

Summarizing the Opioid Crisis

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Definitions



- **Opiates**

- Drugs derived from the opium poppy
 - Opium, Morphine, Heroin, Codeine

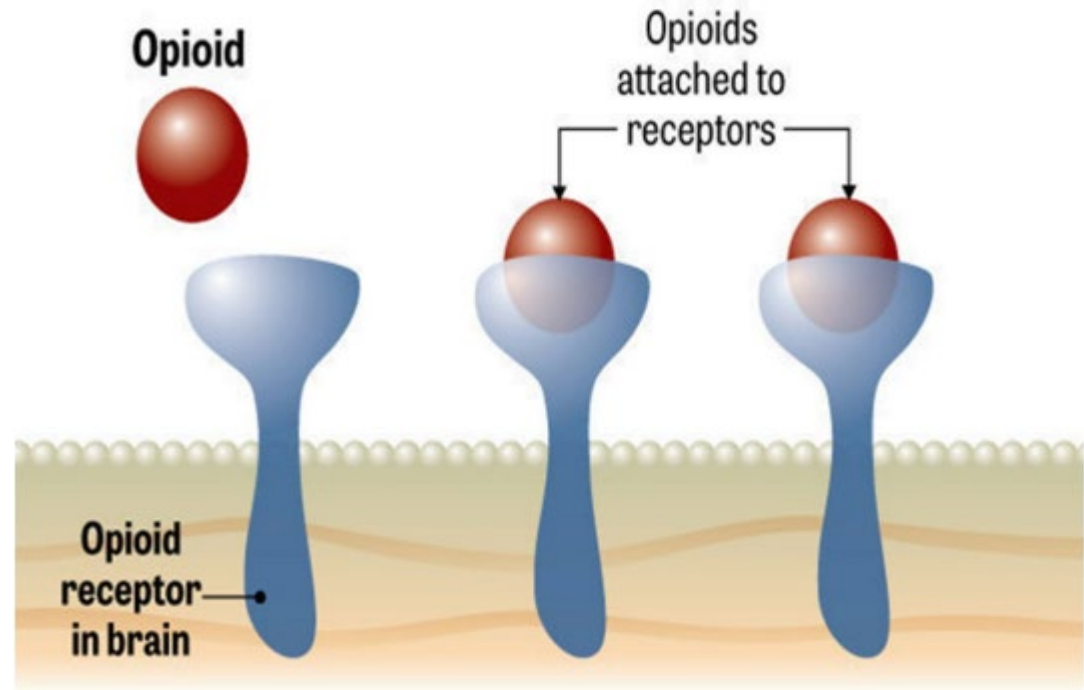


- **Synthetic Opioids**

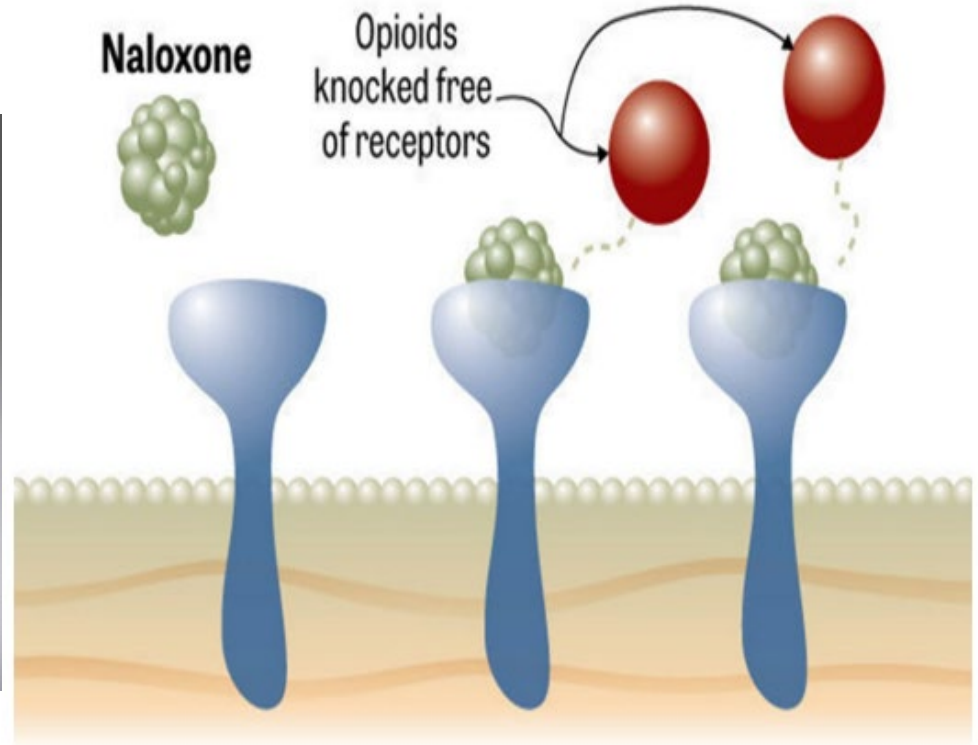
- Lab-made chemicals that are related to opiates
 - **Fentanyl**, oxycodone (Oxycontin), loperamide (Imodium)

A little science...

- Opioid receptors
 - Relieve pain
 - Decrease cough
 - Reduce diarrhea
 - Euphoria
 - Sedation
 - Slow or no breathing
 - May be fatal



Treating opioid overdoses:



Long-term opioid use:

- Tolerance (need more for same effect)
- Dependence (need the drug to feel well)
- Withdrawal when stopped
 - Irritability/agitation
 - Pain
 - Tremors
 - Diarrhea
 - Intense cravings
 - Lead to risk of overdose



