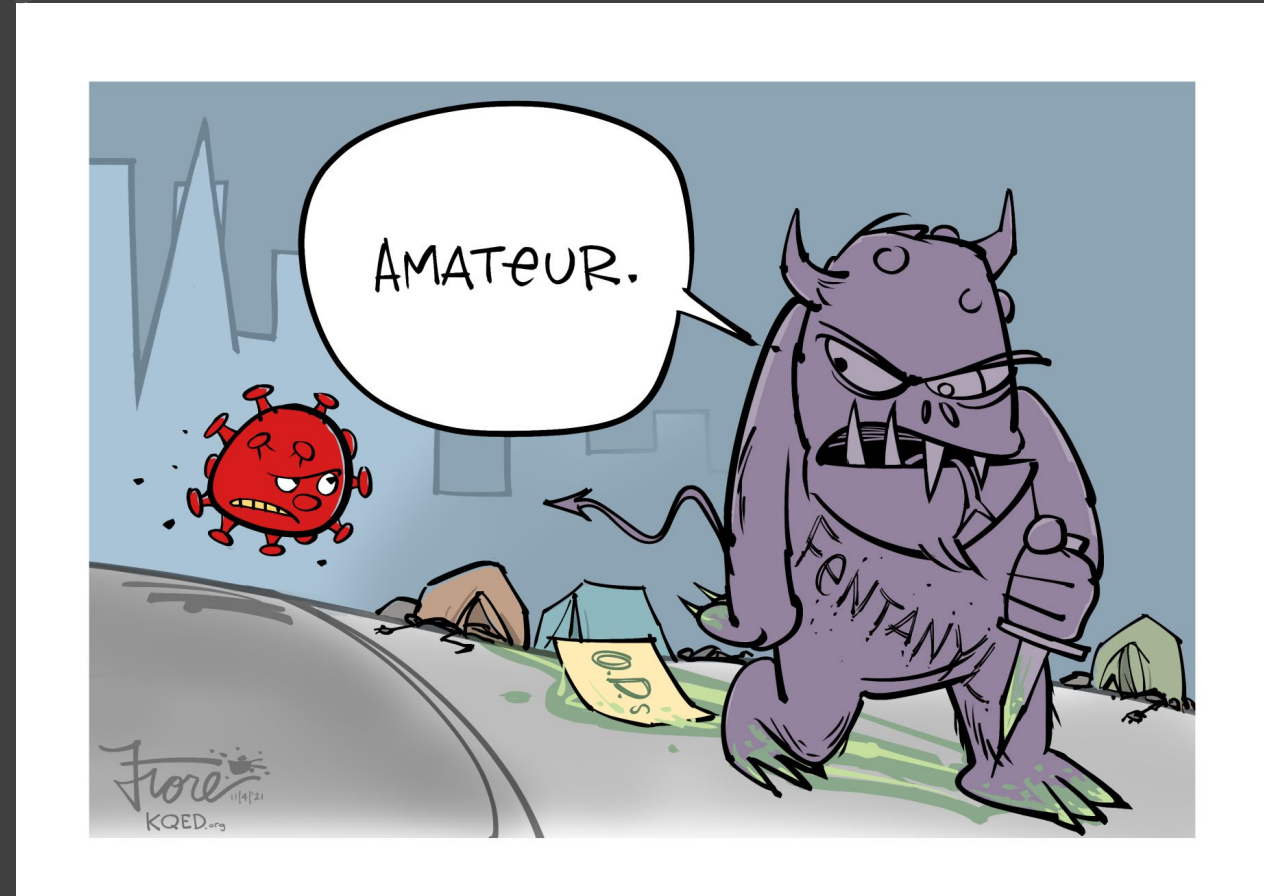


Derived from: Centers for Disease Control and Prevention, National Center for Health Statistics, Multiple Cause of Death 2018-2020 on CDC WONDER Online Database, released in 2021. Data are from the Multiple Cause of Death Files, 1999-2020, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program. Accessed at <http://wonder.cdc.gov/mcd101010expanded.html> on Dec 26, 2021 9:28:37 AM. NCHS has defined selected causes of death groups for analysis of all ages mortality data. Drug overdose deaths are identified using underlying cause of death codes from the Tenth Revision of ICD (ICD-10): X40-X44 (suicidal), X50-X54 (suicide), X65 (homicide), and Y10-Y14 (undetermined). Drug overdose deaths involving selected drug categories are identified by specific multiple cause of death codes. Drug categories presented include: heroin (T40.1); natural opioid analgesics, including morphine and codeine, and semisynthetic opioids, including drugs such as oxycodone, hydrocodone, hydromorphone, and oymorphone (T40.2); methadone, a synthetic opioid (T40.3); synthetic opioid analgesics other than methadone, including drugs such as fentanyl and tramadol (T40.4); cocaine (T40.5); benzodiazepines (T42.4); and psychostimulants with abuse potential, which