

# COPE

# Missouri Combating the OPioid Epidemic in Schools

10.24.2019

MARE/MO K8 Fall Conference



Assessment Resource Center  
University of Missouri

Opioid and prescription drug prevention education  
resources for schools and communities available at:  
[kwelker.wixsite.com/opioideducation](http://kwelker.wixsite.com/opioideducation)

Visit

**[kwelker.wixsite.com/  
opioideducation](http://kwelker.wixsite.com/opioideducation)**

for more information and  
resources including: lessons and  
classroom activities, information  
about opioids and the opioid  
crisis, prescription data and  
statistics, parent and  
teacher resources,  
and more!



Assessment Resource Center  
University of Missouri

**[arc.missouri.edu](http://arc.missouri.edu)**

800-366-8232

[umcarcresearch@missouri.edu](mailto:umcarcresearch@missouri.edu)

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<http://bit.ly/COPE19-20>

# Objectives

- Gain knowledge about opioids, prescription drug abuse, and Naloxone (Narcan®)
- Increase awareness of what led to the opioid epidemic
- Understand the scope and impact of the problem in Missouri
- Learn about how Missouri and Missouri schools are responding to the opioid epidemic
  - Explore available resources for use in your school and community

# Thank you!!

## COPE Workgroup:

Missouri Association of Rural Education

Missouri School Counselor Association

Missouri Society of Health and Physical Educators

Missouri Association of Secondary School Principals

School Social Workers Association of Missouri

Missouri Association of School Psychologists

Missouri Association of School Nurses

Missouri School Boards' Association

Department of Health and Senior Services


Department of Elementary and Secondary Education

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Made possible  
with funding  
from the  
Centers for  
Disease  
Control and  
Prevention

# Opioids 101

- What are opioids?
- What is prescription drug abuse?
- What are the signs of an opioid overdose?
- What is Naloxone?

# What are opioids?

*Opioids are drugs that work on the nervous system to reduce pain signals reaching the brain.*

- Where do opioids come from?
  - Naturally found in the opium poppy plant
  - Opioid medications are made from this plant or synthetically in a lab
- What are the most commonly used opioids?
  - Heroin, an illicit drug
  - Prescription pain relievers
    - Oxycodone (OxyContin®)
    - Hydrocodone (Vicodin®)
    - Codeine
    - Morphine

*Prescribing or administering pain medicine is common, accepted, and widespread.*

# What is prescription drug abuse?

- Taking a prescription painkillers in a way that was not prescribed
  - Taking too many pills at one time
  - Combining pills with alcohol or other drugs
  - Crushing pills to snort or inject them
- Taking someone else's prescription painkiller
  - Even if it is for a real medical condition or to ease pain
  - Even if it's taken as instructed
- Taking prescription drugs for the sole purpose of feeling good or getting high

What is the relationship between prescription drug abuse and heroin use?



# HEROIN & OPIOID MEDICATIONS

## SIMILARITIES

Are made up of the same compounds:  
CARBON, HYDROGEN, NITROGEN AND OXYGEN

AFFECT THE SAME OPIOID RECEPTORS IN THE BRAIN

GIVE A SIMILAR HIGH

BOTH HIGHLY ADDICTIVE

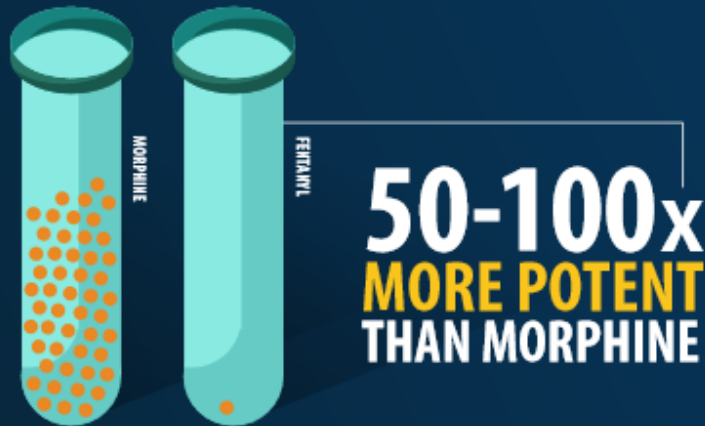
6 12.011 C carbon  
1 1.008 H hydrogen  
7 14.007 N nitrogen  
8 15.999 O oxygen

Some people who get addicted to opioid pain relievers switch to heroin because it's cheaper and easier to get.