The Modern Opioid Epidemic

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1990s and the new opioids

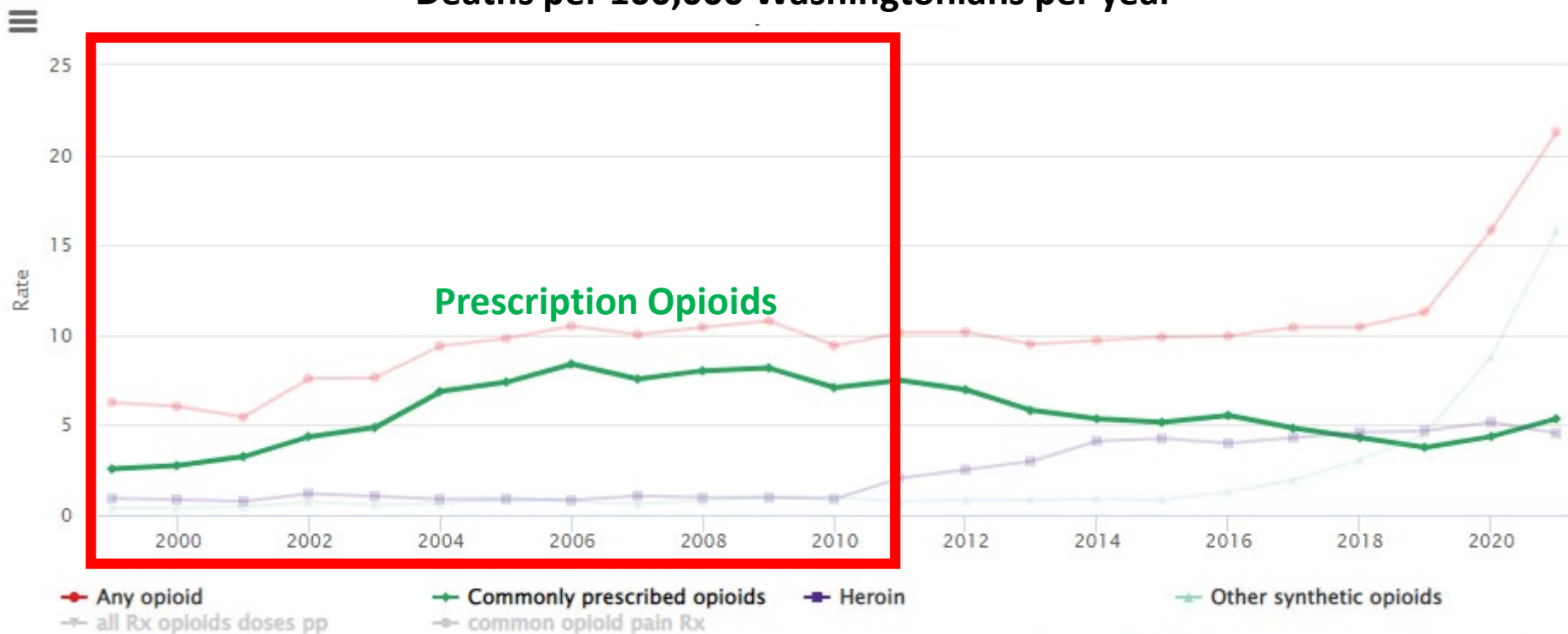
- Oxycontin
- Increased opioid prescribing



Wave 1: Prescription opioids



Deaths per 100,000 Washingtonians per year



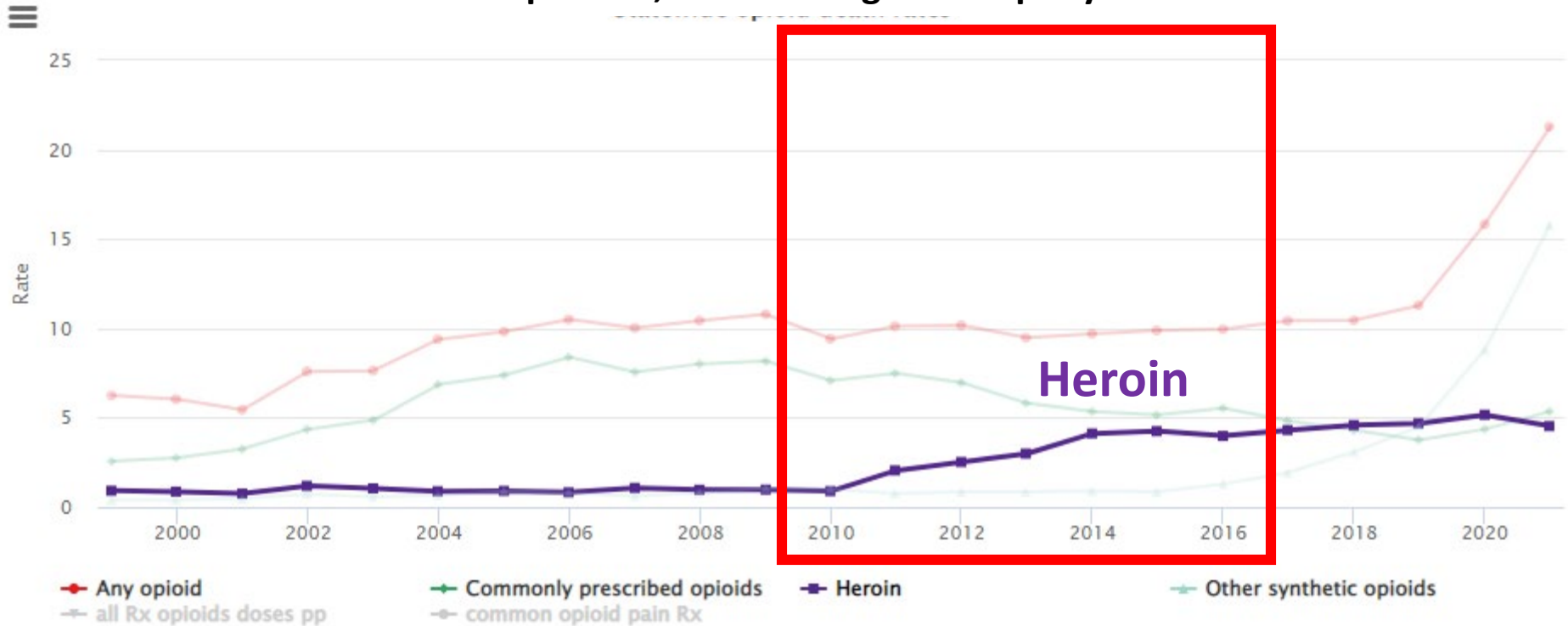
Wave 2: Heroin

- Stricter prescribing and marketing controls
- People turned to...