includes methamphetamine (T43.6). Rates are per 100K, age adjusted for all ages. "All Opioids" uses T40.2+T40.3. "Fentanyl Involvement" uses T40.4 and "Fentanyl % of all drug deaths" is (MCD T40.4/Drug overdose deaths). "Fentanyl-only" uses (Any T40.4 minus (Any T40.4 AND any involvement of T40.1 AND OR T40.2 AND OR T40.3, AND OR T40.5, AND OR T42.4 AND OR T43.6)). Multiple drugs may be involved in one drug death. State rankings are based on death rates and growth in rates for states where data exist.



Summary: A Rocky Landscape

- Increasing overdose deaths nationwide
 - SMC increasing but not at same rate
- Spike in fentanyl related deaths
 - *now fentanyl + stimulants (meth and/or cocaine)*
- Youth drug-related deaths and internet sales of drugs on the rise nationally
- Federal & State efforts ramping up
 - Promotion of Naloxone (OTC) & Fentanyl Test Strips
 - Jan '23 DEA removed X-Waiver requirement for prescribers
 - Mar '23 Governor Newsom released Master Plan
 - Apr '23 DEA issues **Emerging Drug Threat for Xylazine**
- Opioid lawsuits against pharmaceutical manufacturers and pharmacies
 - Initial opioid settlements funds being distributed



XYLAZINE

“Tranq” / “Tranq Dope”

Xylazine, animal tranquilizer, street name “tranq dope” is being mixed with fentanyl