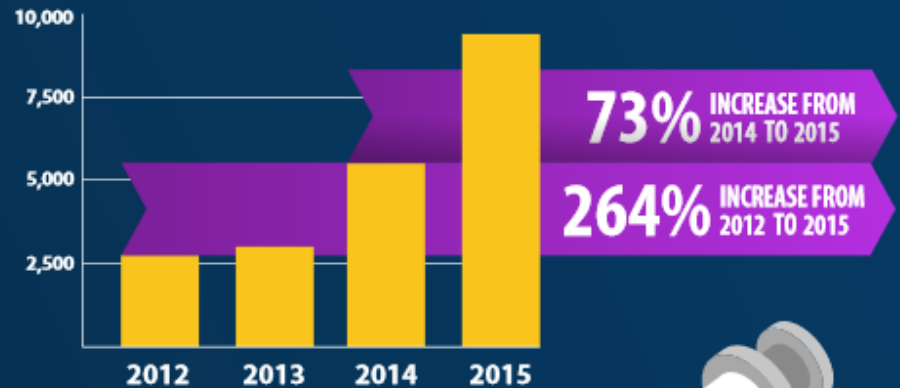


# FENTANYL: Overdoses On The Rise

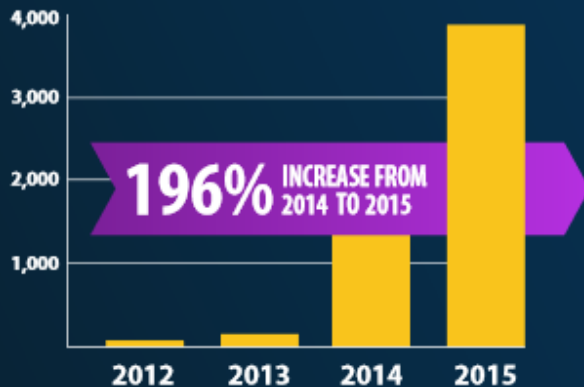
Fentanyl is a synthetic opioid approved for treating severe pain, such as advanced cancer pain. Illicitly manufactured fentanyl is the main driver of recent increases in synthetic opioid deaths.



## SYNTHETIC OPIOID DEATHS ACROSS THE U.S.

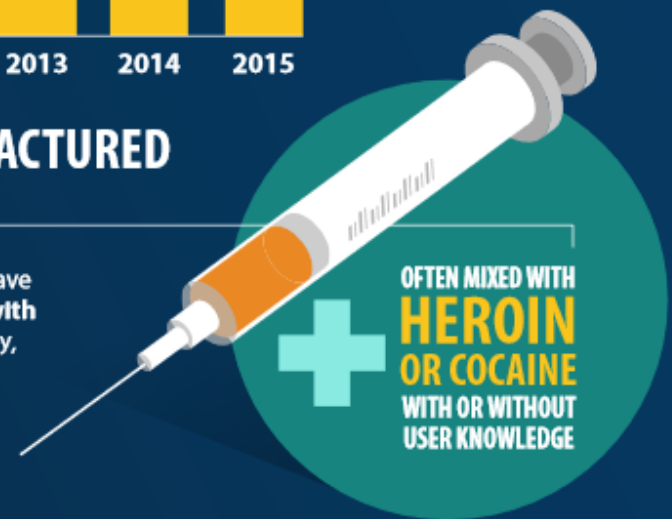


## Ohio Drug Submissions Testing Positive for Illicitly Manufactured Fentanyl



## ILLICITLY MANUFACTURED FENTANYL

Although prescription rates have fallen, overdoses associated with fentanyl have risen dramatically, contributing to a sharp spike in synthetic opioid deaths.



# What are the signs of an opioid abuse?

## Opiate Abuse

Physical signs someone you know is abusing opiates.

### Nodding

This is when a person temporarily falls asleep at an unusual time like during a conversation or while standing.

### Constricted Pupils

Heroin or other opiates will cause the user to have constricted pupils which will appear as pinpoints or a small dot.

### Covering their Arms

A person may wear long sleeve shirts, and keep their arms covered, even if it is hot outside.

### Needle Marks

Also known as track marks, if someone is shooting the drugs, they may have needle marks on the arms, behind their knees, or ankles.

### Bad coordination

If someone is high on opiates, their balance may be off, and they might stumble and trip while walking.

### Scratching

Another clue is that someone on opiates will usually itch and scratch frequently.



# NALOXONE

SAVES

LIVES



## What is Naloxone?

Also known as Narcan®, naloxone is an opioid antagonist used to counter the effects of opioid overdose.

Naloxone is a “harm reduction strategy” aimed at reducing the negative consequences associated with drug use.

**Overdose is reversible.**  
**Death is not.**



# Opioids in Missouri

What led to the opioid epidemic?  
What is the scope & impact of the problem in  
Missouri?