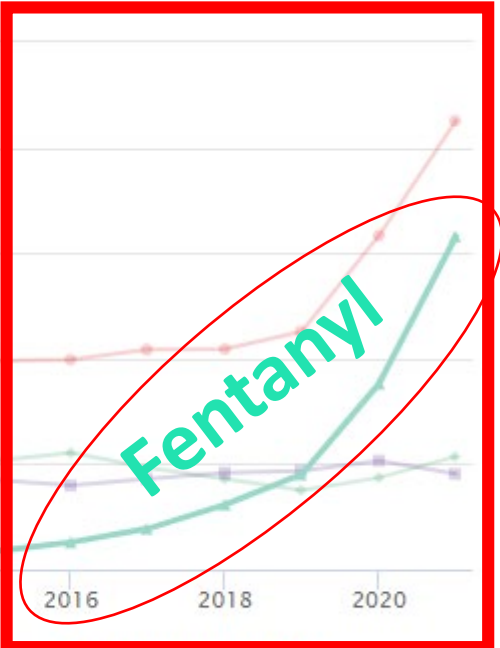
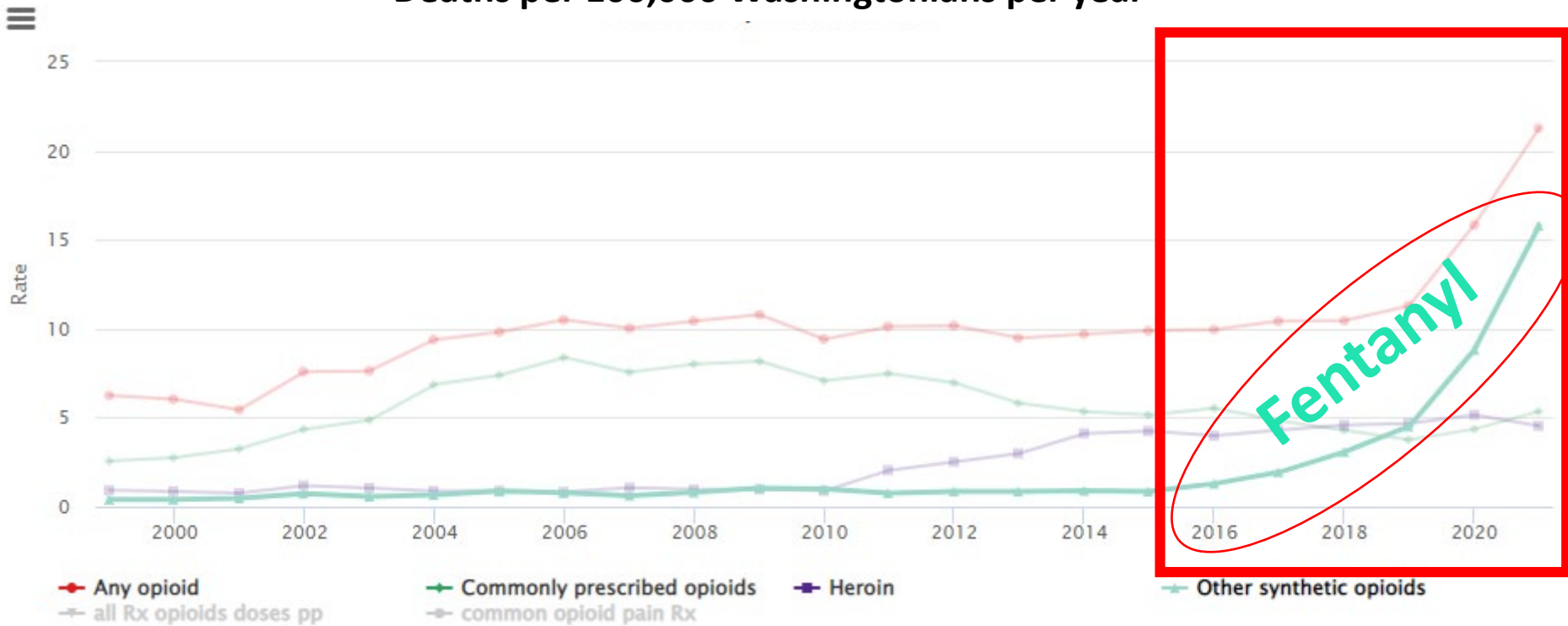
Wave 2: Heroin

Deaths per 100,000 Washingtonians per year



Wave 3: Fentanyl(s)

Deaths per 100,000 Washingtonians per year



Analysis by IBM ADAP. For data sources, see text at adai.washington.edu/WAdat.

