

Heroin Overdose Trends and Treatment Options

Neil A. Capretto, D.O., F.A.S.A.M.
Medical Director



Drug Overdose Deaths Increasing in Allegheny County ...



Roberta Lojak holds a high school graduation picture of her daughter Ashley Elder, who died of a heroin overdose in October 2001. Lojak is standing in a garden she planted in her daughter's memory.

September 27, 2004, Pittsburgh Post-Gazette

... and other areas of rural Pennsylvania.

33-year Study Finds Lifelong, Lethal Consequences of Heroin Addiction

- Heroin addiction exacts a terrible toll. For **many addicts** the condition lasts a **lifetime** – a lifetime shortened by **health** and **social consequences** of addiction.
- NIDA-supported researchers at the University of California, Los Angeles (UCLA), examined the patterns and consequences of heroin addiction over **33 years** in nearly **600 heroin**-addicted criminal offenders and found that their lives were characterized by repeated cycles of **drug abuse** and **abstinence**, along with increased risk of **crime** or **incarceration, health problems, and death**.

33-year Study ... continued

- The **death rate** among the members of the group is **50 to 100 times** the rate among the general population of men in the same age range.
- “The high mortality rate is evidence of the severe consequences of heroin use,” Dr. Hser says “Even among **surviving members** of the group, **severe consequences** such as high levels of **health problems, criminal behavior, incarceration, and public assistance** were associated with long term heroin use.”

Lost to heroin



Zach Zion

Manor family mourns death of model son



**Addiction is a
BIO-PSYCHO-SOCIAL-
SPIRITUAL DISEASE**

**Good treatment addresses
all four aspects**

Definition of Addiction by the American Society of Addiction Medicine (ASAM)

- Addiction is a primary, chronic disease of brain reward, motivation, memory and related circuitry. Dysfunction in these circuits leads to characteristic biological, psychological, social and spiritual manifestations. This is reflected in an individual pathologically pursuing reward and/or relief by substance use and other behaviors.
- Addiction is characterized by the inability to consistently abstain; impairment in behavioral control, craving, diminished recognition of significant problems with one's behaviors and interpersonal relationships, and a dysfunctional emotional response.
- Like other chronic diseases, addiction often involves cycles of relapse and remission. Without treatment or engagement in recovery activities, addiction is progressive and can result in disability or premature death.

Remaining in Treatment for an Adequate Period of Time is Critical

Research indicates that most addicted individuals need at least three months in treatment to significantly reduce or stop their drug use and that the best outcomes occur with longer durations of treatment

Because individuals often leave treatment prematurely, programs should include strategies to engage and keep patients in treatment

National Institute on Drug Abuse
Principles of Drug Addiction Treatment

Effective Coordination of Care

- **Effective coordination combines the strengths of various systems and professions, including:**
 - **Physicians**
 - **Addiction counselors**
 - **12-step programs and community support service providers**

The roles of certain providers may vary by state, depending upon the identified scope of practice for each profession

Treatment Options for Opioid-addicted Individuals

- Behavioral treatments educate patients about the conditioning process and teach relapse prevention strategies
- Medications such as methadone and buprenorphine operate on the opioid receptors to relieve craving
- Combining the two types of treatment enables patients to stop using opioids and return to more stable and productive lives.

FDA Indications for Medications used in Treatment of Opioid Dependence

		FDA Indication
Methadone	agonist	For <u>maintenance treatment</u> of opioid addiction. ¹
Suboxone (buprenorphine/ naloxone)	partial agonist	For the <u>maintenance treatment</u> of opioid dependence. ²
ReVia (oral naltrexone)	antagonist	In the <u>treatment</u> of detoxified, formerly opioid-dependent individuals. ³
VIVITROL (Extended release, i.m. naltrexone)	antagonist	For the <u>prevention of relapse to opioid dependence</u> , following opioid detoxification. ⁴