# What led to the opioid epidemic?

Scientists grossly underestimated the addictive properties of narcotics & opioids



Advocacy for better pain management



Lobbying & marketing by pharmaceutical companies



Opioids now cause more deaths than any other drug



## Americans consume

- 99 % of the world's hydrocodone
- 80% of the world's oxycodone
- 65% of the world's hydromorphone

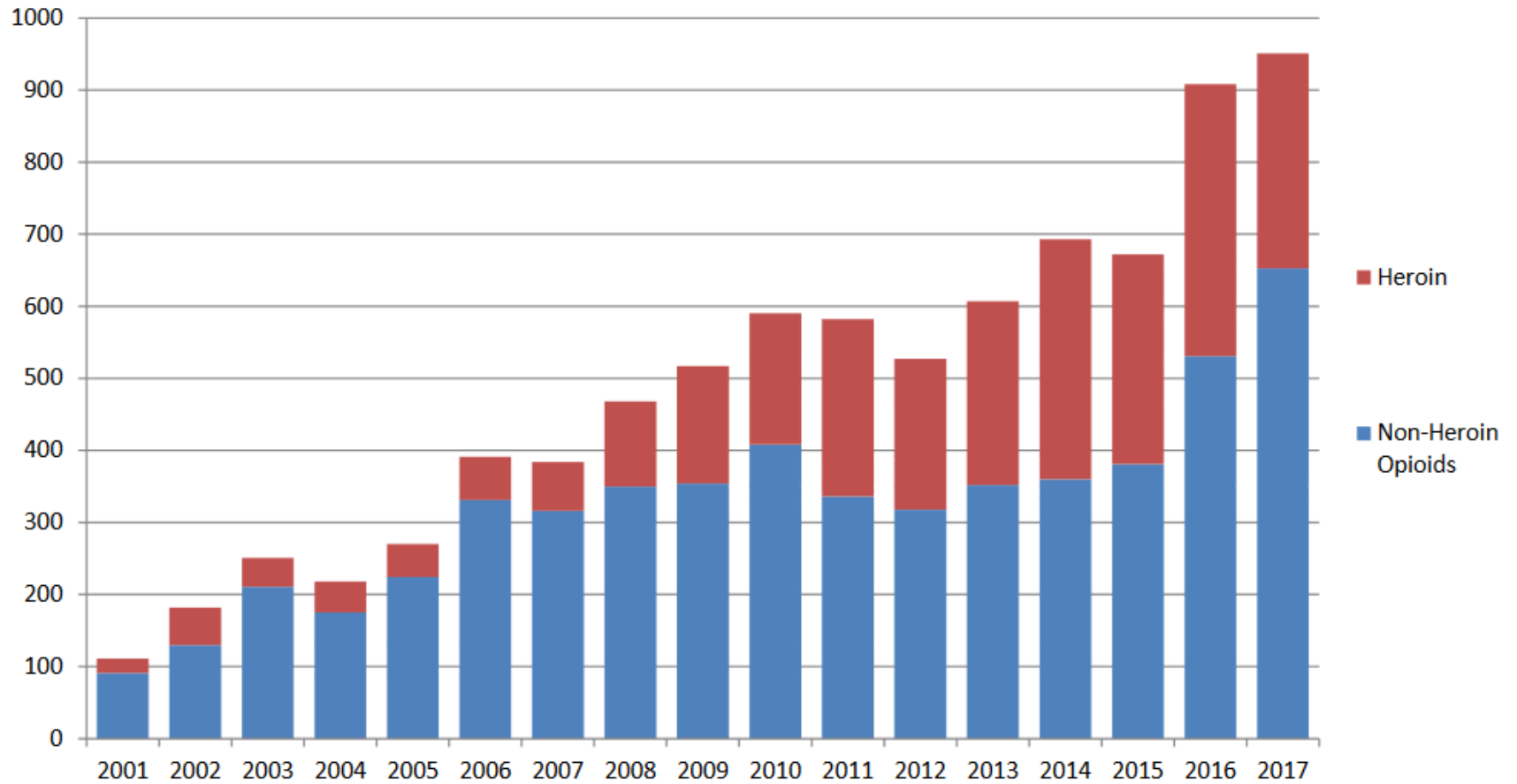
There are **72 opioid prescriptions**  
for every **100 people in Missouri.**

Eighteen Missouri counties have more  
opioid prescriptions than people.