Whatcom Fatal Overdoses



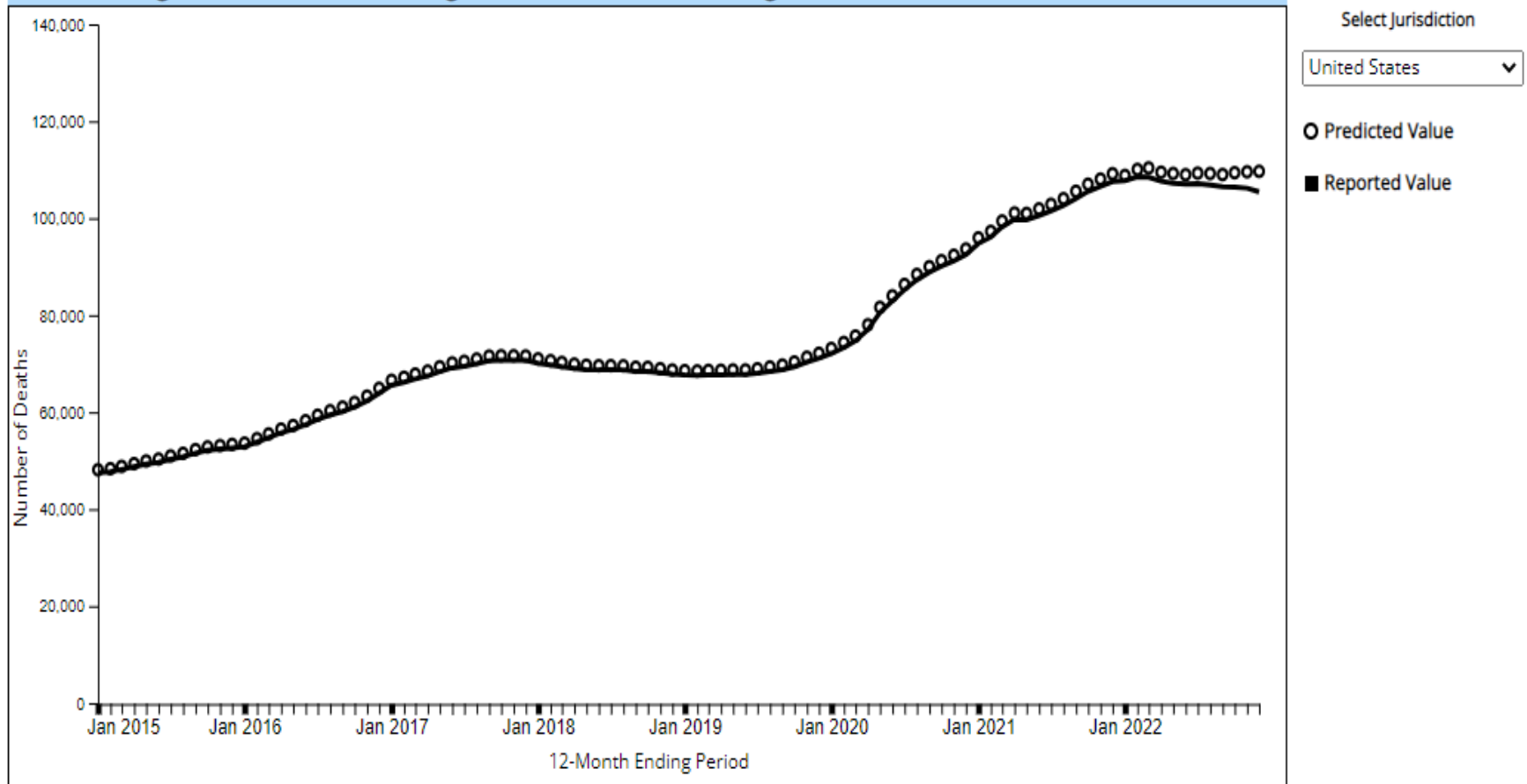
Deaths attributed to any drug Whatcom County

2018	2019	2020	2021		2022	2023 To date
11	18	36	44		90*	>35*
Department of Health data					Medical Examiner report **PRELIMINARY** confirmed and suspect	

Have US deaths peaked?

Based on data available for analysis on: May 7, 2023

Figure 1a. 12 Month-ending Provisional Counts of Drug Overdose Deaths: United States

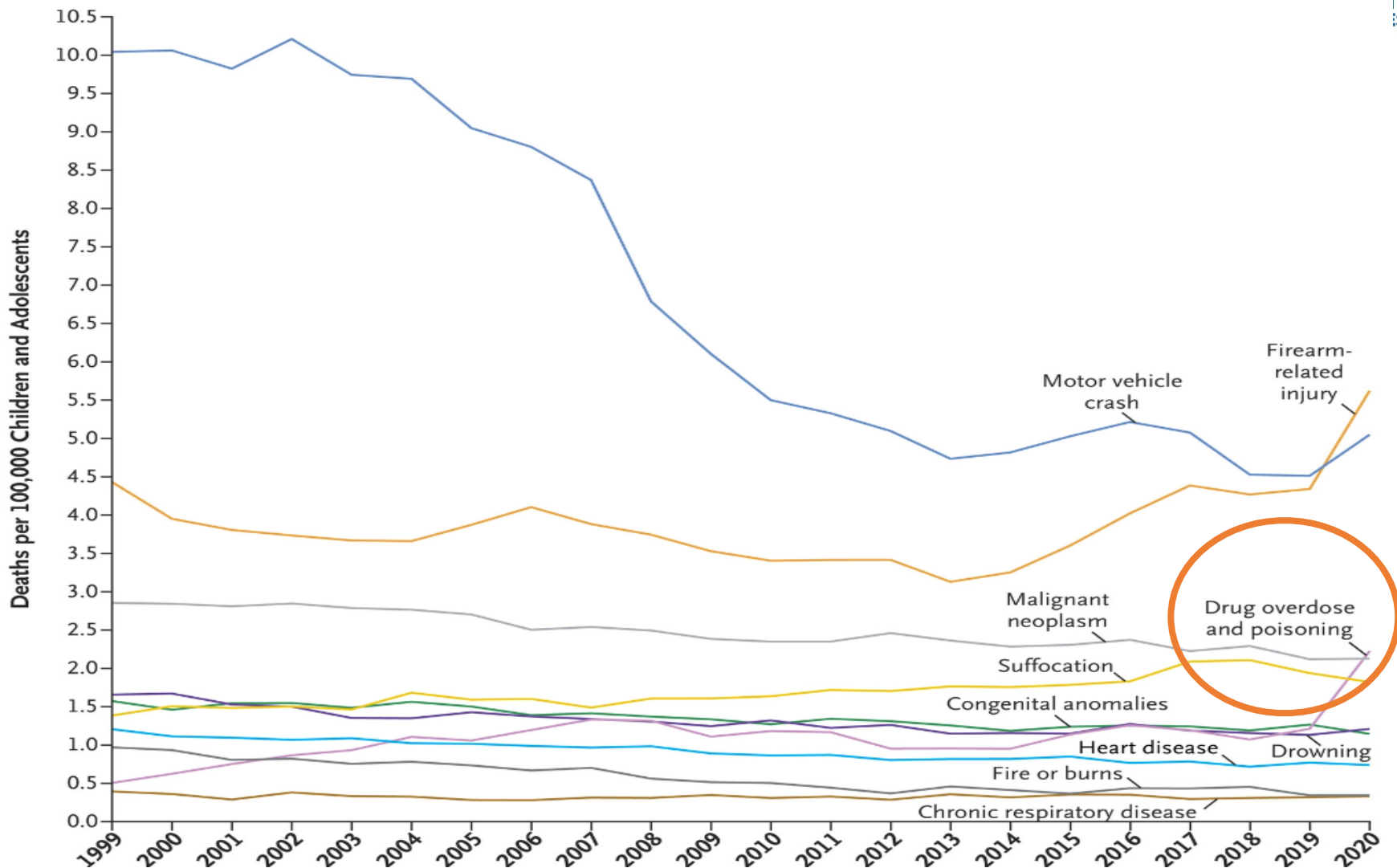




What about youth?