All medications are FDA approved as adjunct to psychological and social therapy

Retention in Treatment Enables Recovery

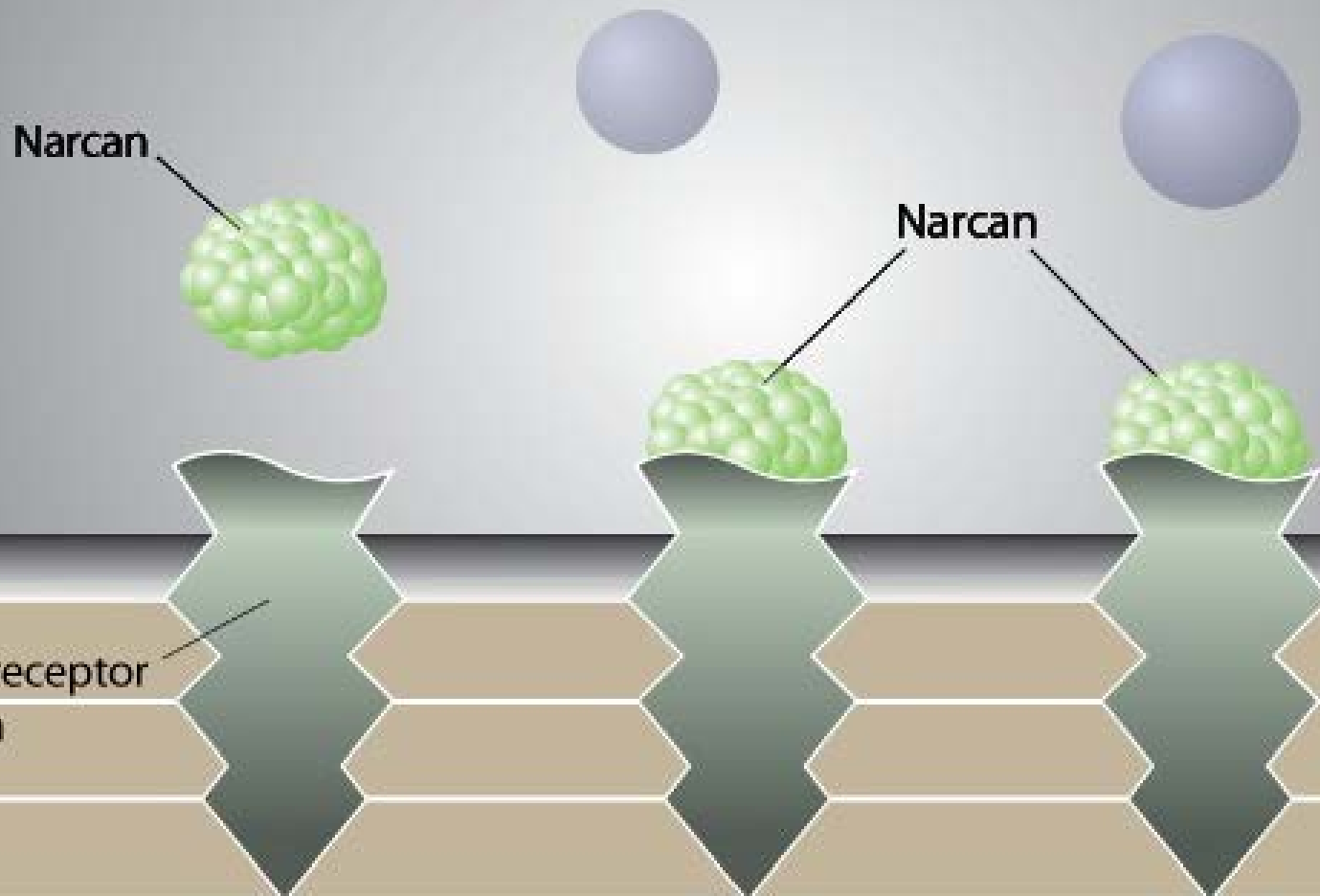
- May be single most important indicator of medication-assisted outcomes¹
- Retention permits patients and health care providers to:
 - Engage in counseling
 - Stabilize abstinence
 - Organize chaotic lifestyle
 - Diagnose and treat co-morbidity
 - Improve family, social and work relationships

Objectives of Maintenance Treatment

- To reduce mortality from overdose and infection
- To reduce opioid and other illicit drug use
- To reduce transmission of HIV, HBV and HCV
- To improve the general health and well-being of patients
- To reduce drug-related crime
- To improve social functioning and ability to stay in work

Narcan reversing an overdose

Narcan has a stronger affinity to the opioid receptors than opioids like heroin or Percocet, so it knocks the opioids off the receptors for a short time. This allows the person to breathe again and reverses the overdose.



Naloxone Pilot Project

Through the Naloxone Pilot Project we propose to:

- Train Gateway Rehab staff on ways to address relapse, overdose and prevention
- Educate patients and families on ways to reduce risk and reverse overdose
- Distribute intranasal doses of naloxone to patients and/or family members
- Track patients and families over time to measure:
 - Rates of relapse
 - Use of naloxone
 - Rates of overdose
 - Rates of family anxiety

About Gateway Rehab's MAT Program

- Gateway Rehab offers rigorous, scientifically supported care, including Medication-Assisted Treatment (MAT) and Twelve-Step facilitation (TSF) therapies.
- Gateway Rehab's MAT program focuses on the use of:
 - Suboxone/Zubsolv (sublingual buprenorphine/naloxone)
 - Vivitrol/Revia (Naltrexone)
- While no single approach to recovery is always successful, by offering multiple treatment options, Gateway Rehab endeavors to foster improved results for our patients. To help patients succeed on their journeys to recovery, at Gateway Rehab treatment medications are prescribed in combination with the support of inpatient/outpatient treatment and Twelve-Step support.

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Addiction Batters Thriving Families ...



Contact Information

**NEIL A. CAPRETTO, D.O., F.A.S.A.M.
MEDICAL DIRECTOR
GATEWAY REHABILITATION CENTER
100 MOFFETT RUN ROAD
ALIQUIPPA, PA 15001
1-800-472-1177, x1119
neil.capretto@gatewayrehab.org
www.gatewayrehab.org**



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