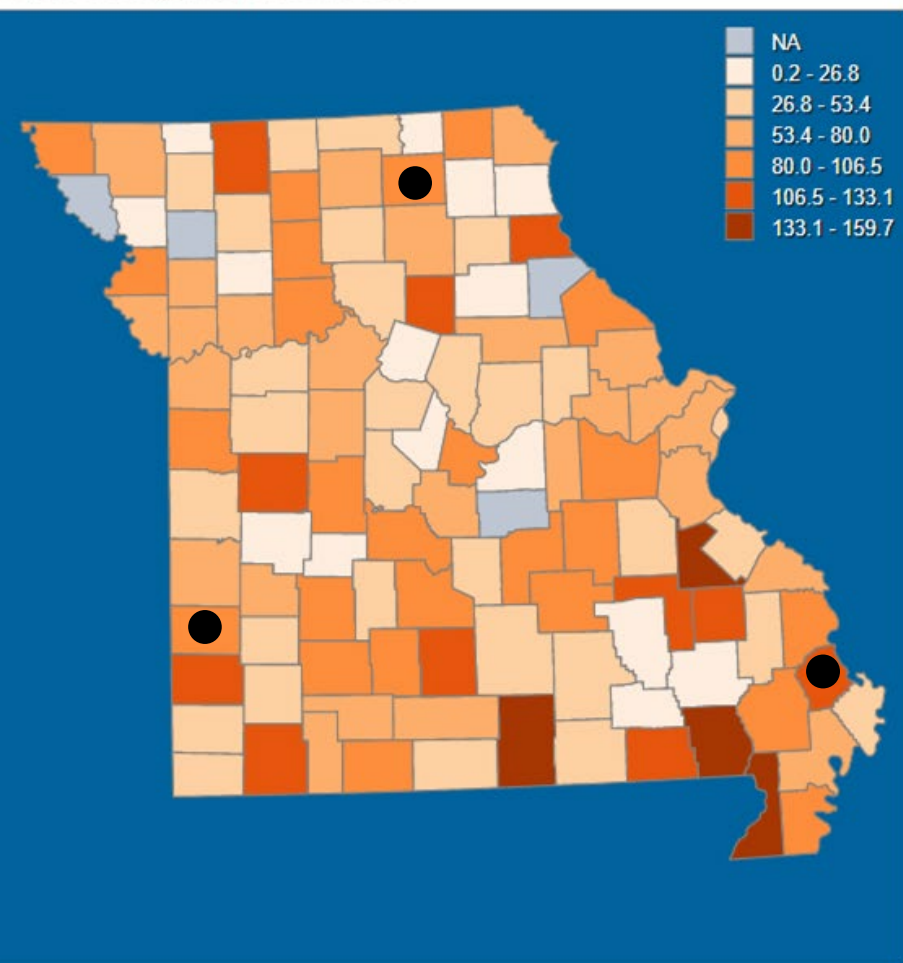
(<https://opioid.amfar.org/MO>)