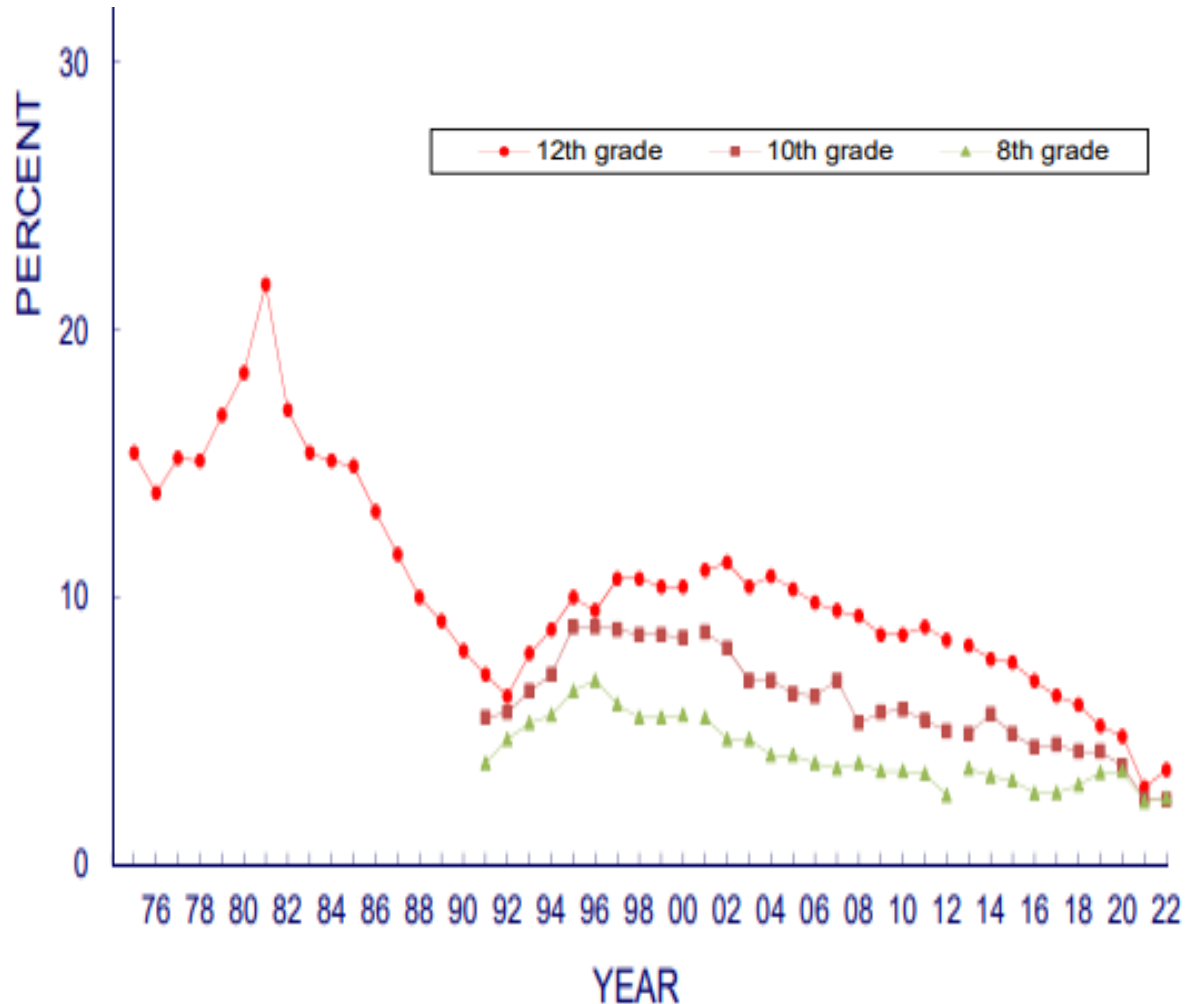
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Top causes of death ages 1-19