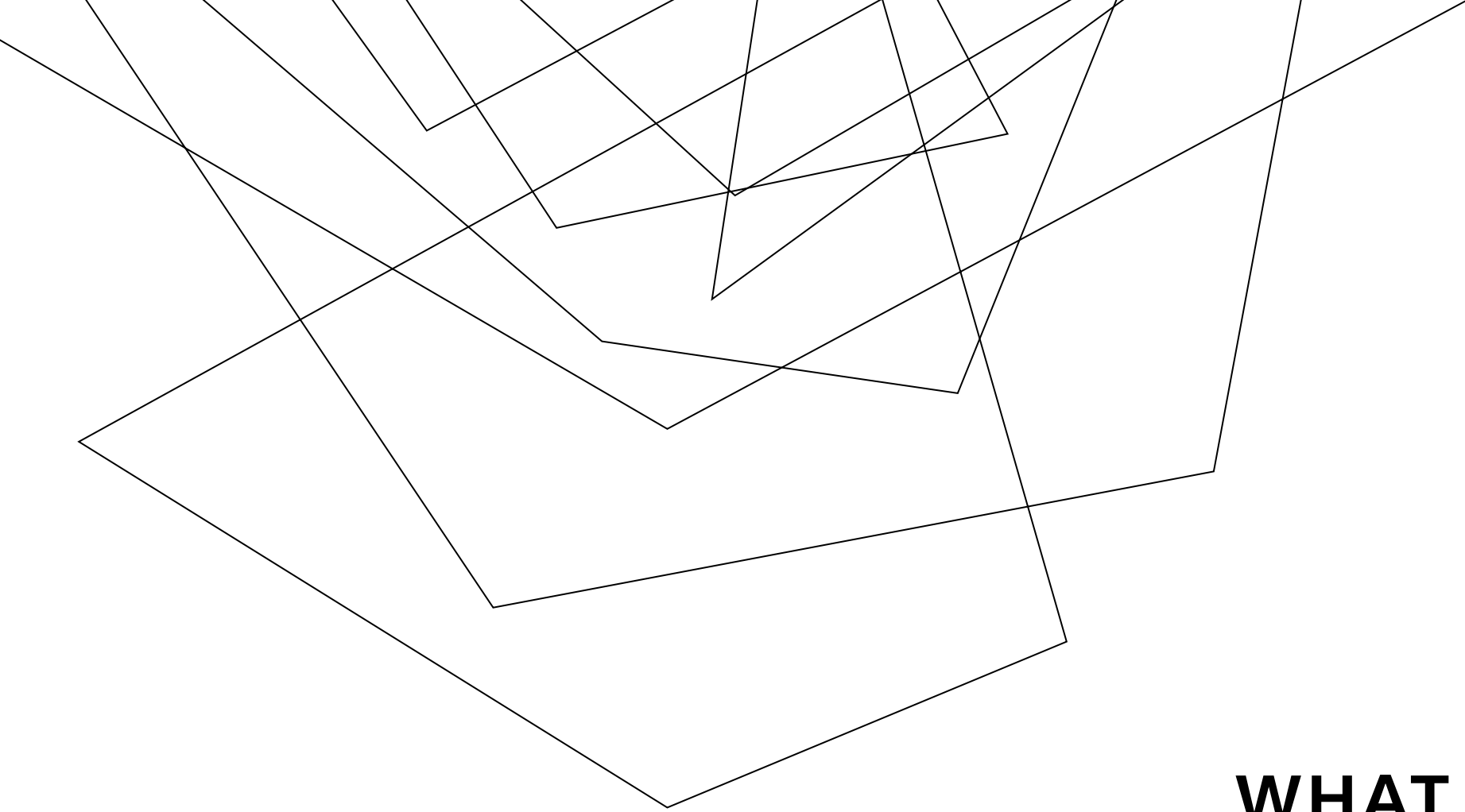
Serious health issues occur including skin lesions and necrosis

Narcan/naloxone does not reverse Xylazine overdoses



The Growing Threat of Xylazine and its Mixture with Illicit Drugs

DEA Joint Intelligence Report
OCTOBER 2022



WHAT IS WORKING

Medication Assisted Treatment (MAT) is considered the “gold standard” treatment for Opioid Use Disorders.

– U.S. Surgeon General’s Report: [*Spotlight on Opioids*](#)

Treatment Works

- Psychosocial Interventions
- Coaching and Counseling
- Medication Assisted Treatment (MAT)



Medication Assisted Treatment (MAT):

The use of medications in conjunction with counseling to treat substance use disorders

Evidenced based, FDA approved and now considered the “gold standard” for treating opioid use disorders

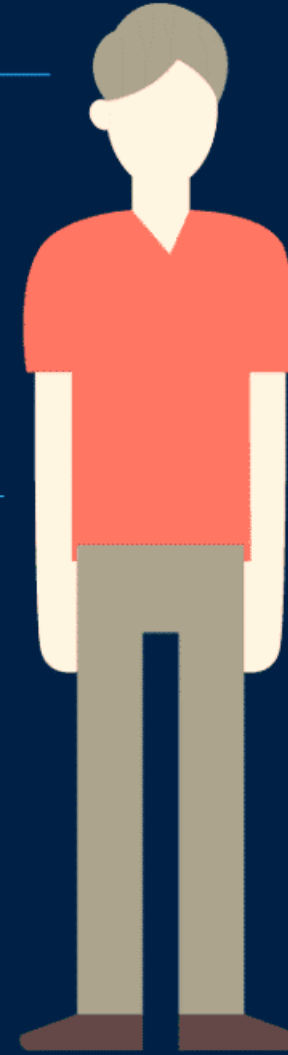
Ways MAT medications positively impact the body