# Missouri Resident Overdose Deaths

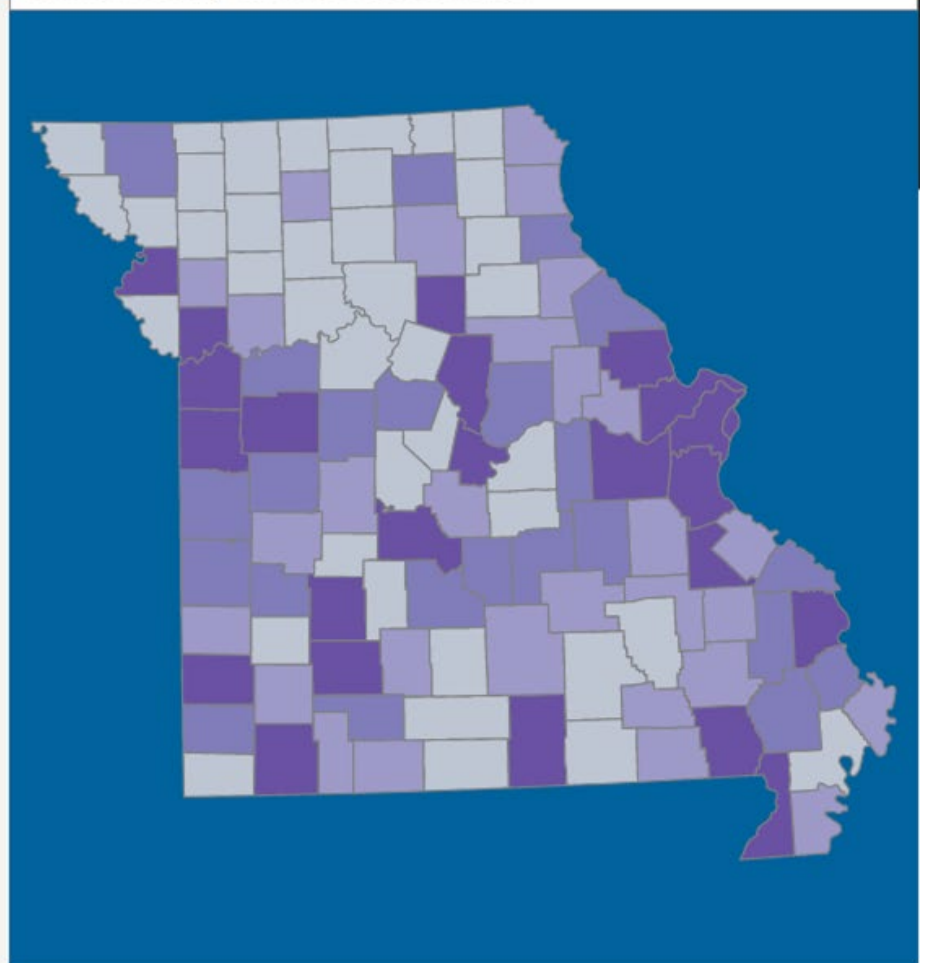


*Bureau of Vital Statistics, Missouri Department of Health and Senior Services*

Opioid Prescriptions per 100 Persons



Facilities Providing Substance Abuse Services



<https://opioid.amfar.org/MO>



# What about our students?

ALMOST  
**14%**

of high school students  
in Missouri have abused  
prescription pain medication.

(Missouri YRBS, 2017)

**2 out of 3 teens**

who abuse prescription pain relievers  
get them from someone they know.

(<http://drugfree.org/article/secure-dispose-of-medicine-property>)



**20%**

One in five parents (20 percent) report that they have given their teen a prescription drug that was not prescribed for them.



Teens who abuse prescription drugs are twice as likely to use alcohol, five times more likely to use marijuana, and twelve to twenty times more likely to use illegal street drugs such as heroin, Ecstasy and cocaine than teens who do not abuse prescription drugs.