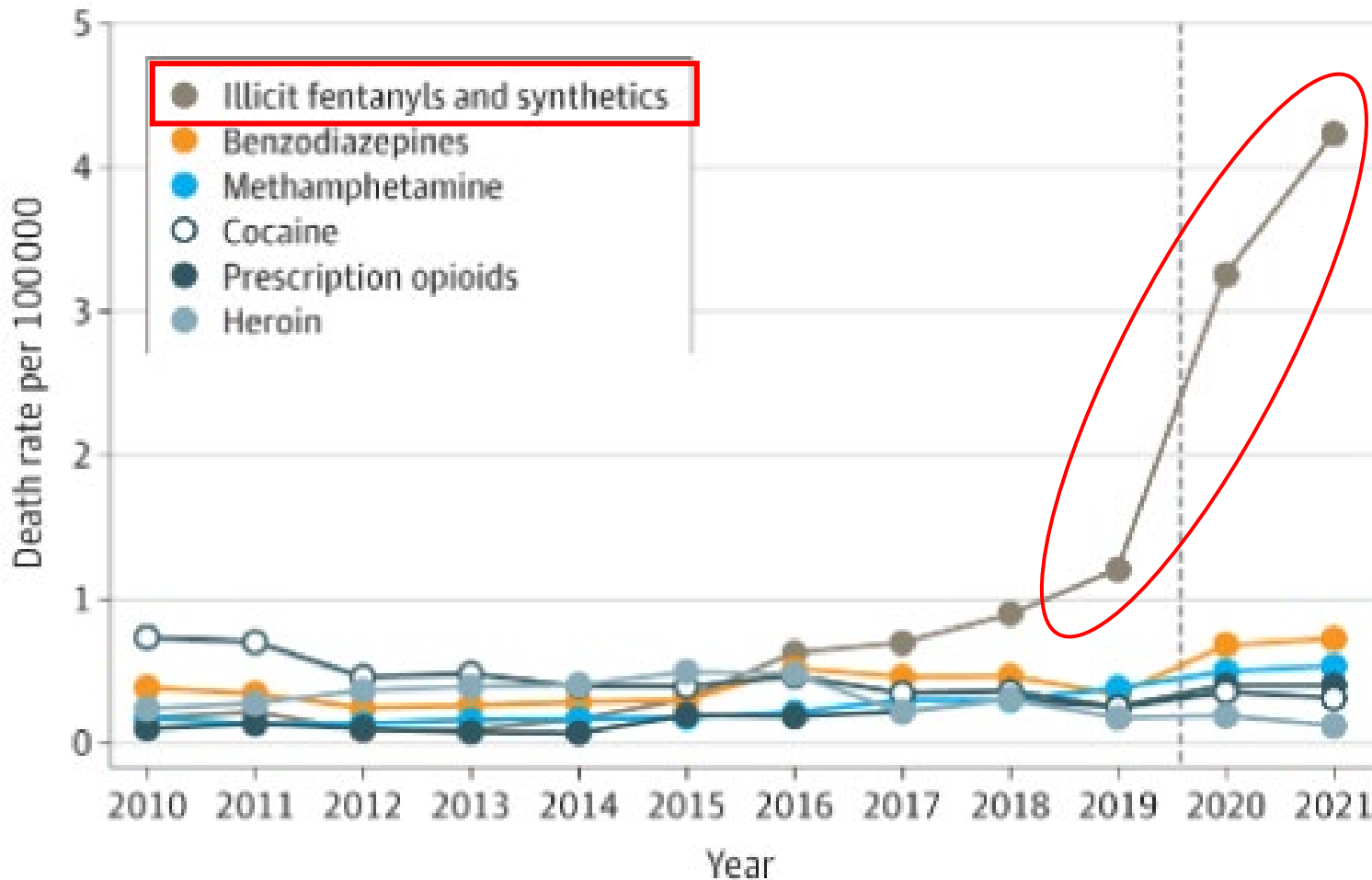
The Paradox

Reported use of any illicit drug (other than marijuana) in last 30 days



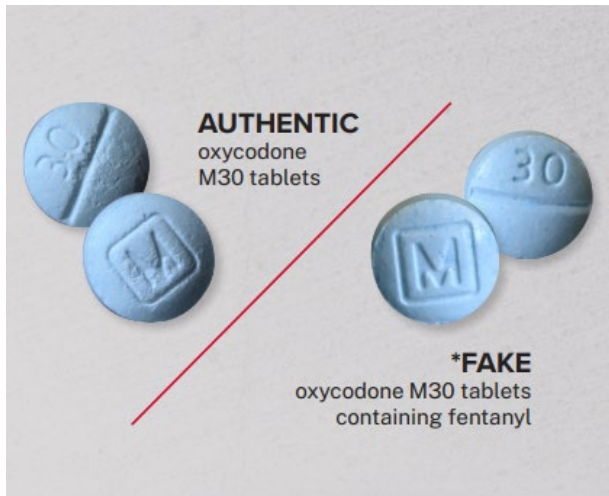
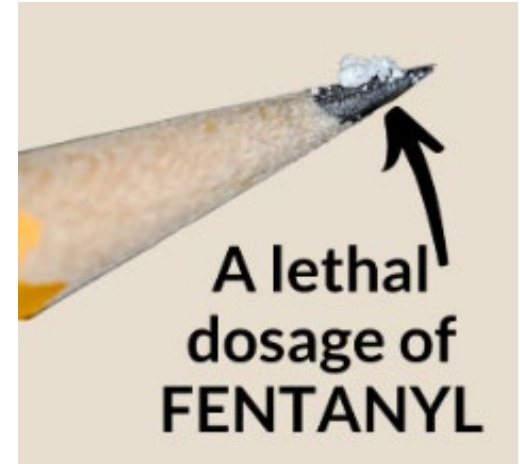
Deaths by drug (14 - 18yo)

A Overdose mortality among adolescents by substance type



Why is fentanyl so deadly?


- 50 times more potent than heroin
- CHEAP! Readily Available
- More attractive?
- Additives