Help to balance brain chemistry

Eliminate physiological cravings

Regulate body functions without the effects of substance use

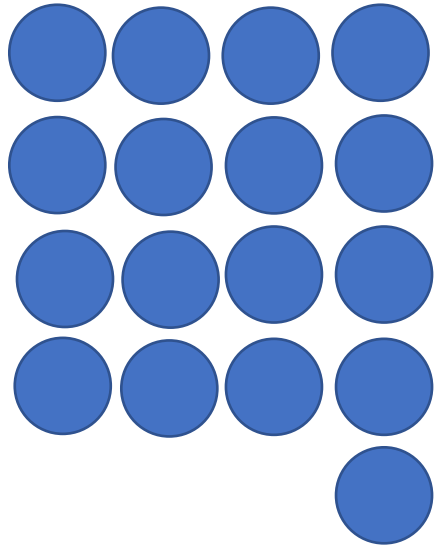
Block the pleasure caused by alcohol and opioid



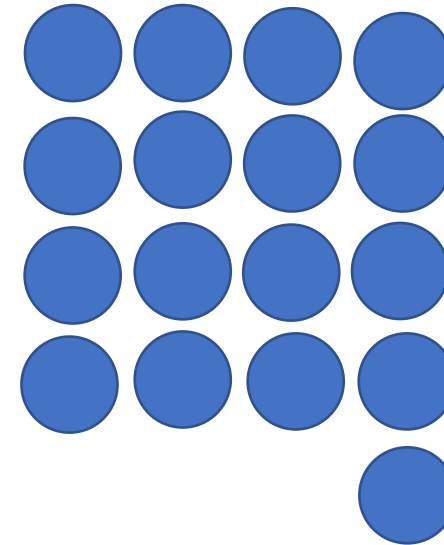
Medication Assisted Treatment (MAT) Study

*Gunne and Gronbladh 1981

- Pretreatment MAT Group



- Pretreatment Control Group

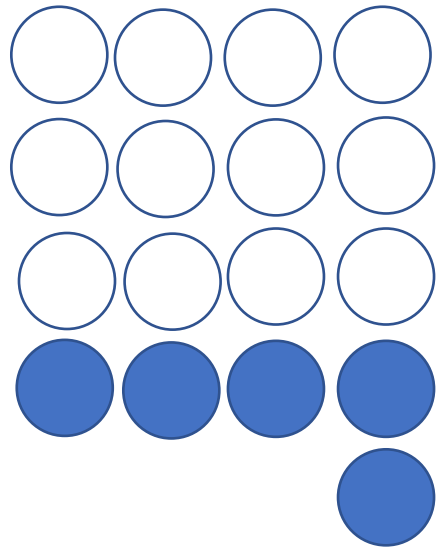


 = ongoing daily heroin use

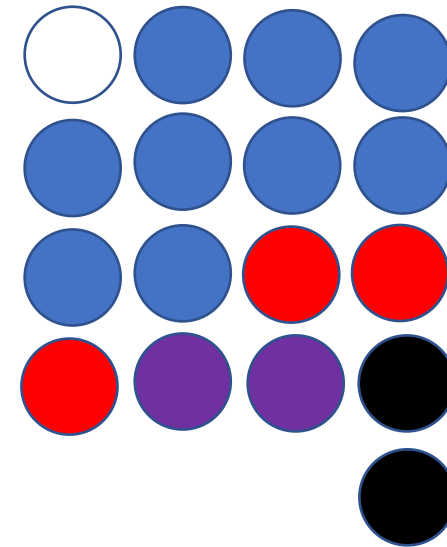
Medication Assisted Treatment (MAT) Study

*Gunne and Gronbladh 1981

2 years later Treatment Group
(with MAT)



2 years later Control Group
(without MAT)



- = ceased substance use and started work or school.
- = ongoing daily heroin use.
- = deceased.
- = incarcerated.
- = life threatening medical complications.