2  
Times



alcohol

5  
Times



marijuana

12-20  
Times

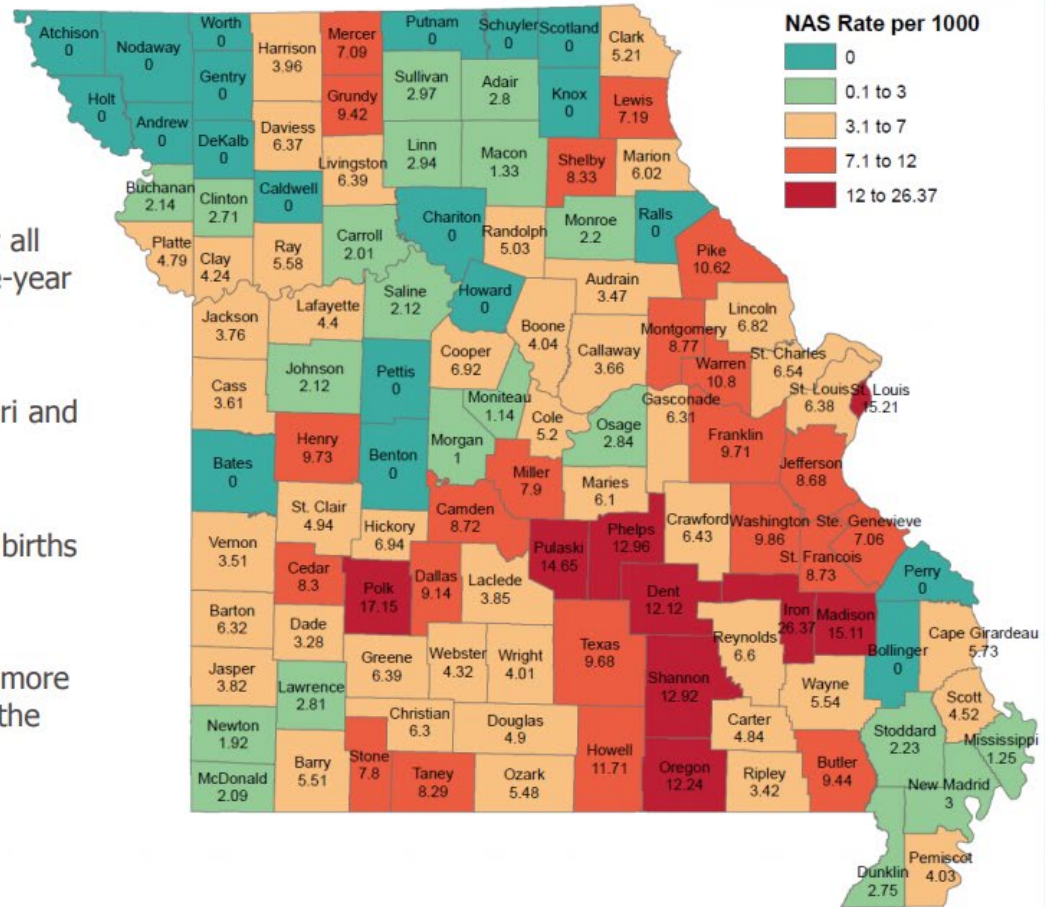
Heroin, Ecstasy & Cocaine



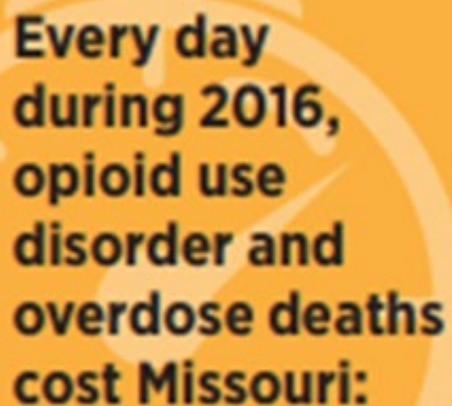
# What about Neonatal Abstinence Syndrome (NAS)?

## Missouri Infants Born with NAS: Rate per 1,000 Births by County, 2012-2016

- NAS rates calculated at the county-level for all births occurring during the most recent five-year period to increase reliability.
- Rates highest in rural, south-central Missouri and St. Louis city.
- The five-year statewide rate was 6.16 NAS births per 1,000.
- At 26.37 NAS births per 1,000 Iron County more than quadrupled the statewide rate during the same period.



Source: Hospital Industry Data Institute. \*NAS births in 2016 identified with ICD-10 CM codes P961 and P962. NAS births in 2006-2015 identified with ICD-9 CM code 7795.



Every day  
during 2016,  
opioid use  
disorder and  
overdose deaths  
cost Missouri:

**01**

hours

**\$1.4 MIL**

per hour

**01** :

minutes

**\$24,000**

per minute

**01**

seconds

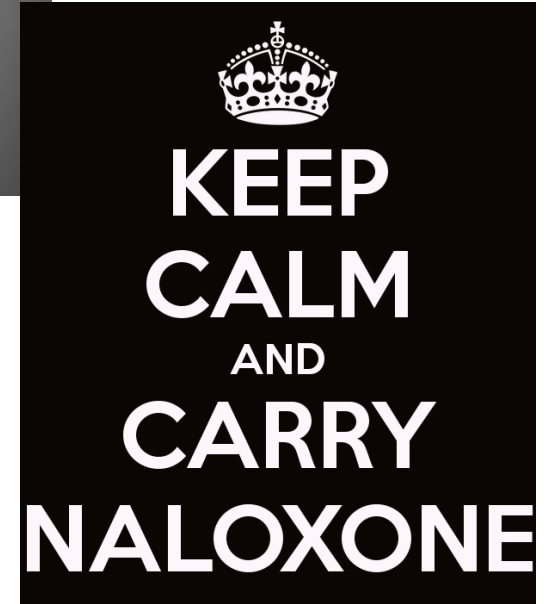
**\$399**

per second

# School & Community Resources

How is Missouri responding to the opioid epidemic?

What resources are available to communities and schools?

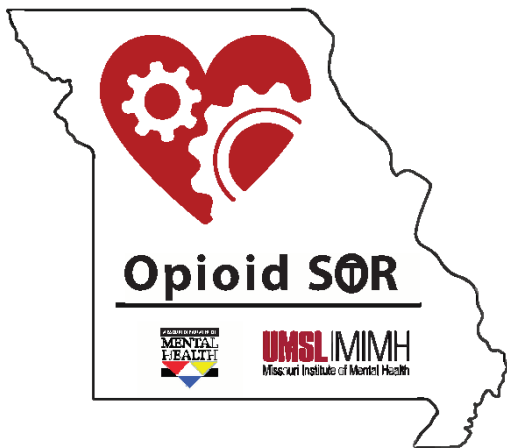


**MO-HOPE Project**  
Addressing Opioid Overdose

(Missouri Opioid & Heroin Overdose  
Prevention and Education)  
DMH + NCADA + MIMH  
[www.mohopeproject.org](http://www.mohopeproject.org)

# Missouri's State Targeted Response (Opioid STR & SOR)

“Combined with coordinated collaboration and sophisticated evaluation, The Opioid STR project aims to *transform the system of care for OUD in Missouri.*”



## PREVENTION

- Promote opioid-related education in schools and communities
- Lead chronic pain management education for providers
- Provide increased access to overdose education and naloxone distribution for those at risk of experiencing or witnessing an opioid overdose

## TREATMENT



- Recruit, train, and support providers for Medication Assisted Treatment (MAT)
- Provide MAT for uninsured individuals with Opioid Use Disorder (OUD) that includes a disease management model
- Supply hospital-based screening, treatment induction, and connection with ongoing care in the St. Louis area, with statewide expansion
- Increase access to telemedicine for OUD treatment