Circumstances of youth (10-19) drug deaths



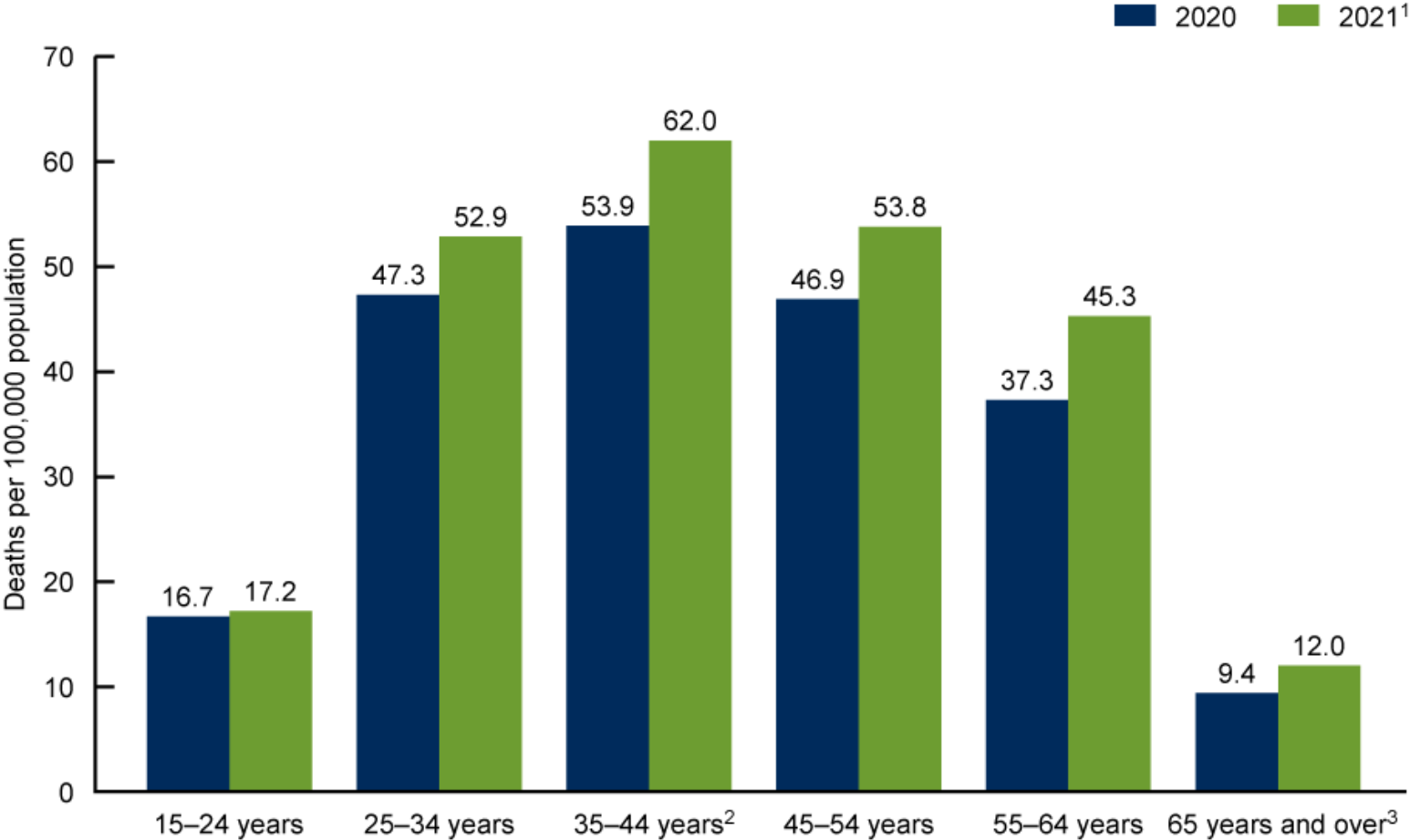
- 60% of fatal overdoses happen at home
- 84% involve fentanyl
- Only 35% had prior opioid use history
 - 65% had NO known prior history of opioid use
- 2/3 of the time there was a potential bystander
 - And in 2/3 of these cases the bystander did not respond