NATIONAL SHERIFFS' ASSOCIATION



JAIL-BASED MAT: PROMISING PRACTICES, GUIDELINES AND RESOURCES

"Jails are on the front lines of this epidemic, and they also are in a unique position to initiate treatment in a controlled, safe environment."

Treatment using MAT, particularly when coupled with evidence-based behavioral therapy, improves medical and mental health outcomes and reduces relapses and recidivism."



JAIL-BASED MEDICATION-ASSISTED TREATMENT

PROMISING PRACTICES, GUIDELINES,
AND RESOURCES FOR THE FIELD

EXAMPLES OF HARM REDUCTION IN OTHER AREAS



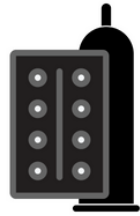
SUN
SCREEN



SEAT
BELTS



SPEED
LIMITS



BIRTH
CONTROL



CIGARETTE
FILTERS



HARM
REDUCTION
SAVES LIVES

WORDS MATTER



4 GUIDELINES TO USING NON-STIGMATIZING LANGUAGE



Person who
uses substances

Use people-first
language

Drug user
Addict

Person experiencing
problematic
substance use

Use language
that reflects the
medical nature

Abuser
Junkie

Person experiencing
barriers to accessing
services

Use language that
promotes recovery

Unmotivated
Non-compliant

Positive test results
Negative test results

Avoid slang
and idioms

Dirty test results
Clean test results

FENTANYL TEST STRIPS



[25 Pack] Fentanyl Strips for Rapid Detection, Urinary Drug Testing, One-Step Quick Results, Easy-Read Urine Drug Test Strip...

25 Count (Pack of 1)

★★★★☆ ~ 258

\$25⁰⁰ (\$1.00/Count)

✓prime FREE One-Day
Get it Tomorrow, Dec 1



Fentanyl Test Strip Kit for Liquid and Powder Substances - 5 Test Strips per Kit - BTNX Rapid Response Forensic Kit

21 Piece Set

★★★★☆ ~ 54

\$38⁹⁷ (\$7.79/Count) ~~\$40.99~~

Save \$2.00 with coupon

✓prime FREE One-Day

How to Use Fentanyl Test Strips Video

[Fentanyl Test Strips — National Overdose Prevention Network \(nopn.org\)](https://www.nopn.org)

Signs of an Opioid Overdose



Blue lips or nails



Dizziness and confusion



Can't be woken up



Choking, gurgling or snoring sounds



Slow, weak or no breathing



Drowsiness or difficulty staying awake



5 STEPS TO RESPOND TO AN OPIOID OVERDOSE

STEP

1



SHOUT & SHAKE
their name & their shoulders

STEP

2



CALL 9-1-1
If unresponsive.

STEP

3



GIVE NALOXONE:
1 spray into nostril or inject 1 vial or ampoule into arm or leg.

STEP

4



PERFORM RESCUE BREATHING AND/OR CHEST COMPRESSIONS.

STEP

5



IS IT WORKING?
If **no** improvement after 2-3 minutes, repeat steps 3 & 4.
Stay with them.

Get Narcan. Give Narcan. Save a life.

“NEVER FORGET THAT THE FACES
OF ADDICTION ARE REAL PEOPLE.
THEY ARE BELOVED FAMILY
MEMBERS, CLOSE FRIENDS
AND COLLEAGUES.
THEY ARE US.”



US Surgeon General Dr. Vivek H. Murthy

#FacingAddiction



Harm Reduction and Overdose Prevention for Opioids & Alcohol

**NEED
HELP**

**WITH HEROIN
OR PAIN PILLS?**
7 **DAYS**
A WEEK

CALL:
650.573.2735

SMC^{HEALTH}.ORG

Integrated Medication Assisted Treatment (IMAT)

IMAT

Integrated Medication Assisted Treatment

San Mateo Medical Center
Emergency Department



SAN MATEO COUNTY HEALTH
**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

THANK YOU

Mary Taylor Fullerton mfullerton@smcgov.org



SAN MATEO COUNTY HEALTH
**BEHAVIORAL HEALTH
& RECOVERY SERVICES**
AOD IMAT TEAM