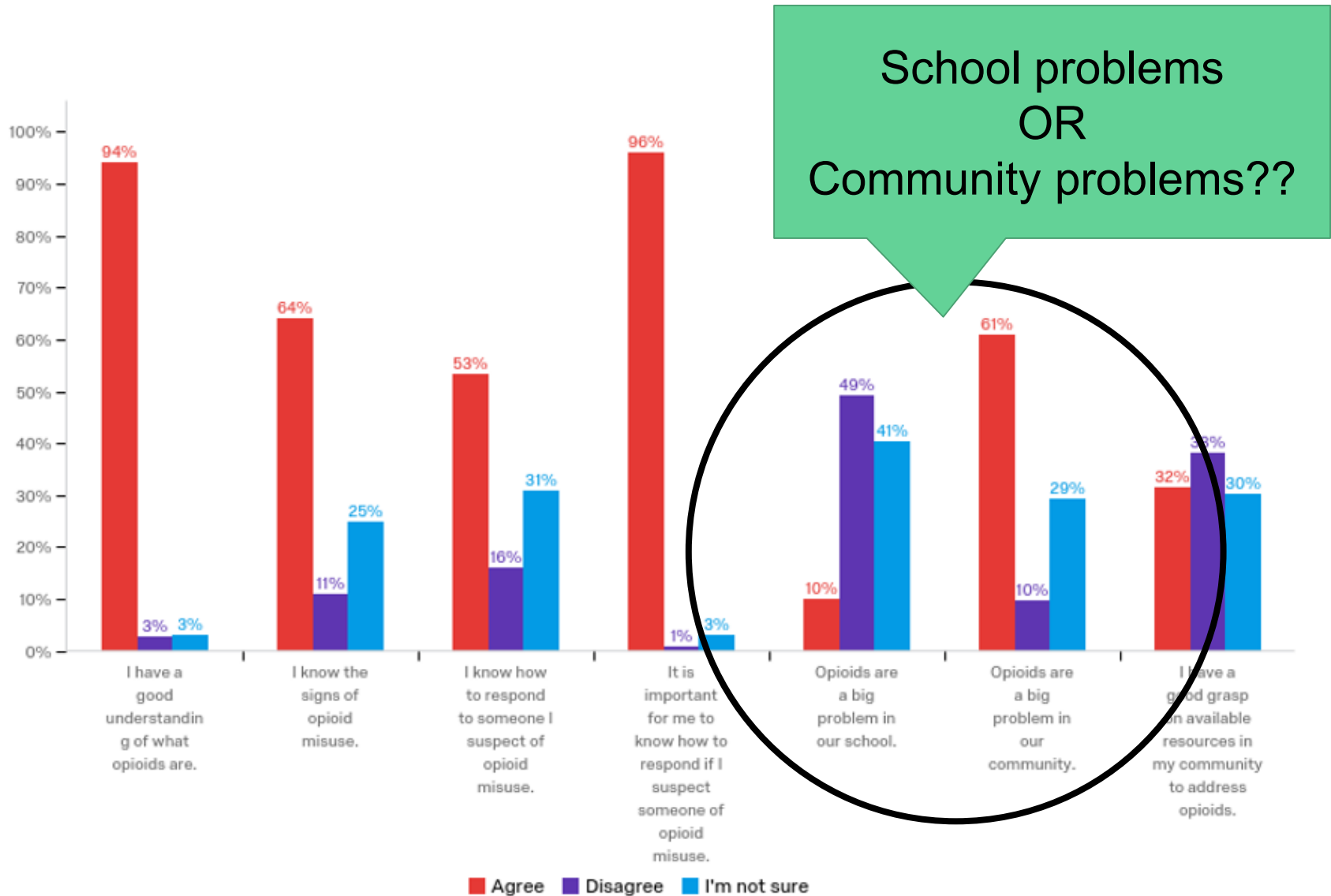
## RECOVERY

- Support safe and effective recovery housing
- Build the workforce of certified peer specialists to help individuals meet their needs
- Promote wellness and recovery through recovery community centers in high-need areas, which will reduce stigma and provide information, engagement, and support for long-term recovery

## SUSTAINABILITY & COMMUNITY IMPACT

- Reduce the barriers to the provision of MAT and naloxone by changing Department of Health billing and service policies
- Provide education, training, and infrastructure support to ensure continuation of treatment and recovery services following the conclusion of the Opioid STR project
- Promote policy changes to reduce barriers and expand access to medication-assisted treatment and Medicaid