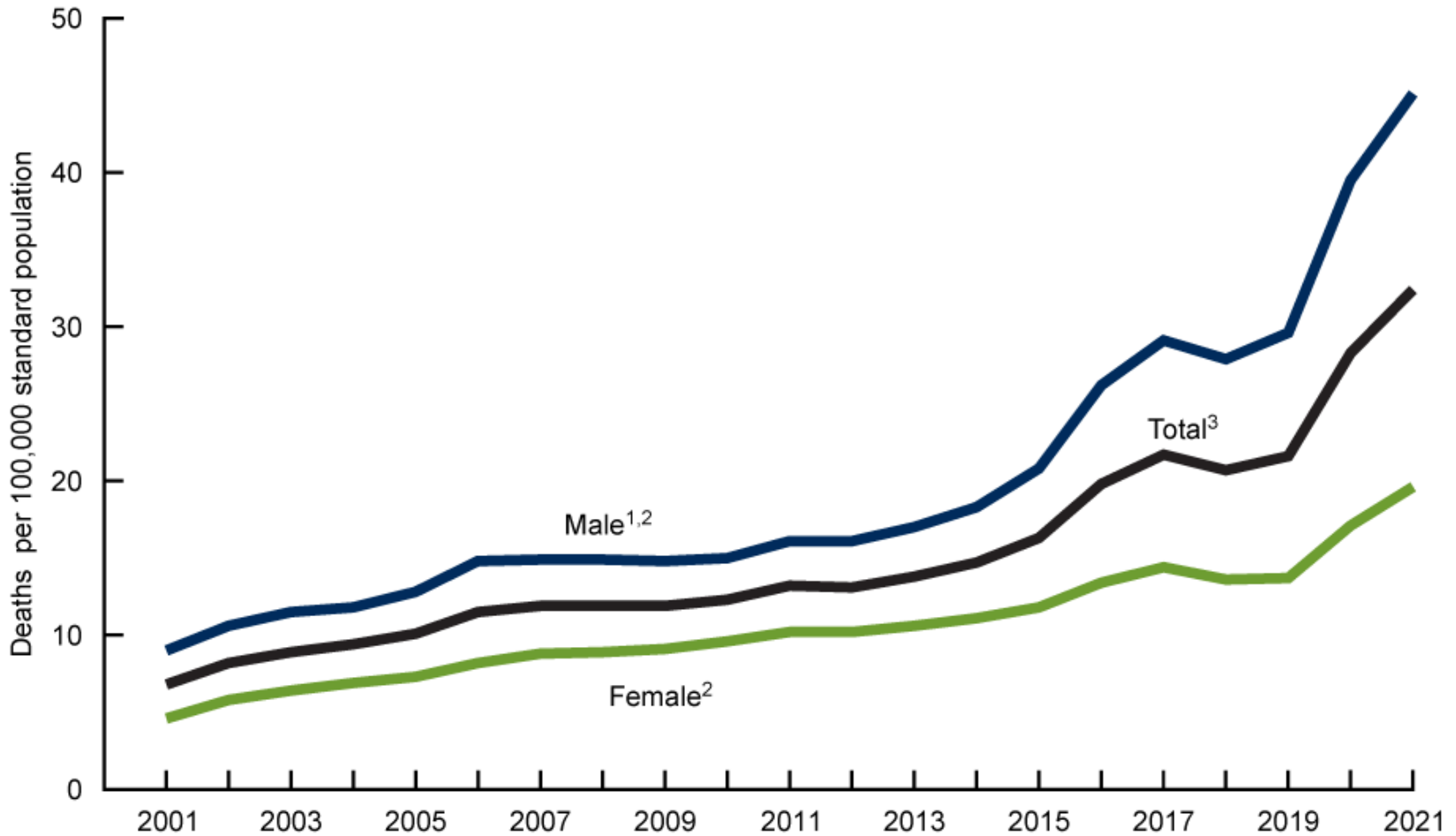
A Look at Disparities and Demographics

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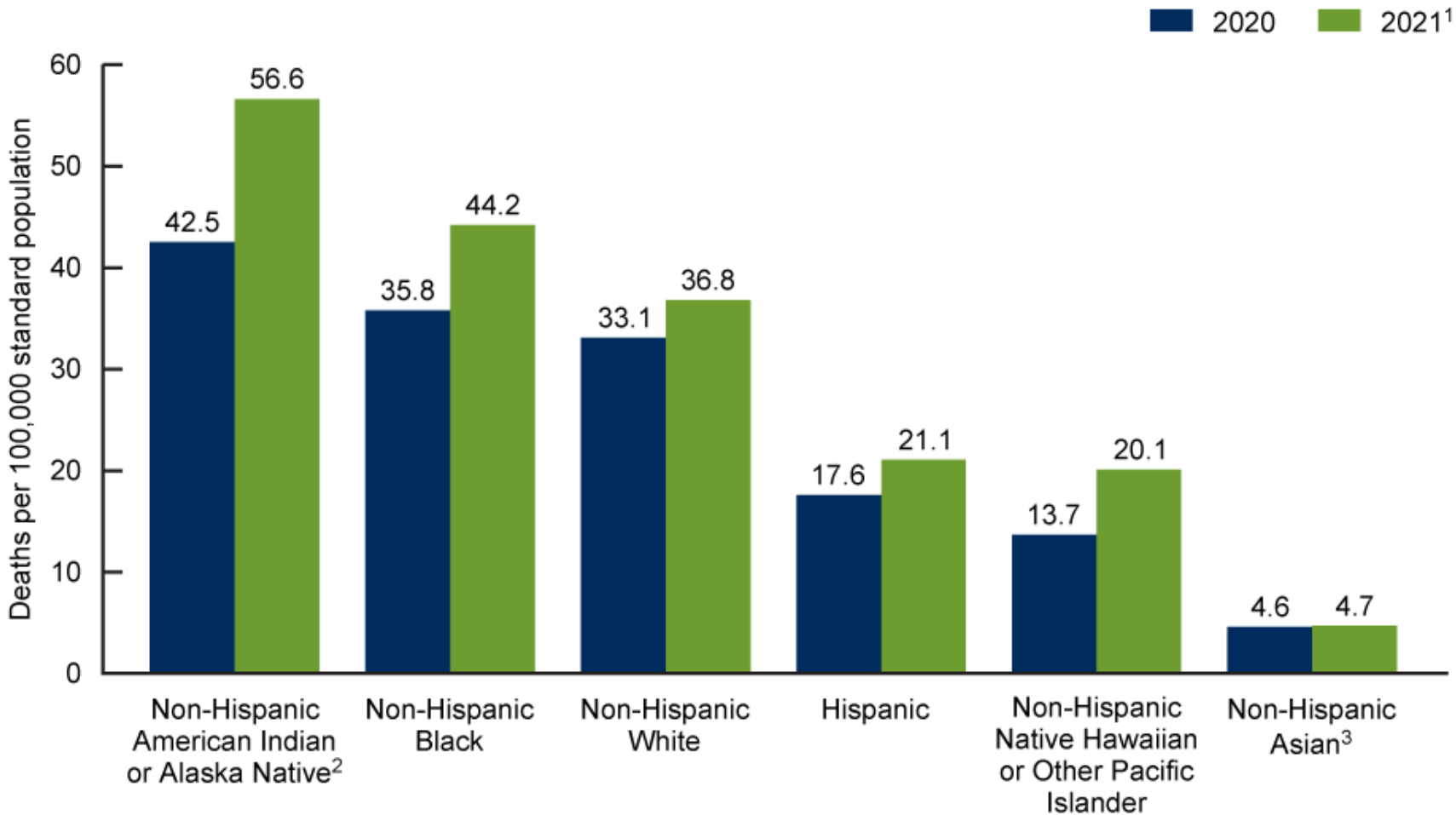
Disparities by age



Disparities by sex



Disparities by race/ethnicity



Adverse Childhood Experiences Affect Adult Outcomes



- ACEs
 - Abuse
 - Physical, Sexual
 - Neglect
 - Emotional, Physical
 - Household dysfunction
 - Household Substance abuse, divorce, incarceration, mental illness, violence

ADULTS WITH 0 ACEs

1 in 69 are alcoholic
1 in 480 uses IV drugs
1 in 96 attempts suicide

ADULTS WITH 3 ACEs

1 in 9 are alcoholic
1 in 43 uses IV drugs
1 in 10 attempts suicide

ADULTS WITH 7+ ACEs

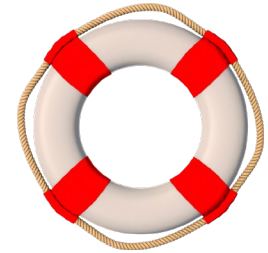
1 in 6 are alcoholic
1 in 30 use IV drugs
1 in 5 attempts suicide

Source: Family Policy Council

Keeping us all afloat together



- **Preventing drowning:**
 - Overdose prevention – e.g. naloxone (Narcan)
- **Bailing:**
 - Helping people with SUD
 - Outreach
 - Treatment
 - Recovery Services
 - Navigate risky transitions
- **Fixing the leak:**
 - Prevention
 - Prevent and respond to ACEs
 - Delay first use of alcohol, smoking
 - Reduce unnecessary prescriptions and access to illicit drugs
 - Build hope and resiliency
 - Be a trusted adult
- **Build a bigger and stronger boat:**
 - Housing, employment, mental health care, community and cultural connections



Whatcom Opioid Summit

ALL HANDS

June 27-28, 2023

Bellingham High School

JOIN US!

Two days of learning, community discussion, and working together to build solutions to address the Opioid and Fentanyl epidemic.

This event is cohosted with the University of Washington's *Transforming our Communities*, with hybrid content in the morning and local, in-person discussions in the afternoon.

To learn more and RSVP, visit www.allhandswhatcom.org.