# Basic Opioid Knowledge & Perspectives (Total Sample)



# **SCHOOLS ARE ON THE FRONTLINES OF THE OPIOID EPIDEMIC IN COMMUNITIES ACROSS MISSOURI.**

## **How can schools respond?**

- Increase local awareness of the opioid epidemic and its impacts on every Missouri community and school
- Adopt district policy to stock and administer Naloxone (Narcan®) to prevent opioid overdose deaths
- Provide training and ongoing support for staff on opioids, including how to recognize signs of opioid misuse and overdose
- Educate students on the dangers of opioid use and misuse
- Disseminate information to parents and caregivers on opioids and their role in prevention
- Support comprehensive school mental health efforts to help young people cope with challenges and identify struggling students as soon as possible
- Connect with community partners with linkages to treatment and other resources for children and families



# Missouri Fights Opioids

Visit

[kwelker.wixsite.com/  
opioideducation](https://kwelker.wixsite.com/opioideducation)

for more information and resources including: lessons and classroom activities, information about opioids and the opioid crisis, prescription data and statistics, parent and teacher resources, and more!

## Opioid and Prescription Drug Prevention Education

Resources for Schools and Communities

[Home](#)

[Why Prevention Education?](#)

[Resources](#)

[Lessons](#)



# COPE

MISSOURI **COMBATTING** THE **OPIOID EPIDEMIC** IN SCHOOLS

The Missouri Combatting the Opioid Epidemic in Schools (COPE) workgroup was established to develop and facilitate a cohesive approach for addressing the opioid epidemic within Missouri elementary and secondary school systems. COPE includes representatives from 8 state professional organizations in education and 2 state agencies in Missouri. This newsletter offers resources to opioid and prescription drug prevention education in schools and communities.

Access all newsletters, as well as additional resources, at <http://tiny.cc/MO-OpioidEd>.

Please *share* these resources on your website, via email, and on social media.

COPE: Opioid and Prescription Drug Prevention Education (<https://t.e2ma.net/message/9bl6lb/xawcdu>)

COPE: Heroin & Opioid Awareness and Prevention Toolkit (<https://t.e2ma.net/message/hma7lb/xawcdu>)

COPE: Parents 360Rx (<https://t.e2ma.net/message/xeb7lb/xawcdu>)

COPE: Above the Influence (<https://t.e2ma.net/message/d7b7lb/xawcdu>)



MISSOURI COMBATTING THE OPIOID EPIDEMIC IN SCHOOLS

## Opioid and Prescription Drug Prevention Education

Resources for Schools and Communities

The Missouri Department of Elementary and Secondary Education (DESE) partnered with local experts to develop a comprehensive resource for schools on opioid and prescription drug misuse. The site includes a dedicated page for [vetted resources](#) on explaining opioids and the opioid crisis, data and statistics, and additional tools. The site also includes [lessons teachers can use in K-12 classrooms](#). The shortened URL for this resource site is <http://tiny.cc/MO-OpioidEd>

[Click Here to Access These Resources](#)

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## HEROIN AND OPIOID AWARENESS & PREVENTION TOOLKIT

The Maryland State Department of Education developed this toolkit to support school-based prevention education and provide access to information that students, teachers, and parents can use. While some of the statistics are specific to Maryland, this toolkit succinctly summarizes key information about the opioid epidemic and offers annotated lists of free and vetted national resources.

[Click Here to Access the Toolkit](#)

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## Resources for Youth

This youth-centered website is intended to help young people learn more about the negative pressures that influence them and prepare them to respond. Originally created as part of the National Anti-Drug Media Campaign, the website is now a part of [Partnership for Drug-Free Kids](#). This site provides [factual information about drugs](#) and [expert input](#) on drug abuse, addiction, treatment, and other related topics.

[Access this Site](#)

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## Resources for Parents

### Parents 360 Rx

[Start Talking: Building a Drug-Free Future \(Ohio\)](#) has free opioid-specific and general drug prevention resources for parents and guardians. Part of their campaign is [Parents360 Rx](#), a program developed by the Partnership for Drug-Free Kids to help parents and guardians learn more about youth substance use, particularly prescription drugs. They produced a video that shows the real-life stories of five families' struggles with medicine abuse. As the centerpiece of the Parents360 Rx Toolkit, this compelling resource may also complement professional development on school-based prescription drug prevention.



[Watch the video](#)

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# Lead School Nurse Collaborative

October 28, 2019

*\*\*Stocking Naloxone, policy & procedures, state trends*

# 2019 Leadership Summit

November 5, 2019

*\*\*General overview, how schools can respond*

# MPER Mental Health Leadership Academy

November 12, 2019

*\*\*General overview, how schools can respond, other mental health topics (psychiatric access, trauma, teacher/staff safety)*

# MO Coordinated School Health Conference

November 5, 2019

*\*\*State trends, policy & procedures, resources*

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